

## 1. The Ultimate Rush: Bhote Koshi Bungee Day Trip

Duration: Full Day (Approx. 12 hours)

Location: Bhote Koshi River Gorge

Adventure Level: Extreme

Experience the legendary "Last Resort"—Nepal's first and most famous bungee site. This world-class adventure takes you 160 meters (525 feet) above the wild Bhote Koshi River on a Swiss-designed steel suspension bridge. Whether you are an adrenaline junkie or looking to conquer your fears, this is the definitive bungee experience in the Himalayas.

### Trip Highlights

The Classic First: Jump at the site that pioneered bungee jumping in Nepal in 1999.

Engineering Marvel: Take the leap from a 166-meter-wide steel suspension bridge specifically designed for bungee safety.

The Freefall: Experience a heart-pounding 4-second freefall into a lush, tropical river gorge.

Scenic Journey: Enjoy a beautiful 3.5-hour drive along the Araniko Highway toward the Tibet border.

### Detailed Itinerary

Time	Activity	Description
5:45 AM	Meeting & Check-in	Meet at the designated hub in Thamel (usually Mandala Street). Final check-in and luggage storage if needed.
6:00 AM	Departure from Kathmandu	Board the "Ultimate Bungy Shuttle" for a scenic 3.5 to 4-hour drive through rolling hills, rural villages, and river valleys.
9:30 AM	Arrival at The Last Resort	Cross the famous bridge and enter the resort. You will be greeted with a safety briefing and weight-check session.
10:30 AM	The Big Jump	Gear up with professional instructors. Step onto the bridge, hear the "5-4-3-2-1 Bungee!" countdown, and dive 160 meters toward the river.
11:30 AM	The Recovery Hike	After your jump, enjoy a steep 20–30 minute hike back up to the resort, passing

		through beautiful waterfalls and forest trails.
1:00 PM	Riverside Buffet Lunch	Celebrate your jump with a hearty buffet lunch at the resort's riverside cafe. Relax in a hammock and watch other jumpers.
2:30 PM	Departure for Kathmandu	Board the shuttle for the return journey, reflecting on the day's adventure.
7:00 PM	Arrival in Kathmandu	Dropped back at Thamel in time for dinner.

## Trip Essentials

### What's Included:

Round-trip Transportation: Tourist bus/shuttle from Kathmandu to The Last Resort and back.

Bungee Jump Ticket: One professional jump from the 160m bridge.

Safety Equipment: Use of world-class, certified bungee harnesses and gear.

Lunch: A full buffet meal at the resort.

Safety Briefing: Guided instructions from New Zealand-trained jump masters.

### What's Excluded

Photos & Videos: Available for purchase at the resort (usually includes a branded T-shirt).

Personal Insurance: Highly recommended for adventure activities.

Breakfast & Dinner: Personal meals before and after the trip.

Tips: For the guides and driver.

## Important Information for Jumpers

Weight Limits: Minimum weight is 40 kg and maximum is 98 kg (subject to harness fit).

Health Requirements: You must inform the staff of any pre-existing conditions, including heart disease, high blood pressure, epilepsy, pregnancy, or recent surgeries.

Dress Code: Wear comfortable athletic clothing. Closed-toe sports shoes with laces are mandatory. No flip-flops, skirts, or loose jewelry.

Age: Minimum age is 18 (minors aged 12+ require in-person parental consent).