



India

Northern Indian Adventure

16 Days

An unrivalled high-altitude desert in the Indian Himalayas Ladakh also known as Little Tibet. Our trip encompasses a challenging trek with breathtaking views over the Karakoram and Indian Himalayas. Witness snow-capped peaks, glaciers, alpine pastures and shepherd's trails. We also engage with the local people and their customs. The isolated former kingdom of Ladakh takes strong religious and cultural influences from Buddhism. We'll spend time in Leh, the capital of Ladakh, and explore its vibrant culture and impressive monasteries. A true all-round destination that offers a fascinating insight into a different side of India. Did we mention Delhi, Agra and the Taj too!



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Day 1	Depart UK Today we depart the UK for our Indian adventure.	B
Day 2	Arrive India Fly to Leh, Rest at leisure On arrival in Delhi, we catch our connecting flight to Leh enjoying the spectacular mountain scenery. We will be met by our STC Leader and transferred directly to our hotel. We will take it easy for the day and allow acclimatisation to the altitude of the mountains. This is a vitally important part of the trip to ensure we have the best chance of completing the trek.	BLD
Day 3	Day in Leh Today we take a walking tour of Leh to explore the town's markets, local streets, and daily life. The day ends at a scenic viewpoint.	BLD
Day 4	Visit Thiksey monastery, Shey. This morning we have an early start, leaving the hotel at 5.30am to attend the Thiksey morning prayers at 6am. All the monks gather in the main hall every morning. We join them in meditation as they chant their prayers. From here we return to Leh stopping at cultural sites en route. Afternoon at leisure to visit the market square.	BLD
Day 5	White Water Rafting We fuel up on a hearty breakfast before heading to one of the many rivers in the region. After a safety briefing and practice session we'll head downstream under the watchful gaze of our raft guides and safety kayaks. After a day of adrenaline, we head back to Leh for dinner and an early night.	BLD
Day 6	Visits to NGOs in the local area. We have an interesting day ahead as we gain an insight into everyday life in Ladakh. We will learn about how people adapt to and work within this challenging environment, exploring themes such as agriculture, traditional skills and social enterprise. There will be opportunities to meet local students and community members, take part in shared activities, and engage in discussions around culture, sustainability and development, offering a meaningful cultural exchange.	BLD
Day 7	Hemis, Chogdo and acclimatisation walk Today we put on our walking boots and travel deeper into the mountainous region, with visits en route to places of cultural interest. In the afternoon, we undertake a gentle acclimatisation walk in the surrounding landscape before settling in for the night.	BLD
Day 8	Chogdo (4021m) to Gyuncho La (4600m) and on to Shang Po (4350m) We have our first challenging day of trekking today. From Chogdo we turn towards a tributary valley with a long and gradual ascent to Gyuncho La at 4600 metres. Descending from the pass, we make camp at Shang Po at an altitude of 4350 metres. (Est 6 hours walking.)	BLD
Day 9	Shang La (4800m) to Tokpo River (4000m) Today's route traverses an area which involves the crossing of many spurs and minor passes. We are treated to occasional views northwards towards the Indus Valley and the peaks beyond. We climb to cross the Shang La (4800m) and then descend to the Tokpo River for lunch and where we will be setting up camp for the evening. 4000m. (Est 4 hours walking).	BLD

Day 10	To Gangpoche (4350m) Today we trek to our campsite at Gangpoche. Surrounded by shepherds' huts, we get to enjoy views of the beautiful Matho mountains. (Est 4 hours walking)	BLD
Day 11	Gangpoche (4350m) to Matho La (4820m) to Smankarmo We have a steady climb this morning for about 2 ½ hrs. to the Matho La (4820m). We then descend into the valley to the north of Stok Village. This lovely valley is a high and wild area which is visited only by climbing groups and by the local people who spend some of the summer months in picturesque villages. We camp for the night at Smankarmo. (Est 5 hours walking).	BLD
Day 12	Smankarmo to Stokla Pass (4850m) On the penultimate day of our trek, we climb gradually to Stokla pass (4850m) where we have views of Matho Kangri. From here it is a quick descent onto the switchback trail to Rumbak, which will be the final campsite of our trek.	BLD
Day 13	Rumbak to Zingchen Today we complete the final part of our trek as we hike to the roadhead at Zingchen. From here we jump in vehicles and drive back to Leh to celebrate our achievement over the last few days of trekking.	BLD
Day 14	Delhi to Agra, Visit Agra Fort This morning we say goodbye to Ladakh and the mountains and head to Delhi. On arrival in Delhi, the journey continues to Agra, home of one of the most famous buildings in the world. This afternoon we will visit the impressive Agra Fort. A large 16th-century fortress of red sandstone located on the Yamuna River. It was established by the Mughal emperor Akbar as both a military base and a royal residence.	BLD
Day 15	Taj Mahal and return to Delhi This morning we are up early to visit the amazing Taj Mahal. This was built by the Mughal Emperor Shahjehan in 1630 for his Queen, Mumtaz Mahal, to enshrine her mortal remains. Truly a trip highlight! We will soak up this wonder of the world before heading back to Delhi. We celebrate our adventures this evening with a final dinner in India.	BLD
Day 16	Transfer to the airport for flight to UK On our final day in India, we transfer back to the airport in time for our return flight to the UK.	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 5



A high level of fitness is required to participate on a trip of this level. We recommend previous multi-day trekking experience at this level, either in the UK or internationally. You need complete confidence in your ability to trek for multiple days over difficult terrain and cope with significant variations in temperatures throughout the tour. Altitude could be higher than 4,500m but good acclimatisation will be built into the programme. Longer periods of trekking could be of a sustained nature, but rest days will be planned. A pre-travel fitness programme of four to six months is essential to ensure you are in optimal fitness to make the most of this trip.

Cultural Rating for this trip: Grade 4



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so as not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



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

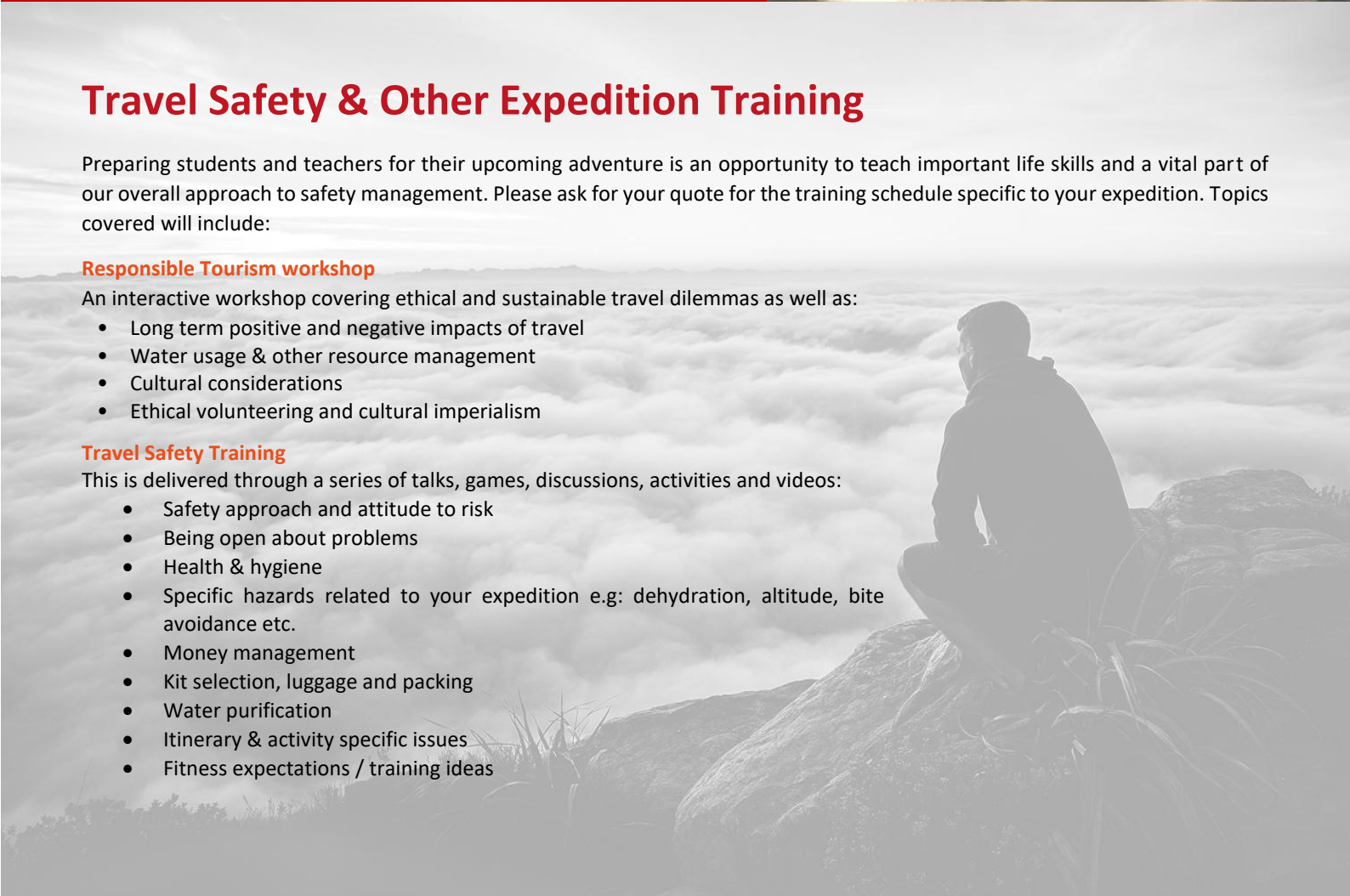
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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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Trees for Life

