



Himalayan Adventure Treks & Tours

Thamel, Marg Kathmandu, info@himalayanadventuretreks.com

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Paragliding in Pokhara :- 20 mins - USD 100 Per Person

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Highlights

- *Flying above the Phewa Lake.*
- *Incredible view of Mountains, lakes, and Pokhara valley.*
- *Amazing experience in rich in Nature.*
- *The Queen City of Pokhara.*

Overview

Flying like a bird above the cloud on the Queen City Pokhara valley where you can see the Fewa Lake just under your feet. Paragliding is the adventure sport of jumping out of an aircraft with a special parachute. Paragliding in Pokhara can be a perfect alternative adventure sport in terms of climatically and geographically. A paragliding trip in Nepal will take you through the fabulous scenery on the earth, as you share airspace with Himalayan Griffin vultures, kites, eagles, and float over villages, lakes, and jungle, temple, Monasteries with a fantastic view of the majestic Himalaya Vista. Pokhara is one of the most beautiful cities in Nepal. This is also the gateway to the popular trek Annapurna region. Paragliding in Pokhara is one of the best paragliding venues after Switzerland. Sarankot is the paragliding take-off point which is located in the lake city Pokhara at an elevation of 1592 meters above sea level. You will fly for about 20 min before you land on the bank of Phewa Lake. From the flight, you can explore the breathtaking sunset and sunrise view in the Snow-capped Annapurna range. Prior experience is not required to do paragliding in Nepal because the paragliding flights...

Itinerary

Activity Location: Sarangkot Site

Start Point/End Point: Pokhara City

Tour Timings: 9:30 AM to 03:00 PM

Flying Duration: 2-3 hours with (25-30 mins flying)

Take off Point: Sarangkot site

Landing Point: Phewa Lake Region



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Transfers included: Pokhara to Pokhara (Hotel Inside City)

What's included?

- *The fair price of Paragliding.*
- *Pick up from and drop to Pokhara hotel (lakeside).*
- *Paragliding video/ Photos.*
- *Insurance cover.*

What's excluded?

- *Any kind of expenses which are not mentioned by the company.*
- *Tips may be provided to the guide, Pilots, staff, or any other parties.*

Equipment

- *Children from 6 years to 18 years are allowed, and it is mandatory that the children in this age range are accompanied by their Parents/guardians).*
- *The weight limit for Paragliding in Pokhara, Nepal is a maximum of 95 KG.*
- *The timings depend on the wind flow and any changes in the above-mentioned schedule will be communicated at the site.*
- *The elderly with medical conditions need to report the same to the operator at the site.*
- *There are no age bars for adults.*
- *The instructor reserves the right to reject any participant deemed unfit to be part of the activity.*
- *Participants are not allowed to carry any sharp object, lighter, luggage bag, alcohol, knife, etc.*
- *Participants must pay attention to the guidelines given by the instructor before and after the activity.*
- *Avoid consuming heavy food or alcoholic beverages before and after the activity.*
- *Any breakage or damage of any items will be charged at actuals.*
- *Any personal expenses or items of personal nature will not be included in the package. Any meals or transfers not mentioned in the itinerary are to be considered an exclusion in the deal.*
- *Prefer a T-shirt, full pants, shoes (please avoid slippers/open footwear), cap.*
- *Participants below the age of 18 will need the written consent of the parent/guardian.*

Trip Notes

About the Activity:

- *Paraglide as high as 2000 ft through the air at 40-60 kph and get a birds-eye view of the scenery along the flight path of the – Annapurna ranges, peaks of Mount Everest, and even the virgin Mount Fish Tail.*
- *The take-off point for this paragliding is at the Saragkot site which is a popular offbeat paragliding site.*



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Before the activity, a quick briefing session will be conducted by trained experts.

- *A two-seater plane will take you high up in the air from where you can take your paragliding flight with a certified instructor.*
- *The fly will be for 20-30 minutes, depending on weather conditions.*
- *Get your pictures clicked from various angles at an additional cost to capture your memories for a lifetime.*

About Country

Popularly recognized worldwide for its majestic sky-dominating peaks, Nepal is one of the most sought-after nations for trekking and other adventure activities. This tiny Himalayan nation is home to eight of the world's tallest peaks, including Mt. Everest (8848.86m)- the highest mountain in the world. Moreover, the rugged and rural trekking trails to the massifs along the dense forest which is filled with exotic floras and faunas instills excitement and adventures to the travelers. However, traveling to Nepal is not only about the mountains and natural beauty. Unraveling the beauty that lies in the old monuments, palaces, and temples. Nepal has a diverse array of cultures, traditions, languages, and history which are reflected in the lifestyle of the people.

Key Facts

Location: Nepal is located in South Asia; between two great giants the Republic of China to the north and India to the south, east, and west.

Geography: A landlocked country, Nepal is divided into three geographical regions, namely, the Himalayas, the Hills, and the Terai.

Capital: The capital city of Nepal is Kathmandu.

Area: The total area of Nepal is 147,181sq km.

Population: The current population of Nepal is 29 million.

Political system: Nepal is a federal republic country with a multi-party system.

Major religion: Nepal is a secular state but the majority of people follow Hinduism, followed by Buddhism and Christianity.

Time zone: The time zone of Nepal is GMT +5:45.

Official Language: The official language of Nepal is Nepali.

Working hours: The working hours in Nepal are from 10 am to 5 pm.

Electricity: Currently, all the major cities have electricity while electricity supply in some rural areas is limited. The standard voltage of electricity in Nepal is 220V.



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Visa Information

All tourists visiting Nepal except tourists from India should have a valid passport and visa. An On-Arrival visa to enter can be obtained at the Tribhuvan International Airport or any other land entry/exit points at the Nepal-Tibet and Nepal-India border. During the peak season, there will be a long line of tourists here trying to get their visas. So, to avoid the endless waiting you should visit the nearest Nepalese diplomatic missions stationed in your country before your arrival.

An On-Arrival Tourist Visa costs USD 30 for 15 days, USD 50 for 30 days, and USD 125 for 90 days. Find more information regarding the updated visa fees at <http://www.nepalimmigration.gov.np/post/notice-regarding-visa-fee-updates>.

You can also extend your visa within a valid period which will cost you USD 3 per day. However, if you are visiting Nepal from SAARC countries you don't have to pay visa fees as gratis fee or free visa is applicable for 100 days. Regarding information about tourist visas, you can head to the information on the official website of the Department of Immigration at <http://www.nepalimmigration.gov.np/page/tourist-visa>.

How to reach the country

Nepal is very well accessible via air, rail, and road. Tribhuvan International Airport is the only international airport and the entry point for those arriving by air. Nepal Airlines is the main operator in the nation. Other international airlines here are Air Arabia, Air Asia, Etihad airlines, Fly Dubai, Jet Airways, Malaysia Airlines, Qatar Airways, Silk Air, and Thai air. The rail and road service can only be used by those arriving from India.

In terms of land transport, there are several land entry/exit points at the Nepal-Tibet and Nepal-India borders. Kerung and Kodari are the entry/exit points at the Nepal-Tibet border whereas

Janakpur-Jainagar railway is the sole railway that connects Nepal with India, several buses connect Delhi and Kathmandu.

Popular destinations to visit

There are many places you can visit in Nepal. Nepal is not only gifted with natural beauty but it is also culturally rich which means there are many heritages and sites you can visit. Kathmandu Valley is the first and foremost destination that you should not miss out on. The seven UNESCO world heritage sites in the valley, namely, Patan Durbar Square, Bhaktapur Durbar Square, Kathmandu Durbar Square, Pashupatinath, Swayambhunath, Boudhanath, and Changunarayan.

Other places you must visit while in Nepal are Pokhara, Chitwan, and Lumbini. Pokhara is a scenic lake city, located 6 hours' drive away from Kathmandu city. There you will be able to enjoy the serene and peaceful nature with the Annapurna ranges in the backdrop. Lumbini, the birthplace of Lord Buddha, is a historic destination whereas the Chitwan National Park is a natural haven for exotic flora and fauna. Both of these are also enlisted as world heritage sites by UNESCO. Palpa, Bandipur, Bardia National Park, and Ilam are some of the popular destinations.



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As for trekking and mountaineering activities, Annapurna, Everest, Langtang, Manaslu, Upper Mustang, and Dolpo regions are some of the most popular ones in Nepal.

Internet and Communication in the country

You do not have to worry about not getting communication service or Internet service in Nepal. In recent years, the internet and communication services have drastically progressed and developed. While in the major cities and tourist destinations, you can use free Wi-Fi including many of the cafes and restaurants. Similarly, almost every hotel and some public areas provide Wi-Fi services. However, Wi-Fi is not always available in remote areas in the Himalayas and rural Hilly regions.

In such situations, a cellular connection is the best option for both Internet access and communication. NTC and Ncell at two of the biggest telecommunication corporations and offer sim cards with various packages at a reasonable price. These service providers have a wide reach over many parts of Nepal. You will easily be able to purchase any sim card with your passport or identity card.

Local currency and foreign exchange

While in Nepal, you should use Nepali rupees (NRs) which is also the official currency of Nepal. You can easily exchange your currency into the Nepalese Rupee at the Tribhuvan International Airport or the exchange counters and banks around the major cities. Also, the major cities like Kathmandu, Pokhara, Chitwan, and Lumbini have a great availability of banks and ATMs. However, their availability becomes quite scarce when you head to the Himalayas and remote areas.

So, it is best if the travelers perform all their money-related activities while they are in the major cities.

Weather and climate

The climate in Nepal varies according to altitude and the current season. The lowland of the Terai region in the southern part of the country is very hot and humid during the summer. The temperature there can get as high as 45 degrees Celsius. The middle part is also known as the hilly region has a pleasant and bearable climate all year long. However, in winter the nights and early mornings can get quite chilly. The Himalayan region is the northernmost part of the country and is above 3300m. This region usually has alpine climatic conditions and during the winter season, it experiences adverse weather conditions.

Nepal generally has four seasons, namely, spring, summer, autumn, and winter. The spring here means every part of the country has flowers blooming and summer means a lot of humidity and rainfall. While the autumn is neither too hot nor too cold and the skies are always clear. The winter season brings snow in the Himalayan region and some parts of the hilly region as well. Finally, during the monsoon season, the entire country experiences heavy rainfall except in the rain shadow areas of Upper Dolpo and Mustang.

People, culture, and festivals



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Nepalese are known to be one of the kindest people all over the world. With a smile on everyone's face, you will be warmly welcomed and greeted. The word "Namaste" is used while they join their hands together which means a respectful greeting. Nepal is a culturally rich country with many different castes, languages, and traditions. The diverse culture and tradition result in many different festivals celebrated all around the nation. The major festivals celebrated are Dashain, Tihar, Holi, Sonam Losar, Gyalpo Losar, and many more. Especially in Newari settlements, people celebrate many colorful and radiant festivals. You will be able to experience wonderful and lifelong memory if you visit Nepal during the time of festivals.