

ADVENTURE

KASHMIR

Experiencing the
Adrenaline rush in
Kashmir



Department of Tourism, J&K





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ADVENTURE TOURISM IN KASHMIR



Blessed with challenging exotic locations, Kashmir is one of the most sought-after adventure tourist destinations of the world. Its unique landscape offers adventure enthusiasts to explore the Himalayan ranges, with opportunities for both amateurs and professionals. The region's high altitude mountains offer land adventures like trekking and skiing, as well as aero-sports such as paragliding. With gushing rivers, it's also a hub for water sports like whitewater rafting and fishing. J&K's adventure is an unparalleled, diverse experience in the natural beauty.





TREKKING PARADISE IN PICTURESQUE KASHMIR

SCENIC ROUTES THROUGH
MAJESTIC MOUNTAINS

VISIT KASHMIR
EXPERIENCE ADVENTURE



TREKKING

Kashmir offers one of the best trekking trails with the snow-covered peaks, the cascading streams, the deep, and lush green valleys. High peaks of the Himalayas attract thousands of adventure sports lovers to Kashmir. The trekking season spans from mid-May to mid-October. One can explore Alpine and Himalayan peaks in Kashmir, offering unlimited mountaineering options within the Indian Himalayas and Pir Panjal Range.

For beginners, there are several mountaineering and trekking clubs to train and to guide them. Tourists can hire guides to make the entire journey interesting and informative. The Kashmir valley, with its short treks, adds an adventurous touch to visitors' vacations.

TRAILS FROM PAHALGAM

4-5 DAYS

PAHALGAM- TARSAR-
MARSAR TREK

2-3 DAYS

PAHALGAM- TULIAN
LAKE TREK

3-4 DAYS

PAHALGAM TO KOLAHOI
BASE CAMP TREK

3-4 DAYS

PAHALGAM- ARU-
LIDDERWAT-KOLAHOI

5 DAYS

SEKIWAS, LIDDERWAT, AND ARU

5 DAYS

PAHALGAM- ARU- LIDDERWAT- KOLAHOI
GLACIER- KHEMSAR - SONMARG- SRINAGAR





TRAILS FROM CENTRAL KASHMIR

4 DAYS

SRINAGAR-AHARBAL - KUNGWATTAN -
MAHINAG - KOUNSARNAG

5 DAYS

DHARA TO ARU PAHALCAM VIA LUDWAS,
HUKHSAR, MARSAR, TARSAR

2 DAYS

DHARA TO MOUNT MAHADEV AND BACK
VIA LUDWAS

3-4 DAYS

DHARA TO SONAMARG VIA LUDWAS,
HUKHSAR MARSAR, SONMOOS, AND KULLAN

TRAILS FROM SONMARG

4 DAYS

THE GREAT LAKE TREK: SONMARG TO
NARANAG TREK

2 DAYS

NARANAG - GANGABAL TREK





TREKKING

OTHER POPULAR TRAILS

2 DAYS

MARGAN TOP TO CHOUR NAG TREK
AND BACK

4 DAYS

DRANG TO TOSMAINDAN

4 DAYS

DOODPATHRI TO TOASMAIDAN

3 DAYS

DOODPATHRI TO MAGRUSAR

5 DAYS

SUMBAL TO MARSAR

5 DAYS

DOODPATHRI TO MAGRUSAR

5 DAYS

YUSMARG TO BARGAHA TO DAINZAB TO
TRU SAR LAKE TREK

3 DAYS

LADU - LADOORA (RAFIABAD)
TO VIJII TOP



ENJOY
THE THRILL OF
SNOWBOARDING



GULMARG,
THE SNOWBOARDING
HEAVEN

VISIT KASHMIR
EXPERIENCE ADVENTURE



SKIING/SNOW BOARDING

Kashmir is a premier destination for skiing, offering some of the world's finest slopes. The area transforms into a winter wonderland, attracting both professional and amateur skiers. The government facilitates skiing and snowboarding with Ski Shops offering rentals, and private instructors also provide services. The slopes, bustling with locals and tourists, feature ski lifts and chair lifts for easy access, though professionals prefer the high slopes.

Gulmarg provides an exhilarating experience with 10 to 12 slopes catering to various skill levels. The stretch from Gulmarg to Kongdoori is a favored route, reached via Gondola, offering a 3 km downhill journey through pristine snow. The government also provides heli-skiing, where professionals are airlifted to higher reaches for an adventurous descent, supported by a well-equipped ski patrol team for rescue operations.

POPULAR TRAILS



GULMARG



SONAMARG



DOODHPATHRI



PAHALGAM

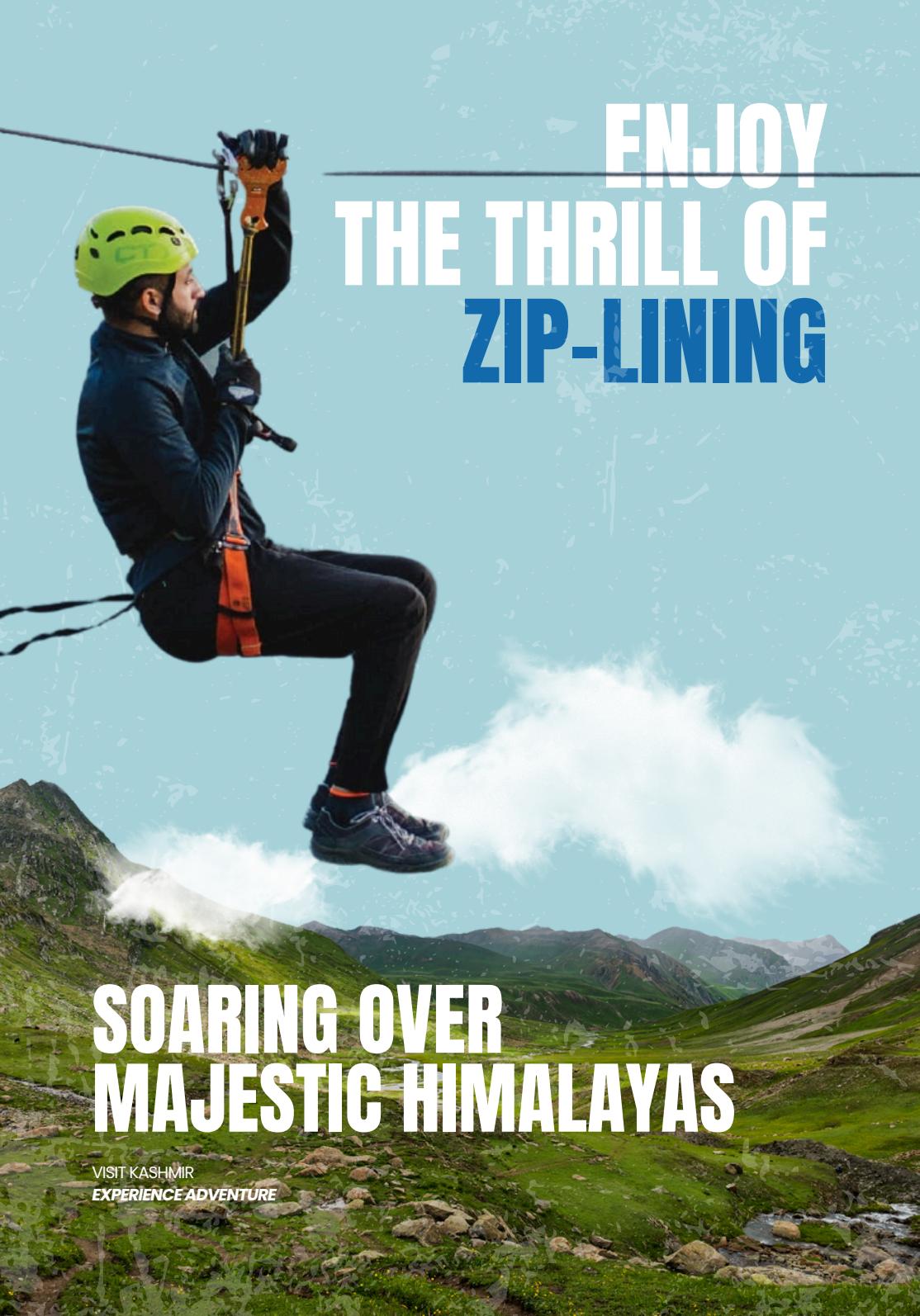




THRILLING
SLOPES,
MAJESTIC
TRAILS

ENJOY
THE THRILL OF
SKIING

VISIT KASHMIR
EXPERIENCE ADVENTURE

A dynamic photograph of a man zip-lining across a vast mountainous landscape. He is suspended in mid-air, leaning forward with his arms gripping the handlebar of the zipline. He wears a bright yellow helmet with 'CT' markings, a dark long-sleeved shirt, black pants, and black climbing shoes with orange accents. A red safety harness secures him to the line. The background features towering, snow-capped mountains under a clear blue sky with wispy white clouds. The foreground is a lush green valley with rocky terrain and small streams.

ENJOY
THE THRILL OF
ZIP-LINING

SOARING OVER
MAJESTIC HIMALAYAS

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EXPERIENCE ADVENTURE



ZIPLINING

Ziplining in Kashmir offers a thrilling adventure, letting one soar over stunning landscapes of valleys and mountains. This cable-based activity involves moving across slants by gravity, offering an exciting and thrilling experience as one glides through pine forests and over rivers for an unforgettable experience.

LOCATIONS

PAHALGAM

BAISARAN, LAVENDER PARK,
ABSHAR PARK

OTHER POPULAR SPOTS



RECREATION PARK, VERINAG



ECO PARK KHADANYAR, BARAMULLA



NEAR YOUTH HOSTEL, SONAMARG



CHINAR BAGH, SRINAGAR

**ENJOY
THE THRILL OF
ATV RIDE**



**SOARING OVER
MAJESTIC HIMALAYAS**

VISIT KASHMIR

EXPERIENCE ADVENTURE



ATV/SNOWBIKES

The combination of rugged terrain and snowy landscapes makes Kashmir an ideal playground for ATVs and snowmobiles, adding an exciting twist to winter adventures in the region. These all-terrain vehicles and specialized bikes equipped with snow tracks provide enthusiasts with an exhilarating means to explore the mountains covered in a blanket of snow.

POPULAR SPOTS



SONAMARG



GULMARG



DRUNG, TANGMARG



DOODHPATHRI



PAHALGAM



UNFORGETTABLE RAFTING EXPERIENCE IN KASHMIR



KASHMIR'S THRILLING RIVER RAFTING

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RAFTING

Kashmir, renowned for its rivers and lakes offers a chance to explore the thrill of river rafting. Pahalgam and Sonmarg offer ideal stretches for this adventure sport, particularly during the summer when rivers are brimming with water. The Sindh River, from upper to lower Sonamarg, provides the best stretch for professionally-guided white water runs. However, beyond this point, the river becomes challenging, requiring technical skills and careful organization. The upstream stretch serves as an ideal training ground for amateurs seeking basic training in river rafting.

POPULAR SPOTS



RIVER LIDDER - WRANGPAL TO YANNER BRIDGE, PAHALGAM



RIVER LIDDER - MANDLAN TO PDC HEAD WORK, PAHALGAM



RIVER SINDH - WASUN TO WOYIL BRIDGE, GANDERBAL



RIVER SINDH - MAMAR TO WOYAL BRIDGE GANDERBAL



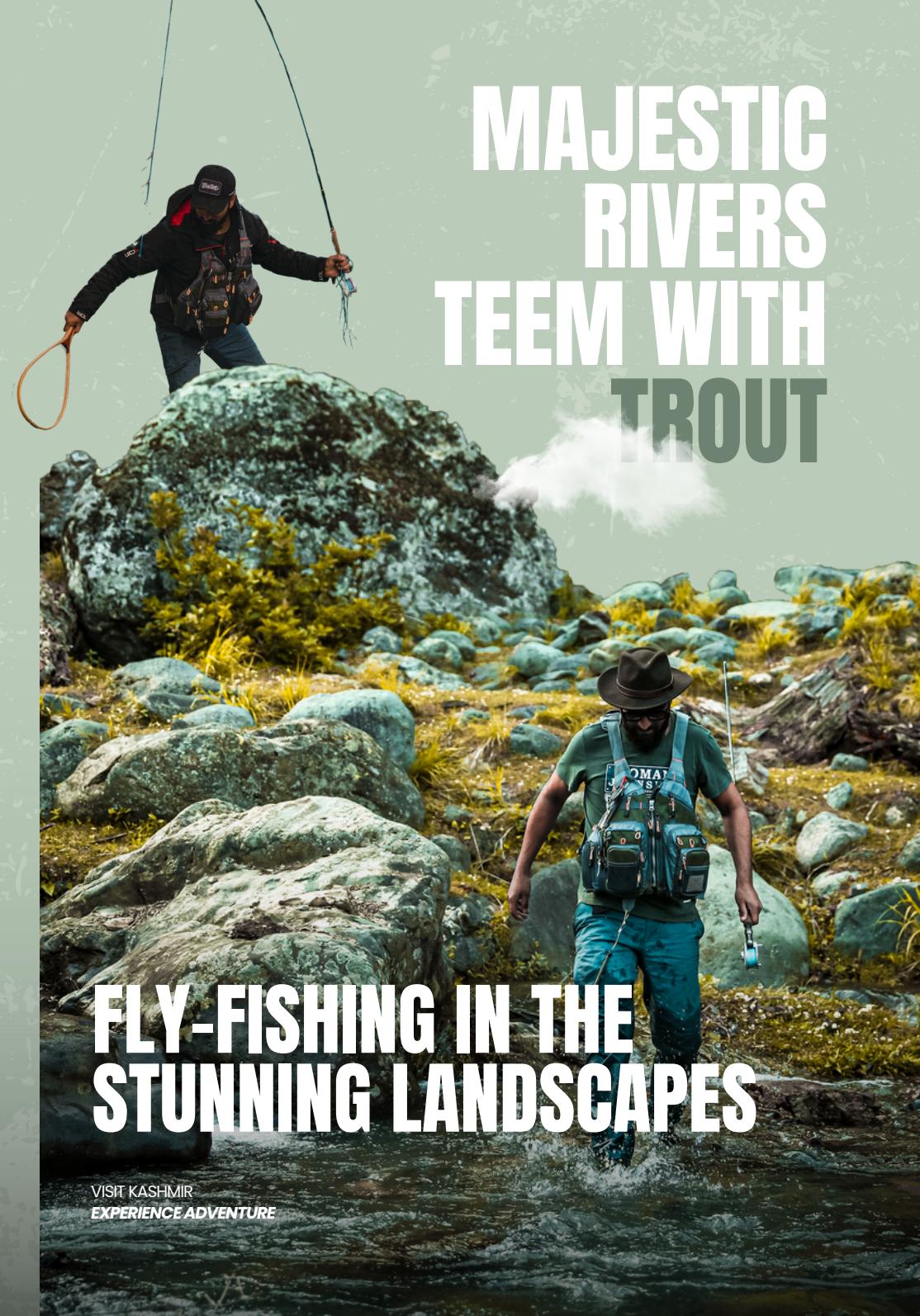
EXPLORE KASHMIR'S WATERS BY KAYAK



Kayaking and Canoeing, both eco-friendly water activities, have evolved into highly popular adventure sports. Whether conquering white waters or gliding on serene lakes, these sports offer thrilling adventures in Kashmir, allowing enthusiasts to connect with nature.

📍 **DAL LAKE**
📍 **MANASBAL LAKE**

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EXPERIENCE ADVENTURE

A photograph of a man fly-fishing in a river. He is standing on a large, mossy rock, holding a fishing rod with both hands. He is wearing a black cap, a black jacket, and blue jeans. A black vest with multiple pockets is strapped to his torso. In the background, there are more rocks and some greenery. The water is clear and reflects the surrounding environment.

MAJESTIC
RIVERS
TEEM WITH
TROUT

FLY-FISHING IN THE
STUNNING LANDSCAPES

VISIT KASHMIR
EXPERIENCE ADVENTURE



ANGLING

Kashmir, often hailed as the 'Angler's Paradise,' offers a spectacular fishing experience with its abundant rivers, lakes, and springs. The fishing season, from April to September, unveils a diverse aquatic world featuring prized catches like rainbow trout and brown trout. With approximately 61 open beats for fishing and angling, Kashmir provides opportunities for enthusiasts to explore its glacial and snow-fed streams. To preserve cultural and religious sites, fishing is restricted in certain areas. Anglers must obtain permits from the J&K Government's Directorate of Fisheries, and only fly fishing is permitted in the region.

POPULAR SPOTS



LIDDER RIVER



SINDH RIVER



GANGBAL



KOKERNAG



VERINAG



SUKHNAG



ERIN



FEROZEPUR

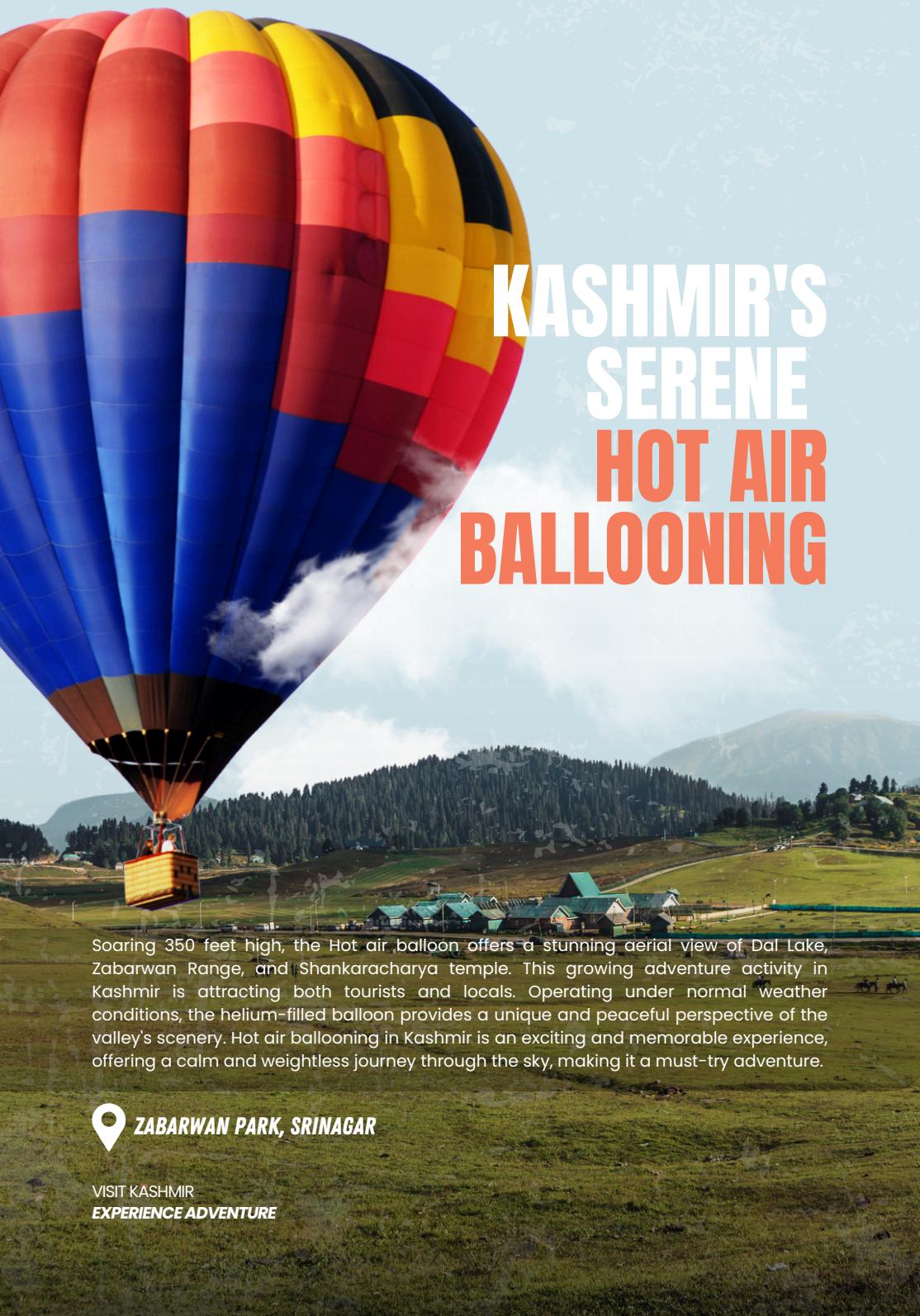


DOODH GANGA



KISHEN GANGA





KASHMIR'S SERENE HOT AIR BALLOONING

Soaring 350 feet high, the Hot air balloon offers a stunning aerial view of Dal Lake, Zabarwan Range, and Shankaracharya temple. This growing adventure activity in Kashmir is attracting both tourists and locals. Operating under normal weather conditions, the helium-filled balloon provides a unique and peaceful perspective of the valley's scenery. Hot air ballooning in Kashmir is an exciting and memorable experience, offering a calm and weightless journey through the sky, making it a must-try adventure.



ZABARWAN PARK, SRINAGAR

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VISIT KASHMIR
EXPERIENCE ADVENTURE

GLIDE ACROSS DAL WATERS

📍 DAL LAKE SRINAGAR
📍 MANASBAL LAKE, GANDERBAL

ADRENALINE RUSH ON
DAL'S WAVES

Water skiing is considered to be one of the major extreme sports, similar to surfing in many ways. Dal Lake and Manasbal Lake are among the best places for jet skiing in Kashmir. Serene, with a mirror like sheen on its surface makes Manasbal and Dal an attractive water sports resort. Throughout the summer season in Kashmir – from May to the end of August – the water of the lakes is pleasant for water sports.



GLIDE OVER KASHMIR'S BREATHTAKING LANDSCAPE

- 📍 ARU, PAHALGAM
- 📍 DHARA ASTANMARAG, SRINAGAR
- 📍 DOODHPATHRI

EXPERIENCE FREEDOM IN
KASHMIR'S AIR

Paragliding is a top choice among the thrilling aero sports in Kashmir, offering breathtaking views of green valleys and majestic mountains. This popular adventure sport attracts tourists to the Kashmir valley, with the best paragliding conditions from May to June and September to October.

VISIT KASHMIR
EXPERIENCE ADVENTURE



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