

YAK ATTACK ADVENTURES INFORMATION PACK

Many thanks for deciding to join us on a Yak Attack Adventure. Below you will find information you may require to make your stay holiday in Nepal safe and enjoyable.

Nepal

Time Difference

Nepal is 5 and three quarter hours ahead of GMT.

Language

Nepali is the official language of Nepal and spoken by approx. 90% of the population. There are many other languages and about 30 major dialects. English is also widely spoken. Learning and using a few words such as hello, please and thank you, is much appreciated.

Airport

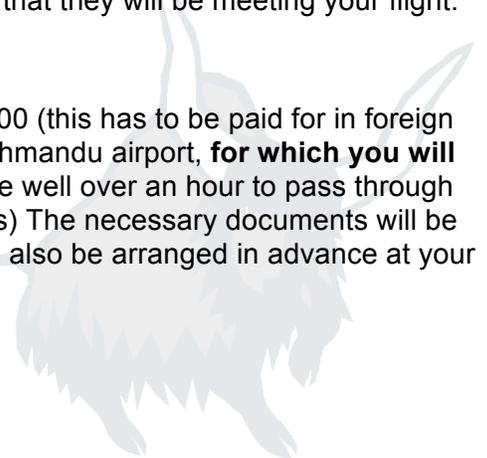
Tribhuvan International Airport, Kathmandu

The baggage claim hall can be, at times, hectic and there is usually no indication which belt your luggage should appear on!! Contrary to what you might be told, trolleys are free, but if you enlist the help of an airport porter then they will expect to be paid for their services. In the unlikely event that your luggage doesn't turn up, there is an official desk dealing with these issues situated in the left hand side (as your heading out) of the arrival / baggage claim hall. It is a good idea to have a photograph of your luggage so that it is easily identifiable if it should be delayed/lost.

Taxis into Kathmandu can be booked at the desk situated in the corridor exiting the airport or, if you have pre-booked a hotel, many have courtesy mini buses waiting for you outside the airport terminal but please check this at the time of booking - it is always best to check with the guesthouse that they will be meeting your flight.

Visas

A 15 day visa is US\$25, a 30 day visa is US\$40, or a 90 day visa is US\$100 (this has to be paid for in foreign currency, US\$, AUS\$, Euro, GBP etc) can be obtained upon arrival at Kathmandu airport, **for which you will need 1 passport sized photograph and a pen** (On a busy day it can take well over an hour to pass through passport control, especially if you do not have a pen to complete the forms) The necessary documents will be given to you either on your flight or are obtainable in the airport. Visas can also be arranged in advance at your nearest Nepali embassy.



Passport Validity

Please ensure that your passport is valid for at least 6 months from the time you intend to enter Nepal.

Money

If you are bringing all your spending money from your home country it makes good sense to bring the majority in the form of travelers cheques in either US\$ or £; there are many places to change these in Kathmandu. Alternatively you can bring an ATM card and withdraw small amounts of money as and when you need it. You can also bring cash and change it to rupees in Kathmandu (the largest amount you can bring in to Nepal without declaring it is US\$5000)

During the race, expect to spend on average 2000-3000 rupees a day on extra food, drinks etc (depending on appetite!!). All money required for the duration of the race should be changed in Kathmandu and it is advisable to accrue as many small notes as possible, as change for large denominations is not always available in the more remote areas.

It is not possible to withdraw or change money once leaving Kathmandu,

Vaccinations

The following vaccinations are recommended for people visiting Nepal but it is advisable to check with your GP as to what you may require:

Tetanus, Polio, Typhoid, Hepatitis A.

Health Care

The Nepalese health service does not provide free care for visitors and so your own private insurance is vital. Minor health problems can always be treated by doctors with practices in the resorts and elsewhere in the country. Pharmacies are available in most towns.

If you have a more serious problem, Kathmandu now boasts a selection of modern, well-equipped hospitals offering the latest in conventional medical and surgical therapies.

Insurance

In the event of an emergency it may be necessary to evacuate an injured or seriously ill rider by helicopter. It is a condition of booking that all riders have suitable insurance covering them for riding at altitude in Nepal and allowing for immediate helicopter evacuation in the unlikely event it is needed. This is compulsory and evidence of the policy must be provided a minimum of 1 month before the adventure starts.

Make sure your health/travel insurance covers you for medical expenses abroad. If not, supplemental insurance for overseas coverage, including possible evacuation, should be seriously considered. If illness occurs while abroad, medical expenses including evacuation may run to tens of thousands of dollars. Bring your insurance card, claim forms, and any other relevant insurance documents. Before departure, determine whether your insurance plan will make payments directly to providers or reimburse you later for overseas health expenditures.

Health Considerations

Upset Stomach

As most stomach upsets are due to the unsanitary preparation of food, it is useful to know what to watch out for. Under-cooked fish (especially shellfish) and meat (especially pork and mince) can be hazardous. Salads can be risky unless purified water has been used to wash the various vegetables. Fruit that has already been peeled should be avoided. Be careful of ice cream, in particular the varieties sold by street vendors and served at cheap restaurants. Sometimes there are power outages Nepal, especially away from urban centres, so it pays to be suspicious of all refrigerated foods if you know there has been a recent outage in your area.

Water

Tap water is not safe to drink. Bottled water is readily available both in Kathmandu and around the trail the race uses. The plastic bottles however contribute immensely to Nepal's pollution problem. Modern filters + water purifying tablets will produce water that is safe to drink, will save you money and will help reduce the pollution in the country. If purchasing a filter for the first time, it is probably best to obtain it from your country of origin from a reputable source.

Sunburn

Always remember to apply a sunscreen product with a sun protection factor of at least 15. Remember you are just 600km from the equator. Even with sunscreen, your sunbathing should be limited in time. If you don't apply sunscreen you are liable to become so sunburnt that it will be painful to move, your skin will peel, you will have to start afresh to get that tan, and most importantly you put yourself at risk of serious dermatological disease.

Heatstroke

Sometimes those who have spent too long in the sun suffer what is termed heatstroke, the most common form being caused by dehydration. This condition can occur if the body's heat-regulating mechanism becomes weakened and the body temperature rises to unsafe levels. The symptoms are a high temperature - yet a lack of sweat - a flushed skin, severe headache, and impaired coordination. In addition, the sufferer may become confused. If you think someone has heatstroke, take that person out of the sun, cover their body with a wet sheet or towel, and seek medical advice. To avoid heatstroke, take plenty of bottled water and avoid prolonged time exposed to the sun.

Altitude Sickness

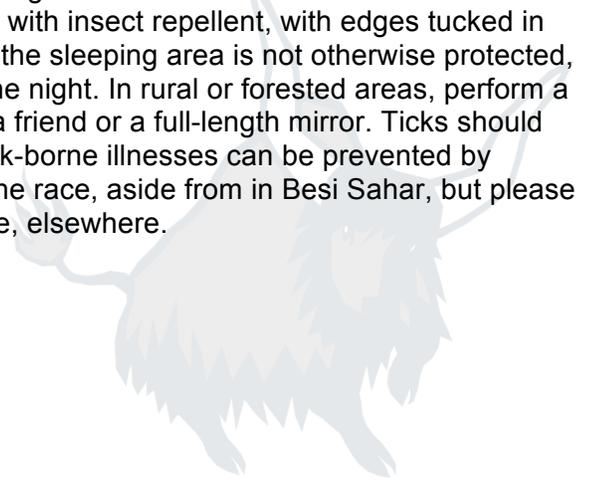
Many people experience headaches, lose their appetite, sleep badly and get puffy eyes and swollen fingers above 3000m, this is usual but should not be ignored. If you start vomiting, feeling dizzy and have a rapid heart rate after rest, then please advise a group leader so arrangements can be made for you to rest at a lower altitude. At a lower altitude your symptoms should disappear and you can attempt to carry on. You should not hide your symptoms for fear that you cannot continue on the adventure as your condition could worsen rapidly, especially during the night. It is recommended that everybody verse themselves with the dos and don'ts of AMS (altitude sickness) before leaving for Nepal.

General Advice

Bring adequate supplies of all medications in their original containers, clearly labelled. Carry a signed, dated letter from the primary physician describing all medical conditions and listing all medications, including generic names. If carrying syringes or needles, be sure to carry a physician's letter documenting their medical necessity. Pack all medications in hand luggage. Carry a duplicate supply in the checked luggage. If you wear glasses or contacts, bring an extra pair. If you have significant allergies or chronic medical problems, wear a medical alert bracelet.

Wear long sleeves, long pants, hats and shoes (rather than sandals). For rural and forested areas, boots are preferable, with pants tucked in, to prevent tick bites. Apply insect repellents containing 25-50% DEET to exposed skin (but not to the eyes, mouth, or open wounds). DEET may also be applied to clothing. Don't sleep with the window open unless there is a screen. If sleeping outdoors or in an accommodation that allows entry of mosquitoes, use a bed net, preferably impregnated with insect repellent, with edges tucked in under the mattress. The mesh size should be less than 1.5 mm. If the sleeping area is not otherwise protected, use a mosquito coil, which fills the room with insecticide through the night. In rural or forested areas, perform a thorough tick check at the end of each day with the assistance of a friend or a full-length mirror. Ticks should be removed with tweezers, grasping the tick by the head. Many tick-borne illnesses can be prevented by prompt tick removal. Mosquitoes should not be a problem during the race, aside from in Besi Sahar, but please bear this advice in mind if you are travelling before or after the race, elsewhere.

Avoid contact with stray dogs and other animals.



Emergencies

Useful Emergency Numbers are:

Police Control - 100

Fire Brigade - 101

Electricity

Electricity is produced by hydro-electric dams and cannot meet demand. Power is cut to just a few hours a day normally. Hotels and businesses often have battery back-up and noisy diesel generators.

The standard Nepalese electrical outlet is a three-pronged triangle, but some have been retrofitted to accept US and European plugs. Simple adapters can be purchased inexpensively.

The output voltage from the wall outlet is 220V AC and frequency is between 50-60Hz. People visiting from countries using different voltage and frequency should make sure that their adapter or charger is capable of operating in this range.

All lodges have a supply of electricity, but this can be somewhat sporadic and cannot be guaranteed. Most lodges will allow you to charge your battery for around 100 rupees per hour but there is usually only 1 to 2 outlets available (an adapter will be required) so it is best for participants to charge their batteries on a rota system, if possible.

Recommended Kit List

The following is only a suggestion and includes items worn or carried. Several thin layers are better than a few thick ones as air trapped between the layers acts as insulation. Remember that although it may be hot during the day, temperatures can plummet as soon as the sun goes down and it will probably be below freezing at night above 3000m. At Thorong Phedi the night time temperature is likely to be around -10C.

A Yak Attack kit bag will be issued to each rider to transport all belongings during the adventure. Every rider must use this kit bag. The capacity is approx. 80ltrs and the bag must not weigh anymore than 20kg. Rucksack for carrying possessions/ spare clothing etc during the day.

Lockable bag for leaving spare luggage at hotel in Kathmandu

Various polythene bags for wrapping clothes etc.

Footwear (see paragraph below)

Cycling shorts, tops and gloves (at least 2 of each)

Down/synthetic jacket (can be hired in Kathmandu)

Warm trousers or Tracksuit bottoms

Thermal long sleeved high wicking top (at least 2)

Thermal longs

Mid layer fleece

Thin socks

Thermal socks (for night and crossing pass)

Thermal Gloves and head cover

Waterproof and windproof jacket and leggings

Sunglasses

Travel type or small towel

Biodegradable soap for washing body, hair and clothes

3/4 season sleeping bag (can be hired in Kathmandu)

Any race aids ie HRM, water bottles, re hydration powder, recovery aid etc

Water filter and/or purifying tablets,

Chemical hand/foot warmers for crossing the pass,

Crampons/ice spikes for the icy descent from the top of the pass.



*Footwear.

For the majority of the adventure normal trail/cycling shoes will be sufficient. However, whilst crossing over the pass snow may be encountered, the temperature may be below freezing and riders should decide whether their footwear will be adequate for such conditions and bring an alternative set of shoes/boots if they deem necessary. Also riders must consider that on the Besi Sahar to Chame legs, and whilst crossing the Thorong La pass, there is a certain amount of walking/carrying involved, often over rocky surfaces, and should also consider whether their normal riding shoes are adequate for this. A warm pair of shoes/boots to change into after each day's stage has finished is also recommended and the boots/shoes adequate for crossing the pass could also satisfy this criteria.

You may find this link to be of interest <http://chase-the-rainbow.blogspot.co.uk/2013/10/yak-attack-essentials.html#more> written by Neil Cottam, who has completed the Yak Attack several times.

First Aid Kit

This is only a minimum recommendation and is at the participant's discretion:

- ✓ Plasters(various sizes)/ plastic skin
- ✓ Crepe Bandage and fastening
- ✓ Antiseptic cream
- ✓ Pain Killer such as paracetamol or Ibuprofen
- ✓ Sunscreen (Factor 50)
- ✓ Lip Salv
- ✓ Hand wash

The Bike

Your bike must be in good working order and of a suitable quality for coping with a seriously tough off road trail. Most people ride hardtails with front suspension, although full suspension is growing ever more popular and a couple have even done it on singlespeed fully rigid! !! We would recommend fitting new brake pads before starting the race and a new chain if the old one is showing any signs of wear. Once leaving Kathmandu, spares are not readily available so it will be necessary to bring these with you.

As a minimum, we would recommend bringing 2 sets of spare brake pads, spare chain, spokes and spd cleats. The course passes through a varied terrain, including, sand, mud, water so a good chain lube is a must..

Water

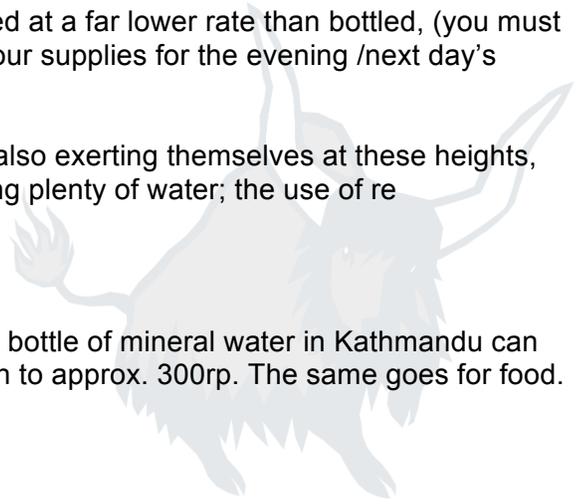
The only water that is safe to drink without treatment is bottled water, all other sources must be treated with either purification tablets or with a filter.

Many have a water filter station where safe water can be purchased at a far lower rate than bottled, (you must take your own container). It makes sense to use these to top up your supplies for the evening /next day's stage.

The effects of altitude alone can cause dehydration and for those also exerting themselves at these heights, extreme caution must be exercised. Always ensure you are drinking plenty of water; the use of re hydration/isotonic powders is highly recommended.

Costs

Generally speaking, the higher the location, the higher the cost. A bottle of mineral water in Kathmandu can cost as little as 10rp, whereas at Thorong Phedi that will have risen to approx. 300rp. The same goes for food.



A typical Nepali meal of Dal Bhat can be purchased in the capital for around 200rp but along the trail, the cost could be double or in some locations even triple that, with western style food having an even higher incremental cost.

Alcohol is relatively expensive, anywhere in Nepal. A 500ml bottle of locally brewed beer (Everest or Gorka) will cost you around 300 – 400rp at most popular locations in Kathmandu and could just about bankrupt you at Thorong Phedi!!

Hotel accommodation in Kathmandu ranges from around \$10 a night for something quite basic to over \$200 a night a luxury hotel. Expect to pay \$40 -\$50 a night for a double room including breakfast at a mid-range hotel in Thamel.

For stays outside of the adventure, a budget of US\$80 -\$100 per day would provide reasonable hotel accommodation, 2 meals in restaurants (lunch and dinner) and allow for a couple of beers and taxi trips around the city. If you are on a tight budget, this could be reduced to as little as around US\$20 per day by taking basic accommodation and eating in local eateries and obviously abstaining from beer and walking or cycling around the city.

Transport is very reasonably priced. Taking a tourist bus for the 200km journey between Kathmandu and Pokhara will cost around US\$30. Taxi and rickshaw prices around the city must be negotiated before departure!!

Tipping

Tipping in Nepal does help to reward and encourage good service. Tip in cash if paying by credit card and give directly to the person you wish to reward. In Nepal, especially outside of Kathmandu and Pokhara, wages are low and the cost of living is rising, and so a tip is a gesture that really does work. 5 -10% is adequate for a restaurant.

Etiquette

An all-purpose Nepali greeting is “Namaste”, uttered whilst keeping one’s own hands at chest height, palms together. When greeted in such a manner, it is polite to respond as such. Handshaking is also an acceptable greeting, but never offer your hand to a monk.

Few Nepalese use cutlery, preferring to pick up food with their hands – do not be afraid to ask for cutlery. When passing items, eating, or shaking hands, always use the right hand. The left hand is traditionally the hand used when splashing yourself with water having used the toilet!

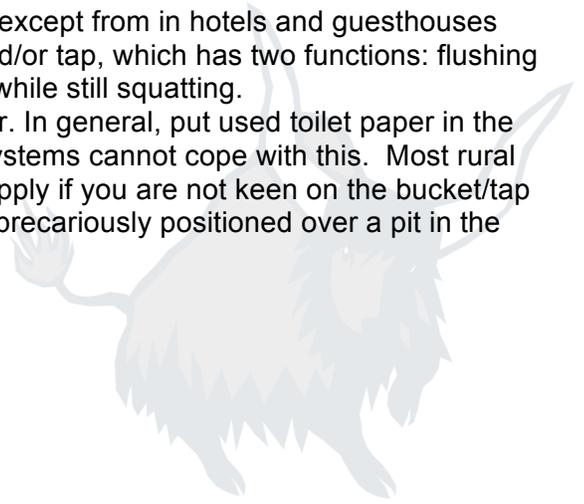
Public displays of physical affection should be avoided.

Nepali people will forgive many breaches of etiquette such as swimwear and eating habits. But always remember to remove shoes and headgear when entering temples as a sign of respect. Ladies should also cover shoulders and long skirts or trousers, in such places. Show respect by turning off mobile phones etc and by avoiding inappropriate or loud conversation. Statues should not be sat near or on, or touched, and pointing is considered very rude.

Toilets

Outside of Kathmandu and Pokhara, the ‘squat toilet’ is the norm, except from in hotels and guesthouses geared towards tourists. Adjacent to the squat toilet is a bucket and/or tap, which has two functions: flushing the toilet and cleaning the nether regions (with the left hand only) while still squatting.

In tourist areas, you’ll find Western toilets and probably toilet paper. In general, put used toilet paper in the separate bin; don’t flush it down the toilet, as pipes and sewage systems cannot cope with this. Most rural places don’t supply toilet paper, so always carry an emergency supply if you are not keen on the bucket/tap way. More rustic toilets in rural areas may consist of a few planks precariously positioned over a pit in the ground.



Safety & Crime

Levels of petty crime are far lower than in many other Asian countries and violent attacks against tourists are infrequent. As with any travel, it pays to be vigilant; exercise caution and common sense; never flash valuables or leave them unattended and open to temptation.

The most potentially hazardous encounter in Nepal is the traffic – vehicles are often driven in unexpected and dangerous ways, and so always be alert and exercise caution when crossing a road.

Internet

Internet connections are becoming more widespread across Nepal but can still be painfully slow. Do not expect a reliable connection once we get into the mountain regions! If it is essential to be connected to the internet, the best option would be to purchase a local sim card. A 10gb package will cost around 4000rp, but there will still be areas in the mountains where we will not get reception. We can assist with the purchase of a sim if required. In case of an emergency and no network connection we can still contact the outside world via satellite phone, but this is very expensive and only for emergency use.

Religion

Nepal is known as a Hindu Kingdom, although it is an intricate tapestry of Hinduism, Buddhism, Christianity, Islam, Tantrism, and others, demonstrating great religious tolerance and harmony. Traditions and festivals are prevalent, as are temples and stupas, which you cannot fail to see.

Itinerary – Attack the Pass 2017

Day 1

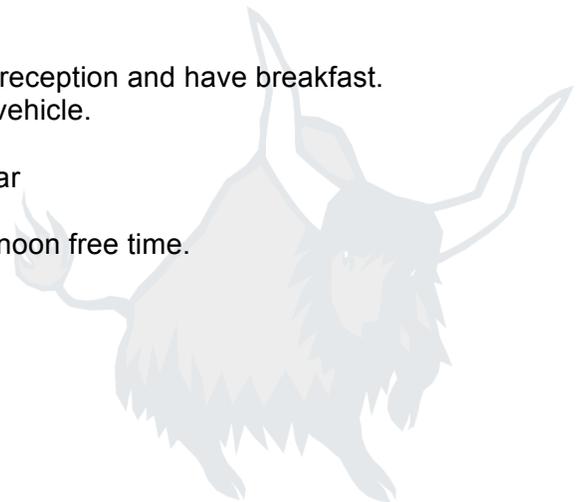
You will be collected from the airport and taken to your hotel in Thamel
We have a secure room at the hotel to store your bike and bike bag / box
Any luggage not required during the adventure can be left at the hotel.
Meals included- **none**

Day 2

After breakfast a mechanic will be on hand with assembling your bike
You will be issued with your branded kit bag and cycle top
For those wishing too we can take a short ride around Kathmandu.
Afternoon free to relax, buy last minute supplies, or sight see
6pm we will go for a traditional Nepali set meal and return to hotel by 8pm
Meals included –**Breakfast, Dinner.**

Day 3

7am bring luggage (20kg max weight) and bikes to reception and have breakfast.
Bikes and luggage will be loaded onto our transfer vehicle.
Bike bag / box to be left at the hotel
8am board bus for approx. 6 hour drive to Besi sahar
Stop en route for Lunch
Check in to hotel and check bikes. Rest of the afternoon free time.
7pm dinner at hotel
Meals included- **Breakfast, Lunch, Dinner**



Day 4

Besi Sahar to Taal – 30km, 1400m ascent, estimated riding time 5 to 8 hours

8am bring luggage (20kg max weight) to reception and have breakfast

Luggage will be loaded onto jeep for transfer to Taal.

Keep any belonging you need during the day with you in small backpack.

Vehicle support - Yes

Meals included- Breakfast, Lunch, Dinner

Route details. Starting hot (30°C) but could be down to around 10°C when we arrive in Taal. River crossings, puddles and gritty terrain are potentially very damaging to chain. Expect chain suck and carry lots of chain lube. Some very steep climbs on loose, rocky surfaces.

Doarama 3d Route map Link - <http://doarama.com/view/1289077>



Day 5

Taal to Chame - 36km, 1300m ascent, estimated riding time 4 to 6 hours

8am Bring luggage to jeep for transfer to chame and have breakfast

Keep any belonging you need during the day with you in small backpack

Pack some extra warm clothing for a drop in temperature in late afternoon

Vehicle support - Yes

Meals included – Breakfast, Lunch, Dinner

Route details. Daytime temperature could reach 25°C but could be down to around 5°C when we arrive in chame. River crossings, puddles and gritty terrain are potentially very damaging to your chain. Expect chain suck and carry lots of chain lube. Some very steep climbs on loose, rocky surfaces.

Doarama 3D route map link <http://doarama.com/view/1293113>



Day 6

Chame to Manang – 30km, 1250m ascent, estimated riding time 3 to 6 hours.

8am Bring luggage to jeep for transfer to Manang

Keep any belonging you need during the day with you in small backpack

Pack some extra warm clothing for a drop in temperature in late afternoon

Vehicle support - Yes

Meals included – **Breakfast, Lunch, Dinner**

Route details. Daytime temperature of around 10°C. There could be snow and ice, especially in forested areas. It can be very muddy along the flat valley leading to Manang. Nighttime temperature will be around 0°C. Be aware of any altitude sickness symptoms and inform one of the team if you are in anyway concerned.

Doarama 3d route map link <http://doarama.com/view/1293124>



Day 7

Acclimatisation day in Manang

Breakfast between 7am and 10am

Free day with options to go biking, trekking, or just to relax

Meals included **Breakfast, Dinner**



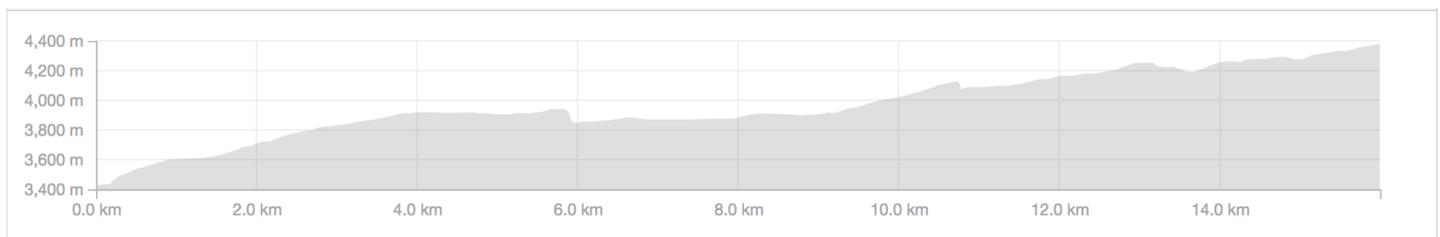
Day 8

Manang to Thorong Phedi, 17km, 1240m ascent, estimated riding time 3 to 6 hours.

7am Bring luggage to front of building for porter transfer to Phedi
Keep any belonging you need during the day with you in small backpack
Pack some extra warm clothing for a drop in temperature in late afternoon
Vehicle support - No
Meals included – **Breakfast, Lunch, Dinner**

Route details. 5°C to 10°C but weather can change rapidly. Be equipped for snowstorms, high winds, even if it is clear at the start. Snow and mud can be expected. Carry lots of warm clothes for the finish, as the porters could be a long way behind and temperatures will drop below freezing once the sun has gone. Be aware of altitude sickness symptoms and seek advice if at all concerned – better safe than sorry. We are now at 4450m!!

Doarama 3d route map link <http://doarama.com/view/1293135>



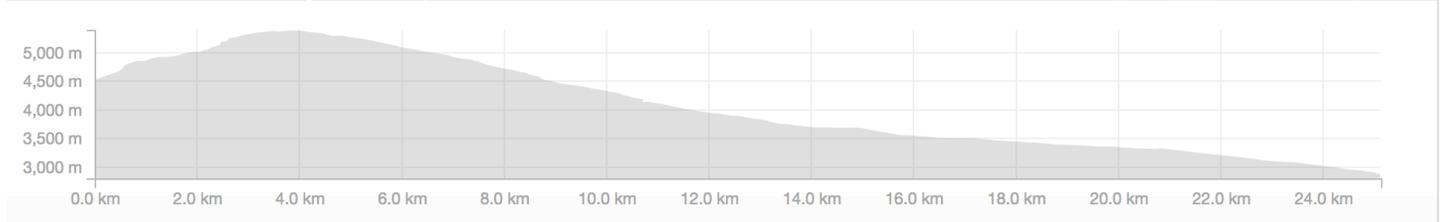
Day 9

Thorong Phedi to Kagbeni – 25km, 1040m ascent, estimated riding time 5 to 10 hours

Bags ready for 4am for porter transfer to Kagbeni and then have breakfast.
We need to leave at 5am to avoid the strong winds later in the day
You will need a head torch, sunglasses, sunscreen, warm gloves, warm shoes,
Warm socks, head covering and water and lip balm for this stage.
Vehicle support - No
Meals included **Breakfast, Lunch, Dinner**

Route details. 5am start; it could be as cold as -15°C but, with wind chill, this could feel like -25°C. DO NOT underestimate the pass. Full fingered insulated gloves, waterproof/insulated footwear, face cover, Cat 4 sunglasses, factor 50 sun cream and lip balm are all necessary for this stage. A normal water bottle or Camelbac will freeze within minutes so it is essential to perfect a method of carrying liquid without it freezing. Perfect your bike carrying technique months before this stage. 5am in the dark and freezing conditions are not the place to be experimenting with a new strap system, so perfect it in advance and stick to it. For safety we must travel as a complete group today. If any of the team feels you are unable to continue forward or cross the pass unassisted they will make provisions to have your bike portered over the pass. It is extremely important that you listen to your guides instructions. 5000m+ is no place for heroics.

Doarama 3d route map link <http://doarama.com/view/1293154>



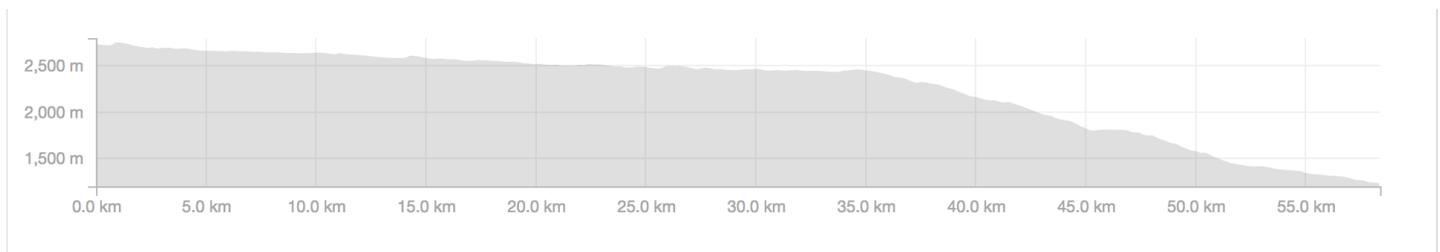
Day 10

Kagbeni to Tatopani – 58km, 960m ascent, estimated riding time 2.5 to 5 hours.

8am Bring luggage to front of building for jeep transfer to Tatopani
Keep any belonging you need during the day with you in small backpack
Vehicle support - Yes
Meals included – **Breakfast, Lunch, Dinner.**

Route details. There could be strong headwinds for the first 25% of the route today. There will also be a number of small water crossings as we ride along the rocky river bed to jomsom. After jomsom the track will be more heavily trafficked then previous days so please observe the rules of the road and beware of on coming trucks and buses on corners etc. the last 20km is a very fast and rough descent to tatopani please ride within your limits. You've got this far, we don't want any injuries now!

Doarama 3d route map link <http://doarama.com/view/1293166>



Day 11

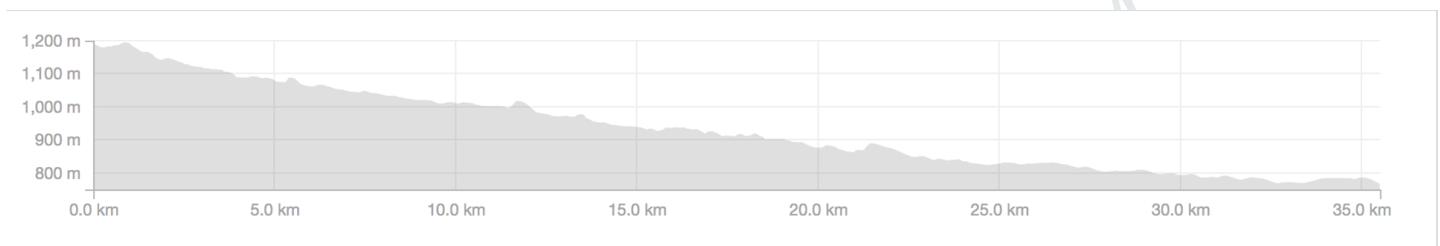
Tatopani to Beni – 23km, 400m ascent, estimated riding time 1.5 hours

8am Bring luggage to front of building for jeep transfer to Pokharai
Keep any belonging you need during the day with you in small backpack
Ride to beni and then load bikes onto vehicle for transfer to Pokhara (3 hours)
Vehicle support - Yes
Meals included – **Breakfast, Lunch, Dinner.**

Route details. The final 30km of the adventure will be hot and sometimes dusty but also sometimes muddy. The route will be more heavily trafficked than previous days so please observe the rules of the road and beware of on coming vehicles on corners etc. once we arrive in beni the bikes will be loaded onto our vehicle and we will transfer to Pokhara.

The afternoon will be free to relax at the hotel or around the lakeside. In the evening we will have a end of adventure dinner at a local restaurant.

Doarama 3d route map <http://doarama.com/view/1293182>



Day 12

8am breakfast then we will board our bus for the transfer to Kathmandu
Transfer time will be approx. 8 hours so we will stop for lunch on route.
Once in Kathmandu we will check into the hotel.
Our mechanic will be on hand to help dismantle and pack your bike for return.
Evening free time.
Meals included – Breakfast, lunch,

Day 13

Transfer to airport or continue with own itinerary

What's included in the Adventure price

Return airport transfer on October 5 and 17
All accommodation October 5 to 16 inclusive
All meals listed in above itinerary
Ground transfer, Kathmandu to Besi sahar October 7
Ground transfer Beni to Pokhara October 16
Ground transfer Pokhara to Kathmandu
A minimum of 2 English speaking mountain bike guides
Mechanical services
All required permits
Torq nutritional products
Yak Attack Adventure branded kit bag
Yak attack adventure branded cycle top

Not included in the Adventure price

International airfares
Visa fees
Equipment hire
Insurance (this is compulsory and must cover helicopter evacuation)
Ground transfers outside the adventure dates
Any beverages including tea, coffee, bottled water, soft drinks and alcohol
Costs incurred during any medical treatment

Websites of Interest

<http://chase-the-rainbow.blogspot.co.uk/2013/10/yak-attack-essentials.html#more>
www.nepal.com
<http://www.lonelyplanet.com/nepal>
<http://www.nepalvista.com/about-nepal/customs-and-etiquette>
<http://www.nepalvista.com/about-nepal>
<http://www.nepalvista.com/about-nepal/say-nepali>
<http://www.bbc.co.uk/news/world-south-asia-12511455>
<http://www.britannica.com/place/Nepal>
<http://www.visitnepal.com/>
http://mylanguages.org/nepali_phrases.php
<http://www.tripadvisor.co.uk/Tourism-g293889-Nepal-Vacations.html>
<http://www.worldtravelguide.net/nepal>
http://wikitravel.org/en/Nepali_phrasebook



