



EXTREME TOURISM IS ON THE RISE IN INDIA

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Abstract: Some popular adventure sports have grown into major tourism platform in India. These are Mountaineering, trekking, camping, rock climbing, skiing, river rafting, cliff jumping, para gliding, bungee jumping, and scuba diving. Surfing and many more. The Great Himalayas starting from northern region and going towards northeastern region, the Western Ghats and Eastern Ghats offer the best place for Mountaineering, skiing, rock climbing, whereas western and eastern coastline offer a bundle of water based adventure tourism activities.

Keywords: extreme tourism, characteristics and features of extreme tourism in India, problems of extreme tourism in India.

Introduction

Because of its wide variety in the geographical extent, India is now becoming one of the most chosen extreme tourism destination in entire world. Apart from its thread to cultural and heritage tourism, adventure tourism is one of the growing tourism sector in country.

India caters to one of the best mountain ranges in the world and because of being its peninsula it is surrounded by water bodies from all sides. With desert in west to mangroves in east, it has thrill at every corner of its boundary. Some popular extreme sports have grown into major tourism platform in India. These are: Mountaineering, trekking, camping, rock climbing, skiing, river rafting, cliff jumping, para gliding, bungee jumping, scuba diving, surfing and many more. The Great Himalayas starting from northern region and going towards north eastern region, the Western Ghats and Eastern Ghats offer the best place for Mountaineering, skiing, rock climbing, whereas western and eastern coastline offer a bundle of water based adventure tourism activities.

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In one word, India as whole, serves almost every type of adventure tourism activities that fulfills the desires of and a extreme tourist.

Extreme trips can be taken to a number of destinations in the country, with each one being famous for a particular activity.

- Ladakh: The rough terrain and natural beauty of Ladakh have made it an admirable destination for adventure lovers. With an average elevation of over 10000 feet above sea level, Ladakh has a cold arid climate.
- Rishikesh: This sacred place is located in the state of Uttarakhand, and is another well-known spot to indulge in thrill-inducing sports like rafting, rock climbing, rappelling and more. Rishikesh can be visited in any month as the weather here is always pleasant.

- Lonavala: It is about 65 km from Pune, and is a popular hill town. With a moderate altitude of approximately 2050 feet, the topography here is not too rugged, and the weather does not become extreme. Hot air ballooning is popular here.
- Kamshet: This destination lies in the Sahyadri Ranges; hence its altitude is moderate. Even in the peak of winters, the temperature rarely drops to below 10 degree Celsius, making it a nice place to enjoy the season. Paragliding is done here from October to April.
- Kolad: Another amazing place to relish thrilling sport of rafting, this little village lies on the banks of the Kundalika River. Away from urban centres and immersed in tranquillity, it is an ideal getaway if you want to relax.
- Goa: Those who want to have an exciting time along the seas should definitely come to Goa. It is a perfect place to indulge in some fabulous and exciting water sports.
- Apart from the above-mentioned places for extreme trips in India, there are hordes of other sites too to plan thrilling expeditions. With a plethora of exciting engagements in the country, such excitement developing sports are bound to continue gaining admiration.
- Treks: You can trek at a number of destinations like Ladakh, Uttarakhand, Sikkim, Himachal Pradesh and Kashmir.
- Motor Bike Expeditions: Biking trips on the Leh-Manali highway and through South and West India are hosted by loads of travel agencies as they are highly admired.
- River Rafting: The state of Uttarakhand and the village of Kolad are two prime destinations for rafting.
- Hot Air Ballooning: Jaipur in Rajasthan and Lonavala near Mumbai are the two most sought after places for hot air ballooning. Both these destinations have weather conditions, which are favourable for the engagement.
- Scuba Diving: To see the underwater world from up close, travel to Andaman and Nicobar Islands, the state of Goa or the town of Murudeshwar in Karnataka. You will get scuba training from PADI certified instructors at all these sites before you head out to the sea.
- Wildlife Safari: The country has loads of protected areas like Corbett, Bandhavgarh, Kanha and Pench national parks, where wildlife safaris can be availed.
- Camping: You can camp wherever there are untouched environs like hills and forests. There are many such places in Uttarakhand, West Bengal, Rajasthan, Karnataka and Himachal Pradesh, which you can pick.

The extreme tourism is fastest growing segments of tourism industry worldwide. The small businesses have dominated this sector, but these businesses are mostly unprofessional; while, as bigger businesses are lesser in this field with proper professional management systems ensuring the safety and curbing the increasing demand. The extreme tourism is one of the best ways to earn from tourism industry not only for the business owners, but the locals can take the benefits from it as well in India. At the global level, the demand of venture tourism is increasing swiftly and the various countries have developed best infrastructure for the adventure activities.

In India, there is a huge scope of extreme tourism; here are several virgin extreme tourism resources. The development of extreme tourism in India is at initial stage. The beaches, deserts, mountains, hill stations, rivers, forests, wild life etc are the best adventure tourism potentials in India. For the development of extreme tourism in country, Ministry of Tourism, Govt of India has taken various steps. The Ministry of Tourism, Adventure Tour Operators Association of India and the Indian Mountaineering Federation are working jointly together for bringing the India on extreme tourism map at global level. Moreover, a set of guidelines were set up by the Ministry of Tourism for safety and

quality norms on extreme tourism, which covers the water, air and land based extreme tourism activities.

Moreover, government has established outdoor and extreme institutes in India, which are offering several extreme sports courses, and the institutes have all modern training equipments of extreme tourism. The institutes are:

- The Indian Institute of Skiing and Mountaineering, Gulmarg;
- Nehru Institute of Mountaineering, Uttarkashi;
- Himalayan Mountaineering Institute, Darjeeling;
- Winter Sports Skiing Center, Kulu;
- Atal Behari Vajpayee Institute of Mountaineering and Allied Sports, Manali;
- Temple Pilots Paragliding School, Kamshet;
- National Outdoor Leadership School, Uttaranchal;
- National Institute of Water Sports, Goa;
- Lakshadweep Dive Line Agatti, Agatti Island;
- Lacadive Dive Centres, Bangaram and Kadmanth;

Besides the above institutes, Government of India is providing the financial assistance to the states in order to create the better infrastructure for the extreme tourism throughout the country. In addition, Ministry of Tourism has formulated policies for the approval of bonafide extreme tour operators in India. The Kashmir, Ladakh, Manali, Auli, Darjeeling, Goa, etc are the best places for the extreme in activities in India .

India's mountainous fast rivers are apt for adventure activities like rafting and a lot of travelers are taking rafting holidays. Hence water rafting in India is the top water based extreme activity in India. Boat safaris followed by houseboat stays are the other popular water based extreme activity in India. Parasailing and paragliding are the top two air based extreme activities in India.

The most important direction of tourism development is the differentiation of the tourism product, the development of new types and directions of tourism for both foreign tourists and residents.

Following are the main problems involved in the extreme tourism of India:

- Lack of expertise in extreme tourism;
- Lack of proper government policies and consideration towards the adventure tourism in India;
- Insufficient infrastructure for the extreme tourism of India;
- Safety and security issues also weakening the extreme tourism in India;
- Non-availability of desired things demanded by adventurers;
- Speciation permissions from the authorities for fishing, mountaineering and trekking;
- Non-availability of modern extreme tourism equipment's;
- Limited up to only one training and teaching institute extreme activities in India;

Based on the experience of India extremal tourism, it would be expedient to do the following in the development of extreme tourism in Uzbekistan:

- Control over the legalization of the extremal tourism sector by the state and region services should be carried out by specialists;
- Organization of extremal tourism routes on all regions of Uzbekistan.
- improvement of legislation in matters of tourism development, simplification of visa procedures, customs and border control;
- state regulation of pricing in the sphere of extremal tourism;
- formation of the system of compulsory insurance of people during travel with tourist purposes;
- improving the quality of service to tourists in accordance with the requirements of technical, regulatory, legal acts and standards;

- training of specialists in the field of extremal tourism;
- development of advertising and information materials about the extremal tourist and recreational potential of the regions of the Uzbekistan, their publication in mass circulation as printed publications, their placement on the Internet and distribution in various countries of the world;
- participation in major Uzbekistan and international exhibitions of the tourism industry;
- the creation of a common database on extremal tourism, which would contain information about tours and excursions, a numbered fund and accommodation facilities;
- attraction of investments for reconstruction and construction of extremal tourist facilities;
- monitoring of the country's regions in the field of in-depth study of the extremal tourist and recreational potential;
- Identification of territories and objects of tourist interest for extreme;
- expansion of the list and volumes of additional services for extremal tourism;
- application of new technologies in the construction of tourist and hotel complexes and other objects of the extremal tourism industry;
- development of passenger transportation by road and rail
- the train and expert professionals should be invited in order to take the charge of extreme tourism;
- new modern equipment should replace the outmoded equipment;
- several extreme sports institutes should be opened in Uzbekistan so that to train and teach the adventure lovers throughout the valley;
- proper infrastructure (campsites, rafting points, ski resorts etc) should be developed for the adventure tourism activities;
- it is important ensure the safety and security to the adventurers before and after the tour in valley.

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