

ECO TOURISM ACTIVITIES

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Eco Activities

- Travelling in India can be the ultimate adventure. Furthermore it's geographical diversity which allows for a wide range of trips to be planned from Trekking on Himalayan ranges or from Tea State of Darjeeling; to riding on camel back in Rajasthan or Bicycle Adventure to Horse Safari, to Rafting on Ganga or onto Jeep Safari in Spiti Valley - Our trips are designed to allow one to sample a small range of this diversity.

Eco tourism

- Angling
- Biking
- Boating
- Trekking
- Agro tourism
- Jeep safari
- Bird watching
- Ayurveda
- Elephant safari
- Pedisttrain travel

Angling

- **Locations :**Major rivers like the Ganga and its tributaries, the Yamuna, the Brahmaputra, the Mahanadi, the Krishna and the Kaveri.
Best Time : Any time of the year.
Tips :Bring lots of patience with yourself, as it is the most important thing you should have during fishing & angling.

Angling In India

The Indian Himalayas are an ideal for sport fishing. Anglers from all over the world come to the Indian rivers to try and hook the Himalayan Rainbow trout or the mighty Mahaseer. Good fishing is possible in the north of the country on the Ganga, Kali rivers for mahseer and on the Tirthan, Tons and Sainj rivers for trout. In the east of the country, rivers like the Kameng, Teesta, Brahmaputra etc. provide excellent angling opportunities.

India with its dozens of rivers and thousands of streams, offers vast opportunities for fishing and angling. Whether you're a first time angler or an expert angler, - India's waters, both fresh and salt, can be a pleasant surprise for you. The country has an estimated 50,000 km of waters- rivers, streams, and lakes included- and an additional 3,000 km of coastline. There's definitely a lot of scope for some satisfying angling in India. Major rivers like the Ganga and its tributaries, the Yamuna, the Brahmaputra, the Mahanadi, the Krishna and the Kaveri are home to a wide spectrum of fish, including mahseer, rohu, katli, and trout. The coastal waters caressing the shorelines of India harbour marine fish like - mackerel, marlin and sea bass.

In India, most major cities lie along the rivers, as a result finding a fishing zone is generally not a problem. In addition to this, most states have well-organised Departments of Fisheries, where special breeding areas assure that there's always a gene pool of local and exotic fish. Fish sanctuaries and breeding grounds in Jammu and Kashmir, Himachal Pradesh, Uttar Pradesh and other states through which major rivers flow, conserve a vast stock of fish which are specially bred for re-stocking rivers

- **Licenses and permits**

- Fishing licenses are mandatory for all anglers. Go to the concerned official before you throw your line into the water, or else you will be penalised for not having the fishing license. In most cases, fishing licenses are not issued during the monsoon (when most fish species breed); in addition, most licenses are issued for only a specified stretch of water. Furthermore, there are conditions that all fish caught must be released into the water, and anglers are restricted to catch a specified number of fish per day. you can get the license from the Fisheries Department of the state where you have come for angling.

Foreigners, who are head towards the Lakshadweep or Andaman & Nicobar Islands for fishing & angling, will need a permit from the Ministry of Home Affairs in New Delhi - or an authorised official in the state. The same applies to certain areas of Himachal Pradesh, Jammu and Kashmir and other border states.

Things to bring

The basic fishing equipment required includes rods, lines, hooks, reel, flies, spinners, spoons and bait- in the form of worms, paste or other lure. Light, waterproof clothing- brown or green in colour- is essential, as are waterproof shoes or light sandals which can easily be slipped off to drain out sand or water. Sunscreen, a light hat and dark glasses are necessary, and during the winter make sure you're well clad with sufficient woollens and a macintosh.

Some travel agencies and tour operators in India provides everything from equipment and experienced guides to boarding, lodging and transportation to the anglers.

Some Best Zones for Anglers

The main river expanse suitable for angling are in the lower Himalayas, the Satpuras, and the Aravalis, all of which have rivers teeming with a broad range of fishes. India's rivers acquire about 31 species of freshwater fish which are of interest to anglers; these include trout (brown and rainbow trout, both introduced species); murrel, catfish and cyprinids.

Ayurveda

- **Major Location :** Kerala, though Ayurveda is practiced in almost all the part of India.
Time : Any time of the year. But, the treatment is best during the Monsoons.

"Life (ayu) is the combination (samyoga) of body, senses, mind and reincarnating soul. Ayurveda is the most sacred science of life, beneficial to humans both in this world and the world beyond."
Charaka Samhita, Sutrasthana, 1.42-43.

- **What is Ayurveda**

Ayurveda is a Sanskrit word, derived from two roots : 'Ayush', which means life, and 'Veda', which mean knowledge. Therefore, Ayurveda is the science of life. Ayurveda is a science dealing not only with treatment of some diseases but is a complete way of life. It is only system of medicine which imbibes suggestions and remedies for both healthy and diseased people. Centuries before the World Health Organization recognized that health is not merely the physical well being and just the absence of disease, ayurveda was dealing with the mental, physical and social well being of an individual.

The Origin of Ayurveda

- Ayurveda is the ancient Indian medical science, which originated about 5000 years ago. The Ayurveda has its mention in one of the oldest (about 6,000 years) philosophical texts of the world, the Rig Veda. In its broader sense, Ayurveda has always demanded to prepare mankind for the realisation of the full potential of its self through a psychosomatic integration. A complete health care is what Ayurveda prescribes for the ultimate self-realisation. The Rig Veda also mentions organ transplants and herbal remedies called Soma with properties of elixir.

During 3,000 to 2,000 BC Atharvaveda one of the four Vedas was authored, of which Ayurveda is an Upaveda (subsection). Though, Ayurveda had been practiced all along, it was during this period that ayurveda in India, was codified from the oral tradition to book form, as an independent science. Atharvaveda enlists eight branches of Ayurveda namely - Kayachikitsa (Internal Medicine), Shalaky Tantra (surgery and treatment of head and neck, Ophthalmology and Otolaryngology), Shalya Tantra (Surgery), Agada Tantra (Toxicology), Bhuta Vidya (Psychiatry), Kaumarabhritya (Pediatrics), Rasayana (science of rejuvenation or anti-aging), and Vajikarana (the science of fertility). The most fascinating aspect of Ayurveda is, it uses almost all the methods of healing like lifestyle regimen, yoga, aroma, meditation, gems, amulets, herbs, diet, jyotishi (astrology), colour and surgery etc. in treating patients.

- **The Ayurveda & Our Body**

- According to Ayurveda every body is made up of five elements, namely :

- » Prithvi or earth.
- » Jal or water.
- » Tejas or fire.
- » Vayu or air.
- » Akash or space.

The structural aspect of the body is made up of these five elements, but the functional aspect of the body is governed by three biological humors. Ether and air combine to form what is known in Ayurveda as the Vata dosha. Vata governs the principle of movement and therefore can be seen as the force which directs nerve impulses, circulation, respiration, and elimination. Fire and water combine to form the Pitta dosha. The Pitta dosha governs the process of transformation or metabolism. The digestion of food in our body is an example of Pitta function. Pitta is also responsible for metabolism in the organ and tissue systems as well as cellular metabolism. Finally, the water and earth combine to form the Kapha dosha. There are seven body types: mono-types (vata, pitta or kapha predominant), dual types (vata-pitta, pitta-kapha or, kapha-vata), and equal types, (vata, pitta and kapha in equal proportions). Every individual has a unique combination of these three doshas. To understand the uniqueness of every individual is the very basis of ayurveda.

The Ayurveda & Our Mind

Ayurveda classifies human temperaments into three basic qualities: satvic, rajasic and tamasic. Satvic qualities imply purity and clarity of perception which are responsible for goodness and happiness. Rajas is responsible for all movements, and activities. It leads to the life of sensual enjoyment, pleasure and pain, effort and restlessness. Tamas is darkness, inertia, heaviness and materialistic attitudes. There is a constant interplay of these three gunas (qualities) in the individual consciousness, but the relative predominance of either satva, rajas, or tamas is responsible for individual psychological constitution.

The Ayurveda & the Disease Process

According to Ayurveda, health is a state of balance between the body, mind and consciousness. Within the body, Ayurveda recognizes the three doshas (bodily humors) vata, pitta and kapha; seven dhatus (tissues), blood, plasma, fat, muscle, bone, nerve, and reproductive; three malas (wastes), feces, urine and sweat; and agni, the energy of metabolism. Disease is a condition of disharmony in any of these factors. The root cause of imbalance, or disease, is an aggravation of dosha, vata-pitta-kapha.

- **Conclusion**

Ayurveda is the system of medicine incorporating centuries of wisdom in it. The emphasis here is on ways to promote health rather than just treat disease. The beauty of the system is that every individual is unique rather than being just another case of particular disease. It is one of the few systems of medicine taking mental, emotional and spiritual well being into account. All the suggestions and remedies prescribed in Ayurveda are completely in conjunction with nature.

The Ayurveda & Our Ecosystem

Today we find a renewed interest in traditional medicine. In the recent few decades, it has been seen that people are becoming more inclined towards the Ayurveda, the green medicine. This renewal of interest in plant based drugs is mainly due to the current widespread belief that 'green medicine' is safe and more dependable than the costly synthetic drug many of which have negative side effects.

This return of interest in the plant based (Ayurveda) drugs have necessitated a growing demand of medicinal plants leading to over-exploitation, unsustainable harvesting and finally to the virtual killing of several precious plant species in the wild. Moreover, the biosphere degradation due to increased human activities (human settlements, agriculture and other developmental programmes), illegal trade in rare and endangered medicinal plants, and loss of regeneration potential of the degraded forests have further activated the current rate of extinction of plants particularly the medicinal plants.

Biking

- **Major Location :** [Himalayas](#), Himachal Pradesh, Kerala.

Best Time : Any Time of the year, depending on the location you choose.

Tips : Biking Equipment are provided by the Biking Organisers. The equipment you will require are - Cycle, Cycle Helmets, Rucksack, Sleeping Bag, Carry Mat, Torch Water Bottle, Emergency Ration, Medical Kit, Tents, etc

Biking

Riding a bicycle / bike has always been a pleasure for a person who loves adventure and sports. And, when it is done amidst the luxurious surrounding then, it becomes more delightful. The exquisite and varied topography of India offers a wide scope for Biking. Be it the mountain ranges of the Himalayas or the south Indian mountainous treks, Biking is always a pleasure in India. Another good things about biking (Bicycle) is, it does not emit any form of pollution as other means of transportation.

Hence, it is good for our ecosystem too, as it does not harm the environment. Biking is like climbing on a Mountain but with the help of a bike. Whether you are riding on a smooth surface or a hard one, mountain biking provides you a fantastic drive, so conquering the endless climbs and then slide is a matter of a sheer skill, strength & spirit.

- **Biking in the Himalayas**

If you are looking for the enthusiasm of challenging the climbs and some of the best sliding for mountain biking in the world then head for the Himalayan ranges in India. Set amongst ever-changing and luxuriously booming scenery, Himalayan Mountain ranges offers some hard to beat tracks for the adventure lovers. Most of these mountain bike tours here involve some single track riding and asks technical skills. The biggest attraction is of flying down tricky terrains, but if you want to choose the terrain region be sure that you are skilled enough to ride over there. Off - road trips are cheaper because they involve camping or stays in fairly off beaten path accommodations. In general, mountain biking trips focus on those who are born to be wild.

Some of the Mountain Biking Treks in Himalayan Mountain Ranges :

Kufri- Narkanda- Sungri- Jeori- Sangle- Karcham- Bhawanager- Sainj- Basantpur- Shimla

Kufri- Narkanda- Shemsher- Ghiagi- Koti- Chattru- Takcha- Rangrik- Tabo- Chango- Powari- Jeori- Sungri- Tiuni- Nerwa- Paonta Sahib

Kufri- Chaba- Kingal- Kelodhar- Alsindi- Basantpur- Kufri

Kufri- Narkanda- Nankhari- Sungri- Tiuni- Lakhawati- Paonta sahib

Camping

- **Major Location** : Himachal Pradesh,Uttaranchal
Best Time : Any Time of the year.
Tips : Be sure to take a camera and perhaps binoculars.

Camping in India

Relaxing in the lap of the natural amidst the natural surroundings. Camping is an activity that can temp any nature lover, especially if one gets a chance to go camping in the extreme Himalayan regions of Himachal. The luxuriant land of Himachal gives one a chance to enjoy the amazing beauty of the mountain lands in its originality.

Camping is probably the most ideal way of enjoying the beauties of nature. The Himalayan region in India is one such place. The entire Himalayan region offers fantastic range of camping. Whether you choose wildlife camping or normal camping, Indian topography will fully thrill you. There is not much difference between the wildlife camping and normal camping, except the wildlife camping doesn't get confined to season or any adventure activity. Camping is a recreational activity and there isn't any age limit in camping. People one who likes to explore nature and keeps interest in the facts of the nature can take up this camping expedition.

The Himalayan regions are an excellent respite for tourists and people who want an escape from the hot sultry conditions of the plains.

Canoeing and Kayaking

- **Major Locations** : Uttranchal, [Darjeeling](#), [Goa](#), Karnataka and Kerala.

Best Time : Any time of the year. Avoid the rainy season.

Canoeing & Kayaking

- The soft sand beaches along the coastline of Indian and the lakes and [rivers](#) situated in the North and the Northeastern Indian states offer some outstanding facilities for water sports for adventure sport lovers. Canoeing is one sport, which presents quiet an unique combination of exploration. In Canoeing, you paddle through the amazing sea caves, explore offshore islands, and snorkel the marine stocks. Canoeing is an eco-friendly water sports. Canoes are made to glide through water and because of their conical ends they are easy to operate on water. This unique feature makes them highly capable on trying on most kind of water bodies. Canoes can accommodate atleast two people with their gear and is usually practiced on lakes and rivers, which have flat and still water.

- **Canoeing Regions In India**

The major Canoeing location in India include, the beaches of Goa, Karnataka and Kerala, where numerous beach resorts offer excellent quality Canoes to the travellers. The resorts also provide qualified and expert instructors for the beginners in the sport.

Canoeing In Uttarakhand

Uttarakhand is another place where you can experience canoeing, which can be also be combined with moderate hiking and a naturalist holiday in the forest. Some of the suitable areas for Canoeing are Rishikesh, Dakpathar and the Ramganga in Corbett National Park.

Canoeing In Jammu & Kashmir

J&K Kayaking and Canoeing Association in collaboration of the J&K Sports Council and the Departments of Youth Services and Sports and Tourism had recently introduced Kayaking & Canoeing tournament in the state of Jammu & Kashmir. This is another event that is becoming popular amongst the people and the tourists in Jammu & Kashmir. The tournament takes place in Srinagar and works as a platform for the popularising water sports athletics.

White water canoeing has wide possibilities in Lidder, Sindh, Drass, [Suru](#), Indus, Zaskar, Chenab, etc.

Canoeing In Darjeeling

White Water Canoeing, which are comparatively new in the Darjeeling Hills was introduced in year 1991. Since then this sport has gained immense popularity compelling DGHC Tourism to take up the sport in a very big way. The turbulent waters of the Rangeet with its multidimensional rapids provide adventure lovers with a variation meant for professionals.

Some other Places where you can go for Canoeing in India are

Lake Paradise, Nainital; Dal Lake, Srinagar; Manasbal Lake, Srinagar; Nagin Lake, Srinagar; Mumbai.

Essentials & Things to Carry

The caution that one has to follow in this sport is that, if you are new to the sport, then first become a professional. In water sports like Canoeing a lot depends on the weather and water level.

In Canoeing you have to be conscious about your safety and comfort too. The basic requirements include a swimsuit and towel, Sunglasses, hat and sun block, a warm top, some spare clothes for change, a bottle of water, and an enthusiasm to seek great adventure on the sea.