

Ultimate Adventure 5N Goa: Scuba, Trek to Dudhsagar & Kayaking

Prepared by TourGrids



Destination
Goa



Duration
5 Nights 6 Days



Starting from
Rs. 26,750 / person

ITINERARY ROUTE

↖ North Goa · 3N

↖ South Goa · 2N

Overview

Experience the best of Goa with this action-packed 5 nights / 6 days itinerary designed for adventure lovers. This Goa Adventure tour package blends underwater exploration, river kayaking, a scenic trek to the iconic Dudhsagar Waterfalls, and beachside nightlife across both North Goa and South Goa. Ideal for travelers seeking a mix of adrenaline and coastal relaxation.

Highlights:

- Scuba diving at Grande Island (guided)
- Trek & swim at Dudhsagar Waterfalls
- Kayaking on the Mandovi River and coastal kayaking at Palolem/Agonda
- Dolphin sighting cruise and snorkeling
- Nights in North Goa (Baga/Calangute) and South Goa (Dudhsagar/Palolem area)

Tip: Best time for water activities is November to March when the sea is calm and visibility for scuba is highest.

✓ What's Included

- ✓ Inclusions:
- ✓ 5 nights accommodation (twin/double sharing) in 3/4 hotels or beach cottages as per package
- ✓ Daily breakfast (and 2 dinners as specified)
- ✓ All transfers (airport/railway to hotel and inter-location transfers as per itinerary)
- ✓ Guided scuba diving session (trial dive for beginners) including equipment, boat transfer, and professional dive instructor
- ✓ Guided Dudhsagar trek & jeep entry into the sanctuary, permits and local guide
- ✓ Kayaking sessions (Mandovi River and South Goa coastal session) with guide and equipment
- ✓ Dolphin-spotting cruise and snorkeling session (where included)
- ✓ All activity fees mentioned in itinerary, park permits where applicable
- ✓ Local English-speaking guides and safety briefing for adventure activities
- ✓ Taxes and service charges

✗ Not Included

- ✗ Exclusions:
- ✗ Flights/rail tickets to/from Goa
- ✗ Personal expenses, tips, and gratuities
- ✗ Travel insurance (recommended)
- ✗ Meals not mentioned in inclusions and any alcoholic beverages
- ✗ Optional or additional activities not listed (e.g., nightclubs, parasailing if not included)
- ✗ Scuba certification course fees (if you opt for full certification)
- ✗ Peak season surcharges, vehicle supplement for solo travelers
- ✗ Medical conditions that prevent participation (participants with certain medical histories may be restricted from scuba/trekking)

Day-by-Day Itinerary

Day

1

Arrival, Beach Orientation & Night Market

Arrival at Goa airport/railway station. Transfer to your hotel in North Goa (Baga/Candolim/Calangute). Afternoon beach orientation: relax on Baga Beach or Calangute Beach, get fitted with any required gear for upcoming activities, and brief on safety protocols. Evening visit to a local night market (seasonal) or enjoy beachside cafes and nightlife at Titos Lane.

Important: Keep your ID and medical declaration form for water activities handy.

Day

2

Scuba Diving at Grande Island & Snorkeling

Full-day trip to Grande Island (also called Ilha Grande) for scuba diving (one guided trial dive for beginners / certified dive options available). Includes boat transfer, dive briefing, equipment, and a short snorkeling session. Post-dive lunch on the boat or island and optional snorkeling at shallow reefs.

Note: Divers must fill pre-dive medical form. Certified divers should carry certification card.

Day

3

Kayaking on the Mandovi River & Panaji Heritage Stroll

Morning guided sea/kayak tour on the Mandovi River – mangrove channels and calm estuarine paddling with instructive guide and equipment. After lunch, short transfer to Panaji for a heritage walk through Fontainhas (Latin Quarter) and a visit to the Basilica of Bom Jesus or a quick cruise on the Mandovi (sunset cruise optional).

Tip: Wear quick-dry clothing and bring sunscreen; river water can reflect heat strongly.

Day

4

Transfer to South Goa & Dudhsagar Trek

Early departure from North Goa to the Dudhsagar region (approx 3–4 hour drive). Prepare for a guided jeep/trek approach into the National Park followed by the trek to Dudhsagar Waterfalls. Enjoy a refreshing swim near the waterfall pools, take photographs, and explore nearby trails. Evening transfer to accommodation in South Goa (Palolem/Agonda area) for a relaxed beach dinner.

Important: Trek difficulty is moderate. Wear sturdy shoes, bring water and a dry bag for electronics.

Day

5

Coastal Kayaking, Dolphin Cruise & Leisure Beach Time

Morning coastal kayaking session around Palolem/Agonda (calm bays, mangrove inlets optional) followed by a midday dolphin-spotting cruise off the South Goa coast. Afternoon free to explore serene beaches, try local seafood, or opt for paddleboarding/stand-up paddle (additional cost).

Note: Wildlife sightings (dolphins) are seasonal and depend on weather; guides will choose the best window.

Day

6

Panaji Quick Tour & Departure

Check out and transfer to Panaji if time allows. Quick stops can include the Churches of Old Goa (Basilica of Bom Jesus, Se Cathedral) or last-minute shopping at local markets. Transfer to airport/railway station for your onward journey.

Tip: Coordinate departure time with your transfer; leave buffer time for traffic, especially during peak season.

? Frequently Asked Questions

? When is the best time to visit Goa and what's the weather like?

The best time to visit Goa is October to March (prime season) when the weather is dry with pleasant days (20–32°C) and cool nights. This period offers calm seas perfect for swimming, open beach shacks, vibrant nightlife, and ideal conditions for water sports. Summer (March–May) is hot but manageable with temperatures reaching 36°C, offering good deals and fewer crowds. Monsoon season (June–September) brings heavy rains and rough seas, with many beach activities suspended, but it's perfect for experiencing lush landscapes, waterfalls, and romantic ambiance at discounted rates. Christmas–New Year is peak season with highest prices and crowds.

? How do I reach Goa and what are the transportation options?

Goa has two airports: Manohar International Airport (GOX) in North Goa near Mopa, and Dabolim Airport (GOI) for Central/South Goa access. Both receive direct flights from major Indian cities and seasonal international connections. By train, major stations include Madgaon, Thivim, Karmali, and Vasco da Gama, connected via the scenic Konkan Railway. By road, NH 66 coastal highway and NH 48 via Western Ghats connect Goa to Mumbai, Pune, and Bengaluru. Overnight buses operate frequently from these cities. The journey from Mumbai takes 8–10 hours by road, while flights take 1.5 hours.

❓ **Do I need a visa to visit Goa as a tourist?**

Goa is part of India, so visa requirements depend on your nationality. Indian citizens need only valid government-issued photo ID. Foreign tourists require appropriate Indian visas - tourist visa, e-visa, or visa-on-arrival (for eligible countries). E-visas are convenient and can be obtained online for most nationalities, valid for 30-365 days depending on type. Processing typically takes 2-4 business days. Ensure your passport has at least 6 months validity and blank pages. Some nationalities like Bhutan and Nepal citizens don't need visas but require valid identification. Check the latest visa requirements on the official Indian visa website before traveling.

❓ **What are the best local transportation options in Goa?**

Goa offers diverse transportation options. Rental scooters/motorbikes are most popular for flexibility - carry your original license and wear helmets (mandatory). Motorcycle taxis called 'pilots' are unique to Goa, perfect for solo travelers. Regular taxis and app-based services like GoaMiles operate throughout. Kadamba state buses and private buses connect major towns and beaches affordably. River ferries to islands like Divar and Chorao are scenic and frequent. Auto-rickshaws exist but are limited in some areas. For comfort, rent a car with driver. Always negotiate fares beforehand for taxis and pilots, or use metered/app-based services.

❓ **Where should I stay in Goa and what accommodation options are available?**

North Goa (Calangute, Candolim, Anjuna, Vagator) offers vibrant nightlife, water sports, and party atmosphere with beach shacks, budget guesthouses to luxury resorts. South Goa (Colva, Benaulim, Palolem, Agonda) provides quieter, family-friendly vibes with wider beaches and upscale resorts. Panaji offers heritage charm and cultural experiences. Accommodation ranges from budget hostels (₹500-1500/night), mid-range hotels and beach resorts (₹2000-8000/night), to luxury properties like Taj, W Goa, and Alila Diwa (₹15000+/night). Beach huts and homestays offer authentic experiences. Book well in advance for December-January. Consider proximity to beaches, nightlife preferences, and transportation when choosing location.

❓ **What are the must-visit attractions and places in Goa?**

Essential Goa experiences include UNESCO-listed Old Goa churches (Basilica of Bom Jesus, Se Cathedral), colorful Fontainhas Latin Quarter in Panaji, and Fort Aguada for sunset views. North Goa highlights are Chapora Fort, Anjuna's Wednesday flea market, and Calangute-Baga beach strip. Don't miss Dudhsagar Falls (spectacular four-tier waterfall), spice plantations in Ponda, and peaceful Divar Island accessible by ferry. South Goa offers pristine beaches like Palolem and Agonda, plus hidden gems like Cola Beach's blue lagoon. Take sunset cruises on Mandovi River, explore Salim Ali Bird Sanctuary, and visit off-beat Tambdi Surla Temple. Each region offers distinct experiences from heritage to nature to beaches.

🔗 What local food and cuisine should I try in Goa?

Goan cuisine blends Portuguese and Konkani influences. Must-try dishes include Goan Fish Curry with rice, Pork Vindaloo, Chicken Cafreal (green masala), and Chicken Xacuti (coconut-spice curry). Seafood specialties are rava-fried fish, Prawn Balchão, and fresh catch at beach shacks. Try local breads like poi and pão, and end meals with bebinca (layered dessert) or dodol. Drink feni (cashew or coconut spirit) – Goa's signature alcohol, or seasonal urrak. Visit Vinayak Family Restaurant, Kokni Kanteen, or Martin's Corner for authentic experiences. Beach shacks serve fresh seafood with sea views. Vegetarians can enjoy sol kadhi, Goan dal, and coconut-based curries. Always try the local fish thali for a complete experience.

★ Traveller Reviews



Aditi Sharma

★★★★★ 5/5

Amazing Experience in Goa!

We had a fantastic time exploring Goa with this tour package. The beaches were beautiful, and the itinerary was well-planned. Highly recommend!



Rahul Desai

★★★★★ 5/5

Romantic Escape

We had the most romantic getaway in Goa. Sunset cruises and candlelight dinners made it memorable.



Karan Singh

★★★★★ 5/5

Relaxing Beach Getaway

The beach resorts were luxurious, and the food was a delight. Perfect retreat for those looking to unwind. Would book again!



Raghav Khanna

★★★★★ 5/5

Adventurous Couples Retreat

A wonderful package for couples looking to engage in fun activities together. We made amazing memories!



Ashwin Varma

★★★★☆ 4/5

An Unforgettable Journey

Goa was stunning, and this tour enhanced our experience. From the scenic views to local interactions, it was unforgettable.

⚡ Why Choose TourGrids?

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