



Manipur Travel Plan – *Jewel of India*



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📍 Best Time to Visit Manipur

- **October – March:** Best season (pleasant weather & festivals)
- **April – June:** Mild summer, good for hills
- **July – September:** Monsoon (lush landscapes, but travel slower)

Permit: Inner Line Permit (ILP) required for Indian citizens

1 Imphal – *Cultural & Political Heart*

Ideal Stay: 2 days



About

Imphal is the capital city, known for **women-led markets, historical forts, and vibrant Manipuri culture.**

Top Attractions

- **Ima Keithel (Mother's Market)** – run entirely by women
- **Manipur State Museum**
- **Shree Govindajee Temple**
- **War Cemeteries (WWII)**

Experiences

- ✓ Cultural walks
- ✓ Local shopping
- ✓ Traditional dance shows

2 Loktak Lake – *Floating Lake of the World*

Ideal Stay: 1 day





About

Loktak Lake is the **largest freshwater lake in Northeast India**, famous for its **floating islands (phumdis)**.

Top Attractions

- **Sendra Island viewpoints**
- **Boating among phumdis**
- **Lakeside villages**

Experiences

- ✓ Boat rides
- ✓ Sunset photography
- ✓ Eco-tourism visits

3 Keibul Lamjao National Park – *Floating National Park*

Ideal Stay: Half day – 1 day





About

The world's only floating national park, home to the endangered **Sangai (brow-antlered deer)**.

Top Attractions

- Sangai Deer habitat
- Wetland ecosystems
- Birdwatching areas

Experiences

- ✓ Wildlife spotting
- ✓ Nature photography
- ✓ Conservation learning

Kangla Fort – Seat of Meitei Kings

Ideal Stay: Half day



About

Kangla Fort is the **most important historical and cultural site** in Manipur.

Top Attractions

- Ancient palace ruins
- Sacred shrines
- Cultural museums

Experiences

- ✓ Heritage exploration
 - ✓ Cultural understanding
 - ✓ Photography
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5 Ukhrul – *Land of the Tangkhul Nagas*

Ideal Stay: 1–2 days



About

Ukhrul is a scenic hill town known for **cool climate, tribal culture, and rare flowers**.

Top Attractions

- **Shirui Hills** – home of the rare Shirui Lily
- **Khangkhui Cave**
- **Hundung Mangva Cave**



Experiences

- ✓ Hill treks
- ✓ Tribal homestays
- ✓ Nature photography

⊕ Additional Must-Visit Places in Manipur

6 Moreh

- Indo–Myanmar border trade town

7 Andro

- Pottery traditions
- Cultural museum

8 Moirang

- INA Museum

- Loktak nearby

Tamenglong

- Caves & waterfalls

Senapati

- Green valleys
 - Trekking routes
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Suggested 9-Day Itinerary

- **Day 1–2:** Imphal & Kangla Fort
 - **Day 3:** Loktak Lake & Sendra Island
 - **Day 4:** Keibul Lamjao National Park
 - **Day 5–6:** Utkhrul
 - **Day 7:** Andro Village
 - **Day 8:** Moirang & INA Museum
 - **Day 9:** Imphal / Departure
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Must-Try Manipuri Food

- Eromba
 - Chamthong (Kangshoi)
 - Singju (salad)
 - Ngari (fermented fish)
 - Black rice pudding (Chak-Hao)
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Festivals & Culture

- **Yaoshang (Holi of Manipur)**
 - **Lai Haraoba**
 - **Sangai Festival**
 - Manipuri (Ras Lila) classical dance
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Travel Tips

- Obtain **Inner Line Permit (ILP)** in advance
- Respect local customs & dress modestly
- Carry cash for hill areas
- Avoid late-night travel in remote regions