

TOURISM VOLUNTEERS



Association for Tourism
Kathmandu, Nepal

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Message of Chief Editors

First of all, I would like to extend my sincere thanks to all the committee members, general members of AFT, individuals and organizations and well wishers who have supported with the advertisement and other precious co-operation that encouraged us to repeat the publication of TOURISM VOLUNTEERS. I really feel great pleasure in presenting our TOURISM VOLUNTEERS 2004.

The Himalayan Kingdom of Nepal is the country of contrast. It's a land of unparalleled scenic beauty and one of the most diverse geographical areas on the earth. Nepal is a land of everlasting attraction, a place where one visit is hardly ever enough as long as we have ancient history and people, colorful cultures and wonderful landscape. Sight seeing to the Temples and Monasteries in Kathmandu valley and trekking into the several regions determined by the Govt. of Nepal, are the major activities that draw the visitors in Nepal. Besides these, several outstanding white-water rafting opportunities, Jungle safari trip, mountain biking, which has become more popular.

This publication has been continuing to provide extremely useful information to the valuable tourists who come to Nepal. I hope the visitors will have some level of information about Nepal. I suppose that this publication will contribute to the tourism development in Nepal, at the context of his majesty Government has been giving a top priority to it.

We have tried to bring out the information as correct as possible, but if any errors are found; these may please be brought to our notice for rectification.

Once again, I would like to thank to all the and hope to have kind support and cooperation for the future publication as well.

- Mr Roshan Raj Lamichhane - President AFT

It's an immense pleasure for me to express a few words on the occasion of a publication of TOURISM VOLUNTEERS, which has been concentrating in real volunteering and to identify the different events since the past few years.

Nepal, the "Land of Paradise" is a travel destination for all seasons. The natural landscape of Nepal Mountains, rivers, glacial lakes, forests and wild animals are major resources for its tourism industry. The famous Himalayan range, favorable climate and the hospitality of the Nepalese people and their culture are another major attractions. Natural and cultural diversity of Nepal holds distinct comparative advantages in the world that we have to be able to cash. Tourism Industry is the main source of foreign currency income; ones contribution is needed in promoting tourism in Nepal. At least, general overview of Nepal is essential for the travelers; this updated version will be a tremendously valuable resource for them.

I appreciate the effort of the team members in bringing out this edition and wish them all the best for the forthcoming issues in the future.

- Mr Deepak Mahat – President TAAN

1. Association For Tourism - Introduction

Association For Tourism (AFT), a non-profitable organization has a history of almost 14 years. It was formed and registered with the Kathmandu CDO office by Handful Airport Representatives who used to work at the Hotels. Under AFT they could facilitate to the tourists, work together to achieve their common goals and also help Government for promotion of tourism in Nepal.

The objectives of the AFT

- To bring together with various social services and promote organized efforts for the betterment of the tourism industry in Nepal.
- To maintain and ensure a sustained supply of the effective and attractive tourism programs for the benefit of tourism Industry.
- To provide advisory services to government when required in formulation and execution of tourist related policies and programs.
- To promote relationship and co-operation with other tourism related organizations such as HAN, TAAN, PATA, NATA etc. and having similar objective.
- To play outstanding role for protecting a tourism destination and convey them reliable information.
- To introduce the tradition and tourist attractive places in Nepal.
- To carry out other functions for the fulfillment of objectives of the Association for tourism.

AFT has been conducting and participating various activities to achieve its objectives since its inception in 1990. Some of these activities are regular nature and the rest take place when necessary. Promotional and Environmental activities of AFT are following below.

- **Celebration of World Tourism Day:**

World Tourism Day has been celebrated on 27th of September every year since the beginning of its inception.

- **Personal Services**

Sometimes, tourists lost their money. At this situation, they have problem for lodging, fooding. AFT has been helping those who are unable to pay for their lodging fooding as well as Airport Tax. AFT also helps those who have difficulty in paper work due to language problem.

The Himalayan, the kingdom of Nepal is a land of eternal attraction, a place where one visit is hardly ever enough. Nepal is a land of colorful cultures, ancient history and people, wonderful landscape.

Nepal has four distinct seasons. Spring from March to May, is warm with rain showers. Summer, from June to August, is the monsoon season when the hills turn lush and green. Autumn, from September to November, is cool with clear skies and is the most popular season for trekking. In winter, from December to February, it is cold at night, with fog in the early morning.

Sight seeing to the Temples and Monasteries and trekking into the several regions are major activities that draw the visitors. Besides these, some superb white-water rafting opportunities, mountain biking, which has become more and more popular, and down in the jungle, safaris on elephant-back into the Royal Chitwan National Park are another not-to-be-missed part of the Nepal experience.

3. How to get Nepal?

Airlines: Tribhuvan International Airport is the only international airport in Nepal. International flights that operate to and from Kathmandu are Royal Nepal Airlines, Thai Int'l Airlines, Singapore Airlines, Indian Airlines, Pakistan Airlines, Gulf Air, Qatar Airways, Transavia Airlines, China Southwest Airlines, Druk Air and Biman Bangladesh. But there are offices for other international airlines such as Cathay Pacific, Aeroflot, British Airways, Dragon Air, Lufthansa and Myanmar Airways.

Overland: Overland entry point to Nepal is Mahendra Nagar in the far western Nepal that connects to state of Uttar Pradesh of India. Other entry point is Kakarvitta that connects to city of Siliguri and Darjeeling in the West Bengal State of India. Another major entry point is Kodari, at the border with Tibet. A lot of overland trip to Tibet goes and comes from Kodari. There are regular night buses from Mahendra Nagar and Kakarvitta to Kathmandu. There are day buses to and from Kodari to Kathmandu. While bus travel is very cheap, be prepared to get stuck for hours while taking one of these buses. Also the seats are built for Nepali and Indian size so they could be pretty uncomfortable for many Europeans and Westerners.

4. Trekking Areas and Permit Fees

A trekking permit is required to trek into the hill region of the country. If trekking is planned in two different areas, two trekking permits are required. We have different trekking areas where you have to pay different permit fees.

Trekking Area	Permit Fee
Annapurna, Everest, Langtang	FREE as of July 11, 1999
Rara, and other areas.	US \$5 per week US \$10 per week(after 4th week)
Dolpa and Kanchanjunga	US \$10 per week US \$20 per week(after 4th week)
Manaslu	US \$75 per week (low season) US\$90 (high season)

5. National Park Fees

Fourteen areas of Nepal have been designated National Parks, Wildlife Reserve and Conservation Areas (no one speaks about the Hunting Reserve). To trek in any of these areas, you may need an additional permit.

You need to pay a Park Fee of Rs. 1,000 (less than US\$ 15). All fees are payable at the ACAP Office listed below or at the park entrance, but higher fees will have to be paid at the entrance. Trekkers going to the Annapurna Region have to pay a fee of Rs. 2,000 which is payable at the Information and Entry Fee Collection Counter of **Annapurna Conservation Area Project** (ACAP) Sanchaya Kosh Building, Thamel (Ph 223088 Ex. 363). The toll is utilized for environment conservation and maintenance of the area.

6. Entry Requirement and Immunizations

A visa for Nepal is required. Nepal extends trouble free issuance of visa to all the citizens worldwide. The Royal Nepalese Embassies or consulates abroad and at entry point immigration offices provide one month visa upon the presentation of a valid passport, two passport size photos and a payment of equivalent of US\$ as per given below: Trip members should have an up-to-date tetanus shot, polio booster and a Hepatitis A shot.

Duration	Type of visa	Fee
60 days (1 st time)	Single Entry	US \$ 30.00
30 days Extension	Single Entry	US \$ 50.00
As per Visa Duration	Single Re-entry	US \$ 25.00
As per Visa Duration	Double Re- entry	US \$ 40.00
As per Visa Duration	Multiple Entry	US \$ 60.00

His Majesty's Government of Nepal has announced a new policy of waiving visa fee for any tourist visiting the country for a period of 3 days. Similarly tourists coming from South Asian countries (SAARC) as well as neighboring People's Republic of China will also get free visa to Nepal. Likewise arrangements have been made to provide free visa for any national for re-entry to Nepal provided those tourists have stayed at least for 15 days in the country in a visa year (Jan-Dec).

In order to be sure of the current requirements, ask at the Immigration Offices listed below or book with a registered Trekking Agency.

Visitors entering Nepal without a visa may also obtain 15 to 30 - day visa at entry point immigration in Nepal. Visas can be extended at the Immigration Department, Kathmandu or at Immigration Office, Pokhara.

7. Currency and Foreign Exchange

The unit of the Nepalese Currency is Rupee. One Nepali Rupee is made up of 100 paisa. Nepali Rupee notes come in Rs. 1, 2, 5, 10, 20, 50, 100, 500, 1,000 denominations.

Foreign visitors other than the Indian nationals are required to pay their hotel bills and air tickets in foreign currency. However the other payments must always be made in Nepalese currency that can be bought at foreign exchange counter at the airport. The foreign currency exchange counters of different banks are also opened at different places in the city. Foreign currencies must be exchanged only through the banks or authorized foreign exchange.

Tourists other than Indian are not allowed to import or export the Indian currency. The rate of exchange of the foreign currencies is determined by the Nepal Rastra Bank and is announced in the press daily. Bank receipts are required for re-exchanging of currency. Nepal currency is not applicable in India.

8. Department of Tourism

His Majesty's the Government of Nepal, Department of Tourism runs information centers at its office and at the following places :

1. Nepal Tourism Board, Tribhuvan International Airport, Kathmandu.
2. Tourist Information Centre, Basantapur, Kathmandu.
3. Tourist Office, Airport, Pokhara.
4. Tourist Information Centre; Birgunj.
5. Tourist Information Centre, Bhairahawa.
6. Tourist Information Centre, Kakarbhitta.
7. Tourist Information Centre, Janakpur.

9. Some Dos and Don'ts

Nepal has diverse ethnic groups, traditional beliefs, and cultural practices which may seem unusual to you when you first visit our country. However, the following norms are common practices among all the people of Nepal.

- The traditional greeting in Nepal is "Namaste" and is extended while placing one's palms together.
- Remember to take off your shoes before entering a Nepalese home or temple.
- Do not use your own spoon, fork or hands to touch other people's food, plate, cooking wares or serving dish.
- Never touch anything with your feet.
- While traveling dress appropriately. Women in particular should avoid dressing in skimpy outfits.
- Seek permission before entering a Hindu temple. Many Hindu temples do not allow westerners to enter.

- The cow is sacred to Hindus, and nothing made of leather is permitted inside a Hindu temple.
- Seek permission before taking photograph or video of a person or private property.
- Have a genuine interest to meet and talk to the local people and respect their local customs and cultural values.

10. Accommodation

Nepal has every category of accommodation facilities that range from the international standard star hotels to budget hotels and lodges. In order to have an assured quality service, it is advisable to use the facilities and services of government-registered hotels, lodges.

In the last few decades Kathmandu and Pokhara with the rest of Nepal has seen mushrooming of world-class hotels. During spring and fall, the better hotels work at near full capacity and are booked well in advance. There are, however, plenty of less glamorous but decent hotels to suit everyone's fancies and finances.

Most hotels offer choice of: bed, bed and breakfast and meals. Rates listed however, are for room only, unless otherwise indicated. Besides officially recognized hotels, there are a number of small lodge accommodation available between US \$6 and \$10 a night depending on facilities; toilets and showers are generally communal and heating is extra. These small hostels are located in the old parts of Kathmandu and in the Thamel area.

Even in remote parts of Nepal, the coming of tourists over the years has led to the local population paying attention to tourist facilities, hence making accommodation and meals for tourists more easily available than before.

11. Nuwakot, a Historical Hill Town



Nuwakot is a small, still merely ignored town, which used to be quite a historic place, when King Prithvi Narayan Shaha, the unifier of modern Nepal, planned and launched several unification campaigns from there. Situated closed to Trisuli

Bazar (North West from Kathmandu), there's only a very few people taking the opportunity to visit this place, making it a very preserved area (though lacking resources to maintain the buildings). Interesting, very quiet and peaceful places, benefiting from beautiful views of the Trisuli valley are seen. Nuwakot was the ancient trade center between Nepal and Tibet.

A pagoda style building popularly known as the seven story Palace and the temple of Taleju Bhawani and Bhairabi stand as the landmark of Nuwakot and it was built shortly after the King Prithvi Narayan Shaha's arrival. With its strategic hilltop view the convergence the **Tadi** and **Trishuli** Rivers to the south and serving as a gate keeper to the main trade route north onto Tibet via Kerung.

A trip to Nuwakot along the mountain highway, Trisuli Road, is rewarding with views of green forests on one side and terraced cultivation on the other. The road to Nuwakot begins from Kathmandu and terminates at Bidur where the road to Nuwakot bifurcates. The vehicles can go right up to the top of Nuwakot. It takes about two hours to reach Nuwakot by car from Kathmandu. There are frequent bus and other vehicle services from Thamel to Nuwakot.

12. Himalayas of Nepal

The World's Highest Peaks
14 mountains in the world that exceed 8000 meters in height.

NAME	HEIGHT	LOCATION	FIRST ASCENT
Everest	8,850m (29,035ft)	Nepal – I	1953; Sir E. Hillary, T. Norgay
K2	8,611m (28,250ft)	Pakistan	1954; A. Compagnoni, L. Lacedelli
Kanchenjunga	8,586m (28,169ft)	Nepal – II	1955; G. Band, J. Brown
Lhotse	8,516m (27,940ft)	Nepal – III	1956; F. Luchsinger, E. Reiss
Makalu	8,463m (27,766ft)	Nepal – IV	1955; J. Couzy, L. Terrary
Cho-Oyu	8,201m (26,906ft)	Nepal – V	1954; S. Joechler, H. Tichy, P. Dawa Lama
Dhaulagiri	8,167m (26,795ft)	Nepal – VI	1960; K. Diemberger, P. Diener, M. Dorji, E. Forrer, N. Dorji, A. Schelbert
Manaslu	8,163m (26,781ft)	Nepal – VII	1956; T. Imanishi, G. Norbu
Nanga Parbat	8,125m (26,660ft)	Pakistan	1953; H. Buhl
Annapurna	8,091m (26,545ft)	Nepal - VIII	1950; M. Herzog, L. Lachenal
Gasherbrum I	8,068m (26,470ft)	Pakistan	1958; A. Kaufman, P. Schoening
Broad Peak	8,068m (26,470ft)	Pakistan	1957; H. Buhl, K. Diemberger, M. Schmuck, F. Witerstellar
Gasherbrum II	8,035m (26,360ft)	Pakistan	1956; S. Larch, F. Moravec, H. Willenpart
Shisapangma	8,013m (26,291ft)	China	1964; H. Ching & nine climbers

Royalty for the Mountaineering expedition

(A) For the Mount Everest (Sagarmatha)

(1) The royalty for the mountaineering expedition team not exceeding seven in number from the route other than the general route (Southeast route) shall be fifty thousand U.S. dollar.

(2) The royalty for the mountaineering expedition from general route (Southeast route) for the mountaineering expedition team shall be as follows:

Member of the mountaineering expedition team	Royalty (U. S. Dollars)
One Member	25,000
Two Member	40,000
Three Member	48,000
Four Member	56,000
Five Member	60,000
Six Member	66,000
Seven Member	70,000

(3) Other not more than five members may be added in the mountaineering expedition team beyond the number as it is mentioned in clause (1) and (2).

(B) For the other Mountains:

(1) The royalty for the other mountain shall be as follows:

Name of the Mountain	Royalty for up to Seven members	Royalty for each additional member
	U.S. Dollars)	(U.S. Dollars)
Above 8000 meter (other than Mount Everest)	10,000	1,500
From 7,501 meter to 8,000 meter	4,000	500
From 7001 meter to 7500 meter	3,000	400
From 6501 meter to 7000 meter	2,000	300
Less than 6501 meter high mountain	1,000	200

(2) Other not more than five members may be added in the mountaineering expedition team beside as prescribed in clause (1).

Note: If there is any change in the royalty amount before receiving the briefing from the Ministry even after one has already paid the royalty under this Regulation, the mountaineering expedition team shall pay the changed amount of the royalty

Amount to be deposited for Garbage Management

The Mountaineering expedition team shall deposit the following amount as for the garbage management:

(a) For the following mountains of the Khambu and Annapurna Himalayan range:

For the Mount Everest	4000 U.S. Dollar or equivalent to that in Nepalese rupees.
For the other mountain having the height of 8001 meter except Mount Everest	3000U.S. Dollar or equivalent to that in Nepalese rupees
For the mountain having the height of 7001 to 8000 meter and Amadablam mountain	2000 U.S. Dollar or equivalent to that in Nepalese rupees
For the Mountain having the height of 6501 to 7000 meter	1000 U.S. Dollar or equivalent to that in Nepalese rupees
For the mountain having the height of less than 6500 meter	500 U.S. Dollar or equivalent to that in Nepalese rupees

(b) For the following mountains of the other Himalayan range other than expressed in clause (a)

For the other mountain having the height of more than 8000 meter-	Three thousand U.S. Dollars or equivalent to that in Nepalese rupees
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For the mountain having the height of less than 8000 meter-	Five hundred U.S. Dollars or equivalent to that in Nepalese rupees
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The materials to be considered as garbage

The following materials shall come under the following garbage:

- (a) Garbage, which can be destroyed: Toilet paper, paper, cardboard, things made from bamboo, jute and cotton bag, decomposed food or dead body.
- (b) Garbage, which can be recycled: Tin, bottle, jar, plastic can, plastic shit, reusable gas cylinder, and plastic bag or gas container.
- (c) Garbage, which has to be re-imported: Used oxygen bottle, used battery, equipment to be used for climbing or personnel goods etc.

13. Trekking Peaks of Nepal

18 Peaks are opened for trekking groups with permission from Nepal Mountaineering Association (NMA)

S.N.	Name of the peaks	Ht. in Mt. /Category	Mountain. Region
Category A			
01	Mera peak	6654m	Khumbu Himal
02	Chulu East	6584m	Damodar Himal
03	Singu Chuli (Fluted Peak)	6501m	Annapurna
04	Hiunchuli	6441m	Annapurna
05	Chulu West	6419m	Damodar Himal
06	Kusum Kangru	6367m	Khumbu Himal
07	Pharchamo	6187m	Rolwaling
08	Imja Tse (Island Peak)	6160m	Khumbu
09	Lobuje	6119m	Khumbu Himal
10	Pisang	6091m	Damodar Himal
11	Kwangde	6011m A	Rolwaling
Category B			
12	Ramdung	5925m	Rolwaling
13	Paldor	5896m	Langtang Himal
14	Kongma Tse (Mehra Peak)	5849m	Khumbu Himal
15	Ganja La Chuli (Naya Kanga)	5844m	Langtang Himal
16	Pokhalde	5806m	Khumbu Himal
17	Tharpu Chuli (Tent Peak)	5663m	Annapurna
18	Mardi Himal	5587m	Annapurna

Climbing Royalty for each trekking peak		
Group size	Rate in US\$	Additional P/P in US\$
1 – 4 persons	350.00 only	
5 – 8 persons	350.00 plus	40.00 per person
9 – 12 persons	510.00 plus	25.00 per person

14. Hospitals and Clinics

HOSPITALS:

PATAN HOSPITAL is located in Lagankhel, Patan. Services include an intensive care unit, in-patient and surgical facilities, and a 24-hour emergency room. It is supported in part by the United Mission to Nepal and has some expatriate medical personnel on staff. Telephone: 5521034, 5521048, 5522266, 5522278, and 5522295.

TRIBHUVAN UNIVERSITY TEACHING HOSPITAL is located in Maharajgunj, Kathmandu. Services include an intensive care unit, in-patient and surgical facilities, and a 24-hour emergency room. A number of overseas medical groups provide short-term training to Nepalese physicians at the hospital. Telephone: 4412303, 4412404, 4412505.

BIR HOSPITAL is a government hospital located in Mahaboudha opposite the military parade ground. As a government hospital, it tends to be very crowded, but it has some sophisticated equipment that is not available at other hospitals in Kathmandu. Services include an intensive care unit, in-patient and surgical facilities, and a 24-hour emergency room. Telephone: 4221988, 4221119, 4223807, 4223806, 4221800.

SHEER MEMORIAL HOSPITAL is located in Banepa, on the road to Dhulikhel in the Kathmandu valley. Services include emergency care, surgery, and in patient treatment. This hospital is supported by the Seventh Day Adventist Church. Telephone 011-61111, 011-61112.

THE WESTERN REGIONAL HOSPITAL is the major medical facility in Pokhara. Services include basic emergency room and in-patient facilities. The Inter Nepal Fellowship (INF) supports this facility, and there are some expatriate medical personnel on staff. Telephone: 061-420111, 061-421994.

THE UNITED MISSION TO NEPAL HOSPITAL is located in Tansen, Palpa District. It provides medical services to the region south of Pokhara and travelers on the road to Bhairawa. In addition to surgical and medical wards, the hospital has a laboratory, pharmacy, and a blood bank. It has some expatriate medical personnel on staff. Telephone: 075-520039.

TEAM HOSPITAL in Dandeldhura in Western Nepal primarily supports Nepali residents in the area. The hospital has some expatriate medical personnel on staff. Telephone: 096-20188.

KUNDE HOSPITAL provides basic health care in the Khumbu area. It is assisted by the Hillary Trust and has an expatriate physician and nurse.

HIMALAYAN RESCUE ASSOCIATION: The Himalayan Rescue Association (HRA) was founded in 1973 with the aim of reducing deaths among trekkers in the mountains of Nepal. HRA has an office in Thamel, where trekkers are given free advice on altitude sickness, equipment, conditions of trekking routes, etc. The HRA also operates aid posts in Pheriche and Manang to assist trekkers. Expatriate physicians staff the posts during the peak trekking periods of early March to mid May and early October to mid November.

CLINICS:

CIWEC CLINIC (telephone: 228531) is located just off Durbar Marg on the road to the Yak and Yeti Hotel, Kathmandu. It is open Monday through Friday, 9:00 am-3:30 pm by appointment. The clinic is generally closed for lunch from noon to 1 pm. After hours a doctor is on call. This clinic is staffed by three physicians (currently two of the physicians are American) and a number of foreign nurses and provides medical care in a Western setting. Laboratory facilities, vaccinations and medications are available on site. A 24-hour telephone answering service for emergency contact with the physician is available. Accepts VISA and Mastercard.

KALIMATI CLINIC (telephone: 271873) is located in Kalimati near the turn-off for the Soaltee Oberoi Hotel. It is open from 12:30-2:30 pm, Mondays and Fridays, and from 11:00 am-2:00 pm on Wednesdays. This clinic is not primarily a diagnostic clinic for travelers; it does, however, offer gamma globulin and post-exposure rabies vaccinations among other services. All immunizations are given with disposable needles. Immunizations are available from 12:30-2:30 pm on Mondays and Fridays and from 11:00 am-2:00 pm on Wednesdays. Volunteers from the expatriate community to provide medical treatment for their employees established the clinic. It is supported in part by AWON (American Women of Nepal).

NEPAL INTERNATIONAL CLINIC (telephone: 412842) is located on a small street between the main gate to the Royal Palace and the Jaya Nepal Cinema, within easy walking distance of Thamel. It is open from 9:00 am-5:00 pm, Sunday through Friday; prior appointment is encouraged. Dr. Buddha Basnyat, a U.S. board certified Nepalese physician, provides medical care in a Western setting. Laboratory facilities, vaccines and medications are available on site. Accepts American Express, VISA and Mastercard.

15. Altitude Sickness

Acute mountain sickness is an illness that can affect mountain climbers, hikers, skiers, or travelers who ascend too rapidly to high altitude (typically above 8,000 feet or 2,400 meters). This is especially for persons who normally reside at or near sea level.

Causes of Altitude Sickness:

- Less Oxygen
- Low pressure i.e. Barometric (Climatic) Pressure
- Raped Ascent
- Possible Dehydration
- Hypothermia (Chilled)

Type of Altitude Sickness:

- AMS: Acute Mountain Sickness (mild symptom feels like hangover / not feeling well)
- HAPE: High Altitude Pulmonary Edema (lung problem by water in the lung)
- HACE: High Altitude cerebral Edema (mental or Psychological problem water in the head)

Symptoms:

Acute Mountain Sickness (mild symptom feels like hangover / not feeling well)

- Headache
- Fatigue / Tiredness
- Shortness of Breath / Respiration
- Loss of Appetite
- Sleep Disturbance

High Altitude Pulmonary Edema (lung problem by water in the lung)

- Increasing shortness of breath even at rest
- Severe cough – Dry (difficulty in cough)
- Very tired – Unusual fatigue while walking
- High pulse rate i.e. 110
- Blueness of face, lip, fingernails – that means inability to transport Oxygen into the blood

High Altitude cerebral Edema (mental or Psychological problem water in the head)

Sever symptoms of Altitude Sickness

- Sever Headache
- Vomiting
- Ataxia / Walking like a drunk
- Altered mental status / Mental confusion
- Irritable / Does not want to be bothered by other people
- Coma / Unconsciousness

Prevention

- Acclimatization - After a 1000m. Ascent, stay one more night for acclimatization
- Do not make RAPID ASCENT, don't go too fast too high
- No alcohol, sleeping pills and smoking.
- Drink more fluid 3-4 liters a day --- clean water – boiled or treated / tea / coffee / soup / juice, etc
- Do not carry heavy packs, 10-12 kilograms is okay
- Climb higher sleep lower.
- Over 3000m, 300m. ascent a day
- Do not travel alone

Treatment

- DESCENT is the best medicine, do not wait for the Helicopter
- Medicine
 - Oxygen
 - Diamox---for AMS 125 mg. before dinner, for sleeping problem if feeling suffocated
 - Nafedipine for HAPE
 - Steroids / Dexamethasone for HACE

16. Living Legends of Nepal - Kumariil



Living Goddess (Kumari) is one of the most popular tourist attractions ranking besides, Mt. Everest and the ancient temples and monasteries of Kathmandu valley. Both Hindus and Buddhists who believe that she has blessed the king and the entire people of Nepal with peace and prosperity revere the Kumari.

The goddess lives a life of extreme privilege, but also one of isolation. She is sequestered in her palace, allowed only a few selected playmates, and sees the outer world only a few times in a year when she is wheeled through the capital on a chariot pulled

by devotees On INDRA JATRA usually held in Sep/Oct. She wears only red, her hair is always tied in a topknot and she has a third eye painted on her forehead.

Selection of Kumari: Traditionally the Kumari is selected from Shakya community in a highly elaborate ceremony. Upon passing the preliminary test, which is merely concerned with their 32 attributes of perfection, at least 4 years old girls from the Sakya community are made to confront a goddess in a darkened room. The sight of the buffalo heads scattered around, the demon-like masked dancers, the terrifying noises they encounter scare some of these innocent babies. The one who emerges victorious from these tests is the only girl who is entitled as a living deity.

God-house: The God-house (Kumari Ghar) is a storehouse of magnificent intricate carvings where the Living Goddess performs her daily rituals. She spends most of the waking day coming to the window shown at upper left so that locals and tourists can have a brief glimpse. During her term in the god house, under normal circumstances, her days in god house come to an end with her first menstruation, but if she turns out to be unlucky, as they say, even a minor scratch on her body that bleeds can make her invalid for worship. The new Kumari is enthroned and will then replace her.

Tradition of Kumari: The tradition of Kumari goes back to the Lichhabhi era but the Kumari House was believed to be built by Malla King Jaya Prakash Malla around 1814 B.S. During the Indrajatra Festival just days before Dasain, the new Kumari will be taken around on a chariot pulled by humans.

17. Festivals in Nepal

Nepal is the land of festivals. Each and every ethnic group has their own festivals and it is celebrated in homes, temples and public places. So you will find a festival almost every week in Nepal. Festivals are scheduled according to a lunar calendar, which does not coincide with the solar calendar currently used in Nepal, nor the Gregorian calendar. Some of the major festivals of the year 2004 are listed below.

Name of festivals	Date for 2004
New Year	1 - Jan
Yakata Divas	11 - Jan
Sahid Divas	30 - Jan
Losar-Tibetan New Year	20 - Feb
Saraswati Puja	26 - Jan
Democracy Day	19 - Feb
Education Day	24 - Feb
Maha -Shivaratri	18 - Feb
Woman's Day	08 - Mar
Holi	06 - Mar
Horse race	20 - Mar
Chaitra dashin	29 - Mar
Ram's Day	30 - Mar
Nepali New year	14 - Apr
Labour Day	01 - May
Law Day	09 - May
Buddha's Birthday	04 - May
Janai Purnima	31 - July
Cow festival	01 - Aug
Child Day	20 - Aug
Krishna's Birthday	06 - Sept
Teej	16 - Sept
Indra's Festival	27 - Sept
Dasain Start	20 - Sept
Middle Dasain	20-23 Sept
End of Dasain	28 - Sept
Tihar	12-14 Nov
Chhath Purba (Terai only)	-
Sambidhan Day	09 - Nov

18. Important Phone Numbers

Emergency phone numbers and others in Kathmandu, Nepal (977-1).

- Police (Emergency) 100
- Tourist Police (Bhrikuti Mandap) 4226359/4226403
- Nepal Tourism Board (Bhrikuti Mandap) 4256909/4256229
- Department of Immigration (Bhrikuti Mandap) 4223509/4222453
- Ambulance, Bishal Bazaar (Free of charge) 4244121
- Ambulance, Nepal Chamber 4230213/4222890
- Ambulance, Paropakar (Bhimsensthan) 4251614/4260869
- Ambulance, Red Cross (Bhrikuti Mandap) 4228094
- Ambulance, Bhagawan Mahavir Jain Niketan 4418619/4422280
- Bir Hospital 221988
- Patan Hospital (Lagankhel) 4522278
- Teaching Hospital (Maharajgunj) 4412707/4412505/4412808
- B & B Hospital (Gwarko) 4351930/4533206
- Teku Hospital (Teku) 4253396
- AWON Kalimati Clinic (Kalimati) 4271873
- Blood Bank 4225344
- CIWEC Clinic (Durbar Marg) 4228531
- Homeopathic Clinic (Kalimati) 4277431
- Kunfen Tibetan Medical Center (Chhetrapati) 4251920
- Himalayan International Clinic (Chhetrapati) 4263170
- Nepal International Clinic (Lal Durbar) 4434642/4435357
- Himalayan Rescue Association (Tridevi Marg) 4262746
- Synergy International Clinic (Thamel) 4225038
- Tilganga Eye Centre 4476575/4474937
- Homeopathic Treatment Centre 4522092
- Friends of Shanta Bhawan 4470181
- Nepal Oral Health Clinic 4245572
- Ask me 4427806
- Night Taxi 4224374
- Tribhuvan International Airport (TIA) 4472256/4472257
- Himalayan Buddhist Meditation Centre 221875, Fax: 4251409
- KEEP (Kathmandu Environmental Education Project) 4259275
- AT&T Card Access 0800-77001

19. Domestic Flight Fares for Tourists

FLIGHT SECTOR	Length of flight	AIRFARE (ONE WAY)
Kathmandu to Lukla or V.V.	35 min	US\$ 93.00
Kathmandu to Pokhara or V.V.	35 min	US\$ 65.00
Pokhara to Jomsom or V.V.	25min	US\$ 63.00
Kathmandu to Phaplu or V.V.	35 min	US\$ 87.00
Kathmandu to Nepalgunj or V.V.	1 hour	US\$ 111.00
Kathmandu to Biratnagar or V.V.	50min	US\$ 87.00
Kathmandu to Bharatpur or V.V.	20min	US\$ 63.00
Kathmandu to Tumlingtar or V.V.	40min	US\$ 74.00
Kathmandu to Bhairawa or V.V.	30min	US\$ 81.00
Kathmandu to Bhadrapur or V.V.	45min	US\$ 111.00
Kathmandu to Taplejung or V.V.	40min	US\$ 166.00
Kathmandu to Rumjatar or V.V.	35min	US\$ 63.00
Kathmandu to Rumjatar or V.V.	35min	US\$ 63.00

20. Traditional Village Weddings Richard K Rotto -USA

In general, weddings vary from caste to caste and from region to region. For example, weddings in the larger cities may have cars for parades; band instruments (like trumpets and trombones), Christmas-like lights and electricity, and in many cases more money. These weddings of course differ greatly from the traditional remote village weddings. The pictures below represent more the traditional remote village wedding. Definitely the majority of weddings fall into this category. The wedding is a multi day event, which may engross an entire village. In its essence, it reveals the very strong social and communal values of the Nepali people. Few things in Nepali culture take precedence over a wedding and most people treat the time as the opportunity that it is...a time to stop and celebrate life with food, fun, and dancing.

Weddings generally take place between people of fairly young age. It is more the norm than exception for boys and girls to be married by the time they are 16 or 17, many times even younger. Historically, girls purposely had their marriages arranged before they started menstruating.

The wedding procedure usually begins with an arrangement of a boy and a girl with comparable backgrounds, often with the help of a priest-type matchmaker. A meeting then takes place between the parents of the two parties. In an arranged marriage, it is the parents who choose their children's partners. In a love marriage, it is the boy and the girl who choose their mate. Today, both types can be found throughout the country but it is the arranged marriage that predominates. However, the love marriage method has been gaining much acceptance over the years perhaps due to the influence of western culture. One additional note concerning the arranged marriage: even though the parents choose the individuals, the children are commonly given a voice to accept or decline the match. There are instances, however, of a couple not seeing each other for the first time until the ceremony begins. Eloping may occur between couples that are not thought to be a suitable match, such as different castes. Though not much of an option in village life is not unheard of in the larger more modern towns.

Castes are in many ways an extended family. And there are cultural rules that dictate that one must marry into the same caste, but not the same family. There are many small villages today that are predominantly one family.



Therefore it is common that a one must look to neighboring villages to marry. This explains why most village marriages are a marriage between one person from one village and the other from another village sometimes days apart. It also explains why marriages last many days as logistics and travel prevent a single day event. As seen in this photo, a wedding party is traveling between villages fronted by the trumpeters which announce the party around each bend, hill, and village along the trail.



After the initial marriage arrangement has taken place, the wedding begins with a gathering of the traveling party at the groom's house. Celebrations are made and rituals are performed with the local priest and the party then travels to the bride's village. This party regularly consists of males only. Once in the bride's village, the groom's family plays cards, the priest performs the ceremony, and a big feast is eaten.

Here the groom goes to meet the bride in her village as he is carried by the wedding procession. The bride and groom by tradition are always carried, either in a basket like this or by horse (if financially feasible).



The bride, after being given away by her mother (in the photo) and father will then travel to the groom's village to become a member of his family's household. Because the Nepali way of life is one of agriculture and inheritance goes to the sons, the married couple almost always live with the groom's parents.

Traditionally the couple will either inherit the parent's land and house (eldest son) or eventually build their own house when feasible.



The ceremony is a very serious affair for the two young people. The bride is dressed in red, which is the color for marriage. Often, she will shed tears as the time to leave approaches. This may be a true feeling of apprehension of leaving the home and family or it may be just a traditional requisite. But many young girls cannot wait to leave the boredom of their life and look forward to having a family of their own.



Association for Tourism
Kathmandu, Nepal