

Meghalaya Family Adventure: Caving, Lakes & Waterfalls

Prepared by TourGrids



Destination

North-East



Duration

4 Nights 5 Days



Starting from

Rs. 13,750 / person

ITINERARY ROUTE

↙ **Shillong · 2N**

↙ **Cherrapunji · 1N**

↙ **Dawki / Mawlynnong · 1N**

<https://tourgrids.com/packages/north-east/north-east-4-nights-5-days-package-638>

Overview

A carefully curated 4 nights / 5 days North-East tour package that blends gentle adventure, family-friendly activities and breathtaking natural scenery. This North-East Adventure tour package focuses on caving, serene lakes, cascading waterfalls, and cultural stops in Meghalaya's most photogenic spots. Perfect for families seeking a mix of easy walks, short treks (optional), and immersive local experiences.

Highlights:

- Umiam Lake – scenic boating and sunset views
- Mawsmai Cave & Arwah Cave – family-friendly caving adventures
- Nohkalikai Falls & Seven Sisters Falls – panoramic viewpoints
- Dawki River (Umngot) – crystal-clear boat ride
- Mawlynnong – Asia's cleanest village & living root bridge views
- Shillong – local markets, culture, and relaxed city strolls

This 4-and-5 North-East Adventure tour package is designed to be family-friendly; optional activities like the Living Root Bridge trek are included as choices for families with older children or fit members.

✓ **What's Included**

- ✓ Accommodation for 4 nights (family room / twin sharing) with breakfast
- ✓ All transfers and sightseeing by private AC vehicle as per itinerary
- ✓ Experienced local driver and local guide for caving/trek segments
- ✓ Entrance fees and permits for listed attractions
- ✓ Boat ride at Umiam Lake and Dawki (subject to weather)
- ✓ Mineral water during excursions
- ✓ 24/7 emergency support and assistance

✗ **Not Included**

- ✗ Airfare / train to Guwahati or Shillong and return
- ✗ Meals not mentioned (lunches & dinners unless specified)
- ✗ Personal expenses, tips, and gratuities
- ✗ Optional activities (e.g., guided Living Root Bridge trek porter/guide fees if chosen)
- ✗ Travel insurance
- ✗ Any expenses arising from weather-related delays or force majeure
- ✗ Note: Single-room supplements, seasonal surcharges, and peak-date increases may apply.

Day-by-Day Itinerary

Day

1

Arrival in Shillong & Umiam Lake Leisure

Arrive at Shillong (most guests arrive via Guwahati – ~3 hours by road). Transfer to your hotel and relax. In the afternoon enjoy a calm visit to Umiam Lake – ideal for family photos and a gentle boat ride. Evening at leisure exploring Police Bazaar for local handicrafts and snacks.

Tip: Carry a light jacket – evenings can be cool.

Day

2

Shillong City Sights & Local Culture

Explore the highlights of Shillong: panoramic views from Shillong Peak, the colonial charm of Lady Hydari Park, and the informative Don Bosco Museum showcasing North-East cultures. Stop at Elephant Falls on the return and enjoy a relaxed evening with local Khasi cuisine.

Family note: The Don Bosco Museum is stroller-friendly with interactive displays kids enjoy.

Day

3

Cherrapunji: Waterfalls & Caves

Drive to Cherrapunji (Sohra), famous for dramatic cliffs and waterfalls. Visit the towering Nohkalikai Falls and the panoramic Seven Sisters Falls viewpoint. Explore Mawmai Cave for an easy caving experience suitable for children and visit Arwah Cave (optional) for a mild adventure. Evening at leisure in Cherrapunji.

Important: Caves have uneven paths – good footwear recommended.

Day

4

Dawki River & Mawlynnong (Clean Village)

Head to Dawki (Umngot River) for the famous crystal-clear water boat ride – a highlight of any North-East Adventure package. Proceed to Mawlynnong, Asia's cleanest village. Walk the skywalk for valley views and explore local life. Optionally visit Nongriat for the famed Double Decker Living Root Bridge (requires a steep trek – suitable for fit family members).

Tip: Pack water and sun protection for the Dawki boat ride; the Living Root Bridge trek needs good shoes and moderate fitness.

Day

5

Return to Shillong & Departure

After breakfast drive back to Shillong. En route visit any missed spots or local craft shops for last-minute souvenirs. Transfer to Guwahati (or Shillong airport/railhead) for your onward journey.

Departure note: Allow 3–4 hours to reach Guwahati by road from Shillong; schedule flights accordingly.

🔍 Frequently Asked Questions

🔍 What is the best time to visit Northeast India?

The ideal time to visit Northeast India is October to April when the weather is pleasant and dry. October–November offers post-monsoon freshness with clear skies, perfect for sightseeing and outdoor activities. December–February brings cool, crisp weather ideal for exploring hill stations like Gangtok, Shillong, and Tawang. March–April features blooming rhododendrons and comfortable temperatures. Avoid June–September monsoon season as heavy rainfall can disrupt travel plans, cause landslides, and make roads inaccessible. However, if you're interested in experiencing lush green landscapes and don't mind occasional showers, post-monsoon September can be beautiful. For specific festivals like Hornbill Festival in Nagaland (December) or cherry blossoms in Shillong (November), plan accordingly. Winter temperatures range from 5–20°C in hills and 10–25°C in plains.

🔍 How can I reach Northeast India from major Indian cities?

Air travel is the most convenient option with Guwahati (Assam) serving as the main gateway, connected to Delhi, Mumbai, Kolkata, and Bangalore. Other airports include Bagdogra (for Sikkim), Imphal, Agartala, Dibrugarh, and Dimapur. From Guwahati, you can reach other states by road or connecting flights. Train connectivity exists to Guwahati, New Jalpaiguri (for Sikkim), and Agartala via broad gauge lines. The Rajdhani Express connects Guwahati to Delhi. Road access is possible via NH27 through West Bengal and NH37. For Sikkim, fly to Bagdogra then drive 4 hours to Gangtok. Many tourists prefer flying to Guwahati and then taking domestic flights or hiring vehicles for interstate travel. Book flights in advance as options are limited and prices can be higher than other destinations.

❓ **Do I need special permits to visit Northeast states?**

Permit requirements vary by state and visitor nationality. Indian citizens need Inner Line Permits (ILP) for Arunachal Pradesh, Mizoram, and Nagaland, obtainable online or at checkpoints. Manipur requires ILP for certain areas. No permits needed for Assam, Meghalaya, Tripura, and Sikkim for Indians. Foreign nationals need Protected Area Permits (PAP) for Arunachal Pradesh, obtained through registered tour operators with 30-day advance application. Sikkim requires permits for certain areas like Nathula Pass and North Sikkim. For group travel, tour operators usually handle permit procedures. Apply online through official state websites or at designated counters in Delhi, Kolkata, and Guwahati. Carry multiple passport-size photos and ID proofs. Permits are usually processed within 2–7 days. Some border areas may have additional restrictions, so check current regulations before travel.

❓ **What are the local transportation options within Northeast states?**

Shared taxis and sumos are the most common intercity transport, especially in hilly regions like Sikkim and Meghalaya. State transport buses connect major towns but can be crowded and slow. Private buses offer better comfort for longer routes. In cities, auto-rickshaws, cycle-rickshaws, and local taxis are available. App-based cabs operate in Guwahati, Shillong, and Gangtok. For sightseeing, hiring a private car with driver is recommended, costing ₹2,500–4,000 per day depending on the vehicle and distance. Motorcycle rentals are popular in Sikkim and Meghalaya among adventure travelers. River transport exists in Assam via ferries across Brahmaputra. Helicopter services operate in Sikkim for scenic tours. Book vehicles in advance during peak season. Mountain roads can be challenging, so experienced local drivers are advisable. Fuel stations may be sparse in remote areas.

❓ **What types of accommodation are available and where should I stay?**

Northeast India offers diverse accommodation from luxury resorts to budget homestays. Government tourism properties provide good value with basic amenities. Luxury options include Taj Tashi (Thimphu), Mayfair Hotels (Gangtok, Shillong), and heritage properties. Mid-range hotels are abundant in major towns. Homestays are popular, especially in Sikkim, Meghalaya, and Arunachal Pradesh, offering authentic cultural experiences at ₹1,000–3,000 per night. Stay in Gangtok for Sikkim exploration, Shillong for Meghalaya, Guwahati for Assam, Itanagar for Arunachal Pradesh. In remote areas, government guest houses and forest rest houses are available but require advance booking. Eco-lodges near national parks offer nature experiences. During festivals, book well in advance as accommodation fills quickly. Many properties offer package deals including meals and local sightseeing. Check for hot water availability in hill stations during winter months.

🔍 What are the must-visit attractions in Northeast India?

Top attractions include Kaziranga National Park (Assam) for one-horned rhinos, Tawang Monastery (Arunachal Pradesh) – India's largest monastery, and Nathula Pass (Sikkim) on the Indo-China border. Shillong, the 'Scotland of East,' offers colonial charm and living root bridges in Cherrapunji. Majuli Island (Assam) is the world's largest river island with unique culture. Hornbill Festival (Nagaland) showcases tribal heritage. Loktak Lake (Manipur) features floating islands. Unakoti (Tripura) has ancient rock carvings. Adventure seekers enjoy river rafting in Arunachal Pradesh, trekking in Sikkim's Goecha La, and caving in Meghalaya's Mawsmai Caves. Tea gardens in Assam and Sikkim offer scenic beauty. Sikkim's Rumtek Monastery and Gangtok's MG Marg are cultural highlights. Each state offers unique experiences – from wildlife safaris to monastery visits and tribal village interactions.

🔍 What local foods and cuisines should I try in Northeast India?

Northeast cuisine is unique, featuring rice as staple with minimal spices and extensive use of herbs, bamboo shoots, and fermented ingredients. Must-try dishes include Assam's fish curry with khar (alkaline preparation), Sikkim's momos and thukpa, Nagaland's smoked pork with black sesame, and Manipur's Eromba (vegetable curry). Meghalaya's Jadoh (rice with meat) and Mizoram's Bai (vegetable stew) are local favorites. Fermented fish, bamboo shoot pickles, and bhut jolokia (ghost pepper) add distinctive flavors. Sikkimese cuisine shows Tibetan influence with gundruk (fermented leafy greens) and chhurpi (yak cheese). Try local rice beer, particularly Sikkim's chang and Assam's rice wine. Street food includes Assam's pitha (rice cakes) and various tribal preparations. Many dishes might be unfamiliar to outsiders, so start with milder options. Vegetarian options are available but limited in tribal areas. Local restaurants and homestays offer authentic experiences.

★ Traveller Reviews



Gunjan Tiwari

★★★★☆ 4/5

North-East Travels – An Enriching Experience

Traveling to the North-East was an enriching experience for me. The diverse ecosystems and cultures made the trip memorable. Highly recommend exploring this region!



Ranbir Choudhury

★★★★★ 5/5

Journey of a Lifetime

This North-East tour was indeed a journey of a lifetime! Beautiful landscapes, thrilling adventures, and rich culture made it all worth it. Will cherish these memories forever!



Nandita Roy

★★★★★ 5/5

Well-Organized North-East Package

The North-East tour package was well-organized with friendly staff and seamless arrangements. Every detail was taken care of and it made our travel experience delightful!



Sourabh Yadav

★★★★★ 5/5

Beautiful North-East Awaits You

The beautiful North-East awaits everyone! This tour package was filled with exciting activities and places that offered picturesque views. I can't recommend it enough!



Akanksha Mehta

★★★★☆ 4/5

Adventure Awaits in North-East

Adventure awaits in the North-East! This tour gave us thrilling experiences while also allowing us to soak in the serene beauty around us. Great trip overall!

⚡ Why Choose TourGrids?

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