

Kapuche Lake Trek - 6 Days

Kapuche Lake Trek is a short 4-day Trek to Kapuche Lake in the [Annapurna region](#) of Nepal. It is the trek to the lowest altitude glacier lake situated at an altitude of 2546 meters. This ideal height makes Kapuche one of the promising trekking destinations in Nepal, as all other glaciers in Nepal are situated above the altitude of 4,000 meters above sea level. The trek to Kapuche starts from Pokhara and continues to Sikles and Hugu villages, and finally to Kapuche Lake and returns to Pokhara. If you are in Kathmandu and want to do this trek, you will be transferred first to Pokhara via air flight or road transport (depending on the guest's choice), and then stroll forward to the destination.

During Kapuche Lake trekking, you will discover the newly flourished trekking trail covered with unique and authentic remote locations, meadows, and stunning white mountains like Annapurna II, Annapurna IV, Dhaulagiri, Lamjung Himal, and so on. The turquoise glacier lake - Kapuche is the major attraction of the trekking journey to Khapuche. Likewise, you will stroll through the green lush woodlands of rhododendrons, terrace lands, stunning green topography, diverse species of animals and birds, wild honey bees, and so on. Similarly, if you are lucky enough, you will see avalanches towards the lake from Annapurna and other high mountains. The sounds and visuals of snow and ice falling on the lake are another unforgettable view of the lake site.

The Sikles Kapuche Lake trekking is a newly discovered yet emerging [trekking destination in Nepal](#) among national and foreign travelers. The trail is less crowded and remote in comparison to other trekking trails in the Annapurna region of Nepal. During the trial, you will explore villages like Sikles and Hugu, which itself is an allure for understanding the local Gurung cultures, traditions, norms, and lifestyles.

The lake Kaphuche is comprised of three words with different meanings. Here, 'Ka' means "Snow or ice", 'Phu' means 'melting and sliding down', and 'Che' means 'settling or landing on the flat land'. Overall, Kaphuche means 'lake formed by melting snow sliding down and settling on the flat land to form a lake':

Planning the Kapuche Trek:

A trip to Kapuche Lake, an off-the-beaten-path experience in Nepal, requires many critical procedures to guarantee a fun and safe expedition. To begin, a thorough study of the journey is required, as information may be sparse when compared to more popular routes. Obtain the appropriate permissions and plan an itinerary according to your tastes and fitness level, with beginning sites such as Beni or Nayapul in mind. The trek's duration can be adjusted, with a usual route taking about 5-7 days.

Hiring a [guide](#) is also recommended if you are visiting alone, as trekking alone is currently prohibited in Nepal. But even if you are traveling in a group, hiring guides can also be helpful especially if you're unfamiliar with the area. This can enhance your experience and porters are available to carry your gear (Optional). Pack appropriately, including hiking necessities such as sturdy footwear, warm clothes, rain gear, and a backpack.

Don't forget to respect local cultures and the environment by hiking responsibly, properly disposing of waste, reducing single-use plastics, and according to the Leave No Trace guidelines. Although Kapuche Lake is not at high heights, appropriate acclimatization is essential. Ascend slowly and watch for indications of altitude sickness.

Above all, experience the breathtaking splendor of the Himalayas and the tranquil vistas that are unveiled on this less-traveled route to Kapuche Lake. Capture the spirit of the trip while immersing yourself in the local culture for an unforgettable experience.

Best time to do Kapuche Lake Trek:

The best time to visit Kapuche Lake in Nepal is during the lovely seasons of spring (March to May) and autumn (September to November). These times of year provide the best weather conditions for a trip to this peaceful location. The weather in spring is gentle and welcoming, with warm days and delightfully chilly nights. The environment comes to life, with blooming rhododendron woods and a plethora of wildflowers that create a stunning backdrop for your journey. This time of year usually means beautiful skies and unrestricted views of the neighboring Himalayan peaks.

Similarly, fall brings about consistent weather conditions, with pleasant temperatures during the day and cool evenings. The monsoon rains have purified the air, resulting in unusually clear mountain vistas and great hiking conditions.

Monsoon (June to August) and winter (December to February) seasons are not recommended since monsoon brings heavy rain, muddy paths, and blocked mountain vistas, while winter brings low temperatures, snowfall, and likely closures of teahouses and routes.

Food and Accommodations:

Accommodations and dining options along the Kapuche Lake trek in Nepal offer a straightforward yet functional experience tailored to the needs of trekkers. The primary lodging choices include teahouses, guesthouses, and lodges, each offering simplicity and practicality. Teahouses typically provide modest twin-bedded rooms with clean bedding, though bathroom facilities are often shared among trekkers.

Hot showers may be accessible for an additional fee. In contrast, lodges and guesthouses offer a step up in comfort, presenting private rooms, some with attached bathrooms, granting greater privacy and convenience. However, luxuries such as Wi-Fi and room heating can be scarce, particularly at higher altitudes. Electricity may be limited, and there could be additional charges for charging electronic devices.

In terms of cuisine, these restaurants provide a broad menu that caters to a variety of preferences, including Nepali, Tibetan, and foreign foods. Traditional Nepali foods such as dal bhat, momo, and Thukpa can be enjoyed, as can Western-style meals like spaghetti and pizza, but costs may be higher. To preserve health and safety requirements, avoid eating raw vegetables and salads in favor of prepared and heated meals. Trekkers may usually find clean drinking water, however bringing a water filtration technique is a good idea.

It is always advisable to consult your guide for food recommendations for a more healthy and hygienic option.

Transportation:

The Kapuche Lake Trek often begins at Kande. If you want to fly to Pokhara, you can take a domestic airplane (30 minutes) or a tourist bus/private car to Pokhara (approximately 6-8 hours) and then go overland to Kande to begin your trek. We will either remain in a hotel in Pokhara for the night or begin our adventure if we arrive early. To go to Kande, we will hire a private car (shared jeep) or a local bus. The journey may take many hours, depending on road

conditions and the starting place you select.

Our trek to Kapuche Lake begins from there. The walking routes are well-marked, and you'll follow them through stunning scenery, villages, and woods until you reach the base camp.

Necessary Permits & TIMS for Kapuche Lake Trekking:

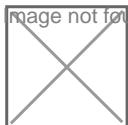
Kapuche Lake trek requires obtaining specific permits, including the Annapurna Conservation Area Permit ([ACAP](#)) and the Trekkers' Information Management System ([TIMS](#)) card. These permits are essential for regulating trekking activities and supporting conservation efforts in the region.

1. Annapurna Conservation Area Permit (ACAP):

To visit the Annapurna area you must get an Annapurna Conservation Area Permit (ACAP). This protected area, noted for its breathtaking natural beauty, varied landscapes, and rich cultural history, is one of the most well-liked hiking areas in the nation.

Cost: Nrs 3000 per person

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2. Trekker's Information Management System(TIMS):

For hikers in Nepal, the TIMS (Trekker's Information Management System) card is a necessary piece of identification. It was put into place to improve trekkers' safety and security while also assisting authorities in keeping track of travelers in various hiking locations.

Cost: Nrs 3000 per person for non [SAARC tourists](#) and Nrs 1000 for SAARC trekkers.

(All the necessary permits are included in this package)

Necessary documents for Permits:

- An original passport and current visa(valid for at least six months)
- One printed passport-sized photograph (required for an ACAP permit)
- Travel insurance papers (includes helicopter evacuation of up to 6000m)



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PRICE INCLUDES

- Airport pickup and drop service.
- Hotel in Kathmandu 3-Night [Hotel Chhimeki](#).
- All food and accommodation during the trek.
- Transportation costs: Comfortable Drive from Hotel to trek start and ends.
- English-speaking trekking guide and his insurance.
- Trekking permits: Annapurna conservation area fees & TIMS.
- First aid medical box.
- T-shirt, Duffel Bag, and Trekking Map.
- Rescue Management Service.
- All Tax 13% VAT+10% Service charge).
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks.
- Visa fee to enter Nepal.
- International flight tickets and extra baggage charges.
- Extra night accommodation and meal costs in
- Kathmandu due to any change in the scheduled itinerary.
- Porter (1 porter for 2 trekkers with a max load of 17 to 20kg).
- Travel insurance/ Rescue operation costs.
- All personal expenses (laundry, electronic device. charging cost).
- All required trekking gear like sleeping bags and down jackets made available for rent.
- Tip for guide and porters.
- Hot and cold Shower.

ITINERARY IN DETAIL

Day 1: Kathmandu to Pokhara Drive

Your journey begins with a transfer from Kathmandu to Pokhara, either by tourist bus, private car, or flight, depending on your preference and itinerary. Enjoy the scenic drive or flight, soaking in the breathtaking views of the Nepalese landscape as you make your way to Pokhara, the gateway to the Annapurna region.

Day 2: Pokhara to Sikles village: 3 hours (by road driving)

From Pokhara, embark on a picturesque journey to Sikles village. The drive takes you through winding roads and lush valleys, offering glimpses of traditional Nepalese villages and terraced farmland. Sikles village, situated at the foothills of the Annapurna range, is renowned for its rich Gurung culture and stunning mountain vistas.

Day 3: Sikles to Hugu village: 5 to 6 hours (by hiking)

Continue your trek from Sikles to Hugu village, following ancient trails and terraced fields. The trek offers stunning views of the surrounding mountains and valleys as you ascend towards Hugu village, a quaint settlement nestled amidst the Himalayan wilderness.

Day 4: Hugu to Kapuche lake: 2 to 3 hours (by hiking)

Today's trek takes you from Hugu village to the mesmerizing Kapuche Lake, a hidden gem nestled amidst the rugged Himalayan landscape. The trail winds through dense forests and alpine meadows, offering glimpses of wildlife and pristine natural beauty. Kapuche Lake, with its crystal-clear waters and serene surroundings, is the perfect place to unwind and immerse yourself in nature's tranquility.

Day 5: Kapuche lake to Sikles village: 3 to 4 hours (by trekking)

After spending a peaceful night by the shores of Kapuche Lake, trek back to Sikles village, retracing your steps through the picturesque Himalayan landscape. Take in the breathtaking views one last time as you bid farewell to the tranquil surroundings of Kapuche Lake.

Day 6: Sikles village to Pokhara: 3 hours (by road driving)

Conclude your trek with a return journey from Sikles village to Pokhara. Depending on your preference and itinerary, you can opt for local transportation or a private car back to Pokhara. Reflect on your adventure as you journey back to Pokhara, cherishing the memories of your unforgettable experience in the heart of the Annapurna region.

FAQ

1. What makes Kapuche Lake unique?

Kapuche Lake, at 2,546m, is considered the lowest glacial lake in the world. It remains cold year-round, with occasional floating icebergs from the surrounding Annapurna glaciers.

2. How do I reach Kapuche Lake?

The trek usually starts from Pokhara, leading through Sikles village, one of the biggest Gurung settlements in Nepal. The route offers stunning views of Annapurna II, Lamjung Himal, and Machhapuchhre.

3. Is this trek suitable for beginners?

Yes! The Kapuche Lake Trek is short and relatively easy, making it ideal for beginners and families. It offers a great adventure with stunning landscapes without extreme high-altitude challenges.

4. Are there teahouses or camping required?

Basic teahouses are available in Sikles and nearby villages, but camping may be required closer to the lake, depending on the season and weather conditions.

5. What is the best time to visit Kapuche Lake?

The best seasons are spring (March-May) and autumn (September-November) when the weather is stable, and the lake is crystal clear. Winter (December-February) offers a chance to see a frozen lake with snow-covered surroundings.