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Adventure travel is good for you

by Madhuri Velegar K



Travel broadens the mind, we all know that. Wanting to see new places, our desire to get away from the monotony of the daily grind and a curiosity to meet new people, experience their culture, taste foods that you normally wouldn't and so on has a calming effect on your mind. You return renewed and rejuvenated.

Adventure travel does all of this and more. It is known that humans lived predominantly outdoors, in close contact with nature and involved with a different adventurous activities, which include hunting, fishing and foraging for food. It therefore won't be incorrect to say that we nurture an adventurous spirit, and are looking for some kind of adventure every once in a while.

Unlock your fear

An adventure sport unlocks fear, whether of heights or deep waters, it allows you an opportunity to let go for that moment, where you put your faith in your expert's hands, and experience the joy of the activity. There's a deep sense of fulfilment when you dive underwater for the first time or you bungee jump off a high cliff. It helps improve your sense of self confidence too.

Connect with self

Kavitha Reddy of Basecamp Adventures says, "Adventure is the pursuit of self as it teaches you to deal with life, to adapt to circumstances and to make the best use of resources. By learning to do so, and by experiencing something new, you get the opportunity to open up to new ways of looking at things, appreciating differences and this comes only from experiential learning."

Taking to adventure could be the first step to being able to overcome difficulties and tell yourself, 'yes it's hard but what now?' It's about pushing yourself and taking yourself to the next level, and in the process realising your inner self, and inner strength.

A positive glow

Finally, an experience with an adventure activity leaves you with a positive sense of wellbeing. After you return from this trip, you are rejuvenated, and are better able to manage stress.