

Ghorepani Trek

ascendhikes@gmail.com
[+977 9803667776](tel:+9779803667776)



Ghorepani Trek

URL: <https://ascendhikes.com/package/ghorepani-trek/>

Destination

Nepal

Activity

Trekking

Start / End Point

Kathmandu / Kathmandu

Duration

9

Region

Annapurna Region Treks

Max. Altitude

3,210 m

Best Season

spring (March to May) and autumn (September to November).

Activity Per Day

5-7 hours

Transportation

Private transportations

Per Person From

USD 699

Group Size

1 - 14

Trip Difficulty

Moderate

Accommodation

Guest house

BLD

Breakfast, Lunch and Dinner

Ghorepani Trek:

Welcome to the Ghorepani Trek. This trek starts from Hile and end at Ghandruk village, it's about 34km trekking distance. 4 days walking to the Himalaya with wonderful experience of the cultures, landscapes, and the nature. Ghorepani is one of the very famous trekking trails among the trekkers. This trek is easy, family friendly trails with comfortable accommodations, beautiful valley, mountain ranges with flora and fauna. Rich cultural villages, Ghorepani, Ghandruk, Tadhapani and wonderful sunrise viewpoint, Poon hill is one of the best attraction places on this trek. Mt. Dhaulagiri (8178m,) Nilgiri, Annapurna range and Mt. fishtail mountains are always smiling to you. Well, let's explore Ghorepani trek with our friendly and expert team to make your dream adventure journey enjoyable and memorable.

What are the main Highlights of this Ghorepani Trek?

Entering to Annapurna conservation region, to explore rich flora and fauna and the culture and mountains. Pokhara a beautiful city, and similarly Ghandruk is rich cultural Gurung village. Poon-hill viewpoint, one of the best panoramic place to capture memories photos of the Himalayan range. Ghorepani is another nice Magar village to discover local culture. This are the main high light of this Ghorepani trekking.

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Ghorepani Trek Detail Itinerary

Day 01: Arrival in Kathmandu

When arrive at Kathmandu international airport, our team will pick up you and transfer to hotel where we or you booked.

Altitude: 1300 meters Kathmandu valley.

Distance / Time duration: 7-8 km from airport to Thamel about 30-minute drive to transfer hotel.

Food and drinks: Lunch and Dinner separate, and Breakfast included.

Accommodations: Star Level hotel in Thamel, Kathmandu.

Highlight of the day:

Kathmandu valley and the Himalayan ranges from airplane.

Hotel in Thamel and explore shops surrounding.

First experience in Kathmandu and Thamel discover.

Wonderful evening to walk in Thamel Bazar.

Drive Distance

7-8 km

Drive Duration

1 hours

Meals:

BLD

Accommodation:

Guest house

Day 02: Kathmandu to Pokhara

Early in the morning, buses are leaving from Kathmandu. Today driving 200 km, depending on road conditions and the traffic. Normally 7 - 8 drive hours. During the day you will have a wonderful experience about nature, lifestyle and landscapes while driving. I hope you will enjoying today's drive to Pokhara.

Altitude: 850 meters Pokhara city.

Distance / Time duration: 200 km from Kathmandu, 7-9 hour drive.

Elevation gain: 450 meters lower than Kathmandu.

Road/ Drive difficulty: Moderate driving with tourist bus. For more comfortable you can hire a jeep or car at the cost is (jeep cost USD \$ 200/- and car cost USD \$ 150/-).

Food and drinks: Lunch on the way is Included and drinks and other are exclude.

Accommodations: two people sharing with BB plan hotel in Pokhara.

Highlight of the day:

Long driving experience and beautiful landscapes.

Passing several rivers and famous rafting river Trisuli River.

A beautiful Pokhara city and mountains are surrounding.

Evening walk through Fewa Lake and local foods.

Beautiful evening vibes in Pokhara.

Travel tips: ask to the hotel for pack breakfast, because you are leaving early in the morning. Take some water and some snack with you.

Drive Distance

200 km

Drive Duration

7-8 hours

Highest Altitude:

850m

Meals:

BLD

Accommodation:

Comfortable Hotel

Day 03: Pokhara to Tikhedhunga (1,540 meters / 5,052 feet)

Today your guide wake you up in the morning around 07: 00 am and after breakfast drive to Hile about 3-4 hours. From Hile your trek start to Ulleri about 2-3 hours steep ascent to the village. Stay overnight.

Altitude: Start 1,430m Hile to 2,050 meters Ulleri.

Distance / Time duration: 4-5km / walking duration about 2 - 3 hours.

Elevation gain: 1,200m. (Pokhara 850m to Ulleri 2,050m).

Trails difficulty: Easy and gently moderate trail.

Food and drinks: On the way Lunch, and Dinner included.

Accommodations: guest house with two people sharing room.

Highlight of the day:

Beautiful hile village and Hilly region driving experience.

Local culture and customs with beautiful terass.

Wonderful Annapurna, fishtail, Dhaulagiri and Manaslu Himalayan ranges.

Amazing fishtail Mountain View.

Hope you will be enjoying your first day trek start easily.

Trek Distance:

4-5 km

Trek Duration

2-3 hours

Drive Distance

55km

Drive Duration

3-4 hours

Highest Altitude:

2050 m

Meals:

BLD

Accommodation:

Guest house

Day 04: Trek from Ulleri to Ghorepani.

Start in the morning time, it is gradual flat and uphill trail. Depending which time you are trekking, in the spring everywhere blossom rhododendron are blooming. Enjoy the day with lots of excursion.

Altitude: 2,860 meters Gorepani where stay overnight.

Distance / Time duration: 9.5 km / 5 -6 hours.

Elevation gain: 810 meters altitude different.

Trails difficulty: Moderate gently uphill.

Food and drink: Breakfast / Lunch /Dinner.

Accommodations: Tea -house/ guest house, sharing bedroom.

Highlight of the day:

Wonderful sunrise view and walking inside of the forest.

Beautiful rhododendron forest.

Evening view of the wide mountain ranges from Gorepani.

Trek Distance:

12 km

Trek Duration

5-6 hours

Highest Altitude:

2,860 m

Meals:

BLD

Accommodation:

Guest house

Day 05: Ghorepani to Poon Hill (3,210 meters / 10,532 feet) to Tadapani (2,630 meters / 8,628 feet)

Today you have to wake up early in the morning for the sunrise view from Poon hill viewpoint. About 45 minutes -1 hour, 390m steep ascent to the viewpoint. It is hard but worth to climb. It is one of the best highlights of the day and your whole trek. Great panoramic views of the valley and long Annapurna, Dhaulagiri and Nilgiri Himalayan ranges. Have a starting wonderful day from here.

Altitude: 2,630 meters Tadhapani.

Distance / Time duration: 11 - 12 km distance/ 5-6 hours.

Elevation gain: 230 meters different altitude.

Trails difficulty: Moderate ascent 3210m Poon hill and another 3150m Deurali pass then ups and downs.

Food and drinks: Breakfast / Lunch / Dinner provide.

Accommodations: Teahouses / guest house, sharing Basis.

Highlight of the day: Beautiful valley with blossom rhododendron blooming in the spring.

Amazing mountains views, Dhaulagiri, Nilgiri, Annapurna south, Fishtail Himchuli and many more.

Above the tree line paths brings you a great view.

Great sunrise view from Poon Hill and panoramic mountains surrounding.

Wonderful sunset view from Tadhapani. Passing over 3150-meter Deurali and beautiful tea stops on the way several places is amazing experience.

Trek Distance:

11-12 km

Trek Duration

6-7 hours

Highest Altitude:

3210 m

Meals:

BLD

Accommodation:

Guest house

Day 06: Tadapani to Ghandruk (1,940 meters / 6,365 feet)

Today is easy day, only 3 - 4 hours walking. When descent to Ghandruk village is passing den rhododendron forest. When you arrive at Ghandruk village, there are so many cultural activities you can do.

Altitude: 1,940 meters elevation Ghandruk.

Distance / Time duration: 8.7 km / 3 - 4 hours.

Elevation lost: 690 meters different altitude.

Trails difficulty: Easy day to descent to Ghandruk village.

Food and drinks: Breakfast / Lunch / Dinner provide.

Accommodations: Guest house with sharing basis.

Highlight of the day: wonderful views off Annapurna south, Himchuli and Fishtail.

Den rhododendron forest and wonderful Ghandruk village to discover.

Trek Distance:

8.7km

Trek Duration

3-4 hours

Highest Altitude:

1,940 m

Meals:

BLD

Accommodation:

Guest house

Day 07: Drive to Pokhara from Ghandruk.

Altitude: 800 meters Pokhara city.

Distance / Time duration: 55-60 km / 3 - 4 hours (depend on traffic).

Road difficulty: Ghandruk to Birethanti is bumping/ off-road and after that concrete (paved) smooth roads to Pokhara.

Food and drinks: Breakfast and Lunch provide.

Accommodations: BB plan hotel in Lakeside Pokhara.

Highlight of the day: Driving experience in the bumping.

Passing a beautiful village, temples near rivers and the Modi River, are the waking up you to make a memorable capture. Kande is another like a viewpoint to observe Pokhara city. After all relax in Pokhara.

Drive Distance

55-60 km

Drive Duration

4-5 hours

Meals:

BLD

Accommodation:

Comfortable hotel

Day 08: Drive from Pokhara to Kathmandu

Altitude: 1300 meters in Kathmandu.

Distance / Time duration: 200 km about 7-9 hours (depending on traffic).

Road difficulty: Moderate gradual smooth driving to Kathmandu.

Food and drinks: Breakfast from hotel and Lunch is providing.

Accommodations: Star hotel with BB plan in Thamel, Kathmandu.

Highlight of the day:

After entire trekking to Poonhil -Ghorepani, driving back rush and crowded city Kathmandu for your final departure. Driving with beautiful villages and others see-nary make your drive memorable and enjoyable.

Drive Distance

200 km

Drive Duration

7-8 hours

Meals:

BLD

Accommodation:

Comfortable hotel

Day 09: Departure from Kathmandu

After all complete your Ghorepani - Poon hill trek, our team will manage you to drop Trivuvan international airport for your journey back home.

We hope you are leaving Nepal with beautiful memories of mountains, our hospitality and Nepalese cultures. Namaste and we wish you a safe Travels, we are looking forward to welcoming you again for another adventure journey to Nepal Himalayas.

Cost Includes for Ghorepani Trek

- Airport Pick up and drop.
- All the accommodation and meal (3 times a day with one main course) during the trek.
- All the official expenses and paperwork (like Permit for peak climbing).
- All the transportations.
- Government license holder Ascend Hikes Experience English speaking Guide.
- A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.
- All the Government Taxes.
- All the Insurance of Guide and Porters.
- Farwell dinner in Kathmandu.

Cost Exclude for Ghorepani Trek

- Travel Insurance and Entry visa fees.
- International Flight tickets.
- All trekking gear and others expenses.
- Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.
- All the accommodation and food before and after Trekking.
- Excess Baggage charge.
- personal expenses: wi-fi, Battery charge etc...

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,055
2 - 2	USD 799
3 - 3	USD 749
4 - 4	USD 699
5 - 5	USD 649
6 - 6	USD 625
7 - 7	USD 605

Essential Information:

There are several things to care before doing this Ghorepani Poon-hill Trek, here are describe some major factor of this trekking risk with prevention of should be happen in the mountains, to make your mind setup.

Altitude sickness and Precaution

Above the 3000meters altitude, should be get altitude sickness in the Himalayas. There are no boundary, who will get altitude sickness. Any one - any time can get altitude symptoms. It's depending on how you can adjust the environment.

How to know getting altitude sickness?

- Some major symptoms of Altitude sickness.
 - Less apatite and tiredness.
 - Short breath and can't sleep at night.
 - Headache and dizziness
 - Vomiting and whole body cold.
 - How to prevention altitude sickness?
 - Some step to avoid altitude sickness,
 - Walk slowly where you are above 2500 meters altitude around Gorepani - Deurali area.
 - Drink enough water (3-4 litters) recommend.
 - Stop drinking alcohol and smoke.
 - Eat plenty and hygienic food, instead of junk food.
 - Don't sleep at daytime.
 - Pack a diomox for the emergency case.
 - And walk in high and sleep at low elevation.
 - What to do/ medicine, is recommended if get altitude sickness?
 - There is no medicine for the altitude sickness to recovery and ascent. Only the prevention is best idea.
- In case get altitude sickness what to do?
- Try to eat hot soups and as soon as possible descend and descend to the low elevation.

- Take a dimox for little relax and move down.
- If it is serious case, rescue whatever by helicopter or what is possible.
- Don't underestimate with altitude sickness, it may take your life.

Weather conditions and weather risk at high altitude

According to our experience in the Ghorepani region trek, seasonally the weather like as.

Spring (March -May):

The spring is one of the best for trekking season in Ghorepani. The temperature in the daytime 5 - 10° C Gorepani/ Poon-hill to 22° centigrade (Ghandruk), and at the nighttime 7°centigrade (Ghandruk village to -2° Centigrade (Ghorepani), which is ideal temperature to trek this route. Discover blossom rhododendron blooming everywhere, experience of traditional culture and mountains. Different kinds of Bird watching. Photography experience, with beautiful landscapes with panoramic views at stable weather.

Summer season (June - August):

Summertime is best for harvesting and planting season. It is best for agriculture activities. You can join to planting rice and Millet. Lush green landscape and nice waterfalls are the amazing. Discovering Ropai festival. Normally this season is best to experience of agriculture.

Temperature: During the daytime temperature is 9 - 20°C Ghorepani to 20 - 30°C Ghandruk and during the nighttime drop down 5 to -1°C Ghorepani and 5 - 10°C in Ghandruk village.

If you are looking for trek in this season, have to well- preparation against rain and the land sliding. Benefits are less crowd and different experience of green.



Gorepani trek

Autumn season (September - November):

Autumn season is another one of the best seasons for trekking whole Nepal and to explore different festivals moments. Especially Hindus festivals, like Dasain, Tihar (Deepawali), is one of the most beautiful experiences to memory on your camera. Trekking in autumn is best idea, with stable clear weather and it is best for photography and panoramic views.

The temperature during the daytime grow 15°C (Ghorpani) to 19°C (Ghandruk) and at nighttime 2 - 3°C (Hile) to 0 - -5°C Ghorepani.

If you are planning for Ghorepani trek in this season, then it is an ideal choice, offering a beautiful views and suitable weather. We highly recommend this trip in autumn.

Winter season (December - February):

Winter is the time to explore snow trekking. Ghorepani and near route Muldai viewpoint is the best magical landscape to photography white peaks.

Mostly clear weather but frizzling cold challenging to trek. All the paths are frozen. If you are looking in winter for this Ghorepani trek, you have to take guide and porter to assist you. This is don't so difficult

doing in the wintertime.

The temperature is during the daytime 15°C to 5°C in Ghorepani and at the nighttime drop down 0°C to -7°C. So, if you are considering in this temperature, not many snows and willing to chill out there are no objection to make this trek success with panoramic clear weather.

Trek duration and possibility:

What is the trekking duration and time for Ghorepani trek?

For the Ghorepani trek, the time durations are possibility to do like this for your comfort and the possibility.

Drive to reach trekking sport:

1. Kathmandu to Pokhara (200km) 7-9 hours (depending on traffic).
2. Pokhara to Hile (53 - 55km) 2.5 - 3 hour drive.
3. Ghandruk to Pokhara about 63km 4-5 hours driving
4. Pokhara to Kathmandu 200km 7-9-hour drive.
5. Start trek from Hile to Ghandruk 4 days.

Is possible to start trekking only from Pokhara?

Ascend Hikes always flexible according to the trekkers comfortable and possibilities, so there are no objection to start trek from where you feel comfortable.

When you once in Annapurna region, permits are validity for another trek too?

If you are in Annapurna region, without exit your permission, you can do another trek. For example, after Ghorepani trek you can continue your trek to Annapurna Base Camp or Mardi Himal trek.

Which is the best after Ghorepani trek to continue another trek?

Depending on your time and interesting. Here are some possibilities after Ghorepani trek.

From Tadhapani trek continue to ABC, 4 days plus and Itinerary.

Another possibility after Ghorepani Trek continue to **Khopra trek**, a wonderful adventure and less crowded route with panoramic views and cultures.

Short itinerary from Ghorepani trek to Khopra trek + 4 Days.

After Ghorepani trek continue to Mardi Himal. Which is the most popular trekking destination among the trekkers.

Short Itinerary after Gorepani trek continue to Mardi Himal trek. 5 days adding of Ghorepani trek to complete **Mardi Himal trek**.

This is the most possibility to do trek after Ghorepani trek. For more details and another possibility, please get in touch with us via [WhatsApp](#) or [Email](#) for quick response.

Frequently Asked Questions

How difficult is the Ghorepani Poon Hill Trek?

The Ghorepani Poon Hill Trek is considered a moderate trek. While it does involve uphill climbs and some steep sections, it is suitable for beginners and experienced trekkers alike. It's important to have a reasonable level of fitness and prepare with some pre-trek exercises.

What is the best time to do the Ghorepani Poon Hill Trek?

The best time for the Ghorepani Poon Hill Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer clear skies, pleasant temperatures, and stable trekking conditions. However, the trek can be done throughout the year, excluding the monsoon season (June to August) when rainfall is high and trails may be muddy and slippery.

Do I need a guide for the Ghorepani Poon Hill Trek?

It is not mandatory to have a guide for the Ghorepani Poon Hill Trek, but it is highly recommended, especially for first-time trekkers or those unfamiliar with the region. A guide can provide valuable assistance, navigate the trail, offer insights into the local culture, and ensure your safety. Additionally, having a guide can enhance your overall trekking experience.

Are permits required for the trek?

Yes, two permits are required for the Ghorepani Poon Hill Trek: the Annapurna Conservation Area Permit (ACAP) and the Trekkers' Information Management System (TIMS) card. These permits can be obtained in Kathmandu or Pokhara. Your trekking agency or guide can assist you in obtaining these permits.

What kind of accommodation is available during the trek?

Along the trekking route, there are teahouses and lodges that provide basic accommodation facilities. The rooms are typically small and basic, with twin beds or dormitory-style arrangements. The teahouses also serve meals, offering a variety of local and international dishes. It's advisable to carry a sleeping bag for extra warmth and comfort.

Is altitude sickness a concern on this trek?

Altitude sickness can be a concern on the Ghorepani Poon Hill Trek, particularly when climbing to Poon Hill, which reaches an altitude of 3,210 meters (10,532 feet). It's important to acclimatize properly by

ascending gradually, staying hydrated, and listening to your body. Taking rest days and being aware of symptoms of altitude sickness is crucial. If symptoms worsen, it's best to descend to a lower altitude and seek medical assistance if needed.

What should I pack for the trek?

Some essential items to pack for the Ghorepani Poon Hill Trek include comfortable trekking boots, layered clothing for varying temperatures, a good quality backpack, a hat, sunscreen, sunglasses, a water bottle, a first aid kit, a headlamp, and toiletries. It's also advisable to carry a map or guidebook, a camera, and some extra cash for emergencies or additional expenses.

Are there ATMs or places to exchange currency along the trekking route?

It's recommended to carry enough Nepalese rupees (NPR) in cash for the trek as ATMs and currency exchange facilities are limited along the route. In Kathmandu or Pokhara, you'll find more options for currency exchange or ATM withdrawals.

Can I charge my electronic devices during the trek?

Most teahouses and lodges along the trekking route have electricity, and they usually offer charging facilities for a small fee. However, it's advisable to carry a power bank or spare batteries as a backup, as electricity availability can be unreliable in some places.

Can I customize the Ghorepani Poon Hill Trek itinerary?

Yes, the itinerary can be customized according to your preferences and time constraints. You can discuss your requirements with your trekking agency or guide, who can help tailor the trek to suit your needs.

Ghorepani Trip Information:

Ghorepani Poon-hill Trek, start from Hile village and ending at Ghandruk after 4 days walking. Road trip about 485 km, Kathmandu to Pokhara 200 km twice and Ghandruk to Pokhara and Pokhara to Hile village. All the transportation (Kathmandu to Pokhara and Pokhara to Kathmandu by tourist bus. Similarly Ghandruk to Pokhara, and Pokhara to Hile village by sharing jeep. All the food and accommodation are fully organize from the company in full board package. Pick up from the international airport to drop in the airport are included on this trek from the company. We are flexible about our services, if you are planning from Pokhara also possible, where and how long.

Mountain ranges:

Poon Hill is famous for beautiful Annapurna range, Fishtail, Dhaulagiri, Nilgiri himalayan ranges. Depending on the weather, but the views are amazing in this trek. When you arriving Ghorepani, the evening views are wonderful experience. Not only the Poon Hill, while passing Deurali, from the Thapa Peak you will have a wonderful Himalayan ranges are in front of you. Let's explore together.

Flora and fauna:

Flora: This Annapurna conservation area is rich in flora. Here are some major types and possibility to hunt them.

Rhododendron (national flower of Nepal): big forest in this Ghorepani trek. Usually March to April is the blooming time.

Oak trees: in this region many oak trees also found.

Pine trees and Fir Forest are big on this area.

Mushrooms, Bamboo bushes, Ferns, Maple, Hemlock etc. are the main flora fund in Ghorepani trek.

Fauna (wildlife): Fauna in Ghorepani trek is, Danphe (colorful national bird of Nepal), Eagle, Barbet, Bulbul and many different birds and Himalayan Langur, Monkey, black bear, leopard, barking deer, musk deer, squirrels etc. found in this Gorepani trails.

Accommodation and food available:

Ghorepani trekking trails is crowed route in the peak season, so where lodges sometimes fully booked and we have to book in advance. The Guesthouses are simple not like big hotel in Pokhara but the Himalayan range this is called royal trek too. Why it is called Royal trek? Because of more comfortable guest houses and better food items and variety comparing other mountain region.

Food: food is simply with different variety you can choose from the small menu card. Recommended Nepali Dal-Bhat at the evening and for the lunch Potatoes dish, noodles and spaghetti would be fresh and locals test.

Photography tips and risk management:

During the trekking and sightseeing you are allowed to take a photograph, but some case you have to ask

before because of the cultural and society rule. Wide Mountain ranges makes a beautiful memories save on your camera. Tadhapani, Poon Hill are the viewpoints and Ghorepani and Ghandruk are rich in culture. Those the best place to photograph for the best story.

Risk management:

Risk management: while photograph people, please ask before sometimes they don't want. Be a safe side while photograph, near big cliff and narrow place cause others passing through you. When animals passing you, please be sure you are at cliff side. Always keep in mind safety first.



Ghorepani Trek

Seasonal Activities:

Annapurna region is rich in cultures and traditional activities. Here are some seasonal experiences that you don't miss the chance.

1. Festivals in the autumn is the best experience to celebrate with locals.
2. Winter festival is loshar, another celebration in January-February.
3. Yak blood drinking festival: in the June - July near Muldai viewpoint and Derali, locals are celebrating of Yak blood drinking festival which is unbelievable.
4. Ropai Festival in July; everyone enjoying with this festival.

Some useful Local languages:

Here are some useful local greetings phrases and sentences.

- **NAMASTE - Hello (all ages people can use)**
- **TAPAI LAI KASTO CHHA? - How are you?**
- **MALAI THIK CHHA, DHANYABAT - I am fine, thank you.**
- **TAPAIKO NAM KE HO? - What is your name?**
- **MERO NAM HO. - My name is**
- **KRIPAYA MALAI SAHAYOG GARNUS. - Please help me....**
- **MALAI BHOK LAGE KO CHHA. -I am hungry**
- **MALAI KHANA DINUS - Give me a rice.**
- **MALAI YO THAU RAMAILO LAGYO - I really love this place.**
- **YO THAU BATA ... THAU MA PUGNA KATI SAMAYA LAG CHHA? - How far from here to ...**

place?

- **MALAI CHISO VAYO - I feel cold.**
- **CHIYA PAIN CHHA? - Can I get tea?**
- **TAPAI LAI KASTO LAGYO KHANA? - How is food?**
- **MITHO CHHA - Very good/ tasty**
- **PANI - water**
- **KHANA- Food**
- **DHANYABAT - thanks**
- **FERI VETAULA - See you again**
- **TAPAI KO YATRA SAFAL RAHOS - have a safe journey**

Address

Ascend Hikes PVt Ltd.

Address: [Budhanilkantha-12, Kathmandu Nepal](#)