

JIWAJI UNIVERSITY
SCHOOL OF STUDIES: TRAVEL AND TOURISM MANAGEMENT

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ADVENTURE TOURISM
MODULE NO. : 605

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UNIT 01:

TOPICS COVERED:

1. INTRODUCTION TO ADVENTURE TOURISM
2. CONCEPT OF ADVENTURE TOURISM
3. MOTIVATION TO ADVENTURE TOURISM
4. THE PRECAUTIONS FOR ADVENTURE TOURISM

1. INTRODUCTION TO ADVENTURE TOURISM:

Tourism in today world is growing at very rapid speed, including various service and hospitality sector, including various thrills and nature of environment. It is becoming one of the fastest growing industry in world. Adventure tourism is one among the branch of tourism which is attracting a large number of tourists towards it. There are destination identified which fulfills the demand of adventure tourist and also is popular for leisure and/or relaxation of tourist. Adventure tourism can be considered as new form of eco, sport, or nature based tourism. Though adventure tourism is not new but as an explicit towards commercial activity it is a new beginning.

Adventure tourism has become more popular in today's worlds and among some sophisticated travelers who look of experience rather than just sitting and relaxing at a particular destination. While the cost of travel remain same the tourist looks for something extra in his/her travel itinerary and add on in their travel experience.

The term adventure is some sort of experience which provides a level of personal excitement. Adventure tourism is a rapidly growing product of tourism which includes activities such as trekking, camping, river rafting back country bicycling etc.

Adventure tourism is a travel experience that involves an outdoor pursuit that purposefully applies a challenge to the participants. This may often include the participants putting their skills, tenacity, stamina, and problem solving abilities to counter some form of 'risk'. By adventure we could learn many things e.g., team work, coordination, leadership, decision making and more over adjustment skills.

2. CONCEPT OF ADVENTURE TOURISM

2.1 DEFINATIONS

Adventure is excitement and willingness to do new, unusual and rather dangerous things (Collins Dictionary). Adventure is entertainment and education at same time (entertainment + education =

edutainment), this is the reasons many organizations, schools, corporate offices, colleges all over the globe send their members/students for various activities related to adventure tourism.

The term adventure is more popularly used in reference to physical activities that have risk and danger, such as zipping, cliff jumping, parachuting and other extreme sports. An adventurer is a person who bases his/her lifestyle on adventurous acts. Adventure means different things to different persons. Adventure travel appears to have developed out of wider growth of traditional outdoors and wilderness recreation during 20th century. Unlike any other tourism activity, adventure tourism offers a level up for experience and offers a unique opportunity in which tourist becomes more adventurous endeavors.

To define adventure tourism, various components including activity, motivation, risk, performance, experience, and environment must be considered. Equally important is the combination of these terms to form a definition. Ewert (1989) suggested that outdoor adventure involves an interaction with natural environment and this interaction requires an element of risk, often exposed to physical danger. By using these factors, adventure tourism/travel can be defined as:

- Any number of leisure pursuits which provides exposure to physical danger (Meier, 1978).
- A variety of self-initiated activities utilizing an interaction with the natural environment, that contain the element of real or apparent danger, in which the outcome, while uncertain, can be influenced by the participants and circumstances (Ewert, 1989).

Hall (1992) pointed out this is particularly true when the nature of the risk elements in adventure activities has to present, perceived danger controlled by the expertise of an operator. Hall's effort to define adventure was:

- A board spectrum of outdoor touristic activities, often commercialized and involving an interaction with the natural environment away from the participants home range and containing element of risk in which the outcome is influenced by participants, setting and management of tourist experience (Hall, 1989).

Some other definition of adventure tourism:

- Travel for specific purpose of pursuing adventure recreation (Johnston, 1992).
- All pursuits that provide an inherently meaningful human experience that is related directly to a particular outdoor environment – air, water, hills, mountains, (Darst and Armstrong, 1980).
- Activities which involve human participation as a response to the challenge offered primarily by the physical, natural world such as hills, air current, and waves (Progen, 1979).

- Outdoor activity involving the natural environment where the outdoor perceived by the participants is unknown (Yerkes, 1985).

On concluding these definition we can reach to a point that adventure tourism is:

- Outdoor activity.
- Involves element of risk.
- Exploration of natural environment
- Purpose of travel is to gain experience.

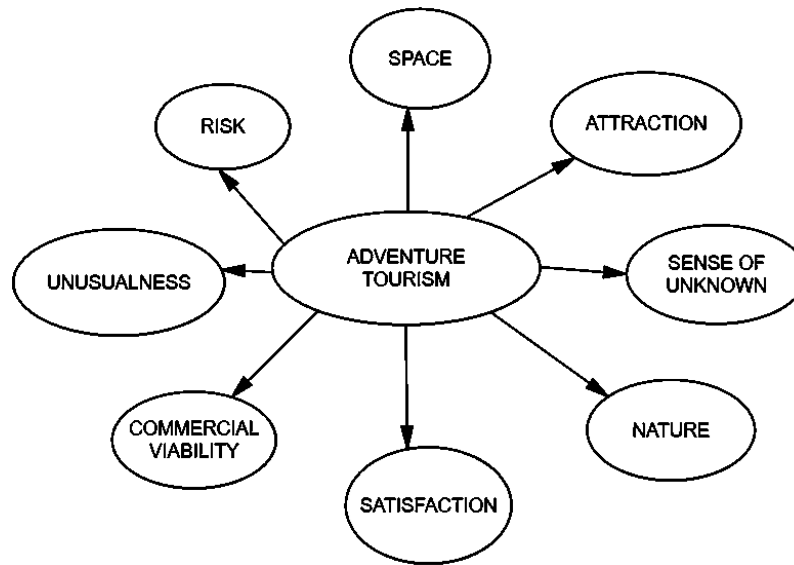


FIG. 01 Components of Adventure Tourism

2.2 COMPONENTS OF ADVENTURE TOURISM

The components of adventure tourism are space, calculated risk, commercial viability, satisfaction, attraction, unusualness, nature and sense of unknown.

1. Space: is physical setting in which a particular activity is carried out, also known as environment. For example air in case of paragliding, water in case of scuba diving etc.
2. Attraction: this is to amplify the adventure activity. It could be any attraction site such as any temple, monument or community with which the activity is performed. For example, trekking to Vaishno Devi temple.
3. Sense of Unknown: it is something which is hidden, a suspense which creates thrill and excitement. It depends on the activity to be performed.
4. Nature: it means our surroundings, the environment. Many people choose activities in which they choose to explore the nature more closely such as trekking and bird watching at same time.

5. Satisfaction: adventure activity provides a level of satisfaction they seek for in travel by engaging tourist in activities where they can rejuvenate themselves, can feel happy, spend time in groups, learn about different cultures and gain self-confidence.
6. Commercial Viability: this deals with economic benefit of adventure tourism and sustain it for years. Any adventure activity will qualify to be an adventure tourism activity only with commercial viability.
7. Unusualness: this is the main purpose of adventure tourism. After performing adventure activity again and again it may happen that the thrill and excitement related to that activity may lose but when the medium changes, the thrill of adventure returns.
8. Risk: this is mainly the calculated risk, which a tourist can predict relating to his own gestures and past experience. This helps in dealing at tuff/hard situation.

2.3 CATEGORIES OF ADVENTURE TOURISM

Adventure tourism can be classified into Hard and Soft adventure on basis of risk involved.

Soft adventure tourism involves activities that has lower risk, greater comfort in accommodation and less physical activity involved. It often includes educational and discovering purpose, the exploration of environment, engaging with heritage and culture of host community. They are mostly guided tours with all facilities included.

Hard adventure tourism involves activities that often have high risk factor, greater physical challenges and very basic facilities. In this tourist introduces themselves to natural outdoor settings, challenge themselves by performing many activities that gives them adrenaline push and where risk is the main motivation factor involved.

HARD ADVENTURE	SOFT ADVENTURE
Mountaineering	Trekking
Alpine trekking	Camping
Ice climbing	Boating
River rafting	Jungle safaris
Scuba diving	Nature walks
Ice skating	Hiking
Soaring	Yachting
Skiing	Skating

Adventure tourism based on activities based on natural environment:

On basis of natural environment adventure activities are classified as land, air and water based activities.

LAND BASED	AIR BASED	WATER BASED
Arctic trips	Soaring	Surfing
Mountaineering	Skydiving	Scuba diving
Rock climbing	Hang gliding	Fishing
Trekking	Paragliding	Canoeing
Camping	Bungee jumping	Boating
Hiking	Parasailing	Windsurfing
Safaris	Para jumping	Jet ski
Mountain biking	Microlight flights	waterskiing

Adventure activities based on resources:

On basis of availability of resources, adventure activities are classified as mountain based tourism, beach based tourism, and wildlife based tourism.

MOUNTAIN TOURISM	BEACH TOURISM	WILDLIFE TOURISM
Mountaineering	Surfing	Safaris
Rock climbing	Scuba diving	Bird watching
Trekking	Fishing	Wildlife viewing
Paragliding	Sailing	Camping
Skiing	Jungle exploration	Yachting

3. MOTIVATION TO ADVENTURE TOURISM

India is a country of much diversified geographic locations, being a peninsula it is surrounded by water from three side i.e., West Coast, East Coast and Southern Region. In north India caters a destination for mountain lovers with presence of Great Himalayas mountain range and other major Mountain ranges (pirpanjal range, dhaula dhar range etc), thus making India a great destination to be loved by Adventure tourists.

Motivation is referred as some inner motive a person wants to achieve, it creates a push factor from inner self of a person to perform activity irrespective of the result, but mainly to overcome the fear and to experience the thrill of sport.

Adventure Tourism is accompanied by certain elements such as:

- Geography/Topography.
- Weather and climate.
- People and culture.
- Flora and fauna.
- Fairs and festivals.
- Natural beauty and society.

Overall this all elements are there in our Country, thus making it one of the best destination in world to perform adventure tourism activities.

Factors that make a tourist to be an adventure tourist are mainly Risk, learning, new culture and experience. When we talk about adventure tourism, one of the crucial component attached to it is RISK, now risk is accompanied by hardcore, extreme and danger activities with which a tourist showcase their power to achieve things. Apart from this, some recent studies show that motivation of adventure tourist is also related to that of 'being in a natural environment', 'meaningful experience', 'learning' and being in new culture'.

4. THE PRECAUTIONS FOR ADVENTURE TOURISM

Be it any kind of adventure trip, for instance - Trekking, Rock Climbing, Whitewater Rafting, Paddling, Rock Climbing, Snorkeling, Underwater Diving, Kayaking Or Canoeing, one should never forget the basic tips and guidelines to remain safe and healthy.

Plan Your Adventure Trip: Do contact the concerned government agency including forest service of that country; park service etc. to get all the details of the place you will be visiting for your adventure tips. Ask their advice and tips on lodging, best restaurants, sightseeing, safe routes, favorable campsites, climatic patterns, wild animals and other such basic information. Do carry mobile phones if possible. Do preview the route and obstacles in the route map and plan accordingly to overcome them.

Potential Health Risk to be kept in Mind: Before heading for any kid of adventure trip, do consider all the health risks you and your family may face. Therefore, do collect up to date information on recommended vaccinations to be taken before going to adventure trip anywhere in the whole world. You may also look for history of recurring diseases of that area and take vaccinations or medications accordingly. Do always

carry first aid box and other allergy medications along with you.

Important Stuff to Carry: If you are heading for an adventure tour, carry several basic things for safe journey including first aid box, sunscreen lotion, sun protection hat, comfortable clothes, sunglasses, sneakers or sports shoes, money belts or hidden pouches & drinking water.

Miscellaneous Basic Adventure Safety Tips

- While Trekking, do carry sleeping bag, trekking shoes and trekking rope of about 50 meters of length for safe climbing.
- While White Water Rafting, do arrange lifejackets, rafts, paddles and wetsuits for safe travel. Wear comfort fit life jacket, even a loose jacket will not provide any safety in case of emergency.
- While Snorkeling, keep yourself safe by wearing snorkeling gadgets including snorkeling mask, snorkel and fins. Never go for snorkeling adventure amidst water currents, waves or complex entries inside the water.
- While Skiing, always use poles or skiing gadgets to balance you. To be safe, do not stop or halt yourself in blind curve or beneath the hill crest.
- While Mountain Climbing, always check safety knots before starting. Also check that the ropes are properly tied through both the harness leg loops and waist loop. Also keep in mind whether the harnesses of both the belayer's and climber's buckles are doubled back.
- While being on Wildlife Adventure or Night Safari, never land off your vehicle to watch wild animals from too close or to click their snaps. It could turn out to be very dangerous as you may get attacked by wild animals. It can endanger your life as well.

Apart from these, The Ministry of Tourism has released the Guidelines by the Government of India on Adventure Tourism. The guidelines on Safety and Quality Norms for Adventure Tourism in India have been formulated along with the Adventure Tour Operators Association of India (ATOAI) in an effort to make adventure sports safer. One must follow these safety guidelines and take them as precautionary measures while performing adventure activities.

UNIT 02:

TOPICS COVERED:

1. ADVENTURE TOURISM IN INDIA.
2. PROMISES.
3. CHALLENGES.

1. ADVENTURE TOURISM IN INDIA

Because of its wide variety in the geographical extent, India is now becoming one of the most chosen adventure tourism destination in entire world. Apart from its thread to cultural and heritage tourism, Adventure tourism is one of the growing tourism sector in country.

India caters to one of the best mountain ranges in the world and because of being its peninsula it is surrounded by water bodies from all 03 sides. With desert in west to mangroves in east, it has thrill at every corner of its boundary. The recent studies shows that there is a number always increasing from past years for adventure tourist in India.

Some popular adventure sports have grown into major tourism platform in India. These are: Mountaineering, trekking, camping, rock climbing, skiing, river rafting, cliff jumping, para gliding, bungee jumping, scuba diving. Surfing and many more. The Great Himalayas starting from northern region and going towards north eastern region, the Western Ghats and Eastern Ghats offer the best place for Mountaineering, skiing, rock climbing, whereas western and eastern coastline offer a bundle of water based adventure tourism activities.

In one word, India as whole, serves almost every type of adventure tourism activities that fulfills the desires of and adventure tourist.

Adventure Destinations in India

Adventure trips can be taken to a number of destinations in the country, with each one being famous for a particular activity.

- Ladakh: The rough terrain and natural beauty of Ladakh have made it an admirable destination for adventure lovers. With an average elevation of over 10000 feet above sea level, Ladakh has a cold arid climate.

- Rishikesh: This sacred place is located in the state of Uttarakhand, and is another well-known spot to indulge in thrill-inducing sports like rafting, rock climbing, rappelling and more. Rishikesh can be visited in any month as the weather here is always pleasant.
- Lonavala: It is about 65 km from Pune, and is a popular hill town. With a moderate altitude of approximately 2050 feet, the topography here is not too rugged, and the weather does not become extreme. Hot air ballooning is popular here.
- Kamshet: This destination lies in the Sahyadri Ranges; hence its altitude is moderate. Even in the peak of winters, the temperature rarely drops to below 10 degree Celsius, making it a nice place to enjoy the season. Paragliding is done here from October to April.
- Kolad: Another amazing place to relish thrilling sport of rafting, this little village lies on the banks of the Kundalika River. Away from urban centres and immersed in tranquillity, it is an ideal getaway if you want to relax.
- Goa: Those who want to have an exciting time along the seas should definitely come to Goa. It is a perfect place to indulge in some fabulous and exciting water sports.

Apart from the above-mentioned places for adventure trips in India, there are hordes of other sites too to plan thrilling expeditions. With a plethora of exciting engagements in the country, such excitement-developing sports are bound to continue gaining admiration.

- Treks: You can trek at a number of destinations like Ladakh, Uttarakhand, Sikkim, Himachal Pradesh and Kashmir.
- Motor Bike Expeditions: Biking trips on the Leh-Manali highway and through South and West India are hosted by loads of travel agencies as they are highly admired.
- River Rafting: The state of Uttarakhand and the village of Kolad are two prime destinations for rafting.
- Hot Air Ballooning: Jaipur in Rajasthan and Lonavala near Mumbai are the two most sought after places for hot air ballooning. Both these destinations have weather conditions, which are favourable for the engagement.

- **Scuba Diving:** To see the underwater world from up close, travel to Andaman and Nicobar Islands, the state of Goa or the town of Murudeshwar in Karnataka. You will get scuba training from PADI certified instructors at all these sites before you head out to the sea.
- **Wildlife Safari:** The country has loads of protected areas like Corbett, Bandhavgarh, Kanha and Pench national parks, where wildlife safaris can be availed.
- **Camping:** You can camp wherever there are untouched environs like hills and forests. There are many such places in Uttarakhand, West Bengal, Rajasthan, Karnataka and Himachal Pradesh, which you can pick.

Zone	State	Locations	Encore destination	Activity
NORTH ZONE	Jammu & Kashmir	Leh, Srinagar & Jammu	Leh, Sangam, Zanskar, Chilling, Spituk, Nimo, Lamayuru, Markha, Stok Kangri, Nubra, Sam, Tsomoriri, Sonamarg, Pahalgam, Srinagar, Kargil, Gulmarg, Yusmarg, Doodhpathri, Veriag, Kokerag, Manasbal, Lolab, Gurez, Pangong, Hemis National park.	Trekking, Mountaineering, Water Rafting, Cycling, Motorbike tour, Mountain Biking, Camping, Canoeing, Kayaking, Paragliding, Rock climbing, Yak safari, Horse Riding, Hiking, Wildlife, Jeep Safari, Skiing, Angling, House boat & Heli- skiing.

Himachal Pradesh	Manali, Kullu, Shimla, Kangra&Dharamshala	Kullu, Manali, Solang Valley, Bir Billing, Dharamshala, and LahaulSpiti, Chamba, Kangra, Kufri, Narkanda, Hanuman Tibba, Rohtang Pass, DeoTibba and Chandrakhani Pass, Chil&Dalhousi	Trekking, Mountaineering, Camping, Paragliding, Parasailing, Cycling, Rock climbing, River rafting, Heli skiing, Motorbike tour, Mountain biking, Bike tour, Kayaking, Canoeing, Jeep safari, Skiing & Angling
Delhi	Delhi	Surajkund	Bike tours, Artificial Wall Climbing
Uttarakhand	Dehradun, Rishikesh, Haridwar&Nainital	Rishikesh, Mussoorie, Pithoragarh, Nainital, Dhanaulti, Naukuchiatal, BedniBugyal, Auli, Mundali, Munsiyari, DayaraBugyal, Jim Corbett National Park, Raja ji National park, Har-Ki-Doon& Kana Tal.	Trekking, Mountaineering, Water rafting, Bungee jumping, Biking, Cycling, Camping, Parasailing, Paragliding, Motorbike tour, Horse Safari, Wildlife, Skiing, Jeep safari, Rock climbing, Mountain Biking& Heli skiing.
Rajasthan	Jaipur, Jodhpur & Jaisalmer	Jaipur, Jodhpur, Jaisalmer, Udaipur, Chittorgarh, Bijapur, Ranthambore, Pali, Bikaner, Mandua(Sekhawati)	Hot Air Balloons, Wildlife Safari, Camel Safaris, Motorbike tour, Trekking, Cycling, Jeep Safaris, Parasailing, Rock climbing, Artificial Wall Climbing, Elephant & Horse Safari.
Uttar Pradesh	Agra&Lucknow	Agra, Katerniagat,	Hot air ballooning, Wildlife safari, Artificial Wall Climbing

			Chambal	
WEST ZONE	Maharashtra	Mumbai, Pune, Lonavala, Kohlapur, Sindhudurg, Nasik & Aurangabad	Chandrapur, Alibag (Kashid), Kolad, Tarkarli, Ganpatiphule, Kamshet, Punchgani, MalshegGhat, Karjat, Mahableshwar, Matheran, Panhala Fort, Chikhaldhara, Rajmachi	Trekking, Hiking, Camping, Paragliding, Cycling, Parasailing, Bungee jumping, Water Rafting, Rappling, Hot air balloon, Scuba-diving, Bike tour, Rock climbing, Snorkeling, Artificial Wall Climbing, Sky driving & Hang Gliding.

Zone	State	Location	Encore Destination	Activity
	Madhya Pradesh	Bhopal, Indore, Jabalpur, Gwalior & Mandla	Bandhavgarh, Panchmarhi, Kanha National park, Shivpuri, Pench, Panna, Satpura, Kerwa lake, Orchha, Pipariya, Bargi dam, Jabalpur, Betwa, Narmada river side, Bhopal & Tikamgarh	Wildlife, Camping, Jeep safaris, Parasailing, Paragliding, Hot Air Balloons, Rappelling, Water sports, Water Rafting, Trekking, Hiking & Rock climbing.
	Goa	Panaji & Margaon	Calangute, Mogore, Candolin, Palolim, Novem, Arpora, Divar island, Bagha, Grande island, Sao George island, Arambol, Benaulim, Chapora river, Valpoi river, Choraopomburpa, Dudhsagar fall. Mullem national park, Cotigaon wildlife, Monkey beach, Britona & Bhagmalo	Bunjee Jumping, Trekking, Wildlife, Water skiing, Surfing, Parasailing, Paragliding, Elephant safari, jeep safari, House boat stays, Rafting, Cycling Snorkeling, kayaking, Camping, Biking & Scuba diving.
	Gujarat	Ahmedabad, Surat, Vadodara, Rajkot & Jamnagar.	Pavagadh, Gir National park, Saputara, Ahmedpur Mandvi, Nargol, Tithal, Chorwad & Dummas.	Rock climbing, Wildlife, Paragliding festival (1st Nov to 31st Jan), Trekking & water spots
	Chhattisgarh	Raipur	Gadiya, Kila Dongri, Udantisanadi sanctuary.	Trekking, wildlife & jeep safari.
SOUTH ZONE	Andhra Pradesh/Telengana	Hyderabad, Visakhapatna & Tirupati	Hyderabad, Bhongir, Sri venkateswara/ Indira Gandhi Zoological park, Vizag, Vikarabad, Arku	Wildlife Safari, Rock Climbing, Parasailing (Lumbini park), Water sports, Trekking, Hiking, Trekking, Caving, Camping, Water skiing &

			valley, Ahobilam,	Boating.
			Talakona, Kadalivanam,	
			Kondamadugu,	
			Ananthagiri, Srisailam,	
			Horselly Hills, Bhavani	
			Island & Nalgonda.	
	Kerala	Kochi,	Kochi,	Wildlife Safari, Trekking, Cycling,
		Thiruvananth	Thiruvananthapuram,	Paragliding, Parasailing, Hiking, House
		apuram,	Munnar,Varkala Beach,	Boat stays, Camping, Rock Climbing,
		Munnar,	Payyambalam Beach and	Canoeing, Kayaking, Sailing,
		Alappuzha	Alappuzha Beach,	waterskiing, white water rafting, wind
			Agasthyakoodam,	surfing, scuba diving & motorbike tour.
			Eruthavoor, Thenmala,	
			Periyar wildlife sanctuary,	
			Wayanad wildlife	
			sanctuary,	
			KovalamVagamon,	
			Varkala, Idukki,	
			Kozhikode,	

Zone	State	Location	Encore Destination	Activity
	Karnataka	Bangalore, Mysore & Mangalore	Bangalore, Mysore, Mangalore, Ramanagara, Dandeli, Coorg, Gokarna, Karwar, Anthrange, Bheemeshwari, Devarayanadurga, Madhugiri, Nandi hills, Shivaganga, Mullayanagiri, Brahmagiri, Tadiyadamol, Dubare, Murudeshwara, Malpe&Murudeshwar	Trekking & camping, Rafting, Rock climbing, Bunjee Jumping, Hiking, Hot air ballooning , Mountain biking, Angling, Diving, Snorkeling, Artificial Wall Climbing, cycling, Hang Gliding, Microlight flying, Scuba diving, Parasailing, Jetski ride.
	Tamilnadu	Chennai, Coimbatore, Madurai, Salem &Ooty	Nilgiris, Ooty, Annamalai, Elagiri, Kodaikanalare, Siruvani, Topslip, Vaideki, Perumalmalai, Thalaiyar, Kodaikaal, Manapad, Muttukadu,Mudaliar&Yelagiri.	Trekking, Camping, Hang-Gliding, Hiking, Paragliding, Angling, Canoeing, Kayaking, Rock Climbing, Artificial Wall Climbing, cycling, Water sport.
	Andaman & Nicobar	Port blair	Port blair, Havelock island, Cinque island, Baratang island, Neil island, Long island, Chidiyatapu, Ross island & Viper island.	Scuba-diving, Snorkeling, Trekking & Camping,Sail boats, Para sailing, Water scooters, rowing boats, kayaks, paddle boats, water skiing& boat safari.
	Lakshadweep	Kavarathi, Agatti	Kavaratti, Kadmat, Bangaram, Thinnakara& Minicoy.	Scuba-diving, water skiing, kayaking, Surfing & Canoeing
EAST	Arunachal	Itanagar,Bhal	Nam-da-pa, Bomdila,-	Mountaineering, Wildlife Safaris,
ZONE	Pradesh	ukpung,	Tawang, Kameng, Sepa,	Trekking, Camping & River Rafting.

		Bomdila&Na	Bhalukpong, Subansiri,	
		harlagun.	Sing, Dibang, Along,	
			Daporijo,	
			Pasighat&Mechhuka	
	Assam	Guwahati,	Bhalupung, Kaziranga	Angling, Trekking, Rafting, Rock
		Dibrugarh	National Park, Nameri,	Climbing, Wildlife, Jeep Safaris,
		&Tezpur.	Manas National Park,	Boating, Elephant Safari, Motor Bike
			Samuri, Dibrugarh,	Tours, Hot Air Ballooning & river
			Tezpur, Bhoroli, Kapili,	Cruising.
			Ninging, Dhubri, Hajo,	
			Saulkuchi, Barpeta,	
			Guwahati, JiaBhoroli,	
			Cachar Hills, Karbi Hills,	
			Kamakhya Hills, Orang	
			National Park, SonaiRupai	
			Wildlife Sanctuary, Milroy	
			Sanctuary, Laokhowa	
			Wildlife Sanctuary,	
			Pobitora Wildlife	
			Sanctuary, Namber	
			Wildlife Sanctuary	
			&PaniDihing Wildlife	
			Sanctuary.	

To conclude, we can say that Adventure tourism in India mainly consists of soft adventure tours and hardcore adventure tourism and is still at a nascent stage. Soft adventure activities like wildlife/ jeep safaris in the many national parks is the top land based adventure activities of adventure travelers in India. Trekking followed by camping are the other most popular land based adventure activity in India. India's mountainous fast rivers are apt for adventure activities like rafting and a lot of travelers are taking rafting holidays. Hence water rafting in India is the top water based adventure activity in India. Boat safaris followed by houseboat stays are the other popular water based adventure activity in India. Parasailing and paragliding are the top two air based adventure activities in India.

2. PROMISES

Despite having 70 per cent of the Himalayas, around 7000 kms of coastline, India being among the one of the three countries in the world with both hot and cold deserts, ranks 10th in total area under forest cover and 6th in terms of number of recognized UNESCO Natural Heritage sites, a varied flora and fauna, Indian adventure tourism is yet at a nascent stage but charting its own growth path. The latest emphasis of the Ministry of Tourism to make adventure tourism as the next engine of tourism growth by opening of 124 new peaks definitely augurs well for global adventure market. Of late, adventure tourism is emerging as one of the fastest growing segments in India with more and more travelers are opting for experiential tourism.

Adventure tourism is resilient, supports local economies, attracts high value customers and encourages sustainable practices. However, adventure tourism remains a relatively small market in India as compared to the West. The main reason for the slow growth is the lack of clear cut policy and regulations as well as infrastructure. Historically, India has also suffered from an image problem - in particular relating to safety standards. Hence, the facility and support staffs need to be developed to the global standards.

Also, one of the contributors to the accelerated growth of this niche segment is the growing number of operators across different adventure beats. While there is an increase in the number of service providers, the larger question about their regulation needs to be dealt with. The adventure tourism industry still includes an unorganized sector that needs to come under immediate scrutiny.

Adventure tourism is all about taking the roads less travelled. Not only does adventure travelling involve exploring remote areas and a great degree of physical activity but also some measure of controlled risk. Mountaineering expeditions, trekking, paragliding, bungee jumping, rafting, scuba diving and rock climbing are the best-known examples of adventure tourism. One can choose to work outdoors as an instructor or a tour leader or be a part of a managerial team. The marketing or managerial aspect of this job requires an MBA degree or a diploma in tourism. But people who are involved in the operational aspect (customer interface and all the outdoor work) require professional training in that sport. For example, a water sport would require you to have a certain level of competence as a swimmer.

3. CHALLENGES

Though adventure tourism is one of the fastest growing tourism sectors in India, but then also there are a lot of challenges faced to adventure tourism in country, some of them are:

- Lack of basic facilities for performing adventure activity. For example, equipment's required for trekking, winter sports, water sports etc.
- Lack of tented accommodation facilities for setting up of adventure camp sites.
- Lack of entrepreneurship and skills among the indigenous population.
- Lack of marketing facility and infrastructure.
- Lack of funds for investment in adventure tourism.
- Lack of institutional and government (state & central) support.
- Lack of financial support towards unorganized sector of adventure tourism.

Apart from these challenges, there is no framework that adventure tour operators must adhere to which means nearly anyone can begin to conduct adventure sports activities without adequate regard to safety. Most of our prime adventure locations either fall in forest or restricted areas limiting the choices for the adventurers. The new market is focusing on cheap and mass adventure travel. This not only devalues the product but also compromises on safety and ends up ruining pristine natural heritage with no checks on numbers.

UNIT 03:

TOPICS COVERED:

1. AIR BORNE ADVENTURE SPORTS
2. TYPOLOGY
3. FACILITIES
4. OPPORTUNITIES IN INDIA

1. AIR BORNE ADVENTURE SPORTS

As the name goes by itself, air born adventure activities are usually those that are perform in air as a medium. There air based activities are gaining much popularity in India these day but on the other hand it is observed that as compared to surface based and water based, there are limitation to aerial based adventure sports. There are many adventure tour operators that offers aerial tours depending on the type of activity chosen.

In today's world of technology we have many mechanism to fly with the use of huge machines. These days a big airbus can itself carry about more than 500 passengers at a time with all travel pleasures. There are many activity based on air as a medium, such as parachuting, skydiving, paragliding, parasailing and many more.

2. TYPOLOGY

India is a huge land mass and offers a variety of adventure sports activities. People seek adventure by opting for activities popular in surface and air settings like gliding, ballooning, skydiving, parachute jumping and so on.

Air adventure activities are popular in India since early period, there are many different type of activities getting popular these days such as:

- Parachuting
- Skydiving
- Ballooning
- Gliding (hang gliding, para gliding, power gliding)
- Parasailing
- Wind surfing
- Bungee Jumping

- Zipping
- Micro lighting
- Bridge swing
- Heli jumping

3. FACILITIES

A. HOT AIR BALLOONING

Currently hot air balloon flights are done in VMC conditions which requires visibility of 5 KMS. Hot Air Balloon flights are seasonal and balloons fly at Sunrise and 2 hrs before sunset. A Hot Air Balloon moves at the speed of the localised wind conditions. As per existing operational - guidelines of manufactures, a Hot Air Balloon is not flown in wind conditions exceeding 15 knots (27.8km/h) on the surface. A Hot Air Balloon is a very large (over 14 metres in width and 30 metres in height), brightly coloured, - slow moving object that maintains the same shape and size as seen from a 360° perspective of approaching aircraft. A Hot Air Balloon can safely alter its altitude to climb or descend immediately and at a rate of 1000ft/min (5m/second). A Hot Air Balloon is the only aircraft that allows the Pilot in Command to have a visual 360° direct line of sight whilst piloting the aircraft. The pilot maintains a two way communication with the ATC, hot air balloon is also equipped with GPS, Altimeter and other important instruments. Hot Air Balloons don't take off from airports they operate at faraway places as allowed by the relevant ATC.

There are two main types of Hot Air Balloon Flight: 1) Free Flight – This is where a Balloon takes off from one location and travels with the wind to land at another alternate location. 2) Tethered Flight – This is when ropes are safely attached to the Balloon and the Balloon ascends and descends on the spot, with the ropes restraining the Balloon from flying away with the wind. There is no difference as far as the regulations are concerned between Free Flights (without ropes) and Tethered Flights (with ropes). All the requirements for Operator certification, pilot qualifications and equipment registration & maintenance have to be met for tethered flights as well.

Adventure Guides/ Instructors: Basic minimum qualifications and experience 16.2 to fly Hot Air Balloons one must have a Balloon Pilot License issued by DGCA. If an operator employs Foreign Pilots then those Pilots must have a Valid FATA (Foreign Aircrew Temporary Authorization) which is issued by DGCA. As part of all Pilot license requirements, every Pilot must be having a Medical Certificate endorsed by the relevant Civil Aviation Authority.

Hot Air Balloon Operations should be undertaken with the following considerations:

a) Operating instructions must be followed as per the operations manual approved by DGCA.

b) Flight Manual Information and Approval.

The Flight Manual must contain:

- a. A description of the balloon and its technical equipment with explanatory sketches.
- b. Operating limitations, normal procedures (including rigging, inflation and deflation), emergency procedures, and other relevant information specific to the balloon's operating characteristics and necessary for safe operation.
- c. Specification of the permissible lifting gas.
- d. Information for ground handling, transport and storage

B. PARA GLIDING/HANG GLIDING

Paragliding and hang gliding loosely come under free flying, along with Gliding. Unlike gliders, both are very light and can be launched on foot, creating a separate category of foot launch able gliders. Hang gliding started in the late 1960s while paragliding evolved in the early 80's. Paraglider: is a glider that achieves its aero foil structure without any solid reinforcement; from RAM air pressure between two layers of fabric. Hang Glider: is a delta wing that has a fabric aero foil with an aluminum frame and inserts.

Adventure guides: Basic minimum qualifications and experience are as follows

1. Pilots must have minimum P4 level training as a solo pilot, achieved 100 hours of solo flying and minimum 100 km xc flight. A conversion course to tandem pilot must be undertaken.
2. 50 noncommercial flights as sports tandem pilot before converting to commercial flying.
3. If available, pilot should be duly certified by an accredited national association.

Instructor:

1. P5 solo rating on FAI safe pro levels.
2. Worked as trainee instructor with a reputed instructor for 2 years.
3. Taken instructor certification from an accredited association.

Equipment required:

1. EN /SHV/DHV/AFNOR certified wing and reserve parachute.
2. Certified harness and helmet.

SOP's & Operating Instructions:

1. Passenger should be clearly briefed on basics of flight and risks involved.
2. Staff introductions and their training.
3. Passenger should sign liability release waivers.
4. Passenger/pilot should wear appropriate clothing that is safe and comfortable for the task and weather.
5. No aerobatic maneuvers to be done with clients.
6. No overloading or under loading of equipment.
7. Should fly conforming to VFR and in VMC. Cloud or night flying is strictly prohibited.
8. Any incident to be fully documented and reported.

Documentation:

1. Pilot certification and logbook.
2. Equipment logbook and service record.
3. Liability insurance, pilot insurance.
4. Emergency Action Plan.

Risk Mitigation:

1. Operations to be undertaken at sites judged to be safe for paragliding/hang gliding operations.
2. Selected sites should not have any turbulence sources or hazards.
3. Life jacket to be mandatory if operating near water.
4. Wing should be inspected annually for porosity and line lengths.
5. First Aid kit, stretcher (spinal board) and qualified staff should be available at the site.

Basic Minimum Standards for grant of recognition to operators:

It is highly recommended that any outfit, entity, establishment or company seeking grant of recognition for paragliding must fulfil the following criteria:

1. The entity must have qualified personnel (minimum two full time qualified staff) on their pay roll. These personnel must have the requisite experience in the activity and have valid First Aid & CPR certification. Proof of trained staff.

2. The entity must own specialized equipment commensurate with needs of undertaking and running such an operation (specified above). Proof of good equipment, certification where applicable and inspection of safety equipment.
3. The entity must operate with the required permits / licenses.
4. The entity must have at least one certified and experienced person on their Board.
5. It is recommended that the entity is registered with the local/ state tourism department / recognized by the Ministry of Tourism, Govt. of India.
6. The entity must have a registered office.
7. The company must follow a strict 'leave no trace' policy and conform to high sustainability standards.
8. Inspection of site and permission/ right of use of site.
9. Declaration of conforming to flight rules, risk mitigation and airspace rules.
10. Declaration to follow existing association rules and new ones that might be introduced.
11. The entity must follow a strict 'leave no trace' policy and conform to high sustainability standards.

C. PARA MOTORING

Para motor is a paraglider powered by a small motor and propeller, either foot launched or trike based. The following rules will apply to both PPG (powered paraglider) and powered parachutes. Powered parachutes have lesser performance canopies but able to handle bigger engines.

Para motors: paraglider or dedicated Para motor wing with reflex foil design. Powered by sub 350cc engine unless it has torque cancelling technology. Can launch with trike/quad or on foot. Powered

Parachute: Proper powered parachute powered by engine and based on trike/quad only.

Adventure Guides/Instructors: Basic minimum qualifications and experience

Pilots must have minimum p3 level training as a paraglider pilot, a conversion course to para motors and minimum 300 hours on solo para motor prior to taking passengers. There should be an additional 100 hours of noncommercial tandem flying before undertaking commercial tandem flight.

Equipment required:

1. EN (The European Committee for Standardization) / SHV (Swiss Hang Gliding and Paragliding Association) / DHV (Deutscher Hangegleiter Verband) / AFNOR (French Association of Normalization) certified wing and reserve parachute.
2. A motor/trike set either from a well-known company having sold more than 100 units and been in the market for more than 2 years.
3. If fully or partly self-fabricated, a minimum testing for 200 hours or one year whichever is less (this must be noncommercial flying) before any commercial flying. Self-developed parts of unit should be

presented to peers for review

4. All testing and improvement of the self-developed part of a kit should be well documented in a logbook, with videos and photographs. Once national certification of para motors comes into force, these should conform to the rules.

Equipment care and maintenance:

1. A logbook of equipment and maintenance to be kept.
2. All flying activity, repairs and modifications must be logged. If there are any serious modifications, they will be required to undergo appropriate amount of testing hours again. These hours to be stipulated and declared along with modification entry along with reasoning for the same.
3. Recommended service interval of all major parts to be posted at place of business and in beginning of logbook and strictly followed.

Inspection & Maintenance Procedures:

1. All commercially used equipment to be inspected as per manufacturers specifications.
2. A peer review of equipment and operations by a group of peers from outside your company (minimum 3 people) must be conducted prior to commencing commercial operations and minimum once a year.
3. Maintenance schedule if given by manufacturer to be strictly adhered to.
4. If assembled equipment then schedule should match that of known producers / conducted at shorter intervals.

SOPs & Operating Instructions:

1. Passenger should be clearly briefed on basics of flight covering risks and staff introductions and training.
2. Passenger should sign liability release waiver.
3. Passenger /pilot should wear appropriate clothing that is safe and comfortable for the task and weather.
4. No aerobatic maneuvers to be done below 600 ft AGL.
5. No overloading or underloading of equipment.
6. Should fly conforming to VFR and in VMC. No cloud or night flying allowed.
7. Any incident to be fully documented and reported.

Documentation:

1. Pilot certifications and logbook.
2. Equipment logbook and service record.
3. Liability cover when and where available.
4. Emergency Action Plan.

Risk Mitigation:

1. Operations to be undertaken at sites judged to be safe for paramotoring operations.
2. Paramotoring sites should not have any turbulence sources or hazards.
3. Life jacket to be mandatory if operating near water. In such cases, equipment should have flotation attached.
4. Wing should be inspected annually for porosity and line lengths.
5. Motor should be serviced regularly, as per the manufacturer's specifications.
6. First Aid kit, stretcher (spinal board) and qualified staff should be available at the site.
7. Pilots should be First Aid /CPR certified.
8. Emergency response time (ambulance) and distance to hospital should be clearly conveyed to passenger and emergency numbers available at location.
9. A detailed Emergency Action Plan should be in position and training for the same provided periodically.

Basic Minimum Standards for grant of recognition to operators:

1. Registration with local tourism department recommended.
2. Registration with association controlling the sport if any.
3. Proof of trained staff.
4. Proof of good equipment, certification where applicable and inspection of rest of the equipment
5. Inspection of site and right of use of site.
6. Declaration of conforming to flight rules, risk mitigation and airspace rules.
7. Declaration to follow existing association rules and new ones that might be introduced.
8. The company must follow a strict 'leave no trace' policy and conform to high sustainability standards.

D. PARA SAILING

Parasailing, also known as parascending, or parakiting, is a recreational kiting activity where a person is towed behind a vehicle (usually a boat) while attached to a specially designed canopy wing known as a parasail wing. On land or over water the manned kite's moving anchor may be a car, truck, or boat; parasailing just by kiting in heavy winds is highly discouraged. The boat then drives off, carrying the parascender or wing and person into the air. If the boat is powerful enough, two or three people can parasail behind it at the same time. The parascender has little or no control over the parachute.

Basic minimum qualifications and experience:

1. Parasail Drivers/Instructors must be highly experienced and have certification from a recognised National or International body.
2. They should have valid FA/CPR certification.

Equipment required:

1. Parasail wings must have APCUL (Association des Constructeurs de Parapente Ultra Legers), DHV (Deutscher Hängegleiter Verband), CEN (European Committee for Standardization) or any certification recognised by FAI (Fédération Aéronautique Internationale). Such certification should be stitched on the wing and visible for inspection. Harness should also be certified.
2. If operating over water, a proper floatation device is to be used.
3. If operating over ground a certified helmet, knee and elbow protection must be used. Equipment care and maintenance.
4. A logbook of equipment and equipment maintenance to be kept.

Guidelines for Parasailing:

All commercially used equipment must be inspected annually.

SOP's & Operating Instructions:

1. Passenger should be clearly briefed on basics of flight covering risks, staff introductions and training.
2. Passengers should sign liability release waiver.
3. Passenger/pilot should wear appropriate clothing that is safe and comfortable for the task and weather.
4. No aerobatic manoeuvres to be done with clients.
5. No overloading or under loading of equipment.
6. Should fly conforming to VFR and in VMC. Cloud or night flying is strictly prohibited.
7. Any incident to be fully documented and reported.

Documentation:

1. Certification and logbook.
2. Equipment logbook and service record.
3. Liability cover when and where available.
4. Emergency Action Plan.

Risk Mitigation:

1. Operations to be undertaken at sites judged to be safe for parasailing operations.
2. Selected sites should not have any turbulence sources or hazards.
3. Life jacket to be mandatory if operating near water.
4. Parasail should be inspected annually.
5. First Aid kit, stretcher (spinal board) and qualified staff should be available at the site.

6. Pilots should be First Aid /CPR certified.
7. Emergency response time (ambulance) and distance to hospital should be clearly conveyed to passengers and emergency numbers available at location.
8. A detailed Emergency Action Plan should be in position and training for the same provided to staff periodically.

Basic Minimum Standards for grant of recognition to operators:

It is highly recommended that any outfit, entity, establishment or company seeking grant of recognition for parasailing must fulfil the following criteria

1. The entity must have qualified personnel (minimum two full time qualified staff) on their pay roll. These personnel must carry the requisite experience in the activity and have valid First Aid & CPR certification. Proof of trained staff.
2. The entity must own specialized equipment commensurate with needs of undertaking and running such an operation (specified above). Proof of good equipment, certification where applicable and inspection of safety equipment.
3. The entity must operate with the required permits/licenses.
4. The entity must have at least one certified and experienced person on their Board.
5. It is recommended that the entity is registered with the local/state tourism department/recognized by the Ministry of Tourism, Govt. of India.
6. The entity must have a registered office.
7. The company must follow a strict 'leave no trace' policy and conform to high sustainability standards.
8. Inspection of site and permission/right of use of site.
9. Declaration of conforming to flight rules, risk mitigation and airspace rules.
10. Declaration to follow existing association rules and new ones that might be introduced.

E. SKY DIVING

A "skydive" is defined as the descent of a person to the surface from an aircraft in flight, while using a parachute during all or part of that descent. All persons participating in skydiving should be familiar with the Skydiver's Information Manual and all Central, State and local rules and regulations pertaining to skydiving. Aero Club of India is the apex body for governing all aero sports in India and is authorized by the FAI (Fédération Aéronautique Internationale), the International Sporting Body for Aero sports, to issue FAI sporting licenses. Skydivers may get licenses from USPA (United States Parachute Association), BPA (British Parachute Association), APA (Army Parachute Association) or any other body duly authorized by Aero Club of India.

General:

The following are the basic general requirements:

1. Compliance with Govt. Regulations:

- i) No Skydive may be made in violations of Indian regulations.
- ii) DGCA is the apex governing body for civil aviation and written approval under rule “26(a)” of Aircraft rules 1937 must be taken prior to commencement of skydiving operations.

2. Medical Requirements

- i) All persons engaging in skydiving must carry a certificate of physical fitness for skydiving from a registered physician.
- ii) Those with a heart condition, Blood Pressure, back issues, recent surgery, hospitalization, epilepsy, any other medical issue of concern and expecting mothers must avoid skydiving.

3. Age Requirements

- i) Skydivers must be at least 18 years of age. A person above 16 years may jump with parent/guardian consenting to the jump and present at the drop zone.

4. Alcohol and drugs

- i) No person may make a parachute jump, or attempt to make a jump, if that person is or appears to be under the influence of alcohol or any drug that affects that person’s faculties in any way contrary to safety.
- ii) Any person participating in skydiving activities may be subjected to breathalyzer testing for alcohol.

5. Winds (S) - Maximum ground winds

- i) For all solo students: 12 mph
- ii) For licensed skydivers: 25 mph

6. Minimum Opening altitudes

- i) Tandem Jumps: 4500 Feet AGL
- ii) All students and “A” license holders: 3000 Feet AGL
- iii) “B” “C” “D” license or above: 2500 Feet AGL

7. Drop zone requirements

- i) Manned ground-to-air communications (e.g., radios, panels, smoke, and lights) are to be present on the drop zone during skydiving operations.
- ii) Hazards are defined as telephone and power lines, towers, buildings, open bodies of water, highways, automobiles, and clusters of trees covering more than 3,000 square meters.
- iii) Areas used for skydiving should be unobstructed, with the following minimum radial distances to the nearest hazard. a) Solo students and A-license holders: 100 meters b) B and C-license holders and all tandem skydives 50 meters & c) D-license holders: 12 meters

Equipment:

When performing night jumps, each skydiver must display a light that is visible for at least three statute miles from the time the jumper is under an open parachute until landing.

1. All students are to be equipped with the following equipment until they have obtained a license:
 - i) a rigid helmet (except tandem students)
 - ii) a piggyback harness and container system that includes a single-point riser release and a reserve static line, except:
 - a) A student who has been cleared for freefall self-supervision may jump without a reserve static line upon endorsement from his or her supervising instructor.
 - b) Such endorsement may be for one jump or a series of jumps.
 - iii) A visually accessible altimeter (except tandem students).
 - iv) A functional automatic activation device that meets the manufacturer's recommended service schedule.
 - v) A ram-air main canopy suitable for student use.
 - vi) A steerable reserve canopy appropriate to the student's weight
 - vii) For freefall, a ripcord-activated, spring-loaded, pilot-chute-equipped main parachute or a bottom-of-container (BOC) throw-out pilot chute.
2. Students must receive additional ground instruction in emergency procedures and deployment-specific information before jumping any unfamiliar system.
3. For each harness-hold jump, each AFF rating holder supervising the jump must be equipped with a visually accessible altimeter.
4. All skydivers wearing a round main or reserve canopy and all solo students must wear flotation gear when the intended exit, opening, or landing point is within one mile of an open body of water (an open body of water is defined as one in which a skydiver could drown).

4. OPPORTUNITIES IN INDIA

Air Based Adventure tourism is a niche activity involving a major extent of technical proficiency and knowledge as compared to other activities. Although with the establishment of training institutes by the government, are focused upon very few adventure activities, such as, mountaineering and rock climbing, the infrastructure needs to be broadened to cater to the requirement of human resources within the industry, as well as take into its fold emerging adventure sports within the country. Adventure tourism is considered as an industry, which is not in a well-developed state and measures and policies are still required to get introduced for the development of this form of tourism. Most of the specific and specialized tools and equipment that is required for conducting activities in a safe manner still needs to be imported. Importing

goods require, where the rigmarole of substantial import duties and custom clearances often becomes a constraining factor. As proposed by ATOAI and other industry associations in the past, waiving import duties and facilitating custom clearances in a fast paced manner, would be beneficial even in the long term in providing a stimulus to the adventure tourism. The individuals, particularly residing in remote and hilly areas, make use of natural resources in order to sustain their living. When use of natural resources is done on a large scale, then it also encourages depletion of resources. Therefore, the individuals, who are employed in the adventure tourism sector needs to ensure that the exploitation of natural resources is not carried out to a major extent. One of the aspects that is of utmost significance is, one needs to put into practice the measures that would lead to decline in various forms of pollution. These include, land, water and air. The other areas that need to be taken into consideration is, planting trees, preventing deforestation, keeping the environment clean and so forth.

The opportunities related to adventure tourism are, capacity building, accessibility, communication, adventure equipment, taxes and preservation of the environment. The challenges are related to connectivity and airfares, economy, loss of adventure and socio-political environment. It is vital to put into operation, the measures and procedures that are related to development of adventure tourism. For the effective development of adventure tourism, it is vital for the individuals involved to develop appropriate skills and abilities, make use of proper gear and equipment and take into consideration, all the necessary factors that are needed to facilitate the activities. These include, communication facilities, assistance from medical doctors and other safety measures. The individuals need to be adequately prepared to even experience the unexpected aspects.

UNIT 04

TOIPCS COVERED:

1. WATER BASED ADVENTURE SPORTS IN INDIA AND STUDY OF MAJOR DESTINATIONS.
2. CASE STUDY OF NIWS, GOA
3. SURFACE BASED ADVENTURE SPORTS IN INDIA: PRESENT, AND FUTURE.

1. WATER BASED ADVENTURE SPORTS IN INDIA & STUDY OF MAJOR DESTINATIONS

Water has been a source of inspiration for mankind since primitive days. First mode of transportation was by water through which man started his journeys to far off places. The East India Company visited India through water ways and established their foundation in Kolkata.

Water bodies create opportunities for number of sports activities filled with adventure and freshness. It is difficult to find out the origin of water based adventure sports. But, it is certain that mankind started using wood logs, boats as a medium of their adventure sport long back. Water based adventure is also known as aqua adventure.

India is a country with vast coastline, major islands, rivers, beautiful lakes, countless water reservoirs, waterfalls, and other water bodies. Many water sports related courses and training programs are run by Maharana Pratap Sagar reservoir in Kangra. These activities are swimming, water skiing, water surfing, kayaking, rowing, canoeing and sailing.

India has a long coastline and two main islands (Andaman and Nicobar, and Lakshadweep islands). The coast line covers many beaches like kovalam, calangute, бага, anjuna, etc. the western coastline covers Gujarat, Maharashtra, Kerala and Karnataka, whereas eastern coastline covers Andhra Pradesh, Orissa and Tamilnadu. A few beaches of eastern coastline are Gopalpur, Puri, and Marina etc.

Rivers are also a good source of water based adventure sports activities in India. India has got many rivers such as: Ganga, Beas, Yamuna, Kaveri, Godaveri, Narmada, Mahanadi, Chambal, Betwa, Vyas and many more. Rivers in northern India mainly Himachal and Uttarakhand offers a wide variety of water based adventure activities such as river rafting, kayaking, canoeing, boating, rowing, river crossing etc. India's rafting stretch are mainly on river Beas and Ganga that is considered the safest.

A. RAFTING

Rafting is one of the most popular adventure activities in India. Since it is a dynamic sport, instructors/guides must be highly qualified and equipment used should be of the highest standard. It is imperative that personnel responsible for conducting rafting activities are skilled to a high level in rafting techniques, rescue, life saving techniques and First Aid / C.P.R. Ability to communicate clearly and deliver

a comprehensive safety briefing is mandatory. All rafting activities must begin with a thorough safety briefing. Operators must ensure that clients are briefed about the appropriate dress code, medical concerns and age limit prior to the rafting trip. The briefing must highlight the equipment used, do's and don'ts, falling out of rafts, rescue bags, flips, and rescue and emergency procedures. The correct drill for rescue by a safety kayaker must also be demonstrated. A liability waiver and medical form clearly highlighting the risk involved and that participants are in good health, without any serious medical concerns, must be signed by all participants prior to the commencement of the activity. Participants with any medical condition making them unfit for participation must not be allowed to participate. All rafts must have a rescue bag and all rafting trips must carry a First Aid kit, a repair kit and a pump.

Major destination for rafting in India are: HIMACHAL and UTTARAKHAND, apart from them, Madhya Pradesh, Maharashtra and Goa are some of the state promoting river rafting.

B. RIVER CRUISING

The activity of river cruises is to navigate a navigable river, in a small sized cruise ship to experience activities and visit destinations located along the banks of the river. The ships offer facilities and amenities of starred hotels along with safaris and excursions being undertaken from the vessel. As the adventure activity is water based, strict adherence to guidelines is required to make the activity safe, secure and ensure that there is no possibility of accidents during the navigation for both guests and crew.

The operations of the river cruise ship can be broadly divided into three heads of Navigation, Tourism and Hospitality. Navigation is headed by the Master of the Ship who needs to be a licensed and qualified First Class Master rank. He is normally supported by a qualified and licensed Second Class Master. The ship normally has a Licensed Engine Driver who also doubles up as the engineer on-board and is supported by a Second Class Engine Operator. These are all clearly defined roles in the Inland Vessel operations statutory laws. The equipment in this case is the ship itself and this needs to be built as per the marine ship building laws in the country. These laws are clearly laid out and are monitored by the respective state government Inland Waterways Authorities that are located in the states where there are navigable rivers like Kerala, Assam, West Bengal, and Bihar and UP. For a more international quality rating, the design and construction of the ship could be under the survey and approval control of a ship classification society like the Indian Register of Ships, Lloyds, etc. Under these bodies the ship's design and every stage of construction including the quality of welding etc. is inspected by qualified surveyors who are then legally bound for certifying the quality of the ship. In case of any mishap, if the reason is found to be low quality of construction, then the surveyor of the construction of the ship is held criminally responsible. Even the equipment and machines while under construction in the manufacturing plant of the original equipment

manufacturer are inspected at each stage by the surveyors of the class certification society who certify the ship.

Major destination for River Cursing in India are: KERALA and MAHARASHTRA, apart from them, Uttar Pradesh and Goa are some of the state promoting river cursing.

C. SCUBA DIVING

SCUBA (Self contained underwater breathing apparatus) diving is an aquatic activity that allows people to interact with the marine

world. When done correctly, it is enjoyable, fulfilling, and safe. However, a number of precautions need to be taken to ensure quality

in execution. For the purpose of this Guideline, the term 'diving' here is used to describe recreational diving only. Commercial and military divers and other occupational divers must adhere to these regulations when participating in their own activities.

Dive Instructors and Dive Masters: Basic minimum qualifications and experience

- a) Each SCUBA diving center must have at least one dive instructor and one dive master.
- b) The Dive Instructor must have a valid instructional license from a recognized national/international diving institute/ association (NIWS/PADI, NAUI, CMAS, etc.).
- c) The Dive Master must have an up-to-date and valid license.
- d) Only a dive instructor may impart teaching & training and certify students in courses, whereas, Dive Master to play assisting role. Under no circumstances should the Dive Master be permitted to impart training.
- e) Dive center must ensure that it has adequate number of Instructors in place proportionate to number of activities it proposes to conduct, as well as the dive equipment's as per its inventory.
- f) The Dive Centers offering 'fun dives/ try dives should have minimum 01 Site supervisor (EFR certified preferably a Life Saver), 01 certified Instructor, 02 certified Dive Masters, 01 EFR certified preferably a Life Saver and support staff (Boat-boys) as per Requirement.
- g) All Dive Centers must have its own website as per the standards and all activities that it offers should be furnished on it thereof. The fees for each type of activity, its duration, eligibility, broad contents for each course etc. must also be uploaded for the information of the Guest/trainees
- h) Irrespective of the type of activity- try/ fun dive or training course, all participants should be given class-room session as per the stipulated course contents; and it shall be mandatory of part of the Dive Center to ensure the same.
- i) Signage

Major destination for Scuba Diving in India: ANDAMAN AND NICOBAR ISALNDS and GOA.

2. CASE STUDY OF NIWS, GOA

The National Institute of Watersports (NIWS) has been setup by the Ministry of Tourism as an 'apex' body for training, education, consultancy and research to usher in an era of leisure-water sporting segment in the country. It is the first Institute of this nature in the South East Asia covering the entire range of water sport disciplines such as lifesaving, boat handling, sailing, windsurfing, water skiing, and scuba diving, river rafting and kayaking. Since inception, 20 courses have been developed for water sport professionals, managers and the tourists, particularly those visiting Goa. The Institute is envisaged to function as a model for similar initiatives/ entrepreneurs with regard to faculty and staff, training infrastructure, water sport equipment and specialised repair and berthing facilities. Plans are being conceived to expand the activities to encompass other adventure sporting items so as to transform it into an 'Institute of Adventure Sports'.

Set up as apex institute for all matters leisure-based water sporting in the country, it has been our constant endeavour to creatively fulfill the mandates. With the focused strategies, actions and interventions; it has already established its position as a nodal body for training, consultancy, development, regulation, framing safety norms, bench-marking and promotion of watersports as integral component of the burgeoning tourism business.

Major Functions

Institute performs a variety of functions ranging from imparting training in a wide range of leisure-based water sporting to preparing feasibility studies/development reports for water sporting to state government agencies and corporate/ private entrepreneurs, frame safety norms, water sports awareness campaigns, water safety campaigns, inspection and certification of water sports centres and so on. At Institute, we strive to set high standards for the practice of the sportings with 'safety-first' approach. In addition, it also takes lead in guiding the Govt. agencies and potential entrepreneurs in matters of water sports business. Presently, trainings are offered in almost the entire range of water sport disciplines such as powerboat handling, sailing, windsurfing, water skiing, river rafting, kayaking etc. The certification in life-saving techniques for water sport operators, beach life-guarding, pool life-guarding and water-park are very unique in content and pedagogy.

Many innovative training courses have been developed in recent years. A unique course among those was 'Sea Rescue Squad' programme for the Govt. of Kerala. This training aims to prepare and empower the persons in all critical facets of rescue activities and also usage of major instruments such as GPS and nearly 70 persons already trained .

General Information

(a) Venue: Most training programmes are conducted at our premises at Caranzalem, near Dona Paula Circle, Panjim (Tel No 91-832-2453898). However, some of the basic training programmes requiring safer inland water conditions and specialized training programmes like river rafting are conducted at suitable off-campus locations. Location and other details of such courses are intimated to the participant well in time.

(b) Accommodation: The Institute presently does not have own boarding & lodging facilities. Therefore, trainees are advised to make arrangements themselves. However, Institute may provide assistance to trainees for arranging their stay at private accommodation near the institute. The cost of dormitory accommodation and catering charges are nominal. The trainees shall have to settle payments directly with the hotel/ caterer.

(c) Confirmation of admission to the course: Candidates will be confirmed to respective courses only on depositing required course fees.

(d) Mode of payment: Course fees shall be accepted by Demand Draft only, favouring National Institute of Water sports payable at Panaji.

Arrival Information

By Bus: From Panjim interstate bus stand, persons can board local bus bound for Dona Paula to reach NIWS training campus at Caranzalem. It is located nearly 8 KM away from Panjim bus stand and enroute to Dona Paula. Persons may get down at 'NIO Circle' stop or a stop before that. Auto rickshaw, Motorcycle (popularly called 'pilot') and taxis are also available at Panjim bus terminal.

By Train: Thivim/ Karmali/ Madgaon are major railway stations in the Konkan Railway route. Karmali is the nearest railway head (about 18 KM to Panjim) but all trains do not stop there. One may have to confirm the stoppage of trains. But, all trains passing through Goa has stoppage at Madgaon. From Madgaon, the economic way of reaching Panjim (approx. 40 km) is non-stop shuttle bus service leaving from Madgaon bus stand. Taxies and rickshaw are available but one should try to bargain fares. Those getting down at Karmali or Thivim railway stations can board a bus goes to Panjim bus stand or hire other conveyances outside the station.

By AIR: Dabolim airport is the nearest one and it is at a distance of around 32 KM. All major towns of India and some Gulf destinations are connected with the airport.

Registration: Candidates can provisionally register for courses either by sending duly filled-in application form (from website) or registering through e-mail/ telephone/ fax. However, admission

would depend on payment of fees in full and availability of seats. Usually, training schedule is drawn out on the basis of minimum trainees available for a particular course. Sponsoring agencies can also seek exclusive or tailor-made training courses as per their requirement. But, in such cases, minimum of 12 participants or payment of equivalent fees for a course is necessary. The aspirant of any Water sporting course (except repair and maintenance) conducted by the Institute is required to be a good swimmer first. They should be medically fit as well and a certificate to that effect from a registered medical practitioner is required to be produced at the time of admission. The Commencement date of the course is informed to the trainee well in time.

3. SURFACE BASED ADVENTURE TOURISM IN INDIA: PROMISES AND CHALLENGE

India's vast geography and variety of places provide the opportunity to develop adventure activities at large scale. Mountains are popular destination in country during summer and desert of Rajasthan offers night camel safari in winters, a country with wide diversity among its adventure tourism products. Surface based adventure tourism came into existence after successful attempts to Mt. Everest. The government of India established mountaineering institute in various parts of country namely, Manali, Darjeeling, Dharamshala, Uttarkashi and Gulmarg. The main adventure activity are: trekking, camping, rock climbing, hiking and rappelling etc.

India has got world class infrastructure to perform these activities, some of its features are:

- Development of integrated circuits.
- Highly established communication.
- World class education and training institute.
- National institute of sports.

Some of the basic surface based adventure activities are:

A. CYCLING TOURS

Bicycling tours in India have been managed by privately owned companies and do not fall under the purview of any government or any community-instituted central body. The Cycling Federation of India organizes races and tours for licensed elite athletes for prize money. Any tours where amateur athletes/ holidaymakers are entering into a commercial contract with a touring experience provider do not require any permissions from any sport related bodies. While there are no technical criteria of qualifications required, these are experiences that will help a tour leader ensure a successful trip:

- i. Experience of being in the saddle and riding the distance covered per day. This will ensure that they are alert and not fighting their own fatigue.
- ii. In a staged tour that lasts multiple days, the guests will experience cumulative fatigue; the tour leader cannot be in the same position.

- iii. They need to have spent time cycling, so they do not experience saddle soreness and are able to help their charges and ensure a good experience for them.
- iv. Knowledge of the terrain being traversed, potential hazards of that area, typical weather conditions, in addition to knowledge of Hindi, English and or local language are required.
- v. First Aid and CPR certification required.

B. CAMEL SAFARI

Camel safaris in the Rajasthan desert are an experience of a lifetime. To ensure that clients have a wonderful experience in the desert, the camel handler must be experienced and familiar with his animal. The male camels (like elephants) tend to go 'musth' in the winter months. That is when they are unpredictable and dangerous. The handler must be confident of the animal's reliability and temperament.

Guides:

- a) The animal should be healthy and of a good size. The camel should not be too young since a young camel is often not strong enough to carry the weight of a rider.
- b) All camels in Rajasthan are Dromedaries (with a single hump) and the saddle used on safaris seats two people. Two persons should get on the same camel only if their combined weight is below 65 kgs.
- c) The tack used on the camel must be of good quality and comfortable for both camel and rider.
- d) Stirrups must be provided with the saddle for the riders.
- e) The girth must be secured properly, otherwise the saddle might slip and it is a long way down for the rider.

C. MOUNTAINEERING

India has 73 percent of the Himalayan range with a huge potential for mountaineering expeditions. Mountaineering is an activity for which Indian Mountaineering Foundation (IMF) is responsible to the Government of India through the Foreigner's act and other statutes. All tour operators must keep abreast of the guidelines given by IMF from time to time. These guidelines apply for both guided commercial expeditions and overseas expeditions booked by recognized adventure tour operators.

Lead guides and instructors who are leading mountaineering activities should, as a minimum, hold valid certificates in the following:

- a. A minimum 16 hour (2 day) First Aid/ CPR course provided by a recognized and qualified provider.
- b. Completed the Advanced Mountaineering Course from any of the National Mountaineering Institutes and carry a certificate duly authenticated by an IMF recognized body OR IMF accredited tour operator stating that the individual "has experience of 3 years in assisting mountaineering expeditions

at altitudes of 6000m min 5/8 climbs above 6000m clearly reflected in a logbook duly authenticated/ validated by the operator and the clients”.

- c. Maintain a logbook containing authenticated records of mountaineering experience.
- d. All guides to have a comprehensive understanding of altitude sickness, recognizing its symptoms, treatment, knowledge of appropriate medication is essential to work at high altitude.
- e. They should also have a sound knowledge of cold weather problems like hypothermia/ frost-bite.

D. ROCK CLIMBING

Climbing and abseiling are adventure activities growing in popularity in India. However if not conducted safely it can lead to injury and serious accidents. The purpose of these minimum standards is to enumerate best practices for operating rock climbing and abseiling sessions. These apply to purpose-built (artificial) structures and single pitch climbing venues with fixed protection systems.

Terms and Definitions:

- a) **Single Pitch** – An easily accessible climbing venue where both top and bottom of the climbing surface can be accessed safely by foot without the need for personal protective equipment and roped systems.
- b) **Fixed protection systems** – “Bolts” or “anchors” specifically designed and fitted for the purpose of attaching roped systems to a structure/natural climbing venue.
- c) **The safety chain includes the anchor;** the rope; the carabiners and slings; the knots; the harness and the alert belayer.
- d) **Bottom roping** where the belayer is situated at the bottom of the climb and the rope is directed through an anchor at the top of the climb and back down to the climber.
- e) **Top roping** where the belayer is situated at the top of the climb and the rope is directed from the belay system directly to the climber.
- f) **Lead climbing** where the climber places protection during the climb and has no roped protection above.
- g) **Leader placed protection** is protection specifically designed for the use of lead climbing and rigging where no fixed protection is available.
- h) **Fall factor** a method in which to scale the severity and force of a fall.

UNIT 05

TOIPCS COVERED:

1. EFFORTS AND POLICY FRAMEWORK FOR DEVELOPMENT OF ADVENTURE SPORTS IN INDIA.
2. STANDARD ITINERARIES FOR ADVENTURE TOURISM IN INDIA.

1. EFFORTS AND POLICY FRAMEWORK FOR DEVELOPMENT OF ADVENTURE SPORTS IN INDIA.

The institutional framework of the Indian sports industry aspires on the four pillars. - Government of India created a Department for Sports and Youth Affairs in 1982 later renamed as Department of Youth Affairs and Sports/Ministry of Youth Affairs and Sports. - In 1984, Sports Authority of India (SAI) was established by the Government of India which was originally given the task of maintenance and management of stadiums.

Later on, SAI broadened its activities with an objective of improving the sports facilities and performance of Indian sports persons. SAI is managed by General Body and Governing Body. The General Body is chaired by the Hon'ble Prime Minister of India and the Governing Body is chaired by the Union Minister of Human Resource Development. - In India, presently, there are 52 National Sports Federations receiving funds from the Government for their activities.

At the international level, the competitive sports set-up is fully autonomous. Each international federation has its own governing body and is competent to formulate its regulations with regard to the rules of the game, affiliation of member. Although, at one time or the other, a particular national group may influence or control the affairs of an international federation. The same is also applicable to the International Olympic Committee. Similarly, national federations within India are also autonomous and are registered as societies. - In addition, there are various autonomous institutions under the Ministry of Youth Affairs and Sports, such as the Indian Olympic Association (IOA) working directly with their respective international federations/organizations and run parallel to the other departments under this ministry. IOA is affiliated to the International Olympic Committee (IOC), and is the supreme body for 64 federations.

Ministry of Tourism, Government of India has formulated a set of guidelines on Safety and Quality Norms on Adventure Tourism as Basic Minimum Standards for Adventure Tourism Activities. These guidelines cover Land, Air and Water based activities which include mountaineering, trekking and gliding, paragliding, bungee jumping, river rafting, etc. Any activity under adventure tourism is conducted through a licensed ATO i.e. Adventure Tour Operator.

The licensing rights belong to the Ministry of Tourism, Government of India and are granted on the inspection report or recommendation of the concerned Regional Director (RD) and a member of Adventure

Tour Operators Association of India. (ATOA) After acquiring the license to engage in adventure activities, it becomes the duty of the ATO to take the necessary precautions and follow the laid guidelines on Safety and Quality norms on Adventure Tourism.

With due consideration of the risk involved, Ministry of Tourism, GOI advocates the need of an undertaking by individuals taking part in these activities, with strict adherence to the set guidelines under the three tabs of Land, Air and Water. Stress on Safety In addition to having an element of risk, adventure sports are usually undertaken in remote areas, often inaccessible by road. In order to reduce the risk factor, it must be ensured that adequate safety measures are adopted by all ATO's and the respective agencies. Further on, the rescue arrangements should be strengthened and put on alert to come into operation to minimize loss of life and limb in the event of mishaps.

Therefore, the formation of state level committees for safety and rescue of tourists is essential. The committees should be able to oversee implementation of safety measures and co-ordinate rescue efforts. Such safety and rescue committees should function as a nodal agency for all adventure activities in the state. It should draw its members from the various executive departments such as departments of Tourism, Sports, Police and military authorities and representatives from Adventure Tour Operators Association of India. (ATOA).

In India, tourism as a subject has not been included in our constitution, it was recognized as a part of Ministry of Transport in the 1950's. To converse the policy framework of Indian tourism industry, the planning period has been categorized into the following four phases.

- Phase-I Before 1951: The first organized effort to promote tourism as an industry was made by the government when a committee was set up under the chairmanship of Sir John Sargent, in the year 1945. India adopted a policy of development when the first five year plan was written by the planning commission in 1951.
- Phase-II 1951-1980: The period of first five 'five year plans' including 'three annual plans' depicted many developments in Indian tourism sector. During this phase establishment of many institutions to develop and promote tourism in the state took place.
- Phase-III 1980-2002: The starting of sixth five year plan was a turning point in the history of tourism because first national tourism policy was written in this period.
- Phase-IV After 2002: It was a period of revolutionary changes in Indian tourism sector due to the 'National 106 Tourism Policy 2002' and other initiatives taken by the central government to promote tourism as a major industry.

National Tourism Policy 2002 The National Tourism Policy 2002 was announced by the government with an objective to position India as a global brand to take advantage of the burgeoning global travel and trade and the vast untapped tourism potential of India as a destination.

- Policy Demands The policy was formulated to develop tourism in India in a systematic manner and to promote it in an environmentally sustainable manner.
- Policy Objectives: Following are the objectives of the policy.
 - ♣ To position tourism as a major engine of economic growth
 - ♣ To harness the direct and multiplier effects of tourism for employment generation, economic development and providing impetus to rural tourism
 - ♣ To focus on domestic tourism as a major driver of tourism growth
 - ♣ To position India as a global brand to take advantage of the burgeoning global travel trade and the vast untapped potential of India as a destination
 - ♣ To acknowledge the critical role of private sector with government working as a pro-active facilitator and catalyst
 - ♣ To create and develop integrated tourism circuits based on India's unique civilization, heritage, and 136 culture in partnership with states, private sector and other agencies
 - ♣ To ensure that the tourists in India gets physically invigorated, mentally rejuvenated, culturally enriched, spiritually elevated and "feel India from within".
- Policy Outcomes: The policy took into consideration seven key areas that provide thrust to tourism development. These areas were Swagat (Welcome), Soochana (Information), Suvidha (Facility), Suraksha (Safety), Sahyog (Cooperation), Samrachana (Infrastructure), and Safai (Cleanliness). To achieve this overall goal of development goal, the Government of India embarked upon a strategy that involved a radical departure from past policies, and institutional arrangements in order to optimize and release the potential of its natural, human, financial and technical resources. It was further stated that sustainability should serve as a guiding star for the new policy. The development and management strategies should be so worked as to ensure that tourism largely acts as a smokeless industry and its ecological footprints remain as soft as possible. In this way the policy allowed the various stakeholders to fully develop the potential of tourism in India and to harness this to national development priorities (NTP, 2002). To further examine the impact of the national tourism policy, the data regarding tourist arrival to Indian States and Union Territories has been taken. The data has been analyzed to investigate the growth of tourism in the previous period. To examine the annual change in tourist arrivals, the percentage change over the previous year has been taken and analyzed.

2. STANDARD ITINERARIES FOR ADVENTURE TOURISM IN INDIA.

A. 04 NIGHTS AND 05 DAYS LEH TREK TOUR

Overview

Leh, the capital of **Ladakh** is surrounded by snow-covered mountains of the impressive Himalayan range. It is the start-up point for exploring Ladakh's ordinary and extraordinary towns and trekking trails. Since walking is the best way to explore the city, the tour focuses primarily on trekking voyages undertaken by adventure aficionados. En route, one can savor scenic beauties and colorful bazaars as you make your way through winding lanes. Apart from picturesque landscapes, Leh is famous all over the world for its monasteries which are built with intricate architectural designs and are visited not only by Buddhist pilgrims but also by non-Buddhist travelers. The tranquility and peace evident in these sacred monasteries cannot be expressed in words. Embark on this expedition which promises fun, adventure and serenity and make your journey an indelible one.

Chinese philosopher Lao Tzu has rightly said, "A journey of thousand miles begins with a single step". In Leh, the travelers can literally follow this axiom as one prepares for an exciting trekking trail from Leh to Khaltse. What better way to explore this tiny city than by walking and inhaling fresh air as one traverse through the trekking routes. The journey is not only a visual treat but also a cultural extravaganza as one stride from one village to another. The generous hospitality of villagers will enamor your hearts and will compel you to come here again and again.

Day Wise Itinerary

DAY 01: Arrival

On arrival to LEH airport, you will be met by our travel representative to assist you for further journey. Visit Leh Monastery, located on a hill top. Then drive to Likir. From Likir trek to small pass Phobe La. Continue climbing and reach Charatse La. Reach Yangthang village followed by an expedition to Sumado Village.

DAY 02: RHIZONG TO SHUKPACHAN

After a good breakfast in morning, visit Rhizong monastery. A leisure walk through Verdant forests will lead you to Chulichan, a nunnery with 20 nuns residing here. On the right is Rhizong Monaster where about 40 monks stay and follow strict rules and regulations. After spending some time here, continue your journey to Shukpachan and overnight stay in Shukpachan.

DAY 03: SHUKPACHANTO TEMISGAM

After a delicious breakfast, continue trekking from Shukpachan to Temisgam. En route pass through Maptek La which is at a height of 3750 m. Also you will come across, Ang village, a quaint looking village steeped in traditional culture and customs. Reach Temisgam which has relics of a historical fort and a holy statue of Avalokitesvara made of marble. Stay overnight in Temisgam village.

DAY 04: TEMISGAM TO LAMAYURU

Post breakfast, proceed to Khaltsey. Enroute visit Bongbongchan La. Continue your journey to Lamayuru. Visit Yundrung Monastery which is an 11th century monastery built over a rock and was earlier known as Swastika Monastery. Stay overnight at the guest house in Lamayuru.

DAY 05: LEH (DEPARTURE)

After a hearty meal, visit Rhizong monastery once again and enrapture yourself in its blissful aura. Drive back to Leh. En route visit Alchi and Likir monasteries. Alchi Monastery is the oldest Buddhist learning centre in Ladakh. Likir monastery on the other hand, is situated on a hilltop and houses the biggest statue of Lord Buddha and offers a brilliant view of the surrounding areas. Arrive at Leh. After reaching, you will be transferred in time to the Leh airport for your onward journey.

B. VALLEY OF FLOWERS TREK

Overview

With a sprawling stretches of 87 square kilometers in the Chamoli district of Uttarakhand, Valley of Flowers is a paradise for avid trekkers and nature lovers. As the name implies it is dotted with many colorful flowers. In addition to exotic flowers, imposing mountains, green grassland, white clouds and vivid flora and fauna of the region like saxifrages, sedums, lilies, poppy, calendula, daisies along with brown bear, snow leopard, blue sheep make the weeklong Valley of Flowers trek a dreamlike trek.

No doubt, Valley of Flowers trek, which is also declared as a world heritage site by the UNESCO has scores of admirers. Tourists from all over the country undertake this trek to admire the astonishing beauty. So if you also want to feel the adrenalin rush amidst breathtaking scenery, look no further Valley of Flowers Trek tour offers it to you.

During the Valley of Flowers Trek tour, you will not only witness the beautiful valley full of flowers but also enjoy an excursion to many prominent destinations like Haridwar, Joshimath, Govindghat, Ghangaria and Hemkund. In addition to trekking, attending evening aarti of the holy Ganges River and taking a refreshing dip in a holy lake at Hemkund Sahib are some of the highlights of this tour that you will cherish forever.

Generally, the weather in the high-altitude region remains always wonderful. But the Valley of Flowers is only open from June to October, as, during the rest of the months it remains covered with snow. So, the best time to visit Valley of Flowers trek is from mid-July to mid-August, as during this time flowers are in full bloom.

Highlights

- Witness the Ganga Aarti at Haridwar
- Take a dip in the holy water at Har-Ki-Pauri
- Discover the beautiful villages namely Joshimath, Govindghat and Ghangaria
- Trek to world heritage site Valley of Flowers and cherish its astonishing beauty
- Witness the vivid flora and fauna during the trek
- Explore the famous snow-laden Ratban Parvat Peak, Nar Parvat and dense Birch Forest
- Visit a religious site Hemkund Sahib
- Explore small and beautiful hamlets en route.

ITINERARY

DAY 01: Arrival in New Delhi

on your arrival at the capital of India and its heart "New Delhi", our representative will receive you and will transfer you to the hotel. After check-in, you are free to explore a number of wonderful and attractions of Delhi on your own. The juxtaposition of the old and new, the city offers a lot of exciting surprises. Post this, return to the hotel, have dinner and stay overnight in Delhi.

DAY 02: Delhi - Haridwar - Govindghat/Joshimath

On the second day, post breakfast, check-out from the hotel and leave for Haridwar. Haridwar, an ancient city of Uttarakhand is famous for its temples and Ghats. 'Har-Ki-Pauri' which is located on the bank of the river Ganges holds a unique importance in the divine ambiance of Haridwar. Devotees from all over the country come to this Ghat to witness the famous Ganga aarti in the evening and to take a dip in the river, as it is believed that the holy water can absolve all the sins and helps to achieve salvation.

Later on, you will proceed towards Govindghat via Joshimath. Joshimath is known as a gateway to several religious pilgrimage locations like Badrinath. On your arrival at Joshimath, check-in at a hotel and spend the rest of the day at leisure. Dinner and overnight stay will be in a hotel.

DAY 03: Joshimath/Govindghat – Ghangaria

Today morning, after having your breakfast, check-out from the hotel and start traveling towards the next destination Govindghat. Govindghat serves as the base camp for the Valley of Flowers trek and Hemkund Sahib Trek. Out of the two, the latter one is popular amongst both the adventure lovers and pilgrims.

Upon reaching Govindghat, you will start your trekking to Ghangaria. Right from Govindghat to Ghangaria, first, you cross river Alaknanda over the bridge and then continue walking towards the Bhundar valley. After the Bhundar valley, cross the thick forest areas. Pass by two beautiful villages en route namely Pulna and Bhyunda. On your way, you will marvel at a number of refreshing waterfalls and the abundant green landscapes as well. After the moderate 14 km long trek, you will reach Ghangaria in 4-5 hours. Check-in at a hotel and explore the surroundings on your own. Have dinner and call it a day. An overnight stay is planned at the hotel.

Note: If you wish, you can also hire a mule or use the helicopter service to reach Ghangaria.

DAY 04: Ghangaria - Valley of Flowers – Ghangaria

After having your breakfast, embark on an exciting trek to Valley of Flowers. Set in the backdrop of the majestic Zaskar Ranges, at an altitude of 14,400 ft. "Valley of Flowers" offers one of the most

wonderful treks in Uttarakhand. The place which is famous for vibrant alpine flowers, vast meadows, many streams and lofty mountains is like a wonderland for nature lovers, adventure junkies and avid photographers. Blessed with several species of fauna, the richly diverse area is also home to avifaunal species which include Himalayan monal pheasant and other high altitude birds. Rare and endangered animals founds here are the Asiatic black bear, snow leopard, musk deer, brown bear, red fox and blue sheep.

After moderate level trekking on 6 km long track, you will reach Valley Of Flowers in 2 hours. Here, get ready to revel in the charms of the regions and attractions namely snow-laden Ratban Parvat Peak, Nar Parvat and dense Birch Forest. Post this, begin your return trek to Ghangaria. Dinner and overnight stay will be in a Ghangaria hotel.

DAY 05: Ghangaria - Hemkund Sahib – Ghangaria

Today after breakfast, you'll follow a steep track to Hemkund Sahib. A highly revered pilgrimage center among the Sikh community, Shri Hemkund Sahib Gurudwara also serves as a very popular trekking destination. This soothing and calming place is surrounded by seven snow-capped mountains. Despite its remote location, it's believed that 10th Sikh Guru, Guru Gobind Singh mediated here for several years. Devotees from all around love to pay a visit to such a sacred site. Taking a holy dip in the sacred lake near the place rejuvenates the senses. After offering sincere prayers in Gurudwara and getting the blessings of almighty, it's time to start your trek back to Ghangaria.

Dinner and overnight stay will be at the hotel in Ghangaria.

DAY 06: Ghangaria - Govindghat - Joshimath – Haridwar

Wake up in the morning, satiate your hunger with delicious breakfast and trek back to Govindghat. After reaching Govindghat, drive to Joshimath and then further to Haridwar. Check-in at a hotel and relax. Dinner and overnight stay will be at a hotel in Haridwar.

DAY 07: Delhi

Mark the end of this Valley of Flowers treks tour on a good note. Check-out from the hotel and proceed for Haridwar railway station for your onward journey to Delhi.

C. BIR BILLING PARAGLIDING TOUR

1 NIGHTS ITINERARY COVERING: BIR - BILLING - BIR

Overview

Paragliding in Himachal Pradesh is a famous adventurous sport that can be enjoyed at multiple places in the state. However, Bir Billing is the first choice among domestic & international paragliding enthusiasts. The big reason behind this popularity is the place's high -altitude peaks as well as some amazing Ariel views, unforgettable for any paragliding lover. Thus, indianholiday has decided to introduce short- duration tour package for paragliding lovers at Bir Billing Valley of Kangra, Himachal Pradesh. So, what are you waiting for? Just read this short itinerary and book your tour now!!!

Highlights

- Trekking tour to Billing from Bir.
- Bonfire in Night
- Enjoy camping in Billing
- Adventours ride from Billing to Bir

ITINERARY

DAY 01: Bir - Arrival

You are expected to reach Bir in the morning of the first day for your journey to begin. Once in Bir, you freshen up at the hotel and have breakfast. Soon after, your trekking starts for Billing from Bir. It will take around 3 to 4 hours to reach at Billing, Lunch will be served there and after having meal you will explore beautiful landscapes around Billing valley. At night, enjoy the bone fire and camping.

DAY 02: Billing - Bir Via Paragliding

After having breakfast, take off from Billing and land in Bir. This adventurous ride will takes around 30 - 40 minutes. After landing in Bir enjoy some beautiful sceneries and leave for nearby railway station / Airport to continue onward journey.

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