

Ecological Trekking to Kyllang Rock

Ecological Trekking is a way of hiking and rock climbing which offers a combination of adventure and thrill. It also provides benefits of health conditions.

This ecological trekking enhances the discovering of new landscapes, the beauty of the mountains and ecological friendly environment which instil spirit of trekking among the students.

Kyllang Rock is a massive red granite dome-shaped rock located at Mawsmai in Eastern West Khasi Hills district of Meghalaya. Locally, known as Lum Kyllang, it is one of the unique tourist places in Meghalaya and among the interesting places to visit near Shillong. This monolithic structure stands 5400 feet above the sea level and has a width of 1000 feet. It is a mammoth block of granite which is part of the Khasi folklore and seems beautiful in its shape.



Objectives

- To allow the students to interact with nature and its natural habitat, through activities like climbing rock walls or a mountain and navigating the location of forests.
- To identify the various natural resources available around the Kyllang Rock e.g, wild plants and wild edibles, medicinal plants natural objects etc.
- To relate and understand to the culture and traditions of the diversity of life forms in an ecosystem.



The MSW 2nd semester student on the 28th of May, 2022 went to Kyllang Rock for ecological trekking which is about 2.2km from Riangmang Village. The forest in Kyllang Rock provides shelter to variety of flora and fauna which allows its natural habitat such as insects, birds, wild plants(wild orchids, jewel orchids(Tiewdohmaw), medicinal plants, mushrooms(wild edible plants such as khliang syiar, jakhain, jamyrdoh, jail, jajew and many more) and wild edible fruits.



The experience of this trekking is undeniably fulfilling from the amazing scenery, the clear blue sky, the forest and its tremendous small creatures inhabiting it. For many of us we find pleasure satisfaction in being around the immense,

towering greenery while others appreciate the breathing space it gives them from urban noise and this is what it makes this place a unique attraction for tourists and hikers or trekkers. Besides, it is also an ideal place for trekkers and adventure lovers. It was a fulfilled experience, while walking some of us fell because of the slippery pathway to the top of the rock. For most of the students it was the first time to visit the place with a unique experience to be there on the top of the rock and to mesmerize its beauty.

