Sikles and Kapuche Lake Trek: a Great Gurung Village and a Glacier Lake

Before you go · last checked on 30 October 2026

At a glance

Days	6 days, Pokhara to Pokhara
Highest point	2,500 m (Kapuche Lake)
Grade	Moderate
Starts	Pokhara
Ends	Pokhara
Best season	Spring and Autumn
Sleeping	Village lodges and homestays

Is this walk for you?

It suits you if:

- You want a quiet trek close to Pokhara.
- You like village life and homestays.
- You can walk 5 to 6 hours on rough trail.
- You want something different from Poon Hill.

Think twice if:

- You want comfortable lodges.
- You want sweeping views every day: much of the way is in forest.
- You do not like rough jeep roads.

The honest downsides

- A rough jeep road to Sikles, slow after rain.
- Simple lodges and homestays; few above Sikles.
- The trail to the lake is rough, and parts can be lost after landslides.
- The mountains are often in cloud after mid-morning.

When to walk it

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Good	Good	Best	Best	Good	Wet	Wet	Wet	Wet	Best	Best	Good

In the monsoon the road and the trail are often blocked; in winter it is cold but clear.

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Conditions change. Latest version: https://rujans.com/trekking/adventure-treks/sikles-kapuche-lake-trek/

Permits and papers

The Annapurna Conservation Area permit is needed, at the official price. I arrange it with you before we leave Pokhara. Carry your passport and two photos.

- [ ] Passport, valid for at least six months, and a copy
- [ ] Your Nepal visa
- [ ] Passport photos for the permits
- [ ] Travel insurance that covers trekking at this altitude and helicopter rescue

For your budget

My guide fee for this walk is about $ 35 a day, the same for 1 to 5 people.

A porter, if you hire one: about the same as a guide's day rate. Permits, transport, rooms and meals are paid separately, at cost.

What	Paid to	About	Note
Guide (me)	Rujan Neupane	My day rate × 6 days	One rate for 1 to 5 people
Annapurna Conservation Area permit	The conservation area (ACAP)	Official price	Paid at cost
Jeep Pokhara–Sikles and back	The jeep owners	Agreed before the trek	Paid at cost
Porter, if you want one	The porter	His day rate	Paid to him
Lodges, homestays and meals	Families on the trail	What they charge	You pay them directly; I never add anything

What to pack

MODERATE GRADE PACKING LIST

For multi-day mountain treks reaching up to about 5,500 m with gradual elevation gain.

General

- [ ] Daypack: 30L–35L capacity
- [ ] Duffel bag: 60L–70L waterproof duffel bag
- [ ] Sleeping bag: 3-Season bag rated to 0°C / -5°C
- [ ] Trekking poles: Adjustable aluminum/carbon poles
- [ ] Headlamp: 200+ lumen headlamp with extra batteries
- [ ] Hydration: 2x 1L water bottles or hydration bladder
- [ ] Water treatment: Purification tablets or portable filter

Head & Face

- [ ] Sun hat & Warm beanie: Both sun cap and fleece beanie
- [ ] Sunglasses: UV400 protective sunglasses
- [ ] Buff / Scarf: Neck gaiter for wind and dust protection
- [ ] Sunscreen & Lip balm: SPF 50+ sunscreen and SPF lip balm

Upper Body

- [ ] Base layers: 2–3x Long-sleeve thermal/merino tops
- [ ] Mid-layer: Fleece jacket or lightweight synthetic down

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- [ ] Down jacket: Medium-weight down jacket
- [ ] Outer shell: Waterproof/windproof hard shell jacket

Hand & Lower Body

- [ ] Gloves: Lightweight windproof fleece gloves
- [ ] Base layer bottoms: 1x Thermal tights
- [ ] Trekking pants: 2x Quick-dry softshell trekking pants
- [ ] Shell pants: Lightweight waterproof overpants

Footwear

- [ ] Footwear: Mid-cut waterproof trekking boots (broken-in)
- [ ] Camp shoes: Light sandals or trail sneakers
- [ ] Socks: 4x Merino wool trekking socks

Backpack, Electronics & Care

- [ ] Gear org: Rain cover and waterproof dry bags
- [ ] Docs & Cash: Permits, insurance, & local cash
- [ ] Electronics: Phone, camera, & 10,000–20,000 mAh power bank
- [ ] Toiletries: Travel kit, quick-dry towel, & sanitizing wipes
- [ ] Medical: First-aid kit, blister plasters, & altitude consult meds

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