

Kusma Bungee: The Cliff – A Record-Breaking Leap

Duration: Full Day (Approx. 8–10 hours)

Location: Kali Gandaki River Gorge (Kusma/Baglung)

Adrenaline Level: Extreme

Step into the world of elite adventure at The Cliff, Nepal's newest and most extreme bungee destination. Spanning the border of the Parbat and Baglung districts, this site features a 520-meter-long suspension bridge over the Kali Gandaki—the world's deepest river gorge. At a staggering height of 228 meters, this is the second-highest bungee jump in the world, offering an unmatched adrenaline rush and 360-degree views of the Annapurna and Dhaulagiri ranges.

Trip Highlights

The World's Best: Experience the second-largest bungee jump on the planet (after the Macau Tower).

The Giant Swing: The site also hosts the world's highest canyon swing, for those who want even more freefall.

Massive Freefall: Feel the wind for a breathtaking 4.5 to 5-second freefall into the gorge.

Unique Engineering: Cross the 520-meter-long pedestrian suspension bridge, a feat of modern adventure engineering.

Mountain Vistas: Take in panoramic views of some of the world's highest Himalayan peaks as you prepare to dive.

Detailed Itinerary (Day Trip from Pokhara)

Time	Activity	Description
7:30 AM	Pick-up from Pokhara	Depart from your hotel in Pokhara Lakeside in a private car or the adventure shuttle.
9:30 AM	Arrival at Kusma	Reach the Kusma Bazaar. After a short walk, arrive at the stunning "The Cliff" resort. Check in and weigh in.

10:00 AM	Safety Briefing	International jump masters will guide you through the safety protocols and gear you up in a world-class harness.
10:45 AM	The Record-Breaking Jump	Walk to the center of the massive suspension bridge. Face the void, hear the countdown, and take the 228-meter plunge.
12:00 PM	Adventure Resort Chill	After being lowered to the riverbank and hiking back up, relax at the resort's infinity pool or "Sky Cafe" suspended over the edge.
1:30 PM	Riverside Lunch	Enjoy a delicious lunch with a view of the Kali Gandaki River and other jumpers.
3:00 PM	Departure for Pokhara	Board your transport for the scenic 2-hour return journey along the Baglung-Pokhara Highway.
5:00 PM	Back at Lakeside	Return to your hotel just in time to enjoy a peaceful sunset by the lake.

Trip Essentials

What's Included

Round-trip Transport: Pick-up and drop-off from Pokhara.

Bungee Ticket: One jump from the 228-meter platform.

Insurance: Activity-specific accidental insurance.

Completion Certificate: An official certificate acknowledging your record-breaking jump.

Optional Add-ons

Media Package: High-definition photos, video, and a souvenir T-shirt (highly recommended!).

The Swing: Upgrade to a "Bungee + Swing" combo for the ultimate day of thrills.

Sky Cycling: Test your nerves on a bicycle fixed to a cable high above the gorge.

Important Information for Jumpers

Weight Limits: Minimum weight is 45 kg and maximum is 100 kg.

Age Requirement: Minimum 14 years old. Anyone under 18 requires written parental consent.

Medical Conditions: Jumping is not permitted for those with heart disease, pregnancy, epilepsy, or recent spinal surgeries. Please consult the jump team for specific health inquiries.

What to Wear: Athletic shoes (running shoes or sneakers) are required. Loose jewelry and flip-flops are strictly prohibited on the bridge.