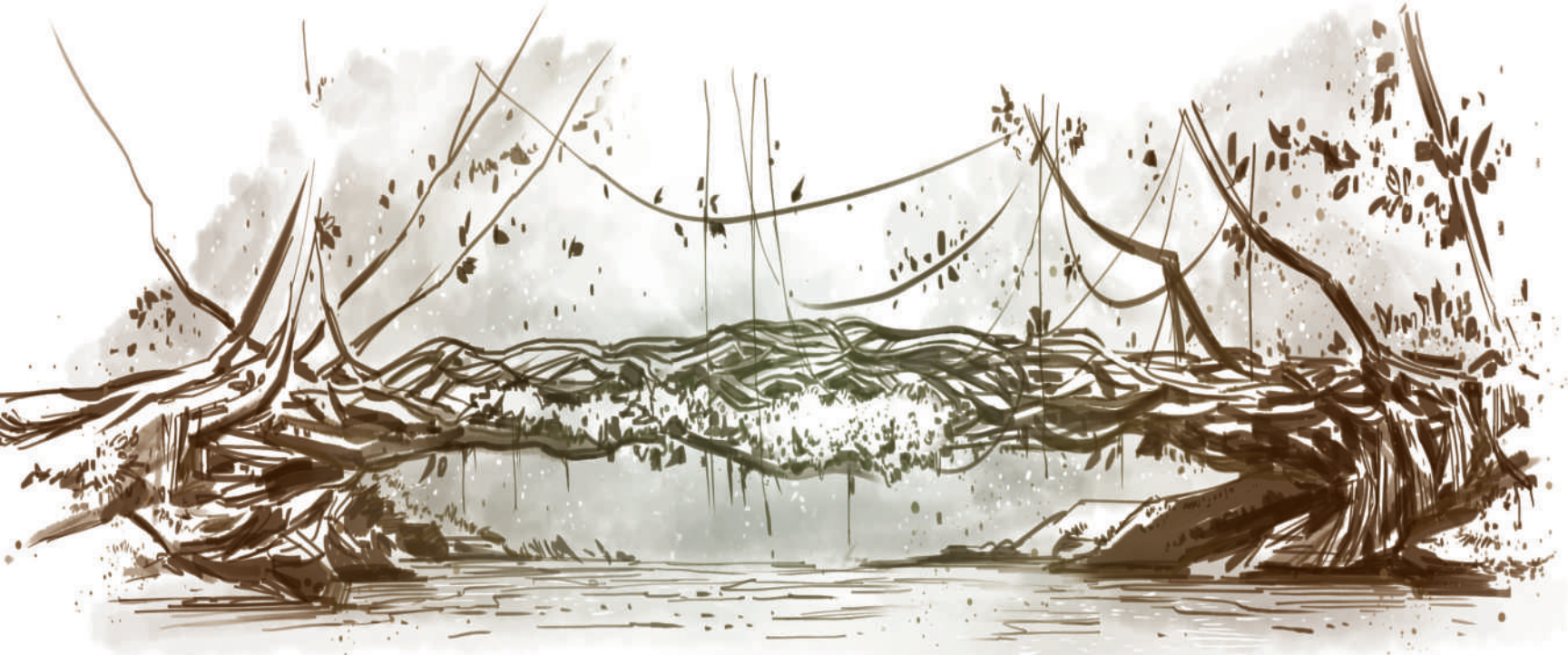


# MEGHALAYA

GLIMPSES - SERIES 1





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GLIMPSES - SERIES 1

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## foreword



*Dear Reader,*

Welcome to the Meghalayan Age! This book, which offers glimpses of the breathtaking and unique landscape of Meghalaya, is being released as part of the Meghalayan Age Festival 2020. Not many may know that the newest age in the Earth's Geological History – the Meghalayan Age is named after our beautiful state, because of evidence gathered from a cave in Meghalaya.

This provides a unique opportunity to promote the state's potential in tourism, especially in adventure tourism and caving. The book offers glimpses of what nature has bestowed on the Abode of Clouds. Meghalaya is blessed with diverse bio-diversity and terrain.

In a few hours, travelling across the state, one can encounter a wide spectrum of topography – from pine-crested meadows to sub-tropical havens with just a simple descent. Our riverine landscapes are legendary – waterfalls, rapids and raging rivers that attract the most hard-core adventurers. Meghalaya is perfect for a scenic road trip – for our destinations are not points on the map, but the entire map itself.

These snapshots, taken across the state, also shed light on our culture. After all, the landscapes in many ways have shaped the people of Meghalaya.

I hope these wonderful images trigger something in the reader. Memorable journeys begin with that first glimpse, so we all hope these pictures can whisk you away. Meghalaya is ready to embrace you with its hidden trails and sparkling scenery.

Take that first step.  
Check into Nature.

Conrad K. Sangma  
Chief Minister and Tourism Minister  
Government of Meghalaya







Photo: Gerald Samuel Dula

# Khat-ar Shnong

Khat-ar Shnong, literally translating to 'twelve villages', is a cluster of scenic hamlets spread across the valleys and mountain slopes on the way to Sohra. The rippling cool streams at the bottom provide a stage for starlit nights and fishing while the villages of Khat-ar Shnong are known for their unique practices and captivating folk tales. One of these is the whistling village, Kongthong, where each child born is assigned a tune that can be used as a name, communicated through melodious hoots across long distances. Khat-ar Shnong is also home to living root bridges, completely worth the hikes through the rugged and thickly-forested terrain.

#  
**WHISTLING VILLAGE. CULTURE. NATURE TRAILS.  
LIVING ROOT BRIDGES. NATURE**

**DISTRICT:**  
East Khasi Hills District

**DISTANCE FROM:**  
Guwahati Airport - 146 kms  
Shillong - 37 kms



Photo: Gerald Samuel Dusa



Photo: Luckshwel Sangma



# Balpakram National Park

Balpakram, 'the land of perpetual winds', may not be well-known to the outside world but it is an important part of Garo folklore. Its uncharted jungles, steep cliffs, and powerful rivers have birthed many stories of the paranormal type, including that of the stalking 'mandeburung', or man of the jungle, straight out of the cryptozoologist's handbook. If these tales don't inspire you to tread through its forest paths, Balpakram National Park is also a treasure trove of animal and plant life, including the endangered wild water buffalo. Designated the 'the land of the spirits' by local lore, a Balpakram experience blends the natural with the mystical.



**WILDLIFE. FOLKLORE. NATURE TRAILS**

**DISTRICT:**  
South Garo Hills District

**DISTANCE FROM:**  
Guwahati Airport - 296 kms  
Tura - 167 kms



Photo: Ludekhwel Sangma



Photo: Steve Lyngdoh



# Krangshuri Falls

Travellers who are venturing into Meghalaya's eastern stretches will be treated by the sight of the Krangshuri Falls. Wide-brimmed like a fluid curtain over a shallow cave, it plunges into an azure pool below before stumbling down through large rocks downhill. Upstream, the campsite and flat waters flanked by greenery provide a blissful backdrop to your Jaintia Hills journey. Getting to Krangshuri involves a scenic drive through paddy fields and roadside villages. The last stretch is an easy hike from the nearest road point and as you draw closer you will hear the roar of the waterfalls and catch a view of the striking waters tucked in a lush landscape.

**CAMPING. WATERFALLS. HIKING. SWIMMING**

**DISTRICT:**

West Jaintia Hills District

**DISTANCE FROM:**

Guwahati Airport - 198kms

Shillong - 89 kms

**NEAREST TOWN:**

Amlarem - 6 kms



Photo: Andy Parat



Photo: Gerald Samuel Dula



# Mawkdok

Road trips in Meghalaya are memorable because of the scenery that unfurl at every turn. As you negotiate the mountainside curves, the accompanying groves, hills, and sudden drops remind you that this is a dramatic landscape that has been chipped and sculpted in fine detail by nature. Mawkdok is a favoured pit-stop for anyone who endeavours into the heart of the Khasi Hills - a place where you can sip your chai and watch the clouds stream through the green valley. Apart from soaking in the beautiful views, the adrenaline seekers can also enjoy one of India's most hair-raising zip lining adventures in Mawkdok.



**SCENERY. VIEW POINT. ZIP LINING. CLOUDS**

**DISTRICT:**  
East Khasi Hills District

**DISTANCE FROM:**  
Guwahati Airport - 140 kms  
Shillong - 31 kms



Photo: Andy Parlat



Photo: Handerson Chuleit

# Kudengrim

With its waterfalls, clear streams, and fascinating root bridges, Kudengrim is becoming one of Meghalaya's most endearing destinations. Turn back the pages of history as you chart old jungle paths and venture into some of the nearby caves. Explore the terrain around the Amlamar River, which is the lifeline of the communities here. Apart from the eye-catching terrain, Kudengrim and adjacent Nongbareh are also recommended for those with a fondness for local history. Interaction with the elders of the village will shed some light on the story of the 19th century Jaintia rebellion and their great freedom fighter U Kiang Nang Bah.



**LIVING ROOT BRIDGES. WATERFALLS. NATURE**

**DISTRICT:**

West Jaintia Hills District

**DISTANCE FROM:**

Guwahati Airport - 202 kms

Shillong - 93 kms

**NEAREST TOWN:**

Amlarem - 22 Kms



Photo: Lucas Pothi





Photo: Andy Parlat



# Mawkyrawat

The wind is constantly conducting a soft orchestra on the highlands of the South West Khasi Hills, a populated region of Meghalaya. The town of Mawkyrawat provides the perfect base for explorers. Be it the circle of monoliths in Tynrong Mawlangwir or the soothing hot springs of Jakrem, the countryside will provide arresting sights and memorable experiences at every turn. The rivers Umngi and Rilang are home to many interesting spots as they meander through the hills, at times in unmatched fury. Umngi is an angler's paradise and its whitewater sections attract paddlers from all over the world. The Rohbah Fish Sanctuary on the Rilang provides an offbeat and tranquil escapade..

#  
**CULTURE, SCENERY, HIKING, NATURE TRAILS, FISHING**

**DISTRICT:**

South West Khasi Hills District

**DISTANCE FROM:**

Guwahati Airport - 158 kms

Shillong - 78 kms

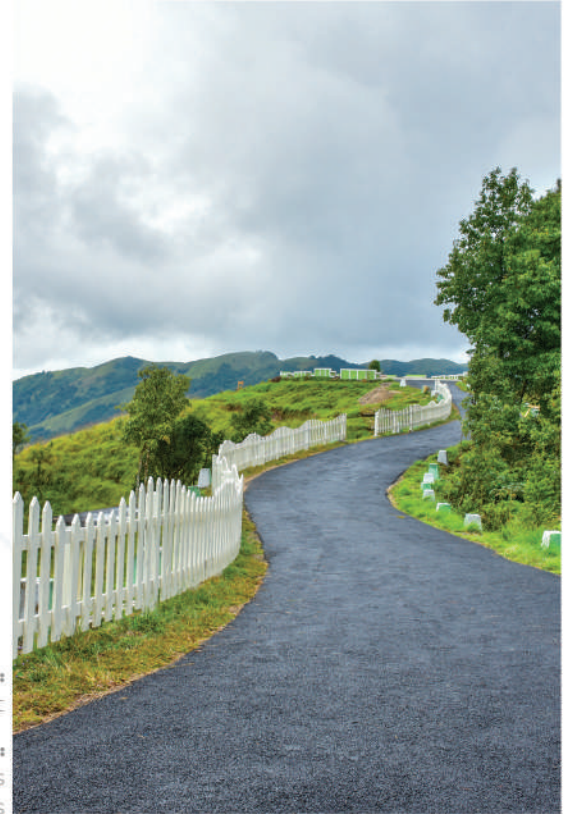


Photo Wonderson Lyngdoh



Photo: Gerald Samuel Duja

# Mawlyngbna

Mawlyngbna is a page of natural history that has come alive – a textured land where footnotes created millions of years ago appear on rocks, and where forests hide colourful secrets and old tales. The region is known for its fossils, and guided treks through the lush landscapes are the best way to see the flora and fauna up close. Mawlyngbna is also a hub for water activities. Outdoors enthusiasts will enjoy the scenic campsites. Close by, the Lum Sympet stands out of the landscape, providing curious travellers with a fun hike, a lot of panoramic views, and a local legend for good measure.

#  
**WATER ACTIVITIES. ADVENTURE SPORTS.  
NATURE TRAILS. CAMPING. CULTURE.**

**DISTRICT:**  
East Khasi Hills District

**DISTANCE FROM:**  
Guwahati Airport - 185 kms  
Shillong - 75 kms

**NEAREST TOWN:**  
Mawsynram - 15 Kms



Photo: Gerald Samuel Dula



Photo: Handerson Chulet



# Mawsynram

The world's longest sandstone cave' and 'the highest rainfall on the planet' are not the only claims to fame for Mawsynram. Perching on the southern edges of Meghalaya, it is a place of constant discovery – a terrain that challenges and mesmerizes at the same time. The dizzying promontories offer you a cinematic view of the plains below while the almost vertical slopes feature trekking trails and crashing streams. Down the valley, wildlife enthusiasts can seek the hoot of the hoolock gibbon, or feel the power of the rivers on a kayak or a packraft.



**CAVES. HIGHEST RAINFALL. TREKKING. PADDLING.  
NATURE. SCENERY**

**DISTRICT:**

South West Khasi Hills District

**DISTANCE FROM:**

Guwahati Airport - 170 kms  
Shillong - 61 kms



Photo: Aewonmi Raymond Kharsyntew



Photo: Dipu Marak

# Nokrek National Park

Part of the Nokrek Biosphere Reserve, the Nokrek National Park is a naturalist's dream come true. Get ready for some up close and personal contact with nature as there are many trails to hit, loaded with mesmerizing views like the Rongbangdare Waterfalls. The source of the mighty Simsang River is home to rare species of plants and animals. It is prime habitat for hoolock gibbons and elephants. Nokrek is also where one can find the Citrus Indica, a treasured plant species that is the progenitor of the citrus fruits we are all familiar with today. Apart from accommodation in Nokrek, the nearby Chandigre Village Resort, with its traditional lodges and local cuisines, provides travellers with an authentic Garo experience.

#  
**WILDLIFE. NATURE. HIKING. HOOLOCK GIBBON. CULTURE**

**DISTRICT:**

West Garo Hills District

**DISTANCE FROM:**

Guwahati Airport - 170 kms

Tura - 45 kms

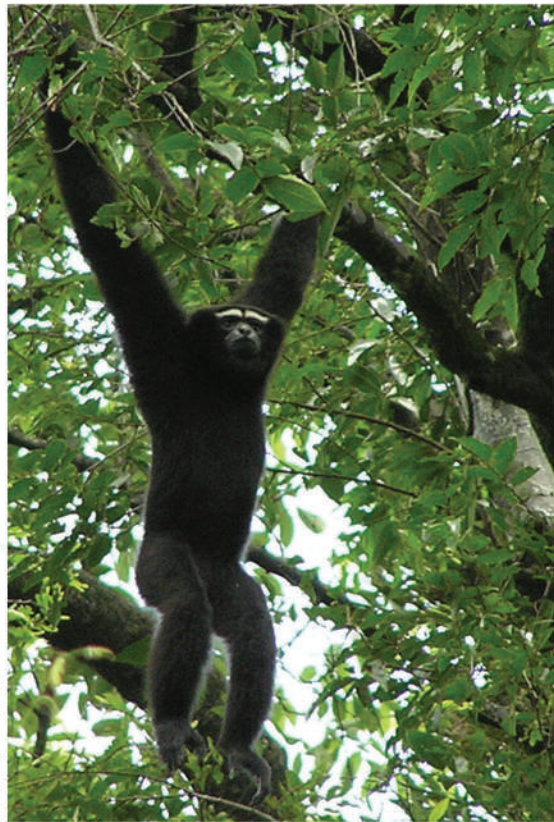






Photo Greg Warji



# Nongkhnum

Surrounded by the Kynshi and Namiliang Rivers, Nongkhnum remains one of Meghalaya's concealed treasures. It is an ideal road trip destination - getting here will take you through the pastoral landscapes and winding roads of the West Khasi Hills. The second-largest river island in India is flanked by waterfalls. The Langshiang Falls drops more than a thousand feet from an impressive gorge while the Rainbow Bridge, arching over the Weinia Falls, offers a thrilling vantage point. The river beach is one of the major highlights at Nongkhnum. Drift around on a boat, unleash your fishing skills, camp under the stars, or just do nothing but soak in the views – Nongkhnum is an absolute treat.

**WHISTLING VILLAGE. CULTURE. NATURE TRAILS.  
LIVING ROOT BRIDGES. NATURE**

**DISTRICT:**  
West Khasi Hills District

**DISTANCE FROM:**  
Guwahati Airport - 166 kms  
Shillong - 106 kms

**NEAREST TOWN:**  
Nongstoin - 17 kms





Photo: Lucas Pórti

# Phe-Phe Falls

The journey to the beautiful Phe-Phe Falls will introduce you to an interesting relic of Jaintia history – a stone bridge that runs across the Thlumuwi River. The river splits through some soothing Jaintia Hills countryside before it suddenly drops into a forested gorge forming the Phe-Phe Falls. During the rainy season, the spray of the falls fills the entire valley below. Phe-Phe is becoming a station for adventurers who visit the Jaintia Hills. Travellers can spend time at nearby campsites and enjoy waterfall rappelling and boating facilities. The areas downstream of the falls are rich with paths for hikers, involving some steep climbs and descents.



**ADVENTURE. HIKING. NATURE TRAILS. WATERFALLS**

**DISTRICT:**

West Jaintia Hills District

**DISTANCE FROM:**

Guwahati Airport - 190 kms

Shillong - 83 kms

**NEAREST TOWN:**

Jowai - 19 kms

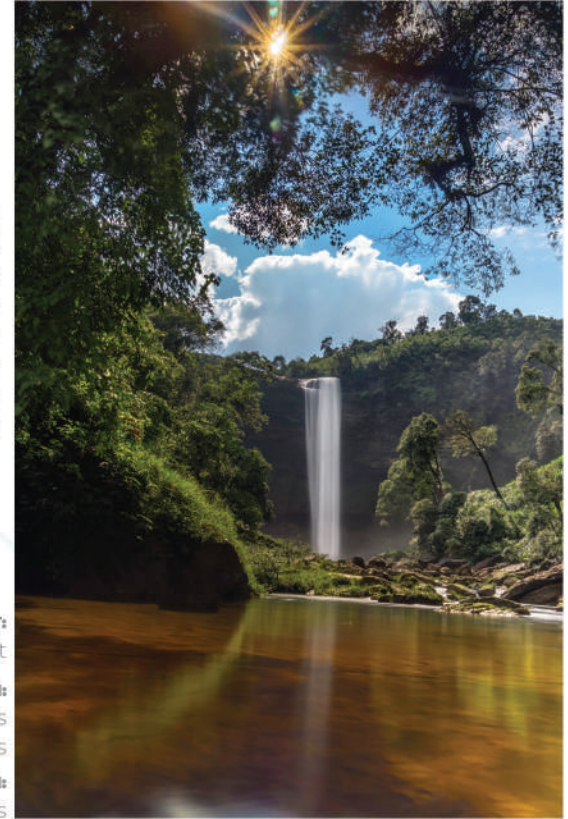


Photo: Handerson Chulet





Photo: Andy Parlat



# Sohra

Sohra has stories hidden all over – in its rivers, cascades, and mist-shrouded hill-tops. It is also the place where civilizations met, the cultural capital of the Khasis and the gateway of the colonial age. The terrain comes alive during the monsoons while the drier months are all about blue skies and scenic hikes and treks. The region around Sohra is synonymous with waterfalls – the plunging Nohkalikai and the thunderous Dainthlen are settings for immortal Khasi folktales while the three-tiered Wei Saw Dong is tucked away in a verdant forest. Sohra provides layers of sights and adventures – the more time you spend here, the more surprises you will encounter.



**RAINFALL. HERITAGE SITES. WATERFALLS. SCENERY.  
TREKKING. FOLKLORES**

**DISTRICT:**  
East Khasi Hills District

**DISTANCE FROM:**  
Guwahati Airport - 163 kms  
Shillong - 54 kms



Photo: Andy Parat



Photo: Andy Parlat

# Umiam Lake

Sunsets over the Umiam Lake will stir even the most frigid of souls, its bluish hues welcoming travellers as they head into the blinking lights of Shillong a few miles ahead. Surrounded by hills and stretching into the distance, the lake is more than just an enroute photo-op. You can enjoy the perspective from the waters with a boat ride or scan the lakeside woods with your binoculars for myriad bird species. Nehru Park is a good place to catch a breather, while there are a host of homestays and resorts where travellers can spend a rejuvenating weekend.

#  
**WATER SPORTS. PICNICS. RESORTS. NATURE. SUNSETS**

**DISTRICT:**

East Khasi Hills District

**DISTANCE FROM:**

Guwahati Airport - 100 kms

Shillong - 17 kms



Photo: Handerson Chulet





Photo: Kamki Diengdoh

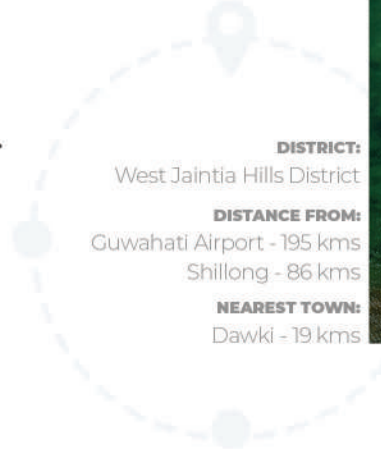


# Umngot River

The river Umngot is known for its dreamy setting and clear waters, dotted by canoes gliding on the surface. Upstream, there are many unnamed waterfalls and quaint villages surrounded by betel plantations. This region is distinct from the higher stations of Meghalaya as the Khasi and Jaintia Hills melt into the plains of neighbouring Bangladesh. Travellers enjoy salubrious weather even in the coldest months. Freshwater scuba diving, trekking, and camping are some of the ways you can explore the pristine natural surroundings of the Umngot. The riverside villages of Shnongpdeng and Darrang feature stunning views and beautiful campsites. A border post in the nearby town of Dawki is an added attraction.



**WATER SPORTS. CAMPING. NATURE. ANGLING.  
SCUBA DIVING. CRYSTAL CLEAR WATERS**



**DISTRICT:**

West Jaintia Hills District

**DISTANCE FROM:**

Guwahati Airport - 195 kms

Shillong - 86 kms

**NEAREST TOWN:**

Dawki - 19 kms

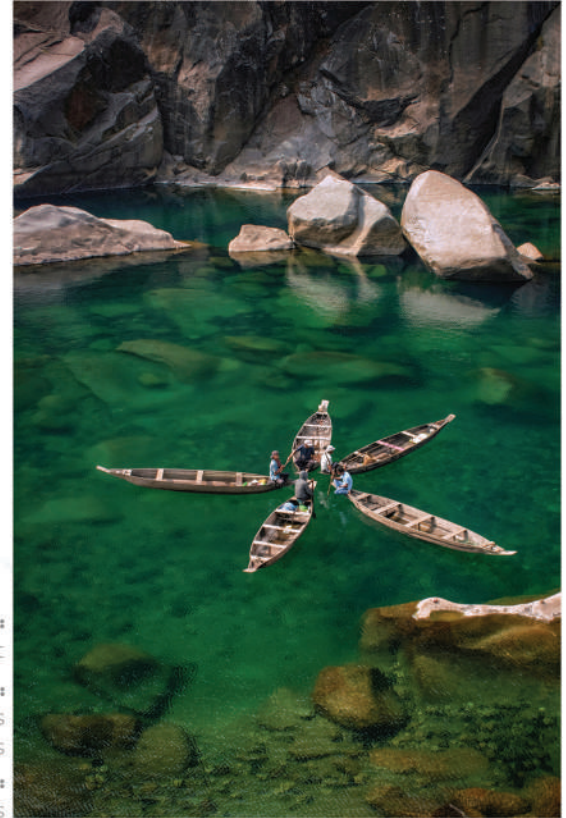


Photo: BS Singkrem



DEPARTMENT OF TOURISM, GOVERNMENT OF MEGHALAYA

