

Introduction:



The serenity of Phewa Lake and the fish tailed-summit of Machhapuchhre together create an ambience of peace and magic in the valley.



Pokhara, an enchanting city nestled in the tranquil valley (827m), is the starting point for many of Nepal's most popular trekking and rafting destinations. The serenity of Phewa Lake and the magnificence of the fish-tail summit of Machhapuchhre rising behind it create an ambience of peace and magic. The valley surrounding Pokhara is home to thick forests, gushing rivers, clear lakes and the world famous views of the Himalaya. If Kathmandu is the cultural hub of Nepal, then Pokhara is the center of adventure. Pokhara is the starting point for classic trekking routes like the Jomsom trail and the three-week Annapurna Circuit. For nontrekkers the valley offers mountain views and glimpses of rural Nepali life going far beyond those of the Kathmandu Valley.

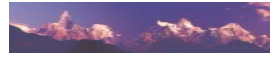
The tourist area of Lakeside, stretched out along the southeast shore of the valley's largest lake, is centered around sun, fun, music and meal. Lakeside has its own charm, especially in the evening, when the shops are lit up. For everyone, Pokhara is a wonderfully relaxing place.

Situated 200 km west of Kathmandu, Pokhara is connected by air as well as by road from Kathmandu and Bhairawa, a border town near Lumbini, Buddha's birthplace.

Pokhara lies in the central part of Nepal. This is one of the major towns of Nepal that provides a real escape and a perfect getaway from the chaotic life of the city. It is situated 200 kms west of Kathmandu, the capital of Nepal. Exploration of this lovely place is made easier by its accessible location. The first airport linking Pokhara with Kathmandu was built in 1951 long before it was connected by motorable road. It was only in 1968 when the first motorable road connected it with Kathmandu.

Calm and reposed in the lap of majestic Annapurna Himalayan range, the valley stands on an elevation of about 827 meters above sea level.

Location:



Exploration of this lovely place is made easier by its accessible location.





H

istory:



Pokhara was part of the then principality of Kaski.

Before the unification of Nepal there were 24 small principalities in west Nepal. Kaski was one of them. The ruins of old palace of the rulers of Kaski can still be seen in Kaskikot near Naudanda.

Kulmandan Shah was one of the rulers who established his Kingdom in west Nepal. His descendant Drabya Shah was first to establish Gorkha, source of the legendary Gorkha warriors.

Pokhara is part of a once vibrant trade route extending between India and Tibet. To this day, mule trains can be seen camped on the outskirts of the town, bringing goods to trade from remote regions of the Himalaya. This is the land of the Magars and Gurungs, hardworking farmers and valorous warriors who have earned worldwide fame as Gurkha soldiers.



Accommodation



Pokhara offers a wide variety of places to stay and for all kinds of budgets. There are roughly four accommodation areas around the bus park and bazaar, by the airport, Damside (Pardi) and lakeside (Baidam).

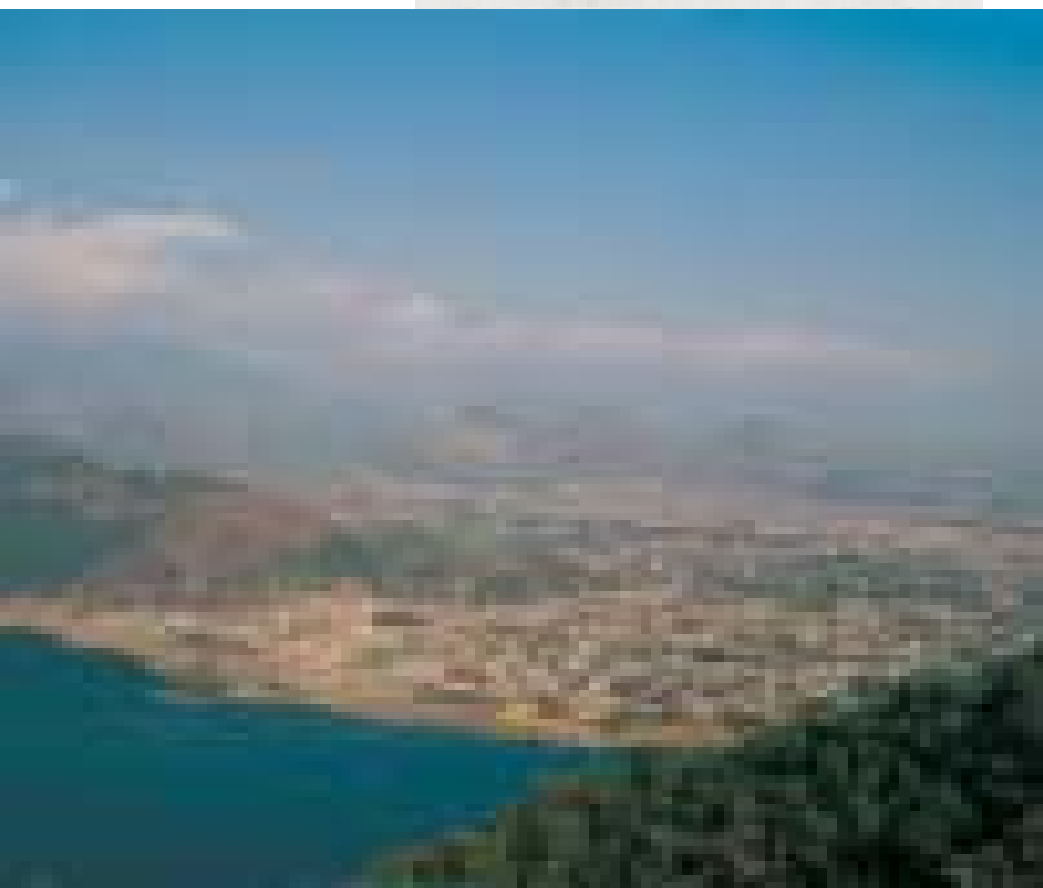
For further information on accommodation, please check Nepal Tourism Board's website: www.welcomenepal.com

Access



200 kms west of Kathmandu, capital of Nepal. Exploration of this lovely place is made easier by its accessible location.

Pokhara is located roughly 200 km west of Kathmandu. The journey between these two famed cities is certainly part of the Pokhara experience. Flying over the snow capped Himalaya to the north and the green Mahabharat range to the south is thrilling, while the overland journey past sparse rural settlements nestled along the Trishuli river provides a view of life particular to Nepal's middle hills. There are daily flight and bus services between Kathmandu and Pokhara.

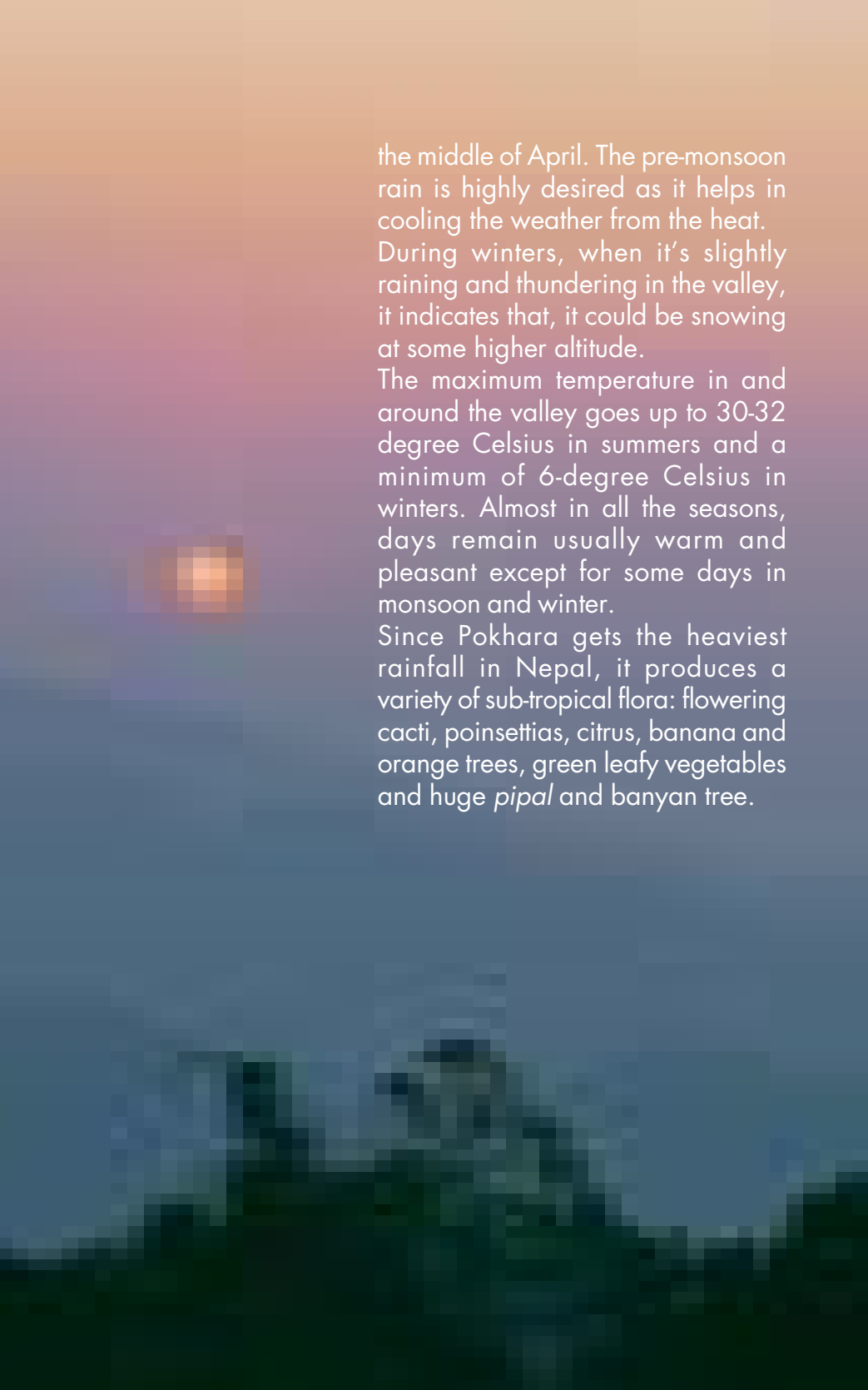


Pokhara experiences a tropical mild temperature with not so cold winter and a hot summer. In spite of its intimacy with overlooking Annapurna massif, the valley is not at all affected by the latter's impact. The reason is its low altitude of only 827 meters. During summers, heat and humidity dominate the valley while winter offers quite a pleasant weather, especially from Oct-Dec. When the heat of the summer sweeps in, the clouds rise covering the majestic Annapurna massif. Hence, in summers, it is highly recommended for the visitors to wake up early so that they can enjoy a perfect uninterrupted view of the Himalaya. Monsoon in Pokhara begins from early-June to September though rain may occur as pre-monsoon shower in the starting of May and even in

Climate:



Since Pokhara gets the heaviest rainfall in Nepal, it produces a variety of sub-tropical flora



the middle of April. The pre-monsoon rain is highly desired as it helps in cooling the weather from the heat.

During winters, when it's slightly raining and thundering in the valley, it indicates that, it could be snowing at some higher altitude.

The maximum temperature in and around the valley goes up to 30-32 degree Celsius in summers and a minimum of 6-degree Celsius in winters. Almost in all the seasons, days remain usually warm and pleasant except for some days in monsoon and winter.

Since Pokhara gets the heaviest rainfall in Nepal, it produces a variety of sub-tropical flora: flowering cacti, poinsettias, citrus, banana and orange trees, green leafy vegetables and huge *pipal* and banyan tree.

Nepal has a population of 21 million out of which 125 thousand people are concentrated in the valley of Pokhara. The valley blends in itself different races and caste such as Brahmins, Chettris, Gurungs, Newars, Magars, Thakalis, Manangis, Tibetans, etc.

Brahmins and Chettris make up a vast majority of the population of the Pokhara valley accounting for around 40% of the total population of the town. These people speak Nepali as their first language. Many of them are serving as government officials, while others are businessmen, agriculturists, administrators and landowners. This group is believed to be the first settlers in the valley, so they have vast area of land under their possession.

Gurungs constitute yet another group settled in the valley. Their ancestry stretches back to Tibet when they migrated to Nepal some 3,000 years ago. Both the Tibetans and the Gurungs practice the same religion-Buddhism though their ways of preaching differs a bit from one another. They are also influenced by Hinduism to some extent. Their physical structure bears resemblance

P opulation and P eople:



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to Tibetans or Magars as they are of the Mongoloid race. Gurungs reside in the Annapurna region (Ghandruk, Sikles, Dhampus). A walk through the villages will expose you to their rich culture as well as their daily chores. They are known for their bravery and faithfulness. Therefore, they excel in serving as army and military personnel in Gorkha regiments in India, the UK as well as in the Nepal army.

Newars, the early settlers of the valley are the original inhabitants of Kathmandu valley. On an invitation from the king of Kaski some hundred years ago, they came to the Pokhara valley and occupied the old bazaar or Bagar.



Thakalis are originally from Thakkola valley. They are business people and thus, a large number of their population has settled in the commercial areas, where they find business opportunities. These people are well known for their various business establishments such as hotels, restaurants and so on.

Manangis are traders popularly known for their entrepreneurship. They hail from Manang region, north of Annapurna. Their business has come a long way from trading the local goods to the importing of foreign watches, electronic goods, clothing and the like (which are in high demand).

Tibetans constitute a minor stratum of Pokhara's population.

Gurungs constitute yet another group settled in the valley.





Phewa Lake


Phewa Lake is the most famous lake of the Pokhara Valley. It covers an area of 4.4 sq. km. Its average depth is 8.6 meters and its maximum depth is 19 meters. A stream called Harpan Khola enters the Lake from the western end. There is a forested hill on the southern side of the Lake, which includes recently constructed Peace Stupa. The temple of goddess Barahi is situated in the middle of the lake. Large number of hotels and restaurants are located along its northeastern shore. Boating and fishing are the major attractions of Phewa Lake. There are 22 native species of fish in the lake. One of the delicacies served in several restaurants in the town of Pokhara is the local fish from the lake.

Mountain Views

Clearly the most stunning of Pokhara's sights is the spectacular panorama of the Annapurna range which forms its backdrop. Stretching from east to west, the Annapurna massif includes Annapurna I to IV and Annapurna south. Although the highest among them is Annapurna I (8,091 m), it is Machhapuchhre which dominates all others in this neighborhood. Boastfully leviant in the skyline, the fish tailed pinnacle is the archtypical snow capped, needle pointed mountain.



ATourist
Attentions
Pof
Pokhara



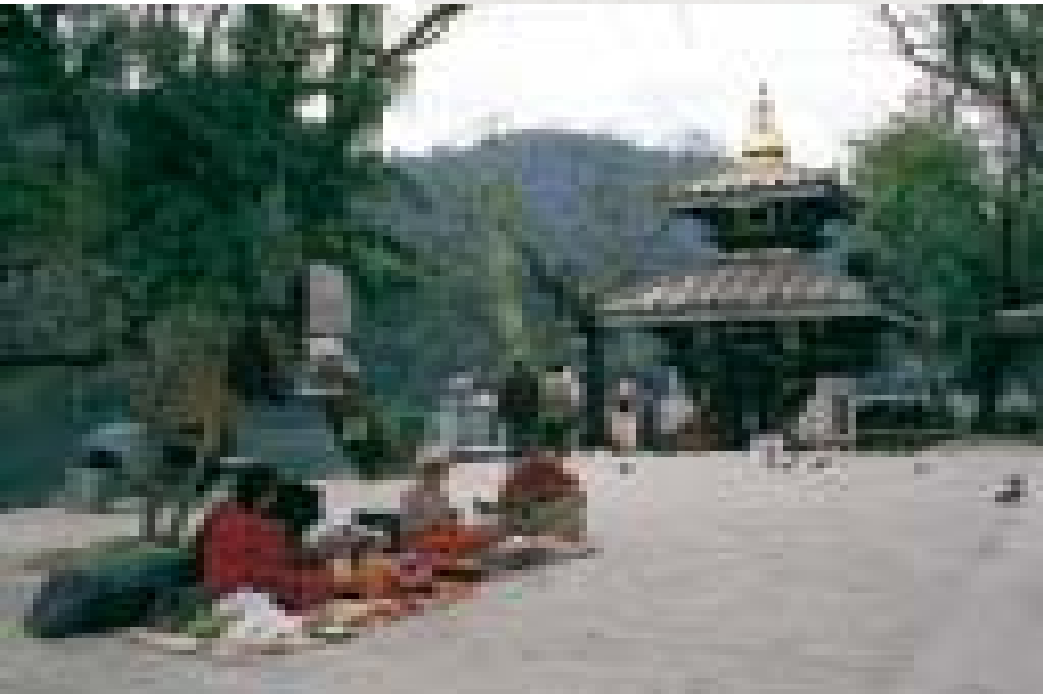
Clearly the most stunning of Pokhara's sights is the spectacular panorama of the Annapurna range which forms its backdrop.

Barahi Temple

The Barahi Temple is the most important monument in Pokhara. Built almost in the center of Phewa lake, this two storied pagoda is dedicated to the boar manifestation of *Ajima*, the protectress deity representing the female force Shakti

Seti Gandaki

Another of Pokhara's natural wonders that unfailingly interest visitors is the Seti Gandaki river. Flowing right through the city, the boisterous river runs completely underground at places. Amazingly, at certain points the river appears hardly two meters wide. But its depth is quite beyond imagination over 20 meters! Mahendra Pul, a small bridge near





the old Mission Hospital, provides a perfect view of the river's dreadful rush and the deep gorge made by its powerful flow.

World Peace Pagoda

This pagoda is situated on the top of a hill on the southern shore of Phewa Lake. It has four images of Buddha facing in four directions. The pagoda is an impressive sight and its hilltop location commands great view. It is a great vantage point which offers spectacular views of the Annapurna range and Pokhara city.

Begnas Lake and Rupa Lake

Begnas Lake is situated in the eastern part of Pokhara valley, at a distance of 15 km from Pokhara. Tourists can relax in the lodges and resort situated along the lakeside. Yet another popular lake of Pokhara is the Rupa Lake. It is separated from Begnas

The lakes offer the perfect nature retreat because of their relative seclusion.

The hill-top location of the pagoda commands a great view of Pokhara.

Lake by a ridge known as Pachabhaiya. The lakes offer the perfect nature retreat because of their relative seclusion and opportunities for boating and fishing. There are buses running from city centre of Pokhara to Begnas and Rupa Lakes.

Buddhist Monastery

This famous Buddhist Monastery is situated on the eastern part of Pokhara, on a hillock, and one gets good view of the city from here.

It was built by the Buddhists from Manang in 1960's. Manang is one of the regions situated in the eastern part of Annapurna Circuit trek. Images of Buddha and Padmasambhava are its major attractions. And besides this, many monks reside here.





During summer and rainy season, Devi's Fall takes its real form, with gushing water splashing and making its way through the rocks.

Devi's Fall

Devi's Fall also known as Patale Chango is an awesome waterfall lying 2 km southwest of Pokhara. During summer and rainy season, the waterfall takes its real form, with gushing water splashing and making its way through the rocks.

Gupteshwor Cave

Just opposite of Devi's fall, on the other side of the road, there is Gupteshwor Cave. This cave is popular for the different natural forms made from limestone deposits. Photography is strictly prohibited inside the cave.

Mahendra Cave and Minstrel (Gaine) village

This limestone Cavern is named after King Mahendra and is situated in Batulechaur, a village in the northern part of Pokhara valley. Professional minstrels known as *Gaines* live in this village. Most *Gaines* earn their living by singing Nepalese folk songs in Batulechaur.

Kahun Danda

Kahun Danda, situated on the north hill of Pokhara, is a good place to view the spectacular mountain ranges. It is a two hour walk from Mahendra Pul, city centre of Pokhara.

One gets to see beautiful views of sunrise and sunset from Sarangkot as the sun splashes hues of red on the Himalayan range.

Sarangkot

The village of Sarangkot (1590 m) is situated on the top of a hillock just north of Phewa Lake. One gets to see beautiful views of sunrise and sunset from Sarangkot as the sun splashes hues of red on the Himalayan range. On a clear day, the panoramic ranges of Annapurna, Dhaulagiri, Machhapuchhre and Ganesh Himal can be observed from here.



Naudanda Kaskikot

Naudanda is situated west of Pokhara, high up on the ridge north of Phewa Lake. From Naudanda you can start walking towards Sarangkot through Kaskikot. In Kaskikot, you will find ruins of the fort of Kaski kings. From Sarangkot, you can walk down to Bindebashini temple and then drive back by local buses or taxi to your hotel. This normally takes about 2 hrs.



Bindebashini Temple

This is one of the oldest temples in Pokhara. Legend says that when Pokhara was a part of Kaski Kingdom, the main deity of the temple, Goddess Durga, was brought from India. Apart from the peace and tranquility that can be felt in this region, the premises of the temple offers a good view of the Himalaya on a clear day. The temple is in the area of the bazaar, hence, a journey of the old bazaar can be combined with a visit to the temple.

Ramkrishna Tole

This area, in the old city of Pokhara, comprises of century old Newar houses. It is being preserved as the monument area.

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Phumdi Bhumdi

It is 7 km drive towards south of Pokhara to Khaire Khola and one has to climb to Phumdi Bhumdi top from there. It will take about an hour to reach to the top. Once you reach there, you can enjoy the wonderful views of the Himalayan Peaks.

Tibetan Refugee Camp

On your visit to Gupteshwor Cave, just a few walks ahead towards the left leads you to the Tashiling Tibetan Refugee Camp. This is a must visit, specially for those who love interacting with Tibetans and want to know more about their culture, language and religion. This camp also has a Tibetan Buddhist Monastery.





Museums



Annapurna Museum:

Coming back from the Seti gorge, just a few minutes away, one will come across the gate of Prithvi Narayan Campus. The Annapurna Regional museum is located inside this campus. The museum seems small from outside but journey inside takes you to the display of a large collection of butterflies, moths and insects. Also exhibited are cement models of Nepal's wildlife. The Annapurna conservation Area project also has some interesting exhibits on the environmental problems of the Annapurna region. The museum is open daily from 9 a.m.-5 p.m. but remains closed for lunch between 1 p.m. –2pm.

Pokhara Regional Museum:

Though small, the museum displays a variety of goods that captures the culture and custom of different tribes and races of Nepal. The museum remains closed on Saturdays and is open from 9 am – 5 p.m.

Mountaineering Museum:

A Mountaineering Museum is under construction and this museum aims at providing detail information about mountaineering activities in Nepal.

Moter Biking:

Exploring the valley on a mobike is truly an adventure packed with thrill and excitement. You can meet the locals and venture into all the places in the Valley. Your requirement, thus, is a good bike and a very good map.

Mountain Flight:

Mountain flight is ideal for those who've limited time and cannot afford to go for trekking. Mountain flight offers spectacular views of the Himalaya. There are various flight carriers that operate mountain flight during October-May.

ALeisure Activities



Mountain flight offers spectacular views of the Himalaya.

Boating:

Pokhara's Phewa Lake is the most popular destination for travelers wanting to indulge in recreational boating. It is the second largest lake in the Kingdom and measures roughly 1.5 by 4 km. Its eastern shore, also known as Lakeside or Baidam, is the center of tourist activity in Pokhara. Begnas and Rupa Tal are located 15 km out of Pokhara at the end of a road that turns off the Kathmandu highway. Both these lakes offer some splendid boating opportunities.

Renting a boat for a couple of hours and heading out to the middle or the other side of the lake bordering the forested hill, and taking a swim, can be the highlight of a warm day. The water is cleaner out far from the buffalo and washing on the edge. Boats can also be had for the whole day, or on an hourly basis. You can either row around yourself or hire a boatman, the former being definitely a better option.

At Phewa, tourists have a choice of pedal-driven boats, rowboats and sailboats. There is also a choice between fiber body sailboats and wooden ones.

The best time for boating is in the winter months between October and February, when the skies are clear and the mountains cast their shadows on the lake's tranquil waters.

Para Gliding:

Paragliding in Nepal can be a truly wonderful and fulfilling experience for the adventure seeking. Experience unparalleled scenic grandeur as you share airspace with Himalayan griffin vultures, eagles, kites and float over villages, monasteries, temples, lakes and jungle, with a fantastic view of the majestic Himalaya.

There are various deals for the paragliding enthusiast as well as those checking this sport out for the first time. There is a three-day introductory course for beginners, as well as tandem flights (where you fly with an instructor) for the inexperienced or less brave. At 6000 ft you sit back in your own seat as your qualified pilot takes you on an unforgettable journey. The take-off point for these flights is Sarangkot, which also offers prime views of Phewa Tal and the mountains at sunrise and sunset (provided the skies are clear) and the landing is by the lake.

Alternatively, experienced gliders can strike a package deal, which includes being picked up at Kathmandu airport on arrival and spending a night in the capital before heading for Pokhara. At Pokhara, after a few introductory flights, you could take off on a six-day para-trek to the incredibly beautiful West.

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Ultralight Aircraft:

The choice of the Pokhara Valley for ultra-light aircraft is appropriate chiefly because of the proximity of the mountains, and the scenic lakes. For those who wished they could fly like birds when growing up, this flight is a must. Leave your woes behind on earth, soar to heights, bathe in the clouds, reach out for the mountains and kiss the azure sky as you fly across it. It might be lonely at the top, but

Ultra-lights can take off and land in a field or on a dirt road, and in areas where other planes fear to tread.



People enjoy boating, pony riding, cycling, fishing, shopping and walking around in Pokhara.

the spectacular view from up high certainly makes it all worth it.

The company operates flights from the Pokhara airport beginning September through June. The flights take place from sunrise to 11 a.m. and from 3 p.m. to sunset every day during these months.

Ultra-lights can take off and land in a field or on a dirt road, and in areas where other planes fear to tread. The aircraft seats two, a passenger and the pilot. It can fly for hours and ascend the altitude of 5000 meters. Its aerodynamic quality allows it to perform long flight even with the engine shut off. It is flown by pilots with over 6,000 flights to his or her credit.

Fishing:

Those who wish to stay by the lake can even try his/her luck for the biggest catch. You can hire fishing rods from the shops in the lakeside.

Golfing:

Golfing is a newly introduced concept in Pokhara. There are two world class golf courses in Pokhara.

Pony Riding:

Pony riding is a major tourist attraction in this town. There are operators organizing these rides in the valley and the surrounding hills.

Rafting:

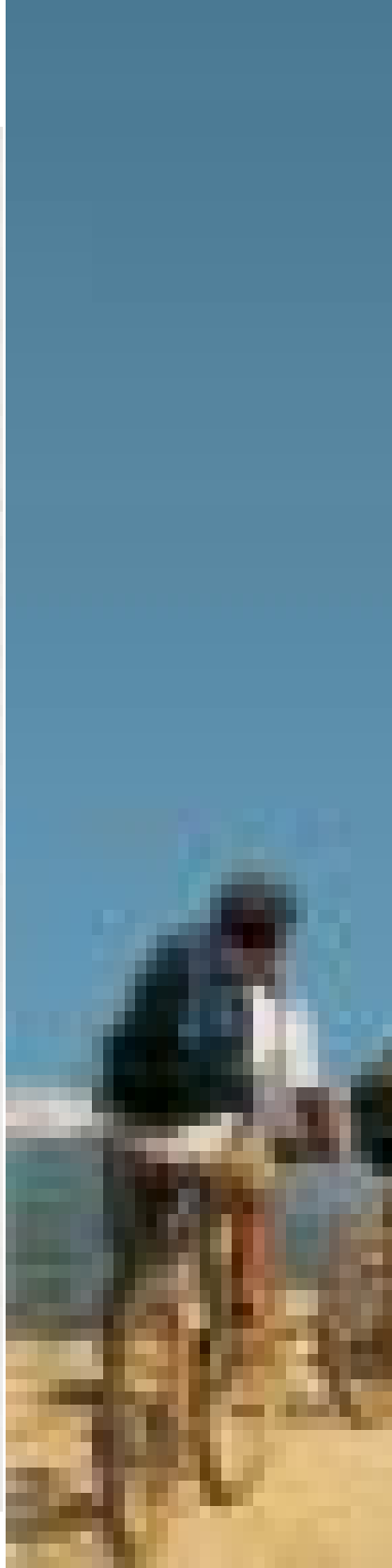
Several operators in Pokhara offer rafting trips along major rivers in the vicinity of the valley. The most popular rafting trip is along Trishuli River, which flows along the Kathmandu-Pokhara highway. Similarly, this adventure can be enjoyed at Kali Gandaki River.

Short Hikes:

Though Pokhara is a perfect relaxation point for the trekkers, some individuals still yearn to explore Pokhara beyond that. The sightseeing tour will take about 3-4 hours but you can extend the hours by having an extended visit to some places around Pokhara Valley in terms of a simple visit or a short hike.

Mountain Biking:

Mountain biking is recommended if you wish to explore urban centers of Nepal as well as countryside in the outskirts. Imagine, if you will, a ride through lush green rice fields, through hamlets, up and down the hillside, along the river bank, around temples, past the street-roaming cattle, along the suspension bridge, along the highway. Mountain bikes are available for rent by the day or longer in many of the bicycle rental outlets in and around the city. If you wish to be enlightened about the culture, rhythm of village life, cool spots to visit, guided trips should be undertaken.



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Ghandruk:

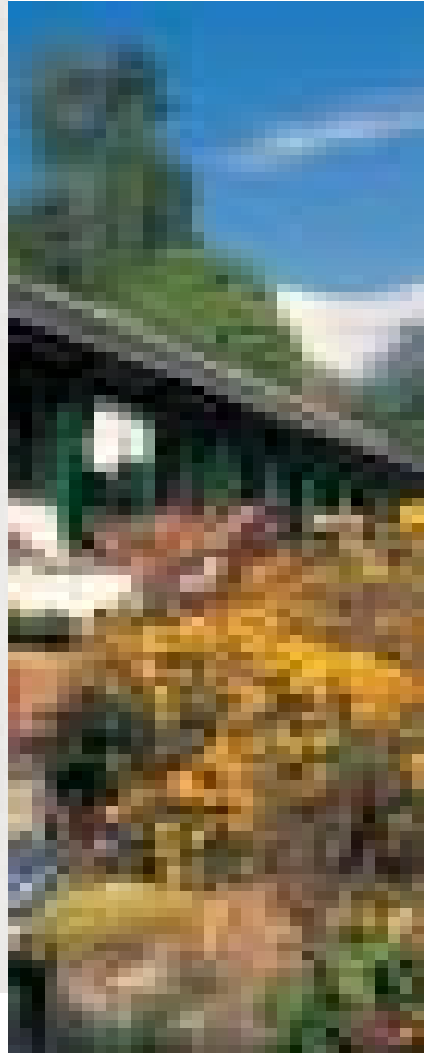
The village of Ghandruk is situated towards the northwest of Pokhara. It is at an altitude of 2012 meters above sea level and is inhabited by Gurungs. Till the later half of 20th century, the inhabitants of this village were heavily dependent upon employment in the British army.

The village has now been declared headquarters of Annapurna Conservation Project as it is situated along the popular Annapurna Sanctuary Trekking Area. The village offers excellent views of Annapurna South, Machhapuchhre and Himalachuli peaks. It is accessible after a five hours trek from Birethanti, which lies along Pokhara-Baglung road.

Sirubari:

Sirubari is a Gurung village situated south of Pokhara at an altitude of 1700 meters. It is an hour away from main trekking trails and offers excellent views of the Himalayan Peaks, including the Annapurna, Dhaulagiri and Manaslu. One of the interesting aspects of visiting Sirubari is the opportunity to stay in the houses of the villagers as 'Paying Guests'. Sirubari has established itself as the model village and won PATA-Gold Award 2001 in the Heritage & Culture - Heritage category.

The Surrounding Area



Pun Hill:

Pun Hill, situated at an altitude of 3100 meters, is one of the most popular places along the Annapurna trekking area. It can also be reached in a two-day trek from Birethanti. The village of Ghorepani is just below Pun hill and is inhabited by Magars, an ethnic group that has served as Gorkha soldiers in British and Indian army for a long period.





Pokhara is a gateway to one of the most famous trekking areas in the world known as the Annapurna Region. The treks lasting from one day to three weeks are possible in the area. Some of the well-known treks are as follows:

Pokhara-Dhampus-Pokhara (two days):

This trek to the scenic Gurung village of Dhampus mesmerizes the tourists because of the spectacular view of the Himalayan ranges including the Anapurna and Machhapuchhare range.

Pokhara-Birethanti (new bridge)-Ghandruk-Pokhara:

This trek starts from Birethanti on the Pokhara-Baglung road and continues

Trekking
in the
Annapurna
Region



Muktinath is a pilgrimage centre for Buddhists and Hindus.

to Ghandruk, a village beautiful village and one can witness excellent views of Annapurna's South peak from the village. This village is also the headquarter of Annapurna Conservation Area Project(ACAP).

Pokhara - Birethanti - Ghandruk-Tadopani-Pun Hill-Ulleri-Pokhara(five days):

This trek also provides a marvelous view of the Himalayan ranges.

Jomsom-Muktinath Trek

Jomsom is the only place along the Annapurna Circuit, which is connected



by air with Pokhara and Kathmandu. It is also the district headquarters of Mustang, which includes part of the legendary Mustang and the Muktinath Region. If you are heading in the southern direction on the Annapurna Circuit you must get your permit stamped here.

Trekking to Muktinath begins from Jomsom. If you have time, it's worth making the side trip to the village of Kagbeni, a Tibetan influenced settlement close to Lo Monthang, the capital of what used to be the old principality of Mustang. From here, the trail climbs steeply to rejoin the regular trail before Khingar is reached. A further climb brings you to Ranipauwa, the accommodation area of Muktinath, at 3710m.

Muktinath is a pilgrimage centre for Buddhists and Hindus. The shrines include a Buddhist Gompa and the Vishnu temple of Jwala Mai. An old temple nearby shelter spring and natural gas jets, which provide Muktinath with the famous eternal flame.

From Muktinath you can retrace your steps to Pokhara or simply to Jomsom and catch a flight from there.

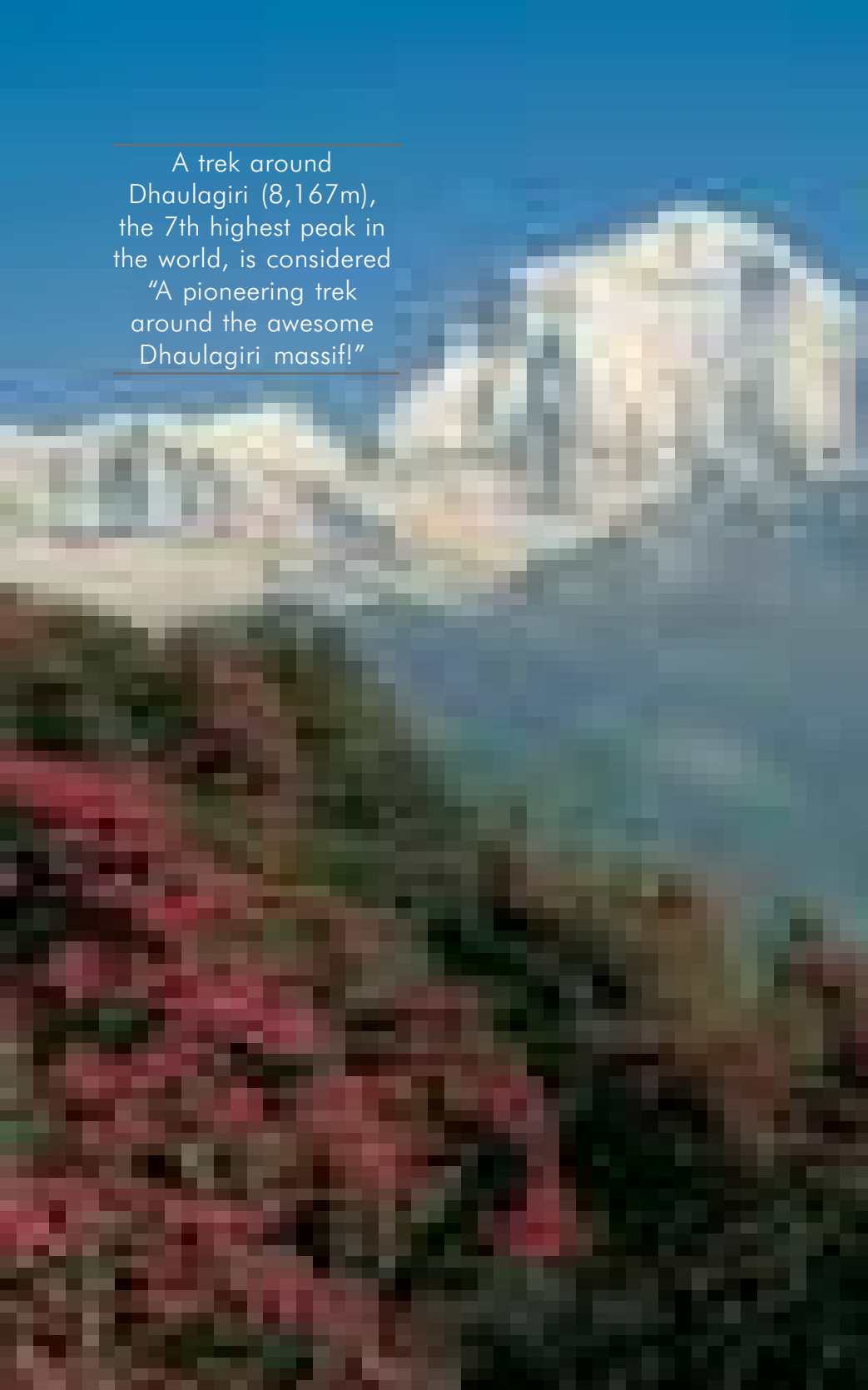
Annapurna Circuit


The Annapurna Circuit is the most popular 300-kilometer trek in Nepal, around the Annapurna mountain range in the Himalaya. This trek





A trek around
Dhaulagiri (8,167m),
the 7th highest peak in
the world, is considered
"A pioneering trek
around the awesome
Dhaulagiri massif!"





reaches an altitude of 5,300 metres on the Thorung La pass. The panoramic magnificence of mountain ranges that can be viewed from here include Annapurna (8,091m), the spectacular ice pyramid Dhaulagiri (8,167m) and Machhapuchhare (6,993m) considered to be one of the most beautiful mountains in the world. This trek follows ancient paths used as trade routes between Nepal and Tibet. These paths have long facilitated the flow of culture and religion. Even today, Tibetan Mahayana Buddhism, Hinduism and the pre-Buddhist Bon-Po religion coexists and interpenetrates one another in this region.

The unusually wide range of climatic zones in this small area provides an opportunity to watch different flora and fauna, at the same time, the diverse lifestyle of people residing in this region.

Annapurna Base Camp

This 13-day trek around the spectacular Annapurna region brings you through scenic villages, rich oak, pine and rhododendron forest, right into the magical Annapurna Base Camp. Here, you will be overwhelmed by the close-up views of the giant snow peaks - Annapurna I (8019m), Annapurna III (7555m) Gangapurna (7454m) and

Machhapuchhare (6999m). This trekking is strongly recommended for excellent mountain vistas.

The central region of Annapurna Base Camp boasts some of the most brilliant sunsets in Nepal. A summation of five climatic and vegetation zones along with a variety of ethnic groups has found their niche in this diverse terrain. This area offers several choices of treks; from visiting the hospitable village of Gandrung to viewing the exquisite vistas at Gorepaani. Besides this, it could also be trekking through forests and terraces of Ganapokhara and Lamjung or making a pilgrimage to Muktinath, the holy city of both Buddhist and Hindu faiths.

Dhaulagiri Trek

A trek around Dhaulagiri (8,167 m), the 7th highest peak in the world, is considered "A pioneering trek around the awesome Dhaulagiri massif!". It's a demanding and remote wilderness trek that completes a challenging circuit around the Massif.

Start your trek from Baglung across the Kali Gandaki valley, crossing two high passes called French Pass (5,360 m) and Dhampus Pass (5,182 m), then down to Jomsom to finish.

Pokhara offers possibilities for small walks along the valley, especially during the winter season.

Village Walk



Pokhara offers possibilities for small walks along the valley, especially during the winter season. Most popular walk is from lakeside to the village of Pamey on the western end of the Phewa Lake. It is also enjoyable to take a boat upto Pamey and walk back.





Annapurna Conservation Area Project (ACAP) was established in 1986. ACAP is a non-profit, non-governmental organization funded by various trusts and is a part of King Mahendra Trust for Nature Conservation. It was set up with the aim of protecting the environment of the area encompassing the Annapurna region. ACAP's primary objective is to improve local standards of living, protect the environment and dealing with more sensitive forms of tourism. ACAP works on a number of projects including forestry nurseries, introduction of woodsaving technologies and banning fire altogether. Annapurna conservation area is a popular trekking region, especially for individual trekkers.

Annapurna Conservation Area Project (ACAP)



Entry fee structure for Annapurna Conservation Area

1. SAARC country visitors
NCRs. 200/-
 2. Other country visitors
NCRs. 2,000/-
- This entry fee structure applies only for permits issued from the designated Entry Permit counters. *An equal extra fee will be levied for permits issued from the field Check Posts.*
 - Permit is not required for children under the age of 10 years.

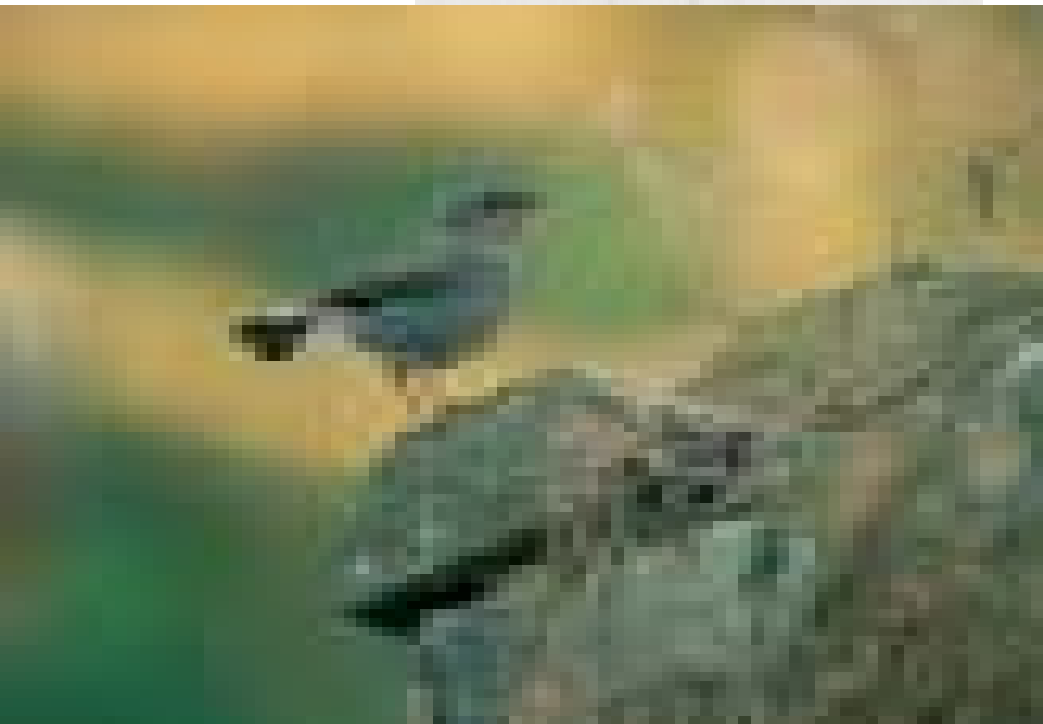
Designated Entry Permit Counters:

- Sanchaya Kosh Building Basement, Thamel, Kathmandu
- Opposite Grindlays Bank, Lakeside, Pokhara

Opening Hours:

Except on weekends and public holidays, the counters are open Sunday through Friday at the following times:

- 9 am – 4:30 pm (mid Feb to mid Nov)
- 9 am – 3:30 pm (mid Nov to mid Feb)



Pokhara is one of the most happening incentive travel destinations in the world – a heady mixture of unique culture proudly preserved, mind boggling adventure and remarkable natural beauty. A place where you can revitalize your mind, body and soul amidst scenery that is simply a knock out.

Pokhara offers world-class convention facilities, exciting adventure products, special opportunities for sight-seeing, dining, accommodation, and shopping and much more.

A perfect incentive inspires any one to push a little harder, move a little

Meetings and Incentives





The enchanting cityscapes and beautiful mountain landscape of Pokhara ensure that you have the opportunity to mix business with lots of pleasure.

faster and reach a little higher. Pokhara is the perfect place to reward your employees with a great incentive.

Pokhara boasts a comprehensive tourism infrastructure offering the visitor a fine choice of hotels, from super deluxe properties to budget priced guest houses. Restaurants, too, abound and besides those serving typical Nepali dishes, there are others offering a variety of cuisine from the East and the West.

The hotels in Pokhara offer world-class conference facilities. These convention centers and exhibition halls offer visitors and delegates international class amenities.

General Information:





Holiday Official



Saturday is the official holiday in Nepal and so it implies to Pokhara as well. Friday is a half-holiday for some organizations such as schools and post offices.

L

Language



Everyone here speaks and understands Nepali. Besides Nepali, people settled in the commercial areas in Pokhara can speak or understand both English and Hindi.

Agriculture is still the backbone of Nepal with 90% of population involved in it. Tourism is yet another industry, which boosts up the economy of Nepal and Pokhara, in particular. This is due to the massive inflow of tourists from different ends of world to experience its beauty. Tourism has led to establishment of different range of hotels, restaurants, travel agencies, souvenir shops, bookshops and other general stores, which instead have provided employment to hundreds of people in the town. Nepal as a whole has annual average Per Capita Income of US\$250. Besides earning from the export of carpets and ready made garments, manufacturing carpets, garments and paper generate income for the locals. People in the villages are mainly farmers.

E

Economy:



Immigration Office



The Pokhara Immigration Office (Tel: 21167) is situated on the road going to Lakeside from Shahid Chowk (locals pronounce it as Sai Chowk), a junction with a couple of roads diverting from it. The immigration office stands on the right side of the road that leads to the starting point of Lakeside. It is 1 km away from the airport and ½ km from the tourist bus stand. So if you are free of heavy luggage, you can take a walk to the office. It's about 2 ½ km from the Lakeside. It remains closed on Saturdays.

Banks



Nepal Rastra Bank, Central Bank of Nepal, has granted official authorization to many foreign exchange counters in and around Lakeside.

The other bigger banks to encash or exchange your money are Nepal Grindlays Bank (Tel: 20102) and Nabil Bank (32268,69) in Lakeside. Besides these banks, there are many authorized foreign exchange counters. There are several restaurants, hotels and travel agencies who are authorized too, to process foreign exchange.

US dollar is the most acceptable mode of currency. Most travel and trekking agencies, hotels, restaurants, shops price their product either in Nepali currency or in US dollars.

One can easily get all leading national and international newspapers and magazines in any bookshop in Pokhara. *The Rising Nepal* and *The Kathmandu Post* are major dailies English newspapers of Nepal.

Like Kathmandu, Pokhara too has a rich collection of books, available in various bookshops. Books on travel, cooking, yoga and meditation, and guidebooks, novels, comics are available in the town. Besides these, there are language books, maps, and postcards, to let your dear ones know where you are and how you are doing. Books are priced at moderate rates according to their quality and quantity.

Newspaper and Books



Communication



You can enjoy the facilities of e-mail and Internet in Pokhara. There are various cybercafes in and around Lakeside. If you find a signboard reading “e-mail and Internet facility available here” then just hop in and connect to the world. Most cybercafes also have the ISTD (International Standard Trunk Dialing) and STD facility.

The main post office of Pokhara is situated in the downtown of Pokhara, locally known as "Mahendrapool" (about 3 kms from Lakeside). If you don't feel like going upto Mahendrapool, you can easily buy a stamp from any bookshop. The only thing that you have to do is pay a few rupees extra on each stamp and they will post it for you.

The seasons here are divided as spring i.e. from March-May, summer from June- August, autumn from September-November and winter from December-February. One can bring light cotton clothes during spring and summer, since it's the month of maximum heat and monsoon showers. A rainwear is a must, but you can always buy one here incase you forget. During, autumn and winter it is advisable to carry along warm thick clothes, be it a woolen or a down jacket. Even in winters a rainwear is a must but expect to have a warm sunny day in winter.

Postal System



Clothing



Tourist Map of Pokhara

