

Seven-Day Adventure Circuit: Dzukou, Goecha La Intro & River Kayak

Prepared by TourGrids

Destination
North-East

Duration
7 Nights 8 Days

Starting from
Rs. 31,600 / person

ITINERARY ROUTE

↗ **Shillong · 2N**

↗ **Dzukou Valley · 2N**

↗ **Yuksom / Goecha La base · 2N**

↗ **Bagdogra / Sevoke · 1N**

<https://tourgrids.com/packages/north-east/north-east-7-nights-8-days-package-668>

📌 Overview

An action-packed North-East Adventure tour package built for trekkers, nature lovers and river enthusiasts. Covering the scenic hills of Shillong, the pristine meadows of Dzukou Valley, an introductory alpine experience at Goecha La (Sikkim) and a crystal-clear river kayak at Dawki (Umngot River), this 7 nights / 8 days North-East tour package blends trekking, cultural stops and soft-adventure into one seamless itinerary.

Highlights:

- Dzukou Valley: alpine meadows, wildflowers and sunrise vistas
- Goecha La Intro: short trek to high-altitude viewpoints for Himalayan panoramas
- Dawki (Umngot River): famed crystal-clear waters and river kayaking
- Shillong & Mawlynnong: living root bridges, local Khasi culture and waterfalls
- Expert local guides, comfortable stays and all group transfers included

Tip: This is a high-activity North-East Adventure tour package – bring layered clothing, good trekking shoes and a 20–30L daypack.

✓ What's Included

- ✓ All accommodation as per itinerary (hotels and mountain lodges; twin-sharing).
- ✓ Meals as specified: Breakfasts + selected lunches and dinners during treks/camps.
- ✓ All ground transfers, permits and local taxes.
- ✓ Experienced local trekking guides, river kayak instructor, and support staff.
- ✓ Camping equipment (tents, sleeping bags, mats) for Dzukou nights.
- ✓ Domestic flight (Dimapur 'Bagdogra) if included in group departure plan – otherwise road transfer arranged.
- ✓ Emergency evacuation support and first-aid kit.
- ✓ Note: Single room supplement available on request.

✗ Not Included

- ✗ International / major domestic flights to the start point (Guwahati) and from Bagdogra unless specified.
- ✗ Travel insurance (mandatory) and personal expenses.
- ✗ Meals not mentioned in the itinerary and any alcoholic beverages.
- ✗ Entry fees for optional attractions and camera fees where applicable.
- ✗ Tips, porter charges, and rescue costs resulting from negligence or pre-existing medical conditions.
- ✗ Important: A moderate fitness level is required. Medical certificate may be requested for participants above 60 years.

Day-by-Day Itinerary

Day

1

Arrival and Transfer to Shillong

Arrival at Guwahati Airport / Railway Station in the morning. Meet your local representative and drive ~3 hours to Shillong. Check in to the hotel, rest briefly and then enjoy an easy afternoon of sightseeing: Ward's Lake, Cathedral of Mary Help of Christians, and the viewpoint at Shillong Peak for a panoramic sunset. Evening free to explore the lively Police Bazaar market. Acclimatize, hydrate and keep to light activity on arrival day.

Day

2

Dawki River Kayak & Mawlynnong (Cleanest Village)

Drive to Dawki (Umngot River) for a guided river kayak experience on crystal-clear waters – ideal for beginners and families. After kayaking, visit the nearby Mawlynnong Village (Asia's cleanest village) and the living root bridges in the area. Return to Shillong for overnight. River kayaking is weather dependent; alternative scenic boating will be provided if kayaking isn't possible.

Day

3

Transfer to Dzukou Valley and Trek In

Early drive towards Viswema / Kohima (trek start point). Begin the moderate trek into Dzukou Valley – famous for its rolling meadows, seasonal blooms and quiet alpine environment. Trek duration ~4–6 hours depending on pace. Set up camp and enjoy an evening around a campfire with mountain views. Camping kits and warm sleeping bags provided; nights can be cold – carry thermal layers.

Day

4

Explore Dzukou Valley

Full day in Dzukou Valley to explore its trails, viewpoints and the valley's iconic wildflower carpets (seasonal). Enjoy sunrise photography, short excursions to nearby ridgelines and a picnic lunch. Return to camp for a relaxed evening and stargazing. This day is designed for moderate trekking and nature walks; no previous high-altitude experience required.

Day

5

Trek Out, Transfer to Dimapur and Fly to Bagdogra / Drive to Yuksom

Trek out of Dzukou Valley after breakfast and transfer to Dimapur. Board an evening flight (or road transfer depending on schedule) to Bagdogra / NJP. From Bagdogra, drive to Yuksom (or Pelling/Gangtok depending on flight timing) – the gateway for the Goecha La Intro. Check in to a mountain lodge. Long travel day; expect multiple transfers – early starts recommended.

Day

6

Goecha La Intro — Short Trek & Himalayan Views

After acclimatization, undertake the Goecha La Intro: a graded day trek to a viewpoint offering sweeping views of high peaks including Kanchenjunga (weather permitting). This introductory alpine trek gives a taste of high-altitude trekking without committing to the full Goecha La route. Return to the lodge in the afternoon for rest and cultural interaction with local Sikkimese host communities. Carry your ID for internal permits; weather can change rapidly at altitude.

Day

7

Sunrise View, Short Hike & Transfer to Bagdogra / Sevoke

Optional early-morning short hike for sunrise over the Himalaya. After breakfast, start the descent/drive towards Bagdogra / Sevoke, crossing scenic valleys and tea gardens. Check in at a transit hotel near the airport/railhead. Evening at leisure. This night is scheduled near your departure hub for an easy exit on Day 8.

Day

8

Departures

Transfer to Bagdogra Airport / New Jalpaiguri Railway Station for your onward flights/trains. Trip concludes after breakfast. If you need an extended stay or airport transfers to Guwahati instead, ask our operations team for options.

🔗 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!

Why Choose TourGrids?

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<https://tourgrids.com/packages/north-east/north-east-7-nights-8-days-package-668>