

## 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.