

Adventure & Wellness in Sikkim: Yoga, Light Treks & Spa

Prepared by TourGrids



Destination

North-East



Duration

6 Nights 7 Days



Starting from

Rs. 26,900 / person

ITINERARY ROUTE

↖ **Gangtok · 3N**

↖ **Lachung · 2N**

↖ **Pelling · 1N**

<https://tourgrids.com/packages/north-east/north-east-6-nights-7-days-package-675>

Overview

A 6-night / 7-day North-East Adventure tour package that blends gentle mountain trekking, daily yoga and meditation sessions, and rejuvenating spa therapies across scenic Sikkim. Perfect for travelers seeking a balanced mix of wellness, light adventure, and cultural sightseeing. This North-East Adventure package covers Gangtok, Lachung (Yumthang Valley & Zero Point), and Pelling with comfortable stays, experienced local guides, and curated wellness experiences.

Highlights:

- Daily yoga & meditation sessions in serene mountain settings
- Yumthang Valley & Zero Point light walks and rhododendron meadows
- Gangtok: Rumtek Monastery, Tashi Viewpoint & MG Road leisure
- Pelling: Khecheopalri Lake, Pemayangtse Monastery & spa treatments
- Light treks suitable for beginners: scenic walks, not technical climbs

Ideal for solo travelers, couples, and small groups who want a gentle adventure combined with wellness. Keywords: North-East tour package, North-East Adventure tour package, North-East Adventure package, 6 and 7 North-East Adventure tour package.

✓ What's Included

- ✓ Accommodation for 6 nights (twin/double sharing) across Gangtok (3N), Lachung (2N), and Pelling (1N).
- ✓ Daily breakfast, 4 lunches and 4 dinners (local & wholesome menus).
- ✓ All transfers and sightseeing by private comfortable vehicle (as per itinerary).
- ✓ Professional local guide and wellness instructor for yoga & meditation sessions.
- ✓ 1 spa session included per person in Gangtok and 1 spa session in Pelling (as specified).
- ✓ Permits for Yumthang & Zero Point where required.
- ✓ All applicable taxes and service charges.
- ✓ Note: Single-room supplements available on request.

✗ Not Included

- ✗ Air/train fare to Bagdogra / NJP and return.
- ✗ Entrance fees not specified in inclusions, personal expenses, tips & gratuities.
- ✗ Meals not mentioned in the inclusions.
- ✗ Travel insurance and emergency evacuation.
- ✗ Any additional spa therapies or extended wellness services beyond included sessions.
- ✗ Government-mandated rescue or rescue charges in case of emergencies.
- ✗ Tip: Carry a valid ID for permits and a copy of your travel insurance.

Day-by-Day Itinerary

Day

1

Arrival at Bagdogra or NJP — Transfer to Gangtok and Orientation

Arrive at Bagdogra Airport / New Jalpaiguri (NJP) Railway Station and drive to Gangtok (approx. 4–5 hours). Check-in at the hotel and relax. Evening gentle welcome yoga session (30–45 minutes) followed by a short orientation with the tour leader. Leisurely stroll on MG Road to experience local cuisine and markets.

Tip: Carry light warm clothing — nights can be chilly.

Day

2

Wellness Day in Gangtok: Yoga, Spa & Local Sightseeing

Start the day with a guided sunrise yoga & meditation session overlooking the hills (45–60 minutes). After breakfast, enjoy a relaxing spa therapy (60 minutes) focused on muscle relaxation and acclimatization. Post-lunch, visit Rumtek Monastery and the Namgyal Institute of Tibetology for cultural immersion. Evening free for a gentle walk or optional Ayurvedic foot massage.

Note: Spa treatments are customized; inform us of any health conditions in advance.

Day

3

Light Trek & Views: Tashi Viewpoint, Hanuman Tok and Local Experiences

Early morning transfer to Tashi Viewpoint for panoramic sunrise views of Kanchenjunga. Return for a wholesome breakfast and a short guided walk to Hanuman Tok and Flower Exhibition Centre. Afternoon is reserved for a gentle 2–3 hour guided nature walk on marked trails near Gangtok—ideal for beginners. Evening group yoga nidra / guided relaxation session.

Fitness level: Easy — accessible for most travelers.

Day

4

Drive to Lachung — Mountain Scenery & Gentle Acclimatization

Drive northwards to Lachung (approx. 6–7 hours) with picturesque stops en route at scenic viewpoints and local villages. Check-in and relax to acclimatize. Short evening stroll around the village and a light restorative yoga session focused on breathing techniques to prepare for high-altitude daylight excursions.

Important: Carry layered clothing and basic altitude sickness medication if prescribed.

Day

5

Yumthang Valley & Zero Point — Light Walks among Rhododendrons

Full-day excursion to Yumthang Valley (the Valley of Flowers) — enjoy breathtaking meadows, alpine scenery and the Shingba Rhododendron Sanctuary (seasonal blooms, Mar–May). Proceed to Zero Point for a short guided walk on snowbound trails (weather permitting). Lunch at a local eatery in Yumthang. Return to Lachung for dinner and an evening relaxation & breathwork session.

Note: Zero Point access depends on road & weather conditions; alternative scenic walks will be provided if closed.

Day

6

Transfer to Pelling — Spa, Khecheopalri Lake & Sunset Views

Drive to Pelling (approx. 6–7 hours) with photo stops and a visit to the historic Khecheopalri Lake. Afternoon arrival and check-in at a wellness-friendly resort offering spa packages. Evening spa session (choice of hot stone therapy or aromatherapy) followed by sunset views of the Himalaya from the hotel vantage point.

Tip: Pelling evenings are peaceful—ideal for a restorative massage and journaling.

Day

7

Pemayangtse Monastery, Local Culture & Departure

Morning visit to Pemayangtse Monastery and Rabdentse Ruins (if time permits). Gentle farewell yoga & breathing session before checkout. Drive to Bagdogra Airport / NJP for onward travel. End of the 6-night / 7-day North-East Adventure tour package.

Important: Flight/train times may require an early departure; plan accordingly.

🔗 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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