



# Meghalaya Travel Plan – *Abode of Clouds*

## (8–11 Days)



### 📍 Best Time to Visit Meghalaya

- **October – April:** Best season (clear skies & pleasant weather)
- **June – September:** Monsoon (lush greenery, waterfalls at peak)
- **December – February:** Cool winter with misty views

## 1 Shillong – *Scotland of the East*

**Ideal Stay:** 2 days



### About

Shillong is the charming capital city known for **colonial charm, music culture, and scenic viewpoints**.

### Top Attractions

- **Shillong Peak** – panoramic city view
- **Umiam Lake (Barapani)**
- **Ward's Lake**
- **Don Bosco Museum**
- **Elephant Falls**

### Experiences

- ✓ Café hopping & live music
- ✓ Boating at Umiam Lake
- ✓ Local market shopping (Police Bazaar)

## 2 Cherrapunji – Land of Waterfalls

Ideal Stay: 2 days



### About

Cherrapunji (Sohra) is one of the **wettest places on Earth**, famous for dramatic cliffs and waterfalls.

### Top Attractions

- **Nohkalikai Falls** – India's tallest plunge waterfall
- **Seven Sisters Falls**
- **Mawsmai & Arwah Caves**
- **Eco Park viewpoints**

### Experiences

- ✓ Waterfall photography
- ✓ Cave exploration
- ✓ Nature walks

## 3 Dawki – Crystal Clear Waters

Ideal Stay: Half day – 1 day



### About

Dawki is famous for the **Umngot River**, known as one of the clearest rivers in Asia.

## Top Attractions

- Umngot River boating
- India–Bangladesh border (Tamabil)
- Suspension bridges

## Experiences

- ✓ Transparent river boating
- ✓ Border viewpoint visits
- ✓ Photography

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### 4 Mawlynnong – *Asia's Cleanest Village*

Ideal Stay: 1 day



## About

Mawlynnong is celebrated for **community cleanliness, eco-tourism, and Khasi culture**.

## Top Attractions

- Village walk & gardens
- Living Root Bridge (nearby)
- Sky View bamboo tower

## Experiences

- ✓ Cultural immersion
- ✓ Village homestays
- ✓ Eco-tourism learning

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### 5 Nongriat – *Nature's Engineering Marvel*

Ideal Stay: 1–2 days (trek required)



## About

Nongriat is famous for the **Double-Decker Living Root Bridge**, accessible via a scenic trek of ~3,500 steps.

## Top Attractions

- Double-Decker Living Root Bridge
- Rainbow Falls (nearby)
- Natural swimming pools

## Experiences

- ✓ Trekking adventure
- ✓ Nature photography
- ✓ Overnight village stay

## ⊕ Additional Must-Visit Places in Meghalaya

### 6 Laitlum Canyons

- Dramatic cliffs & valleys
- Sunrise & sunset views

### 7 Mawsynram

- Rain caves
- Green landscapes

### 8 Krang Suri Falls

- Turquoise blue waters
- Swimming & photography

### 9 Nongkhnum Island

- River beaches
- Camping spots

### 10 Balpakram National Park

- Sacred forests
- Rare wildlife

## Suggested 10-Day Itinerary

- **Day 1–2:** Shillong & Umiam Lake
  - **Day 3–4:** Cherrapunji
  - **Day 5:** Nongriat trek & overnight stay
  - **Day 6:** Dawki
  - **Day 7:** Mawlynnong
  - **Day 8:** Laitlum Canyons
  - **Day 9–10:** Mawsynram / Krang Suri Falls
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## Must-Try Meghalayan Food

- Jadoh (rice & meat dish)
  - Dohneiiong (pork with black sesame)
  - Tungrymbai (fermented soybeans)
  - Nakham Bitchi (fish soup)
  - Local rice beer
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## Festivals & Culture

- **Wangala Festival** (harvest)
  - **Shad Suk Mynsiem** (spring dance)
  - **Behdienkhlam** festival
  - Khasi, Jaintia & Garo tribal traditions
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## Travel Tips

- Carry rain gear year-round
- Wear good trekking shoes (Nongriat)
- Respect village customs
- Avoid plastic—eco-sensitive zones