



Himalayan Adventure Treks & Tours

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Kapuche Lake & Kori Danda Trek :- 13 Days - USD 2100 Per Person

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Highlights

- *Explore the breathtaking Kapuche Lake, considered the lowest glacier lake in Nepal.*
- *Trek through diverse landscapes, including lush forests, terraced fields, meadows, and rhododendron forests.*
- *Witness the beautiful vistas of the Annapurna, Manaslu, and Himlung ranges.*
- *Explore the trail between the Annapurna and Manaslu trekking regions.*
- *Trek across the pristine trail to Kapuche Lake and Kori Danda.*
- *Enjoy the ethnic Gurung culture and traditions.*
- *Visit traditional villages such as Sikles and Hugu to learn about the regional culture and way of life.*

Overview

Kapuche Lake and Kori Danda Trek is a beautiful trip in central Nepal, a serene trail that has earned great fame recently. The trek explores the hillside region between the Annapurna and Manaslu Himal ranges. As such, the glorious Kapuche Lake and the trail to Kori Danda offer a unique trekking experience. Kapuche Lake is the lowest glacier lake in the world, with an altitude of 2,546 m. Moreover, this camping trek also allows you to soak in the raw beauty of nature in the Annapurna region. Overall, the Kapuche to Kori Trek is a mix of thrilling trekking trails and ethnic culture. Firstly, the trip includes a short tour around the Kathmandu Valley to some world heritage sites. Pashupatinath, Boudhanath, Swayambhunath, and Kathmandu Durbar Square are popular sites for the day. Then, a drive across the hillside highway connects Kathmandu to Pokhara. Next, another drive takes you to Sikles, which is the trailhead of the trek. This Gurung village is famous for offering a taste of Gurung culture and lifestyle. Then, the trek heads to Hugu Goth and continues to Kapuche Glacier Lake. As the trek heads to the next famous destination, you trek to Nohtha (Nho-ta). Later, the trail stretches...

Itinerary

Outline Itinerary:

Day 01: Arrival at Kathmandu Airport.

Day 02: Full-day Kathmandu Valley City Sightseeing. (B)

Day 03: Drive from Kathmandu to Pokhara (915 m) in 6-7 hours. (B)

Day 04: Drive from Pokhara to Sikles and explore Gurung Village (1981 m) 4-5 hours. (B/L/D)

Day 05: Trek from Sikles Village to Hugu Goth (2860 m) 5-6 hours. (B/L/D)

Day 06: Trek from Hugu Goth to Kapuche Glacier Lake (3210 m) and Back to Hugu Goth 4-5 hours. (B/L/D)

Day 07: Trek from Hugu Goth to Nho-ta (3050 m) 5-6 hours. (B/L/D)

Day 08: Trek from Nho-ta to Kori Danda (3800 m) 5-6 hours. (B/L/D)

Day 09: Kori Exploration—Thulek (4115 m) 1-2 hours. (B/L/D)

Day 10: Trek from Kori Danda to Sikles (1981 m) 6-7 hours. (B/L/D)

Day 11: Drive from Sikles to Pokhara (915 m) 4-5 hours. (B/L)

Day 12: Drive from Pokhara to Kathmandu 6-7 hours. (B/D)

Day 13: Departure to the Airport. (B)

What's included?

- *Pick up from Airport and Transfer to the hotel.*
- *Three Night 3* hotel in Kathmandu with breakfast.*
- *Two Nights 3* hotel in Pokhara with breakfast.*
- *Lunch Dinner and Breakfast during trekking.*
- *Kathmandu/Pokhara/Kathmandu by tourist bus.*
- *Pokhara/Sikles/Pokhara by Jeep.*
- *Trekking permit (ACAP).*
- *Trekkers' Information Management System (TIMS) Permit.*
- *All necessary paper works.*
- *All accommodations in homestay/tea houses during the treks.*
- *All camping equipment and team members.*
- *An experienced, helpful, and friendly Guide, porters (1 porter for 2 clients).*
- *Kathmandu valley sightseeing tours accompanied by a local guide fluent in the English language.*
- *An arrangement of Travel rescue.*
- *Medical supplies (first aid kit will be available).*
- *All government taxes.*
- *Last night's farewell dinner at an authentic Nepalese restaurant with a cultural performance.*

What's excluded?

- *Nepal Visa fee you may obtain easily at Kathmandu airport.*
- *Entrance fees in Kathmandu & Pokhara.*
- *International airfare to and from Kathmandu.*
- *Extra night Hotel accommodation in Kathmandu and Pokhara because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary.*
- *Travel and rescue insurance.*
- *Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc).*

Equipment

Equipment List for Kapuche Lake and Kori Danda Trek:

Kapuche Lake Trek with Kori Danda Trek addition is easy trekking. To make sure your trip is tension-free, we would like to give you some information on packing your [equipment list for your Kapuche Lake & Kori Danda Trek](#).

Luggage/Duffle bag:

You will require a duffel bag or a backpack for trekking (65–75 L) max, and all our trekking stuff is kept in this duffel bag, which will be carried by our porters. However, Himalayan Adventure also provides the duffel bag if needed.

A day's backpack:

You will need a daypack, and you will be carrying it every day by yourself. We recommend that it be at least 25 liters, and you can carry important documents like a passport and credit card, along with a water bottle, snack bar, and clothing layers (hats, gloves, fleece, sunblock, poles, etc.).

Trekking/Hiking boots:

Kapuche Lake and Kori Danda are easy treks, and it is imperative to have good trekking boots that are waterproof (in case of snow or rain). Make sure it fits your feet and is comfortable while walking. Also, we recommend you bring the Crompton during the winter season in Nepal.

Sport Sandals:

You need to have a pair of sports shoes or sandals to wear while you are in camp or tea houses after the trek.

Sneakers:

Kapuche Lake and Kori Danda are easy treks, so sneakers are not suitable for this trek. You can leave your sneakers in the Kathmandu hotel until you get back.

Sleeping Bag:

You need to have a lightweight sleeping bag that works for minus 15 degrees for the summer season, but during the winter, we recommend minus 20 degrees for the Kapuche Lake and Kori Danda Trek. Himalayan Adventure Treks can provide it if you need it, but it has to be returned after the trek.

Fleece jacket:

You must have at least one decent-quality fleece jacket. Synthetic jackets or pullovers are a wonderful alternative to fleece because they are lighter and more compressible and provide adequate warmth while walking.

Down jacket:

It is necessary to bring a down jacket that is warm enough to keep you warm on the Kapuche Lake and Kori Danda Treks.

Socks:

During the spring and autumn, you will require at least 5 pairs of thick socks, while during the winter and monsoon, you will need at least 7 pairs of socks for the trek.

Lightweight, warm-insulated pants:

You must have at least three pairs of lightweight trekking pants, such as lightweight adventure thermal bottoms, nylon hiking shorts, softshell and hardshell trekking pants, Water/windproof trousers, and casual pants, so we can use them according to the weather.

Short-sleeved shirts:

You need to have three ice-breaker merino wool shirts to keep you warm from the cold or synthetic shirts, and if you are not allergic to wool products, merino wool is ideal for Kapuche Lake and Kori Danda Trek; Himalayan Adventure also provides a company T-shirt as a souvenir.

Long-sleeved shirts:

You need to have at least three long-sleeved shirts.

Underwear:

You will need a couple of pairs of underwear, which can be as many as you need because there are no washing facilities on this trek every day, so we strongly advise you to bring enough underwear.

Waterproof jacket:

You need at least one waterproof jacket for the rain, snow, and wind, and waterproof pants may also be

an option.

Head and face gear:

A sun hat or cap throughout the day, a woolen hat in the morning and evening, and polarized sunglasses are required.

Hand gear:

You need warm gloves.

Traveling supplies:

Adapter Plug for Charging the Camera and Mobile, Camera belt, Passport belt (nice to have), Swiss army knife (option), Flashlight, Headlamp, Water bottle, Extra camera battery, Hand sanitizer, Alarm clock, Hiking poles (optional), and Binoculars (optional).

Toiletries:

Razor, razor blades, shaving cream, aftershave toothbrush, toothpaste, dental floss, sunscreen, toilet paper, small towel, and period pads (for women).

Medication:

First Aid Medical Kit box (can be purchased in Thamel, Kathmandu), Altitude Medicines (Diamox), Tylenol, aspirin, ibuprofen, Anti-diarrheic, Powerful antibiotics, and Nasal Spray or Drops.

Trip Notes

Physical Fitness:

Many people have questions as to what level of physical fitness is required for trekking in Nepal, and that is very dependent on what activity the visitor is engaging in; it may be a standard easy trek to an extremely hard level of trekking. The daily activity (trek) would be 5–6 hours (depending on the trekking trail), and elevation will generally not exceed 5,600 meters, like [Everest Base Camp](#), Throng La Passes, Chola Pass Treks, and other [passes](#) or Base Camp, but some of them are less than 4000 m.

The trekking day involves both long, steep climbs and descents with a variety of terrain underfoot, from well-trodden paths to rocks covered with ice or snow, depending on the season. Mostly, a day would include several climbs or descents of 600 meters more or less, starting after the early morning breakfast, resting at a lunch place in the afternoon, and then continuous trekking until arriving at the teahouse.

In preparation for [trekking in Nepal](#), it is important to begin with the basic training requirements at

least two months before departing. Two to three hours of aerobic exercise like running, walking, swimming, cycling, and some gym work per week is the minimum, and most will find it beneficial to add some basic strength training to their physical fitness routine required for hard trekking. For a normal and easy trek, just some physical training is enough.

One of the best ways to prepare is to take practice hikes with a daypack roughly the same weight as what you will be taking during the trek. Your calf should be fit enough to prepare for trekking. Mostly during the trekking, calf pain or tiredness is the main issue. Do this only after a baseline of fitness has been reached. Moving fast is not our goal, but it will provide a more enjoyable and safe adventure in trekking in Nepal for all levels, easy and hard.

Trekking Seasons in Nepal:

(September, October, and November) being the most popular season, which is also known as the peak season in Nepal, and spring (March, April, and May) coming in close behind, which is also known as the mini-season in Nepal. The summer months of June, July, and August are the monsoon season, and most of the time it rains; as such, the trails are mostly washed out and roads can sometimes be impassable.

Nevertheless, you can trek to rain-shadow regions like Upper Dolpo and [Upper Mustang](#) during the monsoon seasons. Nepal is a suitable destination for all seasons.

Winter is very dry and extremely cold, and all the high passes become inaccessible due to ice and snow conditions. The temperature does not usually fluctuate during the day, and the temperature can drop to around 0 to -25 degrees at night when staying at tented camps in the Himalayan regions. Winter treks in higher altitudes are not recommended due to the danger of avalanches and altitude sickness, though some may enjoy the sight of the snow-covered mountains as they reach their destination.

However, the temperature does not vary as much in lower mountain regions, with nights being slightly colder than days. Autumn and spring are the best seasons for trekking in Nepal because the weather is generally warm and dry and flowers are in bloom in the country's lower elevations. At the same time, you can see the many festivals.

Trekking Day:

A typical trekking day begins with an early morning breakfast around 7 a.m. in the hotel (depending on the trekking region). We would advise you to pack your trekking gear in a duffle bag and essential supplies in your day pack. After having breakfast, we begin the trek and head along the trail at around 8 a.m. The morning walk is more energetic and longer as we begin with refreshed bodies and enthusiasm.

After a good morning's walk, we make a stop for lunch at around 11 or 12 p.m. The lunch involves group meals while enjoying the vicinity around the stop and the organic and local food in the mountain. After resting for about an hour or two, we resume our trek to reach the teahouse or camp by 2–3 p.m. The afternoon walk is relatively shorter and can involve games and side trips as organized by the experienced trekking guides.

You can also enjoy breaks during the trek to relax, read, stroll around the area, or do yoga. You can explore with the local people and observe their lifestyle and culture. Dinner is served around 7-8 in the evening to round off the day.

Meals and Accommodations:

During the trekking season, the accommodation is commonly referred to as teahouses, which are family-run basic lodges that serve as a restaurant, dining hall, and boarding house for tourists. The rooms now have one light bulb and one or two outlets for charging electronics, and the common areas are also lit by electricity. Alternatively, teahouses may use solar, hydroelectric, or have electrical lines coming into the village, so the commonality and availability of electricity may vary; though, electricity service is not available on some of the hiking routes; instead, use the local traditional kerosene light.

Most teahouses have private rooms, but if the trek is in a more remote or high-altitude location, there are limited teahouses, so season-time housing is the norm. Most rooms have two single beds with basic bedding, and the bathroom is shared, though some places have private bathrooms with a mix of Western and squat-style toilets.

Breakfast and dinner are served at the same teahouses, and these lodges have large family-style dining rooms centered on a stove or coal to provide heat in mountain areas. The majority of the area's menu will have Nepali-style Western foods such as pancakes, pizza, burgers, fries, and so on. Also on the menu is the traditional Nepali food Dal Bhat meal, which is a lentil soup with rice, vegetables, pickles, or meat curry. Most menus will also offer a smattering of local cuisine.

Internal Flight Delays:

Nepal is an incredible and beautiful country mixed with the White Mountains, deep valleys, landscapes, rivers, and green rolling hills. With this incredible diversity of landscapes, road travel can be extremely time-consuming, so flights within Nepal to reach popular trekking destinations are the easiest way.

Not all trekking destinations have flight service, so road transportation is the only option there. Mountainous terrain also comes with the possibility of in-climate weather. It mentions that the incredibly high number of visitors during peak seasons makes internal flight delays a very real possibility. To manage this situation, it may be helpful to have a few extra days on either end of your tour. If any cancellations or flight delays do occur (high chances of flight delays from around Kathmandu to Lukla, [Everest region](#), Pokhara to Jomsom, Annapurna region), we also provide services to arrange a helicopter on the last stage to help you be on schedule on the premises of the Civil Aviation Rules in Nepal, which state that helicopters can fly if the visibility is 1500 m. The cost ranges from USD400 to USD650, according to the number of passengers. The payment can be made either to the helicopter company or to us directly and can be made either by cash or using a credit card.

It will be very helpful to purchase and review your insurance, as some of the alternative measures for travel may be covered by the insurance companies. Flight insurance may cover changing your international flight if it is necessary.

Travel Insurance:

Most expeditions, adventurous trekking, and tours require travel insurance, which is purchased before arriving in Nepal, but other normal treks and tours may not require it. However, travel insurance is worth consideration.

Though every safeguard is in place during your vacation, there are always extenuating circumstances that may result in an accident during trekking and tours. Read carefully the printouts of insurance policies to ensure that trekking or any other activity you are engaging in is covered or not, as some policies have stopped covering trekking in certain places.

If you are going above 5000 m or higher, always mention the policies so they cover the chopper service in the last condition. It is very important that, if you have the comfort of good insurance, you do the research and choose carefully, which will make your trip relaxing and joyful.

Nepal Visa Entry Procedure:

In Nepal, there is just one international airport, Tribhuvan International Airport. The Immigration Office, TIA (Tribhuvan International Airport), which is part of the Department of Immigration, has been assisting travelers flying to Nepal by giving visas on arrival.

The 'On Arrival' visa procedure is very quick and simple. October, November, March, and April can expect some queues during peak tourist season, and October is basically the main festival Dashain for Nepalese. You can also get Visa from Nepalese Diplomatic Missions stationed abroad prior to your arrival.

Visas are obtained via Nepalese diplomatic missions, and you must enter Nepal within six months of the day the visa was issued, with your total stay beginning on the day you enter Nepal.

Visas obtained on arrival at the entry and exit points are 'Tourist Visas'. They bear multiple re-entry facilities. A tourist visa 'On Arrival' is the only entry visa to Nepal. If you are visiting Nepal for purposes other than tourism (sightseeing, touring, travel, mountaineering, trekking, visiting friends and families), you should still get a 'Tourist Visa' to get into the country. However, you must change the category of visa as per your purpose and length of stay in Nepal with the Department of Immigration by producing the required documents.

Please click the below link for the online visa form.

<http://online.nepalimmigration.gov.np/tourist-visa>

The following visa rules apply for tourists:

- 1. For a 15-day Multiple Entry Visa, the visa fee is US \$30 or equivalent in foreign currency.*
- 2. For a 30-day Multiple Entry Visa, the visa fee is US\$40 or equivalent to foreign currency.*
- 3. For a 100-day Multiple Entry Visa, the visa fee is US\$100 or equivalent to foreign currency.*
- 4. According to the immigration regulations, a tourist is allowed to stay in Nepal only for 150 days*

a year. You can extend the visa for another 90 days.

5. US\$ 2 or equivalent Nepalese currency per day for extension.

6. Additional US\$ 25 or equivalent Nepalese currency on visa fee if Multiple Entry facility is required for the extended period

For more details, please visit our [FAQ page](#).

Acute Mountain Sickness (AMS):

Acute Mountain Sickness (AMS) is usually seen in unacclimatized people shortly after ascent to high altitudes. The condition occurs due to the thinning of the air as the altitude increases. The condition, if not taken seriously and treated immediately, can be life-threatening, and its symptoms can be seen generally above 3200 meters.

The symptoms of AMS are nausea, vomiting, tiredness, shortness of breath, and cerebral pain. The itineraries are designed to properly acclimatize you to the change in high-altitude climate, and sufficient precautionary measures are taken to take the utmost caution for our valuable guests.

Our staff is also equipped with cell phones and satellite phones (Option) in the event of any emergency. We are greatly driven to keep the safety and security of our clients our foremost concern.

Drinking-Water:

Clean water is imperative while on holiday. When trekking or vacationing in Nepal, there are few choices for reducing the risk of drinking polluted water. The first consideration is that tap water should not be consumed. That also matters when brushing your teeth in an urban area.

Most will choose to buy bottled water, and if doing so, make sure the cap is sealed properly. Plastic bottle reuse is a big problem, and with that being said, there are other options on the market to assist in making water drinkable. Mountain spring water is drinkable, but if you use the purified tablet,. The conservation area project also sells this tablet to most of the trekking area. Our guide will also assist you in finding out.

Arrival Instruction:

Upon your arrival at Tribhuvan International Airport (TIA) in Kathmandu, Nepal, our company representatives are stationed to welcome you to the country. We request that you carefully look for your and the company's name placards being held by our representatives following the events upon landing.

Our representatives will be responsible for escorting you up to your hotel in Kathmandu. There are many brokers, taxi drivers, and troublemakers offering to carry your luggage and take you to your destination as you exit from the gate. We request that you pay no attention to these people and follow the company representatives and their instructions.

How to Book Your Tour?



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Before booking any tour or trekking, please read all the terms and conditions thoroughly and call or email the company representative with any questions before making any payments.

Begin by filling out a booking form and paying the non-refundable deposit. Fill out the form completely, and if any confusion occurs, contact the company person so as not to disrupt the expediency of the process. The form may be submitted online or by downloading the form and mailing or WhatsApping it to your company representative.

It is very important to understand all aspects of the chosen trip, from what's included and excluded to the level of service, or even what trip may be right for your level of experience and fitness. Take the time to get all the questions answered so that, when booking the trip, it is without trepidation.