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## Overview on adventure sports tourism in India

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### Abstract

Sports can be very simply defined as any kind of organised indoor or outdoor activity which people creation and physical fitness. Adventure on the other hand is generally an outdoor activity of sport which involves an element of daring and risk. The physical fitness is generally a precondition to participate in adventure activities. Adventure and sports have always been an integral part of tourism. Throughout history, it has been common for persons having a spirit of adventure to travel great distances for satisfying their hunger for new challenges. In fact, it was the early adventurers who explored most of the new world and opened its gates to people of other civilisations. Again people have been known throughout history to travel to distant lands to pursue their interests in sports whether it was for participating in Olympics in Ancient Rome or for game hunting in the African Continent. In modern times, technological advancement has reduced distances considerably and the growing affluence has made it easier for people to afford travelling. People have also started looking for better quality of life and taking a recreational holiday for pursuing interests in adventure and sports. In countries having a marked degree of affluence, many centres of tourism owe their existence to the facilities and infrastructure offered for adventure and sports. Today centres like Chamonix, Zermatt and Leys in the European Alps are household names for the adventure lovers due to their being great places for mountaineering and skiing. Similarly administrators in places like Colorado (USA) and Nepal have laid great accent on adventure activities to promote tourism in their areas. Facilities for golf and tennis have always been a tourist attraction in most of the Western countries. In spite of these activities having existed for a long time, India has only recently initiated efforts to use them as tourist attractions.

**Keywords:** Adventure, physical fitness, skiing, tourism

### Introduction

Adventure tour to India can be ultimate fun. The sheer vastness and geographical diversity of the country allows its tourists to plan out the wide range of adventure trips from mountaineering the best peaks, trekking down the Himalayan ranges to biking and exotic jungle safaris. Taking an adventure tour to India is a lifetime experience, which has the power to change your life in more ways than you can ever believe. In the recent times India has emerged as an important, perhaps the most important adventure destination, which promises you to rejuvenate and explore your adventurous side. India has major geographical advantage over other countries in its vast topological layout and diversity. This puts India, in an ideal situation to promote adventure and outdoor activities.

Some of the adventure sports that can be explored in India include trekking, Para sailing, skiing, rock climbing, scuba diving, mountaineering, camping and camel safari the list goes on and on. Apart from all these India is fast emerging as the rafting destination. India, owning the largest network of river has tremendous scope for white water rafting. Shop for the best rafting deal on the rivers such as Alakananda, Bhagirathi, Indus, Zanskar and Teesta in India. Cruising down rushing rivers of crashing waves and swirling rapids will give you a rush that you will never forget.

Dr. Jafari in 1977 presented his visionary definition of tourism in these terms "Tourism is the study of man away from his usual habitat, of the industry which responds to his needs and of the impacts that both he and industry have on host socio cultural, economic and physical environments".

Sports tourism in India has scored a high place for its self in Indian tourism industry. Sports tourism is broadly define by the adventure sports and game in India. There are indeed several destinations in India offering sports tourism.

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There are varied sports activities that you can indulge during your vacation.

What these endeavours have in common is a degree of risk, uncertainty and self-discovery. Today, adventure sports are known to teach people self-reliance, teamwork and to leave their comfort zone. These elements can result in better health, improved self-esteem and increased confidence that translates into all aspects of one's life.

The Adventurous sporting seems to be a passion and thrill for the westerners since the 1970s, but now Indians are also enjoying this new ways of entertainment and thrills. India is blessed with various adventure destinations which attracts both domestic and foreign tourists every year. The Himalayas offers a high altitude for various adventure sports and also the southern regions which offers various other adventures too. The Snow adventure regions of Himachal Pradesh, Kashmir, and Uttaranchal are attracting more and more adventure enthusiasts daily. The southern regions offers various activities related to water sports. Which includes beach sports and back water thrills. Rajasthan also offers desert rides and adventures. The various adventure destinations in India will definitely provide you with the right enjoyment with a

chilling experience on your holidays.

**Definition**

As explained by the Living Dangerously website, the phrases “adventure sport” or “extreme sport” are used to classify certain activities that feature a high level of danger. In fact, the website goes on to explain that “these activities often involve speed, height, a high level of physical exertion, and high specialized gear or spectacular stunts.” These adventure sports can be competitive or non-competitive and often involve individual participants, rather than teams. The high danger associated with the activities places the participants at high risk for injury and/or death in the case of an accident or mistake.

**Adventure places in India**

India being a country with its dense forests, exotic wildlife, winding rivers and lofty mountains is also famous for its adventure destinations. There are lots of adventure destinations in India where one can fulfil their adventurous desires and get an adrenaline rush. (Google, 2018)

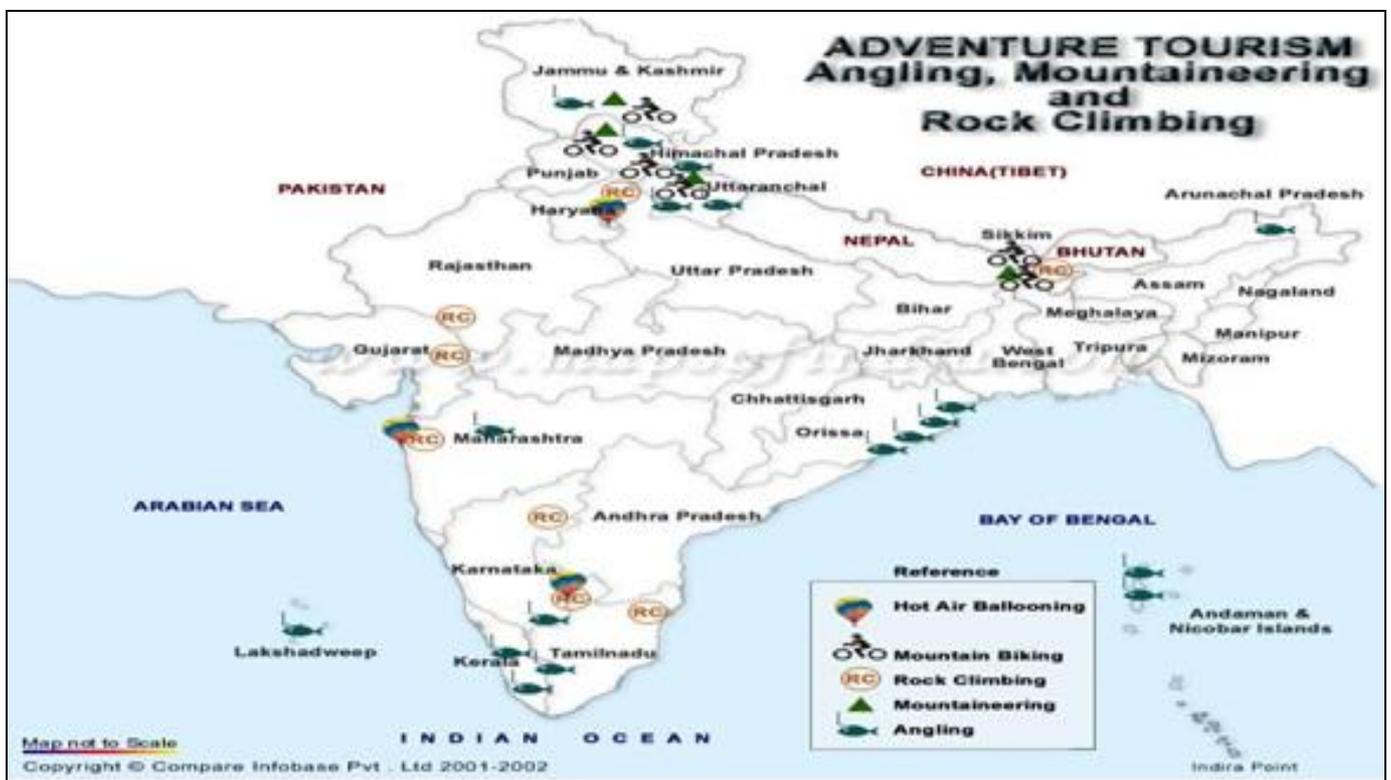


Fig 1: The map of India

**Types of adventure sports**

Distinguished adventure sports: mountaineering, rock-climbing, scuba diving, water rafting, kayaking, canoeing, sailing, surfing, water scooting. Aero sports like: ballooning, paragliding, hand gliding. These sports offer scope for sports lover and enthusiasts from the entire world. India has a wide range of tour packages for adventure sports and activities. Travellers can choose any location that provides them with the thrill they are looking for.

Some of the adventure sports and activities that tourist's will surely enjoy are:

1. **Para gliding adventure in India:** Human beings always wish to fly like a bird. This is made possible through the adventure sports named Para Gliding. India is blessed

with its vast and diverse geographical features, which offers the best flying conditions for any Para glider wish. Para Gliding in India can be divided according to the regions and geography. The Para Gliding Canopy consists of a long wing with an aerodynamic design to float and penetrate through the wind without any engines. You can fly like an eagle and enjoy the aerial view of the beautiful landscapes and beaches. Some examples are Para Gliding in the Mighty Himalayas, Para Gliding in the Coastal Regions of India and Para Gliding in the Desert and other Terrains of India.

2. **Bungee jumping adventure in India:** Another adventurous sport of modern times is the experience of Bungee jumping. This Aero-sport actually seems to be

originated on the south pacific Island Vanuatu where the natives performed this act for proving their manhood ritual jumping from heights with tree vines attached to their legs. India had also embraced this new form of adventurous sport Bungee jumping. There are various destinations in India for you to do Bungee jump but the famous one is located in the road to Neelkanth in Mohanchatti village in Rishikesh, Uttarakhand state.

3. **Motor cycling and cycling adventure in India:** Another thrilling form of adventurous sports is the expedition to discover the hidden natural treasures of India with the aid of a Motor Cycle or a Bicycle. The best bikes used are Enfield Bullets in India. You can either buy or get one in rent for the purpose by this adventure sport one can explore the culture and heritage of India very close.
4. **River rafting adventure in India:** The River rafting is one of the most thrilling events in which one will experience the thrill of riding through rough and untamed water rush in India. The rivers on the top Himalayas are the world's best destination suitable for white water rafting sport. There are enough destinations available for both amateurs and professional rafters. The River rafting experience gives you a complete detachment from the normal world and you will enter in to a new experience where the river is taking you into.
5. **Trekking and mountaineering adventure in India trekking:** The joy of walking on unexplored paths is what trekking is all about. The Himalayan mountain ranges are the best place for Trekking and Mountaineering expeditions in northern India. The mountaineering seasons varies from place to place in India and for up-to-date information one has to consult with the local authorities. Also special permits are required for the adventure sport of Trekking and Mountaineering in some places of high risks. There are various levels based on the hindrances and difficulties involved in Trekking and Mountaineering in India.
6. **Scuba diving and snorkelling adventure in India:** This adventurous sport includes the exploring of the flora and fauna of the underwater sea world. One can watch the sea creatures, coral reefs of various shapes and colors, jelly fishes etc. through these amazing adventure sports of Scuba diving and snorkelling.

#### **Skiing adventure in India**

Skiing is a popular winter sports in the hill stations of northern India which offers a thrilling and adventurous experience for all winter sports lovers. The prominent hill stations in India are Shimla, Manali, Arkanda, Kullu-Manali, Chamba, KUPER, Pabbe, Mussoorie and Nainital.

#### **Angling adventure in India**

Angling is yet another form of water sports including fishing activities using a pole and an angle tied thread. The major attraction is catching the fish namely the Mahseer which is only found in India. The varieties available are the Golden Mahseer, the Silver Mahseer, the Silver Grey Mahseer and the Black Mahseer. In India the sport of angling is very famous. The fishes caught by this sport had to be released within a specific time for the conservation purposes of the Mahseer. The Mahseer fish is the toughest fresh water fish to be caught.

#### **Objectives of tourism planning**

- Identify alternative approaches to marketing, development, industry organization, tourism awareness,

and infrastructure and support services.

- Adjust to the unexpected in the environment.
- Maintain the exclusiveness of the destination area.
- Create advantageous conditions for marketing, organization and other tasks so as to avoid the undesirable.
- Create employment opportunities.

#### **Goals for success in tourism industry**

- Satisfy the customers Reward the owners protect the environmental resources process based on Tourism Planning.
- Improve visitor satisfaction.
- Improve economic and business.
- Achievements Protect resources.
- Integrate the community.

#### **What are the benefits of adventure sports?**

Adventure sports refers to activities like mountain biking, rock climbing, mountaineering, or kayaking, scuba diving, base jumping, the list goes on and on. What these endeavours have in common is a degree of risk, uncertainty and self-discovery. Today, adventure sports are known to teach people self-reliance, teamwork and to leave their comfort zone. These elements can result in better health, improved self-esteem and increased confidence that translates into all aspects of one's life.

- Turning Exercise into Adventure
- Getting cardiovascular exercise and training with weights or other activity is a great way to manage your fitness.
- Simply running on trails instead of an indoor track develops balance.
- Participation of more muscle groups.
- It can take you on a journey in an uncontrolled environment that stimulates your brain with countless variables.
- Throw in some unpredictable weather and you'll recognize the thrill of beating the storm and making it back home safely.

#### **Problems in adventure tourism**

- Lack of basic infrastructure facilities for trekking, mountaineering & winter sports.
- Lack of tented accommodation facilities for adventure camp sites.
- Lack of entrepreneurship and skill among the indigenous population.
- Absence of marketing infrastructure.
- Lack of inflow of investible funds from outside the state.
- Less attention is paid for the promotion of winter sports.
- No financial assistance for procuring equipment for aerospace, Para gliding & hang gliding.
- Lack of institutional and governmental support.
- There is no standardization and certification of safety norms for certain adventure sports such as bungee jumping.

#### **How to promote adventure tourism in India?**

- To promote adventure tourism through winter sports more winter sports projects should be initiated.
- Camping sites may be developed and trekker's huts may be put up at high altitudes specially in the hilly regions.
- Mountain hiking should be promoted in the remote valleys of Ladakh, Kullu, Sikkim & Kumaon Himalayas.
- Cruise boats, launches etc. should be provided at wildlife

centers with water frontage to view wildlife from close quarters.

- There should be more co-ordination b/w public and private sector for procuring the equipment for adventure sports.
- Institutional help is also needed to promote recreational factor among youth.
- More of travel packages are required to be generated at low cost by the travel agents and tour operators to promote adventure tourism.

### **Conclusion**

Scope and future of sports tourism is endless in India because of its diverse topography and climatic condition. You can enjoy on land and water, under water and in air whatsoever form of adventure sports in India. Future of sports tourism and adventure sports in India is very bright.

“Go for adventure activities at least once and you will find “an eternal expression of love”.....so go & enjoy again”.

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