

Arunachal pradesh

10 days and 9 nigts

Naharlagun - Itanagar - ziro - Dirang - Tawang -
Bomdila - Tezpur - Pasighat - Naharlagun

Day 1: Arrival at Naharlagun

Train Travel: Board a train from your city to Naharlagun, which is the nearest railway station to Itanagar, the capital of Arunachal Pradesh. You can book trains from major cities like Kolkata, Guwahati, or New Delhi. Naharlagun is well-connected to the rest of India via the railway network.

- Upon arrival at Naharlagun, take a taxi or private vehicle to Itanagar (approximately 30 minutes drive).
- Visit Ita Fort and Ganga Lake in Itanagar.
- Overnight stay in Itanagar.



Day 2: Itanagar to Ziro

- Head out by road to Ziro, a scenic hill station and a UNESCO World Heritage site.
- Explore Ziro Valley and its Apatani tribal villages.
- Visit Talley Valley Wildlife Sanctuary.
- Overnight stay in Ziro.

Dish to Try: Thukpa (Tibetan Noodle Soup)
Description: A warm and hearty noodle soup made with vegetables or meat, flavored with soy sauce and ginger. It is a popular dish among the Tibetan and Monpa people.
Where to Try: You can find Thukpa in many local eateries and Tibetan restaurants in Itanagar, such as Shungtsok and Sangay's Kitchen.

Dish to Try: Momos (Steamed Dumplings)
Description: These are soft dumplings filled with vegetables, pork, or chicken, and served with spicy chutney.

Where to Try: Try momos at Tibetan Restaurants or street vendors in Itanagar.

Day 4: Ziro to Dirang



- Head towards Dirang, a beautiful town located in the West Kameng district.
- En route, stop at Nuranang Waterfall and enjoy the picturesque views.
- Visit the Dirang Dzong, a fort-like structure with a rich history.
- Explore the Dirang Monastery and relax in the cool weather.
- Overnight stay in Dirang.

Day 5: Dirang to Tawang

- **Drive from Dirang to Tawang, one of Arunachal Pradesh's most famous destinations.**
- **En route, stop at the Sela Pass (13,700 feet), one of the highest motorable passes in the world.**
- **Visit the Jaswant Garh War Memorial to pay homage to the soldiers who fought during the 1962 Indo-China War.**
- **Overnight stay in Tawang.**

Day 6: Tawang Monastery and Local Sightseeing

- Visit the Tawang Monastery, the second-largest Buddhist monastery in India.
- Explore the Tawang War Memorial and Urgelling Monastery, the birthplace of the 6th Dalai Lama.
- Take a stroll through Tawang Town Market for some souvenirs and local handicrafts.
- Visit Pankang Teng Tso Lake for some tranquility.
- Overnight stay in Tawang.

Dish to Try: Shapale (Fried Meat Pie)

- Description: A deep-fried meat pastry, filled with minced meat and spices. This is a popular snack among the Tibetan and Monpa communities in Tawang.
- Where to Try: Try it at local cafes like Tawang Café or Zangdopelri Café.
- Dish to Try: Thenthuk (Tibetan Hand-pulled Noodles)
- Description: This is a flavorful noodle soup made with hand-pulled noodles, vegetables, and meat (often yak or chicken). It's a favorite in the colder months.
- Where to Try: Popular in Tawang, you can try it at places like The Tawang Kitchen or small local dhabas.

Day 7: Tawang to Bomdila



Dish to Try: Yak Meat

- Description: Yak meat is commonly consumed in higher altitudes of Arunachal Pradesh, and it's a must-try when visiting Bomdila.
- Where to Try: Visit local eateries in Bomdila like Hotel Lama's or Bomdila Market to sample yak dishes.

- Drive to Bomdila, known for its scenic beauty and Buddhist monasteries.
- Visit the Bomdila Monastery, which provides a serene environment for meditation.
- Enjoy the view of the Bhalukpong Valley.
- Overnight stay in Bomdila.



Day 8: Bomdila to Tezpur

- Depart for Tezpur in Assam, located at the foothills of Arunachal Pradesh.
- Explore Mahabhairab Temple and the Agni Temple.
- Visit the Tezpur Brahmaputra Riverfront to enjoy a peaceful evening by the river.
- Overnight stay in Tezpur

Though not in Arunachal Pradesh, Tezpur is a convenient gateway for travelers arriving by train, and it offers some regional Assamese flavors.

- Dish to Try: Assam Laksa
 - Description: A tangy and spicy fish-based soup made with rice noodles, typical of Assam.
 - Where to Try: Tezpur restaurants such as Brahmaputra Restaurant and ZOO Café.

Day 9: Tezpur to Pasighat

- Head to Pasighat, the gateway to Arunachal Pradesh's eastern regions.
- Visit the Siang River and enjoy the picturesque views.
- Explore the local markets and enjoy some traditional food.
- Overnight stay in Pasighat.



Day 10: Pasighat to Itanagar

- Drive back to Naharlagun (approx. 6–7 hours, 250 km): Return to Naharlagun to catch your flight or train back to your destination.
- Departure from Naharlagun.

