

Paragliding

URL: <https://himalaya-discovery.com/trip/paragliding-in-nepal/>

Destination Nepal	Activity Climbing and Expedition	Start / End Point Pokhara / Pokhara
Duration 1 / 2	Max. Altitude 1400m	Best Season Round the Year
Activity Per Day 1 to 2 hours	Group Size 1 - 20	Easy to Moderate

Trip Overview

Nepal forms a rectangle on the southern slopes of the Himalaya and is without exception, the most stunning country imaginable. The main area for paragliding in Nepal is the [Pokhara](#) Valley, commanding views of 3 of the worlds 8000 m peaks with friendly and constant conditions for you're paragliding holiday.

Tandem flying while **Paragliding in Nepal** involves a pilot flying with a passenger. Both have separate harnesses that are attached to each other and the wing. Paragliding harnesses are built for comfort and safety, they feel more like an armchair. Once launched the passenger just sits back, relaxes and takes in the epic scenery. Even taking pictures is not a problem. Due to the portable nature and easy launch characteristics of a para-glider (they fit into a rucksack) We can take them anywhere and fly them from most mountains in Nepal.

Nepal offers some of the best paragliding experiences in the world with its natural rising thermal with the low lying valleys and the high cold mountains. Since 1995, paragliding has been in vogue in Nepal and the sport is becoming increasingly popular. You can sign in as a novice and get under your belt with lots of flying hours. Getting up high with the hawks and enjoying amazing views of the Himalayan peaks from this point of view is an experience you will never forget. You can fly with world-class pilots, solo or tandem, and benefit from cross-country or acro-flying local knowledge, you can even get your international license in Nepal.

We take a 20 min jeep ride from Pokhara to Sarangkot the view point 2000 Ft. above Lakeside. From here we can see 3 of the highest mountains in the world. Dhaulagiri, [Annapurna](#), Manaslu, all over 8000m. and while flying you will see the [Mardi Himal trek](#) trail towards Fishtail Mountain. We offer 3 types of tandem flight, and optionally you can do [Ultralight Flight](#) too.

If you don't have your own gear or choose not to bring it with you to Nepal, you can hire it in Nepal if you want to fly alone.

Itinerary

Day 01: PANORAMIC FLIGHT.

You are transferred to the Sarangkot (1450 meters) in an air-conditioned shuttle which takes 25 minutes from lake side. Prior to take-off, basic safety and operating procedures will be briefed.

After that we soar along the ridge and thermal upwards on air current. Then you can experience the majestic view of Pokhara valley, Lake along with the beautiful mountains range of Annapurna. Its 25 - 30m. flight.

Trek Duration

25 - 30 mins

Day 02: CROSS COUNTRY FLIGHT.

It involves flying long distance as an adventure or leisure. Using thermals, clouds and birds to guide us, we take you from one valley to another in northern part of Pokhara.

Depending upon favorable weather conditions we fly as far as we can and land at our privately owned landing ground by the lake. this one hour flight will give you the closest experience of the Himalayas and the valley.

Trek Duration

50 - 60 mins

Day 03: ACRO FLIGHT.

This 10-15 minutes flight will let you to experience the biggest thrill in the air. We recommend this kind of flight to people who have experienced other type of tandem flights or wants a breathtaking experience. The pilot will perform many acrobatic tricks like "Wing Over" "Spiral" "SAT" and "Loops". They will spin through the air with the wing.

Trek Duration

20 mins

Address

Bijeshwori Swayambhu
Kathmandu, Nepal