

Bhutan & Nepal Cultural Tour Handbook

BY ADU TOURS



**THIS HANDBOOK CONTAINS USEFUL INFORMATION FOR OUR
BHUTAN & NEPAL CULTURAL TOURS**

BHUTAN & NEPAL HANDBOOK

FLIGHTS

You need to co-ordinate your flights into and out of Kathmandu on or before the stipulated arrival day and on or after the stipulated departure day of the tour.

ACCOMMODATION

Accommodation in Nepal will be in the form of minimum 3 star hotels.

Five star hotels are not available in Bhutan. Comfortable hotels and lodges built in traditional architectural style are available in the major towns. All tourists are lodged at the hotels approved and classified by the department of Tourism.

VISAS AND DOCUMENTS

You will require a visa to enter Nepal, this can be done on arrival at Tribhuvan International Airport. To obtain a visa upon arrival by air in Nepal you must fill in an application form at one of the automatic registration machines, which will also take your digital photo (bring a passport sized photo with you as a backup). Your passport must be valid for at least six months and you will need a whole free page for your visa.

Tourist Visa fee for visitors who enter Nepal for the first time in a visa year, from January to December:

Multiple entry visa for 15 days US\$ 25

Multiple entry visa for 30 days US\$ 40

Multiple entry visa for 90 days US\$ 100

You may pay in Euro, Swiss Franc, Pound Sterling, US Dollar, Australian Dollar, Canadian Dollar, Hong Kong Dollar, Singapore Dollar and Japanese Yen. Credit card, Indian currency and Nepali currency are not accepted as payment of visa fee.

You will also require a visa to enter Bhutan. This is already included in your tour cost and will be organised for you.

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WHAT TO WEAR

From May to September, cotton clothes are recommended along with a woollen sweater or light jacket. This time of year it is best to layer your clothing as nights are cool but days may be warm and sunny. From November to the end of April, very warm clothes are required. Comfortable sports shoes are also recommended.

Make sure to dress discretely when visiting religious sites. This includes skirts or long pants for women and long shorts or trousers for men

CURRENCY, ATM AND CREDIT CARD FACILITIES

Currency of Nepal is known as Nepalese Rupee. Credit cards are widely accepted at major hotels, shops, and restaurants. Travellers should keep their Foreign Exchange Encashment Receipt while making foreign exchange payments or transferring foreign currency into Nepalese rupees. The receipts may be needed to change left-over Nepalese Rupees into hard currency before leaving the country. ATM is widely in use in Kathmandu.

The Bhutan part of your tour is already fully prepaid, so you could in theory manage in Bhutan without any local money at all, though you'll probably want to change some cash to pay for laundry and drinks, plus whatever you need for souvenirs and tips.

The Bhutanese currency is called Ngultrum (Nu.) and is equivalent to Indian Rupee. The exchange counters at the airport, larger hotels and the banks in Thimphu can change major currencies, although we recommend bringing US Dollars for ease of exchange.

Indian rupees are used interchangeably with ngultrums and are not officially exchanged at banks. Indian Rupee is acceptable all over Bhutan, however it is also advisable not to carry Rs 1,000/ and Rs 500/ denomination currency notes.

Credit cards are accepted by only few limited business houses and no ATMs are available.

TIPPING

While it is not official TCB policy, both your guide and driver will expect a tip at the end of the trip.

We will take up a collection at the conclusion of the trip in each country, split them accordingly and hand them over to the individual. This is not compulsory but would be appreciated. The amount is solely up to you as an individual.

POWER OUTLETS

Standard Indian round pin sockets are normally used at all places throughout Nepal and Bhutan.

