

## Paragliding in Nepal

<b>Trip code</b>	0
<b>Package name</b>	Paragliding in Nepal
<b>Duration</b>	6
<b>Max. elevation</b>	m
<b>Level</b>	MODERATE
<b>Transportation</b>	
<b>Accommodation</b>	
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Pokhara - Kathmandu
<b>Cost</b>	USD 100 per person

## Highlights

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## Overview

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**Among the various adventurous activities that are done in Nepal, Paragliding happens to be one of the most popular activities.**

Sarangkot, located at an altitude of 1593 meter near Pokhara city is famous spot for sunrise/sunset view. Recently, it is also popular for being the put-in-point for adventurous activities like: paragliding, Para hawking, Bungee jump, ultra-light flyer, etc. Pokhara is one of the top 5 commercial tandem paragliding locations in the world, with all the right ingredients: stable thermals, convenient take-off and landing zones, the safety of a large lake and incredible mountain views. Among these activities, paragliding is one of the most prominent activities that attract both international and domestic tourist. Paragliding is a recreational and competitive flying sport which is foot launched aircraft. It can be a

truly wonderful and fulfilling experience for the adventure seeker. A trip will take you over some of the best scenery on earth, as you share airspace with Himalayan griffin vultures, eagles, kites and float over villages, monasteries, temples, lakes and jungle, with a fantastic view of the majestic Himalaya. More than 250 flights are taken off in a day during the peak season. Though it said that going paragliding is safer than crossing a busy intersection in lake side, however it is an extreme adventure sport and risks are involved. The biggest risk is during take-off and landing if there is a sudden change in wind.

In order to carry out the paragliding, the weather should be favorable enough. The sun needs to shine enough to heat the earth and create the thermals necessary for lift. The early morning flight tends to be a bit less than 30 minutes as the thermals haven't been well developed. Thus, if you are looking for calm, less turbulent flight, then 11:30am is the best time when the thermals have become active and the best conditions for paragliding are in place. The tourists can fly on their own if they have paragliding pilot course certificate and interest. The take off point for these flights is Sarangkot (1592 m), which also offers prime views of Fewa lake and mountains at sunrise and sunset. Observing glory of Annapurna range and beautiful landscape around Pokhara valley, virgin Mt; Fishtail (Machhapuchhre), Lamjung Himal, Annapurna Himal, Himchuli, Fewa Lake, Rice field, Rivers and settlements are below gives you thrills with a great photographic opportunity. In order to experience this flight, previous experience is not required. Just follow the instruction provided by the guide.

## **Trip Itinerary**

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### **Day 1 : Arrival at Kathmandu. Upon arrival, meet and transfer to your respective hotel.**

Arrival at Tribhuvan International Airport, Kathmandu and after clearance of customs and luggage's, exist from the Airport Departure lounge and as soon as you exist you can see number of peoples outside holding a placard. Among them one of the representative of Nature Trail Travels & Tours, Trekking & Expedition will be holding a placard with your name in it. So, closely look at them. He will then transfer you to your respective hotels. Or else, you can visit our office and after full description about your trip, you will be driven to your hotel. Overnight at hotel.

### **Day 2 : After breakfast, drive from Kathmandu to Pokhara. Upon arrival, refreshment and stroll around the lakeside area by self – approx. 6 hrs. drive**

After breakfast, drive from Kathmandu via Prithivi Highway to reach Pokhara. The drive will take around six hours to reach Pokhara passing by lush green valleys, paddy fields and Trishuli River on your right side. Pokhara is a small beautiful town also known as the "City of Lakes". It is a home town of the caves and is one of the popular touristic places in Nepal with waterfalls lakes, temples and stupas.

### **Day 3 : Early morning drive up to Sarangkot for sunrise view. Afterwards, enjoy paragliding service. Then visit Peace Stupa.**

Wake up early this morning and drive to Sarangkot hill for viewing sunrise and stunning snowcapped mountain ranges. From the hill, you can see panoramic Himalayan views Dhaulagiri, Annapurna, Fishtail, Ganesh and Manaslu as well as down on the city of Pokhara and Phewa Lake. In recent years, Sarangkot has become a hotspot for Paragliding, Zip-flyer, Ultra-light, Bungee jump etc.

After sunrise view, have your breakfast before setting off for paragliding flight. The flights are mostly done in 10:30 am, 12:00 pm and 2 pm. We will try our best so that you can fly early morning and enjoy the rest of the day with a visit to Shanti Stupa also known as Peace Stupa. Shanti Stupa is a Buddhist white-domed stupa (chorten) on a hilltop. It was built in 1991 by Japanese Buddhist Bhikshu, Gyomo Nakamura and part of the Peace Pagoda mission. The stupa has become a tourist attraction not only due to its religious significance but also due to its location which provides panoramic views of the surrounding landscape.

#### **Day 4 : Full Day sightseeing tour around Pokhara city along with an hour boat ride**

If in the previous day, you were not able to enjoy the paragliding service then you still have the chance on this day. If not you can proceed for full day sightseeing tour of the most famous places of Pokhara which includes: Davi's fall, Gupteswor cave, Mahendra Cave, Bats Cave, Bindyabasini Temple, Barahi Temple and Seti George.

Davi's fall is a waterfall. On 31 July 1961, a Swiss couple Davi went swimming but the woman drowned in a pit because of the overflow. Her body was recovered 3 days later in river Phusre with great effort. Her father wished to name it "Davi's falls" after her. Its Nepali name is Patale Chango, which means "underworld waterfall".

Gupteswor Cave is a city shrine dedicated to Lord Shiva. It is a world-famous pilgrim site. It is a limestone cave discovered some time ago and has a number of scenic spots around. The main attraction is the gigantic Shiva Linga which is said to be increasing in size.

Mahendra Cave is a cave located close to the Seti River. It is a rare example of a cave system in Nepal containing stalagmites and stalactites. A statue of Hindu lord Shiva can be found inside the cave. The cave is full of limestone, which falls to the ground and continuously forms electrical sparks.

Bat Cave, which is also known as the natural habitat of bats, is also worth of visiting, and is, located a ten-minute walk away from Mahendra Cave. It is 150 m long and 25 ft. high. The main entrance of this cave is quite narrow but the inner part is wide enough. The main specialty of this cave is that there are more than 15 thousand bats of different species. Images of elephant tusks, gods, and goddesses can be observed in the inner walls of the cave.

Bindyabasini temple is the center of religious activity situated in the small hill-lock in between the main old bazaar and Bagar area at an elevation of 3000 feet above sea level. It is one of the oldest temples in the Pokhara valley and has an immense cultural value dedicated to Goddess Bhagawati.

Seti George also known as Seti Khola, where “Seti” means “White” and “Khola” means “River”. This is the holiest river of western Nepal, which is fed by snow of Machhapuchhre and Annapurna mountains. It is also famous for rafting and has unspoiled greenish jungle scenery, excellent bird watching site, local cultural heritage and beautiful clean beaches, many small and undemanding rapids.

Tal Barahi Temple, also known as Lake Temple or Barahi Temple is a two story pagoda temple located in Kaski District in western Nepal. The Temple is a small pagoda-style temple devoted to the deity Tal Barahi and is surrounded by the crystal clear waters of Phewa Lake. The roof of the temple is of copper sheets and the Gajur (pinnacle) is made of Pittal (brass with gold coated). A stone idol of Barahi Devi is placed inside the temple.

After sightseeing of these famous places of Pokhara, you will be transferred to the hotel for overnight stay.

## **Day 5 : Drive back to Kathmandu**

Taking back the good memories, you will drive back through the same route. After drive about six hours, you will reach Kathmandu and will be transferred to your respective hotel. Spend rest of the time, exploring the local markets of the town where you can shop and buy souvenir for your near and dear ones.

## **Day 6 : Depending upon your flight schedule, Transfer to airport for departure.**

Your journey in Nepal comes to an end today. As this is the last day of Paragliding Tour, you will prepare for your departure on this day. Make sure you have got all your souvenirs in your luggage and have all the necessary documents to make it easy for the immigration officials at the

International airport. You will be transferred to the airport by private vehicle depending upon your departure flight schedule. The tours around Kathmandu ends but the memories will be eternal.

## **Inclusions**

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**What is included?**

**What isn't included?**

**Complimentary**