

Adventure Weekend: River Rafting, Rock Climbing & Caving in Meghalaya

Prepared by TourGrids

Destination
North-East

Duration
4 Nights 5 Days

Starting from
Rs. 13,300 / person

ITINERARY ROUTE

↖ **Shillong · 1N**

↖ **Cherrapunji · 1N**

↖ **Mawlynnong · 1N**

↖ **Dawki / Shnongpdeng · 1N**

<https://tourgrids.com/packages/north-east/north-east-4-nights-5-days-package-684>

📌 Overview

A compact 4 nights / 5 days North-East Adventure tour package designed for thrill-seekers and nature lovers. Explore the best of Meghalaya with river rafting on the crystal-clear Umngot (Dawki), guided rock climbing sessions near Shillong and Cherrapunji, and spelunking at Mawsmai Cave. Perfect as a North-East Adventure tour package or a weekend escape, this itinerary balances adrenaline activities with scenic sightseeing.

Highlights:

- River rafting & boating on the Umngot River (Dawki)
- Guided rock climbing sessions at certified local crags
- Caving at Mawsmai Cave and exploring Cherrapunji viewpoints
- Visit to Mawlynnong – Asia's cleanest village
- Local cultural stops: Shillong market, Dawki border, scenic bridges and waterfalls

Note: Activities such as river rafting and rock climbing are subject to weather and water levels; safety briefing and certified guides included.

✓ What's Included

- ✓ 4 nights accommodation (mix of hotels, eco-lodges & homestays)
- ✓ Daily breakfast and 2-3 meals as per itinerary (specified)
- ✓ All transfers and sightseeing by private vehicle with driver
- ✓ Guided river rafting (Umngot) with equipment, life jackets & certified guides
- ✓ Rock climbing sessions with certified instructors and basic climbing gear
- ✓ Guided cave exploration at Mawsmai Cave with headlamps
- ✓ Local permits and entry fees as mentioned
- ✓ Experienced local adventure guides and safety briefing
- ✓ Riverside campfire on the Dawki night
- ✓ All applicable taxes (unless specified under exclusions)
- ✓ Special: Suitable for 4 & 5 North-East Adventure tour package searches – this is curated as a weekend adventure package.

✗ Not Included

- ✗ Return air / rail fare to Shillong/Guwahati
- ✗ Personal expenses, tips and gratuities
- ✗ Travel insurance (strongly recommended)
- ✗ Optional activities not listed in inclusions (e.g., extra kayaking, ATV rides)
- ✗ Any increase in local taxes, fuel surcharge or unforeseen levies
- ✗ Items of personal nature (laundry, phone/internet charges)
- ✗ Note: Activity timings and sequence may change due to weather, river levels or local conditions. Bookings are subject to availability.

Day-by-Day Itinerary

Day

1

Arrival in Shillong, Intro Session & Local Sightseeing

Arrive at Shillong (Umroi/Shillong Airport or Guwahati transfer) and meet your local representative. After check-in, enjoy a relaxed afternoon with an introductory rock-climbing briefing and a short practical session at a nearby crag (suitable for beginners). Later, explore Police Bazaar for local shopping and visit Ward's Lake and Shillong Viewpoints. Evening free for a welcome dinner and briefing for adventure days ahead.

Meals: Dinner included.

Day

2

Cherrapunji: Caving at Mawsmai & Waterfall Views

Drive to Cherrapunji (Sohra) after breakfast. Explore the dramatic gorge and viewpoints including Nohkalikai Falls, Seven Sisters Falls, and the panoramic points at Eco Park. Spend an adventurous afternoon caving at Mawsmai Cave – guided exploration through limestone formations. Short nature walks to nearby viewpoints and sunset photography.

Tips: Carry a light jacket and waterproof shoes; cave floors can be slippery.

Day

3

Rock Climbing Intensive & Transfer to Mawlynnong

After an early breakfast, enjoy a full rock climbing session with certified instructors – skills training, top-rope climbs and bouldering suited to mixed ability groups. Post-lunch drive to Mawlynnong Village, famed as Asia's cleanest village. Explore the village, the living root bridge viewpoint and the skywalk for panoramic vistas. Overnight stay in a homestay or eco-lodge to experience local hospitality.

Important: Rock-climbing session requires comfortable clothing and a basic fitness level.

Day

4

Dawki / Shnongpdeng: River Rafting & Crystal-Clear Boats

Transfer to Dawki / Shnongpdeng – the highlight day. Enjoy river rafting (grade depending on conditions) and boat rides on the crystal-clear Umngot River, plus optional kayaking. Visit the iconic Dawki Bridge and the India–Bangladesh border viewpoint. In the evening, relax by the riverside with a campfire and optional village cultural performance.

Safety: All rafting/kayaking include life jackets, helmets and trained guides. Activity availability depends on water conditions.

Day

5

Return to Shillong & Departure

After breakfast, drive back to Shillong with a scenic en-route stop for photographs. Depending on your departure time, enjoy some last-minute shopping at Police Bazaar or a visit to Elephant Falls. Transfer to the airport/railhead in Shillong or Guwahati for your onward journey.

End of the 4 nights / 5 days North-East Adventure package.

🔍 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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