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## Sports Tourism in Tamil Nadu

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### Abstract

To achieve the purpose of the study was to effect of Beach running on cardiovascular endurance among the inter collegiate soccer players. To achieve the purpose of the study, their age ranged from 18 to 25 years. Thirty subjects were selected at randomly. The study was conducted on 30 subject from P.B engg college, Rajalaskhmi engg college, Dhanalaskhmi engg college. The selected subject were divided in to equal two group consisting of fifteen each no attempt was made to equate. Experimental Group I under the Beach running training group (BR) for three days a week and for a duration of 6 weeks. Group II acted as control Group (CG) the Subject in control group were not engaged in any training programme other than regular work.

**Keywords:** Sports tourism, beach running, cardiovascular endurance, speed

### Introduction

The tourism industry has started to recognize sport tourism, i.e. the experience of travel to engage in or view sport-related activities, as an important market. In order to compete in the growing sport tourism market, it is crucial for communities to develop a profound understanding of the benefits and impacts of sport tourism, of the process of bidding for events, possible sponsorship opportunities and other elements involved in the planning and hosting of a successful sport event.

### Sports tourism

Sport tourism refers to the experience of travel to engage in or view sport-related activities. It is generally recognized that there are three types of sport tourism: Sport Event Tourism, Active Sport Tourism, and Nostalgia Sport Tourism. Sports tourism includes hallmark events such as field Hockey world cup at Dhyan chand National stadium, New Delhi on 2010, Common Wealth Games at New Delhi on 2010, Cricket World Cup 2011, ISL Football matches were actively promoted as a tourist attraction. During the buildup to ISL Matches, it was estimated that the event would attract many of foreign visitors to India who would spend a lot of money.

### Sports Tourism in Tamil Nadu

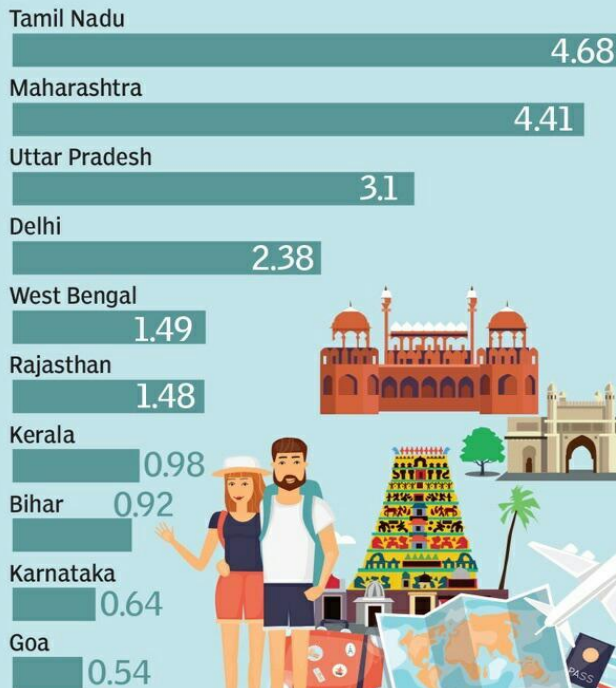
Tamilnadu is a place where a number of tourist spots and religious places are present. These places are centre of attraction for the people of Tamilnadu as well as people from all over India come to these places to get mental peace and for fun. Moreover Tamilnadu is also famous for the sports tourism. adventure sports tourism in Tamilnadu and Tamilnadu adventure sports activities like kayaking, rock climbing, rappelling, jungle trekking, mountaineering expeditions.

The diverse climate and a huge number of tourist pales make Tamilnadu an ideal hub for sports tourism. You can enjoy such adventures sports on different spots here like the mountains or the beach. You can opt for any or all of the sport activities including kayaking, rock climbing, rappelling, jungle trekking, mountaineering expeditions.

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## FOREIGN TOURIST VISITS TOP 10 STATES

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### Adventure sports activities in beach

There are also a number of beaches of Tamilnadu that also provide a chance of water sports activities to all the visitors and tourists. One can opt from a vast list of activities including the para-sailing, yatching, and angling. The most preferred beach for sports activities is the Marina Beach Chennai. The beach is especially dedicated to water sports activities and all the arrangements are made here. It is one of the major sources of income for the Tamilnadu government.

Aqua Sports s- Into the Depths of Greatest Mystery Aqua sports are gaining pace in Tamil Nadu, offering much options that one can't stop indulging into these rocking adventure activities. Beach adventure acquires a whole new meaning after you come to the shores of Tamil Nadu. Sports like Snorkeling, scuba diving and angling are the most preferred pastime on the beaches. Surfing and water scooter are the upcoming sports that have already started making ripples in the tourism world.

### Snorkeling

Snorkeling in the shallow waters with your family definitely is quite an experience that none can afford to miss. Jump into the waters and swim besides the most beautiful and colorful fishes which will no doubt be a memorable moment. If you are not very used to this water sport you can take an informal class that will tell you about all the precautions that should be taken before you indulge in this sport.

### Angling

You will be amazed to find incredible number of Places where you can indulge in the activity of angling. There are streams like Aradha Puzha, Peemund, Kalkundi streams that have become famous amongst the tourists as the places are brimming with different species of fishes. So pick up your fishing rod and get ready to pull out the biggest fishes you would have ever caught.

### Scuba diving

Adventurers, get ready to explore the never seen world of the ocean core and watch as the magical world unfolds itself to you. Gifted with clear blue water, the beaches of Tamil Nadu prove to be one of the best spots for scuba diving. The most famous beach for Scuba diving in Tamil Nadu is the beach in Rameshwaram. The beaches provide all the basic equipments that are required for this activity. There is also an alert medical team on the beach that makes indulgence in this activity extremely safe.

### Surfing

Surfing is one of the most adventurous water sports in the world and its fever is fast catching up in India as well. Almost all major beaches of Tamil Nadu have brilliant facility of surf boards and emergency. Though it is advisable that only people who are quite comfortable with surfing choose this activity as the water on Indian coasts are quite strong and unpredictable. So don't give it a second thought, just pick your surf board and cut through the ocean of waves like a knife through melting butter.

### Aero sports - Fly Into Cloud Nine

Be it hang gliding, ballooning, or para gliding, Tamil Nadu offers the best facilities and locations for indulging in aero sports. Places like Ooty and Kodaikanal are considered to be the best where you can enjoy the thrills and kicks of flying into the open skies. You can indulge in aero sports throughout the years except for in monsoon season. Sail over the high peaks and see the world virtually with bird's eye.

### Para Gliding

Ooty and Kodaikanal are the best destinations in Tamil Nadu where you can enjoy the activity of para gliding to the most. The government has opened an institution to train the tourist who are interested in learning the how to para glide. So if you are in Tamil Nadu don't miss the golden opportunity to master this art of flying. Para gliding is easier, lighter and safer than many other aero sports. If you are not interested in learning how to fly, no problems, you can sit alongside an professional pilot and experience the thrilling feeling. As the pilot is flying the glide, all you got to do is lay back and feel the intoxicating wind brush past your face.

### Hang Gliding

Among all, hang gliding is the most interesting aero sports. Though it is a quite recent entry into the list of adventure activities, it has already made its mark among the tourists as their favorite. A hang glider depends a lot on the climatic conditions for its smooth operations so don't get disappointed if you are not able to enjoy this activity on a particular day, do come back some other day when the climate is just perfect and that day might just prove to be the most memorable day of your life. Hill stations like Ooty, Kodaikanal and Yercaud are the locations that provide the facility of hang gliding.

### Future Sports Tourism Destinations in Tamil Nadu Anamalai Hills

Top slip, the hub of tourist activities within the Indira Gandhi Wildlife Sanctuary and National Park in the Anamalai Hills, is the gateway to several trekking trails inside the forest. It is necessary to have a guide and stay cautious always. The 12km long Topslip-Karianshola-Pandaravarai Peak-Top slip trail is mostly a gentle climb through dense forests with grasslands in between. Another trails starts from and ends at the Akkamalai

forest guard quarters. This is a fairly rigorous 30km trail covering tropical rain forests, Nilgiri sub-tropical and west temperate forests. Those looking for an easy option can trek to the Monkey Falls through the deciduous forest. The nearest railway junction is Pollachi and the nearest airport is Coimbatore.

### **Covelong**

Covelong or Kovalam village (not to be confused with the beach in Kerala) located between Chennai and Mahabalipuram is also getting popular with surfers. The Covelong Point Social Surf School offers many facilities, including accommodation. The annual Covelong Point Surf and Music Festival attracts surfing enthusiasts from around the globe. Handcrafted surfing boards are available at Mahabalipuram (its sculpted shore temple and other monuments a part of the UNESCO World Heritage Site), also a growing surfing zone.

### **Elagiri**

Also known as Yelagiri, it is also being promoted as a rock climbing and paragliding zone by the tourism department. Those looking for an easy pleasant trek, can trek from Elagiri Hills to Jalagambarai Waterfalls. If you are only interested in trekking, then try the shorter 2-hour trail. Otherwise, you can take the trail through the villages to soak in some local colour; this route takes around 4 hours to be completed. The Elagiri Hills lie 25km off the Jolarpet junction on the Chennai-Coimbatore rail route.

### **Kalakkad-Mundanthurai Tiger Reserve**

Part of the Agasthyamalai Biosphere Reserve, this tiger reserve is home to a large number of birds and other animals. With prior permission, you can trek to various points in and around the reserve. One popular trek route covers Mundanthurai-Kannikatti-Agasthiar Peak while another goes from Mundanthurai to Servalayar and Karayar. It is better to have a guide along. For permission, contact the CCF and Field Director of the tiger reserve

### **Kodaikanal**

This popular hill station is also known for its natural beauty. There are several trek routes of varying grades. Even hardy trekkers will find the 8km long Kodaikanal- Dolphin's Nose-Vallagavi-Kumbakkarai trail a challenge. Another steep trek is the 19km long Kodaikanal-Periyur-Periyakulam trek. Trekkers on the Kodaikanal-Vilpatty-Ganesapuram-Palani route have the chance of encountering wild elephants and have to be very cautious; part of the route lies along the Palar river. Those looking for a relatively easy trail can make the 2-hour long trek to Dolphin's Nose from Kodai. Besides, you can also go on camping holidays in the hills.

Kolli hills Known to trekkers in Tamil Nadu mostly, the Kolli Hills hide a series of trails that snake through the dense forests. Semmedu is the starting point of several trails – to Adukkampatti, to Devanur-Arappaleeswarar Koil, etc. Kolli Hills is 45km from Namakkal town. This region is not commercialised like the other hill stations and accommodation is limited.

### **Manapad**

A coastal town near Tuticorin, Manapad's potential as a water sports venue became apparent when a national level water sports tournament, Manapad Classic Sail and Surf Festival, was held here in early 2015. The tournament included sailing,

surfing, kiteboarding, kayaking and stand up paddle. According to experts, the sea off Manapad has the best wave formation round the year. The nearest airport and railway station is Tuticorin. Stay at the Manapad Surf Resort; the management can also help you with the surfing and other sporting activities.

### **Rameswaram**

A popular pilgrim town. But few people know that the sea off its beach is a good place to go snorkelling and diving. The coral reefs off the Kurusadai island are attracting divers from all over.

### **St Thomas Mount**

This hilly outcrop on the outskirts of Chennai is a favorite with hang-gliding enthusiasts.

### **Udhagamandalam**

Popularly known as Ooty, this hill station in the Nilgiri (Blue Mountain) offers trekking routes of various grades. The Western Ghat hills are easily accessible from the Parson's Valley base camp. You can follow the trail Parson's Valley-Mukurthi Lake and then either go along Pandiar Hills-Pykara Falls to Mudumalai Sanctuary or enter Western Catchment to go to Bangitappal and Upper Bhavani. You can take the Parson's Valley-Portimund-Emerald-Avalanchi-Kolaribetta to enter the Western Catchment area and go up to Mukurthi Peak and then return to Ooty via Mukurthi Dam and Pykara. The undulating hills are covered in shola forest and is home to the Nilgiri Tahr and other wildlife. Anglers can try their skills at the various lakes here albeit with permission from the Fisheries Department. Check with the local tourism department for courses on hang-gliding, usually held between March and May.

### **Ooty Hill Station**

Ooty is really one of the most beautiful places on this earth. It is situated in the Nilgiri hills at 2286 m above sea level. This creates an ideal condition for various adventure sports activities like trekking and hang gliding at ooty. You can do a lot of fun doing trekking at the green hills of Ooty. There is also a dedicated place in Ooty for the trekking activity called Ooty Parsons Valley. It is also a suitable place for trekking in Ooty for beginners. Hang - Gliding Adventure sport courses camp are also organized for learning trekking in which a number of people participate. Various trekking paths in Ooty are, Ooty Parsons Valley Mukkurthi - Lake Pandiar hills - Pykara falls - Madumalai Sanctuary and Parsons' Valley - Portimund - Emerald - Avalanchi - Kolaribetta - Western Catchment II or III – Mukurthi Peak. You will always find a lot of tourists throughout the year.

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