

NAMASTE NEPAL

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Traveling with Children

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A few simple things that will make the travel easy for you and your children

Traveling to Nepal from North America by any measure is a long and arduous journey. The 20-30 hours "wheels up" time, multiple stops, long layovers, inevitable lines and security checks will challenge even the most experienced traveler.

These challenges become more pronounced when traveling with infants and young children. However, with some preparation and a lot of patience, you can not only survive the

So, here are my "top 4" strategies for your next family trip:

1. Minimize Total Travel Time

Getting to your destination in the quickest time is very important. My experience is that children will begin "feel and express" the adverse effects of the trip after 5-10 hrs, and thus the longer the trip the harder it is on them and the parent(s). As the majority of time is spent in the air choosing the most direct route is advisable.

preparation and a lot of patience, you can not only survive the trip, you can also make it somewhat enjoyable for everyone.

I'm speaking here not only as a travel agent, but also as a traveling Dad, making five trips in five years, from the U.S. to Nepal with either one or two children under the age of five.

- o From the East Coast of North America: Travel via the Middle East and India is most advisable as they offer the shortest times in the Air. Gulf Air, Qatar Airways, Etihad Airways, and many airlines offer 1-stop flights into Kathmandu.

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More Americans Visiting Nepal!

The number of North Americans visiting Nepal has shown robust growth since 2001. In March 2011, the number of Americans visiting Nepal increased by 27% as compared to March of last year. These figures show that Nepal is increasingly becoming popular in North America as a holiday destination.

Many factors are responsible for this increase, and one of the biggest factors is the promotion of Nepal by Nepalis living, studying, and working in North America. Nepal Travels sincerely applauds the effort made by Nepalis in the United States to promote their motherland and raise awareness of Nepal's unrivalled natural beauty.

The Taste of Kathmandu!

We at Nepal Travels through our website, blog, and social media are more than happy to assist you in promoting Nepal in North America. We continually strive to publish the most recent travel information, Nepal travel stories, useful travel information, and resources on our website and hope that you will recommend us not just for our travel services but also as a source for resources and reliable information.

In the future, we will update and add more information that will be available to everyone. We thank you for all the recommendations that we have received so far and will do everything we can to continually meet your quality standards to win your recommendation.

Kathmandu has a very old urban history, and the Newar community is and has been an integral part of Kathmandu Valley's culture. The Newari people are the indigenous people of the Kathmandu Valley, and their influence can be seen in almost every aspect of life in Kathmandu. The most noted contributions are: architecture, art, handicraft, and cuisine. I am going to write about the last one—cuisine.

A few weeks back, I had the opportunity to attend a traditional Newari meal at my friend's house. The food expectedly was spectacular, as anyone who has tried it will attest to this. Newari cuisine consists of over 200 dishes and depending on where you eat it the number varies. The dinner I went to had 46 varieties, and I would say 45 of the 46 of them were excellent. Everyone invited to the dinner were seated facing each other on the floor with a set of plates and cups on a low table in front of us. Once everyone was seated the food was slowly served one after



the other. The art of eating Newari food, as told to us by our friend, was to eat slowly. By the end of the meal you will definitely feel you have over eaten, and no one will blame you as the food is simply irresistible. The meal ends when the yoghurt is served.

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