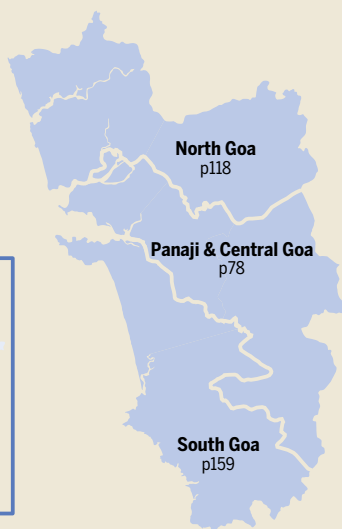




Goa & Mumbai



THIS EDITION WRITTEN AND RESEARCHED BY

Paul Harding

Abigail Blasi, Trent Holden, Iain Stewart

PLAN YOUR TRIP

Welcome to Goa & Mumbai	4
Goa & Mumbai Map	6
Goa & Mumbai's Top 12	8
Need to Know	14
If You Like.....	16
Month by Month	18
Itineraries	22
Beach Planner.....	26
Yoga & Activities	29
Travel with Children....	33
Regions at a Glance	35

ON THE ROAD

MUMBAI (BOMBAY)	38	PANAJI & CENTRAL GOA	78
History	40	Panaji	79
Sights	41	West of Panaji	92
Activities	56	Panaji to Old Goa	93
Courses	57	Old Goa	94
Tours	57	Divar Island	101
Sleeping	59	Goa Velha	102
Eating	63	Pilar	102
Drinking & Nightlife	67	Ponda	103
Entertainment	70	Around Ponda	104
Shopping	72	Bondla Wildlife Sanctuary	107
Information	74	Molem & Around	107
Getting There & Away	75	Beyond Goa	110
Getting Around	76		



ASHIYANA RETREAT
CENTRE, MANDREM P152



PALOLEM P183



Contents

UNDERSTAND

Hampi.....	110
Around Hampi.....	116
Hospet (Hosapete).....	117

NORTH GOA118

Panaji to Fort Aguada ...	119
Candolim, Sinquerim & Fort Aguada.....	119
Calangute & Baga.....	127
Anjuna.....	135
Mapusa.....	140
Vagator & Chapora.....	143
Siolim.....	148
Morjim.....	149
Aswem.....	150

Mandrem.....	151
Arambol (Harmal).....	153
Inland Bardez & Bicholim.....	156

SOUTH GOA 159

Margao (Madgaon).....	162
Around Margao.....	166
Vasco da Gama.....	169
Around Vasco da Gama.....	170
Bogmalo to Betulbatim.....	170
Colva.....	174
Benaulim.....	176
Varca, Caveossim & Mobor.....	179
Assolna to Agonda.....	180
Agonda.....	181
Chaudi.....	182
Palolem.....	183
Patnem.....	188
Rajbag.....	189
Cotigao Wildlife Sanctuary.....	190
Galgibag & Talpona.....	190
Polem.....	191
Beyond Goa.....	191
Gokarna.....	191
Jog Falls.....	194

Goa Today.....	196
History.....	198
The Way of Life.....	205
Delicious India.....	210
Markets & Shopping.....	213
Arts & Architecture ...	215
Wildlife & the Environment.....	218
Scams.....	222
Women & Solo Travellers.....	224

SURVIVAL GUIDE

Directory A-Z.....	226
Transport.....	233
Health.....	238
Language.....	244

SPECIAL FEATURES

Beach Planner.....	26
Yoga & Activities.....	29
Markets & Shopping ..	213
Arts & Architecture ...	215
Wildlife & the Environment.....	218



CHURCH OF OUR LADY OF THE
IMMACULATE CONCEPTION, PANAJI P79

Itineraries



2
WEEKS

Northern Beaches

For travellers zipping south from Mumbai, the northern beaches encompass a little of everything that's great about Goa – fine beaches, forts, rivers, lively resorts, yoga and nightlife.

Start by taking the short cut across the Mandovi River by vehicle ferry from **Panaji** to **Betim** and pay a visit to refurbished **Reis Magos Fort** before taking in the views from hilltop **Fort Aguada**. The beaches of **Candolim**, **Calangute** and **Baga** make up Goa's busiest resort strip so there's always plenty to do here, from water sports to nightclubs and beach shacks to fine dining. Head north of the Baga River to **Anjuna**, where the hippie trance days all began. It's a good place to join a yoga class, party at one of the beachfront clubs or browse the Wednesday flea market. Nearby, **Vagator** and **Chapora** are easygoing villages with a relaxed party vibe: climb Chapora Fort for great sunset views or dine on the clifftop at Thalassa. Across the Chapora River is Russian-flavoured **Morjim**, mellow **Aswem** and **Mandrem**, with upmarket hut villages, a lovely clean beach and good yoga retreats. Then it's on to **Arambol**, a popular backpacker beach with a Bob Marley vibe and paragliding from the northern headland.



JOHN HARPER/GETTY IMAGES ©



AMIT BASU PHOTOGRAPHY/GETTY IMAGES ©

Top: Palolem (p183)

Bottom: Cabo da Rama
(p180)



2 WEEKS

Southern Sun

South Goa is as much about lazing on the beaches as the north, but there are some interesting inland adventures here too. Start in busy **Margao**, where you can browse the market and grab a bite to eat at Ruta's World Cafe or Longhuino's.

The beach at **Colva** is just 6km west of Margao and stretches up and down the coast. If you're into scuba diving, head north to **Bogmalo**, via pretty **Utorda** and **Velsao** beaches, or make your way south to **Benaulim** (visit Goa Chitra museum here) through five-star territory at **Varca** and **Cavelossim** to the lovely spit of land at **Mobor**, where you can stop for lunch at the Blue Whale shack near the mouth of the Sal River.

Follow the coastal road through bucolic Betul to lovely **Agonda**, calling in at **Cabo de Rama** fort and secluded **Cola Beach**.

The final coastal stretch leads to Goa's little paradise beach at **Palolem**, great for swimming, yoga, cooking courses and beach huts. **Patnem** is a little more peaceful. Intrepid travellers should hire a bike and explore further south to **Galgibag** and **Polem** beaches.



5 DAYS

Back-Country Trips

Take a few days to get off the beaten track.

From **Panaji**, start out early to **Colem** for **Dudhsagar Falls**. On the way back stop at Tambdi Surla for **Shri Mahadeva Temple**, the elephant camp at **Jungle Book** or some birdwatching at **Backwoods Camp**. Another excellent self-drive day trip from Panaji is to take a picturesque circuit from **Old Goa**, to serene **Divar Island** (via a ferry), catch another ferry to **Narao**, where you can take in **Mayem Lake**, **Corjuem Fort** and **Aldona**. Return to Panaji via **Torda**, visiting the Houses of Goa museum.

Head south to Margao, from where you can explore the villages of **Chandor**, with one of Goa's grandest Portuguese mansions, **Quepem**, **Loutolim** and the ancient **Rivona Buddhist caves** and prehistoric **Usgalimal rock carvings**.

Continue on to Palolem or Patnem, from where you can head inland through forest and farmland to the **Netravali Protected Area** to discover the mysterious 'bubble lake', the **Tanshikar Spice Farm** and jungle treks to remote **waterfalls**.



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Paul Harding

Coordinating Author: **Goa** Paul first landed in India in the mid-'90s looking for adventure and soon found himself in Goa looking for a decent beach hut. After many return visits to India as a traveller, writer and photographer, he keeps landing back in Goa, where the pace of life is a little slower but the wit of the people is often quicker. During his travels Paul worked on Lonely Planet's *Goa* guidebook in the 2000s and was fortunate enough to be drawn back for this edition, where he sampled seafood and beaches, sunsets and *susegad* and chose to ride a Honda Kinetic over an Enfield. Contributor to more than 40 Lonely Planet titles, this was Paul's 9th assignment on India and the second time with his intrepid young daughter, Layla.



Iain Stewart

Mumbai Iain grew up in Leicester, a very Indian town transplanted to the Midlands, UK (complete with its own curry mile). He first visited India in 1991 and explored the sights at totally the wrong time of year, with temperatures approaching 50°C in parts. For this trip he wised up and travelled post-monsoon: bar-hopping in Mumbai, meandering down the Konkan coast and having several near-misses with tigers in Tadoba.



Abigail Blasi

Abigail fell in love with India on her first visit in 1994, and since then she's explored and written about the country from north to south and back again. She's covered plenty of other places for Lonely Planet too, from Mauritania and Mali to Rome and Lisbon. Abigail wrote the *Scams, Women & Solo Travellers* and *Health* chapters.



Trent Holden

Beyond Goa On his third time authoring in India, Trent checked out Hampi's ruins before hitting the beaches in Gokarna. A freelance travel writer based in London, Trent also covers destinations such as Nepal, Zimbabwe and Japan. In between travels he writes about food and music. You can catch him on Twitter @hombreholden.

Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

7th edition – October 2015

ISBN 978 1 74220 803 9

© Lonely Planet 2015 Photographs © as indicated 2015

10 9 8 7 6 5 4 3 2 1

Printed in China

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher. UK Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: lonelyplanet.com/ip.

Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'