

# Extended Adventure 8N Goa: Diving Certification, Trek & Kayak

Prepared by TourGrids

Destination  
**Goa**

Duration  
**8 Nights 9 Days**

Starting from  
**Rs. 56,500 / person**

## ITINERARY ROUTE

↙ Candolim / Calangute · 4N

↙ Panaji / Old Goa · 1N

↙ Palolem / Agonda · 3N

## 📌 Overview

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An action-packed 8 nights / 9 days Goa tour package designed for adventure seekers who want to earn a diving certification, explore backwaters by kayak, and trek scenic coastal trails. This Goa Adventure tour package blends certified scuba training, open-water dives, guided treks, and kayak excursions with beachside relaxation and Goan culture. Ideal for solo travelers, groups, and certified divers looking for an immersive, active holiday.

### Highlights:

- Discover Scuba & Open Water Certification (PADI/ SSI)
- Kayak through mangroves & estuaries
- Guided coastal trek with cliff views
- Dudhsagar Waterfalls visit & nature trail
- Nightlife in North Goa and quiet beaches in South Goa
- Local Goan cuisine tasting & cultural walk in Old Goa

This package is one of the best 8 and 9 Goa Adventure tour package options – combining training, adventure sports, and leisure.

#### ✓ **What's Included**

- ✓ 8 nights accommodation (4 nights North Goa, 1 night Panaji, 3 nights South Goa) in twin/double rooms
- ✓ Daily breakfast
- ✓ Airport transfers (arrival & departure)
- ✓ PADI/SSI Open Water certification course (theory, confined pool sessions, 4 open water dives) or equivalent with certified instructor
- ✓ Dive equipment rental (mask, fins, BCD, regulator) for certification dives
- ✓ Two-way boat transfers for dive days
- ✓ Guided Dudhsagar trek and spice plantation visit with lunch
- ✓ Guided mangrove kayak tour with equipment and instructor
- ✓ Coastal guided trek with local guide
- ✓ Mandovi river sunset cruise (shared)
- ✓ Local taxes and standard permits for scheduled activities
- ✓ 24/7 local support and emergency contact

#### ✗ **Not Included**

- ✗ International or domestic flights to/from Goa
- ✗ Meals beyond daily breakfast unless specified (lunches/dinners are optional or as noted)
- ✗ Personal dive upgrade fees (e.g., advanced courses) and optional fun dives not included
- ✗ Travel insurance (strongly recommended, must cover scuba diving) – mandatory for dive participants
- ✗ Government permits or park entry fees if any special seasonal charges apply
- ✗ Tips, personal expenses, alcoholic beverages, and optional activities not listed under inclusions
- ✗ Any medical expenses or evacuation costs

## Day-by-Day Itinerary

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Day

1

### **Arrival, Orientation & Beach Sunset**

Arrive at Goa (Dabolim/Goa Airport). Transfer to Candolim/Calangute. Check-in and relax. In the late afternoon enjoy a welcome orientation covering the diving certification schedule, safety briefing, equipment introduction, and trek/kayak plan. Evening at Candolim Beach for sunset and optional dinner at a beach shack featuring Goan seafood.

Tip: Carry light clothing, swimwear, and a waterproof daypack.

Day

2

### **Discover Scuba & Pool Confined Sessions**

Begin your certification: theory briefing followed by confined water (pool) sessions with certified instructors. Practice basic skills, buoyancy, mask clearing, regulator recovery, and equipment handling. Afternoon free for beach activities or optional water sports (parasailing, jet-ski).

Focus: Confined water training for Open Water Diver certification.

Important: Bring certification medical form signed by a doctor if required.

Day

3

### **Open Water Dives — Two Dives (Certification Day)**

Early breakfast and depart for boat to continental reef sites. Complete two open-water training dives under instructor supervision to satisfy certification requirements. Explore shallow reefs, observe reef fish, and practice navigation skills.

Evening: Relax at the hotel or explore Baga Beach nightlife.

Highlight: Open-water certification dives and marine life sightings.

Day

4

### **Advanced Dive / Fun Dives & Coastal Exploration**

Depending on group skill level, perform an additional fun dive or an advanced introduction (e.g., deeper dive, underwater navigation). Afternoon transfer to Panaji for a short cultural walk in Fontainhas (Latin Quarter) and a riverside sunset cruise on the Mandovi.

Note: Additional advanced dive fees may apply if upgrading certifications.

Day

5

## Dudhsagar Waterfall Trek & Spice Plantation Visit

Early transfer to the Goa–Karnataka border for the Dudhsagar Waterfalls jeep/railway-track trek (season dependent). Enjoy the spectacular falls, a natural pool dip (where permitted), and a guided nature walk. Later, visit a spice plantation for a traditional Goan lunch and a short cultural demonstration.

Evening: Transfer to South Goa (Palolem/Agonda) and check-in.

Tip: Wear sturdy shoes and a quick-dry outfit for the trek.

Day

6

## Mangrove Kayak Adventure & Estuary Exploration

Guided sea-kayak and mangrove estuary tour – paddle through calm channels, spot birdlife, and learn about coastal ecosystems. Includes basic paddling training, safety briefing, and guided route. Post-kayak, enjoy a beachside lunch followed by free time to swim or relax.

Highlight: Guided kayak through mangroves and estuary, wildlife spotting.

Important: Kayak routes are tide-dependent; schedule may shift by a few hours.

Day

7

## Coastal Trek & Cliffside Views

Morning guided coastal trek covering scenic cliffs and less-crowded beaches. This trek offers panoramic views, lighthouse sightings (where accessible), and photo stops. Afternoon free for snorkeling, paddleboarding, or simply relaxing on Palolem Beach.

Note: Trek difficulty is moderate; bring sunscreen and 1–1.5 liters of water.

Day

8

## Leisure Day: South Goa Beaches & Local Experiences

A full leisure day to explore South Goa's serene beaches. Optional activities include snorkeling, stand-up paddleboarding, Ayurvedic massage, or a local fishing village visit. Evening coastal dinner with live music.

Tip: Try authentic Goan dishes like Xacuti, Recheado, and local fish curry.

Note: Activity add-ons can be arranged in advance or on arrival.

Day

9

## Panaji Morning, Shopping & Departure

Check out and transfer to Panaji/Old Goa. If time allows, enjoy a short visit to Basilica of Bom Jesus, a walk in Fontainhas, or souvenir shopping at Panaji's markets. Transfer to Goa Airport for your onward flight.

Important: Confirm flight timings; allow 3–4 hours for airport transfer from South Goa.

## 🔗 Frequently Asked Questions

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### 🔗 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.

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### 🔗 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.

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### 🔗 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.

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## ❓ **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.

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## ❓ **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.

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## ❓ **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.

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## ❓ **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 pãõ, 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.

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## ★ Traveller Reviews

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**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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