

Nepal Multi-Adventure Tour: Rafting, Paragliding, and Hiking - 6 Days

Experience the thrill of Nepal's natural beauty and adventurous spirit with our 6-day Nepal Multi-Adventure Tour. This tour is the perfect getaway for adrenaline seekers, nature lovers, and anyone looking to explore the wonders of the Himalayas.

White-Water Rafting, Paragliding, and Hiking in Nepal

This tour offers a seamless combination of three thrilling outdoor activities—white-water [rafting](#), [paragliding](#), and hiking—designed to showcase Nepal's diverse landscapes in the most exhilarating way possible. Imagine navigating the powerful rapids of the [Trishuli River](#), surrounded by the dramatic backdrop of the Himalayan foothills, before soaring high above the serene Phewa Lake in Pokhara. Take in sweeping views of the majestic Annapurna and Dhaulagiri mountain ranges. Finally, immerse yourself in the peaceful beauty of the Nepali countryside, hiking through charming villages, dense forests, and terraced farmlands as you experience local culture and breathtaking natural vistas.

Best Short Adventure Tour in Nepal

This tour stands out for its ability to pack three incredible adventure experiences into just six days, making it ideal for those short on time but eager for a comprehensive adventure. Each day is filled with activities that cater to both seasoned adventurers and first-time thrill-seekers, with professional guides ensuring your safety and enjoyment throughout.

Explore Nepal by Rafting, Paragliding, and Trekking

Whether you're rafting through the challenging waters of the Trishuli River, enjoying a bird's-eye view of Pokhara from a paraglider, or trekking along scenic trails, you'll experience [Nepal](#) from every angle—on water, in the air, and on foot. Not only does this tour satisfy your craving for adventure, but it also offers a deep connection with Nepal's natural and cultural heritage.

Cultural and Scenic Hiking in Nepal

As you travel through these awe-inspiring landscapes, you'll also gain insight into the traditional ways of life in rural Nepal. The hiking segments pass through local villages, where you can observe the daily lives of Nepali villagers, sample local food, and appreciate the simplicity of life in the mountains. This tour allows you to disconnect from the hustle of daily life and fully immerse yourself in the beauty and tranquility of the Himalayas.

Nepal Adventure Tour for All Fitness Levels

Suitable for all levels of fitness, the Nepal Multi-Adventure Tour provides an accessible way for anyone to experience Nepal's outdoor wonders. Even if you're new to rafting, paragliding, or hiking, our expert guides will ensure that you feel comfortable and confident in each activity.

Thrilling Highlights of the Nepal Multi-Adventure Tour

Designed for adventurers who want to experience Nepal's natural beauty beyond traditional trekking routes, this tour offers a perfect mix of excitement, relaxation, and cultural immersion. The paragliding flight over Pokhara, for example, is one of the most unforgettable highlights, giving you an unparalleled view of the Himalayas and surrounding lakes. Likewise, the rafting expedition down the Trishuli River is a thrilling ride through Nepal's picturesque gorges, combining the adrenaline of rapids with moments of calm, where you can appreciate the serene environment.

The hiking portion of the tour takes you to some of the best viewpoints in the [Annapurna region](#), including Australian Camp, where you'll be rewarded with stunning sunrise and sunset views over the snow-capped peaks.

Who Should Join This Nepal Adventure Tour?

This tour is perfect for solo travelers, couples, families, or groups looking for an adventure-packed vacation. By opting for this multi-adventure experience, you not only get a chance to try out different activities, but you also maximize your time, as the itinerary is designed to include a variety of landscapes and experiences within a short duration.

Every aspect of the tour is crafted to ensure a seamless and memorable adventure, with professional guides taking care of logistics, safety, and comfort.

Sustainable Adventure Tourism in Nepal

In addition to being a fantastic adventure, the [Nepal Multi-Adventure Tour](#) also gives you an opportunity to contribute to sustainable tourism. By choosing local guides and staying in eco-friendly accommodations, you'll help support the communities you visit and minimize your environmental impact.

Unforgettable Nepal Adventure – Book Now!

This multi-adventure experience offers the perfect blend of thrills and tranquility, cultural encounters, and natural beauty, ensuring that you leave Nepal with memories that will last a lifetime.

By choosing this tour, you're embarking on an adventure that offers unparalleled diversity in just six days—rafting through [Nepal's famous rivers](#), soaring through the skies above the Himalayas, and trekking through lush forests and traditional villages.

It's a perfect way to experience the adventure capital of the Himalayas, all while being guided by experts who prioritize both safety and enjoyment. So, whether you're an adrenaline junkie, a nature enthusiast, or a first-time traveler to Nepal, this multi-adventure tour promises an unforgettable journey through one of the most beautiful and adventurous countries on Earth.



Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

PRICE INCLUDES

- Airport Pickup and drop from Airport.
- Hotel in Kathmandu (2 nights, B/B - 5 star)
- Hotel in Pokhara (2 nights, B/B - 5 star)
- All food during the trek/tour.
- All accommodation during the trek/tour (Best available - Tourist Standard).
- Transportation costs: by jeep drive from Hotel to trek start and ends.
- Government license holder English-speaking trekking guide.
- Thrilling Rafting and Paragliding
- Foods, Salary, and insurance for guide.
- Trekking permits: Annapurna conservation area fees & TIMS.
- First aid medical box.
- All Permits.
- T-shirt, Duffel Bag, and Trekking Map.
- Rescue Management Service.
- All Tax 13% VAT+10% Service charge).
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks.
- International flight tickets and extra baggage charges.
- Travel insurance/ Rescue operation costs.
- All personal expenses (laundry, electronic device. charging cost).
- Extra night accommodation and meal costs, due to any change in the scheduled itinerary.
- Tip for guide and porters.
- Hot and cold Shower.

ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu

Upon your arrival at [Tribhuvan International Airport](#) in Kathmandu, our team will greet you and assist you with the transfer to your hotel. The bustling city of Kathmandu, rich in history and culture, will be your introduction to Nepal.

After settling in, you'll have some time to relax or explore the local area. In the evening, you'll attend a welcome dinner where you'll enjoy authentic Nepali cuisine while meeting your guide and fellow adventurers. During dinner, your guide will brief you on the exciting adventures ahead and ensure you are prepared for the days to come.

Overnight stay at your hotel in Kathmandu.

Day 2: Thrilling Rafting Adventure on the Trishuli River

After an early breakfast at the hotel, you'll begin your journey with a scenic drive to Charaudi, the starting point for your rafting adventure on the famous Trishuli River. The drive will take approximately 3 hours and offers beautiful views of the countryside and the river valleys. On reaching the rafting point, you'll be equipped with safety gear and briefed by your rafting guide.

The Trishuli River is known for its thrilling rapids and stunning landscapes, with plenty of opportunities for excitement as well as moments to relax and enjoy the surrounding scenery. The rafting adventure lasts for about 3 hours, during which you'll navigate through various rapids, ranging from moderate to challenging.

After completing the rafting session, you'll dry off and continue your journey towards Pokhara, Nepal's adventure hub. Upon arrival, you'll check into your hotel and have the rest of the evening to explore Pokhara's lakeside area, known for its laid-back atmosphere and scenic beauty. Overnight in Pokhara.

Day 3: Paragliding Over Pokhara's Beautiful Landscape

Your third day starts with an exhilarating paragliding adventure over Pokhara. After breakfast, you'll head to Sarangkot, the launch site for your paragliding experience. From here, you'll soar high above Phewa Lake and enjoy panoramic views of the snow-capped peaks of the Annapurna and Dhaulagiri ranges.

The flight lasts about 20 to 30 minutes, during which you'll experience the freedom of flying like a bird and taking in the breathtaking views of the Himalayan landscape below. After your paragliding experience, the rest of the day is yours to explore Pokhara at your leisure. You can visit some of the city's famous landmarks, such as Davis Falls, Gupteshwor Cave, or the World Peace Pagoda, or simply relax by the tranquil lakeside. Pokhara is a perfect place to unwind after a day of adrenaline-filled adventures. Overnight in Pokhara.

Day 4: Scenic Hike to Australian Camp

Today, after breakfast, you'll embark on a scenic drive to Kande, which is the starting point for your trek to Australian Camp. The drive takes about an hour, passing through beautiful rural landscapes. From Kande, you'll begin your hike



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through dense forests of oak and rhododendron, interspersed with traditional villages. As you ascend, the views open up to reveal stunning panoramas of the Annapurna and Machhapuchre (Fishtail) mountains.

The trek is moderate and suitable for all fitness levels, allowing you to enjoy the peaceful surroundings at your own pace. After a few hours of hiking, you'll arrive at Australian Camp, a hilltop viewpoint offering one of the best panoramic views of the Himalayan ranges. Here, you'll be treated to a stunning sunset over the mountains. You'll stay overnight at a local teahouse or lodge, where you'll experience the warm hospitality of the locals and the simplicity of mountain life.

Day 5: Hike to Dhampus and Return to Pokhara

Wake up early to witness the breathtaking sunrise over the Annapurna and Machapuchare ranges. After breakfast at the teahouse, you'll begin your hike towards Dhampus, a charming hilltop village surrounded by terraced fields. The trail offers beautiful scenery as you walk through lush forests and traditional villages, with the snow-capped mountains as your backdrop.

In Dhampus, you'll have the opportunity to explore the village and interact with the locals, gaining insight into rural Nepali life. After spending some time in Dhampus, you'll descend to Phedi, where a vehicle will be waiting to take you back to Pokhara. Upon returning to Pokhara, you can enjoy your final evening in this vibrant city. Stroll along the lakeside, shop for souvenirs, or enjoy a quiet dinner while reflecting on the adventures you've experienced. Overnight in Pokhara.

Day 6: Return to Kathmandu and Departure

After breakfast, you'll either drive back to Kathmandu (approximately 6 hours) or opt for a short domestic flight (optional, at an extra cost) for a quicker return. Upon arrival in Kathmandu, depending on your flight schedule, you'll have some time to explore the capital. You can visit historical sites like Swayambhunath (Monkey Temple) or Durbar Square, or simply relax before your departure.

Our team will then transfer you to Tribhuvan International Airport for your onward journey, marking the end of your incredible 6-day multi-adventure tour in Nepal. You'll leave with unforgettable memories of rafting through raging rivers, flying high above the Himalayas, and trekking through the serene beauty of the Nepali countryside.

FAQ

1. What is the best time to take the Nepal Multi-Adventure Tour?

The best time to take the Nepal Multi-Adventure Tour is during the spring (March to May) and autumn (September to November) seasons. The weather is pleasant, offering clear skies for outdoor activities like rafting, paragliding, and hiking.

2. Do I need prior experience for rafting or paragliding in Nepal?

No, prior experience is not required for rafting or paragliding on this tour. Our professional guides will ensure you are safe and comfortable during the activities, regardless of your experience level.

3. How physically demanding is the 6-day Nepal Multi-Adventure Tour?

This tour is suitable for all fitness levels. The hiking sections are moderate in difficulty, and rafting and paragliding do not require intense physical effort. However, a basic level of fitness will enhance your experience.

4. What should I bring for the Nepal Multi-Adventure Tour?

For the Nepal Multi-Adventure Tour, you should bring comfortable clothing, sturdy hiking shoes, a waterproof jacket, sunscreen, sunglasses, a camera, and a small backpack for daily essentials. Our team will provide necessary gear for rafting and paragliding.

5. Are meals included in the tour?

Yes, meals are included during the tour. You'll enjoy a variety of local and international dishes at the hotels, lodges, and restaurants included in the itinerary. Meals are carefully selected to meet your energy needs for outdoor adventures.

6. Can I join this tour as a solo traveler?

Absolutely! The Nepal Multi-Adventure Tour is ideal for solo travelers, couples, and groups. You will be part of a guided group, ensuring a safe and enjoyable experience for everyone.

7. How safe is paragliding in Pokhara?

Paragliding in Pokhara is very safe, with highly experienced pilots and top-quality equipment. The area is one of the most popular paragliding destinations in the world, known for its stunning views and favorable flying conditions.

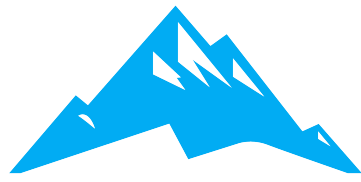
8. What is the accommodation like on this tour?

Accommodation on the Nepal Multi-Adventure Tour is comfortable and offers a cozy atmosphere. In cities like Kathmandu and Pokhara, you'll stay in 3-star hotels, while in the mountains, you'll stay in well-maintained teahouses.

9. Is transportation included in the Nepal Multi-Adventure Tour?

Yes, transportation is included in the tour. We provide all necessary transport between destinations, including private vehicles and local transport, ensuring smooth and hassle-free travel throughout the trip.

10. Can I extend the tour or customize it?



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Yes, we can customize the Nepal Multi-Adventure Tour to fit your preferences. If you'd like to extend your stay or modify the itinerary, feel free to contact us, and we will help tailor the tour to suit your needs.

11. How do I book the Nepal Multi-Adventure Tour?

You can easily book the Nepal Multi-Adventure Tour through our website or by contacting our customer service team. We will guide you through the booking process and provide all necessary details.

