

# Lamjung Himal Trek - 12 Days

URL: <https://nepalalternativetreks.com/trip/lamjung-himal-trek/>

## Lamjung Himal Trek Quick Information

### Weather

-5°C to 22°C

### Duration

12 Days

### Difficulty

Moderate

### Accommodation

Lodge/Camping/ Home Stay

### Meals Included

Breakfast, Lunch, Dinner

### Transportation

Tourist Bus/ Jeep

### Daily Activity

06 hours hike

### Religion

Buddhist

### Ethnic People

Gurung, Magar

### Region of Nepal

Annapurna Region, Lamjung

### Max Altitude

(3765m./12424ft.)

### Per Person Cost

USD 1050

### Best Season

Sept, Oct, Nov, March, April & May

### Geographic Terrain

Village, Hills, Mountain,  
Forest, Terrace, Waterfall,  
Rivers

## Group Discounts Available

| No. of Persons   | Price per Person |
|------------------|------------------|
| Group Of 1 - 4   | USD \$1,050.00   |
| Group Of 5 - 8   | USD \$1,030.00   |
| Group Of 9 - 12  | USD \$1,010.00   |
| Group Of 13 - 18 | USD \$990.00     |

**Note:** Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

# Lamjung Himal Trek Overview

Lamjung Himal Trekking is one of the lesser-known destinations in the Annapurna region and one of the rarely trekked routes. Its remote and rural trails are quiet and free from crowds, perfect for those exploring Nepal's authentic beauty.

Lamjung Himal is located at the foot of the glorious Mount Lamjung. It is also one of the off-beaten trekking routes in Nepal. The journey to Lamjung Himal begins from 3500m from Marsyangdi George, which is very near Lamjung Himal. Moreover, the trip takes place between two of the biggest cities in Nepal: Kathmandu and Pokhara. **Your journey begins with a drive from Besisahar to Kathmandu. Furthermore, there are three major peaks in the area. Manaslu Himal, Himal Chuli Peak and Lamjung Himal.**

Also, the journey to the Lamjung Himal Base Camp is on the bucket lists of many passionate travelers. ***Since no hotels are in the Lamjung Himal region, this walk is planned as a camping excursion.*** Nepal's paths with lodges are becoming more crowded, and a camping hike gives you access to a rural area where trekkers travel less.

Lamjung Himal Trekking is one of the treks in Nepal where you can enjoy the ultimate trekking and traveling. Trek on tranquil trails, witness mountain panoramas and learn about the unique culture and traditions.

The trail continues to drop down another ridge from Valley Camp. **For three days, we follow this to Tangting Village.** We set up camp at Kharkas around this ridge, which offers magnificent mountain vistas. We travel by car from Tangting to Pokhara. We spent two nights here watching the lakeside town before flying back to Kathmandu.

**Since no hotels are in the Lamjung Himal region,** this walk is planned as a camping excursion. Nepal's paths with lodges are becoming more crowded. A camping hike gives you access to a rural area where trekkers travel less.

Altogether, the Lamjung Himal Trekking is one of the treks in Nepal where you can enjoy the ultimate trekking and traveling. Enjoying the local foods of Nepal. Enjoy the culture and traditions of the Nepali people.

## Lamjung Himal Trek Highlights

- Embark on the rarely traveled destination and camping trek of Nepal.
- Trek from subtropical forests of rhododendrons and bamboos to alpine meadows.
- Traverse through remote villages, hillside terrace farms, picturesque valleys, sparkling rivers, and cascading waterfalls.
- Hike on the off-beat trails of Annapurna Conservation Area and witness the diverse flora and fauna of the Himalayas.
- Witness the grand mountain views of the Annapurna, Dhaulagiri, Machhapuchhre (Fishtail), Ganesh Himal, Manaslu, Lamjung Himal, and more.
- Visit age-old monasteries and gompas and connect with your inner spirituality.
- Immerse in the local culture and traditions.

# Weather

## Best Times For Lamjung Himal Trekking

The best time for Lamjung Himal Trekking is spring and autumn, while summer and winter are off-season. The spring and autumn seasons have the best weather and climatic conditions for trekking in Nepal.

### Spring (March to May)

With moderate temperatures and dry weather, spring is one of the best times for Lamjung Himal Trekking. There are minimal chances for rainfall except for occasional rain showers, so the visibility is brilliant. You can witness the mountain panoramas. Moreover, the flora and fauna are the most active during spring. **You can enjoy the blooming trails of red, white, and pink rhododendrons and colorful flower meadows.** The highest temperature in spring is around 18°C, while the lowest is around 0°C.

### Autumn (September to November)

Autumn offers the best weather, mild temperatures, and comfortable trekking conditions. As a result, it is a favorite trekking season among trekkers. It provides clear weather, crisp skies, and excellent visibility. Enjoy the vibrant landscapes, lush vegetation, and beautiful autumn foliage. Similarly, the precipitation level is also minimal. Autumn is also a festive season; the biggest Nepalese festivals, i.e., Dashain and Tihar, fall now. The highest temperature during autumn is 22°C, and the minimal temperature is 0°C.

#### January

-5°C to 5°C

#### February

-3°C to 7°C

#### March

0°C to 10°C

#### April

5°C to 15°C

#### May

8°C to 18°C

#### June

10°C to 20°C

#### July

12°C to 22°C

#### August

12°C to 22°C

#### September

12°C to 20°C

#### October

5°C to 15°C

#### November

0°C to 10°C

#### December

-3°C to 7°C

## Difficulty

### The difficulty of Lamjung Himal Trek

The Lamjung Himal Trekking **is a moderate and remote journey in the Annapurna region of Nepal.** The trails leading to this hidden gem of the country require reasonable strength and stamina. Although prior experience is not necessary, having one helps. You must ascend and descend steep and off-beat trails with rough and rocky terrains. **Trekking on such rough trails for 5 to 6 hours daily** is

physically and mentally demanding.

Another difficult part of the Lamjung Himal Trekking is the area's remoteness. There is a lack of proper infrastructure, and facilities are limited. As a result, trekkers can feel cut off from the outside world, which can mentally stress them and make the journey challenging. **Similarly, moving to a higher elevation makes the trek more arduous. The weather also becomes unpredictable, making it further challenging. There is also a slight risk of altitude sickness.**

Lamjung Himal Trekking is an adventurous and unique trekking experience. You need to prepare physically and mentally to overcome its difficulties. Likewise, you must also prepare proper gear and clothing items to tackle the unpredictable weather conditions during the trek. Anyone with adequate preparation can join the trek and enjoy it.

## Lamjung Himal Trek Itinerary

### Day 1: Drive to Besisahar from Kathmandu

Starting in Kathmandu, you will travel for about five to six hours by bus to Besisahar. Along the route, you'll enjoy a picturesque drive via rivers, tiny towns, and verdant forests. When you get to Besisahar, check into your accommodation and take the day off.

| Destination:                              | Accommodation                   | Altitude:       |
|-------------------------------------------|---------------------------------|-----------------|
| 170km. drive to Besisahar ( Avg. 06 hrs.) | Hotel Yumpu or Similar category | (823m./2715ft.) |

#### Meals

Lunch, Dinner

### Day 2: Trek to Baglung Pani

You will begin your about five- to six-hour hike toward Baglung Pani after breakfast. You will pass through the lovely Marsyangdi River valley, verdant forests, and tiny settlements on your trip. When you get to Baglung Pani, check into and take the rest of the day off.

| Destination:        | Accommodation            | Altitude:        |
|---------------------|--------------------------|------------------|
| 14km./06 hours walk | Homestay in Baglung Pani | (1524m./5029ft.) |

#### Meals

Breakfast, Lunch, Dinner

### Day 3: Trek to Ghanpokhara

You will begin your about five-hour trip toward Ghanpokhara after breakfast. You will pass through lovely forests, tiny towns, and terraced farms on your trip. After you get at Ghanpokhara, you'll settle into and have the rest of the day off.

**Destination:**

14km./05 hours walk

**Accommodation**

Homestay at Ghanpokhara

**Altitude:**

(1830m./6039ft.)

**Meals**

Breakfast, Lunch, Dinner

**Day 4: Trek to Bhaisi Kharka**

To reach Bhaisi Kharka, the seasonal location for buffalo herding, you will hike north along the ridge today. You will experience a stunning trip through verdant forests, tiny streams, and rugged terrain. When you get to Bhaisi Kharka, check into and take the rest of the day off.

**Destination:**

16km./06 hours walk

**Accommodation**

Tented camp at Bhaisi Kharka

**Altitude:**

(2850m./9405ft.)

**Meals**

Breakfast, Lunch, Dinner

**Day 5: Trek to Rambrong Lower Base Camp**

You will begin your about 6-7-hour hike toward Rambrong Lower Basecamp after breakfast. Beautiful trees, little streams, and rugged terrain will all be encountered on your walk. You will settle into your teahouse and take the rest of the day off once you get to Rambrong Lower Base camp.

**Destination:**

18km./07 hours walk

**Accommodation**Tented camp at Rambrong  
Lower Basecamp**Altitude:**

(3765m./12424ft.)

**Meals**

Breakfast, Lunch, Dinner

**Day 6: Day Excursion to Telbrung Danda view point**

You will spend the day at Rambrong Low Base Camp today, with the option of going on an outing to a prominent peak and viewing area of the Telbrung Danda. You can take pleasure in the breathtaking views of the Himalayas and the nearby valleys. Rest and get ready for the hike the following day.

**Destination:**13 km climb to Telbrung Danda  
view point excursion ( Avg. 05  
hrs.)**Accommodation**Tented camp at Rambrong  
Lower Basecamp**Altitude:**

(3765m./12424ft.)

**Meals**

Breakfast, Lunch, Dinner

## Day 7: Trek to Rambrong Basecamp

You will begin your hike toward Rambrong Basecamp after breakfast. After spending the night at Rambrong Basecamp, you will hike to Rambrong West Summit (3850m). You will have a lovely hike through the rocky and difficult terrains.

### Destination:

15km./06 hours walk

### Accommodation

Tented camp at Rambrong  
Base Camp

### Altitude:

(3850m./12705ft.)

### Meals

Breakfast, Lunch, Dinner

## Day 8: Trek to Haju Dobato

You will begin your approximately 6-7-hour trip toward Haju Dobato after breakfast. You will climb over the picturesque Karpu Danda ridge while taking in the breathtaking vistas of the Himalayas and the nearby valleys. When you get to Haju Dobato, check into and take the rest of the day off.

### Destination:

16km./07 hours walk

### Accommodation

Tented camp at Haju Dobato

### Altitude:

(3420m./11286ft. )

### Meals

Breakfast, Lunch, Dinner

## Day 9: Trek to Deurali

You will hike today along the picturesque Karpu Danda ridge to Deurali (3000m). You'll have a lovely hike through the verdant woodlands, tiny waterways, and terraced fields. When you go to Deurali, settle into your accommodation and take the day off.

### Destination:

14km./05 hours walk

### Accommodation

Tented camp at Deurali

### Altitude:

(3000m./9900ft.)

### Meals

Breakfast, Lunch, Dinner

## Day 10: Trek to Tanting

You will depart the Karpu Danda today and make your way to Tanting through the forest (1650m). You'll have a lovely hike through the woodland and stunning views of the nearby valleys. When you go to Tanting, check into your accommodation and take the day off.

### Destination:

16km./06 hours walk

### Accommodation

Tented camp at Tanting

### Altitude:

(1650m./5445ft.)

### Meals

Breakfast, Lunch, Dinner

## Day 11: Trek to Tantingbesi - Drive to Pokhara

You will begin your hike toward Tantingbesi and drive to Pokhara after breakfast. A lovely hike will take you past little streams, terraced farmland, and forests. You'll enjoy a beautiful trip from Tantingbesi to Pokhara after arriving there. After your walk, you may unwind in Pokhara by exploring the lovely city and visiting the lakes.

### Destination:

6km. walk to Tangting besi ( Avg. 02 hrs.) - 50 km. drive to Pokhara ( Avg. 02 hrs.)

### Accommodation

Hotel Kausi

### Altitude:

(820m./4125ft.)

### Meals

Breakfast, Lunch

## Day 12: Drive to Kathmandu from Pokhara

After breakfast, you bid goodbye to the precious Mt. Fishtail and Mt. Annapurna. You will catch a tourist bus and head towards Kathmandu. Watching the scenic beauty along the Prithvi Highway, you will reach your hotel in Thamel, Kathmandu, after 6 hours on the road. Overnight in Kathmandu.

### Destination:

200km. drive to Kathmandu ( Avg. 06 hrs.)

### Altitude:

(1250m./4125ft.)

### Meals

Breakfast

## What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu .
- Hotel accommodation ( Hotel Kausi ) in Pokhara.
- All meals ( Breakfast, Lunch, Dinner ) during the trip.
- All camping gear and kitchen utensils during the trek
- One experienced, first aid trained, fluent English speaking, local language speaking, friendly and government authorized trekking guide, a cook, kitchen helpers and porters to carry all the food and trekking gear.
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Overland Transportation as per mentioned in itinerary .
- ACAP and necessary permits.
- Guide and staff's food, accommodation, salary and insurance etc .
- Government tax, vat and office service charges.
- Public liability insurance etc.

## What's Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, desert, hot shower, hot water, battery charge, laundry, phone bill, bar bill etc.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa
- Tips for guide and porters .( Highly suggested).

## Additional Trip Information

### Lamjung Himal Trek route

The Lamjung Himal Trekking begins from the little town of Besisahar after leaving Kathmandu by car. This is where the renowned Annapurna Circuit typically begins. In contrast to the more well-traveled Annapurna paths, our route does not traverse the Marsyangdi Valley. Instead, past traditional Gurung villages and farmland, our trail turns to the west. Next, you move into the bamboo and rhododendron-filled forest area.

You begin climbing a ridge above the settlement of Ghanpokhara. This is known as a “danda” in Nepal. We do this for three days, stopping at “kharkas,” or grazing areas, en route to Valley Camp at 3,717 meters. We ascend Rambrong West Peak (4,384m) to enjoy the Himalayan mountain scenery. **Views of Lamjung Himal (6,983 m), Ganesh Himal (7,422 m), and Mt. Machapuchare, sometimes known as Fish Tail, are visible from the summit (6,997m). Manaslu (8,163m) is seen in the west, and Himal Chuli is visible in the east.**

The trail continues to drop down another ridge from Valley Camp. For three days, we follow this to Tangting Village. We set up camp at Kharkas around this ridge, which offers magnificent mountain vistas. We travel by car from Tangting to Pokhara. We will explore the lakeside town for two nights before returning to Kathmandu.

### Permit Requirements For Lamjung Trek

### TIMS Card

The Lamjung Himal Trekking requires all trekkers to obtain a TIMS card. The card is necessary for trekking in almost all regions of Nepal. While applying for the card, trekkers must provide their personal details, itinerary, and emergency contacts. The costs for the TIMS card are as follows:

**SAARC nationals:** NPR 1000 per person

**Non-SAARC nationals:** NPR 3000 per person

## ACAP

The trekking trails of Lamjung Himal lie within the Annapurna Conservation Area. **It is Nepal's largest protected area and home to 105 mammals, 518 birds, 40 reptiles, 23 amphibians, and 1,226 flowering plants.** The area also protects various cultures and heritage. Hence, an entry permit is required to access the conservation area. The costs of ACAP are as follows:

**SAARC nationals:** NPR 1000 per person

**Non-SAARC nationals:** NPR 2000 per person

## What kind of food is available during Lamjung Himal Trekking?

During the trek, you will enjoy traditional Nepali food and other international cuisines like Italian and Chinese. You will find Dal Bhat, the staple Nepali food, everywhere. Other items include momo, thukpa, soup, porridge, oats, cornflakes, stew, burgers, pasta, sandwiches, spaghetti, fries, curries, bread (Tibetan/ chapati), etc.

## Is it possible to customize the itinerary for Lamjung Himal Trekking?

It is possible to customize the itinerary for the Lamjung Himal Trek package. You can customize the duration and services that best fit your preferences and needs. Similarly, you can work closely with your trekking agency to curate the best itinerary for you.

## Is altitude sickness a concern during Lamjung Himal Trekking?

There is a slight risk of altitude sickness during the Lamjung Himal Trekking. During the trek, you will cross the elevation above 3,500 meters. Hence, trekkers must acclimatize adequately and take necessary precautions to minimize the risk of altitude sickness.

## Are there any cultural sites to visit during Lamjung Himal Trekking?

During the Lamjung Himal Trekking, you can visit cultural sites like the Besisahar Bazaar, Khudi, and Ghermu. En route, you will pass numerous traditional villages with age-old temples and stupas, giving you many chances to experience the rich culture and traditions of the region.

## Frequently Asked Questions

### What is Lamjung Himal Trekking?

Lamjung Himal Trekking is a unique trekking destination in Nepal. It takes you through beautiful landscapes, high-altitude lakes, and stunning mountain ranges, including the Lamjung Himal. Lamjung Himal Trekking is an underrated but extraordinary trekking destination in the country.

## **Where is the starting point for Lamjung Himal Trekking?**

The starting point for Lamjung Himal Trekking is Besisahar, which is around a 6-hour drive from Kathmandu. Upon reaching Besisahar, you will begin your trekking journey.

## **What is the highest altitude on the Lamjung Himal Trek?**

The highest altitude on the Lamjung Himal Trek is at the Rambrong Base Camp, which is 3765 meters above sea level.

## **What is the duration of Lamjung Himal Trekking?**

The duration of Lamjung Himal Trekking is around 12 days. But you can extend or shorten your trekking duration to match your preferences and needs.

## **What kind of terrain will I be trekking on during Lamjung Himal Trekking?**

During the Lamjung Himal Trek, you will traverse rugged terrain, lush green forests, small streams, and terraced fields. Similarly, you will traverse dense forest trails to alpine meadows on uneven, rocky, and gravel pathways.

## **Is it necessary to have a guide for Lamjung Himal Trekking?**

Yes, you should hire a guide for Lamjung Himal Trekking. Under the new trekking rules, as of April 2023, hiring a licensed guide for trekking in Nepal has become compulsory. Guides help ensure your safety by navigating the terrain and providing immediate medical assistance in emergencies.

## **What kind of accommodation is available during the trek?**

Along the Lamjung Himal Trekking are primarily teahouses, lodges, and guesthouses. Thus, you will stay at teahouses or lodges, which provide basic facilities like a bed, blanket, and pillows during the trek. These accommodations usually have shared rooms, shared bathrooms, and communal dining.

## **Can I rent trekking equipment in the local area?**

There are no trekking equipment shops in the local area during the Lamjung Himal Trekking route. If you want to rent trekking equipment, you can do it in Kathmandu or Pokhara.

## **Is it possible to have a vegetarian diet during the trek?**

Yes, it is possible to have a vegetarian diet during the trek, as most teahouses and lodges offer vegetarian options. If you have other dietary restrictions, inform your tour operator beforehand. They will make the arrangements accordingly.

## **Is it necessary to get travel insurance before going on Lamjung Himal**

## Trekking?

Travel insurance is mandatory for the Lamjung Himal Trekking. The insurance must cover high altitudes of up to 4,000 meters, medical bills, and emergency expenses, including helicopter rescue.

## What kind of medical facilities are available during the trek?

Basic medical facilities, such as first aid kits, are available at most teahouses and lodges, but it is best to carry your medical kit. The region lacks proper infrastructure and medical facilities. In emergencies, helicopter rescue is the only way to provide immediate medical assistance.

## Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

# Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

## Health Conditions

**Nepal Alternative Treks** places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

## Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate

strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

*Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.*

## **Address**

### **Nepal Alternative Treks & Expedition**

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House, Raniban Marg  
136/205, Nagarjun, 01, Kathmandu 44600, Nepal