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TRAVELING
TIPS FOR
NEPAL



JUST BEFORE THE RAINY SEASON

Even tough it might rain on your Himalaya trekking, you'll avoid crowds and the prices will be lower. You'll have the mountains just for yourself.



WHERE'S THAT BUS?

Renting a vehicle can be quite expensive and the petrol is not cheap. If you are a bit more flexible, use the local bus . They're cheap and go everywhere.



10 % OR
13 %
OR BOTH?

Some restaurants have 10 % tax and 13 % service tax (not included in the price). So in the end you'll have to pay more than written on the menu. If you ask about the taxes, most restaurants won't charge both of them.



DO I NEED
THE
LONELY
PLANET?

No. You'll be around Pokhara and Kathmandu where there's plenty of local information. For trekking you only need a map and common sense. Plus there's lot of free information on the internet.



MOMO PRICE RANGE

The easy way to predict prices of restaurants is to take a look at the prices of momos. If they are less than 120 NRP that's a good sign.



EXPEN- SIVE MOBILE INTERNET

SIM card with 1 GB is quite expensive, the procedure of getting it is quite long (and needs fingerprints!) and the connection is spotty. With all the wifi around it's not worth it.



WHERE TO SLEEP?

We found Freak street in Kathmandu and north side of the lake in Pokhara cheaper and more relaxed. And you'll probably meet some other backpackers, too.



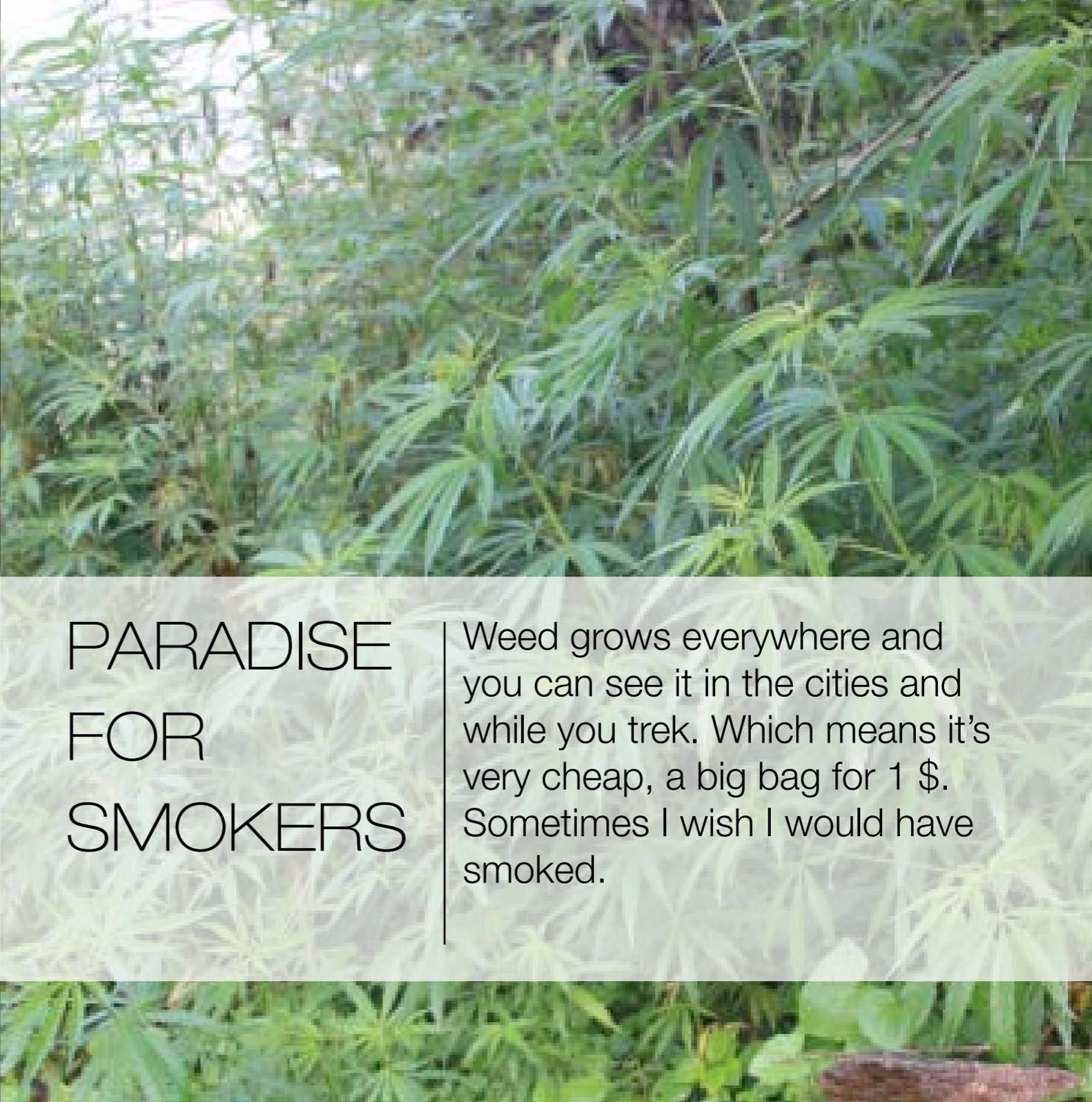
DON'T PAY THE DURBAR SQUARE

Every city has its main square that you as tourist have to pay for. They are nice and all but to pay 10 eur to walk around a city seems a bit much. Find a sideways street to enter for free or enter at dawn and have an evening tour.



SAVE ON TOILET PAPER AND SOAP

Toilet paper is expensive and soap bars are hard to carry around. If you get them in a hotel room take them with you. You'll use them later.



PARADISE FOR SMOKERS

Weed grows everywhere and you can see it in the cities and while you trek. Which means it's very cheap, a big bag for 1 \$. Sometimes I wish I would have smoked.



BEER FROM THE STORE

Nepal has some delicious and some less delicious beer. Either way, the prices are much friendlier at the store than at the restaurants.



VISA FOR THREE MONTHS

If there is any chance you'll stay in Nepal longer than one month, take the 3-month visa. Visa extensions can be pricey and 2 extra weeks can cost you as much as a 3-month visa.



TREK WITHOUT A GUIDE

You only need to buy a map. The path is clear and you'll meet people on the way. Take what you need and carry your own luggage so you won't need a porter. Ask about the weather forecast in the guesthouses.



FAKE BUT GOOD

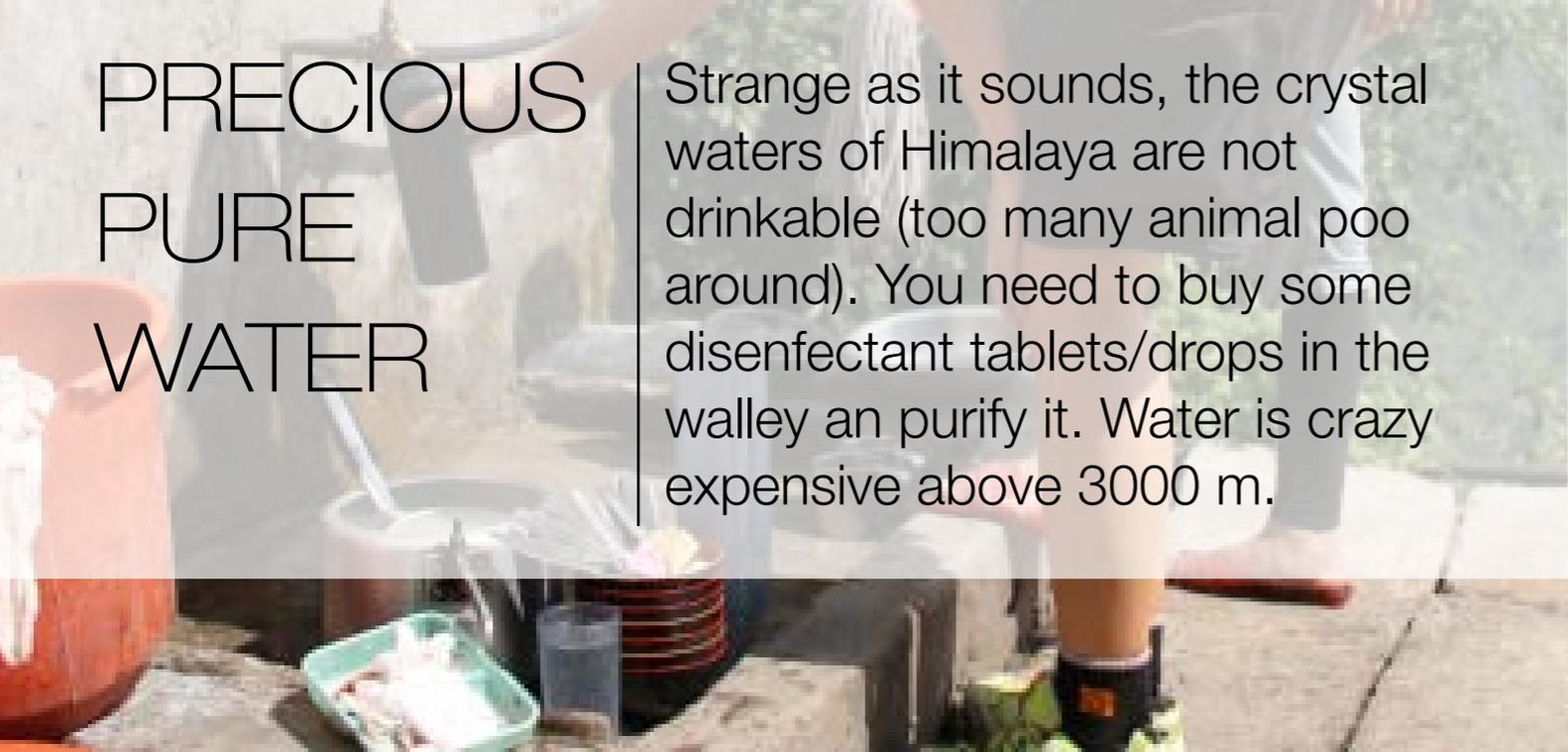
You can find stores that sell fake gear all over Pokhara and Kathmandu (cheaper in KTH). The gear is quite good but don't forget to bargain. Borrow a backpack, sleeping bag and walking sticks.





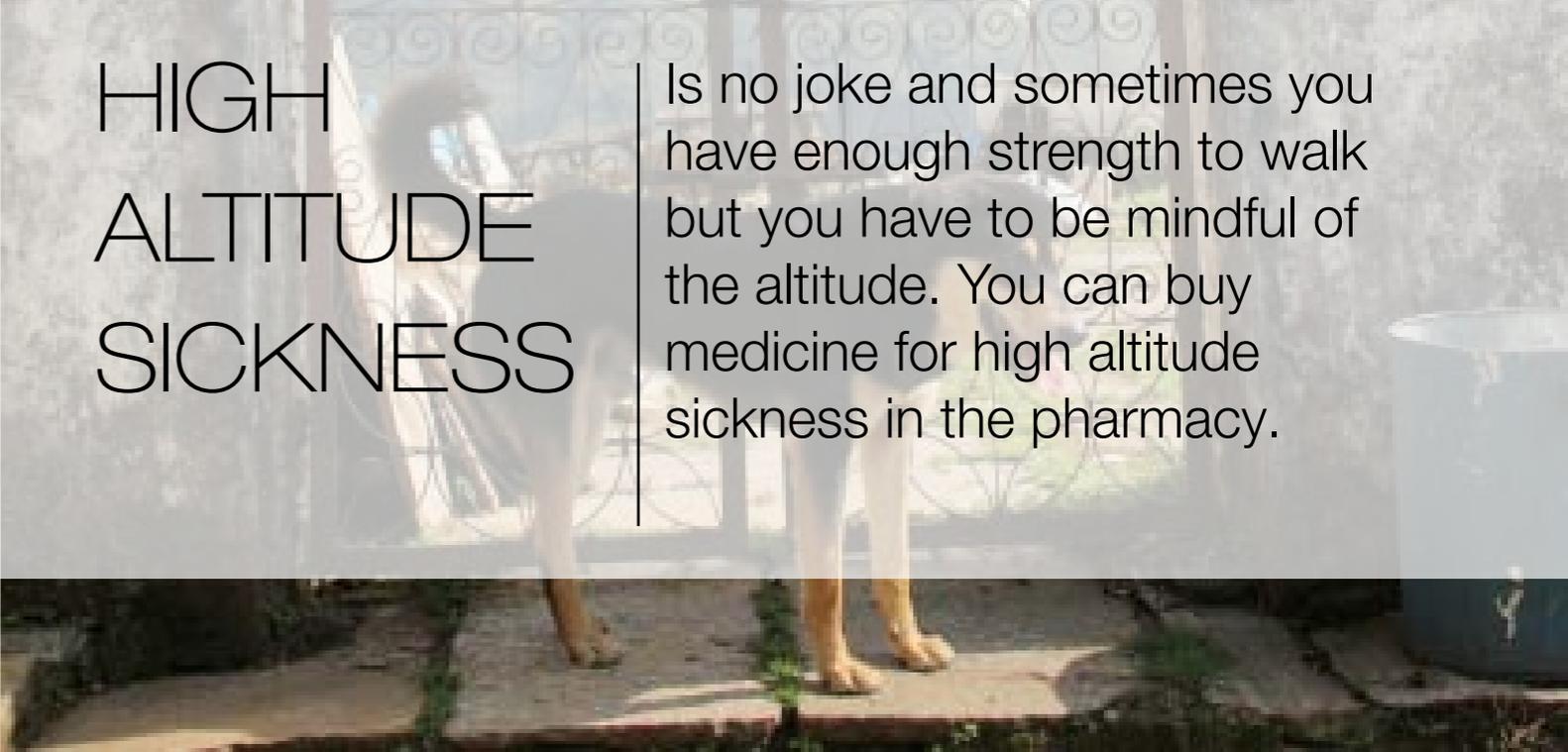
PRECIOUS PURE WATER

Strange as it sounds, the crystal waters of Himalaya are not drinkable (too many animal poo around). You need to buy some disenfectant tablets/drops in the walley an purify it. Water is crazy expensive above 3000 m.



HIGH ALTITUDE SICKNESS

Is no joke and sometimes you have enough strength to walk but you have to be mindful of the altitude. You can buy medicine for high altitude sickness in the pharmacy.





DHAL BHAT NOT FOR GIRLS

Dhal bhat is like an Indian thali. It gets more expensive the higher you get. For guys it's the perfect dish because they get a big meal but for girls the chaper, smaller dishes are fine.



TREKKING WITHOUT PERMIT

Hmm, doesn't really sound right. It's not cheap but at least you contribute a small part for the conservation of the Himalayas. If you need the money, you can opt for shorter routes which don't need the permit.



BEAUTIFUL FOREST SNACK

If the season is right, you'll have all sorts of berries on your trek. Just look what the children are eating on their way to school. Forest strawberries, yellow raspberries and more. Yum!



CHARGE IN THE WALLEY

Make sure all of your batteries are full when you start the trekking. You can charge for free up to 3000 m, higher you have to pay. The same goes for hot water.



BUY SOME SNICKERS

You'll definitely need it after 6 hours of walking and that's why it doesn't hurt to have an extra in your backpack. Snacks also get expensive the higher you go. If you have too much you can always share.



ROOM FREE OF CHARGE

If you're not trekking in the top season and are below 3000 m, there is a good chance that you will get a room for free if you say you will eat breakfast and dinner at their place. Just ask!



DON'T BOOK IN ADVANCE

Even though the bargaining is sometimes fearsome, don't worry. You'll find a room for your budget. You just need to look behind that big hotel.



WRITE WHAT YOU SPEND

Notebook, excel, tissue. Be aware of how much you spend and set a daily budget. Don't worry if you go over. You just won't eat the next day :D



Thousands of faces, pairs or un-pairs of hands and blind eyes will ask you for money. Even children with good home conditions are spoiled by tourists. Choose wisely or just say a friendly no.

CALM
AND
FRIENDLY
NO



ENJOY.

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