Trek Mania Nepal Pvt. Ltd.

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Pokhara Paragliding - 1 Days

Paragliding in Pokhara – Soar Above the Himalayas

Paragliding in Pokhara is one of Nepal's most thrilling adventure sports, combining adrenaline with awe-inspiring Himalayan beauty. Set against the iconic Annapurna and Machhapuchhre mountain ranges, this once-in-a-lifetime experience allows you to glide like a bird over stunning natural landscapes.

Why Choose Pokhara for Paragliding?

Pokhara is a world-renowned paragliding destination. With its stable thermals, stunning mountain vistas, and proximity to Phewa Lake, it offers ideal flying conditions nearly all year round. The serene environment and consistent weather patterns make it perfect for both beginners and seasoned flyers.

Takeoff from Sarangkot – The Adventure Begins

Your journey begins at Sarangkot, a popular hilltop near Pokhara. From here, you get a panoramic view of the snow-capped Himalayan peaks, including Annapurna, Dhaulagiri, and Machhapuchhre (Fishtail Mountain). After a short drive from Lakeside Pokhara, you'll receive a safety briefing and flight overview from licensed paragliding instructors.

Tandem Flights – No Experience Needed

Tandem paragliding is the most popular choice, especially for first-timers. You'll be harnessed with an experienced pilot who controls the flight, so you can fully enjoy the moment. No prior paragliding experience is required — just a sense of adventure!

Bird's Eye View of Pokhara Valley

As you soar high in the sky, you'll float over lush forests, terraced fields, and quaint villages scattered across the Pokhara Valley. The bird's eye view of the turquoise Phewa Lake shimmering below, combined with the Himalayas towering ahead, creates a breathtaking contrast of nature's best.

Photo & Video Options

Capture your adventure forever! Most paragliding operators offer in-flight photos and video recordings, so you can relive the exhilarating moments and share them with friends and family. This is one of the most Instagrammable experiences in Nepal.

Smooth Landing by Phewa Lake

The adventure concludes with a peaceful landing at the shore of Phewa Lake. The gentle descent marks the end of an unforgettable flight, leaving you with memories that last a lifetime.

Best Time for Paragliding in Pokhara

September to May is ideal for paragliding in Pokhara due to clear skies and stable weather conditions.
Early mornings and late afternoons offer the best thermal activity and scenic lighting.

Is Paragliding in Pokhara Safe?

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Yes! Safety is a top priority. Flights are conducted by certified pilots using international-standard equipment. All operators are licensed by the Civil Aviation Authority of Nepal.

Combine Paragliding with Other Adventures

For an even more thrilling experience, pair your paragliding flight with:

- Ultralight Flight
- Zip Flying
- Boating in Phewa Lake
- Trekking to World Peace Pagoda
- Explore more on our page for Adventure Sports in Nepal.

Permits and Costs

No special permit is required for paragliding in Pokhara. The activity is open to all foreign tourists, with flight prices generally ranging from USD 90 to USD 130, depending on the duration and season.

For more updated pricing and group discounts, visit our Paragliding Booking Page.

How to Book Your Paragliding Adventure

You can book online with us or directly through your hotel in Pokhara. We offer:

- Private transfers
- Flexible timings
- Instant confirmations

For more thrill-filled options, check out our Adventure Packages in Nepal.

Ready to fly? Paragliding in Pokhara is a must-do experience for anyone visiting Nepal — blending the thrill of free flight with some of the most stunning views on earth.

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PRICE INCLUDES

- Paragliding fee
- Pokhara hotel pick up and drop.
- Paragliding flight ticket.
- Flight saftey Equipment.

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ITINERARY IN DETAIL

Day 1: Drive from Pokhara hotel to Sarankot.

After spending the night in Pokhara, we will take a cab to Sarankot for paragliding, which will take around 30-40 minutes from Lakeside Pokhara. Upon arrival, you will be given a detailed briefing by professional instructors, ensuring that you have a solid grasp of safety precautions and flying protocols.

Tandem flights take off after you are strapped and ready, providing breathtaking views of the Annapurna mountain range, Phewa Lake, and the scenic Pokhara Valley. The flight time varies from 20-30 minutes to over an hour of flying over the Himalayan terrain. The landing, which is frequently near Phewa Lake, signals the conclusion of this adrenaline-pumping adventure. From there, we will then drop you off at your accommodation in Pokhara.

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FAQ

1. Is paragliding in Pokhara safe for first-time flyers?

Yes, Pokhara is one of the safest places for tandem paragliding. All flights are operated by licensed pilots who follow international safety standards and provide detailed pre-flight briefings.

2. What is the best season for paragliding in Pokhara?

The best time for paragliding in Pokhara is during the dry seasons – autumn (September to November) and spring (March to May). These periods offer clear skies and stable wind conditions for smooth flights.

3. How long is the actual paragliding flight?

Most standard flights last between 20 to 30 minutes, depending on the weather conditions and the type of flight chosen. Cross-country flights may last longer.

4. What should I wear for paragliding?

Wear comfortable clothes suitable for light activity. Closed-toe shoes, sunglasses, and a light jacket or windbreaker are recommended, as it can get chilly in the air.

5. Do I need to book paragliding in advance?

While same-day bookings are sometimes possible, it’s better to book at least a day in advance—especially during peak tourist season—to secure your preferred time slot.

6. Can I carry a camera or phone during the flight?

For safety reasons, it's best to let the pilot handle photo or video recording using a mounted GoPro. Many packages include professional photos and videos of your flight.

7. Are there any age or weight restrictions for paragliding?

Yes. Generally, the minimum age is 6 years, and the weight limit is between 20 kg to 100 kg. These limits ensure the safety and comfort of both pilot and passenger.

8. Is paragliding possible during the monsoon season?

Paragliding is usually not recommended during the monsoon (June to August) due to unpredictable weather, poor visibility, and strong winds.

9. Where do flights land in Pokhara?

Most tandem flights land near the shores of Phewa Lake, offering a scenic and soft landing area close to Lakeside, the tourist hub of Pokhara.

10. Is travel insurance required for paragliding in Nepal?

While not mandatory, it's highly advisable to have travel insurance that covers adventure activities, including paragliding, in case of unexpected situations.

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