

Before departure

When to do the visa?

There are three options for applying your visa:

1) Apply online for a tourist visa on the attached website:

[Https://online.nepalimmigration.gov.np/tourist-visa](https://online.nepalimmigration.gov.np/tourist-visa)

Keep in mind that this application is valid only for 15 days. You must complete and print it. Once you reach at the airport you will have to pay your visa at the bank counter and obtain your visa validated at the immigration desk. (At the end of this page there is a sample form to fill the document, you can copy the required information but change your personal data like family name, first name, date birth, phone number, mail, address in France)

2) With automatic machines at your arrival at Kathmandu airport:

You will need to fill the necessary information and then go to the bank counter to pay your visa and obtain your visa validated at the immigration desk.

3) With a paper form, at your arrival at Kathmandu airport that you find at the reception:

For this you must carry a photo identity. We recommend this method because it will allow you to save time on arrival (considering that there will be many people to make the request via the automatic machines) then go to the bank counter to pay your visa and obtain your visa validated at the immigration desk. Your visa may be paid in euro at the bank counter according to the exchange rate of the day.

Which address in Nepal should I indicate on the visa application form?

Address in Nepal

BASE CAMP Trekking & Expeditions

P. O. Box 3491, Lazimpat (Hotel Radisson Lane), Kathmandu, Ward 2, Nepal.

Tel: (977 1) 44 11 504/44 15 573-Fax-44 12 337

During my journey to Kathmandu, in transit to Mumbai or New Delhi, if I do not leave the international airport, do I need an Indian visa?

If you have grouped all your flights, your baggage will follow you to Kathmandu, so you will not need a transit visa. It is only during long stopovers or when the flights have been taken separately (and so you must pick up your baggage and then re-register it) that you need a transit visa. It may also be necessary to have a transit visa, if you have a flight between two Indian airports before flying to Kathmandu.

How many identity pictures do I have to bring?

At least four to be not worried!

1 for your visa

And the others depending on the treks you are going to do.

Add 2 pictures, if you want to buy a Nepalese SIM card.

I want to buy a Nepalese sim card to keep my family/friends informed....

Get 2 identity pictures and a photocopy of your passport/visa and go to a store distributing NCELL SIM cards (everywhere in Thamel, near your hotel).

Do I have to exchange Nepalese rupees or US dollars before I arrive in Nepal?

You do not need to change money in advance because you can pay your visa in euro at Kathmandu airport. However, if you want, you can change some money in US dollars if you want to go shopping before you arrive in Kathmandu city.

Is repatriation insurance mandatory? Can you assure me?

Repatriation insurance, with helicopters (from the sickness/accident site to Katmandu) as well as on-site medical care is obligatory. We cannot secure foreign goods and people in Nepal and there is no civil liability.

We suggest our partner CHAPKA insurance but without obligation. Here is the link, if you would like to join: [HTTP://WWW.CHAPKADIRECT.FR/INDEX.PHP?ACTION=PRODUIT&ID=481&APP=CD_BCTE](http://WWW.CHAPKADIRECT.FR/INDEX.PHP?ACTION=PRODUIT&ID=481&APP=CD_BCTE)

Do I have to plan to make vaccines? Anti-malarial treatment?

No vaccines are compulsory. However, please check your last tuberculosis booster shot. Anti-malarial treatment will be necessary only if you go to the Terai region in southern Nepal between June and September (during the monsoon season).

Are the transfers to the airport ensured by your agency?

If you arrive on the first day of your stay with our agency - your first night on site has been reserved by us – a transfer agent of our agency will pick you up at the airport and will take you to the hotel. If your first night in Kathmandu has not been booked by us, we are not responsible for airport/hotel transfer for logistical reasons. You will then need to arrange your transfer to the hotel booked by you or take a taxi. Similarly, for the hotel/airport transfer on the day of your departure, if your last night has been booked by us, a transfer agent will accompany you out at the airport. If your last room has been booked by you, you will have to ask your hotel to take care of your transfer or get a taxi.

What are the temperatures according to the altitudes and seasons in Nepal (nights and days)?

ALTITUDE	1000m		1500m		2000m		2500m		3000m		3500m		4000m		4500m		5000m	
MOIS	N	J	N	J	N	J	N	J	N	J	N	J	N	J	N	J	N	J
Janvier	7	20	4	20	2	13	-1	11	-2	10	-5	9	-7	8	-8	7	-12	6
Février	9	22	7	22	2	15	-1	13	1	12	-5	10	-7	8	-8	7	-12	6
Mars	14	26	9	24	4	19	1	17	3	15	-3	12	-5	10	-6	10	-8	9
Avril	18	30	10	28	8	23	3	22	5	18	0	14	-1	14	-2	13	-4	11
Mai	20	30	14	30	12	23	6	25	7	20	1	16	-1	14	-2	13	-4	11
Juin	20	30	18	30	15	24	10	25	11	21	3	17	1	16	1	15	-4	12
Juillet	20	30	19	28	17	24	15	25	12	21	5	17	2	16	1	14	-6	12
Août	20	29	19	28	17	24	15	25	12	21	5	17	2	16	1	14	-6	12
Septembre	20	28	17	27	15	22	12	23	11	20	3	16	-2	14	-4	13	-5	11
Octobre	17	26	12	27	10	20	6	23	7	17	0	13	-1	12	-5	11	-8	8
Novembre	11	23	7	22	4	17	-4	19	2	14	-4	11	-2	10	-7	8	-10	6
Décembre	7	20	5	20	1	14	-5	15	0	12	-3	9	-5	8	-8	7	-12	4

These temperatures are averages given on information purposes only and are likely to vary depending on the year.

What can I bring to the agency members?

Chocolate, saucisson, cheese, your local specialties ☺☺

I plan to donate to schools, what is the easiest way to do this?

If you want to give large quantities, it is better to buy locally in Kathmandu in order to benefit the local economy. Otherwise you can bring some donations from home!

Are Nepalese airlines reliable?

According to the Kathmandu Post of 21 July 2017:

“After years of postponement and negotiations between experts and counter-experts, the ICAO (International Civil Aviation Organization) has finally declared Nepal a safe destination in terms of air security for domestic and international flights.

Indeed, Nepal has managed to meet the ICAO standards in terms of aviation safety and even more, since according to the report, the compliance rate reached is about 66%, a rate higher than the mandatory compliance rate of 60% imposed by the ICAO. Nepalese airlines are now allowed to fly in European airspace which will allow to contribute positively to increase the number of tourists in the territory and to the companies of the tourism industry to propose more diversified routes and at a lower rate. If the Nepalese companies are still on the EU blacklist, this recognition by the ICAO will help to speed up the lifting of EU restrictions, knowing that these restrictions are officially relevant only to “The ban for Nepalese companies from landing on European airports” and not to domestic flights. Domestic flights are extremely reliable. We have not had any incidents to deplore for nearly 20 years that we exist.”

Why do we have to bring a swimsuit? Flip flops?

The swimsuit appears on the list of equipment in case you stay in a hotel with swimming pool in Kathmandu or if you want to bathe in the rivers or hot springs during your stay (the access to a bathing area depends on your circuit). Flip flops are useful in lodges for showers and to rest your feet from your hiking shoes ;)

What is the maximum weight allowed on flights?

For your flights Paris-Nepal, please refer to the airline terms and conditions.

For domestic flights:

-Flight Kathmandu – Pokhara/Chitwan/Biratnagar/Nepalgunj: 20 kilos in hold and 5 kilos of hand baggage/person

-Flight Kathmandu – Lukla/Katmandu – Tumlingtar/Katmandu – Phaplu/Pokhara – Jomson/Nepalgunj – Juphal/Nepalgunj – Simikot/Nepalgunj – Jumla: 15 kilos in hold and one hand baggage/person

POSSIBLE supplement charge on the spot FROM 1 TO \$1.5 ACCORDING TO AIRPORTS.

What is the visa procedure, and which permits to go to Tibet?

Regarding visa and permits for Tibet there are two possibilities: The procedure differs depending if you arrive in China or in Nepal because Kathmandu-Lhasa is the only international line with Tibet. All other connections by train or airplane are domestic.

-If you arrive in Nepal, the visa must be done on the spot in Kathmandu after obtaining the permits, indispensable condition.

Out of China, permits can only be issued in Kathmandu, so we only start the visa procedure in Nepal at your arrival with your passports and permits. The procedure takes three working days. Any visa for

China, got elsewhere, would not be a group visa for Tibet, and would be invalidated at the time of check-in for Lhasa or while crossing the border.

-If you do not arrive in Kathmandu but transit in China, your visa must be obtained before the permits, at your closest Embassy of China. These will be classic visas for China. Then you will get permits for Tibet that must be delivered to your transit point for Lhasa (Chengdu, Kunming, Beijing or other). The delivery is done by hand at your airport transit or to your hotel, if you spend a night in China out of Tibet. In order to obtain the visa for China, your first night hotel reservation will be requested. If you do not have a night in China because you are only transiting to Tibet, we will provide you with a hotel reservation at the transit point, which will be cancelled later.

Can I buy water on site? Do I need tablets to disinfect water?

The best is to plan a flask, then fill it with tap water from lodges and use water purification tablets (MICROPUR style). You can buy it in Kathmandu in almost every store. Count one tablet per liter of water and a minimum of 2 liters of water per day. However, in town, it is better to buy water bottles.

Do I have to bring euros?

The best is to take euros and change them on site. In Thamel, there are plenty of bureau de change! You can pay your visa to Nepal in euros when you arrive at the airport!

Is it better to withdraw money on site with the credit card?

It is possible to withdraw with credit card, but you will have bank charges! Approx. 3 € 80/withdrawal (500 rupees) with withdrawals of €250 maximum.

Can you give me an estimate of prices not included?

For meals not included: it is necessary to count 1000 RS/meal in fancy restaurant/tourist (you can find other restaurants charging less than 800 RS/meal).

A reasonable tip (if you are satisfied with your trek team, of course): for the whole group:

- 1 envelope containing 700 RS/guide/day for the guides
- 1 envelope containing 400 RS/porter/day for the porters

Everest/Makalu/Kangchenjunga

- 1 beer: between 400 and 700 RS (depending on altitude)
- 1 hot shower: between 300 and 500 RS (depending on altitude)
- 1 battery charge: between 400 and 500 RS (depending on altitude)
- Internet: between 300 and 500 RS (depending on altitude)

Annapurna/Mustang/Langtang/Manaslu

- 1 beer: between 350 and 600 Rs (depending on altitude)
- 1 hot shower: If charged, between 150 and 400 RS (depending on altitude)
- 1 battery charge: if paid, between 100 and 500 (depending on altitude)
- Internet: between 100 and 500 RS (depending on altitude)

Tibet

- 1 beer: between 400 and 700 (depending on altitude)
- 1 shower: between 300 and 500 (depending on altitude)
- 1 battery charge: between 400 and 500 (depending on altitude)
- Internet: between 300 and 500 (depending on altitude)

N.B.: rates for indicative purposes

On arrival

Where will be the reception at the airport?

A transfer agent will be waiting for you in front of the entrance of Kathmandu airport with your name on a board.

When I arrive in Nepal, how can I change my currencies?

You will find money exchange counters all over Kathmandu. There are also few at the airport, but the exchange rates are rarely attractive. As we pick you up at the airport, you will not need money immediately, so we would advise you to change in town.

Who can I contact if there is a problem?

In case of changing/international flight problem, contact: Raju (+ 977 981 8613161) or office (+977 14411504).

In case of loss of baggage: your insurance + complain to the customs

In case of loss/theft of the papers: contact the French Embassy in Kathmandu: (And don't forget to carry a photocopy of your passport) dial the 01 from a mobile phone or outside the valley/or dial 00977 from France, then-4412332 or-4422774

In case of problem during the trek (accident, altitude sickness): Call your Guide (we will give you his number)

If no one picks you up at the airport when the transfer is planned: contact Kiran (+ 977 9849427104) or Tsering (+ 977 9843473770)

Where can I rent/buy equipment in Kathmandu?

It is possible to rent trekking material in Kathmandu, especially in Thamel, the tourist area. It is possible to rent sleeping bags (for various temperatures), crampons, sticks, etc. You can also buy trekking cloths (jackets, trousers, t-shirts, etc...) at attractive prices. However, it all depends on the quality you are looking for. It might be interesting to buy things here, as we find everything, brands, copies, sub-brands, purchase, secondhand, we can even sell sometimes. You just have to know that everything is not "true" and so sometimes of poorer quality, depending on the shops, but the products keep their main functions (keeping warm, for example).

During the stay

Can I leave my luggage at the agency or hotel during my trek?

We cannot keep your personal belongings at the agency because there are many passengers, we have neither the capacity to store all the travelers' belongings nor the possibility to ensure the security of your belongings. However, you can leave your belongings for free at the left-luggage office of your hotel in Kathmandu before the trek and take it back after (as you will sleep in the same hotel). Yet you have you carry your personal belongings with you 😊

About lodges, do we sleep on mattress?

In lodges, there are beds, in Nepali standard. Often, they are wood bed base with a mattress on top. (and not spring or lath bed base).

Bedrooms in lodge are not warmed. Only the common room is warmed. That is why we suggest you bring a comfortable sleeping bag for your treks (-5°C minimum).

During the trek, where do we have lunch?

Meals are all taken in lodges or restaurants on our way between two stages, except if crossing passes for instance. In this case, the lunch is a picnic (planned by the guide in any case).

Are there phone antennas on our trek? What about electric charge?

The network is not always good, and sometimes is inexistent. You'd rather not rely on the network in some areas. However, you will have Wi-Fi in few lodges, not necessary all of them, it is sometimes charged as an extra price when the lodges do not have solar panel. Same with electricity which is in every lodge but, when there is no solar panel, recharging devices and hot showers will be an additional price.

About the daily trekking duration, is it the actual duration or does it include breaks?

The time of walking indicated in the itinerary remains indicative, we based this time of walking on a walk at a quiet pace for normal trekkers.

Can I give my trekking material to a guide?

Of course!

Is it possible to have access to electrical outlets in the lodges and during treks?

You will be able to recharge your devices in almost every lodges and hotels; however, you will have to pay an extra price on site in each accommodation. These are European plugs so no need to have an adapter! On the Annapurna circuit for example, all lodges have electricity. So, we can recharge in the main rooms of the lodges. It is free until Manang. At higher altitude, it is charged from 200 to 300 Nrs (1.5 to 2, 5 € for recharging)!

Do the guides have oxygen and/or medications to treat acute mountain sickness?

We make available in the pharmacy, Diamox which prevents symptoms of acute mountain sickness, the best treatment in case of severe pain is to go down fast and then a helicopter evacuation that is always possible on the Annapurna circuit. We can make oxygen bottles available to the group.

Are the guides trained in mountain sickness?

Yes, they received official training!

Altitude and Acute mountain sickness

Everyone reacts differently to altitude, it is almost impossible to predict in advance who will react and how. Mountain sickness can affect people in excellent physical fitness as well as short-form people. This is not an exact science.

The key to the success of your stay, and to put all the chances on your side for not suffering altitude, is acclimatization. That's why our itineraries take this factor very seriously and are designed to make you acclimate to the best.

However, problems inherent to the altitude can arise. In fact, the lack of oxygen causes over-reactions of the body that can go from mere shortness of breath (no worries in this case) to pulmonary or cerebral embolism (Acute mountain sickness). If symptoms of nausea, dizziness and vomiting are added to the

shortness of breath, it is necessary to intervene quickly. That is why we require our clients to take out repatriation insurance, because we must mobilize a helicopter. That is why we also train our guides in these situations.

Situations of acute mountain sickness are however extremely rare and represent only a very small proportion of the trekkers (less than 1% of our travelers). Because if we intervene quickly and go down a little, there are no complications.

To finish, even if it is not demonstrated, a good physical condition helps to better resist the oxygen fall. Objectively, no major physiological problems are to be deplored below 3 500m. The average mountain treks are therefore safe on this side. We therefore recommend reporting any problems to your guide and not keep it to yourself. We also recommend raising your head (with a cushion or clothes) when you spend the night above 3 500m.

After the stay

If you want, you can give us a short feedback of your stay, so that we can improve our services, and know your feelings, our strengths and weaknesses!

You can also send us your pictures!

Make sure to ask your guides' contact details (adresse for example), if you want to send them something!

How to complete your visa application online?

23/2016

Immigration

Address in Nepal

House No	Street Na *	Ward No. *	VDC/Municipality *	District *
29	Balkumari	29	Katmandu	Katmandu

Occupation: Contact Telephone I *: Cell Phone No. *: Email Address *:

Visa requested from: From Date: to To Date: (0 days)

First visit to Nepal: Tourist Visa Validity of Visa:

New Visa
 Extension of Visa
 Transfer of Visa

Address in Nepal

Hotel Other

Name of the hotel:

Address of the hotel

Ward <input type="text" value="29"/>	VDC/Municipality <input type="text" value="Katmandu"/>	District <input type="text" value="Katmandu"/>
--------------------------------------	--	--

Immigration Of: * TIA:

Documents required:

- Passport and copies of Passport along with a copy of the latest visa page.

(Fields marked with * are mandatory)



Department of Immigration Nepal



Marriage Visa () Study Visa (/study-visa) Business Visa (/business-visa)
 Residential Visa (/residential-visa) Tourist Visa (/tourist-visa)
 Transit Visa (/transit-visa) NRN Visa (/non-tourist-visa-nrn)
 Relation Visa (/non-tourist-visa-relation) Working Visa (/working-visa)
 Diplomatic Visa (/diplomatic-visa) Official Visa (/official-visa)
 Dependent Visa (/non-tourist-visa-dependent) Trekking Permit (/trekking-permit)

APPLICATION FOR TOURIST VISA

HE Ambassador/Consulate General
 Consulate/Director General
 Immigration Officer

I am interested to travel/extend my travel in Nepal as a tourist. So, I would like to request you for Tourist Visa/extension of the Tourist Visa.

My details are as follows:



Name

Surname *Yannik*

Middle Name *Paul*

First Name *PLATINI*

Nationality *French* *

Date of Birth *1959-12-04* *

Passport Number *72NP52291* *

Passport Validity *
2020-02-15

Permanent Address (Home Country)

Street No. *11*

Street Name *Grand rue*

PIN Number *75015*

