



8-DAY ITINERARY

THE GRAND MANIPUR

 **Imphal • Loktak • Andro Village • Tamenglong • Dzukou Valley**

BEST FOR

Cultural Explorers | Trekkers | Festival Seekers | Tribal Immersion

www.indianholiday.com

Quick Snapshot

Best Time To Visit: October – April

Weather: Clear skies, 10°C – 26°C

Arrival Options

 **Airport:** Imphal Airport

 **Railway:** Dimapur Railway Station

 **Pre-book** airport transfer & plan buffer days for long drives

DAY 1: IMPHAL

- Morning:** **Arrive at Imphal International Airport.** Check-in and freshen up. Lunch at local eatery, try Manipuri thali.
- Afternoon:** **Visit Kangla Fort**, historic seat of Manipur's kingdom . Explore the palace ruins, temples, museums, and the sacred Kangla Sha.
- Evening:** **Sunset at Shaheed Minar** (Red Hill)—a war memorial with panoramic city views. Then explore the Khwairamband Bazaar area. Dinner & overnight stay.

LOCAL EXPERIENCE

Kangla Fort is not just ruins—it's the spiritual and political heart of Manipur. Visit during late afternoon for best light and fewer crowds.

SKIP/AVOID

Don't attempt too much on Day 1 after travel. Skip distant sites like Loktak today—save energy.

DAY 2: LOKTAK LAKE

- Morning:** **Depart 6:30 AM for Loktak Lake.** Board a boat for Loktak exploration, cruise through the world's only floating national park.
- Afternoon:** **Enter Keibul Lamjao National Park by boat**—world's only floating national park and last refuge of the endangered Sangai deer.
- Evening:** Return to Imphal by 5 PM. Evening free—relax at hotel, **explore local cafes, or visit Manipur State Museum** if open (closes at 4:30 PM usually). Dinner featuring Manipuri dishes.

LOCAL EXPERIENCE

Loktak's phumdis are a unique ecosystem found nowhere else. Local fishermen build huts on these floating islands.

SKIP/AVOID

Don't expect guaranteed Sangai deer sighting—they're extremely shy and elusive. The real magic is the floating forest ecosystem.

DAY 3: VILLAGE IMMERSION

- **Morning:** **Depart 8 AM for Andro Village**, famous for its ancient pottery tradition—using pre-historic techniques. Visit pottery workshops, learn the coiling technique, clay preparation, and natural firing methods.
- **Afternoon:** **Visit the Andro Cultural Complex** and explore Andro Gramshang (village park), home to medicinal plants and traditional huts. Then **drive to Sadu Chiru Waterfall**.
- **Evening:** **Drive back to Imphal**. This is a long drive day. Dinner and rest at hotel.

LOCAL EXPERIENCE

Andro pottery is a dying art. Only a few elderly women still practice this pre-wheel technique.

SKIP/AVOID

Don't visit Sadu Chiru waterfall during monsoon (June-September)—trek becomes slippery and dangerous.

DAY 4: TAMENGLONG

- **Morning:** **Depart at 6 AM sharp for Tamenglong**. This is a long, winding mountain drive through stunning landscapes. The route passes through: - Kangpokpi - Haochong and Tousem.
- **Afternoon:** **Arrive Tamenglong town**, check into basic guesthouse or homestay (luxury options don't exist here). Lunch at local eatery and visit Zeilad Lake surrounded by hills, sacred to Zeliang Naga community
- **Evening:** **Sunset from hilltop viewpoint overlooking Barak River valley**. Dinner at guesthouse or local restaurant.

LOCAL EXPERIENCE

This is NOT a tourist town. People are curious about visitors. If you're invited to a home, accept—you'll experience genuine Naga hospitality (rice beer, smoked meat, warm conversations).

SKIP/AVOID

Don't expect WiFi, ATMs, or English menus. Carry cash. Don't visit during monsoon—roads become treacherous. Don't photograph tribal people without permission.

DAY 5: RETURN TO IMPHAL

- Morning:** Early breakfast at 7 AM. **Depart for Barak Waterfall–Manipur's TALLEST waterfall** at 60 metres (200 feet). Spend 2-3 hours at Fall–photography, nature observation, birdwatching. The area is pristine and uncrowded.
- Afternoon:** Lunch in Tamenglong town. Check out from guesthouse. **Depart for Imphal by 1-2 PM.** Reverse journey. Enjoy mountain scenery you might have missed in morning darkness yesterday.
- Evening:** Arrive Imphal by 7-8 PM. Check back into your original hotel. Dinner and rest–**tomorrow is Dzukou trek preparation day.**

LOCAL EXPERIENCE

Barak Waterfall is one of Northeast India's hidden gems. Unlike commercialized falls elsewhere, this retains raw natural beauty. The Zeliang Naga community considers it sacred.

SKIP/AVOID

Don't attempt Barak Waterfall in heavy rain–access road floods.

DAY 6: DZUKOU VALLEY TREK

- Morning:** **Depart 5 AM for Mao**, a small town at Manipur-Nagaland border. This is the base for Dzukou Valley trek. Breakfast at Mao dhaba. **Begin trek from Mao village**, pass through dense bamboo forests, rhododendron groves, streams.
- Afternoon:** **Arrive at Dzukou Valley**, a breathtaking alpine valley at 2,400m, surrounded by peaks. Known as "Valley of Flowers of Northeast." The valley floor is carpeted with seasonal flowers.
- Evening:** **Watch the sunset over the valley from the campsite.** The play of light on mountains is magical. Dinner cooked by guide/cook (simple but hot meal). Sleep in warm sleeping bags.

LOCAL EXPERIENCE

Dzukou Valley is sacred to Angami Naga tribe. The trek passes through community conservation area. Your guide fee directly supports local community.

SKIP/AVOID

Don't attempt this trek solo without guide–trail is confusing, weather changes rapidly. Don't underestimate cold–even in summer, nights are 5-10°C.

DAY 7: IMA KEITHEL MARKET

- **Morning:** Wake up before sunrise. **Trek 30 minutes uphill to valley viewpoint for sunrise.** Return to camp for hot breakfast.. Begin descent trek back to Mao, which takes 2.5-3 hours.
- **Afternoon:** Lunch at Mao. Drive back to Imphal. Arrive Imphal by 3 PM. Check into hotel. Freshen up. **Visit Ima Keithel (Mother's Market)**—world's LARGEST all-women run market with 5,000+ vendors.
- **Evening:** **Attend Manipuri classical dance performance** (pre-booked at Jawaharlal Nehru Manipur Dance Academy). Performance lasts 1.5-2 hours. Dinner at restaurant featuring authentic Manipuri cuisine (chamthong, kangshoi, oot).

LOCAL EXPERIENCE

Ima Keithel is not just a market—it's a symbol of women's power in Manipuri society. These vendors are not passive sellers; they're political activists, community leaders, breadwinners. Respect their space.

SKIP/AVOID

Don't haggle aggressively—prices are fair. Don't photograph without asking—some women are camera-shy.

DAY 8: DEPARTURE

- **Morning:** **Visit Manipur State Museum**—excellent collection of tribal costumes, musical instruments, and ancient manuscripts. **Visit Shri Govindajee Temple with twin domes**, daily rituals, beautiful architecture.
- **Afternoon:** **Shopping at Government Emporium** (Khadi Gramodyog) or Paona Bazaar for authentic Manipuri shawls, Longpi black pottery & bamboo products.
- **Evening:** Final walk around the Khwairamband area. **Airport transfer based on flight timing.** Imphal airport is 8 km from city. Keep 2.5-3 hour buffer for check-in and security.

LOCAL EXPERIENCE

Manipuri black pottery (Longpi) from Noney district is eco-friendly—made without wheel, naturally black due to serpentinite rock, no glazing needed. Each piece takes days to create.

SKIP/AVOID

Don't book very early flights on Day 8 if you want museum visits. Roads are good but keep time buffers. Don't leave all shopping till last day—Ima Keithel on Day 7 is better.

**Get Your Customized
Manipur Itinerary**

Why Choose Indian Holiday?

The itinerary is easy. The stress comes from delays, check-ins, and last-minute changes. This table shows who actually handles that vs who leaves it to you.

| ★ WHAT CUSTOMERS CARE ABOUT | TYPICAL OTA/LOCAL AGENT | 👑 IndianHoliday (IHPL) |
|--|-------------------------|------------------------|
| Land late? Pickup still happens smoothly. Flight tracked → pickup aligned to actual landing time. | ✗ | ✓ |
| No “pay here/pay there” on vacation. One consolidated bill for the trip. | ✗ | ✓ |
| Stops that feel real, not rushed. Local guidance where it matters (tea garden/village experiences). | ✗ | ✓ |
| Hotel timing clashes handled. Priority early check-in/late check-out requests (subject to availability) | ✗ | ✓ |
| Plans change mid-trip? Fixed fast. Reroutes, rebookings without chaos (Trip Manager) | ✗ | ✓ |
| Want something special today? Same-day add-ons arranged (dinners/cruises/experiences). | ✗ | ✓ |
| One person accountable. Single point of contact with one thread, fewer misses. | ✗ | ✓ |

Built around your pace, not a template. Family / seniors / honeymoon as per budget, timing, and interests.



Fewer vendors to chase. Hotels + transport + rail/air + rentals coordinated together.



Hard trips need strong operations. Wildlife/pilgrimage/luxury trains where timing & logistics matter.



A stable network (not a new setup). Vendor relationships built over decades (since 1990)



Verifiable business, real support setup. Affiliations, offices and defined hours (not "one person online").



Real Google Reviews from Real Travelers

Verified Google reviews from guests who planned Manipur and Northeast trips with **Indian Holiday.**



abhijit kanungo
11 reviews



★★★★★ 7 months ago

My experience with IHPL was awesome. I booked my North east trip through them & everything was perfectly arranged. Special thanks to Mr **Chandan** for his guidance.



Valliammal Shanmugam
Local Guide · 19 reviews · 1 photo



★★★★★ a year ago

Our recent family trip to Northeast through IHPL Private Limited was a good experience, largely thanks to the organization of the tour. **Chandan**, in particular, made the visit memorable with his exceptional service. We truly appreciate the effort put into making our visit so good.

Want this itinerary tailored to your dates, pace, and hotel category?

[Speak With an Expert Now!](#)