

ENR 5.5 AERIAL SPORTING AND RECREATIONAL ACTIVITIES

Designation and Lateral limits	Vertical limits	Operator/User Tel Nr.	Remarks and Time of ACT
PARAGLIDING ZONE Sarankot, Toripani, Mandredhunga, Pokhara A 28°15'01.2"N 083°57 '35.2"E B 28°12'51.5"N 083°57 '00.5"E C 28°13'04.9"N 083°55 '56.8"E D 28°15'14.6"N 083°56 '31.7"N E 28°15'32.6"N 083°56 '36.5"E F 28°15'45.7"N 083°55 '33.7"N G 28°13'18.1"N 083°54 '53.8"E H 28°13'26.1"N 083°54 '16.0"E I 28°16'04.6"N 083°54 '58.5"E J 28°15'56.6"N 083°55 '36.5"E	ABCD <u>7000 ft AMSL</u> GND CEFG <u>7000 ft AMSL</u> GND GHJ <u>6000 ft AMSL</u> GND		BTN 0445 – 0945 UTC Daily, See the Paragliding Zone Chart for details ENR 5.5-9
PARAGLIDING ZONE Bishankhu Narayan VDC, Lalitpur A 27° 36' 06.97" N; 085° 22' 00.22" E B 27° 37' 17.98" N; 085° 22' 38.33" E C 27° 36' 51.86" N; 085° 23' 21.03" E D 27° 36' 06.20" N; 085° 24' 07.89" E E 27° 35' 44.31" N; 085° 24' 30.47" E F 27° 35' 27.44" N; 085° 24' 25.06" E G 27° 35' 23.03" N; 085° 23' 52.58" E H 27° 35' 15.73" N; 085° 22' 44.89" E	ABCH <u>5500 ft AMSL</u> GND CDGH <u>6500 ft AMSL</u> GND DEFG <u>7000 ft AMSL</u> GND		BTN 0315-1115 UTC Daily See the Paragliding Zone Chart for details ENR 5.5-5
LAFSIFEDI PARAGLIDING ZONE, Kathmandu A 27° 47' 34.77" N 085° 29' 25.60" E B 27° 48' 08.68" N 085° 31' 02.18" E C 27° 46' 49.63" N 085° 31' 54.51" E D 27° 46' 17.38" N 085° 30' 18.47" E	<u>6000 ft AMSL</u> GND		BTN 0415-0915 UTC Daily, See the Paragliding Zone Chart for details ENR 5.5-7 and 5.5-8
PARAGLIDING ZONE Bandipur, Gorkha 27° 56' 28" N; 084° 23' 08" E 27° 56' 20" N; 084° 25' 04" E 27° 56' 48" N; 084° 24' 55" E 27° 55' 02" N; 084° 22' 56" E	<u>5000 ft AMSL</u> GND		BTN 0415-1115 UTC Daily, See the Paragliding Zone Chart for details ENR 5.5-3
PARAGLIDING TRAINING ZONE Sowrek, Syangja Take-off point: 28° 01' 20.50" N; 083° 44' 00.90" E Landing point: 28° 00' 23.60" N; 083° 46' 31.30" E P1: 27° 58' 58.29" N; 083° 35' 15.74" E P2: 28° 02' 26.71" N; 083° 38' 02.45" E P3: 28° 06' 33.56" N; 083° 15' 32.31" E	<u>5500 ft AMSL</u> GND <u>8500 ft AMSL</u> GND		BTN Sunrise to sunset Daily, See the Paragliding Zone Chart for details ENR 5.5-4
LAUREK AIRSTRIP ULTRALIGHT TRAINING AREA, Laurek, Pokhara THR A 28 ° 14' 31.6" N, 083 ° 53' 03.0" E THR B 28 ° 14' 30.6" N. 083 ° 53' 08.9" E	<u>4500 ft AMSL</u> GND		BTN 0015 - 1115 UTC Daily, See the Paragliding Zone Chart for details ENR 5.5-6