1. Arunachal Pradesh

* **Siang valley trekking**- It is a famous trekking expedition in *Arunachal Pradesh*which takes trekkers along the Tsangporiver in **Tibet** known as *Siang*inPhasighat *District*in*Arunachal Pradesh.* The trek covers some exciting locations which were never explored before and hence is an opportunity to explore and leave your own trials.
* **White water rafting at Subansiri**- With rapid more than grade three and lush yet breathtaking forest at every turn, Subansiri river is one of the best places in India for white water rafting. Subansiri, or “Gold River” is the biggest tributary of the Upper Brahmaputra.
* **Mountain biking Nameri to Dirang**- Arunachal Biking Tour is definitely off the beaten track; the roads will challenge you as a rider, the landscapes mesmerize you. This journey will take you through dense temperate forests, besides gushing rivers ,over high passes and stunning glacial lakes.
* **Hike and trek Guwahati to Dirang**- Foreign tourists, particularly adventure seekers are regular visitors who come here to explore the numerous trekking routes located in the mountains. For trekkers, the Guwahati - Dirang area offers enormous scope
* **Lama Camping and Doimara Camping-** Lama and doimara camp Situated in Bugun community forest land is a permanent campsite offering tented accommodation. On clear days, visitors can get spectacular views of the snow-capped Gori Chen range in Tibet.

1. Assam

* **One-Horned Rhino Spotting in Kaziranga National Park**- **Kaziranga** Tiger Reserve offers a unique experience: it is the best place in the country to see the highly endangered **one**-**horned** great Indian **rhinoceros** in the wild, since two-thirds of the world's **one**-**horned rhino** population lives here.
* **Wild life Safari in Nameri National Park**- The Nameri National Park is known to be an exciting Himalayan foothill that is famous for its elephants and other fauna species like tigers, leopards, gaurs, wild pigs, sambars,  and a lot of bird species.
* **Adventure day out at Amchang wildlife**- Amchang Wildlife Sanctuary is a treat for nature lovers. Here, you can see some of the rare species of animals and birds.
* **White water rafting at Bogamati**- In lower Assam, the river flows through Bogamati area in Baksa district and offers an exciting spot of white water rafting to adventure lovers. This hot picnic spot welcomes a thrill seeker within its panoramic sites.
* **Rock climbing at Assam state Zoo**- Embark on an exciting activity **of** artificial **wall climbing** in the **Assam State Zoo** that is surely one **of** the most amazing and exciting experiences.

1. Goa

* **Paragliding in Goa**- Paragliding is a thrilling activity which has been around for a long time and holds a special place in the hearts of adventure seekers.
* **Scuba Diving at Grand Island**- Grand Island in South Goa is the safest place to scuba dive because of its shallow and clear waters. Because of the beautiful beach, Grand island is the perfect place to scuba dive and meet the aquatic creatures.
* **Sunset Sailing at Dona paula-** Dona Paula is the prettiest beach in South Goa as the two rivers from Goa meet the Arabian Sea here. Dona Paula is quite famous among tourists for its sunset sailing experience as it gives the best oceanic views.
* **Flyboarding at Morjim-** Morjim is famous for various adventure activities amongst which flyboarding is very famous. The flyboarding activity is conducted in the presence of modern safety equipment.
* **Dolphin viewing at coco beach**- Dolphin Spotting is an hour trip from Coco Beach. In this trip you will spot dolphin with their family. With dolphin you will also see some famous attractions of Goa from boat like governor palace, millionaire palace, light house and Agauda Jail.

4)Gujarat

* **Paragliding in Saputara**- Be prepared to fulfill your dream of flying, with paragliding over this tiny, yet picturesque hill station.Suitable for all types of visitors where experienced gliders fly solo, and beginners experience the rush of paragliding accompanied by able pilots.
* **Jeep safari in Gir national park**- Gir National Park in Gujarat is one of the most celebrated ones in India since it has a large collection of Asiatic Lions.The jeep safaris inside the park have a lot of admirers as these safaris will give an enlarged picture of the natural habitat of many endangered species distinct from Asiatic Lions.
* **Ahmedabad aircraft joy ride**- This special aircraft joyride above Ahmedabad is the perfect adventure. You can experience the spectacle of the city passing under you as you fly above it on a height of 1000ft from the ground.
* **Bird photography tour in Jamnagar-** The **photography tour** passes through 5 different places of Khijadiya **Bird** Sanctuary, Marine National Park, Dhichda, Balachadi, and Lakhota Lake—each unique in terms of habitat and with diverse **bird** and marine species.
* **Idar- rock climbing-**  The availability of the good climbing rocks not too far from the city gives greater access and participation from the professionals as well as from the amateurs alike.

5)Himachal Pradesh

* **Paragliding in Bir***-* Bir Billing, among other paragliding spots in India, is a small village in ***Himachal Pradesh*** – famed worldwide – for hosting the ***first ever world cup of paragliding***
* **Skiing in Kurfi-** Kufri is a beautiful hill station of Himachal Pradesh. Known as the winter sport capital of Shimla, the slopes of the beautiful hill town is at a distance of 13 kilometers from the Himachali capital. Nestled at an altitude that reaches 2622 meters, Kufri is a skier's paradise.
* **DalHousie -Manali Trekking-** The trek to Manali from Dalhousie via Marhu Pass, which is at an elevation of 5,050 meters, commences from Khajjiar at 2,000 meters and turns to Chamba, which lies at a low altitude of 996 meters.
* **Ice skating in Shimla-**The Shimla Ice Skating Rink is well-known because it is a naturally formed rink found in the town and is also the largest and the only naturally formed rink found in South Asia. It draws not just the locals but tourists from all over the world.
* **Heli-Skiing at RohtangPass***-* **Heli**-**skiing** is done on the slopes around Hanuman Tibba, **Rohtang Pass**, Deo Tibba and Chandrakhani Pass near Manali. The sport is offered by a Manali based private operator.

6) Jammu and Kashmir

* **Rafting in Ladakh**- River Rafting in Ladakh is one of the most adventurous. Ladakh is home to the Indus River, which flows across its northern region before entering Pakistan. Though the river rafting in Leh is just beginning to gain momentum, the rapids to be found within it are of a force and intensity that make rafting in it a marvellous experience.
* **Mountain Bike trip to leh-** step on the gas and let your bike be the most trusted companion on your Leh Ladakh bike trip. This adventurous journey passes through some of the most breathtaking, challenging and awe-inspiring landscapes found on Earth.
* **Ziplining activity in Patnitop-** Experience the gushing wind, the sound of your heartbeats booming in your ears, and the wide smile on your face as you zip along and soak in the picturesque beauty of Patnitop.
* **Down hill cycling in leh-** Mountain cycling in Leh is not only about adrenaline rush and facing the challenges, it is also a great way to witness the culture and traditions of varied regions.
* **Magic Carpet ride in patnitop-** The thrill of being on India's only magic carpet is beyond expectations. Add to it the scenic views of the green meadows, and the panoramic views of the glittering snow-capped peaks of the Shivalik Range of the Himalayas, and you know this is not your regular adventure ride.

7) Karnataka

* **Kudremukh trek**- Kudremukh is nestled in the heart of the western ghats in Chikkamagaluru district. It comes under Kudremukh National Park which is the second-largest wildlife protected area in the western ghats.
* **Bandipur Wildlife Safari**- Bandipur safari is always well rewarding in terms of wildlife sighting. Bandipur National Park is one of the beautiful wildlife sanctuary located in south India with variety of flora and fauna. Bandipur safari offers maximum tiger sightings when compared to other wildlife sanctuaries in south India
* **Mandalpatti Jeep Safari**- This fascinating trail is located en route to Abbey Falls. A serene and wonderful place, jeep safari to view sunset or sunrise at Mandalpatti provides you with obstacle-free panoramic views.
* **Paramotoring in Bangalore**- Paramotoring In Bangalore takes you over the Silicon Valley that caters so many adventure activities for one of a kind experience.
* **Kayaking in Mysore-** Kayaking is a very common sport in Mysore which you can enjoy smack down in the middle of the city there as well. So yet another sport in the list of adventure sports for water lovers is kayaking in Mysore.

8) Kerala

* **Wildlife safari in periyar-** Periyar National Park and wildlife sanctuary is located in Thekkady, [**Kerala**](https://www.travelogyindia.com/kerala/). It is very famous among tourists as elephant and tiger reserve.  It attracts thousands of tourists every year for safari, rafting and other activities.
* **Paragliding in Vagamon-** Green meadows, pine forests, a cloud that covers all this. waterfalls and tea estates- this describes Vagamon. An adventure sport that takes you closest to fly without wings in the beautiful hill station of Vagamon. It is a place where one can enjoy the sky gliding like an eagle through the mist.
* **Mountain hike in Wayanad-** The charming landscape of Wayanad in recent times has become popular for enticing tourists to indulge in trekking and the vast expanse of wilderness and alluring beauty of the gorgeous hills of the Western Ghats.
* **Bamboo rafting in Wayanad-** The Island is located in the midst of tributaries of the river Kabini flowing through the Wayanad district. Indulge in bamboo rafting in Wayanad at Kuruva Island in the lush forested regions of Wayanad in Kerala and explore the beautiful rivers and streams around.
* **Jumaring in Munnar-** Jumaring is more of a technique than just an adventure activity. It involves climbing wall, rock, tree and other objects that particularly erect at a 90° angle. This enthralling adventure involves use of a mechanical device called Jumar which is used for ascending on a rope.

9)Meghalaya

* **Caving in Meghalaya**- On the Meghalaya Caving Adventure we explore different caves in the Shnong Rim area, opening the door to an out-of the-world experience. Once inside the caves one can only marvel at the opulent formations created over thousands of years – stalagmites, stalactites, candles, cave curtains and cave pearls to name a few.
* **Shillong-Cherrapunjee Tour**- The splendor of Shillong attracts a wide range of tourists to the place and makes it a great tourist destination to visit.
* **Ziplining in Cherrapunji-** Looking for some adrenaline rush in Cherrapunji, then we suggest you go for ziplining. Strap yourselves and get ready to zip line the beautiful valley of Mawkdok in Cherrapunji.
* **Snorkeling in Dawki**- Dawki is a perfect spot for freshwater Snorkeling for beginners and professionals.  This experience witnesses the beautiful aquatic life in crystal clear water.
* **Cliff Jumping at Dawki**- Cliff jumping is a popular water activity done in the Umngot River. Jump and Dive in fresh water with a height ranging from 8, 14 & 22 Ft.

10)West Bengal

* **Sandakphu Trekking**- Sandakphu is the highest peak in the state of West Bengal, India. Situated at a height of 3636 mtrs above sea level, is a true paradise for all adventure lovers. Trek to the highest point on this hill station and you will get the never seen before views of the Himalayan Range.
* **Tiger spotting in Sunderbans-** There are few sphinges in the wild that catch one’s notice as much as the tiger in Sundarbans. Every guest to Sundarbans Tiger Reserve is hypnotized by the spectacles that stretch and open up every fleeting minute and welcome one as she or he strays away from mainland India.
* **Jungle Safari at Jaldapara National Park-**It is the perfect outing where you get a chance to witness the rare one-horned rhinoceros and rare species of birds.
* **Backpacking tour to Bhutan-** Backpacking in Bhutan is a truly amazing experience. a place where time stands still, where legend is history and mountains reign supreme.
* **Coastal Trek from Chandipur to NewDigha-** Pass through the villages, beautifully maintained landscapes and ponds, cross the rivers and mark your foot on the white sands of the beach . Spot some rare birds, crabs and turtles that are appeared on the seashore abundantly. Mingle with the coastal fishermen, observe them while they go fishing.