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Paragliding In Pokhara - 1 Days

"Ready to soar? Book your paragliding adventure in Pokhara and enjoy stunning views of the Himalayas!

Paragliding in Pokhara stands out as one of the top five commercial paragliding destinations worldwide. Nestled in central Nepal, this picturesque lakeside city lies at the foothills of the Annapurna mountain range. With its favorable flying conditions and stunning landscapes, Pokhara draws adventurous souls from across the globe. The most popular launch point is Sarangkot Hill, situated at 1,600 meters. This site provides a breathtaking 360-degree view of the majestic Himalayas, the Pokhara Valley, and Phewa Lake. Most flights gracefully glide down to the shores of Phewa Lake, allowing for a smooth and scenic landing. The region boasts perfect paragliding conditions, featuring stable thermals, convenient takeoff and landing spots, and truly captivating scenery. Since its introduction over two decades ago, paragliding has evolved into a well-regulated industry here, offering an experience that is both exhilarating and tranquil as you soar silently, taking in miles of stunning vistas.

Highlights

- Stunning Mountain Views: Soar alongside panoramic vistas of the Annapurna, Machhapuchhre (Fishtail), Dhaulagiri, and Manaslu ranges.
- Aerial View of Phewa Lake: Enjoy a spectacular bird’s-eye perspective of the turquoise-blue lake surrounded by lush hills.
- Serene Flight Experience: Gentle wind patterns and clear skies ensure a smooth and safe flying adventure.
- Sunrise Takeoffs from Sarangkot: Opt for early morning flights for a magical view as the sun rises over the Himalayas.

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- Convenient Accessibility: The Sarangkot takeoff point is only a 30- to 40-minute drive from Pokhara Lakeside, making it easily reachable.

Duration

Flight times typically range from 15 to 30 minutes, depending on the chosen package and weather conditions. The entire experience lasts around 4 to 5 hours, including transportation to the launch site, a safety briefing, the flight, and a return trip to your hotel. A flexible schedule is offered with morning and afternoon slots, though mornings are often favored for their steadier flying conditions. It’s the perfect half-day adventure, leaving ample time for other sightseeing or activities.

Best Seasons

1. Autumn (September to November) is the best overall season for paragliding

   Clear skies, stable wind conditions, and excellent visibility
   Moderate temperatures
   Panoramic views of the Annapurna and Dhaulagiri ranges
   High tourist season – early booking recommended

2. Spring (March to May)Warm temperatures and strong thermals – ideal for longer flight durations

   Blooming rhododendrons and lush greenery
   Great visibility of the Himalayan peaks
   Less crowded than in autumn

Why Pokhara is a Premier Paragliding Destination

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Pokhara is a world-class paragliding hub, remarkably combining mountains, thermals, lakes, and easy access all in one location. Here, over 20 licensed paragliding companies operate, ensuring competitive pricing and high-quality service. Additionally, Pokhara serves as a central hub for other thrilling activities such as trekking, zip-lining, bungee jumping, and ultralight flights, making it an all-in-one adventure hotspot. The industry is also safe and well-regulated, with Nepal's Civil Aviation Authority overseeing safety protocols, requiring licensed operators, and requiring annual renewals. Compared to paragliding spots in Switzerland, New Zealand, or the Alps, the experience in Pokhara remains affordable. The use of international-grade equipment, regular safety checks, and experienced pilots — each with thousands of logged flights — upholds impressive safety standards.

"Don't miss out—book your paragliding experience in Pokhara now and take flight over Nepal's most breathtaking landscapes!"

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PRICE INCLUDES

- Hotel pickup and drop-off (Lakeside area)
- Tandem paragliding flight (20–30 minutes)
- Certified pilot and all safety gear
- Insurance provided by operator
- Government taxes and service charges
- Standard photos and video (in some packages)

PRICE EXCLUDES

- Meals, snacks, and drinks
- Tips for pilot and staff
- Personal travel insurance
- Extra charge for HD photos/videos (if not included)
- Personal expenses (souvenirs, transport outside Lakeside

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DETAILED ITINERARY

Day 1: Drive to Sarangkot hill from Hotel

08:00 AM – Hotel pickup and drive to Sarangkot

08:30 AM – Arrival at take-off site, safety briefing & gear check

09:00 AM – Start tandem paragliding flight (20–30 mins duration)

09:30 AM – Landing near Lakeside, photo/video collection

10:00 AM – Drop-off at hotel or free time near Phewa Lake

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