

Arunachal Trek & Culture: Moderate Treks, Monasteries & Homestays

Prepared by TourGrids



Destination

North-East



Duration

6 Nights 7 Days



Starting from

Rs. 25,100 / person

ITINERARY ROUTE

↖ **Dirang · 1N**

↖ **Bomdila · 2N**

↖ **Tawang · 3N**

<https://tourgrids.com/packages/north-east/north-east-6-nights-7-days-package-681>

Overview

a 6 nights / 7 days North-East Adventure tour package designed for travelers who want a balanced mix of moderate day-treks, immersive homestays with local Monpa communities, and visits to some of Arunachal Pradesh's most iconic monasteries and high-altitude lakes. Ideal as a North-East tour package or a signature North-East Adventure package, this itinerary covers scenic valleys, cultural interactions, and gentle trekking that suits fit beginners to intermediate hikers.

Highlights:

- Tawang Monastery – the largest monastery in India outside Ladakh
- Sela Pass & Shonga-tser (Madhuri) Lake – high-altitude highlights
- Bomdila viewpoints & Monpa cultural homestay
- Dirang hot springs & apple orchards
- Moderate treks, village walks and authentic Monpa homestays

Note: Permits (Inner Line Permit / Protected Area Permit) are required for Arunachal Pradesh; we assist with documentation.

✓ **What's Included**

- ✓ Accommodation for 6 nights (mix of comfortable hotels, guesthouses & Monpa homestays as specified)
- ✓ All ground transfers and sightseeing in a private vehicle with driver
- ✓ Experienced local guide for treks and cultural visits
- ✓ Meals: Breakfast at hotels + selected dinners (as per day plan and homestay meals)
- ✓ Assistance with permits (Inner Line Permit / Protected Area Permit) – permit fees not always included
- ✓ Local cultural experiences and village interactions
- ✓ Basic first-aid kit and emergency support

✗ **Not Included**

- ✗ Air/train fare to/from Guwahati
- ✗ Entrance fees, camera fees, monuments donations, and special permit surcharges (if any)
- ✗ Personal expenses (tips, laundry, phone calls, alcoholic beverages)
- ✗ Travel insurance (strongly recommended)
- ✗ Any emergency evacuation or additional medical costs
- ✗ Meals not specified in inclusions and optional activities such as visits to Bumla Pass (requires special permits and additional charges)

Day-by-Day Itinerary

Day

1

Arrival & Drive to Dirang — Acclimatize and Village Homestay

Pickup from Guwahati / airport or railway station early morning and drive to Dirang (drive time ~9–11 hrs depending on road conditions). Afternoon short acclimatization walk around the Dirang valley, visit the Dirang Monastery and Dirang Hot Springs. Evening cultural exchange at a local Monpa homestay with dinner prepared by hosts.

Tip: Drink plenty of water and move at a comfortable pace on day one to avoid altitude issues.

Day

2

Dirang: Short Moderate Trek, Sangti Valley & Drive to Bomdila

Morning moderate trek (2–3 hours) through apple orchards and terraced fields to a viewpoint overlooking the valley — great for birdwatching. After lunch drive to Bomdila (~3–4 hrs). En route photo stops and short visits to local craft shops. Evening free to explore Bomdila town; overnight at a guesthouse or family homestay.

Note: The trek is moderate with some steep sections; suitable for regular walkers.

Day

3

Bomdila: Cultural Immersion & Moderate Trails

Full day in Bomdila to explore Bomdila Monastery (Lamaling), local markets, and a guided moderate trail to nearby hamlets to meet villagers, learn about Monpa crafts and agricultural life. Evening cultural program with local music/dance (when available) and homestay dinner.

Tip: Carry light cash for local purchases; network coverage may be limited.

Day

4

Drive to Tawang via Sela Pass — Shonga-tser (Madhuri) Lake & Jaswant Garh

Early departure to Tawang. Scenic drive crossing the dramatic Sela Pass with a stop at Shonga-tser (Madhuri Lake) for photos and a short walk. Visit Jaswant Garh War Memorial on the way. Arrive in Tawang by late afternoon; short orientation walk and visit a nearby viewpoint to catch sunset over the valley.

Important: Sela Pass is at high altitude — keep warm layers and avoid sudden exertion.

Day

5

Tawang: Monastery, War Memorial & Local Market Walk

Full day exploring Tawang Monastery (Gonpa)—one of the largest Buddhist monasteries in India—attend morning prayers if interested. Visit the Tawang War Memorial, local handicraft markets and smaller temples around the town. Afternoon optional short trek (2–4 hrs) to nearby hamlets or scenic overlooks to witness high-altitude flora.

Tip: Respect monastery etiquette: modest clothing, remove shoes where required, and ask before photography.

Day

6

Day Trek & Homestay Experience in Tawang Hills

A day dedicated to a moderate trek (4–6 hrs total with breaks) through alpine meadows and small hamlets — perfect for close cultural interactions and landscape photography. Evening immersion in a Monpa homestay near Tawang where you will share a home-cooked meal and learn about local life.

Note: Trek difficulty is moderate with uneven terrain; sturdy trekking shoes and poles recommended.

Day

7

Departure: Tawang to Guwahati / Tezpur — End of Tour

After breakfast, begin the return journey to Guwahati / Tezpur (drop-off point as per booking). En route stops for photos and refreshments; arrival by evening depending on traffic and road conditions. Tour concludes on arrival.

Tip: If you prefer a faster return, inquire about limited-seat flights operating from nearby airstrips (seasonal).

🔍 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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