

Sikles–Kapuche Lake Trek: Off-the-Beaten-Path Himalayan Adventure

Overview:

The Sikles Kapuche Lake Trek is a short yet rewarding trekking adventure in Nepal that combines breathtaking Himalayan scenery, authentic Gurung culture, and the unique beauty of Kapuche Lake (2,546 m), widely recognized as the world's lowest glacial lake. Located in the Annapurna region, this off-the-beaten-path trek offers a peaceful alternative to Nepal's more popular trekking routes while showcasing spectacular mountain landscapes and traditional village life.

Beginning from Pokhara, the trail leads through the picturesque Gurung village of Sikles, one of the largest and most culturally rich settlements in the Annapurna region. Along the way, trekkers pass through terraced farmlands, rhododendron and oak forests, alpine meadows, and tranquil river valleys while experiencing the warm hospitality and traditional lifestyle of the local communities. The route provides magnificent views of Machhapuchhre (Fishtail), Annapurna II, Annapurna IV, Lamjung Himal, and other surrounding Himalayan peaks.

The highlight of the trek is reaching the pristine turquoise waters of Kapuche Lake, nestled beneath towering cliffs and snow-covered mountains. Fed by glaciers from the Annapurna range, the lake offers a breathtaking setting surrounded by dramatic alpine scenery, making it one of the most photogenic destinations in the region. The peaceful environment and untouched natural beauty provide an unforgettable experience for nature lovers and photographers alike.

Ideal for trekkers seeking a short Himalayan adventure, the Sikles Kapuche Lake Trek offers moderate walking days, comfortable teahouse accommodation, and rewarding mountain views without reaching extreme altitudes. Combining spectacular landscapes, rich cultural heritage, and one of Nepal's most unique glacial lakes, this trek is a perfect choice for travelers looking to experience the hidden beauty of the Annapurna region in a relatively short period.

Quick facts:

Cost: USD per Person

Destinations: Kathmandu / Pokhara / Sikles / Hugo Goth / Kapuche Lake / Nayapul

Duration: 9 Days

Trek starting point: Sikles

Trek ending point: Nayapul

Grade: Easy to Moderate

Transportation: tourist coach / local jeep / private vehicle

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 2,546 m

Activities: Hiking & trekking, cultural tour, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▮ **Day 1: Arrival at Kathmandu**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight stay at a hotel.

▮ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight stay at a hotel.

▮ **Day 3: Drive from Kathmandu to Pokhara (820 m) | 7 – 8 hours drive**

We will begin our Sikles Kapuche Lake Trek with a scenic drive from Kathmandu to Pokhara, following the picturesque Prithvi Highway through the heart of central Nepal. The journey takes us alongside the Trishuli and Marsyangdi Rivers, passing through terraced hillsides, lush forests, charming rural villages, and vibrant local towns, offering a wonderful introduction to Nepal's diverse landscapes.

As we travel towards Pokhara, we will enjoy beautiful views of rolling green hills, fertile river valleys, and glimpses of the Himalayan foothills. Upon arriving in Pokhara (820 m), the gateway to the Annapurna region, we will transfer to the hotel and have time to relax while making final preparations for the trekking adventure ahead. Overnight stay at a hotel.

▮ **Day 4: Drive to Sikles (1,980 m) and Trek to Hugu Goth (2,020 m)**

After breakfast in Pokhara, we will begin a scenic drive to Sikles, one of the largest traditional Gurung villages in the Annapurna region. The journey follows winding mountain roads through terraced farmlands, lush hillsides, rivers, and charming rural settlements, offering beautiful views of the surrounding landscapes. Upon reaching Sikles (1,980 m), we will have a short break before starting our trek towards Hugu Goth.

The trail gradually ascends through peaceful forests of oak and rhododendron, crossing small streams and open grazing areas while offering impressive views of Machhapuchhre (Fishtail), Annapurna II, Annapurna IV, and Lamjung Himal. As we continue through the tranquil Himalayan landscape, we will experience the untouched beauty and peaceful atmosphere of this less-traveled trekking route.

After approximately 3–4 hours of trekking, we will arrive at Hugu Goth (2,020 m), a traditional seasonal grazing settlement surrounded by forests and mountain scenery. Overnight at a teahouse lodge.

▮ **Day 5: Trek to Kapuche Lake (2,546 m) and Return to Hugu: Walking Distance | 10 – 12 km: 6 – 7 hours**

We will begin our day with an exciting trek to the spectacular Kapuche Lake (2,546 m), the main highlight of the Sikles Kapuche Lake Trek. The trail leads us through peaceful forests of rhododendron and oak, crossing small streams and passing through beautiful alpine landscapes. Along the way, we will enjoy stunning views of Machhapuchhre (Fishtail), Annapurna II, Annapurna IV, and Lamjung Himal.

Upon reaching Kapuche Lake, we will be rewarded with the breathtaking sight of its turquoise waters surrounded by dramatic cliffs, glaciers, and pristine Himalayan scenery. Known as one of the lowest-altitude glacial lakes in the world, Kapuche Lake offers a peaceful and unforgettable setting where we can relax, capture photographs, and appreciate the untouched beauty of the Annapurna region.

After spending time at the lake, we will retrace our trail back towards Hugu Goth, enjoying the changing views of forests, valleys, and mountain landscapes along the way. After approximately 6–7 hours of trekking, we will return to Hugu Goth (2,020 m), where we will spend the night at a teahouse lodge.

▮ **Day 6: Trek back to Sikles village (1,980m): Walking Distance: 7 – 8 km: 3 – 4 hours**

Leaving the peaceful surroundings of Hugu Goth, we will retrace our trail back to the beautiful Gurung village of Sikles. The route descends gently through lush forests of oak and rhododendron, crossing small streams and open grazing meadows while offering beautiful views of Machhapuchhre (Fishtail), Annapurna II, Annapurna IV, and Lamjung Himal.

As we approach Sikles, the landscape gradually changes to terraced farmlands and traditional mountain settlements, providing an opportunity to observe the daily lifestyle and rich cultural heritage of the Gurung community. Upon arrival, we will have time to explore the village, stroll through its stone-paved streets, and enjoy the warm hospitality of the local people.

After approximately 3–4 hours of trekking, we will arrive at Sikles Village (1,980 m), where we will spend the night at a teahouse lodge.

▣ **Day 7: Trek to Nayapul (1,070m) and Drive to Pokhara: Walking distance | 10 - 12 km | 4 – 5 hours | 1 - 2 hour drive**

After breakfast in Sikles, we will begin our final day on the trail, descending through peaceful forests, terraced farmlands, and traditional villages towards Nayapul. The route offers beautiful views of the surrounding hills, river valleys, and the Annapurna foothills, providing a memorable conclusion to our trekking adventure. Along the way, we will pass local settlements where we can observe the daily lifestyle and agricultural traditions of the mountain communities.

Upon reaching Nayapul (1,070 m), we will complete our trek and board our vehicle for the scenic drive back to Pokhara. The journey follows winding roads through the countryside before arriving in the vibrant lakeside city. After checking in at the hotel, the remainder of the day is free to relax or explore the beautiful lakeside area of Pokhara. Overnight stay at a hotel.

▣ **Day 8: Drive from Pokhara to Kathmandu (1,400 m): 7 – 8 hours**

After breakfast in Pokhara, we will begin our scenic drive back to Kathmandu, following the picturesque Prithvi Highway through the beautiful landscapes of central Nepal. The journey takes us alongside the Marsyangdi and Trishuli Rivers, passing through terraced hillsides, green valleys, rural settlements, and winding mountain roads.

As we gradually leave the Annapurna region behind, we will enjoy the final views of Nepal's countryside and observe the daily lifestyle of local communities along the way. Depending on traffic and road conditions, the drive takes approximately 7–8 hours before arriving in Kathmandu (1,400 m). Upon arrival, we will transfer to the hotel and conclude our memorable Sikles Kapuche Lake Trek. Overnight stay at a hotel.

▣ **Day 9: Farewell and Final Departures**

Today marks the end of our memorable Sikles Kapuche Lake Trek in the beautiful Annapurna region of Nepal. Depending on your flight schedule, we will arrange a timely transfer to Tribhuvan International Airport for your final departure. Our team will assist you with the airport transfer and ensure a smooth and comfortable conclusion to your Himalayan journey. As we say goodbye, we hope the breathtaking mountain views, pristine beauty of Kapuche Lake, traditional Gurung villages, and warm hospitality experienced throughout the trek have created unforgettable memories. We sincerely thank you for choosing to travel with us and look forward to welcoming you back to Nepal for another unforgettable adventure in the Himalayas.

Alternative: YOU CAN ALSO TAKE A DOMESTIC FLIGHT FROM POKHARA TO KATHMANDU. THE DURATION OF THE FLIGHT IS ABOUT 30 MINUTES. ONE-WAY FLIGHT COSTS AROUND 125 USD PER PERSON. WE CAN MAKE A FLIGHT RESERVATION FOR YOU. PLEASE LET US KNOW.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☐ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☐ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☐ Domestic flight
- ☐ Personal interest items or gears
- ☐ Tips to guide / driver / porter
- ☐ Lunch and dinner in Kathmandu and Pokhara
- ☐ Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ☐ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☐ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.