



KK International Travel & Tours Pvt. Ltd.

PARAGLIDING IN POKHARA

Paragliding was introduced in Pokhara in the late 1990s and has since become one of Nepal's most popular adventure activities. Thanks to its favorable weather conditions, stable thermals, and spectacular Himalayan scenery, Pokhara is now recognized as one of the world's premier paragliding destinations. Flying above Phewa Lake with panoramic views of the Annapurna Range and Machhapuchhre offers a unique experience that attracts thousands of adventure enthusiasts from around the world each year.





Overview

Experience the thrill of soaring above one of the world's most spectacular landscapes with tandem paragliding in Pokhara. Fly alongside a certified professional pilot and enjoy breathtaking aerial views of the sparkling Phewa Lake, the picturesque Pokhara Valley, and the majestic Annapurna Himalayan range, including the iconic Machhapuchhre (Fishtail) Mountain. Combining adventure, natural beauty, and unforgettable panoramic scenery, paragliding in Pokhara is a must-do experience for every visitor to Nepal.

Essential Paragliding Information

Best Time of the Year

The paragliding season in Pokhara generally runs from early October through to the beginning of May. However, the peak months for paragliding are November and December due to the stable thermals and clear visibility.

Safety

Paragliding is generally safe in Pokhara. The paragliding companies in Pokhara prioritize safety and employ experienced and internationally certified pilots. However, as with any adventure sport, there are inherent risks. Always ensure that you fly with a reputable company that follows all safety protocols.

Experience or Training

No, you do not need experience or training to go paragliding in Pokhara. Tandem paragliding flights allow beginners to fly with an experienced pilot who controls the paraglider.

What to Wear

You should wear comfortable, sporty clothing and sturdy shoes. As it can get chilly in the air, it's recommended to dress in layers or wear a windproof jacket.

Flight Duration

A standard tandem flight lasts between 20–30 minutes, depending on the weather conditions. However, longer flights can be arranged with some operators.



Weight Limit

The weight limit for paragliding usually falls between 25 kg and 90 kg, but it can vary depending on the operator and specific flight conditions. It's best to check with the paragliding operators directly.

Children

Most companies allow children to paraglide, provided they are above a certain age, typically around 8–10 years old, and accompanied by a parent or guardian. However, the final decision often depends on the child's weight, height, and overall comfort level.

Camera or GoPro

Yes, usually you can bring a camera or GoPro, but it's advised to have a secure strap or mount. Many operators also offer in-flight photo and video services at an additional cost.

Weather Conditions

For safety reasons, paragliding flights may be postponed or cancelled if the weather conditions are unfavorable. Most companies will offer to reschedule or provide a refund in such cases.

Major Attraction

Paragliding in Pokhara offers one of the world's most scenic tandem flying experiences, combining breathtaking Himalayan landscapes, crystal-clear lakes, lush green hills, and an unforgettable aerial adventure.

Valley View

Enjoy spectacular bird's-eye views of the beautiful Pokhara Valley, with its charming villages, terraced fields, forests, and rolling hills spread out beneath you.



Lake View

Soar gracefully above the stunning Phewa Lake, where the sparkling blue waters reflect the surrounding mountains, creating one of Nepal's most iconic panoramic views.

Mountain View

Experience magnificent close-up views of the Annapurna Range, Machhapuchhre (Fishtail), Dhaulagiri, and other snow-capped Himalayan peaks while gliding through the sky.

Operating Hours

Paragliding flights operate daily, subject to favorable weather conditions and flight safety requirements.

Flight Schedule

Morning flights generally begin from 9:00 AM, while afternoon flights are available until approximately 1:00 PM, depending on weather and thermal conditions.

Flight Duration

A standard tandem paragliding experience lasts approximately 40 to 60 minutes, offering ample time to enjoy the breathtaking scenery and the thrill of flying.

Includes

- The Activity Cost
- Two-way Transfer from Lake Side Pokhara
- Photo and Video of the activity
- Insurance worth of USD 15000
- All government and taxes fee