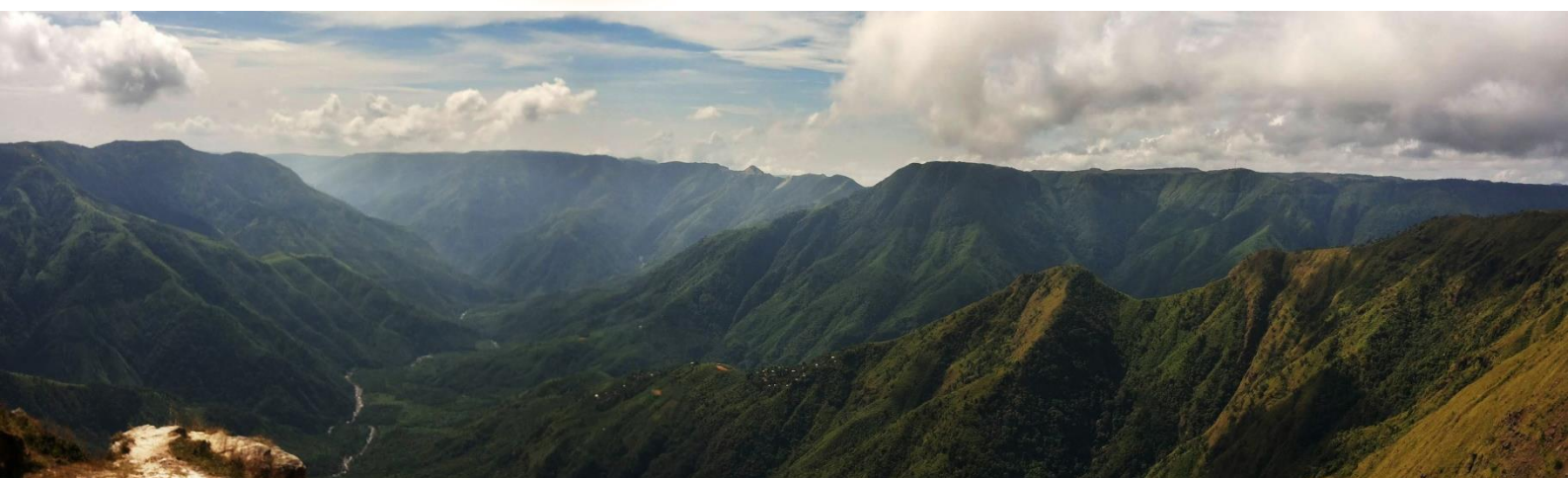


2018

India Trail



Your Programme

Welcome to your very first India Trail experience

October 17-21, 2018

- Meghalaya

05 days

TABLE OF CONTENTS

SUMMARY OF YOUR TRIP	2
DETAILED PROGRAMME	3
GENERAL ADVISORY	9

SUMMARY OF YOUR TRIP

Day 1. October 17, 2018

Arrive at Guwahati airport and head up to Cherrapunji –after exploring Shillong.

Day 2. October 18, 2018

Day trek to the Cherrapunji Double Decker Living Root Bridge. This is a fairly intense activity.

Day 3. October 19, 2018

Spend the day canyoning and kayaking at Mawlongbna.

Day 4. October 20, 2018

Head to Shnongpdeng via Dawki.

Day 5. October 21, 2018

Quick tour of the Krang suri falls and the head to Guwahati airport for your flight back.

Notes:

1. **Canyoning at Mawlongbna** - water based activity - so you should be ready to get drenched - swim, slide down a few small waterfalls and crawl along a river bed. It is truly a thrilling experience. Knowledge of swimming isn't necessary, one just mustn't be afraid of water. We have professional guides who will assist you at every step. On this same day, you can try your hand at some **kayaking** too.
2. The Indo - Bangladesh border town of **Dawki** that has the **Umngot River** flowing near it has some of the clearest waters you will ever see - a short boat ride on this river can be quite a thrilling experience. And about half an hour later is Shnongpdeng which has some exciting water based activities such as snorkelling and kayaking.

DETAILED PROGRAMME

Day 01 October 17, 2018 – Arrive at Guwahati and head up to Cherrapunji

Stay at Cherrapunji town



Travel route and programme:

Arrive at Guwahati airport in Assam and then our car will take you up to your hotel in Cherrapunji after exploring Shillong.

The **drive time** from **airport to your hotel** is approximately 2.5 hours and from **there to Shillong** is another 45 minutes.

Head in to Shillong town and explore the café and restaurants that Shillong is famous for or you could choose to visit the Don Bosco Museum to learn more about the North East of India - it is a seven floor museum and is very informative about this side of the world.

This will be followed by the drive to your hotel. Check in to your hotel and unwind.

As this is the day you would be arriving, we keep the programme light and flexible.

Dinner at the hotel.

Flight details:

Arrive at Guwahati airport before 11 am.

What's included

Transportation, accommodation

And what's not

Main meals for the day and incidental expenses along the way

Advisory:

1. *Meghalaya is likely to be quite cold in the evenings, so please carry appropriate warm clothes. We suggest layering yourself as different places will have different temperatures and it is also likely to vary quite a bit during the day and night. A fleece and a jacket would work well, with perhaps a head cover if you are more susceptible to the cold.*
2. *The drive up to your hotel is inclined almost all the way and quite winding. So, if you are prone to car sickness, perhaps you should take some medications that you normally do or try and sit in the front of the car.*

Day 02 October 18, 2018 – Day trek to the Cherrapunji Double Decker Living Root Bridge.

Stay at Cherrapunji town



Travel route and programme:

The double decker root bridge hike in Tyrna village.

Activities planned for the day:

Your car will be waiting to pick you up from the hotel at 8 am.

Head to the starting point of your Double Decker Living Root Bridge Walk. The **drive time is approximately 45 minutes**. Your guide will meet you there. The walk is a tough one and involves 7000 steps, 3500 each way. If you have any injuries we advise that you avoid this, if not, then you will be fine. It takes about 2 hours to walk down to the double decker bridge and another 3 hours to walk back up. You will exhaust at the end of this. The car will bring you back to your hotel.

Do read the [blog post](#) about preparing for the walk.

A living root bridge is a bridge made out of the living roots of a tree that have been carefully guided across a river. In the old days, the local folk couldn't cross over fast flowing rivers without the fear of being washed away. They came up with this concept of using the roots of a tree to create these incredible structures.

What's included

Transportation, accommodation with breakfast, guide for the trek and entry fees

And what's not

Main meals for the day and incidental expenses along the way

Advisory:

1. You will need to be on the road by 8:00 am. Do inform the hotel to have your breakfast ready by 7:30 am so that you have ample time to finish breakfast.
2. The guide will meet you at the start of your trek route.
3. You will do a reasonable amount of walking today, so please wear comfortable shoes.
4. Make sure you read the blog post to prepare for this.

Day 03 October 19, 2018 – Spend the day canyoning and kayaking at Mawlongbna

Stay at Shillong



Travel route and programme:

Head to Mawlongbna for a day of canyoning and kayaking. The **drive time each way is approximately 3 hours from Cherrapunji** and the road surface for the most part is good, however there are some patches that are rough.

Your car will be waiting to pick you up from the hotel at 7 am *[if you would prefer a different time, please advise the driver of the same] - though we suggest you stick with 8 am as the outer limit.*

Your guide will meet you at Mawlongbna and will explain the activity to you and all the safety procedures one must take.

Today your canyoning activity will take you about 1.5 hours. You can try your hand at kayaking too - there is a lovely lake here perhaps even try your hand at some fishing.

Lunch will be served at the venue itself.

Leave for your hotel by 3:00 PM

Dinner at your hotel.

What's included?

Transportation, accommodation with breakfast, canyoning and kayaking activities, lunch at Mawlongbna.

And what's not...

Dinner, incidentals and zip lining.

Advisory:

1. *We recommend that you leave Cherrapunji by 7:00 AM right after a heavy breakfast at the hotel. Do carry some light snacks like biscuits or chips or peanuts, because there aren't too many shops that might sell what you want along the way.*
2. *The guide will meet you at the canyoning venue.*
3. *You may need to do a reasonable amount of walking today, so please wear comfortable shoes.*
4. *You will be in the water quite a bit today so brings a change of clothes and a pair of water shoes or strapped sandals and a towel.*

Day 04 October 20, 2018 – Head to Shnongpdeng via Dawki

Stay at Shnongpdeng / Shillong



Travel route and programme:

Spend the day at Shnongpdeng where you can explore the crystal clear waters as try your hand at snorkelling or kayaking or just sit on a boat while we take you on a short trip.

On the way you can stop at Dawki, which is on the border between India and Bangladesh. The road to Dawki isn't the best, but when you get there, you can hop on to a small boat and check out the crystal clear waters of the Umngot River or you could save this activity for when you reach Shnongpdeng.

Lunch will be served riverside.

The **drive time** from **your hotel** is approximately 3.5 hours each way. Even though the drive time is high - this is really a worthwhile experience as a family.

Dinner at your hotel.

What's included

Transportation, accommodation with breakfast, water sports and lunch by the river

And what's not

Dinner and incidental expenses along the way

Advisory:

1. *Long drive time today*
2. *Make sure you carry a change of clothes as you will likely get wet today.*
3. *You have to be done with water activities at Shnongpdeng before 2 pm as it tends to get really cold after that.*

Day 05 October 21, 2018 –Quick tour of Krang suri falls and departure



Travel route and programme:

We suggest you take a late evening flight from Guwahati. That way, you can spend the first half of the day exploring Krangsuri before heading out *[Klangsuri is possible only for those staying at Shnongpdeng, while those heading back to Shillong can spend the morning hours exploring Shillong town.]*

Klangsuri falls is considered to be one of the most exotic waterfalls in Meghalaya. The place provides a bird's eye view of the entire area and is a must visit place for nature lovers.

Leave in time for your flight back from Guwahati airport.

What's included?

Transportation, breakfast

And what's not...

Lunch, dinner and other incidentals.

Advisory:

1. *Ensure that you leave at least 5 hours before your flight time. The drive to the airport can sometimes take a while.*

GENERAL ADVISORY

1. As part of our safety policies, we request you to let us know the following information:
 - a. pre-existing medical conditions and allergies
 - b. dietary restrictions
 - c. two emergency contact numbers
2. Please carry all the medicines that you might require
3. Please carry two pairs of shoes as if are participating in a trek, there is a likelihood of getting your shoes wet. Flip flops/ sandals would definitely be useful.
4. We will brief you on the dos and don'ts of photography in the states you will be visiting.
5. We promote responsible travel and so we request you to understand and respect the local culture and traditions. We encourage following a no plastic policy except for drinking water bottles. This has been quite a challenge for us to execute – even within our own team – but we are working on this.
6. The weather in Meghalaya is bound to be cold in the evenings and nights – please carry appropriate clothing. Minimum temperature range: 5 to 15 degrees C. Warm clothes should be in layers so that you can adapt to the changing temperatures of the day - cold in the morning, warm in the day and cold in the evening.
7. Please carry a government issue ID card with you [e.g. Licence, Passport or Voter's ID].
8. You can pass on these numbers to your friends and family in case they cannot reach you.

Rohan K. Abraham - +91 98867 70070/ +91 8787 677636

A. David Solo - +91 97740 39490
9. Internet access in the north east is quite limited – however connectivity through mobile phones is reasonably good.

We look forward to hosting you in the North East of India. To know more about us, please click on any of the icons below:

