

Meghalaya Travel Itinerary

Meghalaya is one of the Indian states that houses some of nature's most beautiful treasures. Surrounded by lush green trees complemented by a pleasant climate, the state truly feels like heaven on earth. A tour of Meghalaya often includes frequent rainfall, which makes the greenery even more vibrant. Additionally, the state is home to numerous stunning waterfalls that offer breathtaking views and interesting historical significance.

Budget-Friendly Stays

- **Hotels:**

- Hotel Polo Towers
- Hotel Pegasus Crown
- Hotel Alpine Continental
- The Centre Point
- Pinewood Hotel

- **Hostels/Homestays:**

- By The Way
- Sohra Plaza
- Montevideo Boutique Homestay
- Zostel Shillong

Day-to-Day Schedule

- **Day 1:**

1. Umiam Lake (Mainstream): One of the biggest lakes in Meghalaya, known for its peaceful, expansive waters, sprawling lawns, and cozy gazebos. A perfect picnic spot.
2. Elephant Falls (Mainstream): A famous but crowded waterfall located between Umiam Lake and Laitlum Canyon.
3. Laitlum Canyon (Mainstream): A stunning canyon offering wide, sweeping views of Meghalaya's valleys.

- **Day 2:**

1. Nohwet View Point (Offbeat): A serene and hidden spot near Mawlynnong amidst the mountains.
2. Dawki River (Mainstream): Known for its transparent green waters. It's often crowded, so consider visiting Shnongpdeng for a quieter experience.

- **Day 3:**

1. Living Root Bridge (Mainstream): Though commercialized and reinforced due to heavy footfall, visiting at least one is a must.
2. Bamboo Trek (Offbeat): A unique trek to Mawryngkhang Peak with bamboo trails, breathtaking views, secret Wahriew Falls, and the thrill of conquering one of India's "scariest treks."

- **Day 4:**

1. Nongriat Village: Visit the Double Decker and Single Decker Bridges with an overnight stay.

- **Day 5:**

1. Rainbow Waterfalls: A scenic stop on the hike back.
2. Garden of Caves & Sacred Forest: Explore these natural marvels.

Adventurous Activities

- Rappelling: ₹500 - ₹1,199 (Dawki Island)
- Canyoning: ₹2,000 - ₹7,000 (Laitkynsew Hill, Nongkroq Village)
- Zip Lining: ₹500 - ₹1,000 (Mawkdok Valley)
- Bamboo Trekking

Local & Instagram-Famous Cafés

- Déjà Vu Restaurant
- Jiva Grill
- City Hut Family Dhaba
- ML05 Café
- Café Cherrapunjee

Tourist Places

- Don Bosco Centre for Indigenous
- Culture
- Laitlum Canyon
- Dawki River
- Umiam Lake
- Double Decker Living Root Bridge
- Elephant Falls
- Cherrapunji

Offbeat Spots

- Wari Chora
- Khaddum Shympe
- Jadesil Fish Sanctuary
- Nongnah
- Laitlum

Best Khasi Food

- Trattoria
- Madras Café
- Jiva Veg
- You & I

Secret Tips

- Sunrise/Sunset: The sun rises around 4:30 AM and sets by 5:30 PM. Streets are often deserted after 7 PM, so plan your day accordingly.
- Transport: Private cabs are recommended, as public transport is limited.

Best Time to Visit

- Cherry Blossom: Mid-November
- Clean rivers: Winter
- Peak season: After mid-December (book hotels and cabs in advance).

Phone Connectivity

- Jio works everywhere

Must-Pack Essentials

1. Warm jacket
2. Trekking shoes
3. Swimming gear
4. Umbrella or rain jacket
5. Handy power bank
6. Sunscreen.

Important Contacts

1. Living Root Guide: +91 6009125513
2. Cherrapunji Taxi: +91 9366693211
3. Shillong Taxi: +91 8974630561
4. Marfar Homestay (Cherrapunji): +91 8257887476

Roadmap



