



**PRAVEG'S**

# tourism one

July 2023

Pages : 60 | ₹ 200

A Trusted Friend for Travellers

## MONSOON

### DESTINATIONS IN INDIA

Gujarat: A Haven for  
**Solo Women**  
Travellers



# It's Raining Trips!

It's time to witness nature's splendor in all its glory. From cascading waterfalls to vibrant green landscapes, the monsoons breathe new life into the destinations. By embracing the beauty and serenity of the rainy season, let's create lasting memories while exploring India's diverse and captivating attractions.

And guess what? Need we mention the price slash? Now that many mainstream travellers are looking to hold back, the field is all yours. Hotels, airlines, tour operators, everyone is happily offering discounts. So here is your chance to grab the deal and tick that destination off your bucket list, which otherwise would have been challenged by budget.

And if you're a woman planning a solo trip, we are here to inspire you even more with our article and interview on solo women travellers. Exciting, isn't it?

Read on!



# CONTENTS

- 04 **Monsoon Destinations** in India
- 28 Gujarat: A Haven for **Solo Women Travellers**
- 38 Indrani Ghose - **traveller & photographer**
- 42 **Polo Forest:** Explore Nature at its Best
- 48 **What's Happening !**
- 50 Be a **Responsible Traveller**

Pravara Falls National Park, Coimbatore



**Praveg Communications (India) Limited**  
214 Athena Avenue, Sarkhej - Gandhinagar Highway,  
Behind Jaguar Showroom, Gota, Ahmedabad 382481  
Contact No.: 97129 84895  
e: [tourismone@praveg.com](mailto:tourismone@praveg.com)  
[www.praveg.com](http://www.praveg.com)

Printed, Published by **PARASKUMAR M. PATEL** on  
Behalf of **PRAVEG COMMUNICATIONS (INDIA) LIMITED** and  
Printed LE GRIFFE OFFSET PVT.LTD 3, Lower Ground Floor,  
Popular House, Near Income Tax, Ashram Road, Ahmedabad and  
Published from 214 Athena Avenue, Sarkhej - Gandhinagar Highway,  
Behind Jaguar Showroom, Gota, Ahmedabad 382481  
Editor: **PARASKUMAR M. PATEL**

**Editorial Team**  
Priyanka Desai

**Design Team**  
Mahesh Patel  
Yagnesh Bhavsar  
Rakesh Bhavsar

**DISCLAIMER:** All information in Praveg's TOURISM ONE is derived from sources we consider reliable. It is passed on to our readers without any responsibility on our part. All images are copyrighted by their respective owners unless otherwise stated. Opinions/views expressed by third parties are not necessarily shared by us. Material appearing in the magazine cannot be reproduced, whether in part(s) or in whole, without prior permission.

Be a part of Praveg's Tourism One:  
Share with us some enthusiastic inputs like photographs, essays or anything related to tourism. Have some suggestions for us?  
Go ahead and send us your ideas, valuable opinions or topics you would like to see more coverage on.  
FOR SUBSCRIPTION QUERIES, CONTACT:  
[tourismone@praveg.com](mailto:tourismone@praveg.com)

Download an e-copy of Tourism One from  
[www.praveg.com](http://www.praveg.com)



# MONSOON

DESTINATIONS IN INDIA

By JAYESH PUROHIT, Staff Reporter

*Monsoon in India brings heavy rainfall, cool temperatures, lush green landscapes, festivals, and a refreshing break from summer heat. For many Indians, this is a good reason to leave home and travel to different places. Indians often travel during the monsoon for various reasons.*



# Rain

*Time to celebrate nature  
and her wonders*

**Refreshing break from the heat:** Monsoon in India, which typically occurs between June and September, brings relief from the scorching summer heat. The rains cool down the temperature and create a pleasant atmosphere, making it an ideal time for people to travel and explore different destinations without dealing with extreme heat.

**Lush green landscapes:** The monsoon rains rejuvenate the vegetation and transform the landscapes into lively shades of green. This natural beauty attracts many travellers who wish to witness the lushness and freshness of the countryside. Popular tourist destinations such as hill stations, national parks, and coastal areas showcase their picturesque prettiness during this time.

**Waterfalls and rivers in full flow:** Monsoon significantly increases the water levels in rivers, lakes, and waterfalls across the country. This creates stunning water bodies and cascades that are a sight to behold. Many travellers are drawn to these natural wonders, as they offer unique photo opportunities and a chance to experience the power and beauty of nature.

**Festivals and cultural events:** Monsoon in India is also associated with several colourful festivals and cultural events. For example, the Teej festival, Raksha Bandhan, and Janmashtami are celebrated during this time. Many people plan their travels around these festive occasions to witness the lively traditions, cultural performances, and joyous celebrations that take place across the country.

**Off-peak travel season:** Monsoon is considered an off-peak travel period in India, except for certain popular tourist destinations. As a result, travellers can often find discounted rates on accommodations, flights, and tourist attractions. This makes it an attractive time for budget-conscious travellers to explore new places or take advantage of reduced prices.

*It's important to note that the monsoon can bring heavy rainfall and occasional travel disruptions, such as roadblocks or flight delays. However, with proper planning and flexibility, travellers can still enjoy their trips while embracing the unique charms and experiences that come with travelling during the monsoon in India.*



**Karjat in Maharashtra attracts nature lovers with its green landscapes, waterfalls, trekking trails, and historical sites like Kondana Caves. Ideal for monsoon getaways near Mumbai and Pune.**

# Karjat

Maharashtra (25° C)

Karjat in Maharashtra is a popular monsoon destination in India for several reasons. Its green landscapes, cascading waterfalls, and picturesque valleys make it a paradise for nature lovers. The region is dotted with numerous trekking trails that come alive with flora and fauna during the monsoon. The Kondana Caves and Ulhas Valley are major attractions offering a blend of historical significance and natural beauty. The gushing waters of Bhivpuri and Kondana waterfalls provide a refreshing experience. Karjat's proximity to Mumbai and Pune makes it easily accessible, further adding to its lure for monsoon getaways.

Kondana Buddhist caves

Bhivpuri waterfall



**Experience monsoon with misty hills, lush greenery, and refreshing rain showers. It's perfect for nature walks, treks, and visits to attractions like Chaubatia Gardens.**

# Ranikhet

Uttarakhand (20° C)

**R**anikhet, nestled in the beautiful Uttarakhand, offers a serene and enchanting experience during the monsoon. The region's magnificent beauty is accentuated by the greenery, misty hills, and refreshing rain showers. The monsoon brings a rejuvenating ambiance, perfect for nature walks and treks amidst the pine and oak forests. Ranikhet's popular attractions, such as Chaubatia Gardens and Bhalu Dam, become even more charming with the monsoon's touch. The cool climate and panoramic views of the Himalayan peaks create a tranquil retreat for Indian travellers seeking solace and natural beauty during the monsoon.



**Away from the crowd, Andaman and Nicobar islands provide a peaceful getaway during monsoon. The evergreen forests of the islands ensure vibrancy in the atmosphere.**

# Andaman & Nicobar Islands (35°C)

**A**ndaman and Nicobar islands are located in the bay of Bengal; monsoon is a unique experience here. It usually begins in May and lasts until September, with peak rainfall occurring in the months of June, July, and August. The season brings heavy rainfall and occasional thunderstorms, which contribute to the islands' greenery and pulsating ecosystem. While water activities and beach visits may be limited during this season due to rough seas and strong currents, it offers a different fascination for nature enthusiasts. The rain-washed forests, abundant wildlife, and untouched beaches create a silent and mystical atmosphere, perfect for those seeking solitude and a close connection with nature.

Radhanagar Beach,  
Havelock Island



# Coorg

Karnataka (16°C)

**C**oorg, also known as Kodagu, is a captivating monsoon travel destination in Karnataka, India. During the monsoon, which typically extends from June to September, Coorg transforms into a verdant paradise. The region receives heavy rainfall, resulting in lush greenery, gushing waterfalls, and hills. The coffee and spice plantations come alive, offering a delightful aroma and a visual treat. Trekking fanatics can explore the challenging trails amidst the rain-soaked forests, while nature lovers can revel in the beauty of Abbey and Irupu falls. The soundless backdrops, pleasant weather, and the opportunity to savour freshly brewed coffee make Coorg an irresistible monsoon getaway for Indian travellers.

**Soak your mind, body and soul in rainwaters at Coorg. Heavy rainfall creates green pastures for your eyes to feast on. Don't miss coffee and spice plantations, which offer a delightful aroma and a visual treat.**

Abbey Falls

Kodagu (Coorg)



*During monsoon, Munnar is a sight for sore eyes. The rain-soaked hill station invites you to spend your days in the company of Attukal and Lakkam waterfalls.*

# Munnar

Kerala (20°C)

Munnar, situated in the Western Ghats of Kerala, is a sight to behold during the monsoon. As the rain showers descend upon this beautiful hill station from June to September, Munnar undergoes a remarkable transformation. The tea plantations, which are a prominent feature of the region, become vibrant and lush, enveloped in a soothing mist. The waterfalls, such as Attukal and Lakkam, gain immense volume, creating a breathtaking spectacle. The entire landscape is adorned with a rich palette of greens, with the mountains and rolling hills adding to the picturesque spell. Munnar's tranquil ambiance, pleasant temperatures, and the ethereal beauty of the monsoon make it a must-visit destination in Kerala.

Munnar

Tea Plantations



**Unlike other monsoon destinations, this arid land asks you to get rid of rain waters. If you are allergic to heavy rains, Ladakh is your desirable escape.**

# Ladakh

Jammu And Kashmir (10°C)

**W**hile Ladakh is known for its cold desert climate and arid landscapes, it offers a unique and compelling experience for Indian travellers during monsoon. The heavy rains that affect other parts of India have little to no impact on Ladakh, making it an ideal destination for those seeking to escape the rainy weather. The region enjoys clear skies, sunny days, and cool temperatures, creating perfect conditions for outdoor exploration. The stunning vistas of the Himalayas, shimmering lakes like Pangong and Tso Moriri, and ancient monasteries provide a bewitching backdrop for adventure addicts and nature lovers. Additionally, the monsoon sees fewer tourists, allowing for a more serene and intimate experience of Ladakh's natural wonders.



Tibetan Key Monastery

# Spiti Valley

Himachal Pradesh (20°C)

Spiti Valley, located in Himachal Pradesh, holds a special allure for travellers during the monsoon.

Despite being a high-altitude desert, Spiti experiences a unique monsoon phenomenon known as "miniature monsoon." This occurs due to the rain-shadow effect, causing limited rainfall and creating a distinct landscape. The valley transforms into surreal paradise with rich green meadows, blooming wildflowers, and gushing streams.

The dramatic vistas of barren mountains contrasting against the luxuriant vegetation offer a striking visual spectacle. Monsoon also brings out the cultural allure of Spiti, as the locals celebrate festivals like the Fagli Festival with traditional music and dance. For adventure enthusiasts and nature lovers seeking an offbeat experience, Spiti Valley during the monsoon offers an unforgettable journey into an otherworldly realm.

Apart from its miniature monsoon, people visit Spiti Valley to witness its cultural extravaganza. Valley's locals perform their traditional dance and music during the Fagli festival.



**Rain-soaked forests of Nongriat have an irresistible charm that attracts tourists to the state. While you are here, don't miss the sights of root bridges, dense greenery, and waterfalls.**

# Nongriat

Meghalaya (20°C)

Nongriat, located in Meghalaya, is a hidden gem and a fascinating monsoon destination. Famous for its living root bridges, Nongriat is a small village situated amidst rainforests and cascading waterfalls. During the monsoon, Meghalaya receives some of the highest rainfall in the world, which adds to the magnetism of Nongriat. The rain-soaked forests come alive with dense greenery, and the waterfalls, such as the double-decker living root bridge and Rainbow Falls, flow in full force, creating a mesmerising sight. Trekking through the rain-drenched trails and exploring the natural wonders of Nongriat during the monsoon is an adventure that allows travellers to immerse themselves in the region's pristine beauty and experience nature at its finest.



*It's a call of panoramic view, tea plantations and hills. Ghoom casts a spiritual magic on visitors seeking peace of mind. Cool, calm and composed ambience provides extraordinary relief to your strained nerves.*



# Ghoom

West Bengal (16°C)

Ghoom Monastery

Ghoom, a small hill station in West Bengal, offers a peaceful and enchanting experience for Indians seeking to enjoy the monsoon. Located near Darjeeling, Ghoom is known for its hills, dense tea gardens, and panoramic views. During the monsoon, the region is blanketed in a mystical ambience with frequent showers and cool temperatures. The surrounding landscapes become a vibrant green, and the tea plantations are at their lushest. The iconic Ghoom Monastery, with its noiseless atmosphere and prayer flags fluttering in the rain, adds to the spiritual magic. Ghoom's tranquil setting, picturesque surroundings, and the opportunity to witness the monsoon's delight make it an appealing destination for monsoon getaways.

Kangchenjunga View from Ghoom



***If you have a weakness for nature and her beauty, Pahalgam should top your list of your monsoon destinations in India. Green meadows, flowers and sparkling brooks paint a perfect backdrop for your monsoon vacation.***

# Pahalgam

Kashmir (18°C)

**P**ahalgam, nestled in the picturesque Kashmir Valley, is a fascinating monsoon destination that offers a unique and enchanting experience. During the monsoon, which typically lasts from June to September, Pahalgam showcases its natural beauty in full bloom. The valley is covered with attractive green meadows, blooming flowers, and glistening streams flowing with increased volume. The Lidder River becomes more lively and is perfect for adventurous activities like river rafting. The surrounding pine forests provide a refreshing retreat, while the snow-capped peaks add a majestic backdrop. Pahalgam's pleasant weather, panoramic vistas, and the opportunity to witness the natural splendour of Kashmir make it a truly memorable monsoon getaway for Indian travellers. 📍





# Gujarat: A Haven for Solo Women Travellers

By PRIYANKA DESAI, Staff Reporter

*Embarking on a solo journey as a woman can be a thrilling and empowering experience. One destination that stands out for its safety, rich cultural heritage, scenic landscapes, delectable cuisine, and exquisite handicrafts is Gujarat. Located in the Western India, Gujarat offers a unique blend of historical sites, vibrant festivals and warm hospitality, making it an ideal choice for solo women travellers. In this article, we will delve into the key aspects that make Gujarat an exceptional destination for women travellers.*



## Scenic Landscapes

Gujarat boasts diverse and breathtaking landscapes that captivate the senses. The enchanting Rann of Kutch, a vast salt marsh, transforms into a mesmerizing white desert during the winter months. Witnessing the ethereal beauty of the Rann while staying at White Rann Resort is an experience like no other. For wildlife enthusiasts, the Gir Forest National Park is a must-visit, where the magnificent Asiatic lions roam freely. Additionally, Gujarat is blessed with serene beaches in Mandvi and Shivrajpur and picturesque hill stations like Saputara, offering tranquil escapes amidst nature.



## Handicrafts and Textiles

Gujarat is renowned for its exquisite handicrafts and textiles, making it a shopper's paradise. Solo women travellers can explore the villages of Kutch, where they can witness the skilled artisans at work. The vibrant Kutchi embroidery, Bandhani (tie and dye), Ajrakh printing and Rogan art are some of the traditional crafts that showcase the region's artistic prowess. In the city of Ahmedabad, renowned for its textile industry, travellers can explore bustling fabric markets like Law Garden and Rani no Hajiro, and take home unique souvenirs as cherished memories.

Rogan Art, Kutch

Law Garden, Ahmedabad

## Tribute to Freedom Heroes

A land of legends like Mahatma Gandhi, Sardar Vallabhbhai Patel, Morarji Desai among many others, Gujarat takes its travellers on a historical journey through significant landmarks and places associated with India's freedom struggle like Sabarmati Ashram in Ahmedabad, Porbandar - a birthplace of Mahatma Gandhi, Dandi - Salt Satyagraha Memorial that commemorates the salt march movement by Gandhiji, Bardoli - known for the Bardoli Satyagraha led by Sardar Vallabhbhai Patel. Statue of Unity, a recent attraction dedicated to Sardar Vallabhbhai Patel is the world's tallest statue with plenty of surrounding tourist attractions.

Gandhi Ashram, Ahmedabad



## Safety and Security

Safety is a paramount concern for any solo traveller, and Gujarat excels in providing a secure environment. The State Government has taken proactive measures to ensure the well-being of tourists, including the establishment of women-only police stations and dedicated help lines. The friendly and helpful nature of the locals adds an extra layer of comfort, making solo women travellers feel welcome and supported throughout their journey.

## Rich Cultural Heritage

Gujarat is a treasure trove of cultural heritage, with a history that dates back thousands of years. From the ancient ruins of the Indus Valley Civilization at Lothal to the awe-inspiring temples of Somnath and Dwarka, Gujarat offers a glimpse into the region's rich past. The state is home to over 500 stepwells and several UNESCO World Heritage Sites like Champaner Pavagadh Archaeological Park, Dholavira, Rani ni Vav, Old City of Ahmedabad, presenting an opportunity to discover the glorious past.

Moreover, Gujarat is a land of festivals with celebration of more than 3500 fairs and festivals round the year. Participating in the traditional festivals like Navratri, Uttrayan, Dhuleti, Diwali allows the travellers to immerse themselves in the vibrant culture of Gujarat.



## Tips for solo women travellers

1. Research your destination: Before embarking on your trip, thoroughly research your destination. Familiarize yourself with local customs, traditions, and any specific safety considerations for women travellers. Look up reliable sources of information, read travel blogs, and connect with fellow travellers who have visited the same place.
2. Plan your accommodation wisely: Choose accommodations that prioritize safety and security. Opt for reputable hotels, guesthouses, or hostels that have positive reviews from solo women travellers. Consider factors like location, 24-hour reception, well-lit areas, and secure locks on doors and windows.
3. Stay connected: Keep your loved ones informed about your travel plans. Share your itinerary, accommodation details, and any changes in your plans with a trusted friend or family member. Stay connected via phone calls, messaging apps, or social media so that someone knows your whereabouts.
4. Trust your instincts: Trust your gut instincts and listen to your intuition. If a situation or place doesn't feel safe, it's okay to leave or ask for help. Stay alert and aware of your surroundings at all times.
5. Avoid walking alone at night: As a general rule, avoid walking alone in unfamiliar or dimly lit areas, especially at night. Take taxis or use reliable transportation options instead. If you're out late, arrange for a safe mode of transport beforehand.
6. Be cautious with your belongings: Keep your valuables, such as documents, money, and electronics, secure and hidden. Consider using a money belt or a concealed pouch to carry your essentials. Be mindful of your surroundings and avoid displaying flashy jewelry or expensive items.
7. Learn basic local phrases: Learning a few basic phrases in the local language can go a long way in communicating and seeking assistance. Phrases like greetings, asking for help, and directions can help you navigate and connect with locals.

*Solo travel can be incredibly rewarding, and with proper preparation and awareness, you can have a safe and unforgettable journey. Embrace the adventure, be open to new experiences, and trust yourself as you explore the world on your own terms. 🌍*

## Gastronomic Delights

For food lovers, Gujarat is a gastronomic paradise. The state's cuisine is predominantly vegetarian and offers a unique blend of flavors and textures. Exploring the vibrant street food scene is a must, with delicacies like dhokla, fafda, khandvi, and the famous Gujarati thali showcasing the rich culinary heritage. Savor the authentic flavors of Gujarat, from the tangy sweetness of Gujarati kadhi to the irresistible jalebi, every bite is a delight for the taste buds.

Khandvi

Gujarati Thali

Khaman





# Indrani Ghose traveller & photographer

By JAYESH PUROHIT, Staff Reporter

*Indrani Ghose is a freelance travel writer and photographer from Bangalore, India. Formerly an engineer in the Indian Air Force, Indrani has evolved from a solo traveller to a passionate adventurer, exploring the world with her family of four.*

Snow Covered Road in Greece



*As a blogger, she has developed curiosity for cultures, cuisines, and crafts; this has whetted her appetite to explore the globe. She has fulfilled her dreams of visiting homes of her childhood heroes - Rabindranath Tagore, Albert Einstein, and Anne Frank. When she's not pursuing her travel goals, Indrani indulges in bird photography.*

*Her blog series, "Faces of India" showcases more than 300 individuals she has encountered during her journeys. Presently, she is working on her book to narrate her experiences and insights of the world.*

**1. You inspire many moms who find it difficult to travel with kids. How do you manage your trips with your kids - given that you don't travel only for fun?**

Back in the day, when my little rascals Ishani and Arundhati were just tiny tots, we embarked on our adventures armed with nothing but a trusty pressure cooker. Our travel arsenal evolved over the years. Starting off with a duo of their beloved soft toys and some pint-sized board games they soon moved on to DSLRs and mobiles.

Ishani, the stealthy shutterbug, honed her skills in the art of capturing candid moments. Meanwhile, Arundhati developed a deep fascination with the wonders of nature.

**2. As a blogger, travelling together as a family may not allow you to document and photograph your journeys. How did you overcome these challenges?**

Yes, I have to admit exploring the world with a pack of little adventurers, finding time to document and photograph our journeys was difficult, but soon I started assigning them photographers' jobs. Their unique perspectives added an extra layer of charm to our travel tales.

I managed to seize those precious pockets of tranquillity, be it during nap times, after bedtime, or when the kids were engrossed in an activity and tap away on my laptop or scribble in my travel journal.

As they grew, their interests developed. While I would chase one subject my travel partners would focus on other subjects and help me document our family adventures.

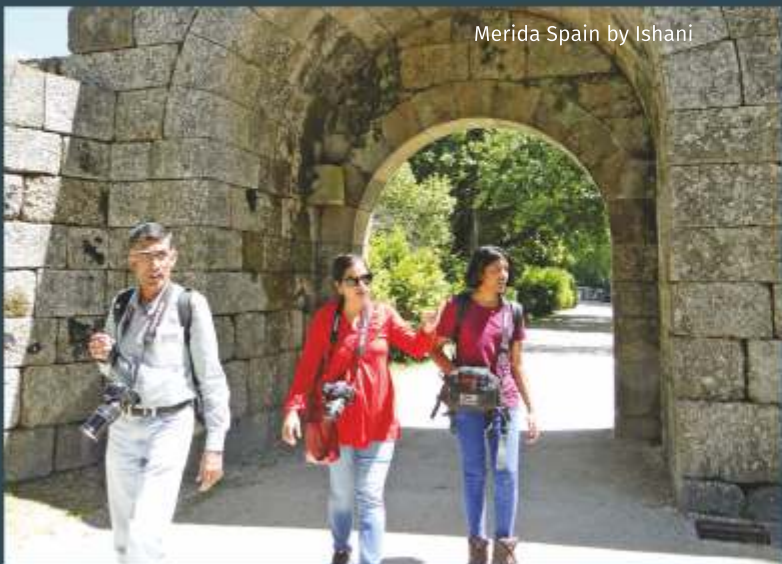




Sintra Portugal



Segovia Spain



Merida Spain by Ishani



Brussels Belgium

**3. What difference does it make if you write your blogs during the trip and after coming home?**

Juggling between the demands of sightseeing, wrangling kids, and finding a decent Wi-Fi connection was difficult. Time was always a constraint during travels and blogging took a backseat.

However, I took care to post photo essays in my blog during travels especially when the trips were longer and spanned two to three weeks and it would be more out of concern for blog health than the urgency to fill travel journals.

I would also schedule posts to go live during my travels for the same reason. Elaborate posts were made after I returned; I have to admit here that I do miss out on the raw and immediate essence of our adventures.

**4. Which destination did you travel frequently in Europe? Why?**

Unlike our usual approach of not revisiting European destinations due to time constraints, Frankfurt, Germany, became an exception for us. The primary reason for our multiple visits was the exceptional ease of connectivity it offered. Upon arrival at the airport, we would conveniently rent a car, embark on our road trip, and then after touring different countries we returned to the same airport to catch our outbound flight.

The strategic location of Frankfurt's airport played a significant role in our decision. Additionally, Frankfurt's airport provided a range of cheaper rental car options compared to other countries, allowing us to seamlessly transition from air travel to road adventures.

**5. Which accessories would you suggest to readers going for road trips in Europe?**

Last time when I toured Europe, that is before the pandemic struck, we had rented a GPS device too along with the car. But in my next trip our Smartphone should suffice I am sure. Download maps of places just in case the offbeat destinations you intend to visit have spotty cellular coverage.

Snow chains are a must, if you intend to drive in the peak of winter. Prepare for the unexpected by packing a roadside emergency kit. The rented cars do provide one but better to have one of yours.

Translation apps will be helpful. I was struggling to convey 'bread' to a shopkeeper in a town near Segovia Spain. Luckily the shopkeeper had one.

Last but not the least; take comprehensive travel insurance that covers medical emergencies, trip interruptions, and vehicle-related incidents.

**6. You have worked with tourism boards and ministries of India and foreign countries. The two different experiences must have provided you with something to share here.**

Both experiences were good. The PR takes care of all requirements well. But yes within India the itineraries would be more flexible. Last minute changes were possible, additions and deletions were hassle free. While in foreign countries the itineraries are rigid.

**7. Food is an essential part of travel. Which country offers the best options in vegetarian food? Please recommend a few dishes (with photos) for readers.**

We found Italy offers a wide range of vegetarian dishes. The creamy risottos, wood-fired pizzas topped with fresh vegetables and flavorful sauces were yummy. Greek cuisine too offers a wide range of vegetarian-friendly dishes. Their simplest of simple dish, the Greek Salad tasted heavenly, need I say more about the other dishes. 🍷



# Polo Forest

Explore Nature at its Best

By PRIYANKA DESAI, Staff Reporter

Polo Forest, located in Gujarat, is a hidden gem that becomes even more enchanting during the monsoon season. Surrounded by lush greenery, dense forests and picturesque water body, this ancient destination transforms into a paradise for nature enthusiasts. The monsoon breathes new life into Polo Forest, turning it into a magical destination that captivates visitors with its beauty and serenity. In this article, we will delve into the allure of Polo Forest during the monsoon, exploring its unique features, activities, and the overall experience of being immersed in nature's splendor.



## Waterfalls and Water Bodies

**P**olo Forest is the best place to catch serene views of Harnav River that flows next to a hillock. Moreover, the season of monsoon brings Harnav Dam, built on Harnav River, along with numerous water bodies to life. The rainwater cascades down the hillsides, forming stunning streams and waterfalls that add a touch of magic to the surroundings. The sound of gushing water creates a soothing symphony, luring visitors to explore these natural wonders. Trekking along the forest trails, one can discover hidden streams that meander through the landscape. These serene spots offer tranquility and opportunities for admiring the beauty of nature reflected in the crystal-clear waters.

## A Symphony of Greenery

**A**s the rain showers bless the land, Polo Forest springs to life with a vibrant burst of greenery. The forest's foliage becomes lush and vibrant, painting a mesmerizing picture for those who venture into its depths. Towering trees, including teak, bamboo, and banyan, provide a cool canopy, offering respite from the summer heat. The undergrowth flourishes, showcasing an array of ferns, creepers, and wildflowers. The rejuvenated landscape becomes a haven for numerous species of birds and butterflies, making it a paradise for nature lovers and photographers.



## Ecosystem and its Admiration

While enjoying the monsoon at Polo Forest, it is crucial to remember the importance of conservation. Visitors are encouraged to embrace responsible tourism practices, respecting the delicate ecosystem and leaving no trace of their presence. Avoiding littering, maintaining trails, and refraining from disturbing wildlife are essential steps towards preserving the pristine beauty of the region for generations to come.

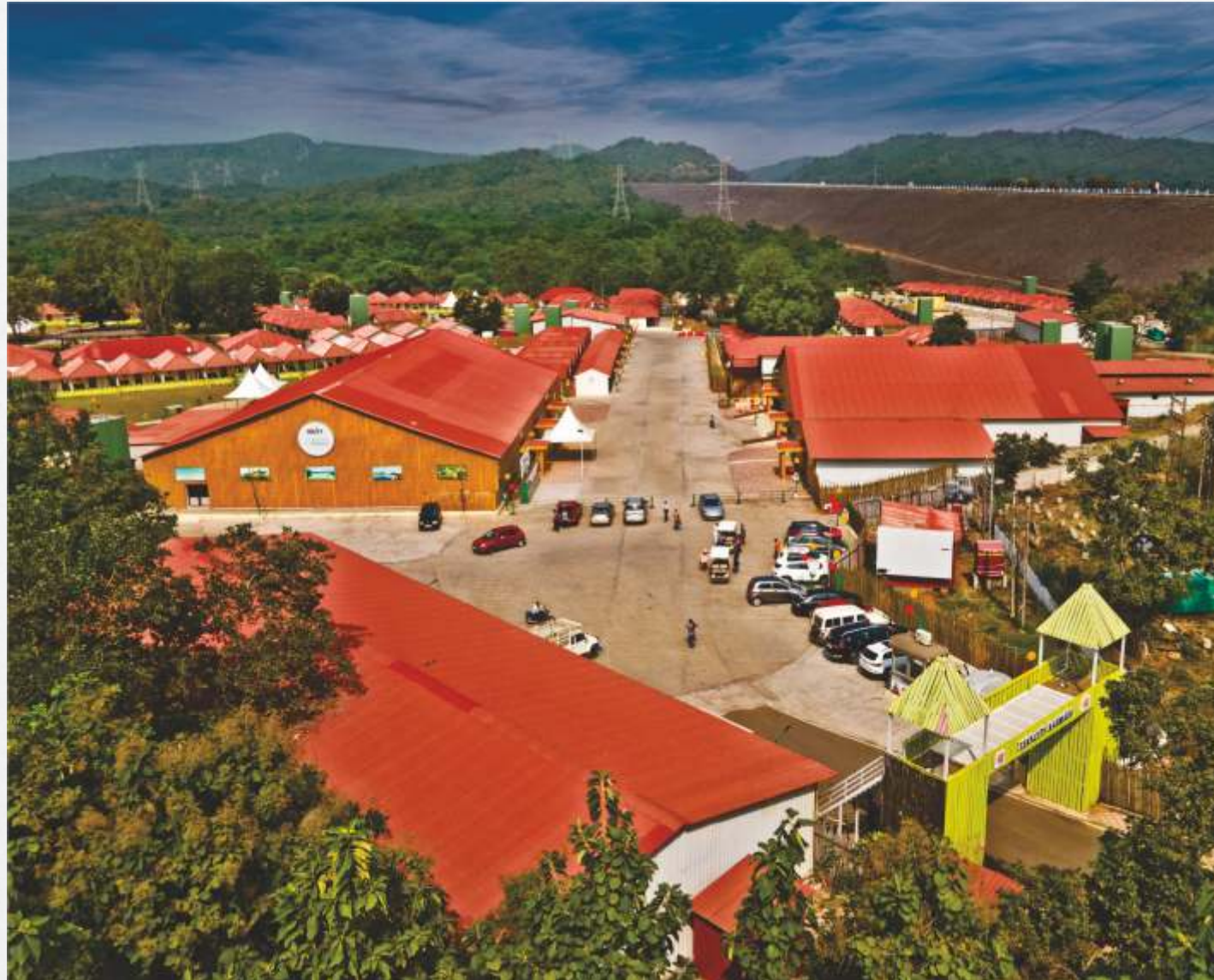
## Adventure amidst Nature

Polo Forest offers ample opportunities for adventure enthusiasts, especially during the monsoon season. Trekking is a popular activity, allowing visitors to explore the forest's hidden trails, encounter exotic flora and fauna, and witness panoramic views from elevated points. The moist earth and the gentle drizzle add to the thrill of the trekking experience, making it even more exhilarating. Additionally, Polo Forest is home to ancient ruins and historical sites, including Shiva temples, step wells, and Jain temples, providing a cultural and historical dimension to the adventure.

*From the vibrant greenery to the tranquil water bodies and the adventure-filled trekking trails, Polo Forest offers an enchanting getaway for those seeking solace and serenity amidst breathtaking surroundings. So, plan your trip to Polo Forest during the monsoon season and allow yourself to be immersed in the beauty of this hidden paradise in Gujarat. 🌿*



# Special monsoon discount by Tent City Narmada



Monsoon brings out the best of Ekta Nagar. The destination, covered with wooded areas, hills and the crystal clear views of the sky, flourishes and blooms in colours of lush green during the monsoon. The weather is pleasant enough to spend time relishing the surrounding nature.

Moreover, the Statue of Unity and surrounding attractions like Sardar

Sarovar Dam, Valley of Flowers, Children Nutrition Park, Glow Garden among many others provide all the more reasons to visit Ekta Nagar. In close proximity to the Statue of Unity, Tent City Narmada is a beautiful tent nestling in the valley surrounded by hills.

The beautiful resort is spread across 50000 sq.m. area with 200 luxurious tents and top-notch facilities like

Swimming Pool, Kids' Play Area, Cultural Program, Bicycle Track and Conference Hall.

So breathe in clean air, explore lush green hills, enjoy the open sky views, eat healthy and enjoy monsoon showers with the 20% discount on all stay packages by Tent City Narmada. Visit [www.TentCityNarmada.com](http://www.TentCityNarmada.com) or call 72 40 40 40 40 for more information.

# Kerala to come out with mobile app to promote women-friendly tourism

Thiruvananthapuram, June 13: Kerala Tourism will soon come out with a mobile app to further strengthen the country's first 'Women-Friendly Tourism' initiative launched by the state government to turn the state's tourism sector gender inclusive.

"The app on Women-Friendly tourism project will make the visit to Kerala more pleasant and hassle-free for women," Tourism Minister Shri P A Mohamed Riyas said. Aiming at participation of 1.5 lakh women from the state, the project is being implemented with the support of various organisations including UN Women.

It has set a target of creating 10,000 women ventures and 30,000 jobs in the tourism sector. Apart from providing information about tourism centres in



Kerala, the app will have all the details of women-friendly tourism products and packages, resorts, hotels, women enterprises, recognized tour operators, women tour operators, travel agencies, homestays and women tour guides. Information in the app will include women-led handicraft and souvenir

production and sales units, amenities like rest rooms, camping sites, licensed houseboats, caravan parks and ethnic cuisine units in various places, festivals and experiential and adventure packages, said RT Mission State Coordinator K Rupeshkumar.

Source: Kerala Tourism

# India: World's most populous nation set to become a tourism powerhouse

India's rapid growth in population has led to speculations about its potential to surpass China in various domains. The country's influence on the global stage, including the tourism industry, is garnering attention.

Recent reports indicate that Indians are projected to spend over \$42 billion annually on outbound travel by 2024. India is experiencing a tourism "boom," according to Omri Morgenshtern, CEO of Agoda, making it the fastest-growing outbound destination.

India's aviation industry and infrastructure improvements play a significant role in driving its outbound growth. The Indian government plans to invest \$11.9 billion by 2025 in airport construction and modernization, with projects like the Noida International

Airport enhancing connectivity in the Delhi-National Capital Region.

Private airlines, along with government investments, contribute to the rise of outbound tourism. While low-cost carriers like Go First have faced challenges, others like Air India are expanding their offerings, acquiring new planes, increasing frequencies, and adding routes.

Indian travellers are exploring more diverse destinations, with increased visits to countries like France and Switzerland, which were not in the top 10 destinations pre-pandemic. Southeast Asian countries remain popular, with significant growth observed in Vietnam, Singapore, Indonesia, and Malaysia.

Compared to China, India's outbound travel market has developed later due to

differences in their aviation sectors. China's state-controlled airline groups allowed for controlled route frequency, while India's private airlines posed challenges in route development.

Despite the catch-up required, India shows promise as tourism boards in Southeast Asia are diversifying their markets beyond China. However, surpassing China's outbound tourism may take around two decades, according to experts.

In conclusion, India's burgeoning outbound tourism industry is fueled by infrastructure improvements, government investments, private airlines, and increasing diversification of destinations. While it may take time to overtake China, India's growth trajectory is promising. <sup>10</sup>



# Be a Responsible Traveller

By JAYESH PUROHIT, Staff Reporter

**W**hether you are travelling for the sake of travelling or with a purpose, responsible travelling is not only your duty but should be second nature. With the launch of Incredible India campaign, the government of India began a movement appealing to Indians to be responsible citizens, especially towards foreign tourists, who are visiting our country. Remember that Aamir Khan starrer TV commercial? When millions of people get together at a pristine beach, a lush green forest, towering mountains or luring landscapes, the destinations are sure to lose their original charm. The reason is simple: travellers leave their dirty footprints and a lot of filth.

If our wanderlust takes us to roam around the world, nature also holds a strong right to retain her beauty and character. In our efforts to satiate our travel hunger, we tend to disturb and tarnish Mother Nature. This is where responsible tourism comes into picture. This trend is gaining ground internationally and as Indians, it wouldn't be too tough a task to adopt good things happening in the world.

## What is Responsible Tourism?

But responsible tourism goes beyond taking care of the environment. As a traveller it is expected from you to give respect to local communities and their culture. This idea of responsible tourism was first discussed at the World Summit on Sustainable Development held in 2002 in Cape Town, South Africa.



## The summit has set some goals:

- Reduce negative impacts on social, environmental, and economic texture of the venue
- Take care of the well-being of local communities
- Support local decision-making
- Contribute towards the conservation of natural and cultural heritage
- Provide more enjoyable experiences for tourists through more meaningful connections with local people, and a greater understanding of cultural, social and environmental issues of the destination
- Bring positive change in the lives of people with disabilities and the disadvantaged
- Develop cultural sensitivity and build local pride and confidence

## Prepare Yourself

Preparing yourself for a trip doesn't only include your baggage and food; apart from geography and climate of the destinations, tourists nowadays like to learn about the local culture and language. You may use a dictionary or an app on your smartphone to learn a few basic words and phrases used by locals.

## Travel During Off-season

Some of the most popular destinations have to shut down their ticket windows when the places are overcrowded. To avoid such situations, a better way is to travel during the off-season. This not only saves locals from unwanted intrusion but also prevents you from spending huge money on air tickets and hotel bookings.

## Support Local Organisations

For many small countries, tourism is one of the primary sources of earning revenue. If you visit such places, make sure you support local businesses with cash or kind. This helps them grow on their own lands and doesn't force them to leave their mother land. There are examples of smuggling and poaching of animals and natural resources only because of the fact that locals are not supported reasonably by visiting tourists. Buying souvenirs, food and other stuff from local vendors help them flourish the rest of the year.

## Respect Local Culture

Everybody loves their culture and takes pride in following their traditions. As a visitor, be a part of their culture and try as much to receive and understand it as possible. This ensures you get the best treatment & hospitality during your stay. Participate in local festivals, ceremonies and rituals.



### Prefer Railways or Road Transport Over Air Travels

Buses and railways are much more eco-friendly than aeroplanes. Moreover, aeroplanes don't offer you the luxury of feasting your eyes on the cultural and natural splendour of the destination you are visiting. For shorter distances, you can either rely on your feet or ride bicycles.

### Careful Consumption of Water

Water is the most precious resource on the earth. Wherever you go, make sure you consume water economically and smartly. Use wipes whenever possible; do not waste water even if you are using utilities at hotels. Simply by paying a few bucks, you cannot own any natural resources for which locals have their first claim.

### Do Not Support Beggars

Beggars are omnipresent. But their existence depends upon those who help them. In almost all the third world countries, beggars are part of organised crime. Kids, who quickly win sympathy from tourists, are forced into begging at the cost of their education and good health. By supporting begging, we are unintentionally becoming a part of criminal activities as our money is used by wrongdoers of the society.

### Ask Permission Before Clicking Photos

Some people are camera-shy and get quickly offended when their photos are clicked without their permission. In an age of flourishing social media, almost every person with a smartphone is a photographer. But this doesn't allow us to keep capturing photos of any damn object or person in front of your eyes. People are not zoo animals or objects; moreover, if your purpose is to make your social media followers happy, you have to ask for permission: you are earning something from those faces you have clicked.

*Apart from the above tips, you can use your discretion while you are on your dream holidays. Use dustbins, open defecation is a strict NO, do not spit anywhere. What else can make us a responsible traveller? 📷*






**PRAVEG**  
LIMITED

# TAKE A PLUNGE INTO THE **POOL OF HAPPINESS**


Under water. Out of water.  
Riding sea waves.  
Dancing with high & low tides.  
Catching a whiff of gentle breeze.  
If you are an aquaholic,  
we can offer you a pool of happiness.  
Just take a plunge!

**PRAVEG**  
**BEACH RESORT**  
DAMAN

 **LIGHTHOUSE BEACH**  
Near Moti Daman Fort,  
Moti Daman - 396220, Daman

 **JAMPORE BEACH**  
Bariyawad Ground, Near Jampore Beach,  
Moti Daman - 396220, Daman

For Booking:  **+91 9090 82 9090**

 [info@pravegbeachresortdaman.com](mailto:info@pravegbeachresortdaman.com)

 [pravegbeachresortdaman.com](http://pravegbeachresortdaman.com)



# AN ANTIDOTE TO YOUR WANDERLUST



ENJOY OUR HOSPITALITY, STAY COOL

200 Luxurious Tents

All Meals

Packages Starting from ₹ 3,000 P.P.

With enhanced hospitality and hygiene standards as per Govt. norms.

Book Your Dates:

**72 40 40 40 40**

[www.tentcitynarmada.com](http://www.tentcitynarmada.com)

For Trade Enquiry:

**97 12 90 11 41**

[info@tentcitynarmada.com](mailto:info@tentcitynarmada.com)

📍 Dyke-3, Sardar Sarovar Dam Site, Ekta Nagar-393151, Dist. Narmada, Gujarat, India.

— **PRAVEG** —  
— **TENT CITY** —  
— **NARMADA** —