Manipur pronunciation is a state in northeastern India, with the city of Imphal as its capital. Manipur consist of Gurkha, Naga, Kuki and Meitei and is bounded by the Indian states of Nagaland to the north, Mizoram to the south and Assam to the west; it also borders Burma to the east. It covers an area of 22,347 square kilometres (8,628 sq mi). Geographically, it falls under the Southeast Asia region.

Manipur is considered a sensitive border state. Foreigners entering Manipur prior to January 1, 2011 (including foreign citizens born in Manipur) were required to possess a Restricted Area Permit. As of January 1, 2011 foreign citizens are no longer required to have a Protected Areas Permit (PAP). This change will remain in effect for one year.

Famous For: State / Province

What To SEE
5 Sights

1. Red Hill Lokpaching
   Tiddim Road, Imphal
   Red Hill is a hillock about 16 km from Imphal. Its a thrilling spot where the British and the Japanese fought a fierce battle during World War II. War Veterans had constructed a monument in memory of Japanese soldiers who died in the battle. It is a place of pilgrimage for Japanese tourists.

2. Dzuko Valley
   Dzuko Valley, Border of Manipur and Nagaland, Manipur, India
   A grass-carpeted place, shrouded by clouds and dotted with colourful flowers, this valley is what dreams are made of. Located on the border between the states of Nagaland and Manipur, Dzuko Valley is famous as a popular trekking destination. Nestled near the majestic Jafpu peak at a height of 2438 meter above sea level, this valley is adorned with the rare lily, Dzukou Lily. The small hillocks are covered with various types of floras. The most unique part of this place is the fact that it is less-known to many tourists and hence is uncrowded and perfect for a trek filled with serenity and tranquility.
This place can be reached from both Manipur and Nagaland. You have to trek uphill after taking the motorable road to Viswema village, if you are coming from Kohima, the capital of Nagaland. From Imphal, Manipur, the place Viswema can be reached by taking the national highway to Kohima. Though the best time to visit the valley is from the month of June till September, the place will welcome you with open arms any time of the year.

3  Khonghampat Orchidarium

Khonghampat Orchidarium, National Highway-39, 10 kms from Imphal Centre, Imphal, Manipur, 795001, India

On the northern side of Imphal, a few kilometres away from the main city is the one of a kind Khonghampat Orchidarium. Climb up the small hillock, adorned with verdant floras and take a look around you. Yes, almost all the trees have at least one orchid plant on it. Orchids thrive on its host plant but the result is so beautiful and harmonious in Khonghampat Orchidarium that the trees and the orchids seem to look like a single plant. With various species of orchids in different colours, sizes and shapes, you will be mesmerised to keep looking and admiring the treasure-house of flowers and will have a hard time trying to leave the place. The best time to visit the orchidarium is from the month of April till the month of May, when the orchids are in their full bloom.

4  Selloi Langmai Ecological Park

Laphupokpi, Imphal, Manipur, 795010, India

A sprawling park surrounded by green hills of evergreen trees, Selloi Langmai Ecological Park is a newly built park on the eastern side of the valley. Start a journey in to the beauty of nature as you step in the wood and cane decorated entrance. The walk towards the main area of the park is as beautiful as the park itself. Just after you step in, look towards the east and a gaint hillock will be right there on your front. The trail towards the park is adorned on the sides with trees, which changes colour with season. After crossing a miniature bridge, you will reach the park, which is decorated with numerous flowers and plants. The well-manicured garden in the park is icing on the cake. As the park is built on a hill you can climb towards the top, from where you can see a magical panoramic view of the whole park. On the other end of the park is the famous rose garden and a small vegetable farm is also there, just beside it.

5  Leimaram Waterfall

Leimaram, Imphal, Manipur, 795010, India

Leimaram Waterfall is a scenic waterfall which has been a major tourist spot in the past few years. The place is said to have not only one but three waterfalls but only the first the lowest is the most visited one. With cascading white foam of water adorning the nearby green forested region the sight of the waterfall is an enchanting one, that will forever be etched in your memory. As you move forward to the waterfall, you will feel tiny droplets of cool water touching your skin and welcoming you to explore more.

Where To Eat

1  Nikheel Cafe

One of the most popular restaurants in Imphal city, Nikheel Cafe is always bustling
with the young crowd of the city. This multi-cuisine restaurant is famous for its Chinese cuisine, particularly the dumplings and noodles. Most of the dishes in the menu are non-vegetarian, thereby, making this restaurant a haven for non-vegetarian foodies. Apart from its Chinese cuisines, Nikheel Cafe is famous for its chicken biryani, pork macroni and chicken noodle soup.

2 Big Chill

Located at Kwakeithal, this restaurant is a popular hang out spot for the college-goers of Imphal. A to Z has a number of options to choose from its menu but the most famous one is perhaps its Mutton Parantha, stuffed with minced mutton. This special dish will be delight for all non-vegetarian foodies. If you want to try something different and vegetarian, order the healthy fruit salad and bite on those aromatic fruit pieces. You'll love it!

4 Azad Hotel

Located in Imphal city, this tiny eating out place is famous for its non-vegetarian dishes. You might have to ask people around and it might take you time to figure out the exact location as this is not a big, easily noticeable eating-out place. But once you try its dishes, it will be hard to forget this place. From the very popular Chinese fast food to snacks like Maroi Boras (a particular type of pakoras) and Changnang (black tea) with a slice of lemon, this place is a very typical Manipuri eating-out place.

5 Chakluk Hotel

Behind the famous Mapal Kangjeibung, you will come across a number of eating out places. These places are not your usual, fancy restaurants but rather small in size and minus any kind of obvious luxury. Step into Chakluk Hotel and you will realise that the gastronomic delight offers by Chakluk Hotel is not affected by the size of the restaurant. Try the traditional Manipuri platter consisting of at least five different dishes, which are to be enjoyed with rice. You can choose a vegetarian or non-vegetarian platter, but the non-vegetarian one is more famous, with a very delicious, lip-smacking fish curry known as Sareng Thongba. Make sure you don't forget to try Singju, a salad-like spicy preparation. And if you find it too spicy for you, cool it down with Champhut (boiled vegetables dish).