

Rafting to Trekking & Paragliding

3 Star Hotel Package

1400^{USD}
per person

*Including healthy meals

5 Star Hotel Package

1700^{USD}
per person

*Including healthy meals

Trip Style: Trek+Raft+Paragliding



Trip Difficulty: Moderate

Rafting, Trekking & Paragliding in Nepal is ideal trip for adventure lover. One week Combine adventure activity tour including exciting Paragliding over the Himalayas. **Paragliding in Nepal** can really be a wonderful and rewarding experience for the adventure seeker. The incomparable experience scenic, greatness is you share airspace with Himalayan griffin vultures, eagles, kites and the floating villages and monasteries, temples, lakes and jungle, with a fantastic view of the majestic Himalayas. The small country in the Himalayas enchants every visitor with its incredible versatility. We visit the main attractions and religious sites of Kathmandu valley and enjoy easy hikes in beautiful mountain landscapes.

On the way to Pokhara we allow ourselves to feel real white Water Rafting at Trisuli River. Time and again we have the opportunity in authentic experiences to know a little bit of Nepal and its people from the immediate vicinity, be it at a cooking class in which we prepare together Momos at a lunch with a Gurung family, visiting an orphanage or a ceremony at the Buddhist monastery.

DURATION: 8 days

ITINERARY

Day 01:: Arrival at Kathmandu, transfer to Hotel- Welcome Dinner at Nepali Restaurant

At Kathmandu international Airport, After Visa formalities complete, we have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please check our Company Name board, Our Guide will be waiting with **Mountain Sherpa Trekking & Expeditions** display board at the arrival gate. Upon our arrival at Kathmandu international airport, we will be warmly welcome by our Airport representative guide with Silk scarves as per Sherpa customs. You will be transfer to hotel by Private Vehicle. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks/Juices. Company Manager will meet you as per your prefer time & will provide detailed Plans and Briefing about the trip.

We can either relax in the afternoon or hang around. You will have a dinner in a traditional Nepalese restaurant where we take pleasure in a Nepalese cultural program as well as food. Overnight at **hotel**.

What's Included: Airport pickup, Welcome Dinner & accommodation

Day 02:: Sightseeing around Kathmandu valley. Overnight Stay at hotel- Breakfast included

After Breakfast your day will start for sightseeing tour of 4 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. After this you will visit Living goddess home and Kathmandu Durbar square & Buddhanath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. After Lunch, we will visit Hindus temple Pasupatinath and tour for today is

finished. Overnight stay at **Hotel**.

What's included: Breakfast, Guided City Tour & accommodation

Day 03:: Drive to Pokhara. Overnight Stay at hotel breakfast included

After breakfast, we leave Kathmandu and drive for 6 hours we travel to Pokhara by tourist bus, or Private Vehical depending upon the number in your group. On the way to Pokhara We will stop at Charaudi for thrilling white river rafting at Trisuli River. The put-in point for Trisuli **River Rafting** is located just 3 to 3.5 hour drive west of Kathmandu, making it an excellent choice for wonderful white Water raft in Nepal.

The scenery of river Trishuli includes small gorges and a glimpse of the cable car leading to the famous Hindu Temple Manakamana. For the most of the year the rapids encountered on the Trisuli are straightforward, easily negotiated and well spaced-out. Trisuli River is an excellent river for those looking for a short river trip, without the challenge of huge rapids, but with some really exciting rapids, with beautiful scenery and a relatively peaceful environment. During the monsoon months the intensity of the rapids increases and attracts a radically different set of rafters. But there are sections for rafting during the monsoon for those who are looking for simply exciting trip!

After Rafting for 2-3 hours we continue drive to Pokhara. You can visit around lakeside region or you can go for boating at Fewa Lake. Overnight at **hotel**.

What's included: Breakfast & Lunch, transportations, Rafting & accommodation

Day 04:: Drive to Phedi and start trek to Dhampus. Overnight stay at Mountain lodge- all Meals

After breakfast at Hotel an hour drive from Pokhara, we to trek to Phedi and then move to Dhampus (1750m.). It takes about 3 hours; we will walk all the way through cultivated land and Brahman and Chhetri community. Overnight at a **lodge** in Dhampus.

What's included: Meals, Guided Trek & Lodge accommodation

Day 05:: Trek to Sarangkot, overnight stay at mountain lodge- all meals included

On this day we leave Dhampus and trek to apex of the hill of Sarangkot to view fascinating Himalayan ranges including ere you can see panoramic views of Manaslu (8165m.), Annapurna (8091m.), Dhaulagiri (8167m.), Ganesh Himal (7446m.), Machhapuchhre and 25 other mountains over 6000 meters (19,680ft) high Also, you will see stunning views of Pokhara valley, Phewa lake. Overnight at **Lodge** in Sarangkot.

What's included: Meals, Guided Trek & Lodge accommodation

Day 06: : Paragliding from Sarangkot to Pokhara, Overnight stay at hotel- breakfast included

Today we take tandem Paragliding from Sarangkot. Pokhara is one of the top 5 commercial tandem paragliding locations in the world, with all the right ingredients: stable thermals, convenient take-off and landing zones, the safety of a large lake and incredible mountain views. The paragliding season in Pokhara starts in September and ends in early June. The best time to visit is mid Sept till April. The weather is consistent and therefore great for paragliding. During day time we make sightseeing tour of major attractions of Pokhara including cultural sites such as lakes, temples of Hindus and Buddhist, caves, mountain views. You can view the north region across the hill, Phewa Lake to the snow peaks of the Annapurna, Manaslu, Dhaulagiri ranges. Overnight at the **hotel** in Pokhara.

What's included: breakfast, paragliding, Tour & accommodation.

Day 07: : Drive back to Kathmandu, Overnight stay at hotel- farewell dinner

Leaving behind the wonderful countryside morning, we travel for 6 hours we return back to Kathmandu. We can either take a vehicle for a drive or fly back from the beautiful city Pokhara. On arrival at Kathmandu you will be

shifted to the hotel. You can then relax for rest of the day and stay overnight at **hotel**.

What's included: Breakfast & Dinnar, transportations & accommodation

Day 08: : Transfer to airport, departure on your own destination

This is your last day, our airport representative Unique Adventure International will drop you to the airport and you will depart from Nepal.

What's Included: Breakfast & Airport Transfer

FAQS

How long will a trip take?

A typical day trip will involve about 30 to about 40 minutes of actual flying. But you should set aside at least two hours as getting to the site, briefing, equipment check and fitting takes time. Normally, you would leave in the morning, drive by jeep up to take-off site and take off according to your turn. Cross country trips and tours will allow for longer flight, sometimes lasting many hours.

How safe is it?

Para gliders take safety quite seriously. Commercial trips taking non flyers up on tandem flights stay well within safety margins and equipment used is never compromised on. It's your pilot's well being as well as yours on the line when flying and no pilot will compromise on his safety – and certainly not yours. Most day flights take off from Sarangkot hill near Pokhara. This area allows great views, predictable flying conditions, is flown very regularly by most pilots and flights take off from a controlled take off area on a grassy slope and land near the lake. Flying safety in Pokhara is as good as in any good commercial flying area of the world.

When is a good season?

Paragliding can be enjoyed throughout the year except the brief rainy season (July-Aug). Pre summer & post monsoon are the best seasons for thermal flights.

Do I need a prior experience or training in paragliding?

No, you don't. If you are not a licensed paraglider, you will be taken on a tandem gliding, which means a pilot will accompany you and fly the glider. All you need to do is – sit back, relax and enjoy the ride!!!

Will I get sick during the flight?

If you are prone to motion sickness, there is a slight possibility of you getting sick during the flight. Normally, the actual gliding time is not more than 45 minute and the flight is so exhilarating, you will not have time to 'get sick'. But in case you do, you can let the pilot know about it and he/ she will try to land it at a shorter duration. Make sure that you eat and drink right the night before.