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nevenm/Shutterstock.com



TheJim999/Shutterstock.com

Stunning Himalayan vistas, big-city bustle, centuries-old temples, an array of vibrant colours, intoxicating aromas and friendly smiles all come together in the eclectic metropolis that is Kathmandu. Nepal's capital is an emerging cosmopolitan city, yet it remains steeped in cultural, artistic and religious traditions. Kathmandu offers visitors an assortment of unique sights and experiences. Independent travellers and trekking groups alike will find no shortage of things to do.

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THE CITY



Azuresong84/Shutterstock.com

Kathmandu is the largest and the most populous city in Nepal, as well as the heart and soul of tourism, the economy and cultural heritage of the country. It lies in the stunning Kathmandu Valley, along with its sister cities of Patan and Bhadgaon, where mountain life, religious tradition and big city buzz coexist.

For centuries an important centre for both Buddhist and Hindu traditions, it is a city steeped in spirituality, with temples, shrines and altars seemingly everywhere you look. However, the Nepalese capital is by no means stuck in the past — it is emerging as a modern, dynamic and cosmopolitan metropolis, offering all the amenities and luxuries of contemporary living without losing its sense of self and historical roots.

Kathmandu also serves as either a starting or finishing point for many trekkers and explorers of the Himalayas. The city is surrounded by stunning mountain views that by themselves could be enough to warrant a visit. Adventurers would do well not to miss the chance to visit.

DO & SEE



Alexander Mazurkevich/Shutterstock.com

Kathmandu is a spiritual and cultural centre of great importance for both Buddhist and Hindu traditions, and as such, it boasts a dizzying wealth of stunning temples, shrines and sacred places that have been delighting visitors for years. The city is also home to a few genuinely interesting museums that record the tumultuous history of Nepal.

Amitabha Monastery Hike



From Swayambhu to the Amitabha Monastery (in Nepali 'Seto Gumba' you will master an approximately 15 km (9.3 miles) long, 4-5 hour hike, with beautiful panoramic views over the Kathmandu Valley and the chance to admire a breathtaking sunset or sunrise, if you time your journey right. For inexperienced hikers, it is recommendable to join a group or to hire a guide for the trek.

Photo: Dhilung/cc by 2.0/Wikimedia Commons (upscaled and cropped)(image cropped)

Hike to Kakani



From Kathmandu to the small village Kakani — this hiking path leads you through the sub-alpine forests of Nepal. The trek itself is graded easy with only a slight incline. Keep in mind that the walk might take up to 5-6 hours, though. It is recommended to hire a local agency for secured transport and experienced guides along the way.

Photo: Advaita27/cc by-sa 4.0/Wikimedia Commons(image cropped)

Hanuman Dhoka



Dedicated to the Hindu monkey god, Hanuman, this impressive palace complex was constructed between the 4th and 8th centuries and then expanded considerably in the 17th. Spread over 5 acres, it contains the Royal Palace and many beautiful temples and courtyards. Unfortunately, the complex was severely damaged during the 2015 earthquake and reconstruction is still underway.

Photo: Jorge Láscar/cc by 2.0/Wikimedia Commons(image cropped)

Address: Durbar Square, Kathmandu

Opening hours: Daily 9am–5pm

Phone: +977 1 4258034

Internet: www.hanumandhoka.gov.np

Durbar Square



Kathmandu's central square is a breathtaking sight, packed with palaces, temples, shrines, and pagodas. The colours, sounds and smells are

intoxicating as what seems like the whole city passes through on any given day. It is the centre of spiritual and cultural life in Kathmandu and cannot be missed.

Kathmandu Durbar Square in front of the old royal palace is one of three Durbar Squares in the Kathmandu Valley, all of which are UNESCO World Heritage Sites.

Photo: D'July/Shutterstock.com

Address: Durbar Square, Kathmandu

Internet: www.hanumandhoka.gov.np

Kwa Bahal (Golden Temple)



Dating back as far as the 12th century, this unique Buddhist monastery gets its name from the many decorative gold plates covering much of the facade. It is located in Patan, to the south of the city, and the doorways and courtyards hold shrines dedicated to Buddhist gods and elaborate statues of the temple's mythical guardians.

Photo: Rajesh Dhungana/cc by-sa 4.0/Wikimedia Commons (cropped)(image cropped)

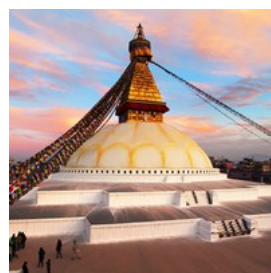
Address: Kwa Bahal, Kathmandu

Opening hours: Daily 5am–5pm

Phone: +977 1 5534595

More Info: The temple is also referred to as Hiranya Varna Mahavihar

Boudhanath Stupa



This temple, located northeast of central Kathmandu, is the largest stupa in the country and the most important Tibetan Buddhist temple outside Tibet. After the Chinese occupation of

Tibet, thousands of Tibetan refugees fled to Nepal and settled in the area around this temple, making it an important haven for Tibetan culture.

Photo: Daniel Prudek/Shutterstock.com
Address: Gangalal Way, Kathmandu

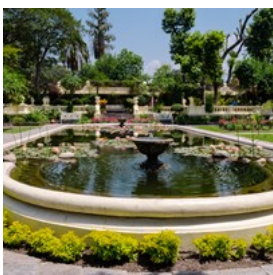
Swayambhunath Temple



West of the city of Kathmandu lies this cluster of temples, shrines and other religious structures, one of the oldest and holiest places in the whole country, revered by Buddhists and Hindus alike. Also known as Monkey Temple, because of its many resident monkeys, devotees and visitors flock here, often preferring to tackle the 365 step ascent, rather than driving up.

Photo: HamsterMan/Shutterstock.com
Address: Swayambhunath, Kathmandu
Internet: www.ntb.gov.np/swayambhunath

Garden of Dreams



The ideal place to escape the hectic rhythm and constant bustle of the city, the Garden of Dreams provides a refuge for nature lovers. This

small garden with its beautifully decorated gates, fountains and pavilions is a great place for a picnic and a spot of people watching, as young local couples often come for a romantic day out.

Photo: Lihana/Shutterstock.com
Address: Garden of Dreams, Kathmandu
Opening hours: Sun-Sat 9am-10pm
Phone: +977 1 1 4425340
Internet: www.gardenofdreams.org.np

Kumari Ghar



This red-brick building is the home of the Kumari — a young girl chosen as the city's 'living goddess', a charge she occupies until reaching puberty.

Inside is a wonderful courtyard (considered by some to be the most beautiful in all of Nepal) where the Kumari herself may be seen from 9 am to 11 am, though photographing her is forbidden.

Photo: Nitipol Temprim/Shutterstock.com
Address: Kumari Ghar, Kathmandu
Internet: www.ntb.gov.np/living-goddess-kumari

National Museum of Nepal



Nepal's National Museum houses wonderful treasures, ranging from Buddhist art (statues, paintings and gigantic manuscripts) to stone, metal and terracotta statues. The highlight is the statue of Sukhavara Samvara, with 34 intricate arms and 10 faces. Another favourite is the collection of weapons belonging to national heroes such as Prithvi Narayan Shah, the founder of Nepal.

National Museum has three exhibition buildings — the Historical building, the Juddha Jatiya art gallery, and the Buddhist art gallery.

Photo: Clemensmarabu/cc by-sa 3.0/Wikimedia Commons (upscaled and cropped)(image cropped)
Address: Museum Road, Chhauni, Kathmandu
Phone: +977 1 4271478
Internet: www.nationalmuseum.gov.np
Email: info@nationalmuseum.gov.np

Panoramic Everest Flight



Of course, not every trip to Nepal must include the arduous and dangerous hike to the world's tallest mountain. However, you can embark on a

mountain flight in from Tribhuvan Airport for a panoramic encounter with the highest peaks on earth. Witness majestic views of Mt. Everest, as well as Ama Dablam, Thamserku, Kantega, Lhotse and Nuptse. A short but memorable flight over the clouds. Mark the occasion with a glass of sparkling wine.

Photo: shrampo1967 /cc by-sa 2.0/Wikimedia Commons(image cropped)

Internet: www.hsj.com.np/trip/daily-everest-scenic-flight

Peace Gallery



The Nepalese civil war tore the country apart for ten years at the turn of the 21st century. The powerful photo exhibition at the Peace Gallery

displays images of children affected by the violence and some of the brave people who endured. The photos are moving and extremely thought-provoking.

Photo: Nuamfolio / Shutterstock.com

Address: Patan, Nepal

Opening hours: Sun-Sat 10am-4pm

Phone: +977 1 5522614

Kopan Monastery



Just outside Kathmandu, in the village of Kapan, lies this Buddhist monastery. It is the perfect destination for a day-trip, or even a few

nights in one of the guest rooms. The monastery is famed for its beautiful setting and peaceful, relaxing surroundings. Many visitors come here to attend courses in search of a spiritual experience.

Photo: Sarad Shrestha/unsplash.com

Address: Kopan Monastery, Kapan, Kathmandu

Phone: +977 1 4821 268

Internet: www.kopanmonastery.com

DINING



Alexandra Lande/Shutterstock.com

Nepal's geographic, climate and cultural diversity means that its cuisine is equally varied. The national dish is Dal Bhat Tarkari, a lentil soup (dal) served on boiled rice (bhat) with curry (tarkari). There are countless variations on this staple, so start exploring! The city also offers an emerging fine dining scene where visitors and locals can find top-class cuisine from around the world.

Krishnarpan Nepali Restaurant



Krishnarpan is located within the charming Dwarika's heritage hotel and serves traditional Nepali dishes in a welcoming upmarket atmosphere. Enjoy the award-winning architecture, rustic earthenware and the local dress worn by the staff.

Meals here are anything but fast: the "slow dining" meals range from six to 22 courses. This is further enhanced by traditional earthenware and the local dress worn by the waiters. The ingredients are sourced from Dwarika's own organic farms.

Photo: Abhishek Sanwa Limbu/unsplash.com

Address: Battisputali Road, Kathmandu

Opening hours: Daily 6pm-11pm

Phone: +977 1 4479 488

Email: info@dwarikas.com

More Info: Located in The Dwarika's Hotel

Third Eye



Established in 1989, Third Eye restaurant offers a reflective of unique Royal Indian and Nepalese cuisines. The walls are adorned with original oil paintings by Nepalese artists. Their dining room designed to enhance your dining experience. Order a thali set according to your preferences. Vegetarian options are quite popular, and you can adjust the level of spiciness.

Photo: rajat sarki/unsplash.com

Address: J.P. Road, Kathmandu

Phone: +977 1 5360 289

Internet: www.thirdeye.com.np

Email: info@thirdeye.com.np

OR2K



This vegetarian restaurant is popular with tourists and locals alike, offering light Middle Eastern dishes in a stylish and intimate setting.

Patrons must take off their shoes at the entrance, and all seating is on cushions on the floor, which gives OR2K an authentic feeling to accompany the delicious food.

Photo: Paul_Brighton / Shutterstock.com

Address: Mandala Street, Thamel, Kathmandu

Opening hours: Daily 11am-10pm

Phone: +977 1 4422097

Yangling Tibetan Restaurant



In a small street next to Paknajol there is Yangling — a family-run restaurant that serves some of the best momos in Kathmandu. Try these traditional Nepalese dumplings filled with meat, vegetables and cheese along with some mix fried rice and super paneer chili. The orange chilli sauce that accompanies every order is just what you need to wake up your taste buds.

For a really substantial meal, get some thukpa — a traditional hot noodle soup with meat and vegetables. To finish the meal, try the rich Tibetan butter tea.

Photo: ssmit / Shutterstock.com

Address: Kalhara Marg, Kathmandu

Phone: +977 1 4257 408

Bhojan Griha



This spectacular restaurant serves traditional Nepali dishes in one of the most unique places in the city. The four-storey building was the residence of the royal priest over 150 years ago, and it retains its traditional feeling, with floor seating on decorative cushions and meals served in brass dishes. It also hosts regular cultural shows and boasts a Kamasutra bar decorated with erotic-themed wood carvings.

Photo: ThamKC / Shutterstock.com
Address: Dilli Bazar, Kathmandu
Opening hours: Sun-Sat 10am-10pm
Phone: +977 1 4416 423
Internet: www.bhojagriha.com

Le Sherpa



Le Sherpa offers one of Kathmandu's best fine dining experiences. This relatively new restaurant brings contemporary European cuisine to the city, offering specialties like the Sherpa soup and rabbit tortellini, as well as a formidable wine selection, in elegant surroundings with a green open-air courtyard.

Photo: Shustykevych / Shutterstock.com
Address: Ramalaya, Pani Pokhara, Kathmandu
Opening hours: Mon noon-10pm, Tue-Fri 11am-10pm, Sat & Sun 8am-10pm
Phone: +977 1 4428 604
Internet: www.lesherpa.com.np
Email: dine@lesherpa.com.np

Utse



Utse claims to be the first modern restaurant in Kathmandu, dating back to 1979. Locals and visitors alike gather here to try the famously delicious Tibetan specialties, like gacok — a stew made of meat, vegetables and mushrooms cooked over many hours. Booking a table may come in handy, as it tends to get quite busy.

Photo: Ruslan Kalnitsky
Address: Jyatha, Thamel, Kathmandu
Phone: +977 1 4257 614
Internet: www.utsehotel.com/dinning.html
Email: info@utsehotel.com

Saigon Pho



Award-winning Saigon Pho is the only Vietnamese restaurant in Kathmandu, and is deservedly a favourite in the city. Serving delicious Vietnamese and South Asian cuisine, including pho, shrimp rice wraps, papaya salad, and much more, visitors will want to arrive early to get a table on the outdoor terrace to enjoy the view.

Photo: Artit Wongpradu / Shutterstock.com
Address: Lazimpat, Kathmandu
Opening hours: Daily 11am-9pm
Phone: +977 1 4443 330
Email: saigonphorestaurant@gmail.com

CAFES



joannawnuk/Shutterstock.com

Nepal has historically been more of a tea-drinking culture, rather than favouring coffee. Nevertheless, lately there has been an increase in interest for coffee, and a taste for a good cup of joe has been developing around the country. Beans are now grown locally, and a number of sleek cafes serving high-quality roasts have been popping up for years, providing a welcome respite from the sometimes hectic city streets.

Cafe Swotha



Swotha is a small cafe adjoining the boutique and B&B of Traditional Homes Swotha. Small and quaint, it is perfect for romantic dates and quiet afternoons with a book. Have a moment of rest in the back garden. The menu is not long, but you are sure to find something appetizing. Fresh sandwiches and salads, quiches, filling divine soups and strong coffee — what's not to like?

Photo: francesbean/cc by-nd 2.0/Flickr

Address: Traditional Road, Lalitpur, Nepal

Phone: +977 1 5551 184

Roadhouse Cafe



Roadhouse Cafe is not just great for coffee. It's also famous for their wood-fired pizzas, a variety of wines and diverse world cuisine, including pasta, salads and burger. Mosaic-covered walls and wooden furniture give Roadhouse a rustic welcoming atmosphere.

Photo: pariwat pannium/unsplash.com

Address: Chaksibari Road, Thamel, Kathmandu

Phone: +977 1 5367 885

Internet: www.roadhouse.com.np/thamel

Email: info@roadhousenepal.com

More Info: Today, this food chain has four outlets in Kathmandu and seven in total in Nepal

Upstairs Cafe



Upstairs is an excellent choice for breakfast and brunch. Airy and cosy, the cafe is located on the fourth floor, high above the hustle and bustle of the streets, facing a quiet courtyard.

Popular dishes here include Pad Thai, Hot and Sour soup, Farm House Vegetables with cashew and rice. Refreshing and filling!

Photo: engin akyurt/unsplash.com

Address: Chaksibari Marg, Thamel, Kathmandu

Phone: +977 1 4700 035

Internet: www.einfonepal.com/listing/upstairs-cafe

More Info: For those worried about food hygiene when eating salad, the restaurant guarantees that vegetables are washed just with pure bottled water

The Bakery Cafe



This great local chain has outlets throughout the city and serves up snacks and fast food, as well as delicious coffee drinks. The Bakery Cafe is

famous for hiring deaf employees who would otherwise have difficulty finding stable work, and is thus a favourite among the local community.

Photo: Anna_Pustynnikova / Shutterstock.com

Address: Teendhara Marg, Kathmandu

Opening hours: Daily 11am-9pm

Phone: +977 1 4169 247

Internet: www.thebakerycafe.com.np

Email: nanglobakery@gmail.com

Kathmandu Guest House



The Kathmandu Guest House is part of a great chain of hotels in Nepal, founded by Karna Sakya, hailed as the father of tourism in the country.

Not only is it a great place to stay, once a favourite among mountaineers, but it also boasts some of the best coffee in Kathmandu. Other beverages are also available to enjoy in the lovely courtyard.

Photo: Em Campos / Shutterstock.com

Address: Thamel, Kathmandu

Phone: +977 1 4700 632

Internet: www.ktmgh.com/kathmandu-guest-house

Email: info@ktmgh.com

Himalayan Java Coffee



Hailed as serving some of the best coffee in the whole country (they roast their coffee in-house), local and travelling coffee lovers flock here for the

high-quality coffee drinks and the relaxed vibe. It provides a very relaxing environment despite the bustle of the city streets just outside its walls.

Photo: Samsamproductions / Shutterstock.com

Address: Tridevi Sadak, Kathmandu

Opening hours: Daily 7am-8:30pm

Phone: +977 1 442 2519

Internet: www.himalayanjava.com

Email: info@himalayanjava.com

Rosemary Kitchen and Coffee Shop



A Kathmandu favourite, the menu at Rosemary Kitchen offers a bit of everything: dishes from all over the Asian continent, from India to

Thailand, via Mongolia, Italian specialties, fine wines and homemade bread. It gets busy, so reservations are recommended, especially for garden seating, but the interior is elegant and comfortable as well.

Photo: Baisa / Shutterstock.com

Address: Thamel Marg, Kathmandu

Opening hours: Daily 7:30am-10pm

Phone: +977 1 4226 066

Internet: www.rosemarykitchen.com.np

Email: rosemarykitchenktm@gmail.com

BARS & NIGHTLIFE



cat_collector/cc by 2.0/Flickr (image cropped)

Nightlife in Kathmandu revolves mainly around the area of Thamel, where backpackers and hip locals can be seen frequenting the trendiest bars and nightclubs in the city, some of which have live music. Though music in public places is forbidden after 10pm, many of these places manage to keep it going until later. More upscale establishments can be found in big hotels. Additionally, cultural centres and some high-end restaurants offer traditional dance shows.

LOD – Lord of the Drinks



LOD regarded as is the biggest and loudest club in Kathmandu. The club is frequented by local celebrities, VIPs, VVIPs. Even Nepal's ex-royal

family visits this club for their weekend hangouts.

Photo: [anna-m. w./pexels.com](#)

Address: Thamel Marg, Kathmandu

Opening hours: Daily 6pm-4am

Phone: +977 984 3948 991

More Info: Entry fee is about 10 USD and comes with a complimentary beer

Moksh Bar



Moksh is a popular music venue and, allegedly, a destination for a more "posh" and "refined" crowd. It's a whole new concept for art, music, and food lovers. Every Tuesday and Friday you can catch a music show here.

The bar is built like an extension to an existing building in the form of a long narrow veranda, which serves as a place for interaction and seating. Exposed concrete and local clay tiles are used along with teak louvers. True modern architecture with local flair.

Photo: [Sam Moghadam Khamseh/unsplash.com](#)

Address: Gyan-Mandala, Jhamsikhel, Lalitpur

Phone: +977 1 5428 362

Rum Doodle



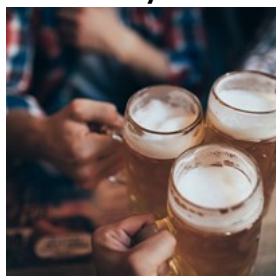
The ceiling of Rum Doodle is covered with foot-shaped notes, left there by every Mt Everest summiteer who has visited the bar. One of the most iconic bars in the city and a real hub for the mountaineers since the 70s. Come for a drink and stay for the home-style food and the atmosphere of camaraderie.

Photo: [Andrew Eland/cc by-sa 2.0/Flickr](#)

Address: Bhupi Road, Naxal, Kathmandu

Phone: +977 1 4421 420

Tom & Jerry Pub



A long-standing favourite among backpackers and trekkers, Tom & Jerry is a rowdy and noisy little place that doesn't lack for charm. Groups of

trekkers make it lively after weeks of traversing the mountains, and for the more relaxed crowd, there are pool tables on the second floor.

Photo: F8 studio / Shutterstock.com

Address: Chaksibari Marg, Thamel, Kathmandu

Opening hours: Daily 4pm-3am

Phone: +977 985 1072 794

New Orleans Cafe



For a bit of live music, be sure to visit New Orleans. It is an extremely popular

place for a drink due to its intimate vibe set to candlelight and soft

tunes, and the courtyard hosts live blues and rock covers almost every night. The far-reaching menu has excellent and varied options, too. Book ahead or arrive early to be sure to get a table.

Photo: thanosquest / Shutterstock.com

Address: Sagarmatha Bazar, Kathmandu

Opening hours: Daily 7:30am-11pm

Phone: +977 1 4700 736

Electric Pagoda Bar & Cafe



Quickly becoming one of the best places to eat, drink, and party in Nepal, Electric Pagoda provides a great environment for travellers. The primarily

Mexican-inspired menu is top-notch, the bar is fully stocked with international spirits, and the resident DJs pump out an eclectic mix to satisfy

all tastes. The courtyard is green, the decor tasteful, and the company is always cheerful.

Photo: xmee / Shutterstock.com

Address: Saat Ghumti Marg, Kathmandu

Opening hours: Daily 10am-midnight

Phone: +977 1 4700 123

Email: epmandu@gmail.com

Jai Nepal Cinema Hall



For a more relaxed evening, the Jai Nepal Cinema offers a convenient option for cinema-lovers. The selection is usually

limited to Bollywood movies (mostly Hindi, but also some local Nepali films) with no English audio or subtitles, but that only makes it a more interesting experience, and it takes nothing away from enjoying the music and the dances.

Photo: lapandr / Shutter

Address: Narayanhiti Marg, Kathmandu

Phone: +977 1 444 222 0

Internet: www.qfxcinemas.com

SHOPPING



Pikoso.kz/Shutterstock.com

Kathmandu offers everything from luxury boutiques and shopping centres to bargain outlets and outdoor markets. Visitors can shop for designer clothing or interesting souvenirs, but where the city really shines is in handicrafts

and antiques: everything from scroll paintings and metalwork to handwoven cloths, gems, incense, teas and spices. Of course, adventurers can also find their share of trekking gear shops to prepare for their mountain expeditions.

Jawalakhel Handicraft Centre



This handicraft centre showcases the beautiful, elaborate carpets that fuel much of Nepal's textile industry. It is a Tibetan refugee

cooperative, and visitors can watch as more than 1,000 refugee employees work at their craft before heading to the shopping area to take one home. Other options include cashmere and yak-hair shawls.

Photo: shankar s./cc by 2.0/Flickr
Address: Ekantakuna Road, Patan
Opening hours: Mon-Fri 9am-5pm
Phone: +977 1 5527 047
Internet: www.jhcnepal.com

The Paper Park



The Thamel area boasts several great shops that showcase Nepal's wonderful handmade paper products, and The Paper Park might be the

best place to buy it. Visitors can find photo albums, paper lamps, notebooks, paper hangings and much more, made from the country's special paper that comes from the lokta plant.

Photo: rweisswald/Shutterstock.com
Address: Chaksibari Marg, Thamel, Kathmandu
Opening hours: Mon-Fri 10am-5:30pm, Sat closed, Sun 10:30am-5:30pm
Phone: +977 1 4700 475

Tibetan Thangka Gallery

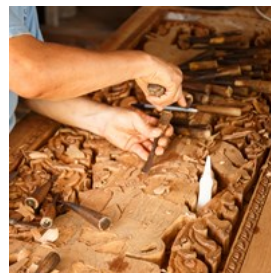


Thangkas are traditional Tibetan Buddhist scroll paintings on cotton or silk that usually depict Buddhist deities, religious scenes or mandalas. The

thangkas on display here are beautiful and a great bargain, as they usually end up on sale at tourist hotspots for much higher prices. Pop in, watch the artists at work in the workshop and take home a unique souvenir.

Photo: oceanfishing/Shutterstock.com
Address: Boudha Road, Kathmandu
Opening hours: Daily 9am-6pm
Phone: +977 1 4428 863

Lee Birch Woodcarving Studio



The Kathmandu Valley is famous for its Newar woodcarvers, who are part of a woodworking tradition that dates back to the 10th century. The

master carvers train for years to perfect their craft and the result is some of the finest craftsmanship you are likely to find almost anywhere. Find ornate panels, mirror frames, tables, bookshelves and much more, and take home a true masterpiece.

Photo: Muangsaton/Shutterstock.com
Address: Jawalakhel, Kathmandu
Phone: +97 4 1028 053
Internet: www.leebirch.com
Email: info@leebirch.com

Baber Mahal Revisited



The Baber Mahal was originally a Rana palace that dates back to 1919, but has now been redesigned and repurposed into a chic and beautiful shopping centre hosting clothing stores, galleries and some fine restaurants and bars. The quality of the products here is high and clearly aimed at tourists and the local elite, so expect higher prices than you might find elsewhere in the city.

Photo: Ashim nep/cc bt-sa 4.0 Int/Wikimedia Commons(image cropped)

Address: Tanka Prasad Ghumti Sadak, Kathmandu

Opening hours: Daily 11am-7pm

Phone: +977 1 4248 747

Internet: www.babermahal-revisited.com

Email: info@babermahal.com

Shona's Alpine Rental



Explorers and adventurers need to look no further for their one-stop outdoor gear shop in Kathmandu.

Shona's sells and rents out everything trekkers might need to battle the elements and brave the mighty Himalayas, including backpacks, sleeping bags (they make their own) and warm down jackets.

Photo: Alexander Raths/Shutterstock.com

Address: Amrit Marg, Kathmandu

Opening hours: Mon-Fri 10am-6pm, Sat 10am-5pm, Sun 10am-5:30pm

Phone: +977 984 3688 910

TOURIST INFORMATION



Nick Fox/Shutterstock.com

Best Time to Visit



October to December is the best time to visit as the clear skies make for spectacular views. The weather is dry until April, and in May, heat and

humidity levels increase until the Monsoon season arrives in June. Religious festivals are celebrated all year long.

Photo: VectorA/Shutterstock.com

Passport / Visa



Obtaining a travel visa for Nepal is relatively simple. Tourist visas for 15, 30 and 90 days are available on arrival at the Tribhuvan International

Airport or at any of the land borders that accept foreigners.

The cost for the visa is 30 USD (15 days), 50 USD (30 days) or 125 USD (90 days) paid in cash on the spot. You can fill in the visa details online beforehand or at the border you enter through.

Photo: TukTuk Design/Shutterstock.com

Internet: www.immigration.gov.np/page/tourist-visa

Tribhuvan International Airport



The Tribhuvan International Airport is situated about 6km east of Kathmandu, right in the heart of the Kathmandu Valley. It is the country's only international airport, serving approximately 30 airlines with service to Asia and the Middle East, as well as Istanbul. It also functions as the hub for Nepalese airlines.

Getting from the airport to the city can be done by taxi, bus, hotel shuttle or rental car. Buses run regularly from dawn till dusk from just outside the airport gate, they are very affordable and take approximately 30 minutes to reach the city. Passengers wishing to take a taxi are recommended to order one from the pre-paid booth inside the terminal.

Photo: Tanweer Morshed/cc by-sa 4.0/Wikimedia

(cropped)(image cropped)

Address: Tribhuvan International Airport, Kathmandu

Phone: +977 1 4113033

Internet: www.tiairport.com.np

Public Transport



Public transport in Kathmandu can be confusing, as there are no proper signboards. However, buses have a cashier or attendant who

can let travellers know where the bus goes and let them know when they have arrived at their destination. Buses are usually quite old and not very comfortable, but traveling with the locals can be very pleasant, and they are always very

friendly and helpful. Blue and green buses go in circles along the Ring Road.

Photo: Pierre-Luc Auclair

Taxis



Taxis can be found just about anywhere along major streets in Kathmandu. They are metered, but drivers will try not to use it in order

to ask for higher prices. Either demand to use it or agree on a price before getting in. Note that rates rise after 9pm. An alternative in Thamel is to take rickshaws, which can often be seen around this tourist-heavy area.

Photo: ArrivalGuides

Post Office



Photo: Andy Fuchs

Address: General Post Office, Sundhara Marg, Kathmandu

Opening hours: Sun-Thu 10am-4pm, Fri 10am-3pm, Sat closed

Phone: +977 1 4432 891

Internet: www.gpo.gov.np

Pharmacy



Photo: Gemma Garner

Address: Ritika Pharmacy, Chhetrapati Chowk, Kathmandu

Phone: +977 1 4260 792

Telephone



Country code: +977 City
code: 1

Photo: Jardson Almeida

Electricity



Voltage: 230 V
Frequency: 50 Hz Power
sockets: type C (two
round pins), D (three
round pins in a triangular
pattern) and M (same as

D, but with thicker pins).

Photo: uxwing.com

Population

1.5 million (2022)

Currency

Nepalese rupee (Re., Rs.,)

1 NPR = 100 paisa

Opening hours

Nepalese businesses are typically open 7 days a week. Banks open Sunday to Friday 9am–3pm, and Saturday 9am–12pm. Shops usually open at around 10am and close at 8pm and remain closed on Saturdays. Bars and restaurants close at 10pm, since music in public places is forbidden after that, but some bars and clubs stay open until midnight.

Newspapers

Nepali Times – www.nepalitimes.com

Himalayan Times – www.thehimalayantimes.com

The Kathmandu Post – www.kathmandupost.com

Emergency numbers

Emergency: 100

Tourist information

Nepal Tourism Board - Tourist Service Center

Bhrikutimandap Exhibition Hall

Pradarshani Marg, Kathmandu

+977 1 4256909

info@ntb.org.np