



LUMPI

ASSAM



Lumpi

Once a grazing ground under the East India Company in the pre-independence era, Lumpi in Assam is now a reserved forest bestowed with Nature's richness. The rich geographical biodiversity of the region makes it an unexplored paradise. There are two major ethnicities residing at Lumpi, the Nepalis and the Khasis.



Soul Sisters

Legends have it that the waterfalls are named after two best friends *Jharna* and *Kshaid* who found the soul connection in friendship. It is in celebration of their friendship the waterfalls are so named **Soul sisters**. While *Kshaid* was the daughter of a Khasi farmer, *Jharna* was the motherless child of the Nepali village headman of Lumpi. Ironically both their names meant waterfall.





Hiking

Hiking to reach the waterfalls **Soul Sisters** at Lumpi Assam is one of the most nature seeking travel destinations.

The hiking trail starts from Nowapara and it takes approximately 5.5 km to reach the **Soul Sisters**. To complete the hike and then to reach the waterfalls takes approximately 1 hr 18 minutes.

The hiking trail to reach **Soul Sisters** is a Foot Trail with minor elevations, it's a day trail and has to be completed before sunset.



Location



The distance to be covered to reach ***Soul Sisters***, Lumpi from Guwahati is:

- ▶ Guwahati to Boko – 63 km (approx.)
- ▶ Boko to Hahim Bazar – 15 km (approx.)
- ▶ Hahim Bazar to Kampa Doni – 18 km (approx.)
- ▶ Kampa Doni to Nowapara – 22 km (approx.)
- ▶ Nowapara to Soul Sisters Waterfalls (Balwa Wari) – 5.5 km (approx.)



Facilities

As the terrain is protected under the purview of reserved forest camping at night in the trail will not be allowed. Therefore, the hikers have to stay in the facilities available at the villages of Lumpi or have to leave Lumpi for the closest stay towards Guwahati once the hike is completed.



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