

Travel Advisory

Nepal



Level

2

Exercise increased caution

Reissued after periodic review with updates to risk indicators and "if you decide to travel" section.

Exercise increased caution in Nepal due to the **potential for isolated political violence**.

Country Summary: Political demonstrations intended to be peaceful can sometimes escalate into violence and may be met with force by Nepali authorities.

Read the [country information page](#) for additional information on travel to Nepal.

If you decide to travel to Nepal:

- Avoid demonstrations and crowds.
- Do not trek or climb alone. The Government of Nepal requires solo or foreign independent trekkers (FITs) to use a local guide or porter while trekking in Nepal's official national parks and protected areas.
- Review the [Adventure Travel Page](#) before your trip.
- Enroll in the [Smart Traveler Enrollment Program \(STEP\)](#) to receive Alerts and make it easier to locate you in an emergency.
- Follow the Department of State on [Facebook](#) and [Twitter](#).
- Review the [Country Security Report](#) for Nepal.
- Visit the CDC page for the latest [Travel Health Information](#) related to your travel.
- U.S. citizens who travel abroad should always have a contingency plan for emergency situations. Review the [Traveler's Checklist](#).