

Bungee Jump - 1 Days

BUNGEE JUMP IN NEPAL – LEAP BEYOND LIMITS

Bungee Jump in Nepal is not just an adventure; it's a once-in-a-lifetime experience that lets you taste the raw thrill of free fall in some of the most spectacular natural locations. Set amidst deep river gorges, hanging suspension bridges, and surrounded by majestic hills and green valleys, Nepal's bungee jumping locations are gaining fame among domestic and international thrill-seekers alike. Whether you're looking for a heart-pounding rush or an unforgettable memory, this activity offers both — and more.

The Best Bungee Jump Locations in Nepal

Nepal proudly hosts three iconic bungee jumping destinations — each unique in its setting and challenge. The Bhote Koshi Bungee near the Nepal-Tibet border is the most legendary, dropping 160 meters into a tropical gorge above the [Bhote Koshi River](#). This was Nepal's first bungee jump spot and still remains a top choice for many. The Pokhara Bungee Jump located in Hemja, near the lakeside, offers a 70–80 meter drop with views of the Annapurna range, giving you a thrill with a scenic twist. But the ultimate daredevil challenge lies in the Kushma Bungee, located in the Parbat district, which is currently the highest bungee jump in Nepal at 228 meters. It's considered one of the highest in the world and stands out with its dramatic canyon views and sheer vertical drop.

What to Expect on Your Bungee Adventure

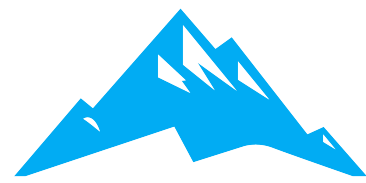
Your bungee experience starts with a hotel pick-up arranged by Trek Mania Nepal, followed by a scenic drive through hills and riversides depending on your chosen location. Upon arrival, you'll be welcomed by professional instructors who provide a full safety briefing and ensure you are equipped with certified gear. The jump itself lasts only a few seconds but leaves an impression that stays forever. From the moment you leap off the platform, time seems to slow as you experience pure adrenaline and complete freedom. As your body bounces gently over the river, you realize this isn't just an adventure — it's a feeling of flying, of letting go.

Safety and Standards

Many travelers wonder if bungee jumping in Nepal is safe, and the answer is yes — absolutely. All bungee jump locations operate under strict safety protocols with internationally certified equipment, regular maintenance, and trained jumpmasters. These locations follow adventure tourism safety guidelines approved by authorities like the [Nepal Tourism Board](#) and collaborate with international adventure sport councils to maintain global standards. Whether it's your first jump or your fifth, the focus on safety ensures every adventure ends with joy and pride.

More Than Just a Jump

Bungee Jumping in Nepal is often the highlight of one's trip, but it's even more rewarding when combined with other activities. At Trek Mania Nepal, we offer combination adventure packages where you can experience rafting on Bhote Koshi, paragliding in Pokhara, or go on an epic [Everest Base Camp Trek](#) or [Annapurna Circuit](#) right after your jump. For those who love offbeat experiences, you might also enjoy our [Honey Hunting Tour](#), [ATV Trail Rides](#), or [Zipline Flyer](#) in Dhulikhel. These multi-adventure experiences help you explore Nepal beyond the usual sightseeing routes, and take home stories that most travelers only dream of.



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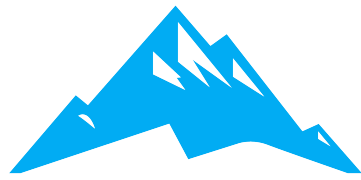
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Booking and Best Time to Jump

While bungee is available year-round, the best months are during the dry seasons — from September to December and March to May — when the skies are clear and the river views are most dramatic. It's recommended to book at least a day in advance as these jumps are highly popular among both local youths and foreign tourists. Trek Mania Nepal can assist you with group discounts, private transport, photography services, and even video coverage of your jump to cherish later.

Nepal has quickly become a bucket list destination for bungee lovers, and there's no better place to feel the wild rush of wind and gravity. The combination of dramatic landscapes, friendly guides, and high safety standards makes bungee jumping in Nepal a must-do for every adventure enthusiast visiting the country. So take the leap, break your limits, and create the boldest memory of your lifetime with Trek Mania Nepal.





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PRICE INCLUDES

- Bungee fee

PRICE EXCLUDES

- Hotel
- Extra charge (Photos & Videos)
- Transportation (except Bhote Koshi)



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Day 1: Hotel pick-up and transfer to the destination.

Our representative will meet you at your hotel and drive you to your destination. When you get to the bridge, you will be assigned a guiding teacher who will train you on the safety and risks of bungee jumping. Following this session, you will proceed to the bridge where professionals will properly inspect your safety equipment before allowing you to jump and feel every bit of thrill that you had logged for. We will relax for a while on the bridge before heading to your accommodation, bringing our adventure to an end.



FAQ

1. Is bungee jumping in Nepal safe?

Yes, bungee jumping in Nepal is extremely safe. All locations, including Bhote Koshi, Pokhara, and Kushma Bungee, use internationally certified equipment, follow strict safety protocols, and are operated by trained professionals. The safety measures are in line with international standards, ensuring your adventure is thrilling yet safe.

2. How high is the bungee jump in Nepal?

Nepal offers some of the highest bungee jumps in the world. The Kushma Bungee, located in Parbat, is the highest, with a drop of 228 meters. Other notable jumps include the Bhote Koshi Bungee at 160 meters and the Pokhara Bungee at 80 meters.

3. What should I wear for bungee jumping in Nepal?

For bungee jumping, it's recommended to wear comfortable clothing that allows you to move freely. Avoid loose clothing or anything that might get caught during the jump. Also, wear sturdy shoes or sneakers. All safety gear, such as harnesses and helmets, will be provided at the jump site.

4. How long does the bungee jump last?

The actual jump only lasts for a few seconds, but the sensation of free-fall is exhilarating. The total experience, including preparation, safety briefing, and the jump itself, usually takes about 30-45 minutes, depending on the location.

5. Can I take photos or videos during the jump?

Yes, you can capture your jump! Most bungee jump locations in Nepal offer video and photo services, so you can relive the experience. You can also purchase a video or photo package for an extra charge.

6. What happens if I am afraid of jumping?

It's natural to feel nervous before making the jump. Most bungee operators have experienced jumpmasters who are there to guide and support you throughout the process. If you're feeling unsure, you can always take a moment to calm down. But once you take the leap, you'll experience a rush like no other!

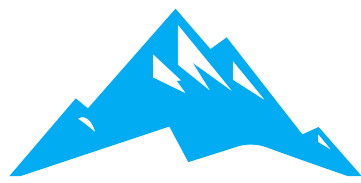
7. How do I get to the bungee jumping sites in Nepal?

If you book through Trek Mania Nepal, transport will be arranged for you directly from your hotel. Depending on your location, it could take anywhere from 2-3 hours to reach the jump site, especially for more remote locations like Kushma Bungee. You'll be transported in a comfortable vehicle, and our staff will ensure that you have a smooth journey.

8. Is there an age limit for bungee jumping?

The general age limit for bungee jumping in Nepal is between 18 to 60 years. However, some locations may allow individuals as young as 16, with parental consent. There may also be certain health requirements, so it's best to check with your tour operator beforehand.

9. What happens if the weather is bad?



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Since bungee jumping is weather-dependent, it may be postponed in the event of bad weather, such as heavy rain or high winds. The operators will always prioritize your safety, and you'll be informed in advance if any changes need to be made to your scheduled jump.

10. Can I combine bungee jumping with other activities?

Absolutely! If you're an adventure enthusiast, we recommend combining bungee jumping with other activities such as rafting, paragliding, ziplining, or even multi-day treks like the Everest Base Camp Trek or Annapurna Circuit. Trek Mania Nepal can help you create a personalized adventure itinerary.

