

All of the tourist hotels / accommodations are around Thamel area in Kathmandu. Be careful about people approaching you on the street in Thamel and the Durbar square. If they ask where you're from just say "no thank you" and they will leave you alone.

If you like hostels, I have heard that "Flock Hostel" is supposed to be really nice (like 5-star quality). Otherwise, there's private room options for \$10 (including breakfast). There is only one bus to Pokhara from Kathmandu, it leaves at 7:00am from Thamel and costs 1,400 rupees (about \$10usd). The hotel can reserve it for you.

Once you are in Kathmandu you can download "Pathao" app, it's a ride sharing application where you hire motorcycle taxis or cars for local prices (normal taxis will charge you more as a foreigner). A ride on a motorbike can be as low as 50 cents USD. All rides within Kathmandu will be less than \$1usd.

Some fun getaways in town:

- Swayambhu Mahachaitya stupa
- Swayambhu Buddha park (about 500m from the stupa)
- Pashupatinath Temple -- this is a famous ancient site where they cremate the dead, like Varanasi. There's also a trail along the river you can follow into the forest and it's an interesting walk.
- Kathmandu Durbar square -- it is not required to pay an entry fee here (none of the locals do). Enter near the Khumari Ghar and you can go in easily without a hassle. There's a lot of rooftop cafes and restaurants with a bird's eye view. The Everest Tea House is also located here, next door to Roadhouse Pizza
- Bhaktapur -- An ancient city near Kathmandu. You can visit a rooftop cafe and take in the sites of the old town.
- Shivapuri Nagarjun -- this is a national park very close to Kathmandu which can be done in 4-5 hours. A good short day hike to warm you up before taking on the longer treks.
- Langtang Valley -- another option/alternative to Annapurna which is close to Tibet and very affordable. A bus from Kathmandu is just \$5-6 and the entry permit is \$30.