

Rock-Cut Temples by Day, Beach Shacks by Night — A 7-Day Mumbai & Goa Itinerary

A 7-day route that pairs Mumbai's Gothic-Victorian skyline and a boat ride out to a rock-cut cave temple with Goa's whitewashed Portuguese churches, a working spice farm and a run of beach towns from Vagator to Palolem — real hotels, real operators and 2026 prices throughout.

DURATION

7 Days

BEST TIME TO GO

Nov–Feb

Cool, dry season for both cities; avoid Jun–Sep monsoon rains, especially in Goa

FROM

\$1,650 USD

for 2 people · hotels, domestic flight & private transfers

Day 1

Arrive Mumbai

A first afternoon along the harbor to get oriented before the trip heads south to Goa.

Airport Arrival — Chhatrapati Shivaji Maharaj International Airport

~45–60 min to South Mumbai · prepaid taxi or Uber/Ola recommended

A major international hub in the Andheri suburbs; prepaid taxi counters in arrivals are the simplest way into South Mumbai for the first night.

Gateway of India

~45 min · free to view

A basalt arch built in 1924 to commemorate a royal visit, facing the harbor at the tip of Colaba — the city's most-photographed monument and the starting point for Elephanta ferries the next day.

Marine Drive Sunset Walk

~1 hour · free

A 3-kilometer promenade along the Arabian Sea known as the Queen's Necklace for the curve of streetlights that comes on at dusk — an easy, pleasant way to end a jet-lagged first day.

Overnight — Trident Nariman Point

From \$160–\$220 USD / night, for 2 people

A reliable business-luxury tower directly on Marine Drive with Arabian Sea views from most rooms — an easy walk to Colaba and the Gateway of India.

Trident Nariman Point · +91 22 6632 3232 · www.tridenthotels.com

Day 2

Elephanta Caves & Colonial Mumbai

A boat out to a UNESCO cave-temple island, then an afternoon among the city's Victorian Gothic landmarks.

Ferry & Tour — Elephanta Caves

~3.5 hours round trip (1 hr each way by boat) · ferry approx. \$5–\$8 USD, cave entry approx. \$6 USD

A UNESCO World Heritage island an hour offshore, where 6th-century rock-cut temples hold a 6-meter Trimurti sculpture of Shiva carved directly into the basalt cave wall.

Chhatrapati Shivaji Maharaj Terminus (CST)

~30–45 min · free to view from outside

A UNESCO-listed Victorian Gothic railway terminus from 1887, still Mumbai's busiest commuter station — its spires and stonework are worth a slow walk around the exterior.

Crawford Market & Kala Ghoda

~1.5 hours

A covered Victorian-era bazaar for spices and produce, a short walk from the Kala Ghoda art district's galleries and street murals.

Dinner — Leopold Cafe, Colaba

Est. \$15–\$25 USD / person

A Colaba institution since 1871, serving an Indian-Continental menu to a mixed crowd of backpackers and locals late into the night.

Leopold Cafe · +91 22 2287 0043 · www.leopoldcafe.com

Overnight — Trident Nariman Point

From \$160–\$220 USD / night, for 2 people

Second night on Marine Drive before an early flight south.

Day 3

Fly to Goa, North Goa Forts & Beaches

A short domestic flight trades Mumbai's skyline for Goa's palm coast, with a fort and a beach sunset to finish the day.

Domestic Flight — Mumbai to Goa (IndiGo)

~1 hr 15 min · from \$45–\$80 USD / person one-way

A short hop south with several daily departures; Manohar International (Mopa) in North Goa is the more convenient airport for this route.

Fort Aguada & Lighthouse

~1 hour · free entry to fort grounds

A 17th-century Portuguese fort on a headland above Sinquerim Beach, built to guard the mouth of the Mandovi River — the lighthouse terrace has the best coastal view in North Goa.

Baga Beach Sunset

~1.5 hours

One of Goa's liveliest stretches of sand, with beach shacks setting up chairs for sunset and a steady run of seafood stalls along the promenade.

Overnight — W Goa, Vagator

From \$220–\$300 USD / night, for 2 people

A cliffside resort above Vagator Beach with its own private cove — a design-forward base for two nights in North Goa.

W Goa · +91 832 671 4444 · marriott.com/goiwh

Day 4

North Goa — Forts, Flea Market & Sunset Cliffs

A slower day around the Vagator–Anjuna coast, ending at Goa's best-known sunset restaurant.

Chapora Fort

~45 min · free entry

A hilltop Portuguese-era fort above the Chapora River, made famous by a 2001 Bollywood film — the climb is short and the 360-degree coastal view is the real draw.

Anjuna Beach & Flea Market

~2 hours · market runs Wednesdays in season

A laid-back stretch of coast long associated with Goa's trance-party scene; the Wednesday flea market (Nov–Apr) is the better reason to visit if the date lines up.

Vagator Beach

~1.5 hours

A red-laterite-cliff beach split into two coves below Chapora Fort, generally quieter than Baga or Calangute.

Dinner — Thalassa, Vagator

Est. \$20–\$35 USD / person · reservations recommended for sunset tables

A Greek-leaning cliff-top restaurant above Little Vagator Beach, long regarded as Goa's signature sunset dinner spot.

Thalassa · +91 98500 33537 · www.thalassagoa.com

Overnight — W Goa, Vagator

From \$220–\$300 USD / night, for 2 people

Second night on the Vagator cliffs.

Day 5

Transfer to South Goa via Old Goa & a Spice Farm

A slower drive south, timed around Goa's UNESCO churches and a working spice plantation.

Private Transfer — Vagator to Benaulim

~1.5–2 hours with stops

A straightforward drive down the coast, broken up by Old Goa and a spice-farm lunch stop before continuing to South Goa.

Goa Tourism Development Corporation (GTDC) transfers · +91 832 243 7132 · goa-tourism.com

Basilica of Bom Jesus & Se Cathedral, Old Goa

~1.5 hours · free entry

A UNESCO World Heritage cluster of 16th-century Portuguese churches, including the baroque basilica that holds the remains of St. Francis Xavier.

Spice Plantation Tour — Sahakari Spice Farm, Ponda

~2 hours, incl. a Goan thali lunch · approx. \$15 USD / person

A working plantation of pepper, cardamom, nutmeg and cinnamon near Ponda, with a guided walk through the groves followed by a home-style Goan lunch.

Sahakari Spice Farm · +91 832 231 2394 · sahakarifarms.com

Overnight — Taj Exotica Resort & Spa, Benaulim

From \$280–\$380 USD / night, for 2 people

A 56-acre beachfront resort on Benaulim's quiet sand, landscaped around lagoons and Portuguese-style courtyards — the base for two nights in South Goa.

Taj Exotica Resort & Spa, Goa · +91 832 668 3333 · tajhotels.com

Departure

Arrive at least 3 hours before an international flight

A straightforward end to a week spent between Mumbai's harbor front and Goa's beaches and spice farms.