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INTRODUCTION ABOUT ADVENTURE

- Different people means it differently.
- An activity that comprises uncertainty, thrill, unusualness, enthusiastic and exciting experience.

An outdoor leisure activity that takes place in an unusual, exotic, remote or wilderness destination, involves some form of unconventional means of transportation and tends to be associated with low or high levels of activities

Elements of Adventure Tourism

- Space:-The most important element for performing any activity
- Will:- Determines the strong will power of person to attempt adventure activity
- Sense of unknown:- Means which is beyond the imagination
- Thrill:-Means to be affected with a strong emotion whether it may be shivering emotion or an exciting event.
- Enthusiasm:-Means strong feeling of interest to do something.







What is Mountaineering?

- A sport that combines climbing and hiking up mountains
- Done on regular terrain, rocky areas, and ice or snow slopes
- It merges a series of techniques and requires a highly technical approach



HIKING AND TREKKING

- Hiking is to move from one place to another using your feet as the only `means of transport'.
- Any physical activity in the open air requires movements and these movements are made on foot.
- Hiking is an aerobic activity, you burn more calories walking than running.

Its benefits are uncountable:

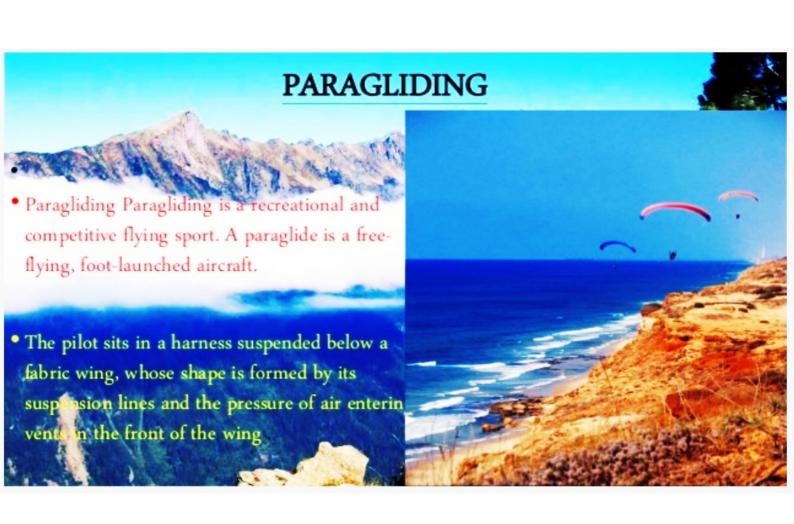
- It improves your heart resistance.
- It relaxes the nerve system.
- It burns calories.

- Trekking is an increasingly popular activity.
- We can walk in the countryside to enjoy the landscape, the ground, the climate and also the trees, plants and animals. These are the ecological paths.



Rock climbing is an activity in which participants, climb up down or across the natural rock formation or artificial rock walls. The goal is to reach the summit of a formation or the endpoint of a pre - defined route without falling. Rock climbing is a physically and mentally demanding sport, one that often test a climbers strength, endurance, ability and balance with mental control





RAPPLING

- A single rope rappel with prussik backup.
- A prussik backup, set on the rope below the rappel device and clipped to a leg loop....
- Tie bulky knots in the end of each rappel rope.
- Be careful.
- Dont be afraid.





