

S. No.	District	Name Of The Trek Route	Category	Traverse	KM	Hrs
1	The Nilgiris	Longwood shola	Easy	two way	3	2
2	The Nilgiris	Parsonsvalley trekking shed to Mukurthi hut	Tough	two way	20	8
3	The Nilgiris	Avalanche (Cauliflower shola)- Kolaribetta	Moderate	two way	11	6
4	The Nilgiris	Avalanche (Cauliflower shola)- Devarbetta	Tough	one way	13	6
5	The Nilgiris	Gene pool	Easy	two way	8	4
6	Coimbatore	Manambolly	Moderate	two way	16	5
7	Coimbatore	Top slip - Pandaravarai	Tough	one way	10	6
8	Coimbatore	Top slip - Pandaravarai - Moderate	Moderate	two way	8	4
9	Coimbatore	Sembukarai - Perumalmudi	Moderate	two way	10	6
10	Coimbatore	Aliyar (Canal bank)	Easy	one way	8	3
11	Tiruppur	Chinnar Checkpost - Kottar	Easy	two way	5	2
12	Kanniyakumari	Kalikesam - Balamore	Moderate	two way	14	6
13	Kanniyakumari	Kalikesam - Maramalai	Moderate	two way	12	5
14	Kanniyakumari	Injikadavu	Moderate	two way	18	7
15	Tirunelveli	Karaiyar - Moolakasam	Easy	one way	4	3
16	Tenkasi	Courtallam - Shenbagadevi falls	Easy	two way	4	3
17	Tenkasi	Theerthaparai	Easy	two way	6	3
18	Virudhunagar	Shenbagathoppu Trail	Moderate	one way	9	4
19	Virudhunagar	Shenbagathoppu Trail - Easy	Easy	two way	5	2
20	Madurai	Kutladampatti Falls - Thadagai Trail	Easy	two way	4	2
21	Madurai	Kutladampatti Falls - Thadagai Trail	Moderate	two way	8	4
22	Dindigul	Kodaikanal - Vellagavi	Moderate	two way	10	12
23	Dindigul	Kumbakarai - Vellagavi - Kodaikanal	Tough	one way	14	12
24	Dindigul	Kodaikanal - Vellagavi- kumbakarai	Tough	one way	14	12
25	Dindigul	Kodaikanal Observatory - Gundar Zero Point	Easy	two way	10	4
26	Theni	Kurangani - Sambalaru	Easy	two way	5	3
27	Theni	Chinna suruli - Thenpalani	Moderate	one way	12	6
28	krishnagiri	Guthirayan Peak	Tough	two way	11	6
29	Salem	Nagalur - Sanniyasimalai Peak	Easy	two way	5	3
30	Salem	Yercaud - Gundur Limestone Cave	Easy	one way	4	3
31	Tirupattur	Yelagiri - Swamimalai	Easy	two way	6	3
32	Tirupattur	Jalagambarai	Moderate	two way	8	5
33	Tiruvannamalai	Kullar Caves	Moderate	two way	12	6
34	Thiruvallur	Gudiyam Caves	Easy	two way	9	4
35	krishnagiri	Biligundulu - Rasimanal	Moderate	two way	14	5