



**GOVERNMENT OF MEGHALAYA  
OFFICE OF THE SUB-DIVISIONAL OFFICER (CIVIL)  
SOHRA CIVIL SUB-DIVISION  
SOHRA**

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**ADVISORY FOR TOURISTS AND VISITORS**

Dear Visitors,

Welcome to Sohra Civil Subdivision, a paradise of cascading waterfalls, lush green landscapes, dramatic cliffs, and rolling hills. To ensure your visit is both thrilling and safe, we urge you to exercise extreme caution around water bodies, steep places, jungles, and cliffs, which can be hazardous and unpredictable, especially during the monsoon season.

**CRITICAL SAFETY GUIDELINES**

Follow these precautions to protect yourself and your loved ones:

**WATER BODIES:**

Never explore alone – Strong currents and sudden surges can be life-threatening.  
Avoid swimming in unknown or restricted areas – Hidden rocks, deep pools, and undercurrents pose serious risks.  
Keep children under close supervision – Prevent them from nearing unstable edges or fast-moving water.

**STEEP PLACES & CLIFFS:**

Stay on marked trails! Unstable edges and loose rocks can lead to falls.  
Avoid leaning over cliffs or steep drops – Sudden slips or wind gusts can be dangerous.  
Wear sturdy, non-slip footwear as wet or uneven surfaces increase the risk of accidents.

**JUNGLES:**

Do not venture off designated paths. Dense vegetation can hide hazards like uneven ground or wildlife.  
Avoid touching unknown plants as some may be toxic or thorny.

**GENERAL SAFETY:**

If you want to explore, hire certified local guides who are trained to assess and navigate risks across all terrains.  
Heed all warning signs and barriers – These are in place to protect you.  
Check weather updates: Heavy rain can worsen conditions, making slopes slippery and many places impassable.

**SAFETY STANDARDS AT TOURIST SITES**

To ensure safety, all designated attractions in and around Sohra must:

1. Deploy trained lifeguards and safety personnel at water bodies and high-risk areas to monitor visitors and respond to emergencies.
2. Maintain secure railings and barriers at cliffs and steep viewpoints.

3. Provide clear trail markers in jungles and hilly areas to prevent disorientation.
4. Display first aid and emergency protocols prominently at all sites.
5. Keep rescue equipment accessible especially for water bodies.

In case of an emergency contact

**Sohra Police Station - +917638900103**

**Sohra Community Health Centre - +918837360612**

Save these numbers before starting your adventure. Enjoy Responsibly! Sohra's waterfalls, cliffs, and jungles are yours to explore, but your safety is our priority. By following these guidelines, you can immerse yourself in our natural wonders securely. Stay Alert, Stay Safe, and Celebrate Sohra's splendor.

*Sd/-*


**Additional Deputy Commissioner  
Sohra Civil Sub Division,  
Sohra.**

**Memo No.SSD/ESTT/Tourism/9/2022/90,**

**Dated Sohra, the 15<sup>th</sup> April, 2025.**

Copy to:

1. The Deputy Commissioner, East Khasi Hills District for favour of kind information.
2. The Sub- Divisional Police Officer, Sohra for information and necessary action. He may kindly explore ways to ensure that tourist taxi associations display this Advisory in vehicles plying towards Sohra and adjoining places.
3. The Office In-charge, Sohra Police Station, Sohra for information and necessary action.
4. The Sub-Divisional Medical & Health Officer, Sohra for information and necessary action.
5. Sub-Divisional Public Relations Officer with a request to cause necessary publicity of the order.
6. Tourist Officer, Mawkdok for information with a request to ensure wide publicity and to ensure safety standards at tourist sites through coordination with custodians of the same.
7. All operators of Hotels/Guest Houses/Homestays etc. with a request to inform their guests of the Advisory.

  
**Additional Deputy Commissioner  
Sohra Civil Sub Division,  
Sohra.**