

Pokhara Bungee: HighGround Adventures (Hemja)

Located just a 20-minute drive from Pokhara Lakeside, this is Nepal's first and only tower-based bungee.

The Experience: Unlike bridge jumps, this cantilevered tower allows for a vertical plunge over a 50-meter cliff.

The Highlight: It features a unique "water touch" option where brave jumpers can dip their hands into the natural pond at the bottom.

Height: 80 meters (262 feet).

Time	Activity	Description
9:00 AM	Pick-up from	Lakeside, Morning pick-up from your hotel or the central adventure office in Thamel/Lakeside.
9:20 AM	Arrival & Briefing,	Reach the site (Hemja or Ratopahira). Complete registration and attend a safety briefing by international jump masters.
10:00 AM	The Jump Session,	Gear up and head to the platform. Experience the heart-stopping freefall (3–5 seconds) with the Annapurna range as your backdrop.
11:00 AM	Relax & Review,	After your recovery, head to the site café to view your photos and videos. Receive your ""Leap of Faith"" certificate.
12:00 PM	Return to Lakeside	Transport back to your hotel, leaving you the rest of the day for boating on Phewa Lake or a relaxing lunch.

Trip Essentials

What's Included

Pick-up & Drop-off: Round-trip transport from Pokhara Lakeside hotels.

Bungee Jump Ticket: Professional jump with all safety gear.

Insurance: Accidental insurance coverage (varies by operator).

Certification: Official certificate of completion.

Pro Tips for Pokhara Jumpers

Tandem Option: HighGround Adventures offers tandem jumps—perfect for couples or friends who want to take the leap together.

Combo Deals: You can often pair the Hemja bungee with the ZipFlyer (the world's steepest zipline) or an ATV tour for a full day of adventure.

What to Wear: Tight, closed-toe sports shoes are a must. Avoid loose clothing or jewelry.