



India

Nubra Nuns and Gompa Girls

20 Days

Join us as we trek through the breath-taking passes of Ladakh in the Indian Himalayas side by side with girls from the local school, an incredible experience which will build friendships and understandings like no other. In our acclimatisation phase, meet and live with local villagers to learn about their way of life and assist in a project which will aid the local community as well as understanding the unique role that women of the mountains hold. A night at a monastery guesthouse will prove most restful and open the doors of the life of Gompa nuns. And of course, no visit to India is complete without a visit to the iconic Taj Mahal.



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

- Days 1 - 2** **Depart from the UK, Arrive in Delhi** LD
Depart UK on overnight flight. On arrival in Delhi, we will be met and transferred directly to our hotel. There will be an opportunity to freshen up before an afternoon of sightseeing through Lutyen's Delhi (named after the British architect Edward Luyten) and Akshardam Temple.
- Day 3** **Fly to Leh** BLD
This morning we can enjoy the spectacular flight up to Leh through the mountain scenery. Upon arrival we enjoy a restful afternoon to allow acclimatization to the altitude of the mountains
- Day 4** **Rest Day, Visit Women's Alliance** BLD
Today we spend another day acclimatising with gentle explorations of Leh and a visit to the local Women's Alliance to meet with local women and learn about their lives in the mountains.
- Day 5** **Nyerma Gompa** BLD
A short drive this morning will take us to Nyerma Gompa, a nunnery where we spend the night at the local guest house. About 25 young women practicing to become nuns live here and we will spend the day with them, cooking, meditating and beginning to understand their way of life.
- Days 6 - 10** **Khardungla Pass into Nubra Valley, Project Work** BLD
After a peaceful night at the Gompa guesthouse we drive the amazing Khardungla Pass, once the highest road in the world, for around 4.5 hours to reach the breathtaking Nubra Valley. Here we stay in the villages of Kyagar or Hundar with local families to really allow us to settle into the traditional way of life in this area. Over the next few days, we have the opportunity to be involved in traditional handicraft activities, visiting local people, cooking, field work and project work, which has been selected by the local community to ensure that our visit is meaningful to them. This is a unique opportunity to experience the life of local village women and to feel ourselves become a part of their close community.
- Day 11** **Trek to Skarchen** BLD
We should now be acclimatised to the high altitude of the Ladakh region and so begin our trek through the Indian Himalayas which we experience alongside female students from the local school. There is no doubt that completing this adventure together will allow us to really connect with our international friends and come to see that despite our differences in culture, we are really not that different at all!
- Our expedition will start at Hundar Bridge, from which the trail follows the river on a rough jeep road to an impressive gorge. The trail gets narrow and steep at Dzonga until it opens out at the highest point between Hundar and Skarchen. At certain points the pack ponies can struggle so we may need to unload and rest. Finally, we will descend along the river to reach our camp at the confluence of two streams.



Day 12	Trek to Hundar Dok Village This morning we continue to trek along the river in the gorge, passing below Wacham Village (a tiny settlement of just two families). The trail then climbs steeply to Dok Togma, another small village. We pass through their barely fields and follow the path until we reach Hundar Dok, a larger settlement of around 20 households. This area is particularly scenic in its surrounds of plantations, flowers and barley fields. A short day, we should arrive by lunch time to make our camp just between the village and the river. We can spend the afternoon resting our feet and visiting the friendly locals.	BLD
Day 13	Hundar Dok To assist with our acclimatisation, we spend today in the village of Hundar Dok where we have the opportunity to experience village life and see how the role of local women differ as we ascend into the mountains.	BLD
Day 14	Trek to Thanglasgo Our walk today begins with a gradual climb through flowered pastures as we follow a stream up to our camp at either Thanglasgo or a little higher on to Jhingmoche. During the summer months, shepherds bring their sheep and yaks here to graze and there are temporary shepherds huts scattered through the region. Traditionally, two or three families from Hundar Dok will spend the summer here to graze all of the animals of the village and make cheese and butter for the villagers. They will stay here until the end of August before returning for the harvesting season.	BLD
Day 15	Trek to Lasermola Base Today we follow the river upstream on a well-defined path in this beautiful valley of meadows where we will no doubt spot plenty of grazing yaks. Our camp will be at the base of Lasermola are able to see snow from our camp.	BLD
Days 16 - 17	Trek to Phyang Sumdo & return to Leh Leaving the pastures, today we climb to the snow line reaching the top of the Lasermola Pass, 5340m, at the top of which we are rewarded with spectacular views of the Karakoram Mountains, Ladakh, the Zaskar Mountains and the valleys between them. From here we descend to the Phyang Vally to make camp at Phyang Sumo. A short two-hour descent today will allow us to meet the team vehicles at the Morubuk road head. We then return to Leh, stopping en route to visit the monastery in Phyang.	BLD
Day 18	Agra This morning we catch the early flight back to Delhi and drive onwards to Agra where we have the opportunity to see the incredible Taj Mahal, perhaps the most famous icon of India, and the Agra fort. This afternoon we also pay a visit to the Sheroes Hangout, a café run by female acid attack survivors. Acid attacks are an ongoing problem in India, but this inspirational project is giving survivors the confidence to show their faces in public once more.	BLD
Day 19	Taj Mahal We rise early to view the Taj Mahal once more, this time in the beautiful light of the early morning and before the crowds get too large. After lunch we return to Delhi to spend our final night in India.	BLD
Day 20	Return to the UK After an incredible adventure, we wave a fond farewell to our guide and the beautiful country of India ready for our return 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 training programme
- 1-day offsite safety INSET day for school staff
- ATOL financial protection
- Emergency Medical & Repatriation Insurance
- 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

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 or Covid tests
- 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 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

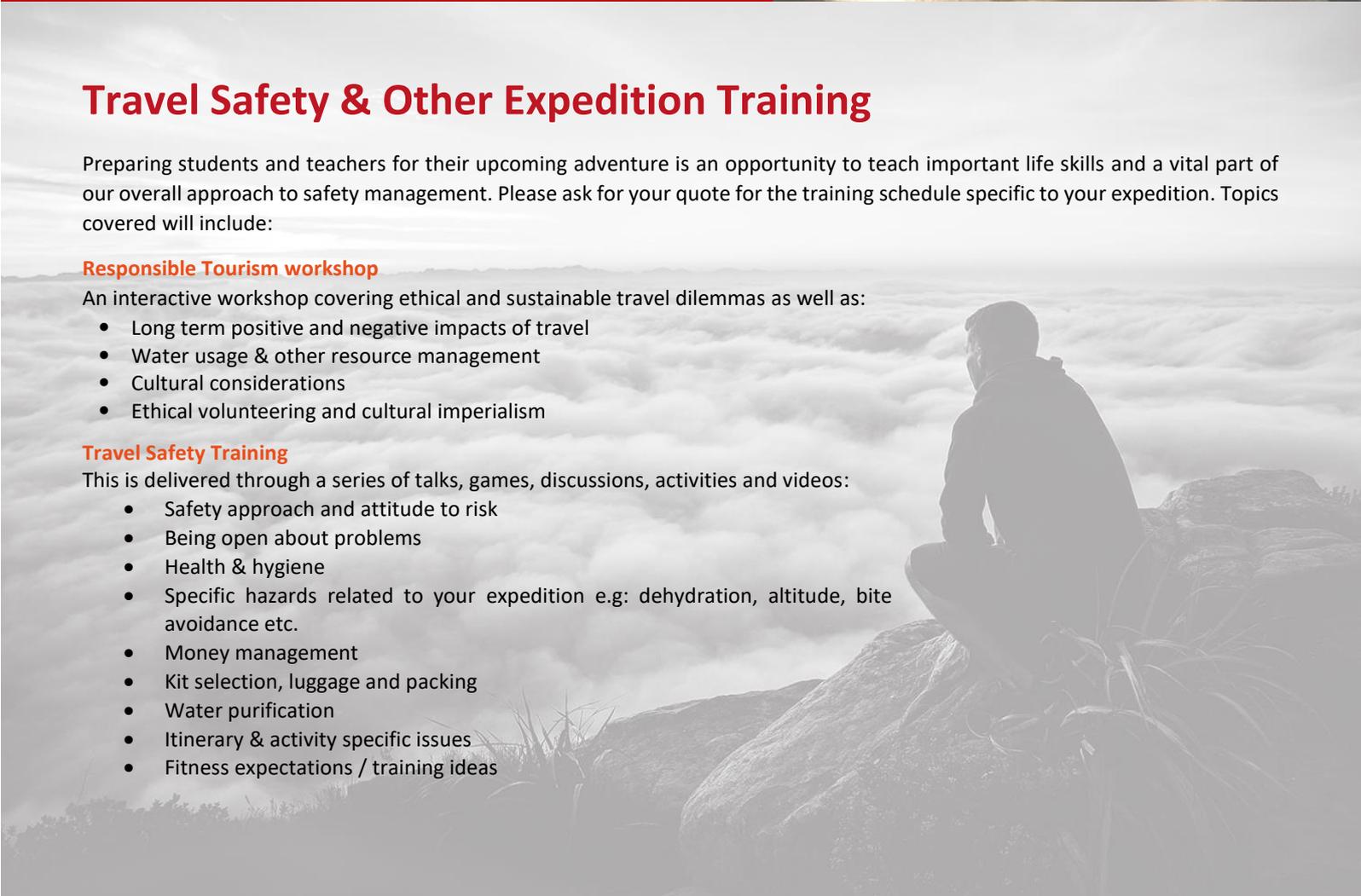
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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.



Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the humble school tour has just come of age.



Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places.



"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

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