



## Lalupate Trek Spring/Autumn



### Introduction

Pokhara – The Lalupate (Poinsettia) Trek or Natural Annapurna Trekking Trail (NATT)'s, Named by German Trekker Andrees de Ruiter. first trail section from Besisahar to Tal or a round trip of Besisahar – Tal or Thoché – Siurung and Khudi, where you can avoid more than 95% motor homing road and can enjoy the joy of nature, landscape including mind-blowing snow peak or mountain sceneries, paddy rice fields, villages, people and their daily lifestyles, numbers of breathtaking waterfalls, etc. It is heard about the poinsettia plant (Lalupate) in Europe or western countries, where it gets only small in size. But in Nepal more than bushes, nearly like a tree, so for many people it would be interesting to step the paths full of poinsettia flowers!! It is sure that for short holiday holders; the Lalupate trail gives you full satisfaction

### Facts

- Altitude: 3500<
- Duration: 8 days
- Grade: Easy
- Group: 2 - 15
- Country: Nepal
- Start/Ends: Besisahar/Dharapani

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu: Arrival in Kathmandu [1300 m/4264 ft] Arrive at any time
- **Day 2** : Drive from Kathmandu / Pokhara to Besisahar 820 m. (5 - 3 hrs approx) and trek to Bhulbhule 840 m. or Ngadi 900 m. (2 – 3 hrs approx).
- **Day 3** : Bhulbhule / Ngadi bazar to Ghormuphant 1100 m. (5 - 6 hrs approx)
- **Day 4** : Ghormuphant to Jagat / Ghattekhola 1400 m. (4 hrs approx).
- **Day 5** : Jagat / Ghattekhola to Syange 1100 m. (1.5 hrs approx)
- **Day 6** : Syange to Siurung village 1864 m. (5 hrs approx)
- **Day 7** : Siurung to Pokhara 800 m. or Kathmandu 1300 m. (6 - 7 and 8 - 9 hrs approx)
- **Day 8** : Final Departure, Your adventure in Nepal comes to an end today!

**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Airport Pick Up and Drops
- All Ground Transportation
- 3 meals per day during the trek (Breakfast Lunch Dinner) including Tea or coffee
- Annapurna Conservation Area (ACAP) Permits and Trekkers Information Management System (TIMS) fees
- Accommodation on Local Guest House/Lodge during the Trekking
- 2 nights 3\*\*\* to 5\*\*\*\*\* Hotel in Kathmandu as per client's request
- Experienced English Guide
- Necessary Porter (1 porter for 2 Guests 30.kg max)
- General equipment for Porter during the adventure trip
- Guide and porter salary
- All Nepali Staff insurance during the trekking and extra services according to the guest per demand including All Government local Taxes



## Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

## Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing

Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.

3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) or login to [www.xtremeclimbers.com](#) for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Travel insurance
- International airfare
- Nepal entry visa: you can obtain a visa on arrival at Tribhuvan International Airport in Kathmandu. (a multiple-entry tourist visa good for 130 days can be obtained by paying US \$ 40 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying US \$ 100. Please bring 2 copies of passport-size photos.)
- Cold drinks, bottled or boiled water, snacks and other personal expenses
- Personal trekking equipment
- Tips and gratuities for trekking staff and drivers

