



**Practical information
for visitors**

Visa Information for Nepal

- Tourist visas are available from Nepali embassies and consulates around the world. However we advise you to get your visa on arrival.
- **On-Arrival Visa:**
 - Travelers to Nepal can obtain a tourist visa upon arrival at the Tribhuvan International Airport in Kathmandu or other entry points.
 - There are interactive computerized visa application machines at the airport which take your picture and print an application form.
 - You can also fill out the visa application ahead of time: complete the form [here](#) and print it out.
 - Tourist visas are also available upon arrival at the land border with India. You will need a passport-sized photo and Euros or USD to cover the visa fee. You will be provided with an application form.
- **Visa Fees:** Visa fees vary depending on the duration of your stay. As of our last update, the fees are as follows:
 - 15 days: \$30
 - 30 days: \$50
 - 90 days: \$125
- **Payment Method:** The visa fee is payable in US dollars or Euros. It's advisable to carry the exact amount or small denominations to facilitate the payment process. There is a credit card machine to pay for your visa, but it is not reliable. Bring cash in Euros, or US dollars. It's convenient if you have the correct change. Coins will not be accepted, and change will be given in Nepalese rupees!
- **Visa Extension:** If you plan to stay in Nepal for more than the initially granted period, you can apply for a visa extension at the Immigration Office in Kathmandu or Pokhara.
- **Documents Required:** Documents Required: Carry a filled-out visa application form, which is usually also available at the airport or entry point.
- **Visa Restrictions:** Ensure that your passport is valid **for at least six months beyond your intended departure date**. Some nationalities may have additional requirements, so check with the relevant authorities.

For more information on visa requirements you can check the [Department of Immigration website](#).

Getting to Nepal

Nepal has only one international airport, the Tribhuvan International Airport in Kathmandu, and it is supplied by a range of international airlines. Please check with your travel agent for the best way to get here.

Arrival:

- For all flights, you will deplane onto the tarmac and then be bussed to the immigration hall.
- Then you will enter the immigration section, where you will show your passport and then apply for your visa and pay (unless you already applied and paid online). Then get in the queue for the appropriate visa.
- There is an ATM inside the immigration hall and a bank counter just outside the immigration hall. It is open for flight arrivals and has reasonable exchange rates.
- The baggage carousels are located on the floor below immigration. Take the escalator down one floor and go through a security check for metals.
- Porters will probably try to carry your bags. If you want them to, you might like to be prepared with a tip. \$1 or \$2 US or 100 to 200 Nepalese rupees is considered a good tip. Of course, you can feel free to not use a porter and hold on to your bags. The trolleys in the airport are free of charge.
- Down the exit hall, phone SIM cards are available at NCELL and Nepal Telecom kiosks. You need to show your passport and have your photo taken to purchase a SIM card.
- For those of you uncertain about traveling to Nepal and concerned about getting to your hotel from the airport, there are several options for you:
 - *Hotel pick up* – You might want to check if your hotel offers a complimentary pick-up service.
 - *Pre-paid taxi service* – There is a pre-paid taxis counter just outside the doors of the airport, or get a non-prepaid taxi from the parking lot outside.

Departures:

- When departing on an international flight, arrive at least two hours or preferably three hours early.
- You need to show your ticket as you enter the departure hall—either have it ready on your phone or print it out before you go to the airport.

Getting to Tergar Ösel Ling

[Tergar Ösel Ling](#) is Mingyur Rinpoche's monastery in Swayambhu, Kathmandu. Ösel Ling is situated on the top of a hill overlooking Swayambhu Stupa on the other side of Ring Road from Swayambhu Stupa and Buddha Park. The general area is locally known as Sitapaila. ([Map](#))

Address:

Tergar Ösel Ling Monastery

PO Box 8921

Chhokdhol Height

Swayambhu

Nagarjun 44600

Website: <https://www.tergarsangha.org/>

Transportation:

- **Pathao:** Pathao is Nepal's version of Uber. You can download the app to your phone and use it when you are connected to wifi or using data. The app does not ask for credit card information and payment is made in cash at the end of your ride. You may choose a motorcycle or car as your mode of transportation.
- **Local guide:** You can also arrange transportation directly with Shirish (Siri) on Facebook at Shirish Acharya. Mobile/WhatsApp: +977 985 1144 508
- **Taxis:** You can use these [directions for taxi drivers](#).
- **Buses:** see below

From the airport:

- Ösel Ling is approximately a one-hour journey from the Tribhuvan International Airport in Kathmandu. Taxi fares are approximately 2000 NPRs one way to Ösel Ling.
- Ask for Swayambhu Buddha Park and direct the driver to Karkhana Chowk just off the Ring Road. Ösel Ling is well marked with signposts, but some drivers do not like to go up there, particularly in a full car because the road is very steep and uneven in some places.

From Swayambhu:

- **Taxis:** A number of taxis wait at the Ring Road end of Karkhana Chowk. Most know Ösel Ling and are generally happy to take no more than two people in older cars, but the newer models can take more. The drivers will advise. The cost is 300 NPR per taxi. While the road to Tergar is well marked with signposts, drivers sometimes take the turn to Lekshe Ling. Make sure you are clear that you want to go all the way to the top.
- **Walking:** There is a walking route leading to Ösel Ling. The route starts at the Keydong Thuk Cho Ling Nunnery directly opposite Buddha Park. The pathway is short and steep and involves

climbing many steps. Bring comfortable shoes!

- Though the monastery is accessible by road, as it is a steep, narrow road with dangerously sharp corners unsuitable for buses or large vehicles, we are requesting all (physically capable) participants to walk to the monastery.

From Boudhanath:

- **Buses:** These are generally minibuses and can get quite crowded. There are also larger buses. Wait at the opposite side of the road from Boudha Gate and ask for Swayambhu. You will be dropped off at Buddha Park on the Ring Road, and Karkhana Chowk and the nunnery are just opposite. Karkhana Chowk is the road to the left, and the nunnery directly opposite. From here, you can either walk or take a taxi to Ösel Ling. Buses will take you back to Boudha from the Ring Road at the nunnery opposite Buddha Park.
- **Taxis:** Many taxis are available around Boudha Gate, and drivers need clear directions to get to Ösel Ling from Swayambhu and Karkhana Chowk.

From Thamel:

- **Buses:** These are generally crowded minibuses. You can pick up a minibus to Swayambhu at a number of points on the main road in and out of Thamel. For the return journey, buses generally wait just off the Ring Road to the right of Buddha Park (facing it).
Taxis: There are many taxis in Thamel but, again, drivers need clear directions to get to Ösel Ling from Swayambhu.

Currency & Finances

- **Local Currency:**
 - The official currency in Nepal is the **Nepalese Rupee (NPR)**. Exchange currency at banks or authorized exchange centers. One such center is available at the airport.
 - **ATMs** are widely available in Kathmandu for withdrawing local currency. Look for one close to a bank for the best value. There is an ATM at the airport too. Cash withdrawals are usually limited, and your account will be charged 500 Rs per withdrawal.
 - **Credit Cards** are only used in hotels or restaurants patronized by tourists. A charge of 3% (local bank charge) will be applied to all credit card payments.
 - The Nepal Rupee is non-convertible, and only available in Nepal itself.
Here is an [updated Currency converter](#).
- **Cash for Small Expenses:** Carry Nepalese rupees for small purchases, tips, and transportation.

Health & Safety

- **Always consult your medical practitioner well before embarking on foreign travel to discuss your personal medical needs as well as required vaccinations.**
- **Food safety:** Avoid water that is not bottled or boiled. Avoid raw vegetables and pre-cut fruit. Must haves: Always carry toilet tissue and hand sanitizer. It is also advisable to carry a torch (flashlight) if you are going out at night.
- **Footwear:** Roads and pavements (sidewalks) are uneven and have plenty of potholes, so sensible shoes are advisable at all times.
- **Pollution protection:** Kathmandu is highly polluted. You may want to bring and use a smog mask if you are in any way sensitive to dust and pollution. Simple cotton face masks are widely available throughout the city. You can also purchase disposal masks from all pharmacies. Please note that the air quality up at Tergar Ösel Ling is generally good. The main problem is while traveling across the city. Over-the-counter allergy medication typically wards off and clears up symptoms from the air pollution.
- **Safety at night:** Please take a buddy when walking outside the Monastery gates after sunset.
- **Health Insurance:** It's highly recommended to have travel insurance that covers medical emergencies.
- Reference information for well-respected hospitals in Kathmandu:
 - CIWEC Hospital Private Limited. Address: G.P.O. Box 12895, Kapurdhara Marg, Kathmandu 44600, Nepal; Phone: +977 1-4424111
www.ciwechospital.com
 - NORVIC Hospital: Thapathali, Kathmandu 44617, Nepal; Phone: +977 1-5970032
www.norvichospital.com

Miscellaneous

- **Wi-Fi and Mobile Networks:**
 - Wi-Fi is available in most hotels, guest houses, and cafes.
 - Consider getting a local SIM card for data connectivity during your stay.
 - WHILE AT TERGAR ÖSEL LING - Please note there is no good WiFi at Tergar Ösel Ling, and phone coverage for all mobile companies is generally nonexistent.
 - LOCAL MOBILE NETWORKS – You can get a SIM card in Nepal fairly easily, if your phone is unlocked. There are booths at the airport as well as throughout the city. Bring your passport to get one.
 - Data packages are offered by both of the two main carriers, Nepal Telecom (NTC) and NCell.
 - You can recharge your Nepal Telecom (NTC) SIM or NCell SIM cards with recharge cards available in many denominations at stores throughout the city.

- **Electrical Outlets and Power Supply:**

- Nepal uses the Type C, D, and M electrical outlets. Please bring the necessary adapters. Consider bringing a powerbank for your electrical devices.

- **Language:** While English is widely understood in tourist areas, learning a few basic Nepali phrases can enhance your experience and interactions.
- **Local culture:** Greet people with “Namaste” and be polite. Remove your shoes before entering someone’s home or a temple. Remember to be flexible in your plans, as Kathmandu is a city with its own rhythm and charm. Embrace the local culture and be open to new experiences, and you’ll surely have a memorable trip!

What To Bring

- Do bring **your own cup** to use during tea service, **drinking water**, a small **cushion** to sit on, and **paper** and a **pen** (if you wish to take notes). Please note that there are no shops or restaurants near Tergar Ösel Ling.
- **General items:** Any medication, vitamins, or supplements you take, and special toiletries or cosmetics. You can buy most toiletries in Nepal, but if you need brand specific items it’s best to bring your own.
- You may need a **torch** (flashlight), sun hat, and sunscreen.

What To Wear

- Short skirts, shorts, or low-cut tops are not suitable in a monastery setting.
- **Shoes:** As participants are asked to walk up and down from Ösel Ling, sensible shoes are a must. Given the Nepali and Tibetan custom of removing your shoes before you enter a room, shoes that go on and come off easily are advisable.
- **Weather:** Temperatures in Kathmandu in June are between 62–84 °F (17–29 °C). It is the beginning of the rainy season, so please come prepared for warm, rainy days. There might be considerable differences in temperature during the day and at night so please wear layers.

Food & Drink

- **Local Cuisine:** Try local dishes like momo (dumplings), dal bhat (lentils and rice), and Newari cuisine. Street food can be delicious, but choose vendors with good hygiene practices.
- **Hydration:** Carry a reusable water bottle and consider using water purification tablets. Hydration is crucial, especially at higher altitudes.

Accommodation

- [This map](#) shows the location of Tergar Ösel Ling, the listed guest houses and hotels, Ciwec Clinic, Norvic Hospital, Boudha Stupa, and Tribhuvan International Airport.
- We recommend that foreign participants book accommodation either in the Swayambhu area, Boudhanath Tibetan settlement, or in the main tourist area of Thamel and the adjacent area of Lazimpath. We have compiled a short list of guest houses in the area, but it is possible to book others through various search engines, including Booking.com, Trip Advisor, Expedia, Hostelworld.com, AirBNB etc.
- Please note that telephone numbers are listed for calling from outside Nepal i.e. with the country code 977. When in Nepal the area code for Kathmandu is 01 (rather than 1). Nepali mobile numbers are all 9 digits long and do not require an area code.
- **Accommodation in the Swayambhu area:**

THE SPARKLING TURTLE
BACKPACKERS HOSTEL
Email: tshostel@gmail.com
Tel: (977) 01 4033736, Mobile: (977)
9813564272
[Website](#)

BENCHEN VIHAR
Email: bghouse@ntc.net.np
Tel: 977 1 4284204/4272302
[Website](#)

SWAYAMBHU PEACE ZONE
Email: info@swayambhupz.com
Tel: 977 1 4275544/4670524, Mobile:
977 9751017697
[Website](#)

HOTEL MYSTIC BUDDHA
Email: info.mbhtl@gmail.com
Tel: 977 1 4285922
[Website](#)

HOTEL VAJRA
Email: vajra@mos.com.np, info@hotelvajra.
com
Tel: 977 1 4271545
[Website](#)

- **Accommodation in Thamel:**

HOTEL NEPALI GHAR
\$75–\$85/ night with breakfast
[Website](#)

POTALA GUESTHOUSE
\$25–\$80/night
[Website](#)

DALAI-LA BOUTIQUE HOTEL
\$80–\$275/night with breakfast
[Website](#)

KATHMANDU GUEST HOUSE
Email: n.shrestha@ktmgh.com
[Website](#)

KATHMANDU GRAND HOTEL
Phone: 977-01-4700694/ 4701483
[Website](#)

- **Accommodation in Lazimpat:**

HOTEL TIBET
Phone: 977 1 4429085
[Website](#)

TINGS KATHMANDU
Email: tingsreservations@gmail.com
Tel: +977 (0) 1 4414497
[Website](#)

- **Accommodation in Boudha:**

HOTEL LOTUS GEMS
\$50–\$60/night with breakfast
[Website](#)

HOTEL SIDDHI MANAKAMANA
\$40–\$50/night with breakfast
email: info@siddhimanakamana.com
[Website](#)

ROKPA GUEST HOUSE
\$70–\$80/night with breakfast
[Website](#)

HYATT KATHMANDU
\$175–\$250/night
[Website](#)

- **Other suggested websites:**

There are many other guesthouses and hotels in the Thamel, Lazimpat, and Boudhanath areas to meet all budgets and needs. You can easily browse through them online:

www.AirBNB.com

www.booking.com

www.tripadvisor.com

Things to do in Kathmandu

For a map of selected locations, [click here](#).

- **Swayambhunath Stupa:**

The Swayambhunath Stupa (meaning the “self-created” stupa, aka the Monkey Temple) is found on a hilltop to the west of Kathmandu just across “Ring Road” from Ösel Ling. Second in importance only to the Boudhanath Stupa, the Swayambhunath complex, founded by King Manadeva during the fifth century, contains a stupa, temples, shrines, Tibetan monastery, museum, and library. The Swayambhunath Stupa is one of the crowning glories of Kathmandu Valley architecture.

[More information here](#)

- **Thamel**

Since the 1960s, Thamel has been the home to the backpacker crowd coming to Kathmandu from all over the world. While the architecture is superb, and the shopping is spectacular, Thamel is a bohemian hub for tourists from around the globe. Thamel is a must visit while in Kathmandu.

- **Asan Tole Market**

Asan Tole is the very heart and soul of Kathmandu and the center of the life of its residents. A walk through Asan will give you a glimpse into the everyday life in Nepal. Asan is just a short walk from Thamel.

[More information here](#)

- **Kathmandu Durbar Square**

Kathmandu’s Durbar Square was where the city’s kings were once crowned and legitimized, and from where they ruled (durbar means “palace”). As such, the square remains the traditional heart of the old town and Kathmandu’s most spectacular legacy of traditional architecture.

[More information here](#)

- **The Village of Boudha**

Located seven (7) miles NW of Ösel Ling, Boudha is the heart of the Tibetan community in Kathmandu. It is bustling with activity at all hours, both sublime and mundane. It is the home to most of the teachers and their monasteries in the Kathmandu Valley. It also offers some of the best shopping for Buddhist statues, paintings, and Himalayan crafts in the region. This is a must-visit site.

- **Boudha Stupa**

The center of all activity in Boudha is the great stupa, Boudhanath. The stupa is one of the most important Buddhist pilgrimage sites in the world. Built sometime after 600 CE, when the Tibetan king, Songtsen Gampo, converted to Buddhism. In terms of grace and purity of line, no other stupa in Nepal comes close to Boudhanath.

[More information here](#)

- **Monasteries in Boudha**

Boudha is the home to some 50 monasteries from all schools of Tibetan Buddhism. Principal among these are Ka-Nying Shedrup Ling (the White Gompa), the monastery of Chokyi Nyima Rinpoche (Mingyur Rinpoche's eldest brother); HH Dilgo Khyentse Rinpoche's Shechen Monastery; Thrangu Rinpoche's monastery; the monastery of Jamgön Kongtrul Rinpoche, Pullahari; and the well-known Gelugpa monastery, Kopan Gompa.

- [Ka-Nying Sheldrub Ling Monastery](#)
- [Shechen Monastery](#)

- **Pashupatinath Cremation Ghats**

Near Boudha, on the banks of the sacred Bagmati, are the burning ghats (funeral grounds) of Pashupatinath. Pashupatinath is the Nepali equivalent of Varanasi on the sacred River Ganges. The cremation ghats along the Bagmati are used for open-air cremations and are constantly in use. The architecture of the small temples in the surrounding area is beautiful. Pashupatinath is also the place where many of the Nepal Hindu Sadhus (mendicants) live.

[More information here](#)

- **Patan Durbar Square**

A UNESCO World Heritage site, the beautiful city of Patan lies south of Kathmandu across the Bagmati River and is home to Nepal's finest collection of temples and palaces. Founded in the 3rd century, Patan is the home to the Newari people, the earliest inhabitants of the Kathmandu valley and the earliest Buddhist practitioners in Nepal. The Newari craftsmen produce the finest Buddhist statuary in the world. Mingyur Rinpoche's father, Tulku Urygen Rinpoche, was considered to be the guiding Tibetan teacher for the inhabitants of Patan.

[More information here](#)

- **Golden Temple – Kwa Bahal**

Untouched by the earthquake, this unique Buddhist monastery is just north of Durbar Square. It was allegedly founded in the 12th century, and it has existed in its current form since 1409. The temple gets its name from the gilded metal plates that cover most of its frontage, and it is one of the most beautiful in Patan. The Shakyamuni Buddha that is the heart of the Golden Temple is considered to be the most historically important and beautiful statue in Nepal.

[More information here](#)

- **Namo Buddha Stupa**

Namo Buddha is one of the important pilgrimage spots in the Kathmandu valley and the site of Thrangu Rinpoche's Thrangu Tashi Yangtse Monastery. According to the Jatakas and several sutras, Mahasattva was one of Buddha Shakyamuni's former incarnations. He was the youngest of the three sons of king Maharatha. One day as the three brothers were walking through the forest, they saw a tigress with the five cubs she had given birth to. She was so hungry she could hardly move. The three princes went away, but Mahasattva decided to go back and started to cut his flesh to give it to the tigress to eat. When his brothers went to look for him they found only his bones and hair. The stupa was built on top of these remains.

- [Namo Buddha Stupa](#)
- [Thrangu Tashi Yangtse Monastery](#)

Helpful Travel guides

- [Lonely Planet Kathmandu](#)
- [Rough Guides Nepal](#)
- [Trip Advisor](#)
- [Walking Guides for Kathmandu](#)

Extending your stay in Nepal

If you are interested in traveling or trekking in Nepal before and/or after the event, we recommend a few agencies that can help you:

- Shirish Acharya. Mobile/WhatsApp: +977 985 1144 508
- [Trans Himalaya Tour](#)
- [Himalayan Quests](#)