

Nepal Tourism Year



NATURALLY NEPAL
ONCE IS NOT ENOUGH



Nature

8 of the world's 10 highest peaks

35% of the land covered by forest

20 % is protected as national parks



Annapurna Trekking Circuit

This circuit is considered one of the best treks in the world and is reputed for its outstanding scenery. 17 to 21 days long, this trek takes you through a distinct regional scenery of rivers, flora, fauna and, above all, mountains.

For a larger size, please click on the map

*One of the best countries for adventure destination in the world.
-- National Geographic Adventure Magazine*

Tilicho Lake

one of the highest lakes in the world



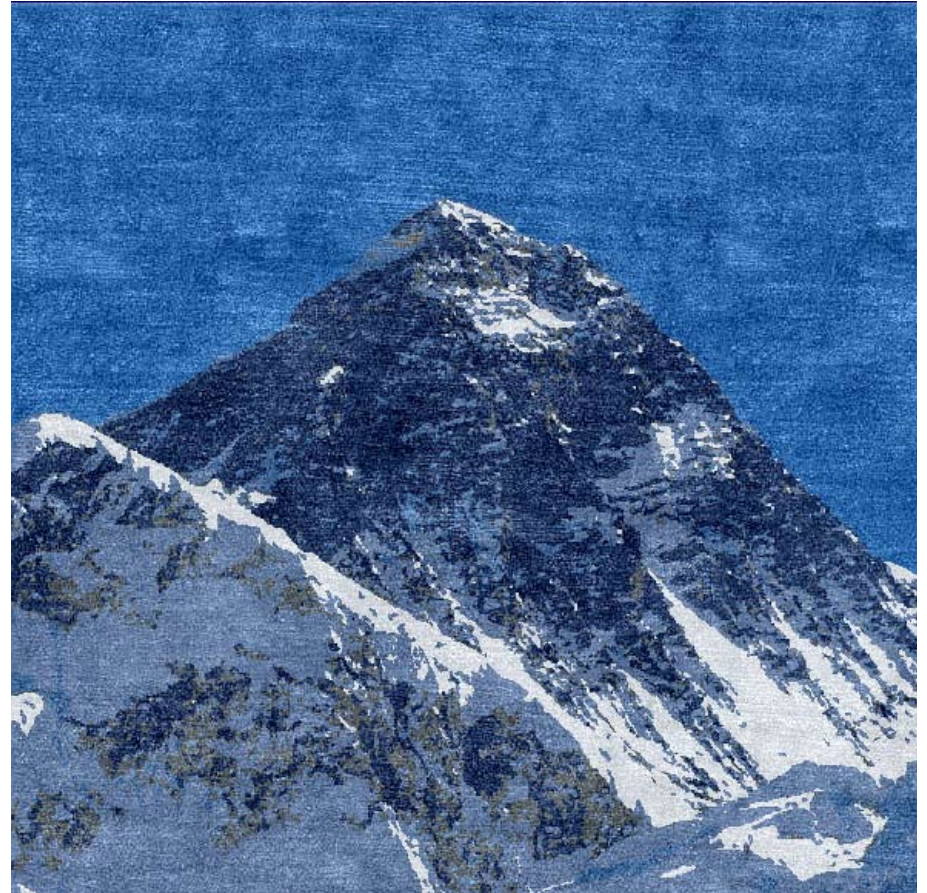
Panorama of Tilicho lake in April completely frozen over.

It is 4,949 m above sea level, in the Annapurna range of the Himalayas.





Mount Everest is the highest mountain on Earth above sea level, and the highest point on the Earth's continental crust, as measured by the height above sea level of its summit, 8,848 metres (29,029 ft). The mountain, which is part of the Himalaya range in Asia, is located on the border between Sagarmatha Zone, Nepal, and Tibet, China.



First Climbers

Sir Edmund Hillary from New Zealand and Tenzing Norgay from Nepal climbed Everest for the first time on May 29, 1953.

First Woman Climber

Junko Tabei from Japan was the first woman to reach the summit of Everest. She climbed Everest in 1975 via the South-East Ridge.

Longest Stay on Top

Babu Chiri Sherpa from Nepal stayed at the summit for twenty one and half hours in 1999.

Fastest Ascent

Pemba Dorjee Sherpa from Nepal climbed Everest in 8 hrs 10 min on May 21, 2004, completed the distance from Everest Base Camp to the summit.

Most Frequent

Apa Sherpa from Nepal climbed Everest 20 times during the period from 1990 to 2010.



To see more world records, visit <http://tourism.gov.np/worldrecord.php>

Coordinates : 27°59 17 N 86°55 31 E

Flora and Fauna

848 Species of Birds

319 Species of Exotic Orchids

11 of the World's 15 Families of Butterflies

Rhododendron is Nepal's national flower and is found especially in the hilly areas above the altitude of 1200m. It blossoms from March to May in the spring. The mid mountain vertical belt between 2,000 and 4,000 m serves as the 'wild' preserve of the rhododendron, or "Gurans" in Nepali.

Bengal Tiger

A survey conducted from December 2009 to March 2010 indicates that 125 adult tigers live in Chitwan National Park.

The adjacent Parsa Wildlife Reserve, Bardia National Park and Sukla Phanta Wildlife Reserve are also habitats for a significant tiger population.





One-horned Rhinoceros or the Asian One-horned Rhinoceros (Rhinoceros unicornis) is a large mammal primarily found in north-eastern Nepal. It is confined to the tall grasslands and forests in the foothills of the Himalayas.



This carpet rendering is done using Galaincha Software

Wild Life Jungle Safari

It consists of canoe rides on the jungle rivers, nature walks, bird watching excursions and quick tours around the villages to discover unique culture and traditions of the local village people.



Elephant Polo

This is one of the rare adventures and the only of its kind in Nepal. The World Elephant Polo Association organizes an annual Elephant polo tournament in Chitwan, south west of Kathmandu.



Rafting

Nepal is very famous for high current white rivers, which are considered the best for river runners. That is the reason many raft lovers believe that Nepal is rafter's paradise.

Paragliding

This truly wonderful and fulfilling trip will take you over some of the best scenery on earth, as you share airspace with Himalayan griffin vultures, eagles, kites and float over villages, monasteries, temples, lakes and jungles, with a fantastic view of the majestic Himalayas.



Bungy

At 160m high, it is Nepal's ultimate adrenaline rush and one of the highest free-falls in the world.



Mountaineering

There are a total of 1310 snow peaks over 6000 meters high. Nepal thus offers the best choices for Himalayan expedition and mountaineering.

For more information please visit <http://www.welcomenepal.com>



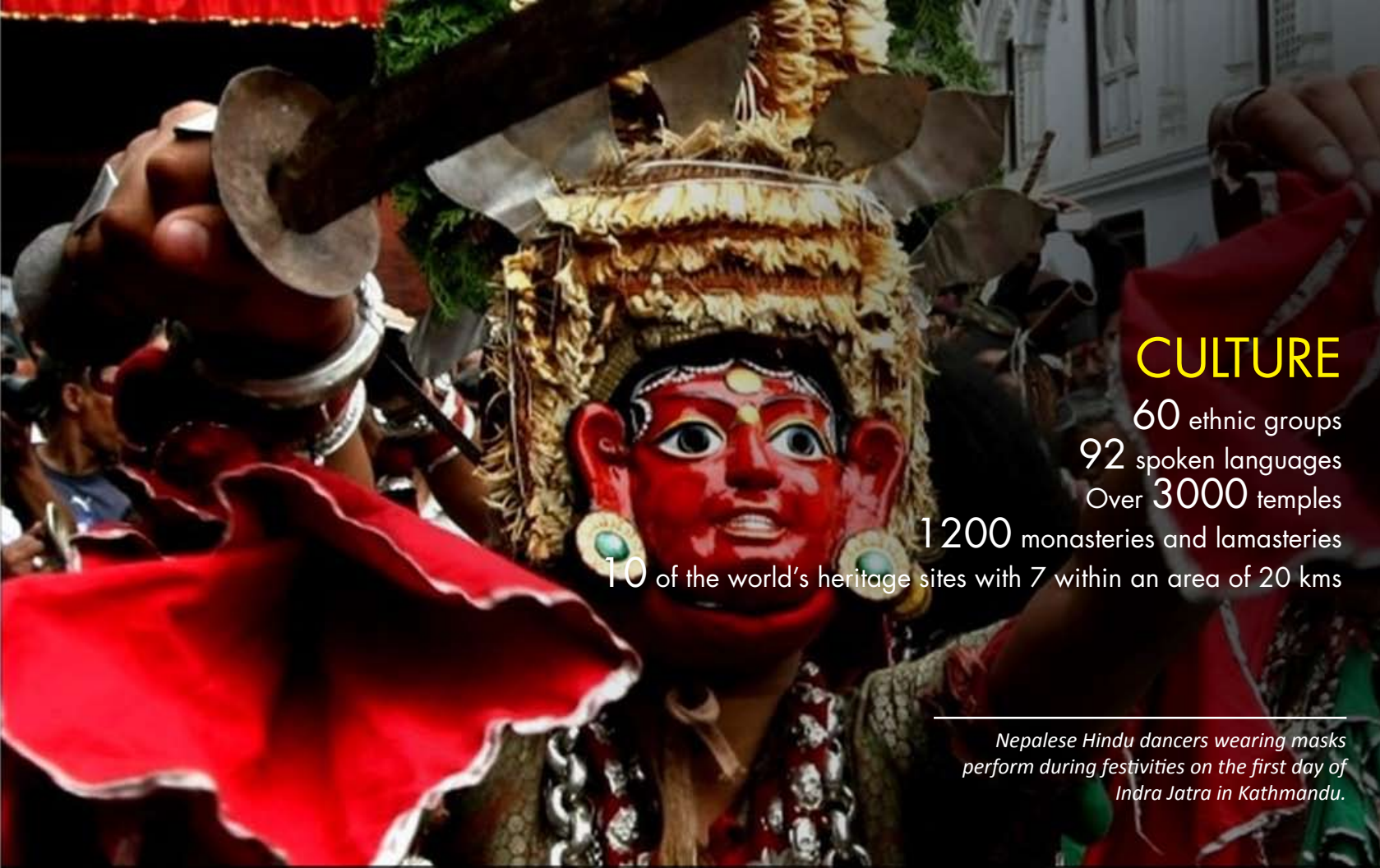
Honey Hunting

Honey hunting involves robbing honey from wild bee colonies and is one of the most ancient human activities still practiced by aboriginal societies in certain parts of Nepal.

Robbing honey from wild bee colonies is usually done by subduing the bees with smoke and breaking open the tree or rocks where the colony is located. The process is a once in a lifetime spectacle, if you can spot it.



http://www.youtube.com/watch?v=Wp_kevGjpqw



CULTURE

60 ethnic groups

92 spoken languages

Over 3000 temples

1200 monasteries and lamasteries

10 of the world's heritage sites with 7 within an area of 20 kms

Nepalese Hindu dancers wearing masks perform during festivities on the first day of Indra Jatra in Kathmandu.

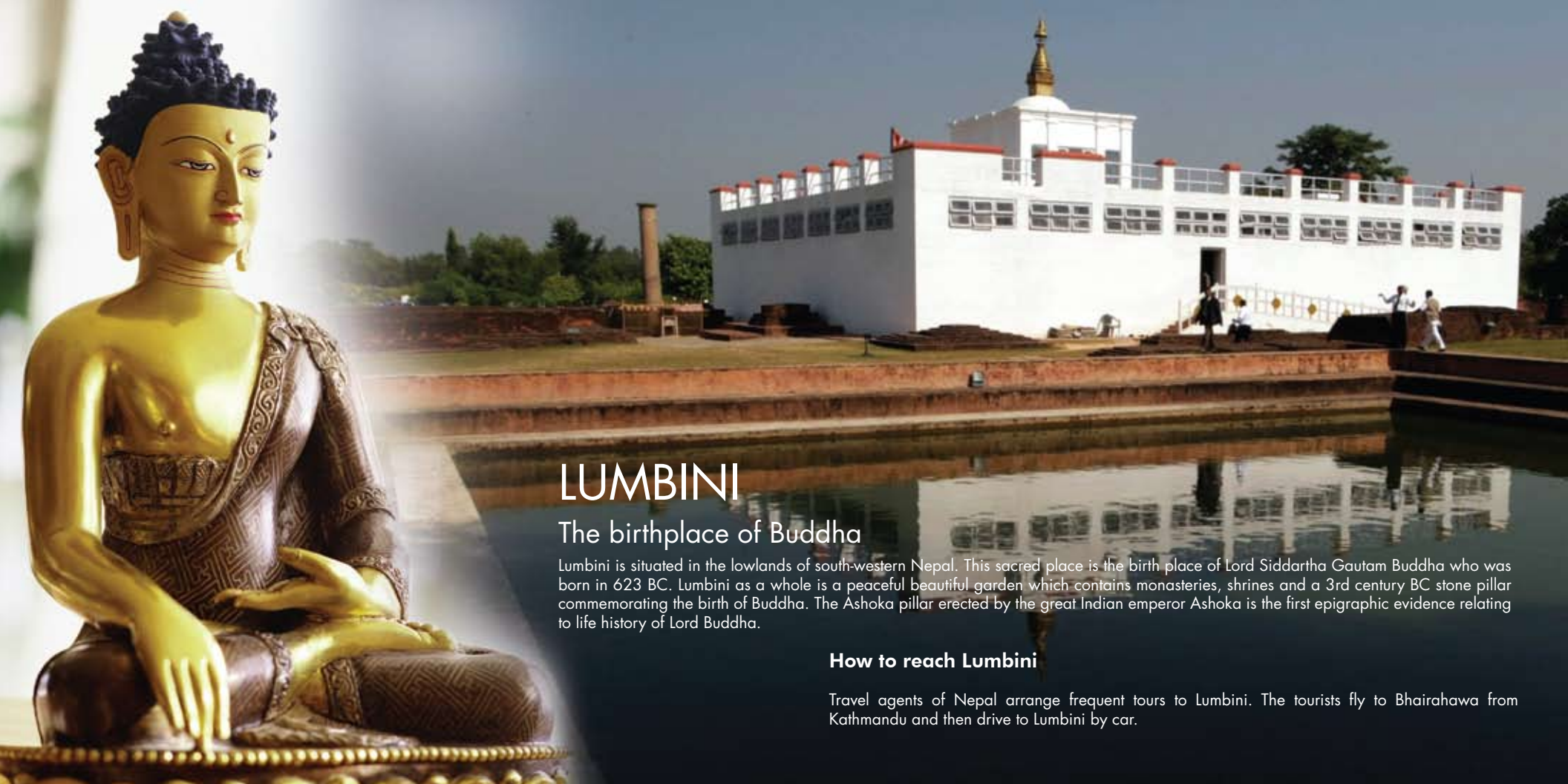
Living Goddess



Kumari

This is the tradition of worshipping young pre-pubescent girls as manifestations of the divine female energy or Devi in Nepal.

The Kumari is revered and worshipped by most of the Hindus and Nepali Buddhists in the Kathmandu valley.



LUMBINI

The birthplace of Buddha

Lumbini is situated in the lowlands of south-western Nepal. This sacred place is the birth place of Lord Siddhartha Gautam Buddha who was born in 623 BC. Lumbini as a whole is a peaceful beautiful garden which contains monasteries, shrines and a 3rd century BC stone pillar commemorating the birth of Buddha. The Ashoka pillar erected by the great Indian emperor Ashoka is the first epigraphic evidence relating to life history of Lord Buddha.

How to reach Lumbini

Travel agents of Nepal arrange frequent tours to Lumbini. The tourists fly to Bhairahawa from Kathmandu and then drive to Lumbini by car.

Technology

Tilganga Institute of Ophthalmology is the implementing body of the Nepal Eye Program, a non profit, community based, non-government organization. With an aim to act as a model for treatment research and training, in co-operation with all other eye care centres and organizations in Nepal

www.tilganga.org



NEPAL EYE BANK

MISSION

Procure Corneas as many as possible to fight against Corneal Blindness.

The Nepal Eye Bank at TIO is an unprecedented facility in Nepal. The concept of the Eye Bank was supported by the International Federation of Eye and Tissue Banks (IFETB), before TIO was even built in 1994.

Nepal Wireless Networking Project



connecting villages through wireless link

Donate

\$1 per month

to change the lives of mountain people through this project

<http://www.nepalwireless.net/>

Industry-transforming technology from Nepal



A powerful software for easily **designing**, quickly **coloring**, realistically **illustrating**, effectively **communicating** and precisely **manufacturing** custom rugs.

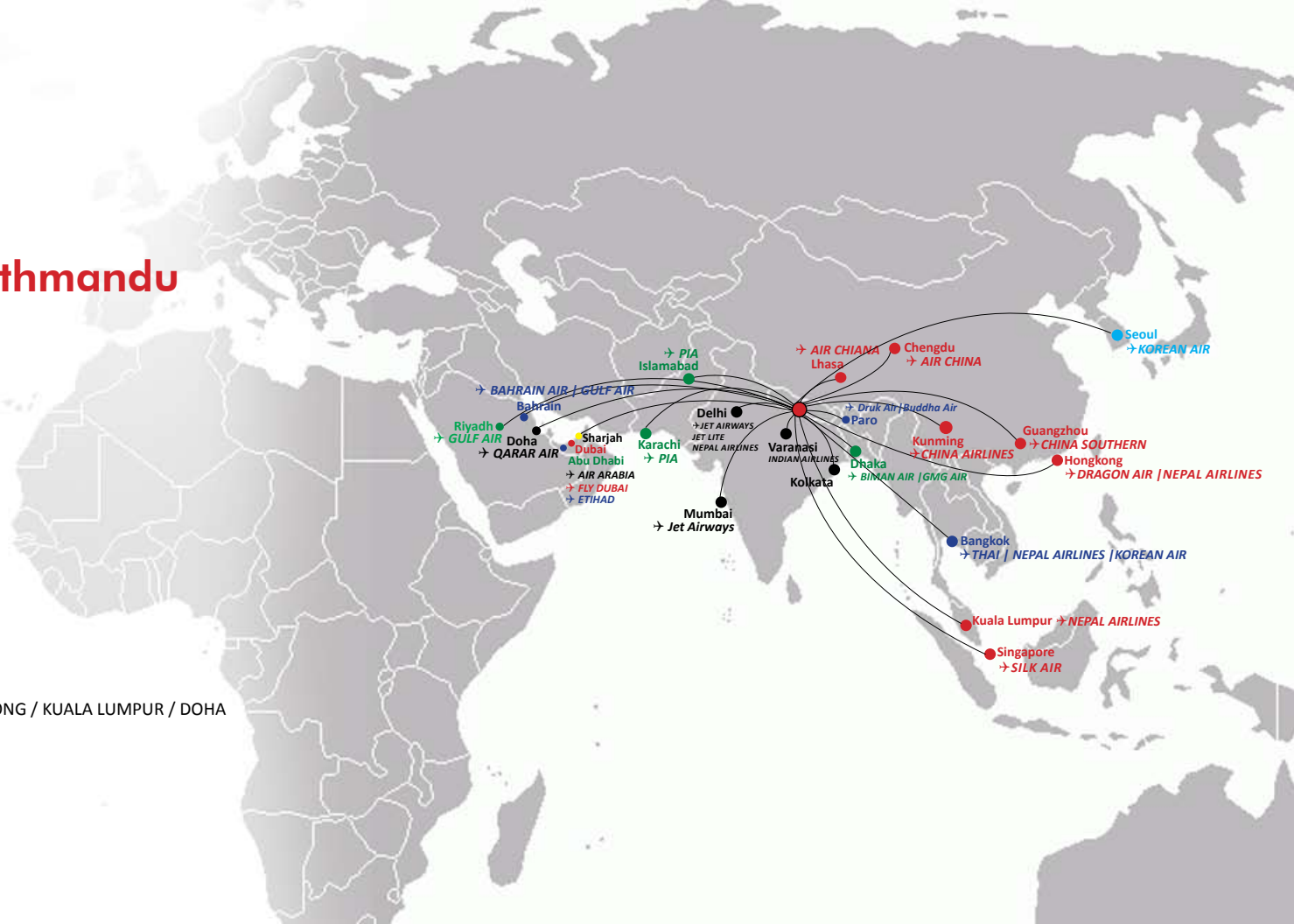
eXPleRUG.net

An online sales tool for custom carpets, having an intuitive interface designed for a wide range of users, and requiring no prior computer expertise to use.

World wide users: 1971 Cities of 75 Countries | 47 States of the USA | 322 Cities/Towns in the UK (as of Feb., 2011)

Non-stop flights to Kathmandu

1	AIR ARABIA	SHARJAH
2	AIR CHINA	CHENGDU
3	BAHRAIN AIR	BAHRAIN
4	BIMAN AIR	DHAKA
5	BUDDHA AIR	PARO
6	CHINA AIRLINES	KUNMING
7	CHINA SOUTHERN	GUANGZHOU
8	DRAGON AIR	HONGKONG
9	DRUK AIR	PARO
10	ETIHAD	ABU DHABI
11	FLY DUBAI	DUBAI
12	GMG AIR	DHAKA
13	GULF AIR	BAHRAIN/RIYADH
14	AIR INDIA	DELHI / KOLKATA / VARANAS
15	JET AIRWAYS	DELHI / MUMBAI
16	JET LITE	DELHI
17	KOREAN AIR	SEOUL / BANGKOK
18	NEPAL AIRLINES	BANGKOK / DELHI / HONGKONG / KUALA LUMPUR / DOHA
19	PIA	KARACHI / ISLAMABAD
20	QATAR AIR	DOHA
21	SILK AIR	SINGAPORE
22	THAI	BANGKOK
23	UNITED AIRWAYS	DHAKA



Kathmandu

Kathmandu is a valley surrounded by beautiful hills and traditional villages. These hills are covered by terraced farms, and lovely forests. Despite being near from Kathmandu the villages are still not affected by the modernity. These Kathmandu hikes are for every age group and for all seasons.

The Kathmandu Valley lies at the crossroads of ancient civilizations of Asia, and has at least 130 important monuments, including several places of pilgrimage for the Hindus and the Buddhists. There are seven UNESCO World Heritage Sites within this valley.

Hiking around Kathmandu and cultural walks

Hiking around Kathmandu offers you the opportunity to see Nepali rural life as well as superb mountain views without going too far and without climbing high. Besides you do not have to lose the comfort of the city while doing these hikes.

One day hiking routes

Dakshinkali Hiking | The Newari Village Hiking | Changunarayan Hiking
Shivapuri Hiking | Nagarkot Hiking | Namobuddha Hiking | Chisapani Hiking



Thamel

Thamel is a popular tourist destination in Kathmandu, Nepal. Thamel has been the centre of the tourist industry in Kathmandu for over two decades.

Thamel also acts as the pre-base camp for mountaineers. It boasts a wide range of mountaineering gear shops, foreign money exchange booths, pubs, clubs and nightlife along with the numerous travel agents, and guest houses. All in all, Thamel is home to a wide range of audience of the nepalese population for entertainment and employment purposes.



Rotary Club of Thamel

Rotary Club of Thamel is a member of Rotary International, an association of business and professional leaders who provide humanitarian services, promote high ethical standards in all vocations, and help build goodwill and peace in the world.

Rotary Club of Thamel is contributing to prepare volunteers to cope with emergencies in inner city of Kathmandu. The club's microfinancing and biogas projects have transformed the lives of many villagers. The club runs free health clinics, eye camps, drinking water and irrigation projects. Other activities include girl child education, tree plantation, awareness of global warming, career counseling and stress management. The club intends to develop self-sustainable projects for capacity building and professional development.

Souvenirs of Nepal

Thangka

Thangka, when created properly, performs several different functions. Images of deities can be used as teaching tools when depicting the life of Buddha, describing historical events concerning important Lamas, or retelling myths associated with other deities.



Bodhi Seeds Prayer Beads

Bodhi Seeds Prayer Beads features a variety of prayer beads and wrist malas. Mala beads are used in many religions, including Tibetan Buddhism and Hinduism. Buddhist beads are featured in different styles including Bodhi Seeds, Turquoise and other gemstone prayer beads, yak bone prayer beads, and sandalwood prayer beads.



Singing Bowl

Singing bowls originate from the Himalayas and are found throughout Nepal, Tibet and Northern India. Each handmade bowl is in itself unique. The natural and harmonious sound emitted by singing bowls is used to invoke a deep state of relaxation which assists meditation. Each singing bowl comes with a wooden stick.



Khukuri

The Khukuri is a traditional Nepali knife used in many of Nepal's historical wars. The shape varies a great deal from being straight to highly curved with angled or smooth spines. There are substantial variations in dimensions and blade thickness depending on intended tasks as well as the region of origin and the Kami that produced it.



Baag-Chaal

Baag-Chaal is an ancient strategic game that originated in Nepal. Two players take control of the tigers and goats respectively. Four tigers surround twenty goats. Tigers are required to hunt the goats while the goats need to block the tiger's movement.



Puppet

Puppet like this one of the Living Goddess 'Kumari' is loved widely by tourists as a souvenir from Nepal. Such puppets reflect Nepalese cultures, lifestyles and religion. Tourists can get a wide variety of Nepalese puppets representing different forms of Gods and Goddesses found in Nepal. Especially, string puppets of masked dancers are the most popular.



Pashmina

Nepal is also known for its finely woven Pashmina shawls and sweaters which are indigenous and unique products of Nepal. They are hand-made from wool sheared off mountain goats that are found in the mountainous regions of the Himalayas. This soft wool is first hand spun into thin and even Pashmina yarn and then it is woven into fabric with the handloom.



Carpet

Tibetan rug making is an ancient, traditional craft. Tibetan rugs are traditionally made from Tibetan highland sheep's wool. Tibetans use rugs for many purposes ranging from flooring to wall hanging to horse saddles, though the most common use is as a seating carpet.





Reinventing Success through Transforming Ideas and Innovation

Alternative Technology is a truly global company focused in computer graphics innovation for custom carpets. Our solution for custom carpets has significantly empowered the industry and has transformed the way carpets are designed, produced and marketed.

Our Virtual Carpet Software Suite is one of the very few global standards for designing and illustrating rugs to clients, and exchanging carpet data between the manufacturer and the buyer. The topmost companies dealing with custom rugs world-wide, as well as leading rug producers in Nepal do use our software.