



7 Days Meghalaya Itinerary

Guwahati • Shillong • Cherrapunji • Nongriat • Dawki • Mawlynnong • Jowai • Krem Chympe

Day 1: Arrival in Guwahati - Kamakhya Temple - Transfer to Shillong

Welcome to Northeast India!

On arrival at **Guwahati Airport/Railway Station**, you will be greeted by your private chauffeur and begin your Meghalaya journey.

Your first stop will be **Maa Kamakhya Temple**, one of the most revered temples in Assam. Spend some time at the temple complex for darshan and prayers.

After the temple visit, continue your scenic drive towards **Shillong**, the capital of Meghalaya. As you leave Guwahati, the landscape gradually changes from the plains of Assam to the lush green hills of Meghalaya.

On arrival in Shillong, check in to your hotel and relax after the journey.

Overnight Stay: Shillong

Meals: As per package

Note: The day's schedule will remain flexible depending on your arrival time in Guwahati and the waiting time at Kamakhya Temple.

Day 2: Shillong Local Sightseeing

After breakfast, proceed for a full day of Shillong sightseeing.

Shillong Peak

Visit Shillong Peak and enjoy panoramic views of Shillong and the surrounding hills, subject to weather and visibility.

Elephant Falls

Continue to Elephant Falls, one of the most popular and easily accessible waterfalls around Shillong.

Ward's Lake

Take a relaxed walk around Ward's Lake, located in the heart of Shillong.

Cathedral of Mary Help of Christians

Visit this beautiful cathedral and one of the city's prominent landmarks.

Police Bazaar

Later, explore Police Bazaar, Shillong's main commercial area. Spend some time browsing the local shops, cafés and food options.

Return to the hotel and relax.

Overnight Stay: Shillong

Meals: Breakfast / As per package

Day 3: Shillong to Cherrapunji - Local Sightseeing

After breakfast, check out from the hotel and begin your scenic drive towards **Cherrapunji, also known as Sohra**.

The journey itself is one of the highlights of Meghalaya, with winding roads, green hills and dramatic valley views.

Mawkdok Dympep Valley Viewpoint

Stop at the viewpoint to enjoy panoramic views of the surrounding valleys.

Nohkalikai Falls

Continue to Nohkalikai Falls, one of Meghalaya's most famous waterfalls.



Seven Sisters Falls

Visit the viewpoint of Seven Sisters Falls. The waterfall's appearance can vary depending on rainfall and cloud cover.

Mawsmai Cave

Explore Mawsmai Cave, a natural limestone cave near Cherrapunji. Comfortable footwear is recommended.

After sightseeing, check in to your hotel and relax.

Overnight Stay: Cherrapunji
Meals: Breakfast / As per package

Day 4: Double Decker Living Root Bridge & Rainbow Falls

Today is the **most adventurous and physically demanding day** of your Meghalaya holiday.

After an early breakfast, drive towards **Tyrna Village**, the starting point for the trek to Nongriat.

From Tyrna, begin your trek through Meghalaya's tropical forests towards the famous **Double Decker Living Root Bridge**.

Double Decker Living Root Bridge

The bridge has been developed over generations by the Khasi communities by guiding the roots of living rubber trees across natural streams.

Spend some time exploring the bridge and surrounding forest.

Rainbow Falls

If weather, trail conditions and your fitness level permit, continue further towards **Rainbow Falls**.

The trail becomes more demanding as you progress, so take your time and stay hydrated.

After enjoying Rainbow Falls, begin the return trek towards Tyrna, where your driver will meet you.

Return to Cherrapunji and relax after the trek.

Important Trek Information

This trek involves a significant number of steps and can be physically demanding. During rainy periods, the trail can also become wet and slippery.

We recommend carrying:

- Good-grip trekking shoes
- Rain jacket or poncho
- Drinking water
- Extra socks
- Light backpack
- Comfortable trekking clothes

The itinerary may be modified depending on local weather and trail conditions. **Safety will always take priority.**

Overnight Stay: Cherrapunji
Meals: Breakfast / As per package

Day 5: Cherrapunji - Dawki - Mawlynnong - Jowai

After breakfast, check out and begin your journey towards **Dawki and the Jaintia Hills**.

Dawki & Umngot River

Visit Dawki, famous for the **Umngot River** and the scenic landscape surrounding it.

If weather and river conditions are suitable, you may enjoy a boat ride on the river.

Please note that water clarity is highly dependent on rainfall and weather conditions. During the monsoon, the river may not always have



the crystal-clear appearance seen in photographs taken during the dry season.

Mawlynnong

Continue towards **Mawlynnong**, a picturesque village known for its cleanliness and community-led environmental practices.

Spend some time exploring the village and enjoying its peaceful surroundings.

Riwai Living Root Bridge

If time and conditions permit, visit the nearby **Riwai Living Root Bridge**. It is significantly easier to access than the Nongriat Double Decker bridge.

Continue to Jowai

Later, continue towards **Jowai** and check in to your hotel.

Enjoy a relaxed evening in the quieter surroundings of the Jaintia Hills.

Overnight Stay: Jowai

Meals: Breakfast / As per package

Day 6: Excursion to Krem Chympe - Jowai

After breakfast, prepare for an exciting excursion into the **Jaintia Hills**.

Today you will explore **Krem Chympe**, one of Meghalaya's fascinating natural cave systems.

The area offers a very different experience from the waterfalls and viewpoints covered during the earlier part of the trip.

Krem Chympe

The journey towards Krem Chympe takes you through the scenic landscapes and rural areas of the Jaintia Hills.

Krem Chympe is known for its underground passages, natural rock formations and river-cave environment.

The exact experience can depend on local conditions and water levels, particularly during the rainy season.

This excursion should therefore be undertaken with a **local guide and appropriate safety precautions**.

After exploring the area, return to Jowai by evening.

Spend the evening relaxing at the hotel.

Overnight Stay: Jowai

Meals: Breakfast / As per package

Important: Cave visits are highly dependent on weather, water levels and local access conditions. The activity may be modified or cancelled locally if conditions are considered unsafe.

Day 7: Jowai - Guwahati Departure

After breakfast, check out from your hotel and begin your journey towards **Guwahati**.

The drive will take several hours, so we recommend keeping sufficient buffer time between your expected arrival in Guwahati and your flight or train departure.

Depending on your departure schedule, you may stop along the way for refreshments or lunch.

On arrival in Guwahati, you will be dropped at **Guwahati Airport/Railway Station** for your onward journey.

Your Meghalaya holiday comes to an end with memories of the region's waterfalls, forests, living root bridges, rivers and the lesser-explored landscapes of the Jaintia Hills.

Meals: Breakfast



A Note About Your Meghalaya Journey

This itinerary combines Meghalaya's **popular highlights with some more adventurous and lesser-explored experiences.**

You will experience:

- Shillong** - Hills, viewpoints and city life
- Cherrapunji** - Waterfalls, caves and dramatic landscapes
- Nongriat** - Double Decker Living Root Bridge and Rainbow Falls
- Dawki** - Umngot River and border landscapes
- Mawlynnong** - Village experience and Riwai Living Root Bridge
- Jowai** - Jaintia Hills and a quieter side of Meghalaya
- Krem Chympe** - Cave exploration and adventure

Because this is a nature-focused destination, weather, road conditions, water levels and local conditions can occasionally affect the itinerary. Any changes will be made with **safety and overall travel experience as the priority.**

SEPTEMBER TRAVEL INFORMATION

September is a beautiful month to experience Meghalaya, particularly if you enjoy **lush green landscapes, waterfalls, misty hills and nature.**

However, Meghalaya remains influenced by the monsoon during this period.

What to expect in September

Factor	What to Expect
Greenery	Excellent
Waterfalls	Usually impressive
Rain	Possible, sometimes heavy
Cloud & Mist	Common
Trekking Trails	Can be wet/slippery
Road Conditions	Can vary depending on Weather
Dawki Water Clarity	Weather-dependent
Temperature	Generally pleasant
Photography	Excellent when visibility is good

We recommend keeping some flexibility in the itinerary because weather conditions can occasionally affect road travel, trekking and river activities.

WHAT TO PACK FOR SEPTEMBER

We recommend carrying:

- Good-grip trekking shoes
- Lightweight rain jacket or poncho
- Quick-dry clothes
- Extra pairs of socks
- Small backpack
- Reusable water bottle



- Sunscreen
- Sunglasses
- Personal medicines
- Power bank
- Waterproof phone pouch
- Insect repellent
- Small towel
- Comfortable walking clothes

For the Nongriat trek, **comfortable footwear with good grip is essential.**

A NOTE FROM TAKE A BREAK

Meghalaya is best experienced at a relaxed pace.

There may be rain, clouds, mist, slippery trails and longer-than-expected drives. These are all part of travelling through a mountainous and rain-dependent destination.

Our priority throughout your journey will be your **safety, comfort and overall experience.**

The itinerary may be adjusted locally whenever required due to weather, road conditions or other circumstances.

We hope you enjoy the slower pace, lush landscapes and unique experiences that make Meghalaya special.

Wishing you a wonderful journey through Meghalaya!

TAKE A BREAK
Travel • Explore • Experience

Inclusions

- Accommodation as mentioned
- Buffet breakfast
- Sightseeing as per itinerary
- Private sedan for all transfers and sightseeing
- Well-spoken and knowledgeable driver
- All applicable toll charges
- Parking charges
- Airport/Railway Station transfers as per itinerary

Exclusions

- Lunch
- Dinner
- Monument entry tickets
- Adventure activities
- Border/permit charges
- Personal expenses
- Camera/video charges at monuments, wherever applicable
- Travel insurance
- Anything not specifically mentioned under inclusions

