



YHA india

Youth Hostels Association of India



2nd Meghalaya Monsoon Trek 2026

ORGANIZED BY
YHAI EAST KHASI HILLS DISTRICT UNIT
OF YHAI MEGHALAYA STATE BRANCH

Fees: ₹14,300/head

Group 1 : 19th to 24th May 2026

Group 2 : 22nd to 27th May 2026

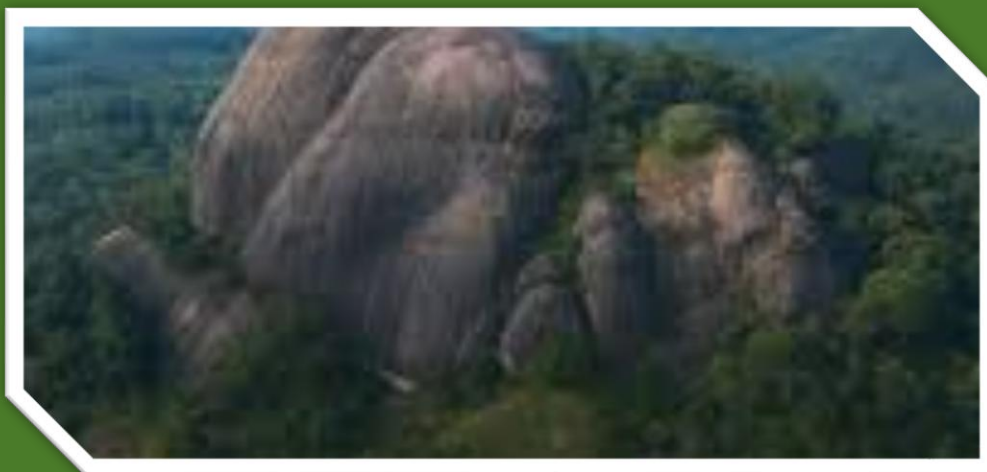


8415071655 (Bookings Only)



<http://www.yhaindia.org/>

**6 Days/
5 Nights**



Meghalaya the “Abode of Clouds”, and its Capital Shillong known as the ‘Scotland of the East’ with its picturesque landscape of rolling hills, meandering rivers, cascading waterfalls, lush forests, attractive sandstone and limestone caves, diverse flora and fauna and unique culture and tradition is the destination of the weary travellers. Meghalaya has a unique climate with its abundant rainfall and sunshine around the year and is one of the richest botanical habitats in Asia. The state has several valleys, highland plateaus and lush green hills and is speckled with big waterfalls. The state has an international border with Bangladesh and borders Assam.

BRIEF DESCRIPTION OF THE PROGRAMME

Youth Hostels Association of India, East Khasi Hills District Unit is organizing a 6 day 2nd Meghalaya Monsoon Trek, covering the places in Shillong and Sohra (Cherrapunji), from 19th May to 27th May 2026.

This is a good opportunity to see and enjoy the natural beauty during the monsoon.

PARTICIPATION

Participation in the programme is open to all educational Institution, individuals and recognized units of YHAI. Participants have to bear all travel expenses from their place to Youth Hostel Shillong and back. The Age bar for participants is from **15 years to 60**.

PARTICIPATION FEES

Rs. 14,300/- only per head; the fee includes simple vegetarian food, accommodation (dormitory at the base camp and homestays at Sohra(Cherapunjee)/Laitryngew), — transportation, supervision, guidance and entry fees. Payment can be made only by depositing the fees in our Bank Account through Net Banking, NEFT/RTGS (DD. Demand Draft is not accepted)

Account Name	: YHAI East Khasi Hills District Unit
Name of the Bank	: Bank of Maharashtra Shillong Branch
Account No.	: 60452944979
IFSC Code	: MAHB0001565

Members desirous to join this programme may fill the Registration Form along with duly supported by a medical fitness certificate and YHAI membership ID during the time of reporting at the Base Camp

ROUTE AND SCHEDULE

Day 1 : Reporting at Govt. Youth Hostel Shillong from 4 PM onwards
: 6 PM Orientation and training.

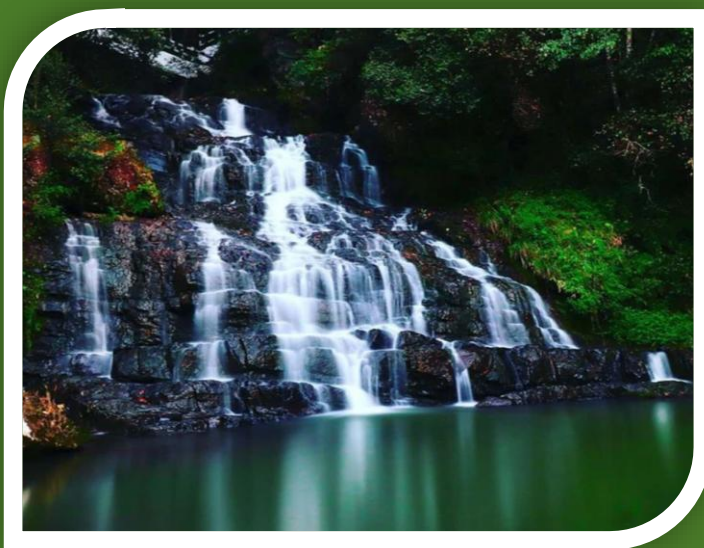
Day 2 : After flag off participants will be transferred for Rhododendron Trek upto Shillong Peak after that they will proceed for elephant falls and return to Base camp Shillong

Day 3 : Participants will visit/proceed to Prut Falls, Janailar Falls and then to Garden of Caves. Night stay at Sohra(Cherapunjee)/Laitryngew.

Day 4 : Participants will proceed to Nohkalikai Waterfalls, Nohsngithiang (Seven Sisters) Waterfalls, Ramakrishna Mission, Mawsmi Cave and Arwa cave. Night stay at Sohra(Cherapunjee)/Laitryngew.

Day 5 : Participants will visit famous Khudoi Falls and Kyllang Rock via Mairang. In the evening participants will return to base camp for presentation of certificates etc. Night halt at base camp.

Day 6 : Check out by 9 AM after breakfast.



HOW TO REACH YOUTH HOSTEL SHILLONG

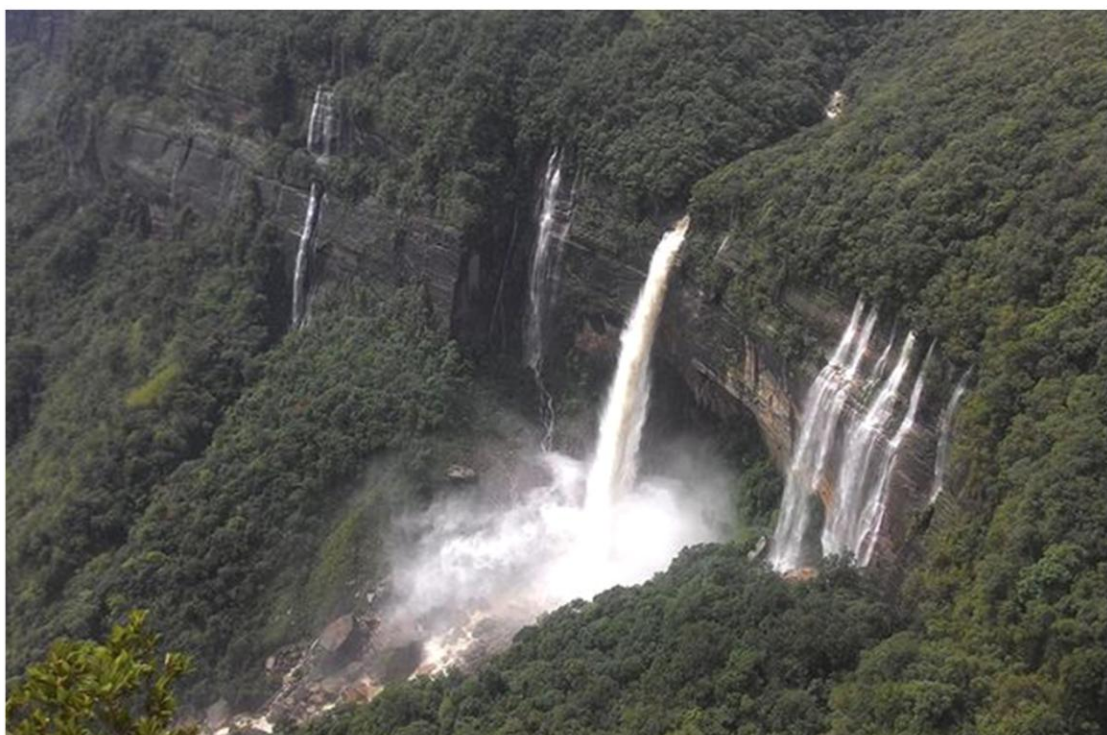
The nearest Railway Station and International Airport is Guwahati. Sumo and Tourist Taxi are available from the Railway Station and International Airport to Shillong which is about 100kms away from Railway Station and about 130kms from Airport. Youth Hostel is located opposite the Central Telegraph Office and near the State's Secretariat which is a walking distance from the sumo/tourist taxis stand (Police Bazar).

WHAT YOU SHOULD BRING

Beside their own personal belongings, the participants need to carry jacket, t-shirt, umbrella/ raincoat, torch, trekking bag pack/rucksack, sneakers suitable for trekking/ trekking shoes, cap, sunglasses, tiffin box, water bottle etc.

TERMS & CONDITION

- Only members of YHAI are eligible to participate on first come first serve basis.
- **Each group can accommodate 30 to 32 participants which will be on a first come first serve basis.**
- The minimum age for joining the expedition is 15 years.
- In case any participants are unable to join the program, application for cancellation in writing or email to the Unit Secretary **10 Days** before the scheduled date booked by the individual and avail 50% of the participation fee paid. If such notice is received after the time given no refund will be admissible.
- Participants shall not hold any of YHAI Organizer responsible wholly or partially for any injury, accidents, illness and such other unforeseen eventualities during expeditions.



CERTIFICATES

Participants who successfully completed the expedition and abide by the discipline of the programme will be awarded Certificate.

YOUR ATTENTION

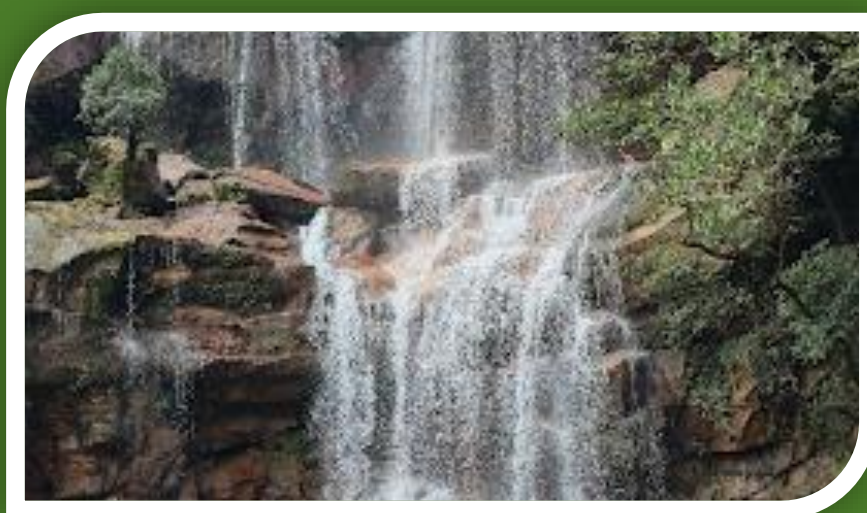
Please note that this is an environment friendly trekking/expedition. Do not litter any wrapper or spoil the route in any way. In case you find any wrapper/ Plastic bags, or anything left by participants on the way, please carry the same with you and dispose at the proper place. It may be mentioned that minimum physical fitness is desirable from the participants as the terrain is quite tough and challenging.

SPECIAL CASUAL LEAVE

The Central Government employees can avail special casual leave as the Trekking Expedition organized by YHAI have the approval of Ministry of Personnel, Public Grievances and Pensions, (Dept. of Personnel and Training), Government of India, vide office order No. 28016/89-Estt (A), dated 25th October 1989.

PLEASE NOTE

- Alcohol, narcotic of any description and smoking are strictly prohibited.
- Participants are advised to take personal insurance cover before joining the program.



For Further Details Contact Deputy Coordinator

Youth Hostels Association of India

East Khasi Hills District Unit

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Email: yhaimeghseacy@gmail.com