

# ADVENTURE

## JAMMU KASHMIR

*Diving into the  
exhilarating adventures  
of Jammu & Kashmir*



Department of Tourism, J&K





# TABLE OF CONTENTS

VISIT JAMMU KASHMIR  
EXPERIENCE ADVENTURE



SEEK ADVENTURE IN  
**JAMMU & KASHMIR**

**TREKKING**

**SKIING/  
SNOW-BOARDING**

**ZIP-LINING**

**RIVER RAFTING**

**ATV RIDE**

**KAYAKING**

**ANGLING**

**HOT AIR BALOON**

**JET SKI**

**PARAGLIDING**

**ZORBING**



# ADVENTURE TOURISM IN KASHMIR



Blessed with challenging exotic locations, Kashmir is one of the most sought-after adventure tourist destinations of the world. Its unique landscape offers adventure enthusiasts to explore the Himalayan ranges, with opportunities for both amateurs and professionals. The region's high altitude mountains offer land adventures like trekking and skiing, as well as aero-sports such as paragliding. With gushing rivers, it's also a hub for water sports like whitewater rafting and fishing. J&K's adventure is an unparalleled, diverse experience in the natural beauty.



# ADVENTURE TOURISM IN JAMMU



Adventure tourism is gaining popularity as travelers seek unique experiences beyond conventional vacations. In the Jammu region, the potential for adventure tourism is significant. Jammu awaits adventure enthusiasts with its peaks, roaring torrents, and endless trails. From trekking in the majestic landscapes to water rafting in frothy rivers, and soaring through the skies with paragliding, Jammu offers diverse and exhilarating experiences for thrill-seekers. Mountain biking enthusiasts can explore rugged terrain, while skydivers can witness stunning panoramas from above. With its unique adventures, Jammu caters to the growing demand for unconventional travel experiences, promising unforgettable memories in an outdoor paradise.



VISIT JAMMU  
EXPERIENCE ADVENTURE

Location



# TREKKING

Kashmir offers one of the best trekking trails with the snow-covered peaks, the cascading streams, the deep, and lush green valleys. High peaks of the Himalayas attract thousands of adventure sports lovers to Kashmir. The trekking season spans from mid-May to mid-October. One can explore Alpine and Himalayan peaks in Kashmir, offering unlimited mountaineering options within the Indian Himalayas and Pir Panjal Range.

For beginners, there are several mountaineering and trekking clubs to train and to guide them. Tourists can hire guides to make the entire journey interesting and informative. The Kashmir valley, with its short treks, adds an adventurous touch to visitors' vacations.

## TRAILS FROM PAHALGAM

**4-5 DAYS**

PAHALGAM- TARSAR-  
MARSAR TREK

**2-3 DAYS**

PAHALGAM- TULIAN  
LAKE TREK

**3-4 DAYS**

PAHALGAM TO KOLAHOI  
BASE CAMP TREK

**3-4 DAYS**

PAHALGAM- ARU-  
LIDDERWAT-KOLAHOI

**5 DAYS**

SEKIWAS, LIDDERWAT, AND ARU

**5 DAYS**

PAHALGAM- ARU- LIDDERWAT- KOLAHOI  
GLACIER- KHEMSAR - SONMARG- SRINAGAR





## TRAILS FROM CENTRAL KASHMIR

**4 DAYS**

SRINAGAR-AHARBAL - KUNGWATTAN -  
MAHINAG - KOUNSARNAG

**5 DAYS**

DHARA TO ARU PAHALCAM VIA LUDWAS,  
HUKHSAR, MARSAR, TARSAR

**2 DAYS**

DHARA TO MOUNT MAHADEV AND BACK  
VIA LUDWAS

**3-4 DAYS**

DHARA TO SONAMARG VIA LUDWAS,  
HUKHSAR MARSAR, SONMOOS, AND KULLAN

## TRAILS FROM SONMARG

**4 DAYS**

THE GREAT LAKE TREK: SONMARG TO  
NARANAG TREK

**2 DAYS**

NARANAG - GANGABAL TREK





# TREKKING

## OTHER POPULAR TRAILS

**2 DAYS**

MARGAN TOP TO CHOUR NAG TREK  
AND BACK

**4 DAYS**

DRANG TO TOSMAINDAN

**4 DAYS**

DOODPATHRI TO TOASMAIDAN

**3 DAYS**

DOODPATHRI TO MAGRUSAR

**5 DAYS**

SUMBAL TO MARSAR

**5 DAYS**

DOODPATHRI TO MAGRUSAR

**5 DAYS**

YUSMARG TO BARGAHA TO DAINZAB TO  
TRU SAR LAKE TREK

**3 DAYS**

LADU - LADOORA (RAFIABAD)  
TO VIJII TOP





# TREKKING

J&K boasts the majority of the Himalayan range, offering thrilling trekking routes. In Jammu, Udhampur, Patnitop, Kishtwar, Bhaderwah, Bani-Basohli, and Sarthal provide abundant opportunities for trekking enthusiasts. The trekking season spans from March to June and September to October. With options for both short day treks and longer adventures, enthusiasts can explore the natural wonders of high mountains, dense forests, water bodies, wildlife, and diverse habitats on foot through 38 newly identified trekking routes.

## TRAILS FROM UDHAMPUR REGION:

**12 KM****PATNITOP - GOURI KUND - SUDHMAHADEV - MANTALAI****11 KM****CHENANI-MADHA TOP- NATHATOP****10 KM****CHENANI- JUGDHAR WATERFALL****23 KM****PANCHERI- SANKRI DEVTA- NATHATOP****07 KM****CHENANI-GARH BARKOT FORT - SUDHMAHADEV**



## TRAILS FROM KISHTWAR REGION

**10-11 DAYS**

KISHTWAR - GULABGHAR (PADDER)- CHISHOTI- MACHAIL- SUMCHAM-  
KABBAN VILLAGE-SOHAL VILLAGE- GULABGHAR - KISHTWAR

**4 DAYS**

KISHTWAR TO BRAHMA PEAK

**6 DAYS**

KISHTWAR TO RANGDEM VIA MARWAH

**10 DAYS**

PADDAR - MACHAIL - MUSO - KABAN - VILLAGE - KABAN - LA-PASS  
AND BACK TO PADDAR

**7 DAYS**

PADDAR-PADAM TREK

**2 DAYS**

DEVIGOLE - PADDER (ATHOLI)

## TRAILS FROM SAMBA REGION

**4 HRS - 11 KM**

BUPNAREGARH - MANSAR

**5 HRS - 10 KM**

MANSAR-MANWAL

**2 HRS - 5.5 KM**

NUD TO MANSAR

**4 HRS - 5 KM**

MOHARGARH-MANSAR



## TRAILS FROM RAJOURI REGION

**2 DAYS**

BUDH KHANARI - SEVEN LAKES

**5.5 HRS**

BUS STAND DARHAL → JABRI → CHOWKIAN → KATEMAR → NOON PAAL (HIGHEST NATURAL VIEW POINT)

**0.5 HRS**

HILL TAAK (DARHAL) - ABDULLAH WATERFALL  
KHORIWALI, VIA MOHALLA BELI

**2 HRS**

BUDHKHANARI + BANTEYWALI → MOGRI

**2.5 HRS**

MAKOTE SADYAL SHIV GUFFA + MUCHAL MOHALLA  
→ MAKOTE TOP

## TRAILS FROM KATHUA REGION

**2HRS - 3.5 KM**

BADNOTA-PARI WATERFALL

**4HRS - 7 KM**

BASOHLI TO JORIA MATA

**4HRS - 8 KM**

DHAMLAR TO DHAR MAHANPURA VIA HADHAT

**2HRS - 3 KM**

BHADDU TO SHIV TEMPLE PANJTIRTHI



## TRAILS FROM POONCH REGION

**18 KM** BEHRAMGALA TO SEVEN LAKES VIA GIRJAN DHOKE

**5 KM** SULTANPATRI TO NANDICHOOL (WATERFALL)

**20 KM** MARRAH TO TATAKUTTI VIA HILL KAKA

**8 KM** NARIAN TO SERI VIA MAGIANA-

**8 KM** HARI TO JABBI TOTTI VIA JAMMU SHAHEED

**9 KM** BASE CAMP ARAI TO JABBI TOTTI

**6 KM** SANAI TO DANNA SHAHSITAR

**2 KM** SURANKOTE TO JABBI TOTI

## TRAILS FROM RAMBAN REGION

**6 HRS - 11 KM** SANASAR - SHANKHPAL

**2 HRS - 5 KM** POGAL PARISTAN - COCLI DHAR

**3 HRS - 11 KM** COOL - DAGGAN TOP - RAMA KUNDA

**6 HRS - 8 KM** PATNITOP - SHIVGARH

**10 HRS - 7 KM** NEEL TOP - WASA MARGH EJANTRAG- THALAN MEADOW-JAWAHAR TUNNEL

ENJOY  
THE THRILL OF  
SNOWBOARDING



GULMARG  
THE SNOWBOARDING  
HEAVEN

VISIT KASHMIR  
EXPERIENCE ADVENTURE

ENJOY  
THE THRILL OF  
SKIING

THRILLING  
SLOPES,  
MAJESTIC  
VISTAS

VISIT KASHMIR

EXPERIENCE ADVENTURE



# ZIPLINING

Ziplining in Kashmir offers a thrilling adventure, letting one soar over stunning landscapes of valleys and mountains. This cable-based activity involves moving across slants by gravity, offering an exciting and thrilling experience as one glides through pine forests and over rivers for an unforgettable experience.

## LOCATIONS



BAISARAN, LAVENDER PARK,  
ABSHAR PARK

## OTHER POPULAR SPOTS



RECREATION PARK, VERINAG



ECO PARK KHADANYAR, BARAMULLA



NEAR YOUTH HOSTEL, SONAMARG



CHINAR BAGH, SRINAGAR



ENJOY  
THE THRILL OF  
RIDING ATV

A person wearing a yellow and black helmet and a black jacket with orange accents is riding a black four-wheeler (ATV) through a snowy, rocky terrain. The background shows snow-covered mountains under a cloudy sky. A large white circle is positioned behind the rider, framing them. The image has a distressed, bullet-hole-like texture overlay.

SOARING OVER  
MAJESTIC HIMALAYAS

VISIT KASHMIR

EXPERIENCE ADVENTURE



# RIVER RAFTING

River rafting in Jammu is one of the top adventure activities that thrill seekers from across the world visit this destination for. Jammu is crossed through many rivers like Chenab River and Tawi on the stretches of which the adventure of the river offers an exhilarating experience. The optimal months for this adventure are April to June and September to November. The Reasi-Dera Baba Banda Bahadur stretch, spanning approximately 12 km, features rapids up to grade 3, making it ideal for beginners and joy rides. For professionals and experts seeking a challenge, the stretch between Thatri and Pul-Doda requires technical maneuvering.

## POPULAR SPOTS:

**DODA: PREM NAGAR TO SUSPENSION BRIDGE (3-4 KMS) LOWERSIDE VIA SHIBNOTE TO KARARA**

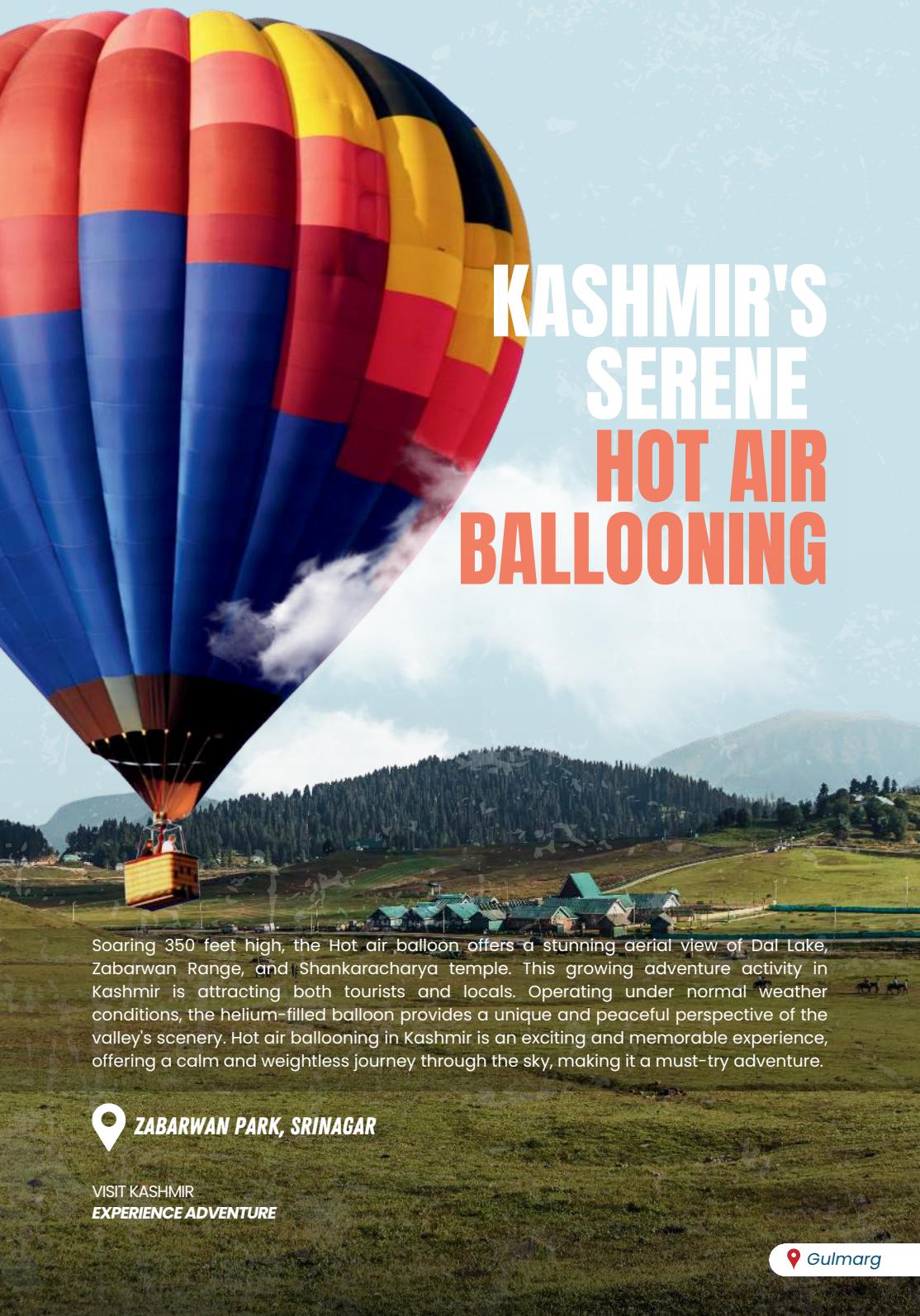
**KISHTWAR: SHIV MANDIR TO KUNDL (PADDAR AREA)**

**REASI: BARADARI BRIDGE TO DERA BABA BANDHA**

**POONCH: BAFIAZ TOWN TO POONCH**

**RAJOURI: TAWI FROM RAJOURI TO HIDAYAT PURA**





# KASHMIR'S SERENE HOT AIR BALLOONING

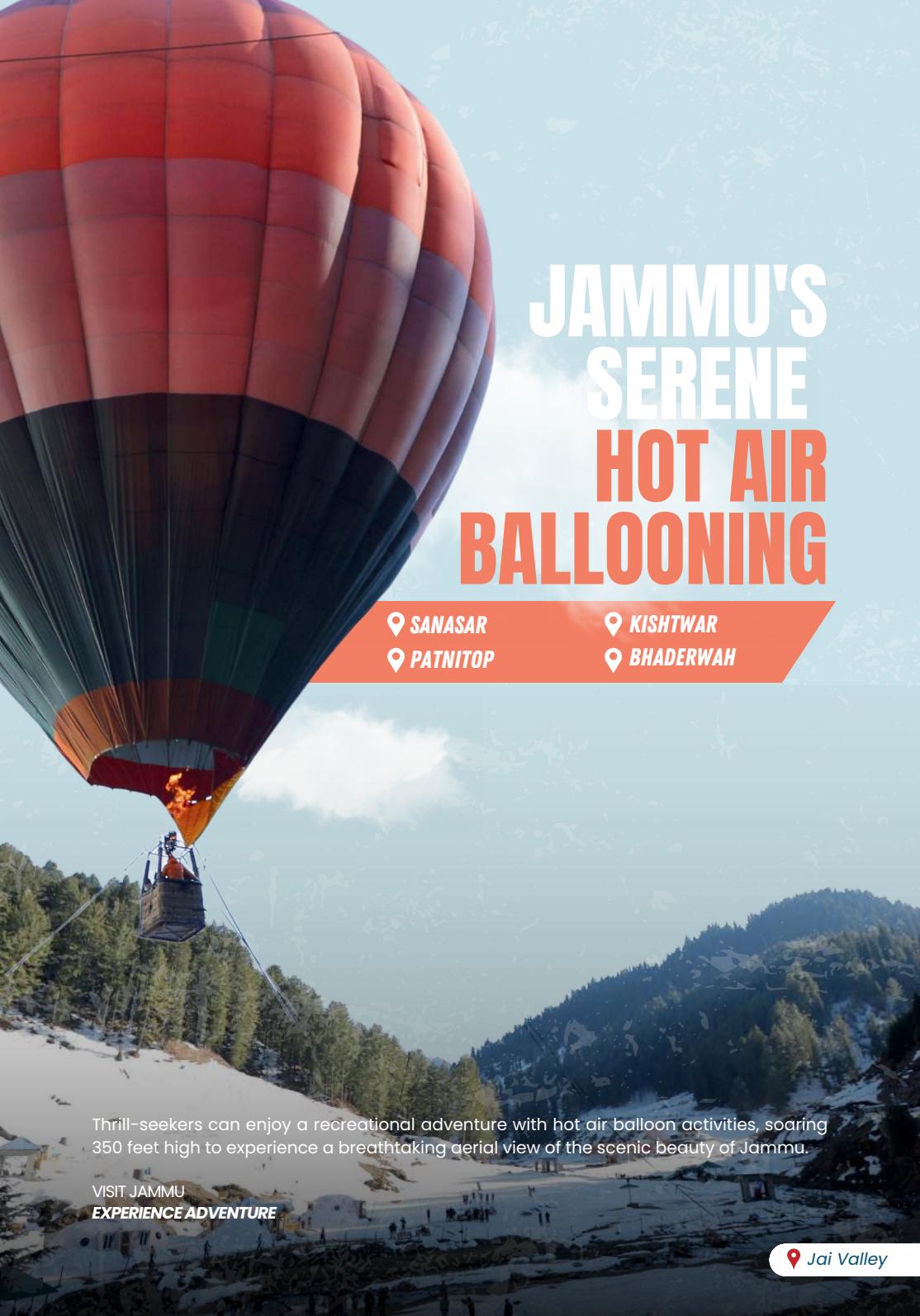
Soaring 350 feet high, the Hot air balloon offers a stunning aerial view of Dal Lake, Zabarwan Range, and Shankaracharya temple. This growing adventure activity in Kashmir is attracting both tourists and locals. Operating under normal weather conditions, the helium-filled balloon provides a unique and peaceful perspective of the valley's scenery. Hot air ballooning in Kashmir is an exciting and memorable experience, offering a calm and weightless journey through the sky, making it a must-try adventure.



**ZABARWAN PARK, SRINAGAR**

VISIT KASHMIR  
EXPERIENCE ADVENTURE

**Gulmarg**



# JAMMU'S SERENE HOT AIR BALLOONING

📍 SANASAR

📍 PATNITOP

📍 KISHTWAR

📍 BHADERWAH

Thrill-seekers can enjoy a recreational adventure with hot air balloon activities, soaring 350 feet high to experience a breathtaking aerial view of the scenic beauty of Jammu.

VISIT JAMMU  
EXPERIENCE ADVENTURE

📍 **Jai Valley**

VISIT KASHMIR  
EXPERIENCE ADVENTURE

# GLIDE ACROSS DAL'S WATERS

📍 DAL LAKE SRINAGAR  
📍 MANASBAL LAKE, GANDERBAL

ADRENALINE RUSH ON  
DAL'S WAVES

Water skiing is considered to be one of the major extreme sports, similar to surfing in many ways. Dal Lake and Manasbal Lake are among the best places for jet skiing in Kashmir. Serene, with a mirror like sheen on its surface makes Manasbal and Dal an attractive water sports resort. Throughout the summer season in Kashmir – from May to the end of August – the water of the lakes is pleasant for water sports.

# GLIDE OVER JAMMU'S WATERS ON THRILLING JET SKIS

Ranjit Sagar Lake, formed by the Thein dam on the River Ravi, Offers an ideal setting for water tourism, the pollution-free lake in Jammu and Kashmir boasts the potential for various water sports, including the exhilarating water skiing and jet skiing. Besides water skiing, the lake caters to diverse tastes with opportunities for jet skiing, parasailing, and more. The growth of water tourism in this serene locale not only attracts adventure seekers but also contributes to the overall appeal of Jammu and Kashmir as a tourist destination.



📍 **RANJIT SAGAR LAKE**

VISIT JAMMU  
EXPERIENCE ADVENTURE

📍 *Ranjit Sagar Lake*



# GLIDE OVER KASHMIR'S BREATHTAKING LANDSCAPE

- 📍 ARU, PAHALGAM
- 📍 DARA ASTANMARAG, SRINAGAR
- 📍 DOODHPATHRI

## EXPERIENCE FREEDOM IN KASHMIR'S AIR

Paragliding is a top choice among the thrilling aero sports in Kashmir, offering breathtaking views of green valleys and majestic mountains. This popular adventure sport attracts tourists to the Kashmir valley, with the best paragliding conditions from May to June and September to October.

VISIT KASHMIR  
EXPERIENCE ADVENTURE



# JAMMU'S EXHILARATING PARAGLIDING ADVENTURES

VISIT JAMMU

**EXPERIENCE ADVENTURE**

## EMBRACE THE FREEDOM OF FLIGHT

Adventure seekers can explore the lofty terrains in Jammu, complemented by the introduction of paragliding in the scenic meadow of Sanasar and other spots. The bowl-shaped terrain of Sanasar provides an ideal setting for this high-flying adventure, offering panoramic views of the surrounding landscapes.

📍 **SANASAR**  
📍 **AITHEM**

📍 **DHANWA**

📍 **Aithem**

# EXPERIENCE THE THRILL OF ZORBING IN JAMMU

Zorbing, also known as globe-riding or sphereing, is the sport of rolling downhill or over water inside a transparent plastic orb. Rolling in an inflatable ball for a fun and exciting activity adds a unique twist to adventure tourism in Jammu. One can experience the thrill of Zorbing, a novel adventure sport, in various places across Jammu.



📍 **PATNITOP**

📍 **SANASAR**

VISIT JAMMU  
**EXPERIENCE ADVENTURE**



## DEPARTMENT OF TOURISM, JAMMU & KASHMIR

Srinagar office (May - Oct): 0194 2506061 Fax: 2506001

Jammu office (Nov - April): 0191 2542922 Fax: 2564386

Email : [jksecytourism@gmail.com](mailto:jksecytourism@gmail.com)

