



Marvel Treks & Expedition Pvt. Ltd.

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Kapuche Lake Trek

Explore Traditional Mountain Culture and Stunning Alpine Scenery

Duration: 4 Days

Max Altitude: 3200 m (Kapuche Lake)

Trek Grade: Easy

Start / End: Pokhara

Accommodation: Hotel in Kathmandu | Guest House during trek

Best Season: March-May | September-November

Group Type: Private or Group Joining



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Overview

The **Kapuche Lake Trek** is a peaceful and culturally rich journey into the heart of the Annapurna region, leading to one of Nepal's most beautiful and accessible glacial lakes. Passing through traditional Gurung villages, lush forests, and quiet alpine landscapes, the trek offers an intimate connection with nature and local life. The highlight is **Kapuche Lake**, a pristine turquoise lake set beneath towering peaks, where the silence, reflections, and surrounding mountains create a deeply emotional and unforgettable Himalayan experience. This short trek is perfect for travelers seeking natural beauty, culture, and tranquility away from crowded trails.

Trip Highlights

- Kapuche Lake (3,200 m) offers a crystal-clear turquoise glacial lake surrounded by dramatic Himalayan peaks.
- Traditional Gurung villages provide a warm cultural experience through local lifestyle, architecture, and hospitality.
- Spectacular mountain views include Annapurna II and Lamjung Himal rising above peaceful landscapes.
- Less-crowded trails allow a quiet and relaxing trekking experience away from busy routes.
- Short and scenic itinerary makes this trek ideal for beginners and travelers with limited time.
- Diverse natural scenery features forests, alpine pastures, and pristine mountain environments.

Itinerary

Day 1: Pokhara → Sikles (Drive | 2–3 hours | 1,600 m)

Drive from Pokhara to the beautiful Gurung village of Sikles, passing through scenic hills, terraced farmland, and river valleys. Upon arrival, explore the traditional village, enjoy mountain views, and stay overnight in a local lodge or homestay.

Day 2: Sikles → Hugu (Huwu) (Trek | 4–5 hours | 2,050 m)

Begin the trek from Sikles, following a gradual trail through forests and pasturelands with views of Annapurna II and Lamjung Himal. Walk through peaceful landscapes and traditional herding areas before reaching Hugu village, where you stay overnight.



Day 3: Hugu → Kapuche Lake → Sikles (Trek | 6–7 hours | 3,200 m / 1,600 m)

An early morning hike takes you to Kapuche Lake, one of the lowest-altitude glacial lakes in Nepal, surrounded by towering Himalayan peaks. After spending time at the lake and enjoying the serene atmosphere, descend back through the same trail to Sikles for overnight stay.

Day 4: Sikles → Pokhara (Drive | 2–3 hours | 827 m)

After breakfast, drive back to Pokhara, enjoying the scenic countryside views. Arrive in Pokhara by afternoon, marking the end of the Kapuche Lake Trek.

All You Need to Know

1. Visa Process

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.
- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.
- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

4. Transportation



Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

Fees vary by nationality and trekking region.

6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.



- Cash is essential for trekking regions.

9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities.

Mobile network coverage is good in cities and popular trekking routes.

Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.

Remove shoes before entering temples and homes.

Respect local traditions and festivals.

Ask permission before taking photos of people.

11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.

Respect wildlife and natural environments.

Support local communities by using local guides, porters, and accommodations.

Follow “Leave No Trace” principles during treks.

Important Information

- This trek requires a good level of physical fitness, as it involves long walking days, uneven terrain, and gradual ascent at higher altitudes. Participants are strongly advised to prepare in advance through regular exercise, endurance training, and hiking practice.
- Altitude-related illnesses such as Acute Mountain Sickness (AMS) can occur above 2,500 m. All itineraries are designed with proper acclimatization days to minimize risk; however, individuals must follow the guide’s instructions and report any symptoms immediately. If symptoms worsen, descending to a lower altitude is mandatory for safety.
- Weather conditions in the Himalayas are unpredictable and can change rapidly, particularly during monsoon and winter seasons. Trekking schedules may be adjusted due to weather, trail conditions, or safety considerations.
- Luggage limits are strictly enforced, typically allowing 10–12 kg of personal baggage per trekker. Excess luggage can be carried by porters or arranged separately at an additional cost.



- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, and helicopter evacuation is mandatory. Proof of insurance must be provided before the trek begins.



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