Trek Curator
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Paragliding in Kathmandu - 1 Days

"Ready to experience the ultimate thrill? Discover the best paragliding in Kathmandu for breathtaking views and unforgettable adventures!"

Experience the thrill of paragliding in Kathmandu, where adventure meets cultural immersion. This unique opportunity allows travelers to soak in Nepal’s stunning natural beauty without straying far from the capital. While Kathmandu is not primarily known for paragliding, it offers an exciting experience that combines urban landscapes, lush hills, and the breathtaking backdrop of the Himalayas. Popular paragliding spots around the valley, such as Chapakharka, Godavari, and Phulchowki, boast elevated takeoff points that cater to both beginners and seasoned flyers, with certified pilots guiding tandem flights. The city’s topography and altitude provide ideal flying conditions, making it perfect for those who want a thrilling adventure without extensive travel or trekking.

Highlights

- Enjoy a bird’s-eye view of the Kathmandu Valley, taking in iconic heritage sites, dense forests, and terraced fields.
- Take off from stunning locations like Chapakharka (2,100 meters), where you can see snow-capped peaks on clear days.
- Experience a perfect blend of adventure and scenic beauty, all within easy reach of the city center.
- Tandem paragliding options are available with certified pilots, so no prior experience is needed.
- Soar above the bustling city while witnessing the contrast of ancient temples and modern urban life from the sky.

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Duration

The actual flight lasts between 15 and 30 minutes, depending on your chosen package and the weather. Overall, the activity spans 4 to 5 hours, which includes pick-up and transport to the takeoff points, a safety briefing, the flight itself, and your return to the hotel. The schedule is flexible, offering morning and afternoon slots, with mornings generally providing more stable flying conditions. It’s the ideal half-day adventure, leaving you plenty of time for additional sightseeing or activities on the same day.

Best Season

Autumn (September to November) and Spring (March to May) are considered the best seasons.Autumn: Clear skies, stable wind conditions, and excellent mountain views.
Spring: Blooming forests and mild weather enhance the overall experience.
Avoid the monsoon (June to August) due to heavy rain and low visibility.
Winter (December to February) can also be good, but mornings are recommended due to stronger afternoon winds.

Why Choose This Destination

The paragliding spots are conveniently located just 30-45 minutes from downtown Kathmandu, making it an excellent option for short visits or layovers. You’ll gain a unique aerial perspective, witnessing both the natural landscape and cultural landmarks—ancient temples, sprawling urban areas, and majestic Himalayan peaks—all in one flight. It’s easily accessible for both domestic and international tourists, allowing for a more serene and personalized flying experience compared to the busier Pokhara. With competitive pricing, including transport and photos, paragliding costs are often slightly lower than in other locations. Plus, it pairs perfectly with day trips to nearby attractions like the Godavari Botanical Garden, Phulchowki Hike, or Bhaktapur Durbar Square.

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“Don’t miss your chance to soar above the Himalayas — book your Kathmandu paragliding adventure today and make memories that will last a lifetime!”

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PRICE INCLUDES

- Tandem Paragliding Flight: Approximately 15–30 minutes in duration.
- Transportation: Round-trip from your hotel in Kathmandu to the launch site (e.g., Godavari or Chapakharka).
- Professional Pilot: Certified tandem paragliding instructor.
- Safety Gear: Helmet and harness.
- Photos & Videos: Captured during the flight and provided post-experience.
- Flight Insurance: Coverage during the paragliding activity.

PRICE EXCLUDES

- Personal Expenses: Souvenirs, snacks, or additional purchases.
- Meals & Drinks: Unless specified in the itinerary.
- Gratuities: Tips for the pilot or staff.
- Accommodation: If not part of a package deal.
- Travel Insurance: Any coverage beyond the provided flight insurance

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DETAILED ITINERARY

Day 1: Drive from Hotel to Paragliding spot

8:00 AM – Hotel Pickup in Kathmandu

8:30 AM – Drive to Paragliding Launch Site (Godavari/Chapakharka)

9:30 AM – Arrival and Safety Briefing

10:00 AM – Tandem Paragliding Flight (15–30 minutes)

10:30 AM – Landing and Debriefing

11:00 AM – Drive Back to Kathmandu

12:00 PM – Hotel Drop-off

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