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KAPUCHE PEAK TREK

Located in the [Annapurna region](#) of Nepal, the Kapuche Lake Trek is a lesser-known trek that takes you through stunning landscapes, traditional villages, and dense forests to the serene Kapuche Lake. This trek offers a perfect blend of nature, culture, and adventure for those seeking a unique and off-the-beaten-path experience in the Himalayas. The trail takes you through terraced fields, rhododendron forests, and off-the-beaten-path trails, providing some of the most stunning views of Annapurna, Dhaulagiri, and Machhapuchhre.

Includes

- Traditional welcome on arrival with Nepali scarp or Garland
- Airport to Airport transfers by private vehicle as per the group size.
- Vehicle transfer from Kathmandu-Pokhara-Kathmandu and Pokhara-Sikles village-Pokhara
- 02 mineral water each day while on a city tour or traveling outside Kathmandu.
- 02-nights' accommodation in Kathmandu on Twin sharing on a BB basis
- 02-nights' accommodation in Pokhara on Twin sharing on a BB basis
- Necessary Trek guide, Porter along with their Allowance
- 1- Full day and 2 Half day Kathmandu City sightseeing with the service of a licensed guide.
- 1- Full day and Half day Pokhara City sightseeing with the service of a licensed guide

- All meals and accommodation (Breakfast, Lunch, and Dinner) while trekking in Kapuche Lake
- Welcome dinner in Kathmandu
- Necessary Permits for Kapuche Lake
- Applicable 24.3% Govt Taxes
- Fulltime assistance

Excludes

- International Air ticket
- Nepal Entry Visa Fee
- Travel Insurance with coverage for Covid19
- Meals except those mentioned above
- Expenses of Personal Nature i.e. beverages, and other services except those mentioned in the itinerary
- TIPs, Donations and gratuities

Itinerary

Day 01: Arrival in Kathmandu

Arrive at Tribhuvan International Airport in [Kathmandu](#). Welcome, meet, and assist our Going Nepal representative & transfer to the hotel. Welcome drink followed by tour briefing. Rest of the day you can relax inside the hotel. Later in the evening Welcome dinner with the Going Nepal crew and Overnight at the hotel. Depending on your flight time we can arrange a half-day tour of Kathmandu valley on the same day.

- Elevation of Kathmandu: 1300m/4264ft
- Transportation: Private car
- Accommodation: 4-star hotel
- Meal: Welcome dinner

Day 02: Drive to Pokhara

Breakfast and check out from the hotel. You will be dropped off at the bus station, and catch a tourist bus to [Pokhara](#). Distance from Kathmandu to Pokhara is 200 km and takes about 6-7 Hours depending upon traffic and road conditions. After reaching Pokhara, directly move to the hotel, check-in, and rest. Later in the evening, you can visit the lakeside and enjoy your time. Dinner can be done on the lakeside or at the Hotel. Prepare for your trek and Overnight at the hotel.

- Elevation of Pokhara: 800m
- Transportation: Tourist Bus
- Driving Distance: 6-7 Hours
- Accommodation: 4-star hotel
- Meal: Welcome dinner

Day 03: Drive to Sikles village

Breakfast at the hotel, check out and drive to Sikles village. Sikles, the largest Gurung community village, is a couple of hours 4WD drive away. We will explore the beautiful village of Sikles and Rishing Dada once we arrive. We'll see some spectacular scenery along the way. We spend the night at the Guest House in Sikles Village.

- Elevation of Sikles Village: 1980 m / 6496 ft
- Driving Distance: 2-3 Hours
- Accommodation: Tea/Guest house
- Meal: Breakfast, lunch, and dinner

Day 04: Trek from Sikles to Hugu Goth

We will first arrive in Hugu, which is two hours earlier than Kapuche. Hugu has an ancient settlement with animal husbandry as a source of income at an elevation of 2,100 meters. Hugu is approximately 6 hours away from the nearest human village, Sikles.

- Elevation of Hugu Goth: 2100 m/ 6890 ft
- Trek Distance: 6-7 Hours
- Accommodation: Tea/Guest house
- Meal: Breakfast, lunch, and dinner

Day 05: Trek to Kapuche Lake (Virgin Ice Lake), Explore, and back to Hugu

Goth

We hike for about two hours to Kapuche Lake. We'll spend a couple of hours exploring Nepal's lowest glacier lake. After a few hours at Kapuche Lake, we'll hike back to Hugu, where we'll spend the night.

- Elevation of Hugu Goth: 2450 m/ 8058 ft
- Trek Distance: 2 Hours to Kapuche
- Accommodation: Tea/Guest house
- Meal: Breakfast, lunch, and dinner

Day 06: Trek to Sikles and back to Pokhara

On the last day, we begin early and hike towards Sikles for about 6 hours. We will take lunch at Sikles village and back to [Pokhara](#) by Jeep or by bus which takes another 3 hours. After reaching Pokhara, drive to the hotel and rest for the day. Overnight at the hotel.

Day 07: Full-day Pokhara city tour

After breakfast we will start our tour with Bindabasini, the Bindabasini Temple is a popular Hindu temple in [Pokhara](#), while Davis Fall is a famous waterfall with a sacred shrine dedicated to Shiva. The nearby Tibetan Camp offers a glimpse into Tibetan culture, while the International Mountain Museum displays artifacts, gear, stories, and photographs related to mountain expeditions.

Day 08: Drive back to Kathmandu

Breakfast at the hotel and check out. Drive back to Kathmandu, you will reach Kathmandu within 6-7 Hours of driving. After reaching Kathmandu, check-in at the hotel and rest. Overnight at the hotel.

- Meals: Breakfast

Day 09: Full-day Kathmandu Sightseeing

After breakfast, you will embark on a full-day Kathmandu city sightseeing tour with a

guide waiting for you outside the hotel. Your first destination will be [Kathmandu Durbar Square](#), a UNESCO World Heritage Site located in the old town of Kathmandu. It boasts over 50 temples, palaces, and courtyards dating back to the 12th to the 18th centuries. Next, you will visit [Swayambhunath](#), also known as the Monkey Temple, located at the top of a hill and revered by both Hindu and Buddhist religions. After a lunch break in Patan, you will visit [Patan Durbar Square](#), the old palace of the Malla Kings of [Lalitpur](#) with its ancient temples and elaborate carvings. After a tour of [Kathmandu](#) city, you will return to the hotel for check-in, rest, and dinner.

- Meals: Breakfast

Day 10: Full-day Kathmandu City Tour

After having breakfast, you will embark on a full-day sightseeing tour of three famous attractions in Nepal. The first stop is [Pashupatinath Temple](#), located on the banks of the Bagmati River, 5 km east of the city center. This temple is the most revered Hindu temple in Nepal, and the Bagmati River is an extremely sacred river where open-air cremations take place day and night. While the main temple is only open to Hindus, non-Hindus can still observe the area from the other side of the Bagmati River. The second stop is [Boudhanath](#), the largest stupa in the world and a center of Tibetan culture in Nepal. The stupa was renovated by the Licchavi rulers in the eighth century and is said to entomb the remains of a Kasyap sage. The final stop is [Bhaktapur Durbar Square](#), which showcases the splendor of Nepali art and architecture and has remained a model for heritage conservation since it was declared a UNESCO World Heritage Site in 1979. After finishing the tour, you will stop for lunch somewhere in a good restaurant and then head back to the hotel to rest. In the evening, there will be a farewell dinner with the Going Nepal Crew in a typical Nepali restaurant or hotel. You will spend the night at the hotel.

- Meals: Breakfast

Day 11: Departure

Breakfast and check out from the hotel. Check all of your belongings before departure. Timely transfer to the Tribhuvan International airport.

- Meals: Breakfast

Highlights

- A clear and close-up view of Annapurna II, 26041 feet. Lamjung Himal (24690 ft) and Annapurna IV (24690 ft) (22911 ft).
- Nepal's largest Gurung community is known for its distinct culture, customs, and traditions. You will be well-versed in Sikles village, its culture, and way of life.
- The area around the lake is rich in flora and fauna, including lush forests and alpine meadows.
- Explore Nepal's lowest-altitude glacier lake.
- Hike through lush greenery, rhododendron forest, and terraced fields.
- A simple hike suitable for people of all ages
- Exploring the temples and streets of Kathmandu and Pokhara
- The opportunity to experience the local culture and hospitality
- Exploring the ancient temples and palaces of Kathmandu
- Visiting the famous world heritage sites Pashupatinath Temple, Boudhanath, Kathmandu Durbar Square, Swayambhunath, and Patan Durbar Square
- Touring the historic city of Bhaktapur
- Relaxing in the lakeside city of Pokhara
- Exploring the local culture and street life in Kathmandu and Pokhara
- Option for adventure activities like paragliding, bungee jumping, and more
- Enjoying the boating in Phewa Lake
- Walking around the local market and shopping for souvenirs.

Travel Information

- Permits: You need to obtain a TIMS (Trekking Information Management System) card and an Annapurna Conservation Area Permit (ACAP) before starting the trek. You can obtain these permits in Kathmandu or Pokhara.
- Best time to go: The best time to trek to Kapuche Lake is from March to May and September to November. These are the dry seasons, and the weather is

generally clear, making for better views of the mountains.

- **Difficulty level:** Kapuche Lake Trek is considered a moderate trek. It involves hiking for 6-7 hours per day and covers a total distance of 60-70 km. You need to have a reasonable level of fitness and some prior trekking experience to undertake this trek.
- **Accommodation:** There are several tea houses and lodges along the trail that offer basic facilities such as a bed, blankets, and food. You can also carry your own camping gear and camp along the trail.
- **Food and Water:** You can find a variety of food options along the trekking trail, including Nepali and Western dishes. It is recommended to drink only boiled or filtered water to avoid water-borne diseases.
- **Altitude Sickness:** Kapuche Lake Trek involves trekking to a high altitude of 4,450 meters. It is important to acclimatize properly to avoid altitude sickness. Make sure to drink plenty of water and ascend slowly, taking regular breaks to allow your body to adjust to the altitude.
- **Packing List:** Some of the essential items to pack for the Kapuche Lake Trek include a good quality backpack, trekking boots, warm clothing, sleeping bag, sunscreen, sunglasses, hat, gloves, water bottle, and a first aid kit.

Things to know

- **Trekking Permits:** You will need a TIMS (Trekking Information Management System) card and a permit for Annapurna Conservation Area Project (ACAP) to trek in this region. You can obtain these permits in Kathmandu or Pokhara.
- **Physical Fitness:** Kapuche Lake Trek is a moderately difficult trek, which involves walking on rough terrains and steep ascents and descents. Therefore, it is essential to have good physical fitness and be in good health.
- **Altitude Sickness:** The trekking trail reaches high altitudes, and therefore, altitude sickness can be a concern. It is recommended to acclimatize at regular intervals and stay hydrated to avoid altitude sickness.
- **Weather:** The weather in the Annapurna region can be unpredictable, and therefore it is recommended to carry warm clothes, rain gear, and a good quality sleeping bag.
- **Accommodation and Food:** There are tea houses and lodges along the trekking trail that offer basic facilities such as food and accommodation. However, it is recommended to carry some extra snacks and water.

- **Trekking Gear:** Trekking gear such as good quality trekking shoes, warm clothing, a backpack, a trekking pole, and a headlamp are essential for the trek.
- **Best time to visit:** The best time to visit Kapuche Lake Trek is during the spring and autumn season when the weather is clear, and the skies are blue. The monsoon season should be avoided as the trail can be slippery and challenging to trek.