

Northeast Heritage Trail: Imphal, Loktak Lake & Culture

Prepared by TourGrids



Destination

North-East



Duration

4 Nights 5 Days



Starting from

Rs. 13,400 / person

ITINERARY ROUTE

↙ **Imphal · 3N**

↙ **Moirang / Loktak area · 1N**

<https://tourgrids.com/packages/north-east/north-east-4-nights-5-days-package-634>

Overview

a curated 4 nights / 5 days North-East tour package that blends natural beauty, living culture and history. Ideal for travellers seeking an authentic North-East Pilgrimage tour package experience, this itinerary highlights Imphal, the mystical Loktak Lake, and rich Manipuri heritage. Perfectly suited for those searching for a North-East Pilgrimage package or planning 4 and 5 North-East Pilgrimage tour package options.

Highlights:

- Imphal city: Kangla Fort, Manipur State Museum, Ima Keithel (women's market)
- Loktak Lake: boat cruise on floating phumdis, Sendra Island
- Keibul Lamjao National Park: only floating national park and habitat of the Sangai deer
- Moirang: INA Memorial and local lakeside culture
- Cultural experiences: Manipuri classical dance performance, handloom & craft visits

Travel tip: Carry waterproof footwear for Loktak boat rides and light layers for cool mornings.

✓ What's Included

- ✓ 4 nights' accommodation (3 nights in Imphal, 1 night near Loktak Lake) on twin/double sharing basis
- ✓ Daily breakfast and 3 dinners as indicated
- ✓ All transfers and sightseeing by private AC vehicle (per itinerary)
- ✓ Boat cruise on Loktak Lake and guided visit to Keibul Lamjao (park fees where included)
- ✓ Local English-speaking guide for sightseeing
- ✓ Cultural show tickets (subject to schedule) and craft centre visits
- ✓ Applicable parking, tolls, and driver allowances
- ✓ Note: We provide assistance for permits and local entry fees where required.

✗ Not Included

- ✗ Airfare to/from Imphal
- ✗ Travel insurance and personal medical expenses
- ✗ Personal expenses (beverages, laundry, phone calls)
- ✗ Any optional activities not specified in inclusions
- ✗ Monument/park entry fees if charged at time of visit (unless specified)
- ✗ Tips/gratuities for guides and drivers
- ✗ Peak season surcharges (if any)
- ✗ Important: Confirm entry-permit requirements for Keibul Lamjao in advance; some parts of the lake/park have visitor limits.

Day-by-Day Itinerary

Day

1

Arrival in Imphal, city orientation & local markets

Arrive at Imphal (Tulihal) Airport and transfer to your hotel. After check-in and a short rest, enjoy a relaxed city orientation covering key heritage and civic landmarks. Visit Kangla Fort to learn about Manipur's royal past, followed by a walk through the Manipur State Museum to see local artifacts and tribal collections. In the late afternoon explore Ima Keithel (Mother's Market) – a vibrant all-women-run market famous for textiles and local produce. Evening at leisure with an optional local cuisine dinner.

Meals: Dinner included. Allow time for acclimatisation; Imphal sits at a moderate elevation.

Day

2

Loktak Lake boat ride & Sendra (Floating island) visit

Drive to Loktak Lake (approx. 1 - 1.5 hours). Take a scenic boat cruise across the lake to experience the unique phumdis (floating biomass). Visit Sendra Island for lakeside views and community interactions. Learn about traditional fishing methods and the lake's ecology. Late afternoon check-in at lakeside accommodation in the Moirang/Loktak area and relax by the water.

Highlights: Sunrise/sunset over Loktak are spectacular – keep a camera ready.

Day

3

Keibul Lamjao National Park & Moirang heritage

Early morning nature excursion to Keibul Lamjao National Park, the world's only floating national park and the habitat of the endangered Sangai deer. Guided nature walk/boat safari (subject to park permissions) and wildlife-interpretation session.

Return towards Moirang to visit the INA Memorial (where the tricolour was first hoisted by the Indian National Army), local temples and lakeside viewpoints. Explore traditional villages en route to Imphal, arriving by evening.

Important: Entry to Keibul Lamjao may require advance permits; we'll assist with paperwork.

Day

4

Cultural immersion: crafts, handloom & Manipuri dance

Delve into Manipuri culture with visits to handloom and craft centres showcasing Manipuri weaving, pottery and mask-making. Meet local artisans and see live demonstrations.

In the evening attend a classical Manipuri dance performance (subject to schedule) – a graceful cultural showcase that completes the heritage immersion. Free time for souvenir shopping at local craft bazaars.

Tip: Handloom shawls make excellent gifts; verify fabric care instructions with artisans.

Day

5

Departure from Imphal – markets & airport transfer

Spend the morning at leisure: last-minute shopping at Ima Keithel or a short walk to nearby attractions depending on flight timing. Check out from the hotel and transfer to Imphal Airport for your onward flight.

Note: Keep your flight details handy; traffic in peak hours may add extra transfer time.

? Frequently Asked Questions

? What is the best time to visit Northeast India?

The ideal time to visit Northeast India is October to April when the weather is pleasant and dry. October–November offers post-monsoon freshness with clear skies, perfect for sightseeing and outdoor activities. December–February brings cool, crisp weather ideal for exploring hill stations like Gangtok, Shillong, and Tawang. March–April features blooming rhododendrons and comfortable temperatures. Avoid June–September monsoon season as heavy rainfall can disrupt travel plans, cause landslides, and make roads inaccessible. However, if you're interested in experiencing lush green landscapes and don't mind occasional showers, post-monsoon September can be beautiful. For specific festivals like Hornbill Festival in Nagaland (December) or cherry blossoms in Shillong (November), plan accordingly. Winter temperatures range from 5–20°C in hills and 10–25°C in plains.

❓ **How can I reach Northeast India from major Indian cities?**

Air travel is the most convenient option with Guwahati (Assam) serving as the main gateway, connected to Delhi, Mumbai, Kolkata, and Bangalore. Other airports include Bagdogra (for Sikkim), Imphal, Agartala, Dibrugarh, and Dimapur. From Guwahati, you can reach other states by road or connecting flights. Train connectivity exists to Guwahati, New Jalpaiguri (for Sikkim), and Agartala via broad gauge lines. The Rajdhani Express connects Guwahati to Delhi. Road access is possible via NH27 through West Bengal and NH37. For Sikkim, fly to Bagdogra then drive 4 hours to Gangtok. Many tourists prefer flying to Guwahati and then taking domestic flights or hiring vehicles for interstate travel. Book flights in advance as options are limited and prices can be higher than other destinations.

❓ **Do I need special permits to visit Northeast states?**

Permit requirements vary by state and visitor nationality. Indian citizens need Inner Line Permits (ILP) for Arunachal Pradesh, Mizoram, and Nagaland, obtainable online or at checkpoints. Manipur requires ILP for certain areas. No permits needed for Assam, Meghalaya, Tripura, and Sikkim for Indians. Foreign nationals need Protected Area Permits (PAP) for Arunachal Pradesh, obtained through registered tour operators with 30-day advance application. Sikkim requires permits for certain areas like Nathula Pass and North Sikkim. For group travel, tour operators usually handle permit procedures. Apply online through official state websites or at designated counters in Delhi, Kolkata, and Guwahati. Carry multiple passport-size photos and ID proofs. Permits are usually processed within 2–7 days. Some border areas may have additional restrictions, so check current regulations before travel.

❓ **What are the local transportation options within Northeast states?**

Shared taxis and sumos are the most common intercity transport, especially in hilly regions like Sikkim and Meghalaya. State transport buses connect major towns but can be crowded and slow. Private buses offer better comfort for longer routes. In cities, auto-rickshaws, cycle-rickshaws, and local taxis are available. App-based cabs operate in Guwahati, Shillong, and Gangtok. For sightseeing, hiring a private car with driver is recommended, costing ₹2,500–4,000 per day depending on the vehicle and distance. Motorcycle rentals are popular in Sikkim and Meghalaya among adventure travelers. River transport exists in Assam via ferries across Brahmaputra. Helicopter services operate in Sikkim for scenic tours. Book vehicles in advance during peak season. Mountain roads can be challenging, so experienced local drivers are advisable. Fuel stations may be sparse in remote areas.

❓ **What types of accommodation are available and where should I stay?**

Northeast India offers diverse accommodation from luxury resorts to budget homestays. Government tourism properties provide good value with basic amenities. Luxury options include Taj Tashi (Thimphu), Mayfair Hotels (Gangtok, Shillong), and heritage properties. Mid-range hotels are abundant in major towns. Homestays are popular, especially in Sikkim, Meghalaya, and Arunachal Pradesh, offering authentic cultural experiences at ₹1,000–3,000 per night. Stay in Gangtok for Sikkim exploration, Shillong for Meghalaya, Guwahati for Assam, Itanagar for Arunachal Pradesh. In remote areas, government guest houses and forest rest houses are available but require advance booking. Eco-lodges near national parks offer nature experiences. During festivals, book well in advance as accommodation fills quickly. Many properties offer package deals including meals and local sightseeing. Check for hot water availability in hill stations during winter months.

❓ **What are the must-visit attractions in Northeast India?**

Top attractions include Kaziranga National Park (Assam) for one-horned rhinos, Tawang Monastery (Arunachal Pradesh) – India's largest monastery, and Nathula Pass (Sikkim) on the Indo-China border. Shillong, the 'Scotland of East,' offers colonial charm and living root bridges in Cherrapunji. Majuli Island (Assam) is the world's largest river island with unique culture. Hornbill Festival (Nagaland) showcases tribal heritage. Loktak Lake (Manipur) features floating islands. Unakoti (Tripura) has ancient rock carvings. Adventure seekers enjoy river rafting in Arunachal Pradesh, trekking in Sikkim's Goecha La, and caving in Meghalaya's Mawsmai Caves. Tea gardens in Assam and Sikkim offer scenic beauty. Sikkim's Rumtek Monastery and Gangtok's MG Marg are cultural highlights. Each state offers unique experiences – from wildlife safaris to monastery visits and tribal village interactions.

❓ **What local foods and cuisines should I try in Northeast India?**

Northeast cuisine is unique, featuring rice as staple with minimal spices and extensive use of herbs, bamboo shoots, and fermented ingredients. Must-try dishes include Assam's fish curry with khar (alkaline preparation), Sikkim's momos and thukpa, Nagaland's smoked pork with black sesame, and Manipur's Eromba (vegetable curry). Meghalaya's Jadoh (rice with meat) and Mizoram's Bai (vegetable stew) are local favorites. Fermented fish, bamboo shoot pickles, and bhut jolokia (ghost pepper) add distinctive flavors. Sikkimese cuisine shows Tibetan influence with gundruk (fermented leafy greens) and chhurpi (yak cheese). Try local rice beer, particularly Sikkim's chang and Assam's rice wine. Street food includes Assam's pitha (rice cakes) and various tribal preparations. Many dishes might be unfamiliar to outsiders, so start with milder options. Vegetarian options are available but limited in tribal areas. Local restaurants and homestays offer authentic experiences.

★ **Traveller Reviews**



Gunjan Tiwari

★★★★☆ 4/5

North-East Travels – An Enriching Experience

Traveling to the North-East was an enriching experience for me. The diverse ecosystems and cultures made the trip memorable. Highly recommend exploring this region!



Ranbir Choudhury

★★★★★ 5/5

Journey of a Lifetime

This North-East tour was indeed a journey of a lifetime! Beautiful landscapes, thrilling adventures, and rich culture made it all worth it. Will cherish these memories forever!



Nandita Roy

★★★★★ 5/5

Well-Organized North-East Package

The North-East tour package was well-organized with friendly staff and seamless arrangements. Every detail was taken care of and it made our travel experience delightful!



Sourabh Yadav

★★★★★ 5/5

Beautiful North-East Awaits You

The beautiful North-East awaits everyone! This tour package was filled with exciting activities and places that offered picturesque views. I can't recommend it enough!



Akanksha Mehta

★★★★☆ 4/5

Adventure Awaits in North-East

Adventure awaits in the North-East! This tour gave us thrilling experiences while also allowing us to soak in the serene beauty around us. Great trip overall!

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