

India:

An adventure sport hub

India is fast becoming an adventure holiday destination. While on an Indian holiday, travellers can choose from a wide range of adventure tours. Among other adventure sports, tourists can feel the thrill of white water rafting and kayaking on the rivers. Adventure lovers can also enjoy the excitement of scuba diving and paragliding.

■ WHITE WATER RAFTING

Picture this: You being swept along a rushing river in an inflated boat, tumbling over rapids, plunging over waterfalls and getting to feel the icy spray splash on your face as you raft along a mountain river.

River rafting in India is an exhilarating experience that adventure sports lovers enjoy on their Indian holiday. The best locations for rafting are snow-fed Himalayan rivers in the summer. White water rafting on the Alaknanda river is the most easily accessible location. People drive from Delhi to Rishikesh and further north to Devprayag, where the Alaknanda river and Bhagirathi river combine to form the Ganges. Further North is Rudraprayag, where the Alaknanda and Mandakini rivers combine. The white water rafting along this approximately 130 km-long-stretch is really an exciting experience.

Cost: Rs. 1,400 (\$31) to Rs. 1,800 (\$40) per person for a two-day rafting trip.

■ SCUBA DIVING

Scuba Diving is a sport that gives the adventure sport lovers an opportunity to explore the totally unknown and unexplored world under the sea. The



Indian coasts and shores offer charming scuba diving and snorkelling destinations that leave tourists completely mesmerised. Andaman and Nicobar Islands and Lakshadweep are the best places to enjoy scuba diving and snorkelling in India. In the Andamans, one can enjoy the under-water marine life and view the rarest varieties of corals by snorkelling at Mahatma Gandhi Marine National Park, Carbyn's Cove Tourism Complex, Havelock and other islands on all days from dawn to dusk depending on the weather. Any time is the best time for scuba diving and snorkelling in India. Due to the vastness of its coastline and different geographical regions, India has multiple climatic conditions working at the same time. It makes the country a perfect to visit any time of the year.

Cost: Rs. 26,550 (\$590) per person for six days.

■ PARAGLIDING

If you are an adventure sport lover and on a tour to India, the thrill of paragliding is something you just cannot miss. The sport is meant for the people who love to reach new heights. Paragliding packages in India offer paragliding for experts and training for the novice and beginners.

Most of the paragliding sites in India are situated in the lower reaches of the Himalayas. Kangra Valley and Kulu valley in Himachal Pradesh, the Western Ghats and Pune city are some of the popular paragliding sites in India.

Cost: Rs. 8,000 (\$177) to Rs. 12,000 (\$266) for a four-five day course. ■

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