

Eco-Stay Northeast: Sustainable Homestays, Local Guides & Nature

Prepared by TourGrids



Destination

North-East



Duration

4 Nights 5 Days



Starting from

Rs. 15,600 / person

ITINERARY ROUTE

↙ **Shillong · 2N**

↙ **Cherrapunji · 1N**

↙ **Mawlynnong / Dawki area · 1N**

<https://tourgrids.com/packages/north-east/north-east-4-nights-5-days-package-683>

Overview

a 4 nights / 5 days North-East tour package designed as a North-East Family tour package for families and eco-conscious travelers. This thoughtfully curated North-East Family package focuses on sustainable homestays, community-led experiences, short nature treks, and the region's most iconic natural sights. Ideal as a 4 and 5 North-East Family tour package, it blends comfort, local culture, and low-impact travel.

Highlights:

- Shillong: colonial charm, vibrant markets, scenic viewpoints
- Cherrapunji (Sohra): dramatic waterfalls like Nohkalikai Falls, caves, and living root bridges
- Mawlynnong: Asia's cleanest village and community homestays
- Dawki (Umngot River): crystal-clear river boating
- Guided stays with local homestay hosts and certified local guides

Recommended for families seeking easy walks, cultural immersion, and responsible travel. Suitable for children (age 6+) and seniors with moderate mobility.

✓ **What's Included**

- ✓ 4 nights' accommodation in family-friendly, community-run homestays (twin/triple sharing as per booking)
- ✓ Daily breakfast + 2 traditional lunches or community meals as listed
- ✓ All ground transfers & sightseeing by private vehicle (as per itinerary)
- ✓ Certified local guides for walks, village interactions, and treks
- ✓ Boat ride on Umngot River (Dawki) when available
- ✓ Entrance fees & local permits for listed attractions
- ✓ Sustainable travel kit on arrival (reusable water bottle, map, waste-bag tips)
- ✓ Local community contribution fee to support village conservation projects
- ✓ This package emphasizes eco-friendly stays and supports local livelihoods.

✗ **Not Included**

- ✗ International or domestic flights / train tickets to Shillong/Guwahati
- ✗ Meals not mentioned in inclusions (dinner except where listed)
- ✗ Personal expenses, souvenirs, tips/gratuities, and optional activity fees not specified
- ✗ Travel insurance (strongly recommended)
- ✗ Any costs arising from flight delays, roadblocks, or weather-related changes
- ✗ Trekking gear rental (if required for extended treks beyond the short family routes)
- ✗ Please carry sufficient cash for small village purchases as card facilities may be limited.

Day-by-Day Itinerary

Day

1

Arrival, Settling into a Sustainable Homestay & Local Orientation

Arrive at Shillong (Umroi/Shillong airport or Guwahati + drive). Transfer to your family-friendly, eco-certified homestay run by local hosts. After a welcome tea and brief orientation on sustainable practices followed by a short rest, enjoy a gentle walk around Police Bazaar and Ward's Lake to experience local life and markets. Evening: briefing by your local guide about the next days' activities and safety tips.

Activities are relaxed on arrival day to help families acclimatize.

Day

2

Sacred Groves & Village Culture – Mawphlang & Local Crafts

Drive to Mawphlang Sacred Forest with a local guide to learn about Khasi customs, ethnobotany, and community forest conservation. Enjoy a short guided nature walk (easy terrain) to spot unique flora and learn about medicinal plants. Afternoon visit to a nearby village craft center for bamboo and cane handicrafts, plus interactive cooking demo at the homestay to sample traditional Khasi dishes.

Wear comfortable walking shoes; the walk is family-friendly but uneven in places.

Day

3

Cherrapunji: Waterfalls, Caves & Optional Short Root-Bridge Walk

Transfer to Cherrapunji (Sohra) early morning. Visit the spectacular Nohkalikai Falls, Mawsmai Cave, and the Eco Park viewpoints. After lunch, take an optional, guided short trek to view a living root bridge (shorter/safer route chosen for families) or enjoy scenic walks near the viewpoints and photo stops. Evening at a warm, family-run homestay in Cherrapunji.

The optional root-bridge walk is limited in duration and graded for families; please notify guide if traveling with young children or seniors.

Day

4

Mawlynnong & Dawki – Cleanest Village and Crystal-Clear River

Drive to the award-winning Mawlynnong Village, famed as Asia's cleanest village. Enjoy a guided village walk, visit the Sky View Tower for panoramic views, and learn about waste management and community tourism models. In the afternoon proceed to Dawki (Umngot River) for a serene glass-bottom boat ride on the crystal-clear waters (weather permitting). Evening stay in a nearby eco-homestay where families can interact with hosts and learn local crafts.

Boat rides depend on river levels; alternative cultural activities are arranged during monsoon.

Day

5

Return to Shillong, Local Market Time & Departure

After a relaxed breakfast, return to Shillong. En route stop for photos and last-minute souvenir shopping at Police Bazaar or local craft outlets. Drop-off at Shillong/Umroi airport or proceed to Guwahati for onward travel. Farewell with local hosts and handover of a small community-made keepsake.

Ensure all luggage and personal items are collected from homestays; allow extra travel time for hill roads.

? 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!

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