

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		Avalanche - Kolaribetta	Tough	Two way	18	8
7		Avalanche (Cauliflower shola)- Kolaribetta	Moderate	Two way	11	6
8		Avalanche (Cauliflower shola) - Devarbetta	Tough	One way	15	8
9		Gene pool	Easy	Two way	8	4
10		Needle rock	Tough	One way	4	4
11	Coimbatore	Manambolly	Easy	One way	10	3
12		Top slip - Pandaravarai	Tough	One way	8	4
13		Aliyar (Canal bank)	Moderate	One way	8	3
14		Sadivayal - Siruvani	Moderate	Two way	17	7
15		Sembukarai - Perumalmudi	Moderate	Two way	9	5
16		Vellingiri Hill	Tough	Two way	12	10
17		Baraliyar	Easy	One way	4	2
18	Tiruppur	Chinnar Checkpost - Kottar	Easy	Two way	5	2
19	Kanniyakumari	Kalikesam - Balamore	Moderate	Two way	14	6
20		Injikadavu	Moderate	One way	18	8
21	Tirunelveli	Karaiyar - Moolakasam	Moderate	One way	4	2
22		Kallar - Korakkanathar koil	Tough	Two way	7	3
23	Tenkasi	Courtallam - Shenbagadevi falls	Easy	Two way	4	2
24		Theerthapara	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	Dindigul	Vattakanal - Vellagavi	Tough	Two way	8	5
31		Solar Observatory - Gundar Zero Point	Moderate	Two way	10	4
32		Zero-Point - Karunkajam Falls	Easy	Two way	4	2
33	Krishnagiri	Guthirayan Peak	Tough	Two way	11	6
34		Aiyur - Sami Lake	Easy	Two way	7	3
35	Salem	Kurumbapatti Zoo - Gundur	Tough	Two way	6	3
36		Kondappanaikanpatti - Gundur	Moderate	One way	5	3
37		Nagalur - Sanniyasimalai Peak	Easy	Two way	5	2
38	Tirupattur	Yelagiri - Swamimalai	Easy	Two way	6	3
39		Jalagamparai	Moderate	Two way	8	4
40	Thiruvallur	Gudiyam Caves	Easy	Two way	9	4