

## **Adventure Tourism: Potentials of Mountain Tourism in Manipur**

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### **Abstract:**

The rich cultural heritage of mountain people is also one of the attractive features. As desires many destinations for many tourist migrants and pilgrims, mountains also offer places for rest, solitude, adventure, recreation and scenic beauty. . Manipur, a hilly state in northeastern India is ideally suited for mountain tourism, due to the fact that out of its total area of 22,527 sq. km. 10% is a centrally located alluvial plain and surrounded by 90% which comprises of high peaks and hilly mountains. The main objective of this research paper is aimed evaluating Adventure Tourism: Potential of mountain tourism in Manipur in promotion of tourism.

**Key words:** Tourism, adventure, cultural heritage, Manipur.

### **Introduction**

Tourism remains one of the largest employer sand account for 9% of global GDP. Adventure tourism is a niche tourism activity involving exploration or travel to remote area, where the traveller should expect the unexpected. Manipur, a hilly state in north-eastern India is ideally suited for mountain tourism, due to the fact that out of its total area of 22,527 sq. km. 10% is a centrally located alluvial plain and surrounded by 90% which comprises of high peaks and hilly mountains. It has an elevation of about 900 to 300 meters above mean sea level. The hills and mountains are made up of sedimentary rocks with the oldest rocks confined in Ukhrul district. Manipur is tilted from north to south, the highest point being Mt. Isii at Mao, (2994 m.) Mountains are important assets for the tourism industry. They take up an estimated share of 15-20% of global tourism market, generating between 100 and 140 billion US \$ per year. Mountains are rich in diverse natural resources that include fresh water, wood, minerals and biodiversity. The rich cultural heritage of mountain people is also one of the attractive features. As desires many destinations for many tourist migrants and pilgrims, mountains also offer places for rest, solitude,

adventure, recreation and scenic beauty.

In earlier times people visited mountains only for some basic purposes like search of natural resource, mining and grazing livestock. Now in current times it has become the dream of many people to travel/climb highest peaks of the world. Due to improved accessibility to mountain regions, adventure practice has become more popular. The natural mountain environment with fresh and clean air deep valley and attractive landscape has recently become immensely sought after for health and spirituality reasons (Source: Nisar and Zubair, 2020). In 1990, the growth in tourism was 4.7% and the share of mountain areas in tourism industry was 15.20%. After a twenty-year gap, 2010 witnessed 935 million international tourists, accounting for a growth of 6.7% across the regions world-wide as compared to the previous year. UNWTO has reported an increase of 22 million and 58 million international tourist arrivals over 2008 and 2009 respectively. International tourism receipts are estimated to have generated \$919 billion worldwide in 2010 as compared to \$851 billion in 2009 (Source: Tourism 2020 Vision) It is estimated that more than 50 million travellers visit mountains each year (FAO, 2005). Mountains now a day seem to be a major source for the international tourist market. The main assistance from the development of tourism activities in mountainous provinces were the creation of new jobs, income and opening of new venture opportunities for local products.

### **Literature Review**

The World Tourism Organization (UNWTO) defines, “Adventure tourism is one of the fastest growing categories. Countries in all stages of economic developed are prioritizing adventure tourism for market growth, because they recognized its ecological cultural and economic value.” (Source: UNWTO). According to Adventure Tourism Study in India (ATSI), “Adventure tourism activity involves exploration or travel to remote area, where the traveler should expect the unexpected. Adventure tourism has grown exponentially worldwide over the past few years. Tourists explore new destinations looking for rare, incomparable experiences”. “Adventure tourism is a trip that includes at least two of the following three elements: Physical activity, natural environment and cultural immersion. “According to ATOAI, “Adventure tourism encompasses Land based, Air based and Water based adventurous activities” (Source: ATOAI).The Draft National Tourism Policy(2022) asserts that “Tourism can generate resources for conservation of natural heritage and has huge adventure tourism potential to make constitution to sustainable development goals .Gunjam Rohatgi explained that “Adventure tourism is resilient, supports local economies attracts high value customers and encourages sustainable practices. Adventure activities can be localized in a particular place or could be extended

over a region defined across a district in a particular state or across states. Similarly, the activities could vary greatly among tourist based on interests, inclinations and physical capacities- hard and soft adventure. Both activities are highly lucrative segments.”

Annual Report (MOT), 2015-16 states that “Adventure tourism involves exploration or travel to remote, exotic areas. Any constructive activity which tests the endurance of both a person and his equipment to its extreme limit is termed as adventure. Adventure tourism is rapidly growing in popularity as a tourist seeks different kinds of vacations”. Singh, Discover India's Northeast, (2019) writes that “Adventure tourism starts here with a rich and diverse topography and people with adventure in their DNA, Manipur has the right mix to provide a great outdoor experience.” Adventureti-outdoor.com has identified “Adventure tourism as the fastest growing global niche.

Adventure tourism play a big role in attracting high-value customers, supporting local economies, and encouraging sustainable practices”. Nisar Ahmad Kakrio, Zubair, (2020) postulates that “Mountaineering is a major activity that attracts large number of adventurers in high mountain zones; it includes three main activities, climbing, hiking and skiing. But it is regarded as a high-risk form of recreation and it includes danger and certain level of uncertainty”. Beedie and Hudson, (2003) states that “Most of the thinkers have expressed that mountaineering is a part of adventure tourism”. It is definite that mountains are mostly attractive region for various activities. It has seen in year 1970 and 1980, there were huge growth in mountaineering. Basically, mountains are attractive region for various practices which are classified as adventure tourism”. Kersie-Svetel, (2000) says that it has been noted that mountaineering activity may cause distress on the mountain environment”. Barmik, (2003) points out that “Mountain tourism falls under the umbrella of adventure tourism and it attracts large number of tourists to the mountains for relaxation”. Mieczkowski, (1995) finds that “Mountain tourism today is one of the fastest booming niche markets of tourism industry; it is believed to be next attractive destination after beach tourism”.

### **Objectives of the Study**

The main objective of this research paper is aimed evaluating Adventure Tourism: Potential of mountain tourism in Manipur in promotion of tourism. To achieve the main objective, some specific objectives are considered as follows:

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- i. To study the potential of mountain tourism in Manipur.
- ii. To study the existing facilities, trainings, activities and agencies promoting mountain tourism
- iii. To find out the nature and characteristic of such agencies
- iv. To analyze different types of service, activities offered.
- v. To find out the challenges and measures to enhance the full utilization of mountain tourism and expansion of mountain tourism activities in Manipur.

### **Hypothesis**

Ho- There is no significant relationship between agencies and growth of tourism in Manipur.

### **Research Methodology**

The methodology which was followed, for conducting the study, is discussed under the following heads:

- i) Topic: “Adventure Tourism: Potentials of Mountain Tourism in Manipur”.
- ii) Operational area of the study: The study was conducted in Manipur.
- iii) Type of research: The study is mainly exploratory and descriptive in nature.
- iv) Size of the samples: Manipur Mountaineering and Trekking Association (MMTA) and Manipur Mountaineering Institute (MMI) were selected as sample size of the study.
- iv) Type of data used: Both primary and secondary data were used for the study.
- v) Method of data collection: Questionnaire cum interview method was used to collect primary data. The questions were structured and undisguised consisting of both open ended and close ended.
- vi) Data presentation and analysis: Data collected are presented in tables and graphs and mainly descriptive analysis was made.

### **Potentials of Mountain Tourism in Manipur**



*Landscape of Song Song Valley Mao    Viewpoint of Regional Potato Farm    Mao Peak side  
Laimaton of Churachandpur*

Manipur has a rich and diverse range of natural landscapes, mountains & hills and cultural heritage sites which are highly attractive for adventure and mountain tourism. There are various land based, air-based and water - based sites for those who are interested in adventure and mountain sight-seeing. It would be worthwhile to mention that Adventure-sports and Mountain Tourism are two faces of the same coin. Without the spirit of adventure it will be hard to explore the scenic beauty of nature's gift i.e., tourists spots. Manipur has innumerable prospects for adventure mountain tourism; Lamdan, Siroi, Mt. Isii are such mountain sports site.

#### Mountaineering

Man takes delight in overcoming obstacles as well as in climbing heights. A mountaineering expedition to any Himalayan peak is one of the most existing adventure activities. The obstacles in climbing them are physical and a climb to summit demands endurance, determination and will power. It is a brutal struggle with rock and ice. Once taken up it cannot be given up half-way even if when one's life is at stake. And when the summit is climbed, there is the exhilaration, the joy of having accomplished something difficult, the sense of a battle fought and won a feeling of victory, the satisfaction of a deep urge to rise above one's surroundings and finally the eternal love for adventure in man.

The easiest way to get closer to the Himalayan Mountains is to get oneself enrolled for the numerous courses offered in Mountaineering at one of the premier Mountaineering Institutes located at Darjeeling, Uttarkashi, Manali, Bator, Jammu & Kashmir, Manipur etc. These courses are subsidized by-the Government of India and one can, a lifetime chance, to get the technical knowledge required for mountain climbing of a marginal cost.

## Trekking



*Trekking to Dzuko Valley*



*Trekking to Laimaton Peak*



*Trekking to Khoupum*

Trekking is the art of living, travelling and surviving in outdoors and being one with nature. We can trek in any terrain, mountain, wilderness, desert or jungle. Manipur offers a magnitude of trekking routes among which the notable ones are the Siroi trail, Koubru & Kounu Trail, Thangjing trail, Khoupum trail, Chingnughoot trail, Khoyang trail, Dzuko Valley and Mt. Isii trail etc. Trails offer enough challenges and can provide a wide-spread effect per unit cost.

## Rock Climbing



*Rock Climbing at Tashi Rock (Lukhrabi Yumpham) at Lamdan*

Rock-climbing is an activity in which participants climb up, down or across natural rock formations 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 competitions have objectives of completing the route in the quickest possible time or the farthest point along an ever increasingly harder rock. It is similar to scrambling (another form of activity involving the scaling of hills and similar formations), but climbing is generally differentiated by its sustained use of hands to support the climber's weight as well as to provide balance.

Rock-climbing is a physically and mentally demanding sport, one that often tests a climber's strength, endurance, agility and balance with mental control. It can be a dangerous sport and so knowledge of proper climbing techniques and uses of specialized climbing equipment is crucial for the safe competition of the routes. Because of the wide range and variety of rock formations around the world, rock climbing has been separated into several different styles and sub-disciplines that are described below. While not an Olympic event, rock climbing is recognised by the International Olympic Committee as a sport. In Manipur, natural climbing areas are located at Lamdan, inside the operating area of Manipur Mountaineering Institute and it is known as Tashi Rock which is locally known as Lukhrabi Yumpham.

### **Sports Climbing**

In adventure sports there is new term "Artificial Wall Climbing". There is a saying that mountains cannot come to towns and people have to go to mountains. Keeping this in mind, people developed artificial walls in Europe. Sport Climbing movement started in 1980s with European countries leading the way in technique, Equipment's and training. In India, sport climbing has been conducted since 1994 by the Indian Mountaineering Foundation (IMF), New Delhi, and right from the same year Manipur also took up this event and produced many promising climbers including Asian No. 1. Under the apex body of Indian Mountaineering Foundation there are five IMF Zones namely: IMF South Zone, IMF North Zone, IMF East Zone, IMF Central Zone and the IMF North East Zone. The Kangla Rock and Sport are usually found on boulders no more than 10 to 15 feet tall. As routes get higher off ground, the increased risk of life threatening injuries necessitates additional safety measures. A variety of specialized climbing techniques and climbing equipment exist to provide that safety. Climbers will usually work in pairs and utilize a system of ropes and anchors designed to catch falls. Rope and anchors can be configured differently to suit many styles of climbing and roped – climbing is thus divided into further sub-types that vary based on how many their belay systems are Climbing Wall, inaugurated by the His Excellency Governor of Manipur Shri O.N. Shrivastava in 1999 in the presence of Hon'ble Deputy Chief Minister of Manipur Dr. Leishangthem Chandramani Singh is the first of its kind in the North-eastern region and since conducting regular sports climbing competitions under the aegis of Indian Mountaineering Foundation. As per, the record of the Manipur Mountaineering & Trekking Association (MMTA), its President was appointed as the

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Chairman of IMF-North East Zone Sport Climbing Committee in 2005 by the apex body at Delhi.

The Kangla Rock & Sport Climbing Wall had so far produced renowned sport climbers namely: Ms. L. Keinatombi, Ph. Shantirani, Kh. Dashini, Ms. S. Debala, A. Puspakanta and K. Surjit. Among them S, Debala is the first Indian Girl who won two Gold Medals in the Asian Youth Sports Climbing Championship held at Kazaksthan in the year 2009. Now many sports climbing clubs have come into existence in the region under the aegis of IMF-North East Zone Sport Climbing Committee. As a result of it the north eastern region is going to be the powerhouse of sports climbers as in other disciplines. At present the Indian Olympic Association has recognized this discipline and has initiated moves to send climbers too many Asian Championships. The Department of Youth and Sports, Government of Manipur has also started to give incentive awards to the sports-climbers since 2010. In view of these developing trends, the North Eastern Council, Govt. of India has initiated many training camps with the State

### *Caving*



*Khoupum Cave of Tamenglong Khangkhui Cave of Ukhrul*

Exploration of caves takes us into a world much different from that of the above ground, to subterranean region of darkness surrounded by rock and mud walls. Exotic formations, streams and waterfalls, tight crawlways, deep canyons and pits, huge rooms with large blocks of breakdown rocks, bats and rats as well as snakes await the cave explorer. Caving can be a strenuous sport as well as a casual hobby, a means for conducting scientific researches i.e.: exploration of archeological remains, anthropological evidence and geological surveys etc. or all of these and more. Caves are

found around the world and in a variety of settings, from cold alpine environments to warm tropical rain forests, and are formed through a variety of natural process. The sports of caving existed in Indian since time immemorial in one form or another. The valuable art works and cave paintings of Ajanta and Ellora might not have been discovered if there were no cave explorers. As for Manipur, there are many caves in its hills. Among them mentioned may be made of Tharon Cave of Tamenglong District, Khangkhui Cave Ukhrul District, Marangching Cave near Tupul and three others caves in Chandel District at Khomunom village of SajikTampak, they are (i) PhuikonHaosapu Cave (locally known as TuiLelun Cave by the ThadouKukis inhabiting, there and this cave is supposed to be the father Cave), (ii) PhuikonHaosapi Cave (the Queen-mother) and (iii) Haosapi's Daughter's Cave. In the Nongmaiching range itself, which is situated in the vicinity of Imphal, there are more than six caves including those Chingoi and Khalong. Besides these, there, are many caves in unexplored.

### **Environmental Impact**

Although many climbers adhere to the principle of 'minimal impact' and 'leave no trace' practices, rock climbing is sometimes damaging.

Common environmental damages caused by rock-climbing include: soil-erosion, chalk accumulation, litter, abandoned bolts and ropes, human excrement, introduction of foreign plants through seeds on shoes and clothing thereby causing damage to native plants species, especially to those growing in cracks and on ledges as those are often removed during new route finding process which is known as 'cleaning'. Clean Climbing is a style of rock climbing which seeks to minimize some of the aesthetically damaging side effects of some techniques used in trade-climbing and more often, aid climbing by avoiding using equipment such as pitons (iron pegs), which damage rocks

Manipur Mountaineering and Trekking Association (Mmta)



*Interaction with Core office bearers of MMTA at Head Office of MMTA, Minuthong (Imphal)*

Manipur Mountaineering Trekking Association (MMTA) was established on 21<sup>st</sup> September 1980 by a group of sports enthusiasts of the state. The main focus area is mountaineering and adventure sports. Today the MMTA comprises the Manipur Mountaineering Institute (MMI), Lamdan. The MMI imparts training in various adventure sports. MMTA and MMI were recognized by Govt. of Manipur as State adventure of Tourism in the year 1992. In the year 1985, Sir Tenzing Norgay- the first person to scale the Mt. Everest along with Sir Edmund Hillary laid the Foundation Stone of MMI at Lamdan (Ramtan) of Manipur. MMTA and MMI conduct various adventure activities such as: adventure Course, Mountaineering Trekking, Scientific Expedition to the Nature, Himalayan Expedition, Everest Base Camp Trekking Expedition, Foreign Expedition, Rafting waterman-ship, Para sailing, Para –Gliding, Power-gliding, Ballooning, Rafting, Mountain Biking, Rock Climbing in Natural and Artificial walls. MMTA have hosted North East Zone Sports Climbing Competition for 13<sup>th</sup> times at the Kangla Rock and Sports Climbing Wall, Minuthong, Imphal.

**Importance of Organising Adventure Mountain Tourism Activities In The State**

Organizing adventure mountain tourism in the state at different intervals is an endeavor to build the capacity of the local people and give an opportunity to adapt and create more innovative ideas to suit the natural environment. The immense potential for adventure mountain tourism is one alternative the youths must explore. Mountain tourism gives the socio-economic and sustainable livelihood while promoting socio-cultural

traditions of the people and protecting the environment.

- *Adventure Mountain Based Skill Development Courses:*
- Based on Mountain potential of the area
- Training to be structured based on the local requirement
- Identification of the suitable youth
- Identification of the trainers
- Training Course Schedules
- Incentive for up-gradation of skill

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*Adventure Mountain Based Skill Development Courses:*

- Based on Mountain potential of the area

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- Training to be structured based on the local requirement
- Identification of the suitable youth
- Identification of the trainers
- Training Course Schedules
- Incentive for up-gradation of skill
- Employment potential – Local & Outside

### *Employment Potential*

- Foundation Course - Escort
- Basic Course - Guide
- Advance Course - Instructor
- Method of Instruction - Trainer

Youth with experience, vision and initiative can become entrepreneurs & generate employment.

### *Other Benefits*

- Awareness - Environmental protection in mountain, mountain attachment
- Youth Energy - Channelize in positive direction
- Disaster Management - 1st responder in case of Natural calamities
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### **Analysis of Data**

*Table 1: Table showing Organization Profile & Structure of MMTA:*

SL. No.	Name of Agency	Date of Estd.	Location	No. of branches	No. of Employees
1.	Manipur Mountaineering and Trekking Association	1980	Minuthong, Imphal West	8	24

*Categories of Office Bearers:*

President	Vice-President	Secretary	Treasurer	Senior Instructor	Asst. Instructor	Helper
1	1	1	1	4	4	12

*Table 2: Table depicting Nature of Business of MMTA:*

Sl. No.	Name of Service	Yes	No
<b>1.</b>	<b>Nature of Business</b>		
	Service Provider	Yes	
	Advisory & Consultancy	Yes	
<b>2.</b>	<b>TYPE OF TOURS</b>		
	Inbound Tours	Yes	
	Outbound Tours	-	No
	All the above	-	No
<b>3.</b>	<b>CATEGORY OF ADVENTURE SERVICE</b>		
	Land Based Service Provider	Yes	
	Water Based Service Provider	Yes	
	Air Based Service Provider	Yes	

*Source: Field Survey*

**Table 3: Table Depicting Linkages with other Associations of MMTA:**

Sl. No.		Name of Association	Yes	No
<b>1.</b>		<b>Mountaineering &amp; Tourism Associations</b>		
	1.	Indian Mountaineering Foundation (IMF), Delhi	Yes	
	2.	NE India Tourism, Guwahati	Yes	
	3.	Ministry of External Affairs	Yes	
	4.	Cultural and Entertainment Organization	-	No
	5.	Tourism Associations	Yes	
	6.	Community/Club Bodies	Yes	
	7.	Government DOT	Yes	
	8.	Educational Institutions/ University	Yes	
	9.	Tour Wholesalers	-	No
	10.	Transport COS	-	No
<b>2.</b>		<b>Adventure Associations</b>	<b>Yes</b>	<b>No</b>
	1.	ATOAI	Yes	
	2.	ATTA	-	No
	3.	ATRA	-	No
	4.	UNWTO	-	No

	5.	HMI	Yes	
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Source: Field Survey

Table 4: Table Depicting Adventure Course & Service offered of MMTA:

Sl. No.		Particulars	Yes	No
<b>1.</b>		<b>Adventure course</b>		
	1.	Short Term Course	Yes	
	2.	Diploma Course	-	No
	3.	Graduation Course	-	No
	4.	Mountaineering Trekking Course	Yes	
<b>2.</b>		<b>Scientific Expedition</b>		
	1.	Manipur River Expedition		No
<b>3.</b>		<b>Foreign Expedition</b>	-	<b>No</b>
<b>4.</b>		<b>Land Based Service</b>		
	1.	Mountaineering	Yes	
	2.	Rock Climbing	Yes	
	3.	Nature Walks. Bird Watching	Yes	

	4.	Trekking	Yes	
	5.	Hiking	Yes	
	6.	Trekker Huts	Yes	
	7.	Wildlife Safaris	-	No
	8.	Zip Ropes	Yes	
	9.	High Ropes Course	-	No
	10.	Land Para Sailing	Yes	
	11.	Cycling Tours	-	No
	12.	Motorcycle Tours	Yes	
	13.	Vehicle Tours		No
	14.	Jungle Survival	Yes	
	15.	Camping	Yes	
<b>5.</b>		<b>Accommodation Reservation</b>		
	1.	Eco-Lodge	Yes	
	2.	Tented	Yes	

	3.	Tree House	-	No
	4.	Hill College	-	No
	5.	Wildlife Rest House	-	No
	6.	Farm House	-	No
<b>6.</b>		<b>Organizing</b>		
	1.	Seminars	Yes	
	2.	Mountain Sports Program	Yes	
	3.	Symposium	-	No
	4.	Conference	Yes	
	5.	Exhibitions	Yes	
<b>7.</b>		<b>Reservation Events</b>		
	1.	Community Interaction	Yes	
	2.	Entertainment	Yes	
	3.	Cultural Program	Yes	
	4.	Others	-	No

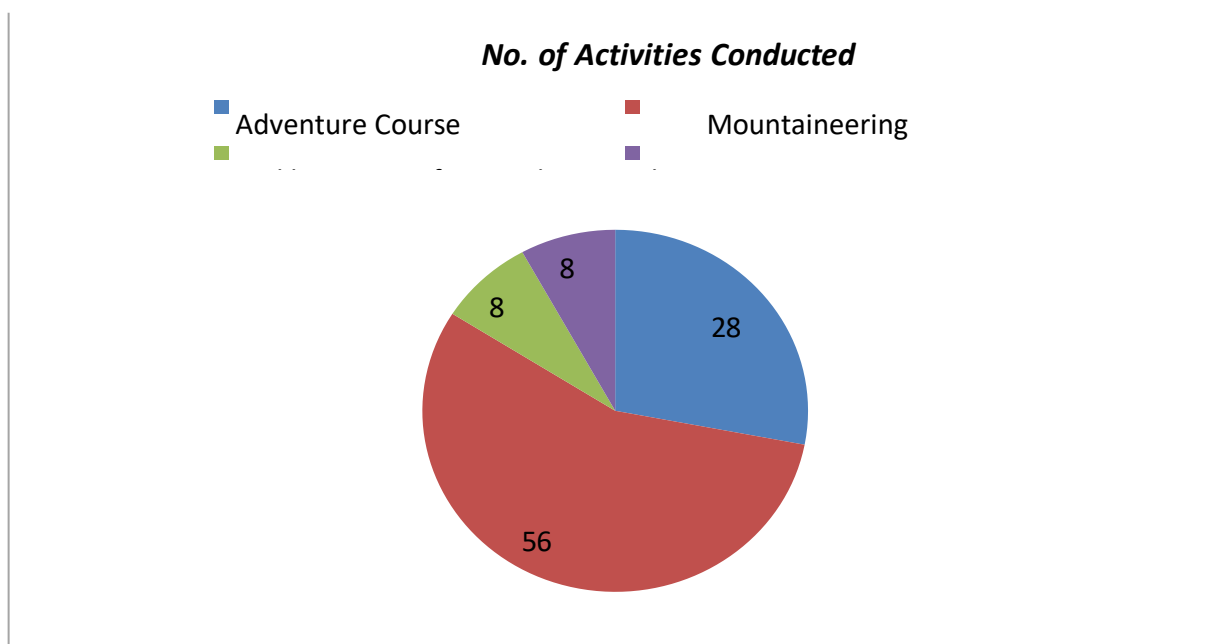
*Source: Field Survey*

**Table 5: Table depicting MMTA and MMI conducted various Adventure Activities:**

<b>Year</b>	<b>Name of activities</b>	<b>No. of Activities Conducted</b>
2018-2022	Adventure Course	7
2018-2022	Mountaineering Trekking	14
2018-2022	Scientific Expedition to the Nature	2
2018-2022	Himalayan Expedition	2
2018-2022	Everest Base Camp Trekking Expedition	3
2018-2022	Foreign Expedition	Nil
2018-2022	Rafting	11
2018-2022	Watermanship	8
2018-2022	Para Sailing	2
2018-2022	Para-Gliding	1
2018-2022	Power –Gliding	2

2018-2022	Ballooning	Nil
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2018-2022	Mountain Biking	1
2018-2022	Rock Climbing in Natural and Artificial Walls	1
2018-2022	Kangla Rock and Sports Climbing Wall	13



*Source: Field Survey*

**Interpretation**

This table depicts the different activities conducted by the MMTA and MMI in the year between 2018-2022. MMTA and MMI provide 7 adventure course, 14 provides mountaineering trekking, 2 activities provide Scientific Expedition to the Nature, Himalayan Expedition, Para Sailing, Power Gliding of each, 3 activities provide Everest Base Camp Trekking Expedition, 11 activities provide rafting, 8 activities Wateranship, 1 activity provide Para Gliding, Mountain Biking and Rock Climbing in Natural and artificial Wall, MMTA and MMI were not activities provide Foreign Expedition and Ballooning in the year between 2018-2022.

**Table 6: Table Depicting Mountain Peaks of Manipur:**

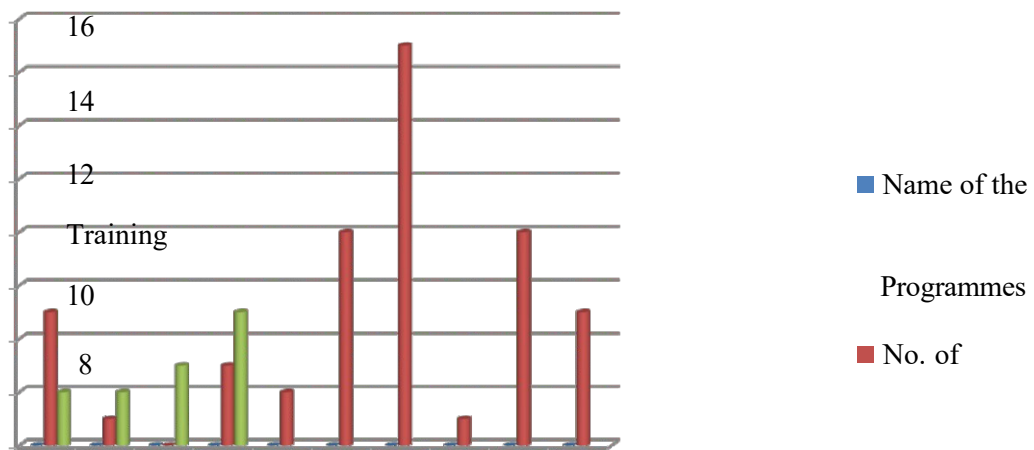
Sl. No.	Name of the Mountains	Heights
1.	Loiching	2,015 m
2.	Gambetlang	2,030 m

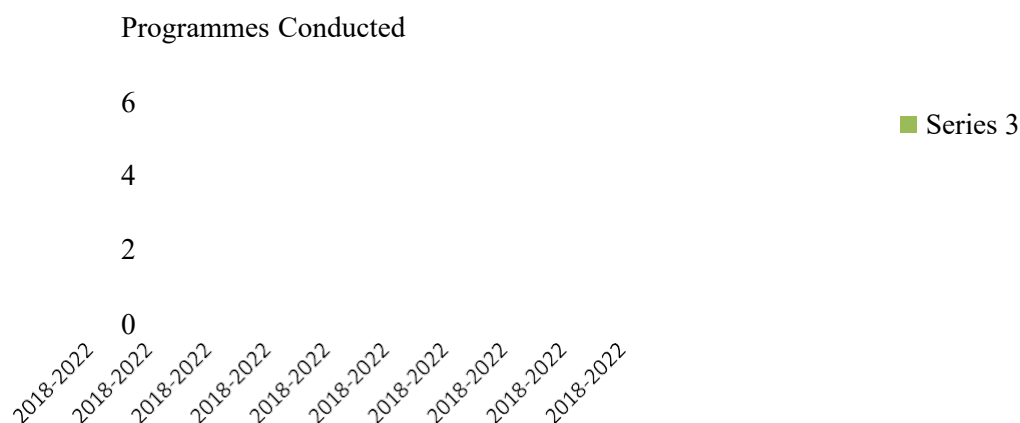
3.	Mapithel	2,056 m
4.	Thangjig	2,104 m
5.	Kachouphung	2,498 m
6.	Shiroi	2,567 m
7.	Koubru	2,652 m
8.	Laikot	2,833 m
9.	Nadalchun	2,914 m
10.	Mt. Isii	2,994 m

*Source: Geography of Manipur*

**Table 7: Table Depicting MMTA and MMI organized the following Training Programs in the interest of Mountain lovers of this region as well as of outsiders:**

Year	Name of the Training Programs	No. of Programs Conducted
2018-2022	Dzuko& Mt. Iso Trail	5
2018-2022	Khoupum Trail Exclusive Waterfall	1
2018-2022	Chingnunghoot Trail (On Request)	Nil
2018-2022	Shiroi Trail	3
2018-2022	Khayang Trail	2
2018-2022	Adventure Camp at Lamdan	8
2018-2022	Artificial Rock Climbing at MMTA Campus	15
2018-2022	Thangjing Trail Exclusive Loktak Lake	1
2018-2022	Koubru&Kounu Trail	8
2018-2022	Laimaton Trekking	15





**Interpretation**

This table depicts the different training programmed by the MMTA in the year between 2018 to 2022. MMTA conduct 5 Dzuko and Mt. Iso Trail, 1 conduct Khoupum Trail exclusive Waterfall and Thangjing Trail exclusive Loktak Lake of each, 3 conducts Shiroi Trail, 2 conducts Khayang Trail, 8 conducts Adventure Camp at Lamdan and Koubru and Kounu Trail, 15 conducts Artificial Rocks Climbing at MMTA campus and Laimaton trekking.

**Findings:**

1. The Manipur Mountaineering and Trekking Association (MMTA) is the only agency in Manipur which is solely dedicated to mountaineering and adventure sports. It established the Manipur Mountaineering Institute (MMI) to impart training in adventure sports. Later, it was recognized by the State Government as a State Adventure Tourism body. The MMI is in the process of becoming a full-fledged Regional Institute.
2. The MMTA was established in 1980 and has 8 (eight) branches with 24 (twenty-four) permanent employees and several trainers and employees on contract/temporary basis
3. The MMTA offers products and services as well as advise and consultations.
4. It has affiliations and linkages with various governmental and non-governmental bodies related with adventure sports and tourism.
5. MMTA offers most of the services/activities related to adventure tourism. It also provides accommodation and planned tours and conducts seminars, conferences and events for the promotion of mountain tourism.
6. Though it has been in existence for more than 50 years, MMTA is still struggling a lot in terms of infrastructure, manpower and co-operation from the government and general public. It is due to the lack of awareness and appreciation from both sides. Moreover, these activities were confined to only adventure and sports enthusiasts.
7. However, in recent years, with tourism expanding and growing, people are venturing out in search of more pleasurable and significant meaning to

mountaineering.

8. The potential for mountain tourism is abundant in Manipur. Many have already been identified and many still remains to be identified and explored.
9. The demand for adventure tourism in general and mountain tourism in particular is on the rise and this is one area where the potential can be realized.

### **Suggestions**

1. Strong coordination between public and MMTA organization is needed so that Manipur becomes a hot destination and it may attract a good number of tourists every year.
2. A strong coordination between Centre, state Government, social economic ministries, trainer and trainees and MMTA organization is needed so that adventure tourism becomes a hub area of tourism in the state.
3. The State Government of Manipur is to provide a paper security to adventurers so that they should feel safe and happy.
4. Helipad services should be made available properly carry adventurers to the base camps particularly where road connectivity is not available.
5. Centre and State Government is need to develop sufficient infrastructure like roads, hotels, Eco lodges, cottage, farm house, tree house, wildlife rest house and mountain trail paths on mountain zones and need to provide proper service and skill development trainings for MMTA and local guides.
6. The Government should give sympathetic consideration to the possibility of granting special facilities and incentives for mountain tourism projects.
7. The Government should consider adventure tourism more seriously as it will contribute in improving the state economically, socially and environmentally.

### **Conclusion**

Manipur is a hilly state in northeastern mountain range and has enormous mountain based adventure tourism potential. It is one of the leading forms of tourism, in this emerging market trend. Manipur should exploit the mountain tourism for economic growth and employment generation. Manipur must develop a mountain tourism policy and to improve the infrastructure and development in mountain regions, so that the flow of adventure tourists can be increased in the state. So, it necessary to give special attention and focus towards mountain based adventure tourism in Manipur so that this industry will give maximum benefit out of it.

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