



SL. NO.	DISTRICT	TREK ROUTE	CATEGORY	TRAVERSE	DISTANCE (KM)	DURATION (HRS)
1	The Nilgiris	Cairn Hill	Easy	One way	3	2
2		Longwood shola	Easy	Two way	3	2
3		Karikayur to Porivarai Rock Painting	Moderate	Two way	6	3
4		Karikayur to Rangasamy Peak	Tough	Two way	8	4
5		Parsonvalley to Mukurthi hut	Tough	Two way	20	7
6		Pandiyar Rest house to Mukurthi Dam	Moderate	One way	5	4
7		Avalanche - Kolaribetta	Tough	Two way	18	8
8		Avalanche (Cauliflower shola)- Kolaribetta	Moderate	Two way	11	6
9		Avalanche (Cauliflower shola) - Devarbetta	Tough	One way	15	8
10		Gene pool	Easy	Two way	8	4
11		Needle rock	Tough	One way	4	5
12	Coimbatore	Manambolly	Easy	One way	10	3
13		Top slip - Pandaravarai	Tough	One way	8	4
14		Aliyar (Canal bank)	Moderate	One way	8	3
15		Sadivayal - Siruvani	Moderate	Two way	17	7
16		Sembukarai - Perumalmudi	Moderate	Two way	9	5
17		Vellingiri Hill	Tough	Two way	12	10
18		Baraliyar	Easy	One way	4	2
19	Tiruppur	Chinnar Checkpost - Kottar	Easy	Two way	5	2
20	Kanniyakumari	Kalikesam - Balamore	Moderate	Two way	14	6
21		Injikadavu	Moderate	One way	18	8
22	Tirunelveli	Karaiyar - Moolakasam	Moderate	One way	4	2
23	Tenkasi	Courtallam - Shenbagadevi falls	Easy	Two way	4	2
24		Theerthaparai	Easy	Two way	6	3
25	Theni	Chinna Suruli - Thenpalani	Moderate	One way	12	6
26		Karaparai	Moderate	Two way	9	4
27		Kurangani - Sambalaru	Moderate	One way	5	3
28	Virudhunagar	Shenbagathoppu - W.Pudhupatti	Moderate	One way	9	4
29	Madurai	Kutladampatti Falls - Thadagai Trail	Moderate	Two way	8	4
30		Kutladampatti Falls - Thadagai Trail	Easy	Two way	4	2
31	Dindigul	Kodaikanal - Vellagavi	Tough	Two way	8	6
32		Kodaikanal - Vellagavi - Kumbakarai	Tough	One way	14	8
33		Zero-Point - Karunkajam Falls	Easy	Two way	4	2
34	Krishnagiri	Guthirayan Peak	Tough	Two way	11	6
35		Aiyur - Sami Lake	Easy	Two way	7	3
36	Salem	Kurumbapatti Zoo - Gundur	Tough	Two way	6	3
37		Kondappanaikanpatti - Gundur	Moderate	One way	5	3
38		Nagalur - Sanniyasimalai Peak	Easy	Two way	5	2
39	Tirupattur	Yelagiri - Swamimalai	Easy	Two way	6	3
40		Jalagamparai	Moderate	Two way	4	3
41	Thiruvallur	Gudiyam Caves	Easy	Two way	9	4
42	Thiruvannamalai	Renugambal Kovil - Kullar Caves	Easy	Two way	12	6