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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2025 | | | | | |
| Ilam, Nepal | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Sunrise: 5:02 AM  Sunset: 6:51 PM  Daylight: 13 hours and 48 minutes. | Sunrise: 5:03 AM  Sunset: 6:51 PM  Daylight: 13 hours and 48 minutes. | Sunrise: 5:03 AM  Sunset: 6:51 PM  Daylight: 13 hours and 47 minutes. | Sunrise: 5:04 AM  Sunset: 6:51 PM  Daylight: 13 hours and 47 minutes. | Sunrise: 5:04 AM  Sunset: 6:51 PM  Daylight: 13 hours and 46 minutes. |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Sunrise: 5:04 AM  Sunset: 6:51 PM  Daylight: 13 hours and 46 minutes. | Sunrise: 5:05 AM  Sunset: 6:51 PM  Daylight: 13 hours and 45 minutes. | Sunrise: 5:05 AM  Sunset: 6:50 PM  Daylight: 13 hours and 45 minutes. | Sunrise: 5:06 AM  Sunset: 6:50 PM  Daylight: 13 hours and 44 minutes. | Sunrise: 5:06 AM  Sunset: 6:50 PM  Daylight: 13 hours and 44 minutes. | Sunrise: 5:07 AM  Sunset: 6:50 PM  Daylight: 13 hours and 43 minutes. | Sunrise: 5:07 AM  Sunset: 6:50 PM  Daylight: 13 hours and 42 minutes. |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Sunrise: 5:08 AM  Sunset: 6:50 PM  Daylight: 13 hours and 42 minutes. | Sunrise: 5:08 AM  Sunset: 6:49 PM  Daylight: 13 hours and 41 minutes. | Sunrise: 5:09 AM  Sunset: 6:49 PM  Daylight: 13 hours and 40 minutes. | Sunrise: 5:09 AM  Sunset: 6:49 PM  Daylight: 13 hours and 39 minutes. | Sunrise: 5:09 AM  Sunset: 6:48 PM  Daylight: 13 hours and 38 minutes. | Sunrise: 5:10 AM  Sunset: 6:48 PM  Daylight: 13 hours and 38 minutes. | Sunrise: 5:10 AM  Sunset: 6:48 PM  Daylight: 13 hours and 37 minutes. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 5:11 AM  Sunset: 6:47 PM  Daylight: 13 hours and 36 minutes. | Sunrise: 5:12 AM  Sunset: 6:47 PM  Daylight: 13 hours and 35 minutes. | Sunrise: 5:12 AM  Sunset: 6:47 PM  Daylight: 13 hours and 34 minutes. | Sunrise: 5:13 AM  Sunset: 6:46 PM  Daylight: 13 hours and 33 minutes. | Sunrise: 5:13 AM  Sunset: 6:46 PM  Daylight: 13 hours and 32 minutes. | Sunrise: 5:14 AM  Sunset: 6:45 PM  Daylight: 13 hours and 31 minutes. | Sunrise: 5:14 AM  Sunset: 6:45 PM  Daylight: 13 hours and 30 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 5:15 AM  Sunset: 6:44 PM  Daylight: 13 hours and 29 minutes. | Sunrise: 5:15 AM  Sunset: 6:44 PM  Daylight: 13 hours and 28 minutes. | Sunrise: 5:16 AM  Sunset: 6:43 PM  Daylight: 13 hours and 27 minutes. | Sunrise: 5:16 AM  Sunset: 6:42 PM  Daylight: 13 hours and 26 minutes. | Sunrise: 5:17 AM  Sunset: 6:42 PM  Daylight: 13 hours and 25 minutes. |  |  |