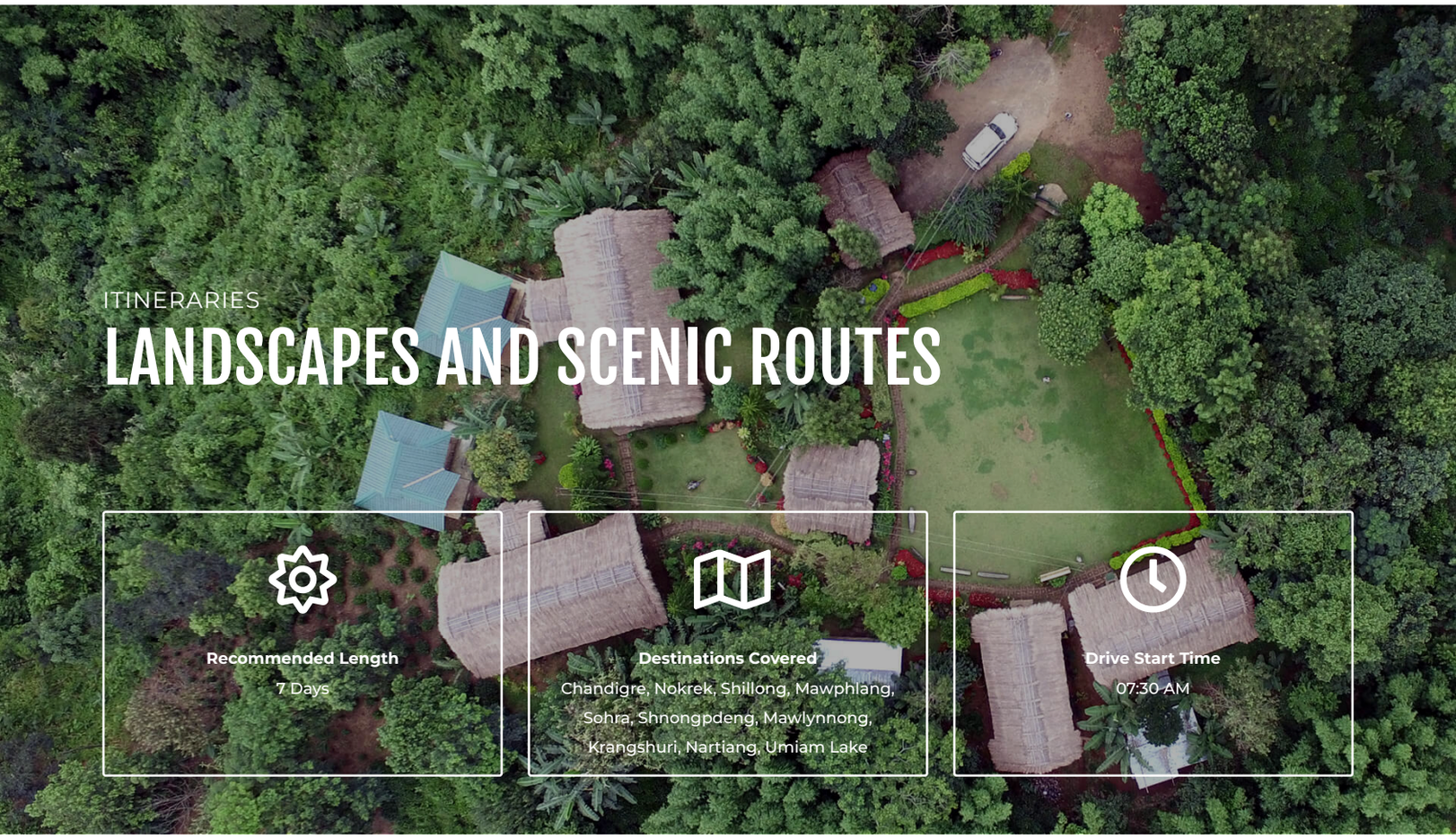


ITINERARIES

LANDSCAPES AND SCENIC ROUTES

Recommended Length
7 Days

Destinations Covered
Chandigre, Nokrek, Shillong, Mawphlang, Sohra, Shnongpdeng, Mawlynnong, Krangshuri, Nartiang, Umiam Lake

Drive Start Time
07:30 AM

We would like to call this an all-encompassing circuit for Meghalaya. A no-rush itinerary that focuses on the scenic journeys and experiences rather than just racking up numbers – this is for travellers willing to spend more time.

Landscapes and Scenic Routes

DAY 1 – GUWAHATI TO CHANDIGRE RURAL RESORT

Start

Guwahati to Chandigre Rural Resort

Spot 1

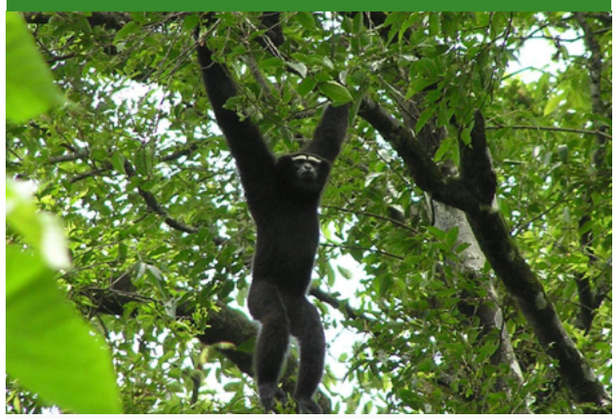
CHANDIGRE RURAL RESORT

Start early from Guwahati and enjoy this five-hour road journey through the thickly forested hills of the Garo Hills. Land at Chandigre Village Resort where you will spend your night. Located on the fringes of the Nokrek National Park, the village features local architecture and different traditional motifs that will keep you occupied as you cool your heels.
Alternative – Daribokgre also can be your base camp, situated close to the Nokrek National Park.

DAY 2 – NOKREK TREK

Spot 2

NOKREK TREK



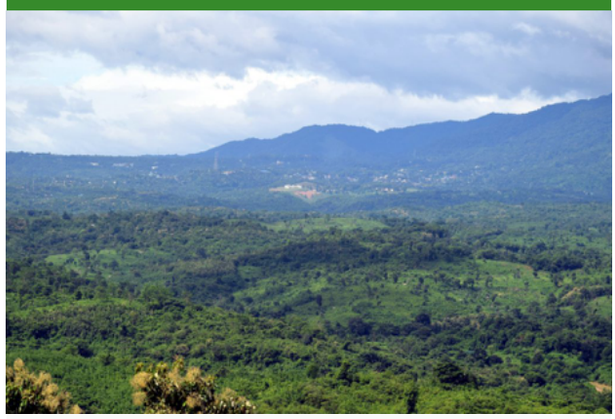
Dedicate this day to guided trekking through the thick slopes. Nokrek is one of India's eighteen biosphere reserves and with a local guide, you will come across many treasures, including one of the oldest wild citrus species in the world. It is also home to the rare Hoolock Gibbon.

DAY 3 – ROAD TRIP TO KHASI HILLS

The Beautiful Tura-Nongstoin Highway

Spot 4

THE BEAUTIFUL TURA-NONGSTOIN HIGHWAY



After a day of trekking and resting, the next one is all about the journey. The gleaming highway between Tura and Shillong is one of the most beautiful in the region. You will be accompanied by undisturbed stretches of forests at many times. The terrain changes from the lush landscapes of the Garo Hills to the highland meadows and pine groves of the West Khasi Hills. It is usually a six-hour journey but we recommend stops at Nongstoin or Mairang towns where you can sample some local cuisine.

SHILLONG EVENING SCENES

Spot 5

Step back into the urbanscape when you arrive in Shillong. An evening spent in one of the few Police Bazaar nightspots or cafe-hopping around town will familiarise you with the young vibe of Meghalaya's capital. If you have enough time, you can try spotting some iconic town landmarks like the Cathedral, the All Saints Church or the immaculately manicured Ward's Lake.

DAY 4 – OFF TO SOHRA (CHERRAPUNJEE)

An early start is recommended as you head south of Shillong town

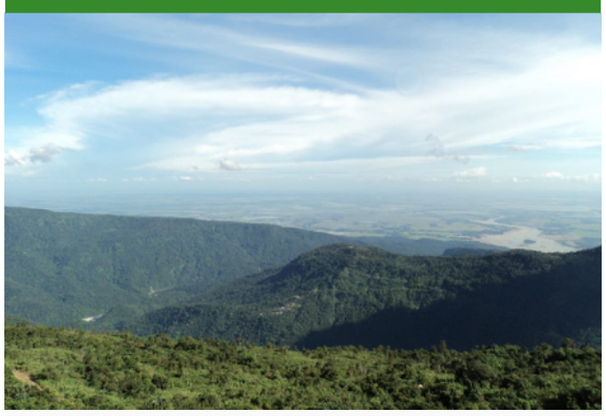
MAWPHLANG SACRED GROVE

Spot 6

An early start is recommended as you head south of Shillong town to Mawphlang to see the Sacred Groves, an important cultural and natural site for the Khasis.
Time – Approx 2 hours

Spot 7

TO SOHRA



From Mawphlang, get back on the Shillong-Sohra state highway. The waterfalls and caves of Sohra await you. On the way to the town, you can enjoy stops at Mawkdok-Dympep Valley View Point and Arwah Cave. Spend the evening relaxing in Sohra as you have quite a bit of waterfall chasing to do the next day. If the light is still fine, head to the Nohsngithiang Falls or Seven Sisters Falls – the sunsets here are considered spectacular.

DAY 5 – THE LAND OF WATERFALLS

The Land of Waterfalls

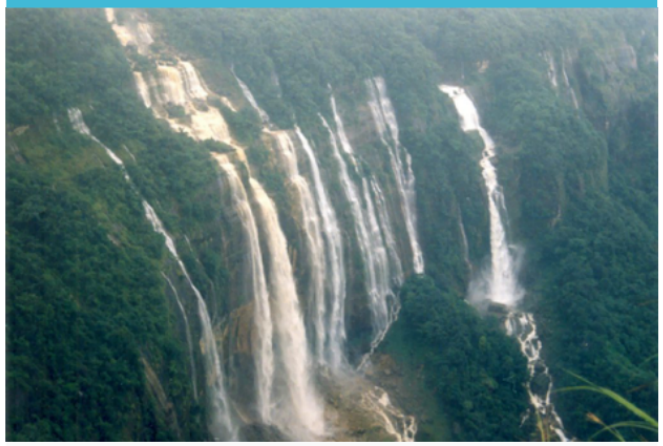
Spot 8

DAINTHLEN AND WEI-SAWDONG FALLS

Make the Dainthlen and Wei-Sawdong falls your first stop for the day. The former is a powerful cascade surrounded by river-bed flats and natural rock pools. The latter is a stunning three-tiered waterfall downstream of Dainthlen that requires a short but memorable descent. Spend some time exploring the areas around these beautiful waterfalls.

NOHKALIKAI FALLS

Spot 9



The Nohkalikai Falls is one of the tallest plunge waterfalls in India and a must-see if you are travelling around Sohra.

Spot 10

MAWSMAI CAVES

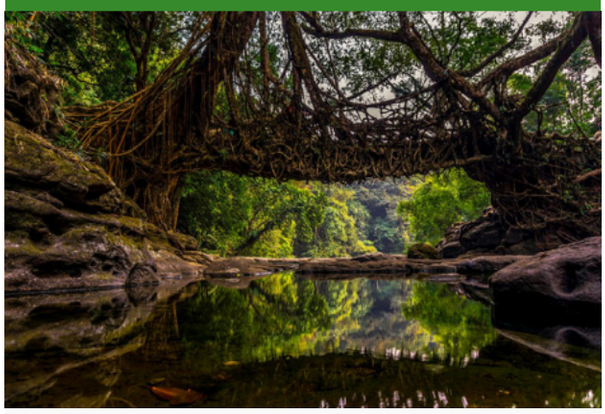
If you still have some energy left before the next short road journey, we would recommend a detour to Mawsmai caves also after you have checked out the waterfalls.
Late afternoon – It is time to leave Sohra behind you and head off to Mawlynnong where the living root bridge awaits. Stay at one of the many homestays in Mawlynnong. The trip from Sohra is around two hours.

DAY 6 – MAWLYNNONG – SHNONGPDENG

Mawlynnong – Shnongpdeng

Spot 11

MORNING IN MAWLYNNONG



What better way to start your day than a visit to the famous Living Root Bridge of Mawlynnong. Even the most tired souls will feel refreshed after wading in the cool waters downstream of the bridge. Catch some panoramic views of the Bangladesh plains, grab your breakfast and it is time for a short trip east to the Umngot River.

UMNGOT

Spot 12

Shnongpdeng is just a ninety-minute drive from Mawlynnong. Relish the beautiful views of the valley. Explore the nearby surroundings and cross the bridge for some mesmerising views. There is no need to hurry in Shnongpdeng. Enjoy the boat rides and nourish yourself at the food stalls. The river beaches and clear waters of the Umngot provide a nice setting for a night under stars. We recommend you book your slot at the campsites and spend the night here.

DAY 7 – HEADING BACK

Krangshuri, Shillong, Umiam

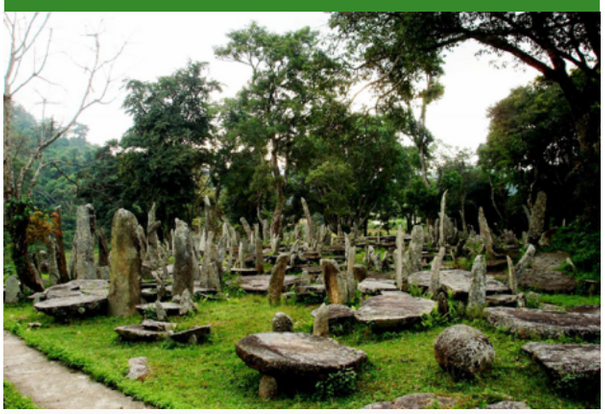
KRANGSHURI FALLS

Spot 13

We always recommend early starts. The first stop for the day is the splendid Krangshuri Falls, one hour north of Shnongpdeng. Say goodbye to the sultry climes as we are heading back to the central plateau. Krangshuri involves a short hike from the parking lot. It is a beautiful cascade that flows over the rock face like a curtain. We recommend you spend a couple of hours here before hitting the road.

Spot 14

NARTIANG MONOLITHS



An hour from Krangshuri is Nartiang, the erstwhile capital of the Jaintia Kingdom which flourished centuries ago. We recommend this town for an authentic Jaintia lunch and its biggest attraction is the Garden of Monoliths. An old Durga temple adjacent to the monoliths is filled with many interesting tales and some old artefacts (including old canons and a spot for human sacrifices that were practised long ago). This stop will certainly add some culture quotient to your overall trip.

UMIAM LAKE

Spot 15

We have now reached the end of your week-long journey through Meghalaya. Bypass the town of Shillong and find your way to the Umiam Lake. Located on the highway to Guwahati, this gentle blue-toned lake has a few good spots to hang around – depending on your urgency to get back to Guwahati.

Where to Dine : Eateries along the way serve delicious vegetarian and non-vegetarian fares. Always be ready for surprises – the cuisines here are very distinct. Additionally, many restaurants and eateries serve regular Indian highway menus, so fret not in case you start missing vegetarian food or Indian curries.

Travel Tips :

- This is just a guide and we recommend that you book your lodging in advance after you have scheduled your trip.
- Book a local vehicle and local driver. They will have a better idea of detours and details relating to the spots that you visit. The other option is self drive. Choose a trusted car rental provider in Guwahati.
- There are numerous small waterfalls and scenic spots along the way. So, to make the most of this particular road trip, keep your eyes on either side of the road and stop at any place to admire the beauty.
- The weather changes frequently. Keep an umbrella handy along with warm clothing, necessary medicines and insect repellents.
- Days are shorter in the eastern part of the country – so remember – early to bed, early to rise.
- Take it easy. It is ok to miss a spot on the itinerary because of time constraints. The more important part is that you are having fun. Soak in the present.

Download a PDF of this Itinerary

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Due to the prevailing COVID19 situation, most of our tourist spots are temporarily closed. More updates coming.