***3.Adventure On Land***

Mountaineering is one of the major land-based activities in India that can be explored in several destinations in the country. There’s the Beas Kund trail near Manali which begins at [Solang Nallah](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/manali/listicle/things-to-do/skiing.html" \t "_blank) and moves on to a pristine alpine lake, passing through meadows of Dhundi and Bakarthach. The Beas Kund lake is said to be where sage Vyas bathed during prayers and this journey is so celestial that locals say that even the trek is like a form of meditation! Then, there is the [Gaumukh Tapovan trek](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/gangotri/trekking-in-gaumukh.html" \t "_blank), which takes about seven days to complete and covers the Gangotri glacier to the point that is said to be the mouth of the holy River Ganges. One of the best winter expeditions is the Har-ki-Doon trek in Uttarakhand. Meadows and pine forests abound with amazing views of the Swargarohini peaks as you climb your way up this trail on the western side of the Garhwal region. For lovers of nature, there is no better option than the [Valley of Flowers](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/badrinath/valley-of-flowers.html) for a trek amidst the colourful beauty of posies. Mid-July to August is when the flowers are in full bloom, making this approximately 38-km trek in Uttarakhand worth every step. [Ladakh’s Markha Valley trek](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/leh-ladakh/trekking-in-markha-valley.html" \t "_blank) traverses along the mighty River Indus for about eight days and passes through part lush and part barren landscape that is typical of the region. It is also a great journey for this who wish to bask in the Buddhist flavour of this land. There’s also the trek up the mighty Kanchenjunga for those wishing for the ultimate adventure in the northeast Indian state of Sikkim!

In winter, the mountainscapes of India are draped with a blanket of snow, which is so thick in some spots that tourists use them as a makeshift ice rink, an ideal venue for snowy escapades. Auli, Gulmarg, Kufri and Solang in north India and the [Yumthang Valley](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/lachung/yumthang.html" \t "_blank) in northeast India offer you the chance to swish about on your skis in the snow! Some of these places have additional facilities for snowboarding and gondolas.

Another adventure activity is [rock climbing](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/hampi/adventure-sports.html). This can be enjoyed in north, west, and south India. In Karnataka’s Hampi, you can go rock climbing while taking in the sights of an ancient UNESCO-listed rock and temple complex. Even [Badami](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/badami/rock-climbing.html" \t "_blank), in Karnataka, features ancient red sandstone rock cliffs that overlook the Agastya Tirtha water reservoir. Granite rocks in Ramnagaram also offer you the chance to climb their unique fissures and eroded topography. In western India, on the outskirts of [Pune](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/pune/rock-climbing.html), are located various pitch climb locations that are made of basalt. It is best to climb here in winter. [Spiti Valley](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/spiti-valley/rock-climbing-and-trekking.html" \t "_blank) in north India is another paradise on earth that provides intrepid rock climbers with the chance to climb its unique terrain that’s often termed as the Middle Land, meaning the land between Tibet and India.

There are very few adventure activities in the world that compare to the thrill and utter excitement of bungee jumping. Simply the act of stepping off a high cliff followed by complete free fall owing to gravity is enough to set anyone’s heart racing. Fret not, the harness will ensure a smooth ride! The best place to do bungee jumping in India is the north Indian holy town of [Rishikesh](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/rishikesh/things-to-do/bungee-jumping.html" \t "_blank). Known not just for the holy Ganges that flows through it but also for its adrenaline-pumping activities, Rishikesh hosts India’s highest bungee jump at about 83 m above ground level. It is also home to India’s first giant swing that is similar to the bungee but feels more like a swing than a drop. These can be enjoyed at Bungee Jumping Zone, which also gives you a great view of the gurgling river below!

The limestone caves of Shillong, in Meghalaya, are great sites for experiencing [caving](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/shillong/listicles/things-to-do/caving.html). Some of the popular caves are Krem Mawsmai, Krem Mamluh, and Krem Umshyrpi. One can explore these to their heart's content and make memories that will last a lifetime.

**Skiing on Solang Valley**

In winter, skiing can be enjoyed in the stunning Solang Valley, which is located approximately 12 km from Manali. It is also called Solang Nala and hosts a ski festival every year that attracts thousands of tourists. Before skiing, one is given expert guidance and assistance sessions. One can also ski at Rohtang, Gulaba, Dhundi and Marhi.

**Trekking In Gaumukh**

Gangotri is not just a delight for those on a spiritual quest but also for adventure travellers and trekking enthusiasts. One of the classic treks of the Garhwal Himalayas is the Gaumukh-Tapovan-Nandvan circuit. A great experience for both first-timers and experts, the trek passes through the Gaumukh glacier, which is the origin of the holy River Ganges.

  The most preferred trek for tourists is the one to the Gaumukh from Gangotri. This is the spot where you will find River Ganges gushing out of a snout-like opening. For a seasoned trekker, the journey can be completed in around eight hours. The trek can get tricky at some points and the last few kilometres involve passing through a rocky terrain. However, a major part of the trek is fairly easy with few steep inclines.

  The Gangotri-Gaumukh-Tapovan trail is rated as moderate, which means that both mountaineers and non-mountaineers can undertake the trek given they are in good health. You will pass through a number of beautiful glaciers like Gangotri, Meru and Kirti Bamak, on the way. The trek also gives an opportunity to witness some majestic peaks like Mount Shivling Peak, the Gangotri group of peaks and the Kedardome Peak. Stop at Bhojwassa for a panoramic view of the Bhagirathi group of peaks.

  The Mount Shivling peak is one of the most amazing mountain peaks one can ever witness. Watching the mountain in its entirety from its base to summit at Tapovan is a blissful experience, which can be enhanced by camping at the point. If you are lucky, you will also get to see herds of blue mountain goats, known as bharal, grazing on the verdant mountains.

**4.Adventure Sports In Ladakh**

The stark and pristine landscape of Ladakh, bound by rugged mountains, deep gorges and harsh terrain is ideal for adventure sports like trekking, mountain climbing, camping, etc. Moreover, the gurgling Indus and Zanskar rivers cutting through the scenery provide perfect backdrops for adventure in the water.

**Mountain Biking**

There are several mountain biking trails across Leh-Ladakh. Adventure seekers can bike on Khardung La, which is considered to be among the highest motorable roads in the world, along the shores of Pangong Lake, through the Warila pass, in the Nubra Valley, and by the banks of rivers Indus and Zanskar. Several tour companies organise day-long or multiple-day biking tours for individuals and groups. Along the way, bikers are treated to local cultures, homestays and food. Since this is a strenuous activity, bikers must make sure they are fully acclimatised and in good shape before they embark on this adventure. Mountain biking is a great way to see the Leh-Ladakh region for those who like to ride and are up for the adventure in the mountains. Some companies may need visitors to prove they are fit for the adventure with short exercises or fitness certificates. The tours vary in their levels of difficulty.

**River Rafting**

Due to the presence of two prominent rivers-the Indus and the Zanskar-Ladakh offers amazing river rafting opportunities to thrill-lovers. The Zanskar river features one of the best gorges for navigation in the world. Whitewater rapids are found in abundance as rafters head down the river and witness spectacular geological formations all around. There is also the chance to enjoy the hospitality of the Zanskari people. There are various tours that can feature a rafting distance of 5 km to almost 30 km. Even shorter rafting tours can be organised for a few hours. Some of the places that feature on these rafting routes include Tsogsti, Nimoo, Scorpoche, and Chilling. This adventure activity is best enjoyed in groups.

***1.Adventure In Sky***

Feel like a bird as you paraglide over spectacular landscapes and survey nature's bounty laid out in splendour beneath you. [Nandi Hills](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/bengaluru/nandi-hills.html), located about 70 km from the city of Bengaluru, Karnataka, is a great spot for paragliding while enjoying picturesque mountain vistas. [Bir Billing](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/manali/listicle/things-to-do/bir-billing.html" \t "_blank), in the state of Himachal Pradesh, is probably the best place to paraglide in India. It offers you the opportunity to glide high up in the sky for 15-30 minutes with trained tandems. The best time to do this is between October and June. The popular hill station of Manali also gives visitors a chance to paraglide amidst all the other fun things to do. In western India, paragliding is a popular activity near the Pawana Dam, in Maharashtra.

For thrill seekers, there’s nothing more satisfying than skydiving. Tandem skydiving is a famed adventure sport across the world and there are two places in India where it can be enjoyed. The first one is the city of [Deesa](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/patan/listicle/things-to-do/sky-diving-in-deesa.html" \t "_blank), in Gujarat, that was actually the first place to sanction sky diving in the country. The second is the city of Mysore (in the Chamundi Hills) in the Karnataka.

Last but not the least is hot air ballooning. With the sheer thrill and romance of gliding smoothly over historical, elegant, and charming cities of India, it invites tourists to holiday at a slower pace. [Jaipur](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/jaipur/listicles/things-to-do-in-jaipur/hot-air-balloon-rides.html), home to regal palaces and forts, offers tourists a chance to explore their opulent riches from the sky. This adventure offers a unique perspective and gives a bird’s eye tour of the famous city.

**Nandi Hills, Karnataka**

Towering over the city of Bengaluru, Nandi Hills is a popular weekend getaway for city-dwellers and tourists. Covered in low-hanging clouds and shrouded by mist, Nandi Hills is a paradise for nature lovers and trekkers, who are enthralled by its breathtaking beauty and picturesque surroundings. The Nandi Hills View Point gives a sweeping view of the underlying scenery and makes for a great picture spot. You can also visit Tipu's Drop Point, which is perched upon a hill. It is said to be the place from where prisoners were pushed off by the army of Tipu Sultan, the ruler of Mysore. The point is also the best spot to enjoy a panoramic view of the Nandi Hills. Dating back to the 9th century, the Bhoga Nandeeshwara Temple, also known as the Nandi Temple is among Karnataka's oldest temples. It draws visitors for its splendid architecture and peaceful environment. History lovers can head to the summer residence of king Tipu Sultan, also known as Tashk-e-jannat. Build with wood, the temple is known for its beautifully carved arches, painted walls, high ceilings and pillars.

**Sky Diving In Deesa**

Gujarat holds the honour of being the first Indian state to have a certified drop zone for sky diving. Several skydiving tours and camps have been held in Deesa, thanks to the initiative of the Sports Authority of Gujarat. Visitors come from far and wide to experience this thrilling sport in Patan. Tourists can select from three categories of sky diving, namely static line jump, pair jump and accelerated free fall jump. Participants have to take one and a half days training before they can experience the thrilling adventure sport.

***2.Adventure In Water***

Aquatic adventure reaches new levels of thrill when you embark on river rafting escapades. India is crisscrossed with rivers that run wild and it is a treat for adventure enthusiasts to journey through their rapids and currents aboard a raft. India has scenic and spirited rivers like the Ganges ([Rishikesh](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/rishikesh/things-to-do/whitewater-rafting.html" \t "_blank)), Indus, Zanskar ([Ladakh](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/leh-ladakh/river-rafting.html" \t "_blank)) in the north, the Teesta ([Darjeeling](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/darjeeling/rafting-in-teesta-river.html)-Sikkim) and Rangeet (Sikkim) in the northeast, and [Dandeli](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/belgaum/rafting-in-dandeli-river.html" \t "_blank) (Karnataka) in the south that all provide penultimate adventure. Each destination has different classes of rapids and some also offer chances to canoe and kayak through their waters. It’s one thing to be above the water and a totally different ballgame to be submerged in it. For those who are enthralled by the ecosystem underwater and on ocean beds, there is no adventure quite like scuba diving. This activity really gives divers a chance to get one-on-one with nature. Various types of fish, coral, and shipwrecks can be spotted at different points along India’s vast coastline. Several companies organise these trips and some of them require you to go through training lasting from a few hours to a few days in order to head on the underwater adventure. Some of the places where you can enjoy scuba diving include the [Andaman and Nicobar Islands](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/andaman-and-nicobar/listicles/things-to-do/snorkelling-and-scuba-diving.html) (known for its famed corals), [Dwarka](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/dwarka/scuba-diving-in-dwarka.html" \t "_blank) in Gujarat (for sunken cities, whale sharks, and various coral species), [Goa](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/goa/Listicles/things-to-do/scuba-diving-in-goa.html) (perfect for beginners given the warm temperatures and absence of major currents. Things to see include fish, shipwrecks and coral), and [Lakshadweep](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/kavaratti/scuba-diving.html) (warm waters, turtles, tropical fish, amazing lagoons and corals). In Goa, scuba diving is best done from October to May, in Lakshadweep from May to December, in the Andaman and Nicobar Islands from November to April, and in Dwarka from October to March.

Surfing is an activity that makes you feel like you’re walking, rather running, on water.  India is surrounded by the Indian Ocean and the Arabian Sea, both of which have warm water and waves that are good for surfing. [Goa](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/goa/Listicles/things-to-do/surfing-in-goa.html), [Gokarna](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/gokarna/surfing-in-gokarna.html" \t "_blank) (Karnataka) and [Varkala](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/varkala/surfing-in-varkala.html" \t "_blank) (Kerala) are among the best places to head out on a surfing trip. What’s more, after you are done, all of their beaches invite you for rest and relaxation!

Topping off all of this watery adventure is the relaxed charm of a river cruise. While the rivers in India can offer up enthralling rapids, they can also be calm and provide soothing waters perfect for idyllic cruises. The backwaters of [Kochi](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/kochi/listicles/things-to-do/river-cruise-in-kochi.html) (Kerala) with their many houseboats, the mighty Brahmaputra in [Guwahati](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/guwahati/river-cruise.html) (Assam) with its many small islands, and the wonder of the Ganges in [Kolkata](https://www.incredibleindia.org/content/incredible-india-v2/en/destinations/kolkata/things-to-do/Go-on-a-river-cruise.html) (West Bengal) all attest to the fact that lovers of water-based adventures must not miss out on river cruises when it comes to an entertaining Indian itinerary!

**Rafting In Teesta River, Sikkim and Darjeeling**

Darjeeling, with its lofty hills, challenging roads and gushing rivers is one of the best places in the country to indulge your adventurous side. The Teesta river that runs down the hills of Sikkim and Darjeeling for 172 km, is a hub for amazing water sports. One can find heaps of white sand alongside the river, particularly at the confluence of Rivers Teesta and Rangeet, which provide a major base for white water rafting. The large boulders around the river make it an ideal place for this sport. Both rivers have been declared safe for rafting, though they vary in intensity. Teesta is smoother, with smaller rapids and a slower flow. Therefore, it is better suited to amateurs and first-timers, looking only for a new experience. Rangeet on the other hand, is for seasoned rafters, with wild turns and fast-moving water that can be quite unforgiving if you don’t know how to maneuver the raft.

**Ram Niwas Garden, Andaman and Nicobar Islands**

Scuba diving is the greatest action on the Andaman and Nicobar Islands. The best months for diving are from December to April. One can enjoy the underwater marine life and view the rarest of corals by snorkelling and scuba diving at North Bay, Carbyn's Cove, Chidiya tapu, Havelock, Jolly Buoy, Redskin Island and Ross and Smith islands. The coastal belt surrounding these islands is the abode of one of the richest coral reef ecosystems in the world and most of this area is still untouched by human activity. Many of the islands are surrounded by reef fringes, often several hundred meters wide and are separated from the shore by a lagoon of even width. Cinque Island is one of the best diving sites in the islands, with its clear emerald waters providing a visibility of up to 80 ft. The deep dive offers views of a variety of marine life, including black coral, and is ideal for the experienced diver. For others, there are trainers who can help you get the hang of the sport.