

# Annapurna Circuit Trek with Tilicho Lake



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## Annapurna Circuit Trek with Tilicho Lake

URL: <https://hillarysteptrek.com/trip/annapurna-circuit-trek-with-tilicho-lake/>

### Duration

15 Days

### Per Person Cost

USD 1435

### Difficulty

Moderate

### Group Size

1+

### Best Seasons

March - May and September-5416m  
December

### Maximum Elevation

### Accommodation

Hotel/Tea House

### Transportation

Private Vehicle/Flight

### Meals

Full Board

### Trip Route

Bensisahar-Tilicho Base Camp-  
Pokhara

## Trip Highlights

- Breathtaking views of Mount Annapurna, Thorung Peak, Nilgiri, Chulu West, Chulu East, and many more.
- Cross the 5,416-meter Thorong La Pass.
- Walk past the yak pastures.
- Visit Muktinath, a Buddhist and Hindu holy site famous for its perpetual light and 108 stone faucets.
- Natural hot springs near Tatopani, where you can opt to heal.
- Gorgeous waterfalls, deep canyons, and magnificent lakes.
- Enjoy the pristine beauty of the lake situated at the highest altitude, Tilicho lake.

## Trip Overview

**The Annapurna Circuit Trek with Tilicho Lake**, one of the most well-known trekking routes in the world, continues to draw thousands of hikers every year. This hike circles the entire Annapurna massifs and is located in the Annapurna area.

It entails hiking **Thorung La Pass**, strolling along the brink of the “**Kaligandaki Gorge**,” the deepest gorge in the world, taking in the Himalayan sunrise from Poon Hill, touring Muktinath Temple, and cooling off in Tatopani’s hot springs. The Tilicho Lake Trek and the [Annapurna Circuit](#) share a section of pavement. As a result, some hikers decide to finish the Annapurna Circuit trek with Tilicho Lake using a vehicle. As a result, the Himalayas, including Dhaulagiri (8,167 m), Annapurna I (8,091 m), [Manaslu](#) (8,163 m), Annapurna II (7,937 m), Annapurna III (7,555 m), Annapurna IV (7,525 m), and many others, will be seen in their entirety.

Additionally, this 15 Days Annapurna Circuit with Tilicho Lake trip is a great way to see the breathtaking Tilicho Lake. Tilicho Lake, the world’s highest lake, is located in the Manang area at a height of **4919m**. This lake was created when the glaciers on Thorung Peak and Annapurna Mountain melted.

On the other hand, this walk gives you the opportunity to learn about the [Tibetan way of life](#). It is prevalent in the valleys of the **Mustang**. You will hike through luxuriant magnolia, birch, and rhododendron forests. This walk is intended for hikers interested in taking on challenging expeditions in the Nepali Himalayas while taking in the region’s varied topography, flora, and fauna. Our 15 Days Annapurna Circuit Trek with Tilicho Lake price range from **USD 1050 to USD1450**.

## Trip Itinerary

### Day 01: Kathmandu - Besisahar- Jagat (1300m/4265ft)

Today you will leave early from Kathmandu to begin the drive to Besisahar. You can schedule your bus transportation. The road leading up to Besisahar is passably good. It takes around 6-7 hours by public bus.

After arriving at Besisahar, the route travels upriver along the rushing Marsyangdi river on a lovely trail through the lush jungle and terraced crops. Soon enough, you will travel through several rural communities and farmlands on a local jeep before arriving at the tranquil village of Jagat.

Note: If you want hassle-free travel, reserve a private Jeep from Kathmandu at extra cost

#### **Time:**

8 hrs drive

#### **Accommodation**

Lodge/Tea house

#### **Meals:**

B.L.D

#### **Altitude:**

1300m/4265ft

## Day 02: Jagat-Dharapani (1860m/6102ft)

You will reach Tal village, which lies in the Manang region, as you follow the Marsyangdi river and ascend steeply. By the sandy beaches, you can see many waterfalls forming a river.

To get to Kodo, one of the largest settlements in the Manang valley, you will travel through fields of potatoes, rice, and barley. Moving on, you will cross a suspension bridge and arrive in Dharapani after a bit of ascent of the stone Kani.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
5-6 hrs	Lodge/Tea house	B.L.D

**Altitude:**  
1860m/6102ft

## Day 03: Dharapani to Chame (2670m/8760ft)

The journey from Dharapani to Chame is particularly challenging. You will immediately begin a challenging section that involves walking more than 15 kilometers and rising more than 600 meters!

Green trees will surround you, and when you glance up, Lamjung Himal, Annapurna II, and Annapurna IV will be seen in stunning detail. The path follows several rivers. Long walkways with flags are used to cross it. It takes some getting used to crossing the shaky bridge at first, but after that, it becomes enjoyable. Then you will reach Chame - the district headquarter of Manang.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
6 hrs	Lodge/Tea house	B.L.D

**Altitude:**  
2670m/8760ft

## Day 04: Chame-Upper Pisang (3300m/10827ft)

After breakfast, you will hike through a narrow valley to get your first glimpse of the Paungda Danda Rock, which the locals hold in the highest regard. A curving rock face rising 1500 meters from the Marsyangdi river is known as the Paungda Danda Rock.

You can see Pisang Peak in the northeast and Annapurna II in the south from the routes. After that, your route declines, bringing you to the Pisang settlement at the bottom of the Manang Valley.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
5 hrs	Lodge/Tea house	B.L.D

**Altitude:**  
3300m/10827ft

## Day 05: Upper Pisang -Gyaru -Ngawal(3660m)

You will travel today from Upper Pisang to Gyaru and then from Gyaru to Ngawal. You'll start out by walking along a pleasant, easy path that even passes a tiny, remote lake that is green.

You cross a suspension bridge to go to a mani wall, which is where the notorious hill meets the settlement of Gyaru. The path frequently ascends the mountainside in sharp zigzags.

You then leave Gyaru and travel in the direction of Ngawal. The elevation is lower at Ngawal. The trail begins uphill for 500 meters before descending into the Ngawal settlement.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
4 hrs	Lodge/Tea house	B.L.D

**Altitude:**  
3660m

## Day 06: Ngawal - Manang (3540m/11615ft)

Along with strange, wind-sculpted boulders and stunted pines, the path from Ngawal descends back to Marsyangdi valley. There are stunning vistas of the Annapurna massifs along the way. The path then leads to Manang shortly after, passing via the lovely village of Bhraka.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
3 hrs	Lodge/Tea house	B.L.D

**Altitude:**  
3540m/11615ft

## Day 07: Acclimatization Day in Manang

In Manang, today is a rest day. It is best to avoid sleeping at a higher altitude tonight to acclimate properly so that you will remain in Manang. You will go on an acclimatization walk to the Gangapurna viewpoint. From this viewpoint, admire the magnificent views of the Gangapurna glacial lake, Annapurna, Pisang Peak, and many others.

You can relax and take pleasure in the sun and warm cinnamon rolls. You can even go on an additional acclimatization hike and stops at Gangapurna Lake.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
3 hrs	Lodge/Tea house	B.L.D

## **Day 08: Manang - Shree Kharka- Tilicho Base Camp (4150m/13616ft)**

Trek from Manang to Shree Kharka and then to Tilicho Base Camp

This trek is a wonderful experience for everyone. The trek starts from Manang and goes through the magnificent Himalayas. You can see the snow-capped peaks of Annapurna, Nilgiri, and many more.

Once you reach Shree Kharka, you can enjoy a delicious lunch. After that, you can continue your journey to Tilicho Base Camp.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
7 hrs	Lodge/Tea house	B.L.D

**Altitude:**  
4150m/13616ft

## **Day 09: Early morning trek to Tilicho lake(4920m) and back to Tilicho B.C. and trek to Shree Kharka**

Start your trek early in the morning. You will be hiking to the top of Tilicho Lake, a beautiful lake at 4920 meters. After you have hiked to the lake, you will follow the route back to the base camp. Then you will hike back down to the base camp for lunch and then hike up Shree Kharka for an overnight stay.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
8-9 hrs	Lodge/Tea house	B.L.D

**Altitude:**  
4920m

## **Day 10: Shree Kharka- Yak Kharka- Ledar(4200m/13780ft)**

The trek starts from the village of Shree Kharka, situated at the foothills of the Himalayan range. The trekking trail passes through forests and meadows with diverse flora and fauna. And thus, you arrive in Yak Kharka.

The trek from Yak Kharka to Ledar is a great experience to see the mountains with their snow-covered peaks towering above you. It is a relatively easy trek as it follows the ridge line on the way up, offering great views of both sides of the valley.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
5 hrs	Lodge/Tea house	B.L.D

**Altitude:**  
4200m/13780ft

## **Day 11: Ledar - Thorung Phedi(4525m/14846ft -Highcamp(4925m/16159ft)**

This trek starts from Ledar, following the route to Highcamp. The trek passes through a remote area where you'll get to see a lot of wildlife and so many trees. Soon enough, you eventually arrive at Thorung Phedi. Here onwards, you move further to Highcamp for the overnight stay.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
4 hrs	Lodge/Tea house	B.L.D

**Altitude:**  
4525m/14846ft, 4925m/16159ft

## **Day 12: Highcamp - Thorung Pass (5416m/17770 ft)-Muktinath(3760m/12336ft)**

Today you will walk through Thorung La Pass via Highcamp. Sheep and yaks, as well as other commercial products, have been brought in and out of Manang over this trail for hundreds of years.

The sights from the pass make the early start and ascent through the chilly air and high altitude worthwhile. Looking northward toward Tibet, we will view a panorama of magnificent Himalayan peaks and, to the rear, the Annapurna range.

The trail eventually penetrates grassy fields and meadows, gets less steep, and leads to Muktinath. Muktinath, a holy location for both Hindus and Buddhists, is a place of enlightenment in the Hindu religion that is home to a temple and several monasteries.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
7-8 hrs	Lodge/Tea house	B.L.D

**Altitude:**  
5416m/17770 ft,  
3760m/12336ft

## **Day 13: Muktinath - Jomsom (2720m/8924ft)**

It's fortunately not too tough to travel via picturesque Kagbeni, even with a tight back and sore legs. Even now, you still descend more than 1000 meters significantly but very gradually.

Kagbeni is a charming town with a stunning monastery and a wonderful area to explore for a day. After taking a look around the historic village, you will descend. Then you will travel to Jomson in the Kali Gandaki valley from Kagbeni.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
5-6 hrs	Lodge/Tea house	B.L.D

**Altitude:**

2720m/8924ft

**Day 14: Fly to Pokhara and stay overnight at Selected Hotel (Hotel Splendid View on b/b plan.**

We will be flying to Pokhara, Nepal, from the airport of Jomsom in the morning. On arrival, we will be met by our guide, who will escort us to Hotel Splendid View. Our representative will help with luggage and check-in, then escort you to your room.

Your stay at the selected hotel is for one night only. If you wish to extend your stay, please contact us directly.

**Accommodation**

Lodge/Tea house

**Meals:**

B.L.D

**Day 15: Pokhara to Kathmandu by Tourist bus and stay overnight at your own Hotel Time: 7-8 hours**

This morning, you will head to the capital after breakfast. You will board a tourist bus to return to Kathmandu. The Marsyangdi River is followed for the first 200 km of the course, and then the Trishuli River. You can also decide to take a 25-minute flight from Pokhara back to Kathmandu.

**Time:**

7-8 hrs

**Accommodation**

Hotel

**Meals:**

B.L.D

**Includes****Accommodation**

- One-night Hotel in Pokhara (Hotel Splendid View or Similar Category) on B/B plan.
- Lodge Accommodation during the trek

**Meals**

- All the meals (Breakfast, Lunch & Dinner /The main course) During the trek

## Transportation

- Free pick up & drop off from to International Airport by private vehicle
- Kathmandu to Besisahar-Jagat by Public Transportation (You can reserve a Private Jeep at an extra cost)
- Jomsom to Pokhara by flight
- Pokhara to Kathmandu by Tourist bus (You may choose a 25-minute flight to Kathmandu at an extra cost)

## Extras

- Annapurna Conservation Area Permit(ACAP) &Trekker's Information Management System (TIMS) card
- One government license holder trekking guide and require porter (1 porter for 2 trekkers) There will be assistance if the group size is more than 6.
- Guides Assistance guides, Porter's Salary, insurance, equipment, meal, accommodation, etc
- Seasonal fruit
- First Aid kit

## Excludes

- International Airfare and Visa fee
- All accommodation and meals in Kathmandu before the trek and after the trek
- Lunch and Dinner in Pokhara
- Extra night's accommodation and meals in Kathmandu and Pokhara due to early arrival, Late departure, or early return from the trek
- All the drinks such as Tea/Coffee, Mineral water, boiled water, beer, juice etc
- Travel insurance which should cover emergency evacuation
- Personal clothing and gear
- Tips for guides and porters

## Trekking Information

### Accommodation

The Annapurna region is home to some of the most breathtaking views in the world. With dramatic peaks and valleys, it's easy to see why people from all over the globe come here to escape their reality and commune with nature.



But if you're looking for something a little more intimate? You can stay at teahouses throughout your trek at a higher altitude!

Teahouses are a popular mode of accommodation in the region and offer guests the chance to experience a traditional Nepalese meal and learn about the local culture. The teahouse owners can also provide valuable information about the local area, including where it's safe to camp or stay overnight.

This is one of the unique accommodations you'll find anywhere on earth. So, be sure to look into it if you're planning on visiting this part of Nepal.

## **Meals on Annapurna Circuit Trek with Tilicho Lake**

You'll be provided breakfast, lunch, and dinner during the trek. You'll have a chance to enjoy some tasty meals while you're on your journey!

The food that's provided during the trip is simple but delicious. We'll have daal bhat as our main course at most meals. But we'll also make sure to provide noodles or other food items if you prefer those over daal.

## **Drinking Water**

Drinking water is easily accessible in the Annapurna region. It is available from the public taps and hand pumps. In some parts of the region, you can also find bottled water in local stores.

Medicine for purifying water is available at pharmacies and stores throughout Kathmandu. However, if you're visiting another part of Nepal, stock up on any medicines you might need before leaving Kathmandu.

You can also buy boiled water from neighbourhood tea houses in the Annapurna region by paying an extra fee.

## **Phone Networks on Annapurna Circuit Trek with Tilicho Lake**

Phone service is available in the Annapurna region, but the phone signal is not good in higher altitudes. If you're in a remote area, our staff will work to get you connected as quickly as possible. Likewise, our staff carries cell phones with satellite reception, which can be useful for emergencies!

## **Internet Facility**

Internet access is reliable throughout the Annapurna region. However, there may be some inconsistency or no internet access at certain locations due to the high altitude or weather conditions.

You're good to go if you're looking for access in Manang Valley. Just keep an eye out for the occasional problem with connectivity during high-altitude travel and at Tilicho Lake.

## Starting Point of the trek

The [Annapurna circuit trek](#) begins from Besisahar and ends in Jomsom. Along the way, you'll trek through Tilicho Lake, which is a beautiful lake nestled in the Annapurna massif.

The trek takes anywhere between 16 days to complete. You'll need to be fit enough to carry your own equipment and food for the duration of your trip.

## Essential permit

Annapurna region is a popular destination for trekkers and mountaineers alike. The area has an abundance of beautiful, pristine valleys that are perfect for exploring on foot or horseback.

Before you go trekking, though, you'll need some permits and other documents in order to travel through government-protected areas like national parks or conservation areas. Some treks require special permits from local authorities. Here are the essential permits required for the trek:

- Trekkers Information Management System (TIMS)
- Annapurna Conservation Area Project (ACAP)

For SAARC nationals, the TIMS is NPR 600 instead of NPR 2000. For SAARC nationals, the ACAP permit costs NPR 1000 instead of NPR 3,000.

## Difficulties of the Trek

The Annapurna circuit with Tilicho lake trek is one of the most popular treks in Nepal. However, it isn't for everyone. There are many things that make this trek difficult, so you should be prepared before starting out on this trip.

The altitude at which you will be trekking will be around 5000 meters above sea level, which is quite a bit higher than what most people are used to. This means that you will have to acclimatize yourself quickly and avoid altitude sickness. Moreover, this could help you in avoiding any other kind of illness that could potentially affect your health during the journey.

It is also important to get enough rest while on this journey since your body needs time to adapt itself to these higher altitudes. And it cannot do so if you don't give it enough time to rest properly between each day's trekking activity.

There are many different kinds of weather conditions during this trip, including rainstorms, thunderstorms, and snowfall, among others. These can make hiking through these areas challenging.

## Travel Insurance

Annapurna Circuit is a trekking route that takes you through some of the most beautiful and untouched regions of Nepal. It's an incredible experience that provides the perfect combination of adventure and relaxation. So, it's no wonder that people come from all over the world to complete this circuit. But if you're planning on doing the trek yourself, you're going to need travel insurance in case something goes wrong.

If you're traveling on your own, it's important to make sure that your travel insurance covers both medical expenses and emergency evacuation from Nepal. You don't want to be stuck there without any way to get home! And depending on where you go, things could go wrong. The weather can change at any moment. So it's best if you have coverage for things like altitude sickness or injuries sustained during a fall down a mountain.

You should also make sure that your policy covers all types of emergencies, including weather-related events like lightning storms or landslides, natural disasters like earthquakes or flooding, etc.

We know how important it is for everyone on this trip to be safe and comfortable during their time away from home. That's why we recommend having travel insurance so that everyone has peace of mind when they're on the road together!

## **AMS and acclimatization**

Annapurna circuit trek is not just a trek for adventure lovers. It is also a good choice for those who want to explore nature and enjoy the mountain view of the Annapurna region.

But before you decide to go on this journey, it is important to know about the risks involved and how to prevent them. One of the major risks associated with this trek is acute mountain sickness (AMS). AMS can occur during any altitude hike but especially at high altitudes.

Acute Mountain Sickness refers to a condition in which a person suffers from altitude sickness after going above 2500 meters or 6000 feet above sea level. It can be mild or severe, and there are no symptoms until it is too late. If diagnosed early, you may be able to prevent more serious problems from occurring.

To prevent AMS during an Annapurna circuit trek with Tilicho Lake, it is important that you acclimatize your body by slowly increasing your altitude over several days so that you don't overdo it too quickly! The best way to do this is by taking frequent breaks at lower altitudes while hiking up until you reach your destination.

## **Best Time to Travel**

Spring and Autumn are the perfect seasons for the Annapurna Circuit Trek with Tilicho Lake. The finest opportunity to see rhododendrons in full bloom and to spot the most exquisite birds is around the months of March-May. Similarly, during the time of September-November, everything is colourful and alive again as a result of the tiny bit of rain that the Annapurnas receive.

When it comes to climbing the Annapurna, winter is the most challenging season. The Thorung La Pass is closed due to the winter weather. However, this does not necessarily imply that you cannot perform or finish the circuit. Likewise, during the summer season, the Annapurna Circuit lies in a rain shadow, so it is ideal for hiking in the rainy season.

## **Luggage Limit for Porter**

If you're planning on doing a trek on this route, you'll need to hire a porter to carry your luggage for you. There are two different options for how much weight you can have them carry: 20 kilograms or 22

kilograms.

Porters will carry your bag up steep inclines and over uneven surfaces without complaining about it being too heavy. They will also carry your bag back down after you have made it through difficult parts of the route with ease!

## **Trip Safety**

If you're planning on trekking in Nepal, you'll want to make sure your trip is as safe as possible. That's why we've put together this handy guide for staying safe on the Annapurna circuit trek with Tilicho lake!

When choosing a trekking company for your Annapurna circuit trek with Tilicho lake, make sure they are registered. With this, the company is maintained with strict safety standards and provides insurance coverage in case of accidents. Most companies also offer emergency assistance so that if anything happens along the way, they can help get you back to civilization quickly.

Before leaving home, make sure you have the right gear. Bring rain gear, warm clothes, hiking boots and water bottles and even some food! You should also be prepared for temperatures that vary greatly throughout the day. If it's sunny and warm outside, then bring sunscreen and sunglasses. But if it gets cold, then bring extra layers of clothing including sweaters, hats, gloves etc.

If you want to experience one of Nepal's best treks without putting yourself in danger, then we've got good news. We at HST offer guided trips through Tilicho Lake regularly!

## **Equipment Checklist**

Knowing what to pack is the key to a successful trekking adventure. Here is an equipment checklist for the Annapurna circuit trek with Tilicho lake.

### Headgear

- Sun cap
- Neck Gaiter
- UV protection sunglasses
- Fleece hat
- Woolen cap
- Snow goggle

### Body Wear

- Fleece Jacket
- Down jacket
- Windproof jacket
- Cotton tee for base camp
- Thermo coat
- Mid-weight top
- Heavy top
- Lightweight, long pants
- Heavyweight pants

- Down Pants
- Waterproof pant
- Thin fleece gloves
- Wind-stopper fleece gloves

#### Footwear

- Summit shoes
- Regular socks
- Summit socks
- Trekking shoes
- Camp boots
- Base camp slipper

#### Others

- Sunscreen
- Sanitizers
- Moisturizer
- Emergency medical kit
- Duffle bags
- Day pack
- Thermos
- Water bottle

## **Tipping in Nepal**

If you are traveling to Nepal, you should be aware that tipping is not compulsory. You may find yourself thinking that tipping is expected in Nepal, but this is not so. If you do decide to tip, it should be a token gesture of appreciation for excellent service.

It's also important to note that tips are typically given only in cash and not in goods or services. So if you see someone who needs help with something along the way, be sure to offer them some cash.

## **Benefits of choosing HST**

A lot of people are looking for a new adventure. Some choose to go to a more remote location and spend time camping, some go on road trips, and others prefer to travel in comfort. Some even decide to go on a cruise or vacation with their family.

Whatever your reasons, there are many benefits to choosing Hillary Step Treks for your next trip. Here are just a few:

- Our team is made up of experienced travelers who know what they're doing. We've been traveling the Himalayas for years and have seen it all. You'll be in good hands!
- You get the added bonus of being able to see things that other tourists miss out on. Not only will you get to experience new cultures, but you'll also be able to see some amazing views that others won't get the opportunity to see!

- We can help you plan your trip from start to finish, whether it's a day hike or an organized expedition. We offer a variety of different kinds of tours and adventures, so there's something here for everyone's interests.
- We have trained our staff to be knowledgeable about the local culture and also how to help you enjoy your trip.
- We have hired many local guides who can speak English fluently.
- Our guides are very friendly and helpful.
- We offer all-inclusive packages, which include accommodation, travel insurance, meals, and drinks during the journey.

Our goal is to ensure that you have an amazing time on your tour with us. We want you to feel safe and excited about the experience.

### **You Might Be Interested In:**

[Annapurna Base Camp Trek Via Poon Hill](#)

## **FAQs of Annapurna Circuit Trek with Tilicho Lake**

### **What documents do we need for the Annapurna Circuit Trek with Tilicho Lake Trek?**

The Annapurna Circuit Trek with Tilicho Lake Trek requires a few different documents to be completed. Here's what you'll need:

1. International Arrival and Departure Information
2. Photocopy/scanned copy of passport
3. Passport sized photo
4. Travel Insurance
5. Visa Details

### **Is wifi available during the trek?**

Yes, wifi is available throughout the Annapurna region. You may not get internet access at a higher altitude. But if you're looking for a place where you can go on walks and explore mountains and maybe even take some photos, you'll be able to do it here!

### **How difficult is Annapurna Circuit with Tilicho Lake?**

Annapurna Circuit with Tilicho Lake is a challenging trek. While the trekking route is relatively moderate, and most people can do it. If you are not in good shape, you should be careful and be prepared for some tough moments. The altitude might be a problem for some people.

### **Is there Money Exchange or ATM during this trek?**

No, there isn't any money exchange or ATM on the trek. You must travel with additional cash.

### **Is there a Pick-up service by the company?**

Yes, we do offer a pick-up service. We will meet you at the airport and take care of your transfer check-in at the hotel.

### **Address**

Nayabazar 16, Kathmandu, Nepal