



# India

## India: Culture, Adventure and Religion

11 days

India is a vibrant tapestry of culture, history, adventure, and spirituality—so rich and diverse that even a lifetime wouldn't be enough to experience it all. Every corner of this incredible country offers something unique, from its colourful traditions, to its deeply rooted heritage. On this unforgettable journey, we'll explore iconic cultural landmarks in Agra, Delhi, and Amritsar. We will also step beyond the usual sights to embrace thrilling experiences like trekking and white-water rafting. It's the perfect blend of discovery and adventure, giving us a deeper, more dynamic way to connect with one of the world's most captivating destinations.



[Learn more about our  
Carbon Labels](#)

# Your Recommended Expedition Itinerary

<b>Day 1</b>	<b>Depart UK and Arrive Delhi</b> Arrive in Delhi, we are met by our STC Leader and board the buses into the city. We take in the spacious, garden city with tree-lined roads. We have the rest of the day to adjust to our new surroundings and get over the long journey.	D
<b>Day 2</b>	<b>Delhi to Amritsar</b> Today we travel by train to Amritsar and visit the Golden Temple, experiencing the spiritual heart of Sikhism and its serene atmosphere.	BLD
<b>Day 3</b>	<b>Amritsar to Dharamshala</b> After breakfast at the hotel, we drive into the Himalayas to Dharamshala and explore Tibetan culture through visits to Norbulingka, the Tibetan Museum and St. John's Church.	BLD
<b>Day 4</b>	<b>Dharamshala Hike and Nature</b> We put on our hiking shoes today and enjoy a guided hike through cedar forests to Gunna Devi Temple, taking in Himalayan scenery and views of the Dhauladhar range.	BLD
<b>Day 5</b>	<b>Dharamshala to Pathankot and Overnight Train</b> Today we continue our trek and descent to Pathankot. Here we will board an overnight train to Rishikesh. An experience that cannot be missed.	BLD
<b>Day 6</b>	<b>Arrive Rishikesh Camp</b> On arrival in Rishikesh we settle into our riverside adventure camp, followed by zip-lining over the Ganges and an evening Aarti ceremony.	BLD
<b>Day 7</b>	<b>White Water Rafting and Cooking</b> We spend a full day of white-water rafting on the Ganges, followed by a hands-on Indian cooking session at camp.	BLD
<b>Day 8</b>	<b>Rafting, Yoga and Camp</b> This morning we begin the day with a riverside yoga session. This will be followed by further rafting adventures, before ending the day with a bonfire and BBQ at camp.	BLD
<b>Day 9</b>	<b>Rishikesh to Haridwar to Delhi</b> We bid goodbye to Rishikesh this morning and travel to Delhi by train. We have some time in the afternoon to explore some of the main attractions in Delhi, with our STC Leader on hand to teach us about the history and local customs.	BLD
<b>Day 10</b>	<b>Day Trip to Agra</b> We visit the jewel in the crown today, the Taj Mahal! We make the return journey from Delhi to Agra by bus, before enjoying our final dinner in India.	BLD
<b>Day 11</b>	<b>Depart from Delhi</b> On our final day in India, we transfer to the airport in time for our international flight back to the UK. The rest of our day's plan will depend on the time of our departure flight.	B



## Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel information sessions
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination on request

## What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



## A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

## Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include multiple consecutive days activity either walking at moderate altitude (up to 2,500m) or paddling. With between five and seven hours of activity with occasional longer/harder days. The trip may contain other activities such as cycling, rafting, remote camping which also require physical effort and a reasonable level of fitness and resilience. Steady preparation and an increase in your underlying fitness levels will help you get the most from this grade trip.

## Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western-style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



## Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

### Responsible Tourism workshop

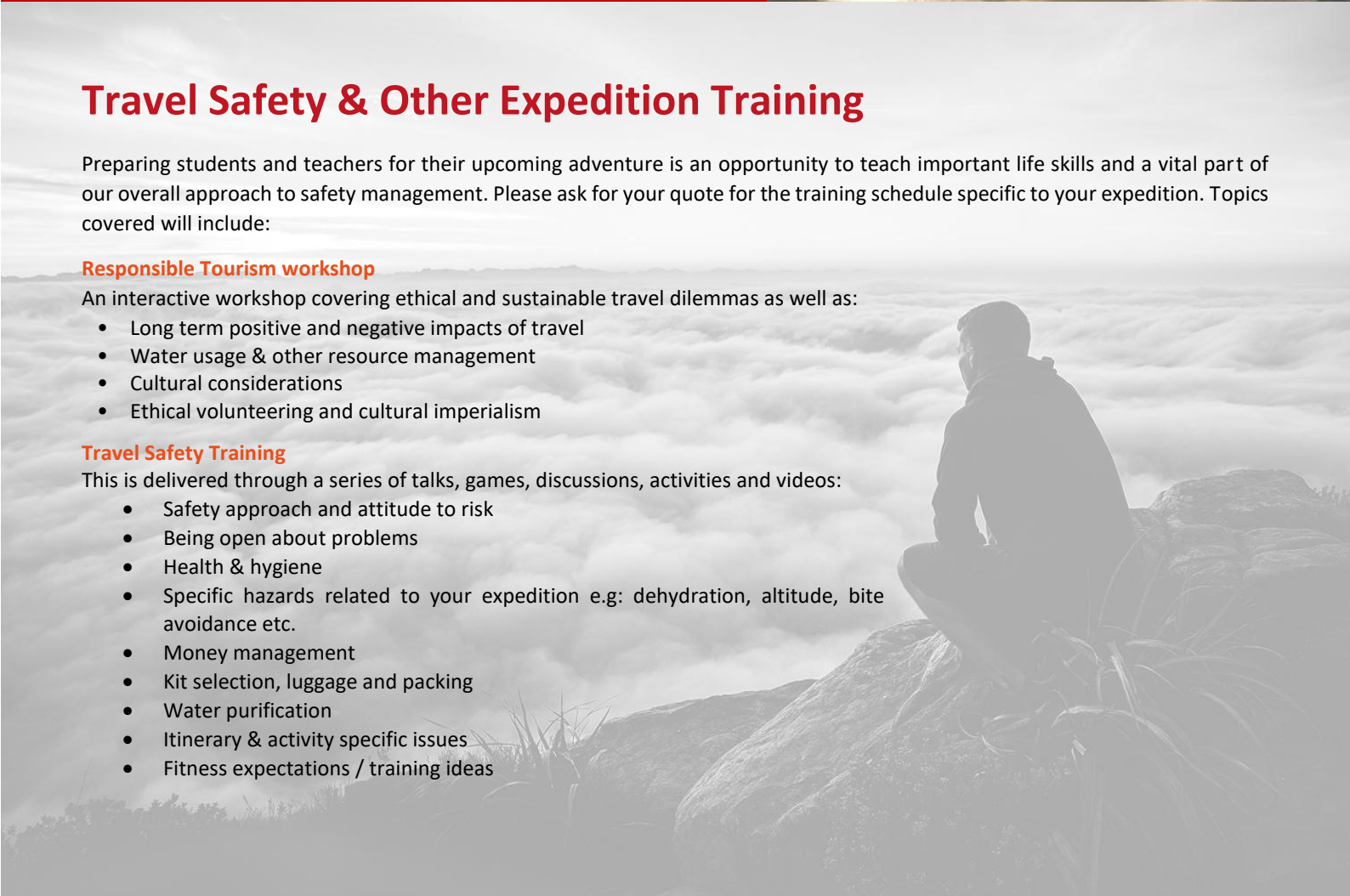
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

### Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

## 1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

## 3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



*"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."*

**Teacher feedback, King's High Warwick**

## Contact Us:

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