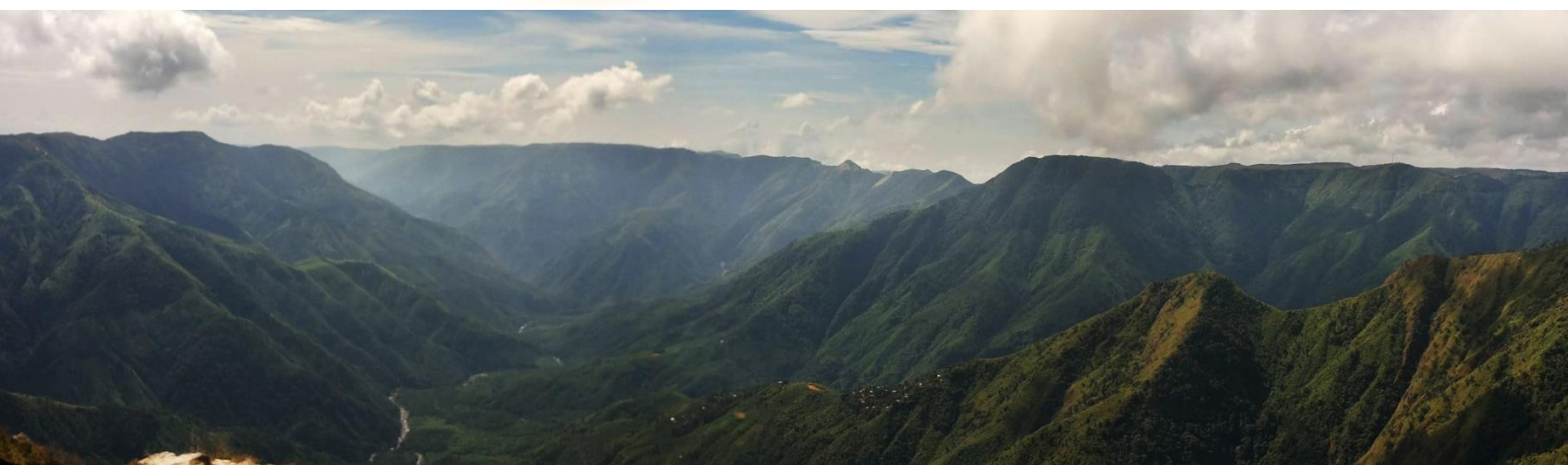


# India Trail



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## Your Programme

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*Welcome to your India Trail experience*

*June 15-18, 2018*

*August 24-27, 2018*

*September 1-4, 2018*

*October 5-8, 2018*

*Meghalaya*

*04 days*

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## SUMMARY OF YOUR TRIP

### **Day 1.**

Arrive at Guwahati airport and head up to Cherrapunji – explore Cherrapunji this afternoon.

### **Day 2.**

Day trip to the Cherrapunji Double Decker Living Root Bridge. This is a day long activity and fairly intense.

### **Day 3.**

Canyoning and Kayaking at Mawlongbna.

### **Day 4.**

Quick tour of Shillong and head back to Guwahati airport for your flight back.

### **Notes:**

1. The programme selected for you is **very activity intense**.
2. **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.

## DETAILED PROGRAMME

*Day 01 – Arrive at Guwahati airport and head up to Cherrapunji town*

*Stay at Cherrapunji*

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### **Travel route and programme:**

Arrive at Guwahati airport in Assam and then our car will take you up to your hotel in Cherrapunji. Check in, freshen up.

If there is enough daylight and if you are up for it, you can head out and explore the many waterfalls and caves in Cherrapunji like the Nohkalikai Falls [fifth highest waterfall in India], Seven Sisters Falls also known as Nohsnithiang Falls which form a seven segmented waterfall and Thangkharang Park, Mawkadok View Point, Dainthlen Falls, Mawsymai Caves and River of Caves.

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

The **drive time** from **airport to Shillong** is approximately 2.5 hours and from **there to your hotel** is another 2 hours.

### **Flight details:**

Your flight should be the early morning flight that arrives in Guwahati no later than 11 am.

### **What's included...**

Transportation, accommodation with breakfast.

### **And what's not...**

Main meals for the day and incidental expenses along the way

### **Advisory:**

1. *Meghalaya is likely to be cold in the evenings and wet in the months of June, July and August, so please carry appropriate warm clothes and rain wear. 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 incline 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 – Day trip to the Cherrapunji Double Decker Living Root Bridge.

### Stay at Cherrapunji

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#### 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 7,000 steps, 3,500 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 in your package

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

#### 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 – Spend the day canyoning and kayaking at Mawlongbna

### Stay at Shillong

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#### 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 3 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, zip lining at Mawlongbna if you want to try this.

#### 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 – Quick tour of Shillong and departure

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### **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 the shops and cafés of Shillong before heading out.

Leave in time for your flight back from Guwahati airport.

### **What's included?**

Transportation, breakfast

### **Advisory:**

1. *Ensure that you leave at least 5 hours before your flight time. The drive to the airport can sometimes take a while.*
2. *Head in to Shillong town and explore the cafés 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. If you have had an early start, you could just choose to relax at the hotel and cover one of the short forest trails they offer.*

## 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 25 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.  
  
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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:

