

General Information
Traveling to Kathmandu

The First Inter-Polar Conference: Connecting the Arctic with the Third Pole
September 6-9, 2023
Conference Venue: ICIMOD, Lalitpur 44700, Kathmandu, Nepal

Kathmandu has a huge range of accommodation options to meet any budget. You can find accommodation information here: <https://www.thecommonwanderer.com/blog/accommodation-in-nepal-guide>

Hotels near the conference.

1. Hotel Himalaya, <https://www.hotelhimalaya.com.np/>
2. Vivanta, - <https://www.vivantahotels.com/en-in/>
3. Clarion- <http://www.hotelclarion.com.np/>
4. Timila hotel- <https://hoteltimila.com/>

All the above hotels are recommended by ICIMOD and can be booked online.

Visa and airport information

Unless you are a citizen of Nepal or India, you will need a visa to enter Nepal. You are welcome to obtain this from the Embassy of Nepal in your home country. However, Nepal also offers visa-on-arrival facilities to citizens of most countries. For a 15-day stay in Nepal, you will need to carry USD 50 in cash, and two passport size photos. You will receive the application form before landing in Kathmandu.

Please note that visa-on-arrival is NOT available to citizens of Afghanistan, Cameroon, Ethiopia, Ghana, Iraq, Liberia, Nigeria, Palestine, Somalia, Swaziland, Syria, and Zimbabwe. If you are a citizen of one of these countries, you will need to obtain your visa before flying to Nepal.

For more information, please visit <https://www.immigration.gov.np/>

Please note: For those travelers who are government employees required to travel on an official passport, you will need to work through your agency to obtain the appropriate paperwork to apply for a visa well in advance of your trip. Please make sure to carry the invitation letter along with you at immigration in case of any queries.

Kathmandu airport is quite small, if you are lucky, you can be out within 20 minutes after landing. But if many flights have landed prior, it may take 1-2 hours to clear immigration and customs.

Transportation at the Airport /hotel/ ICIMOD

There is a good and safe pre-paid taxi service at the airport. The pre-paid taxi service is located on your right just before the airport exit gate. Rates are exhibited on the front board and payment in Nepali Rupees will be required prior to obtaining taxi service. You will be able to change money (cash) before proceeding through Immigration or just before the airport exit gate, but there are no ATMs located at the airport. There are local buses and taxis that are easily available to reach the conference venue from the hotel.

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Currency exchange

Hotels, airlines, travel agencies and major department stores take international credit cards. Otherwise, most transactions in Kathmandu require cash (in Nepali Rupees). We recommend that you change money at the airport bank counter upon arrival. There are commercial banks within a few kilometers of the hotels, but their working hours are limited. The hotel front desk can also change money. ATMs are common around Kathmandu. However, ATM machines in Nepal typically only provide small amounts (-USD 120) per transaction with foreign cards, and your ATM fees might add up. Exchange rates fluctuate. 1 USD equals to -132 Nepali Rupees (as of May 2023).

Electricity

Electricity service throughout Nepal is 220 Volts AC, 50 Hz. You will find different types of power plugs in Nepal, including continental European and British ones. If you plan on using equipment from your country such as a personal computer or mobile phone, we recommend that you bring a plug adapter.

Water

It is highly advisable to use bottled water.

Safety

Kathmandu is generally a very safe city, but as with all travel, you should use common sense and take general safety precautions. Try to blend in, always be careful with luggage and handbags, and keep your money close and hidden. Travelers should stay in groups when possible and avoid walking alone after 22:00 hrs.

Weather, clothing, and shoes

September marks the end of the monsoons in Nepal. However, it still rains quite a lot in September. The average temperature is around 28° / 19 °C. During the winter, nights can get quite chilly, generally dipping to freezing temperatures, so please make sure to have warm clothes with you. Kathmandu is at 1325 meters above sea level (4300 ft), at 27.7 degrees north. The sun can be intense, bring appropriate sun protection. For more general information on Kathmandu, visit online travel portals like www.lonelyplanet.com or www.tripadvisor.com

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