

Do's and don'ts

What to do in Nepal

1. **Explore Ancient Temples and UNESCO World Heritage Sites:**
Immerse yourself in Nepal's rich cultural heritage by visiting iconic temples and UNESCO World Heritage Sites such as Swayambhunath (Monkey Temple), Pashupatinath, and Bhaktapur Durbar Square.
2. **Embark on Himalayan Treks:**
Nepal is a trekker's paradise. Lace up your boots and embark on legendary treks like the Annapurna Circuit or Everest Base Camp Trek, experiencing awe-inspiring mountain vistas and local hospitality.
3. **Participate in Local Festivals:**
Time your visit to coincide with vibrant Nepalese festivals. Join the revelry of Dashain or Tihar, and witness the colorful celebrations, traditional dances, and religious rituals.
4. **Engage in Adventure Activities:**
Sate your adventurous spirit by indulging in activities like paragliding in Pokhara, white-water rafting on the Trishuli River, or exploring the jungles of Chitwan National Park on an exciting wildlife safari.
5. **Support Local Markets:**
Explore bustling markets in Kathmandu and beyond, where you can find handmade crafts, traditional textiles, and exquisite souvenirs. Supporting local artisans contributes to the sustainable tourism of the region.
6. **Experience Homestays:**
Deepen your cultural understanding by opting for homestay experiences in rural villages. Engage with locals, savor traditional meals, and gain insights into the daily lives of Nepalese families.
7. **Respect Local Customs and Traditions:**
Show respect for local customs, traditions, and religious practices. When entering temples, remove your shoes and dress modestly. Seek permission before taking photographs, especially during religious ceremonies.
8. **Practice Responsible Trekking:**
Follow the principles of Leave No Trace while trekking. Dispose of waste responsibly, use designated trails, and support eco-friendly accommodations that prioritize sustainability.

What Not to Do in Nepal:

1. **Disregard Cultural Sensitivities:**
Avoid displaying public affection, especially in religious or rural areas. Nepalese culture values modesty, and it's important to be aware of and respect local customs.

2. **Ignore Altitude Sickness Precautions:**
If embarking on high-altitude treks, acclimatize properly to prevent altitude sickness. Listen to your body, stay hydrated, and be aware of the symptoms.
3. **Disregard Wildlife Safety:**
In wildlife areas, maintain a safe distance from animals and refrain from feeding them. Follow the guidance of your guides during jungle safaris to ensure a safe and respectful wildlife encounter.
4. **Litter or Pollute Natural Areas:**
Preserve Nepal's pristine landscapes by avoiding littering or polluting natural environments. Carry reusable water bottles, and dispose of waste in designated bins.
5. **Overbargain in Local Markets:**
Bargaining is a common practice in markets, but be fair in your negotiations. Recognize the value of handmade goods and the effort put into creating them.
6. **Disrespect Religious Sites:**
When visiting temples and monasteries, adhere to the rules and guidelines. Avoid loud conversations, stay on designated paths, and refrain from disturbing religious ceremonies.
7. **Disregard Local Customs During Festivals:**
During festivals, be mindful of the religious significance and participate with respect. Refrain from disruptive behavior, and ask for permission before taking part in local rituals.
8. **Underestimate Weather Changes:**
Nepal's weather can be unpredictable. Pack accordingly, and be prepared for temperature variations, especially in high-altitude regions.

By embracing these guidelines, you'll not only make the most of your journey in Nepal but also contribute to the preservation of its natural beauty and cultural richness. Enjoy your travels in the Land of the Himalayas!