

LIVE IT UP!




God's Own Country

KERALA, HOTSPOT OF ADVENTURES



Geographically blessed with a variety of virtues that are ideal for adventure sports and events, Kerala is fast emerging as a destination for adventure tourism. From hills to backwaters and beaches to forests, Kerala has it all to become one of the finest adventure sports yards in the world

EXHILARATING EXPERIENCES

Kerala's adventure options are unique to its landscapes. Where there is beach, you have related adventure activities. In hills, it is a charm of its own; and not to mention the serene backwaters that throw many amazing opportunities. That is why you need to visit Kerala to know and indulge in these thrilling activities. It is indeed going to be a trip of a lifetime as you get to enjoy the very bliss of Nature and the umpteen adventure sports options that you would get to ride through. Browse through the adventure activities that Kerala has in offer. Prepare for an action-packed thrill ride!





03 MOUNTAIN BIKING



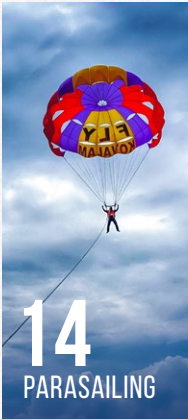
06 PARAGLIDING



10 SURFING



12 SCUBA DIVING



14 PARASAILING



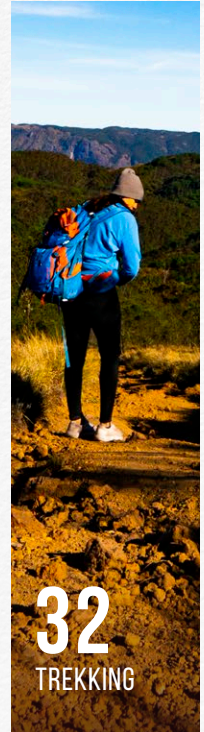
16 CANOEING



18 STAND-UP PADDLING



KAYAKING **20**





Watch
video



MOUNTAIN BIKING

PEDAL YOUR
WAY TO SPOTS
NOT FOUND ON
THE TOURIST
MAP OF
KERALA & SEE
THE UNSEEN



Pedal Power in the Hills

Speak of ultimate thrill rides and what better example for them than mountain biking; riding through tough terrains and encountering awesome experiences.

With some of the most serene mountain biking trails on Earth, Kerala offers bikers fascinating guided and non-guided biking adventures. With high hills and challenging trails, Kerala offers an ardent biker a true paradise for mountain biking. The terrains are breathtaking, affluently blessed with the greatness of Nature in all its beauty. Some of the most noted mountain biking destinations in Kerala are in the hilly districts of Wayanad and Idukki.

Apart from the generally wet monsoon and the retreating monsoon seasons, you could opt for mountain biking in any other time in Kerala.





MTB KERALA

MTB Kerala is a mega mountain biking event that aims to explore the wild and fun-filled side of Kerala. Its six editions covered forests of Thenmala and Kottur, Kovalam beach and tea plantations of Wayanad. MTB Kerala is the first mountain bike race in India to be featured in the MTB championships of Cycliste Internationale (UCI), the Swiss-based world governing body for sports cycling and international competitive cycling events.



Kerala Adventure Tourism Promotion Society

TC 26/849(1), University
Womens Hostel
Junction, Vazhuthacadu,
Thiruvananthapuram –
695014, Kerala, India.



+91 471 2320777, +91 95392 36384,
+91 9496 365544



info@mtbkerala.com



mtbkerala.com





PARAGLIDING

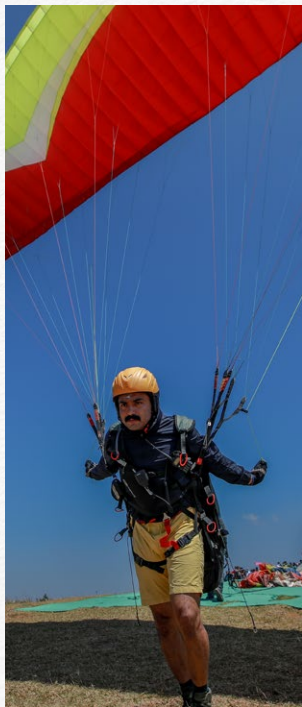
FLOAT LIKE A
CLOUD AND
TAKE ON THE
BLUE SKIES
AND CHAT
WITH AVIAN
BEAUTIES



Be Like A Bird

Soar through the sky at amazing altitudes, enjoying the pleasure of being able to fly freely through the air. Paragliding, one of the most amazing adventure sports in the world, is right here in Kerala to take you to new heights of joy and entertainment.

Covered in rich greenery, the mountain ranges of Kerala offer the best atmosphere and sights for a splendid paragliding session. In Kerala, you get to fly at altitudes up to 3,000 ft above the sea level. The flora and fauna of the Western Ghats are a sight to behold from the top. Vagamon and Munnar are two great destinations for you to enjoy paragliding. Just like other adventure sports, paragliding though require clear weather to enjoy. So the ideal time is from October to February.



 Make an Enquiry



PARAGLIDING LIFE FROM THE TOP

Check the video to have a glimpse of the experience that paragliding has to offer.





Watch
video



INTERNATIONAL PARAGLIDING ADVENTURE CARNIVAL



International Paragliding Adventure Carnival at Vagamon attracts a number of international tourists as well people from all over the country. Visitors can see spectacular acrobatic shows and also go for a joyride with expert pilots.



District Tourism Promotion Council (DTPC),
Aluva - Munnar Rd, Moolakadai, Munnar,
Idukki District, Kerala - 685612.

Ph: +91 4865 231516, +91 99610 17450





SURFING

CORAL REEFS AND GIGANTIC WAVES MAKE SURFING A DELIGHT IN KOVALAM



Beat the Rising Tides

The waves are mighty, but the spirit of the human soul is mightier. Braving the odds, some people beat the force of the rising tides. They are the surfers, a group of adventure enthusiasts that you would indeed find in the shores of Kerala too.

Kerala's shores are generally known for the splendid waves. Though high at times, they are safe in general. Especially in destinations like Kovalam and Varkala. People from all over the world come here to enjoy the sun, the sands and some surfing extravaganza.

Monsoon is one season that you would want to avoid if you wish to surf. For most of the other parts of the year, especially between November and May, you can visit Kerala for surfing.





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video



SCUBA DIVING

WITNESS THE
SPECTACULAR
MARINE LIFE &
VIBRANT SEA
CREATURES BY
SCUBA DIVING



Life Down Under

Plunge in to the vastness of the deep blue sea and explore the miracles of the amusing water-world beneath. Scuba Diving in the shores of Kerala gives you a unique opportunity to have the best glimpses of the miraculous underwater life.

Kerala has a long coastal line that stretches across 589.5 kms. The State enjoys a pleasant weather throughout the year, which makes it ideal for adventure sports such as scuba diving. One of the hottest destination for scuba diving is Kovalam. It is such a pleasure to explore the thrilling underwater sceneries in Kovalam. Another amazing scuba diving destination is Kochi. Though scuba diving can be done almost throughout the year in Kerala, the best time to embark is between September and February.



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PARASAILING

SOAK IN THE
BIRD'S EYE
VIEW OF
ARABIAN SEA
WITH SALT
WIND BRUSHING
YOUR FACE



What an exciting feel would it be to fly joyfully over a coastal line; with the stunning sight of the vast beach stretch and the deep blue ocean just below you. Parasailing provides you the perfect opportunity to do so, even as all safety measures are well adhered to.

Kerala's amazing coastal line is more than ideal for parasailing. The activity lets you enjoy the picturesque sights around from a bird's eye view. Two of the most sought-after destinations in Kerala for parasailing are the Kovalam beach in the capital city of Thiruvananthapuram and the Alleppey beach. Both these beaches are famous for their charm and mesmerising spell. So how about some parasailing adventure that would let you enjoy these sands in all their beauty!

 [Make an Enquiry](#)



CANOEING

CANOEING IS
AN EXCELLENT
OPPORTUNITY
TO EXPERIENCE
VILLAGE LIFE
AT CLOSE
QUARTERS



Row Deep into the Interiors

Nature's beauty is best experienced when you set out to experience it by yourself. It's you and Nature in perfect harmony. That's why on your trip to Kerala, you should definitely try canoeing. It takes you to less-explored experiences, that only you can understand in close bond with Nature.

Canoeing is somewhat similar to Kayaking. The difference comes in the sitting position of the paddler and the number of blades on the paddle. Canoeing lets them sail deep in to the heart of backwaters and canals to see village lives up close. Some of the best destination that lets you do so are Kuttanad, Calicut, Kochi and many backwater locales that are rich in natural bliss. Canoeing can be best enjoyed when visiting between the months of September and February.



 Make an Enquiry



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STAND-UP PADDLING

WATERBODIES IN KERALA ARE MORE THAN AN IDEAL SPOT FOR WATER SPORTS LIKE STAND-UP PADDLING



Test of Balance & Strength

They say that it is worth to stand up for what you believe in. Well, if you believe in a bit of adventure sports, then standing up would indeed be a lot of fun. That is stand-up paddling for you.

Kerala, blessed with umpteen canals, rivers and backwater is more than an ideal spot for water sports such as stand-up paddling. These tranquil waterbodies set a perfect stage to practise, perfect and advent on stand-up paddling adventures. Some of the best locales in the State for stand-up paddling are in the river Chaliyar in Kozhikode, Kumarakom in Kottayam and Varkala in Kollam.

The best way to enjoy stand-up paddling is to avoid the rainy seasons. All through the rest of the year, the waters would be favourable.



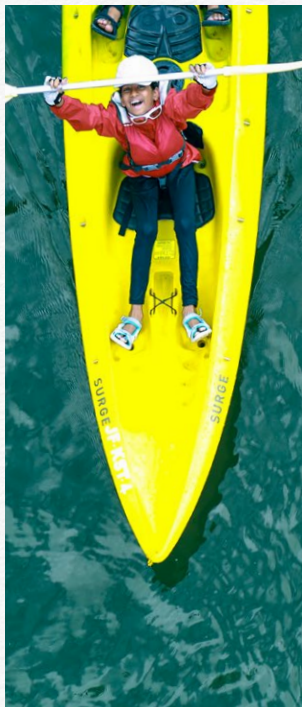


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KAYAKING

KAYAKING
WILL TAKE
YOU TO
PLACES THAT
BIGGER BOATS
MIGHT NOT BE
ABLE TO



There's nothing more calming than spending time in backwaters in a boat, listening to the rhythms of Nature. However, if you dream of something a little more exciting as well, prefer Kayaking. As a popular water sport, Kayaking in Kerala will be an unforgettable experience by all means.

Kayaks are low-to-the-water boats in which paddlers sit facing forward with legs in front. Kayaking helps you row safely through stunningly picturesque canals and waters that bigger boats might not be able take you to in Kerala. Some of the most popular Kayaking spots in Kerala include Kozhikode, Kochi and Kuttanad.

The best season for Kayaking in Kerala falls generally between September and February.

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MALABAR RIVER FESTIVAL

Kayakers from across the world will make a beeline for Thusharagiri in Kozhikode for Malabar River Festival. Competitions are categorized for beginners, intermediate kayakers and professionals. Chaliyar River Paddle and Beypore Water Fest are water-themed festivals that have a host of water sports.



Chaliyar River Paddle 



Beypore Water Fest 



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ROCK CLIMBING

KERALA'S HILLS, CLIFFS PRESENT IMMENSE OPTIONS FOR ROCK CLIMBING



Test Your Strength

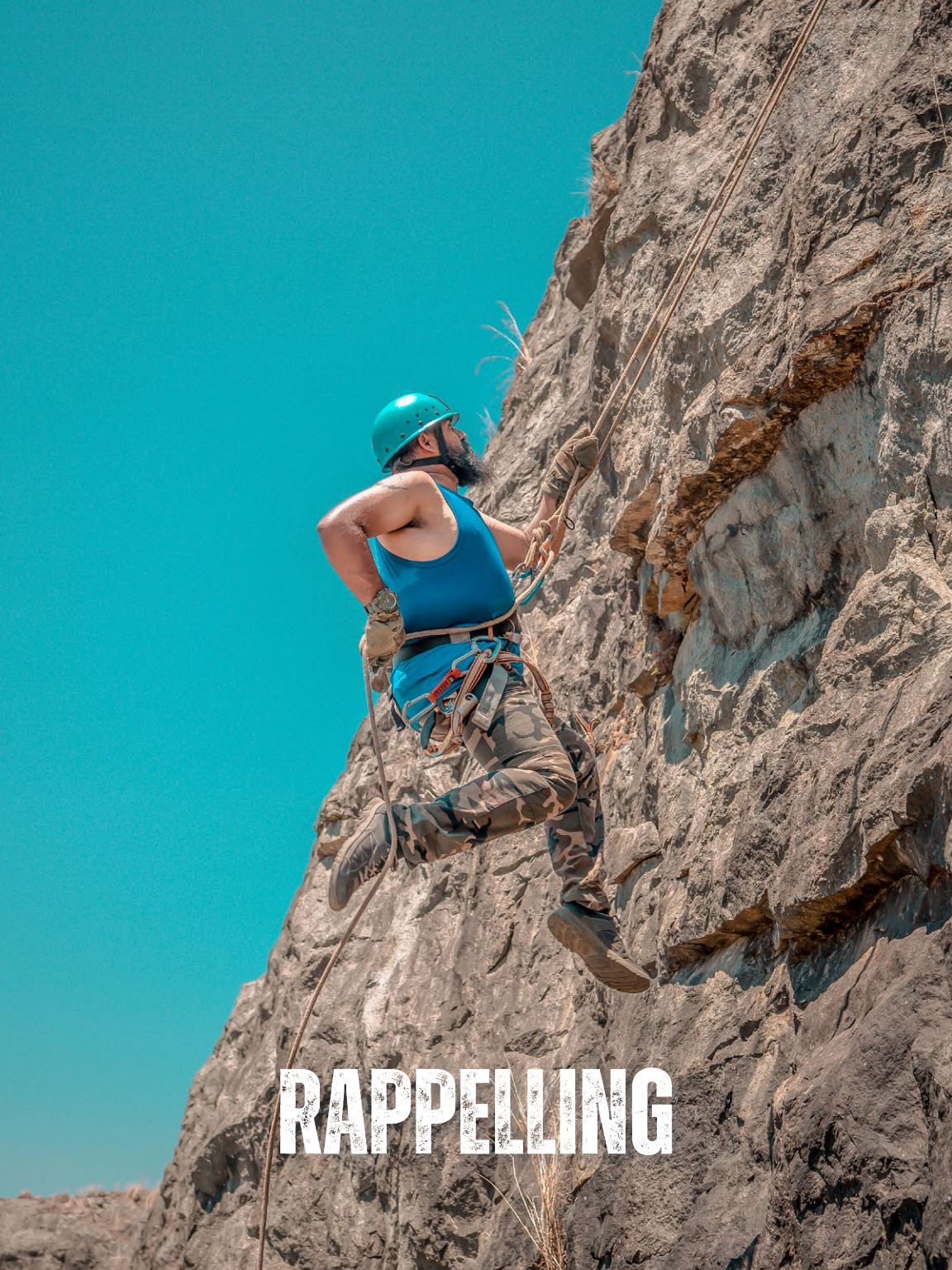


From time immemorial, the perseverance of human beings to challenge the adversities set by Nature has been a driving force behind our evolution. A testament to this age-old daring trait of humans is evident in rock climbing, an adventure activity that Kerala has embraced well.

Being naturally blessed with hilly terrains, rock climbing is an ideal adventure sports activity that is thriving in Kerala. Thenmala, a serene strip of land in Kollam district, is famous for rock-climbing adventures. Some of the other destinations include Kakkayam in Kannur district and Munnar in Idukki district.

The time period between November and April is considered the best for rock climbing adventures.

 [Make an Enquiry](#)



RAPPELLING

KERALA HAS SOME OUTSTANDING LOCATIONS THAT WILL TEST YOUR ENDURANCE



Balancing is the Key

Braving the mighty rocks that stand tall as proud symbols of nature's majesty is indeed an overwhelming feeling. As rough and tough they are, rocks provide the ultimate challenge for humans. Kerala, with many such terrains across the State has some exotic locations for Rappelling.

The hills of Kerala are famed across the world for their innate natural beauty. Rappelling is different from rock climbing in that it involves a rope that would help us move down a rock. Kerala has a few outstanding locales that promote Rappelling well. Thenmala in Kollam district is one place that lets you rappel in joy. Munnar also has excellent Rappelling options. Just as in rock climbing, rappelling requires ideal climatic conditions.



 [Make an Enquiry](#)



ZIP LINE

WHAT BETTER FEAST TO THE EYES THAN ZIP LINING ACROSS THE WESTERN GHATS IN STATE



How would it feel like flying down a terrain, Even when you know that you really aren't! That is the feel Zip Lines provide you with. Gifting you with an aerial view of the lush green surroundings, Zip Lining is one of the best adventure activities you would get to experience in Kerala.

Since you get to experience the aerial view of a locale, Zip Lines help in enjoying the sights of the rich flora and fauna of a region. Kerala has included in its list of adventure activities some Zip Lining fun too. One of the longest Zip Lines in India is located in the Wayanad district of Kerala across tea plantations. Another destination where you get to enjoy an amazing Zip Lining experience is Munnar. Zip Lines are generally safe and fun to take throughout the year.

 [Make an Enquiry](#)





HIGH-ROPE COURSES

WAYANAD AND MUNNAR ARE TWO FAMOUS SPOTS WHERE YOU CAN TRY OUT HIGH-ROPE COURSES



Test for Mental, Physical Strength



It's all about beating the odds and climbing to the top. Though an adventure activity, high-rope courses can inspire us to challenge the adversities of life and succeed. It's unplugged entertainment all through the way that provides the adrenalin rush that you would fall in love with.

High-rope courses are professionally installed ones that are more often pre-fabricated. High-rope courses are designed to test one's mental and physical strength. You would find a more Kerala-specific approach to high-rope courses here as it can be seen in the usage of locally developed, yet high-quality materials like coir ropes. Wayanad and Munnar are two famous destinations where you can experience the exhilaration of high-rope courses. High-rope courses are open to all throughout the year.

 [Make an Enquiry](#)



Watch
video



TREKKING

YOU CAN FIND
TREKKING
TRAILS
THROUGHOUT
THE STATE,
BOTH NATURAL
AND CREATED



Trekking is an All-season Affair

What is the best possible way to feel, experience and live Nature's little secrets? The answer would certainly be trekking. Kerala is one destination that offers you unforgettable trekking experiences through lush green woods and jungles. They will indeed be memories of a lifetime.

The mountain ranges and forests of Kerala offer trekking experiences that are amazingly unique. You can find trekking trails throughout the state, both natural and created. Some of the most popular ones include trekking options in Agastyarkoodam, Chembra Peak, Meesapulimala, Dhoni Hills, Silent Valley park and so on. You could go trekking in Kerala any time of the year. Even the monsoon season offers heart-melting trekking experiences.





Watch
video



NATURE WALKS

WALKING AT
ONE'S OWN
PACE IS THE
BESTWAY
TO DISCOVER
HIDDEN
TREASURES
IN NATURE



With Mother Nature

Nature is bewitching, especially in certain nooks of the world. There, time stands still; and the only way to experience the very best of the feels it gives is to walk and explore. Nature walking as a popular entertainment is also one of the most sought-after adventure activities in Kerala.

Kerala is home to many such strips of land that are relatively unexplored to an extent. No vehicles can go deep in to these nooks and the best way to make the most of these destinations is through Nature Walking. While you can find solace through this activity at almost all parts of the State, there are some locales especially in Wayanad and Idukki that offer the most spectacular experiences. Nature Walking ins't a seasonal activity.





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TENT CAMPING

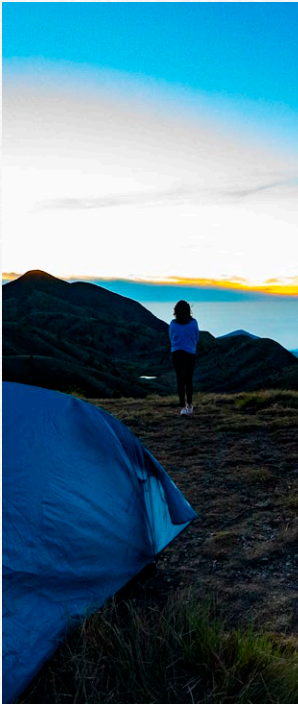
TENT CAMPING IN THE LAP OF NATURE TAKES YOU TO NEW HEIGHTS OF JOY AND CONTENTMENT



A Starry Night

Somewhere in the midst of wilderness or on an even surface on the edge of a mountain slope, a small tent that blends itself with the surroundings; a state of total peace and stillness that takes you to new heights of joy and contentment. That's a Kerala tent camping experience for you.

In the recent times, Kerala has seen a shift in the tastes of tourists in terms of such accommodation. People are preferring less of star hotel accommodations and selecting such real-life experiences. While Wayanad and Idukki leads the State in offering these, many other hilly and rural locales are also offering tent camping these days. No matter what the climatic conditions are, you can opt for tent camping stays round the year.





OFF-ROADING GO FOR THE KILL

Going for off-roading will not only test your driving skills, but also your temperament and guts

ACCREDITED ADVENTURE TOURISM OPERATORS IN KERALA

There are a host of Adventure Tourism Operators in Kerala who are accredited by Kerala Adventure Tourism Promotion Society (KATPS). They offer an exciting array of activities such as Canoeing, Mountain Biking, High-Rope Courses, Kayaking, Nature Walk, Paragliding, Scuba Diving, Tent Camping, Trekking and Zip Line.



CHECK OUT



UNLEASH YOUR ADVENTURE IN KERALA

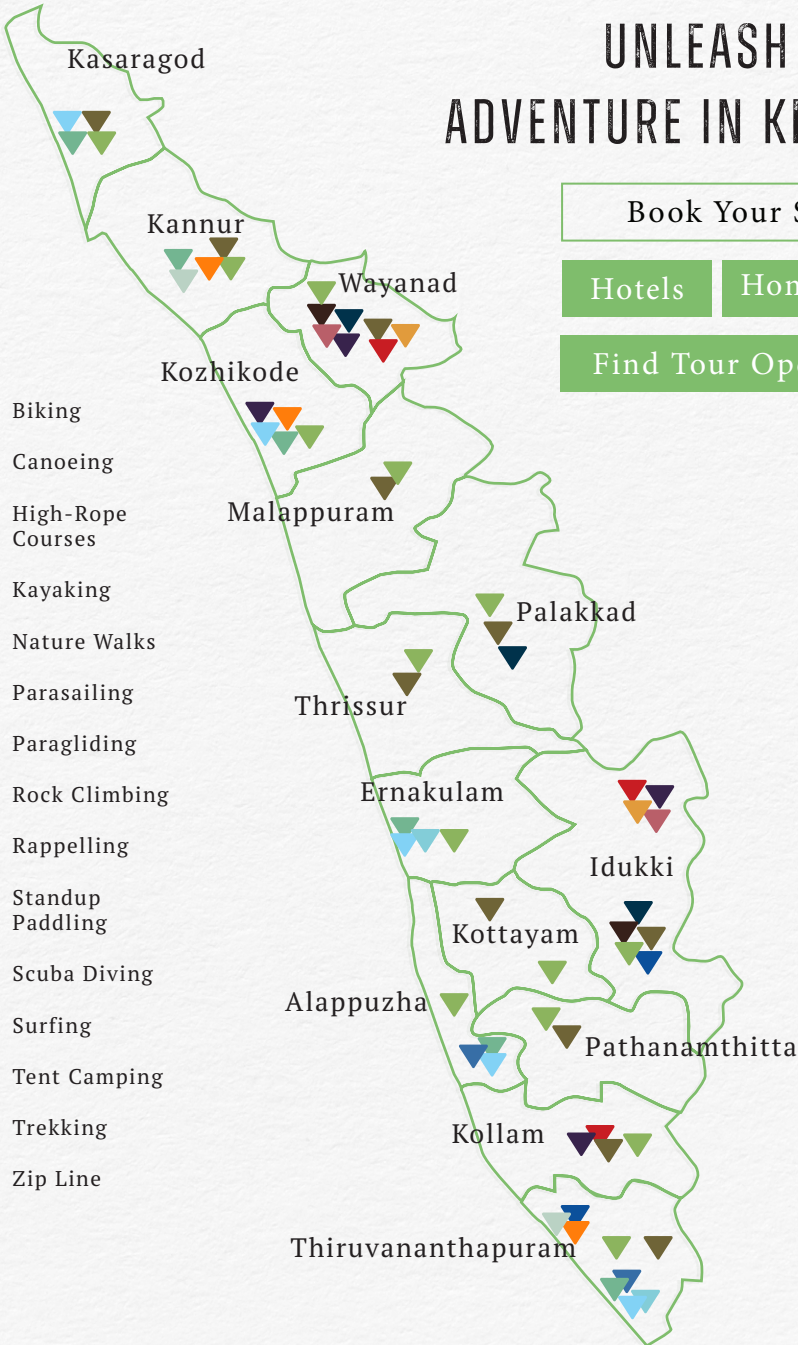
Book Your Stay

Hotels

Homestays

Find Tour Operator

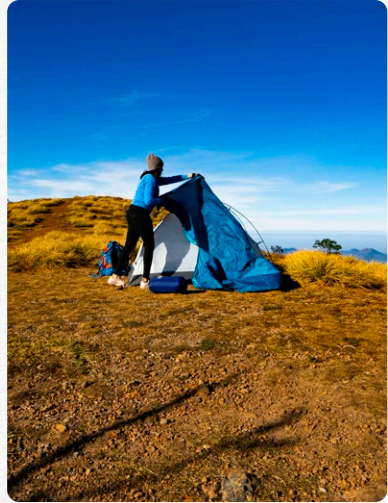
- Biking
- Canoeing
- High-Rope Courses
- Kayaking
- Nature Walks
- Parasailing
- Paragliding
- Rock Climbing
- Rappelling
- Standup Paddling
- Scuba Diving
- Surfing
- Tent Camping
- Trekking
- Zip Line



EXPLORE OTHER E-BROCHURES



A Catalogue of Festivities



Go Camping in Kerala



Fort Kochi
Where History, Sleeps Serenely.



A chronicle of Kerala's Cultural Richness

[Explore More](#)



THANK YOU

Kerala Adventure Tourism Promotion Society
TC 26/849(1), University Womens Hostel Junction,
Vazhuthacadu, Thiruvananthapuram – 695014, Kerala, India.

+ 91 471 2320777, +91 95392 36384, +91 94963 65544

