

Adventure sports in india



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Adventure sports has fast caught up in the Indian milieu. India offers immense opportunity for adventure lovers throughout its length and breadth. Enjoy the most unique adventure tour in India, involving trekking, jeep safaris, wildlife safaris, scuba diving, gliding, skiing, river rafting, rock climbing, mountaineering, cycling, .

Trekking is a very good activity that is immensely useful for both body as well as mind. It is a kind of spiritual experience rejuvenating the mind preparing it for the daily difficulties of life. The Indian Himalaya are an ultimate destination for adventure lovers and has attracted Trekkers and lovers of nature Indian Himalayas are the source of significant life giving rivers, like Ganges Beas, Satluj and their tributaries. The Himalayan mountain ranges of India offer breathtaking, highly challenging trekking routes. The list is endless and options are mind boggling. Mountaineering in India was introduced by the Europeans in the 18th century. India offers an exciting mountaineering experience to an adventure sport lover. The Himalayas that stretch from north-west of India to far north-east offers a number of high rise peaks that are considered ideal for mountaineering. Some of the wonderful places for mountaineering in India are Leh Ladakh in Jammu and Kashmir, Garhwal and Kumaon Himalayas in Uttarakhand, Kullu valley and Lahul Spiti in Himachal Pradesh, and Sikkim and some other parts of north-eastern region.

ANGLING & FISHING are two remarkable adventure activities among the many others that are offered in the India. They are specially suited to the Indian sub continent because of innumerable rivers that course through the expansive Gangetic Plains, and originate in the upper reaches of the

magnificent Himalayas. The clear rushing waters of these various rivers and their tributaries provide excellent fishing and angling holidays spots that are captivating in their crisp and clean mountain beauty, as well as rich breeding ground of a number of different varieties of fish. The adventurous settings for angling and fishing range from the majestic Himalayan valleys, snow-fed streams and high altitude lakes to the wide coastal stretches of the Arabian Sea and the Bay of Bengal.

With a number of wildlife sanctuaries and national parks, India offers an excellent opportunity for wildlife tours in India. India is home to many wildlife animals; Asiatic lion and tiger are two prime attractions of the Indian jungles. These two animals are perhaps what attract most wildlife lovers to India. But that is not only attraction that India offers on its wildlife tours. The wildlife sanctuaries and national parks in India are teeming with a wide variety of flora and fauna. There are numerous places in India that are favorite among birdwatchers.

White-water rafting is a high-altitude, high adrenaline water adventure that has few other adventure sports matching its unique excitement and thrill! The turbulent water, the uncontrollable speeds, and the challenge of making it over the churning rapids is a hair-raising high that has one raring to go!