



# India

## Nubra Valley and Samgyal Summit

**20 Days**

The remote Nubra Valley lies nestled deep in the Indian Himalaya. Home to Samgyal Peak, one of the region's best non-technical peaks, it is the perfect destination for a remote mountain school expedition. We start in Leh and explore the ancient capital city, learning of its fascinating history and culture. Acclimatisation occurs over the next few days; orientation walks, white water rafting and sightseeing will also be on the agenda. We head up to Hundar with the support of ponies and yaks to carry our equipment, takes us to altitudes of close to 6,000m. As we conquer the peaks of Samgyal and Lasermola, we are rewarded with an array of amazing scenery, including impressive gorges, plateaus, pastures and meadows as well as unsurpassed views of the Karakoram, Zaskar and Ladakh range of mountains and valleys. In August, flowers are in abundance and there is a good chance of spotting a variety of wildlife including marmots and barals. An all-round adventure which will take students off the beaten track, show them culture in its purest form, and test them physically. This expedition to Ladakh is sure to stay with them forever.



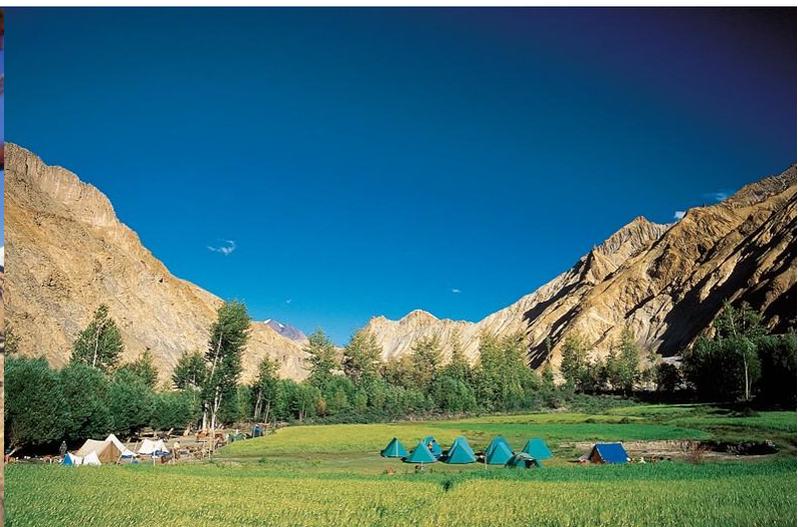
[Learn more about our Carbon Labels](#)

# Your Recommended Expedition Itinerary

<b>Days 1 - 2</b>	<b>Arrive Delhi</b> On arrival in Delhi, we will be met and transferred directly to our hotel, giving us the opportunity to freshen up and enjoy the rest of the afternoon at our leisure. Overnight: Hotel in Delhi.	LD
<b>Day 3</b>	<b>Delhi to Leh</b> We will take an early morning flight from Delhi to Leh. Weather permitting, we should be able to enjoy spectacular views of the Himalayas as we land at Leh Kushok Bakula Rimpochee Airport which, situated at 3,256m, is one of the world's highest commercial airports. We transfer directly to our hotel and the rest of the day will be spent relaxing and acclimatising to the altitude with a gentle orientation walk of Leh. You can expect to feel the effects of the rarefied atmosphere, so we advise to take it easy for the first day or two and drink lots of water. Overnight: Hotel in Leh.	BLD
<b>Day 4</b>	<b>Leh</b> Today will be all about getting to grips with the fascinating city of Leh, the capital of Ladakh. We have the whole day to explore its vibrant culture, Buddhist gompas, impressive monasteries and curio shops which transport us back to its past as a trading post. Overnight: Hotel in Leh.	BLD
<b>Day 5</b>	<b>White Water Rafting</b> This morning we enjoy a thrilling rafting journey on the mighty Indus River. As we tackle the grade 2 rapids passing tiny hamlets, imposing monasteries and towering peaks. Tired, after an adrenaline filled morning we spend a relaxing and fascinating afternoon exploring the lowland village of Alchi, home to the spectacular monastic complex. The descent and change in altitude is an essential aid to acclimatisation. Overnight: Guesthouse.	BLD
<b>Day 6</b>	<b>Drive to Hundar</b> Today we hit the road and head towards the Nubra valley on one of the highest motorable roads in the world. A good four hours on the road will take us to the village of Hundar – the starting point for our trek. After settling in to our Guesthouse, we enjoy a visit to infamous high altitude sand dunes – a unique geographical phenomenon, where desert, mountains and rivers meet. Overnight: Guest house.	BLD
<b>Day 7</b>	<b>Start of Trek</b> We start the day with a visit to the village of Deskit with its quaint hillside monastery of Samstaling. We begin the trek from the Hundar bridge (3150m). The trail follows the river on a rough jeep road; the landscape is spectacular as we continue along an impressive gorge. The trail gets narrow and steep at Dzongpa (an hour from Hundar) and continues along the side valley until it opens out at the highest point between Hundar and Skarchen. We then descend and continue along the river to reach camp at Skarchen (3576m) at the confluence of two streams (2½ to 3 hrs). Overnight: camping.	BLD



<b>Days 8 - 9</b>	<b>Skarchen to Hundar Dok &amp; rest day</b> Today we continue along the gorge passing Wacham – a small settlement consisting of the homes belonging to just two families. Crossing the river, we continue on up to the beautiful pastures of Hundar Dok – a permanent settlement of approximately 15 to 20 households filled with flowers and barley fields. Overnight: camping. On day 9 we enjoy a rest day in this beautiful village, getting to know the locals and understanding their customs. Overnight: camping.	BLD
<b>Day 10</b>	<b>Base Camp of Samgyal 1 (4482m)</b> We make a diversion here and head to another valley to camp at Palzampiu, a beautiful grassy pasture where Shepherds can be seen tending their flocks. The valley is surrounded by high snow-capped peaks, and a small river runs through the camp. Overnight: camping.	BLD
<b>Days 11 - 12</b>	<b>Base camp to High Camp (5018m) &amp; training</b> After a 2am wake up call, we will be ready to leave camp by 3am. Heading first to the Glacier, we then make our way to the summit, arriving approximately six hours later. After enjoying the amazing views from the top and the obligatory celebratory photo, we head back to base camp where we spend the rest of the day at our leisure. Day 14 is a well-deserved rest day. Overnight: camping.	BLD
<b>Days 13 - 14</b>	<b>Summit day: Samgyal (5812m)</b> After a 2am wake up call, we will be ready to leave camp by 3am. Heading first to the Glacier, we then make our way to the summit, arriving approximately six hours later. After enjoying the amazing views from the top and the obligatory celebratory photo, we head back to base camp where we spend the rest of the day at our leisure. Day 14 is a well deserved rest day. Overnight: camping.	BLD
<b>Day 15</b>	<b>Base Camp to Sumdo (4575m) – Thanglasgo valley</b> Today we backtrack to the Hundar Dok River, which we follow to camp at Sumdo. We will pass Brok Gongma, another small beautiful village with views of the mountains of the Hundar Valley. Camping	BLD
<b>Day 16</b>	<b>Base of Lasermola</b> We continue the gradual climb across the flower carpeted pastures again, following a stream for another 5 to 6 hours before reaching our camp at the base of Lasermola (4900m). During the summer months, shepherds bring their sheep, yaks and Dzomos for grazing and live in temporary summer huts here. There is a tradition that just 2-3 families from the village of Hundar Dok come here every summer with the animals from all the villagers for grazing and whilst here, they make cheese and butter for all. They will return to their village for the harvesting season. A very pleasant walk again today, camping in a beautiful spot on the banks of a river at the head of the valley. Overnight: camping.	BLD
<b>Day 17</b>	<b>Phyiang Valley</b> Leaving the pastures behind, we keep climbing towards the snow line and moraine until the top of the Lasermola pass (5400m), taking approximately 2 to 3 hours to get to the top. At the pass we are rewarded with excellent views of the Karakoram and Zaskar mountain ranges and the valleys on both sides. For those of us who still have energy, we can continue on a little further beyond the pass to catch even better views of Stok Kangri. There will be snow at the pass and we will need to leave camp very early in the morning to make the crossing easier for the animals carrying our kit. From the pass, we descend the Phyiang valley to camp at 4400m above Phyiang village (6 – 7 hours). Overnight: camping.	BLD



**Day 18**

**Phyang to Leh**

BLD

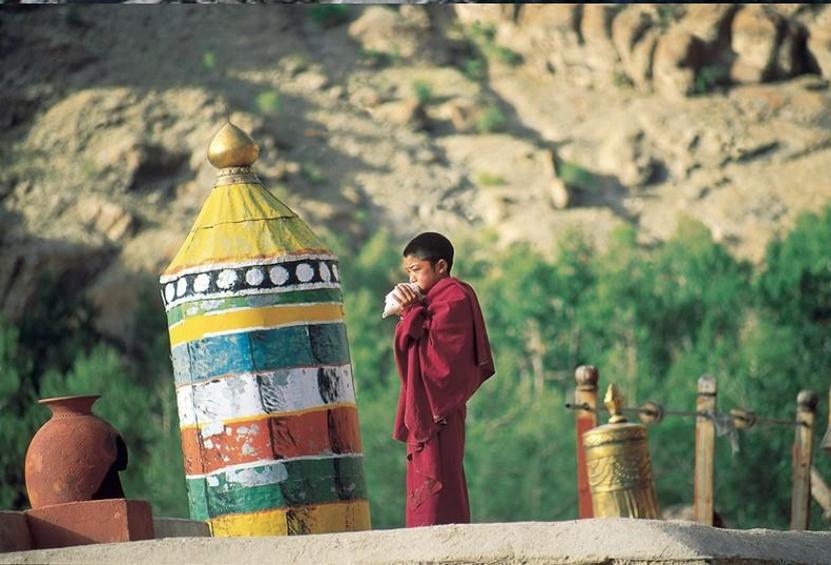
We descend to the Morubuk pastures and then on to Phyang, where we are rewarded with wonderful views of the Stok mountain range. We will be picked up by our 4x4 vehicles, which drive us through the village of Phyang. We fit in a visit to the local monastery before the short drive back to Leh (45 minutes). Overnight: Hotel in Leh.

**Days 19 - 20**

**Fly to London via Delhi**

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After an exhilarating expedition, we head back to the UK via Delhi.



## 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 5



Students should expect extended periods in remote locations where little or no English is spoken (your Trip Leader will always be fluent in the local languages and English). Accommodation is likely to be basic with limited access to hot water or other services. Expect the food to be quite different to home. You should observe local customs so not to cause offence and large parts of the itinerary will be in poor or challenging areas. Tourism in places grade 5 is likely to be less common, so strong traditional cultures are still very much in evidence



## 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

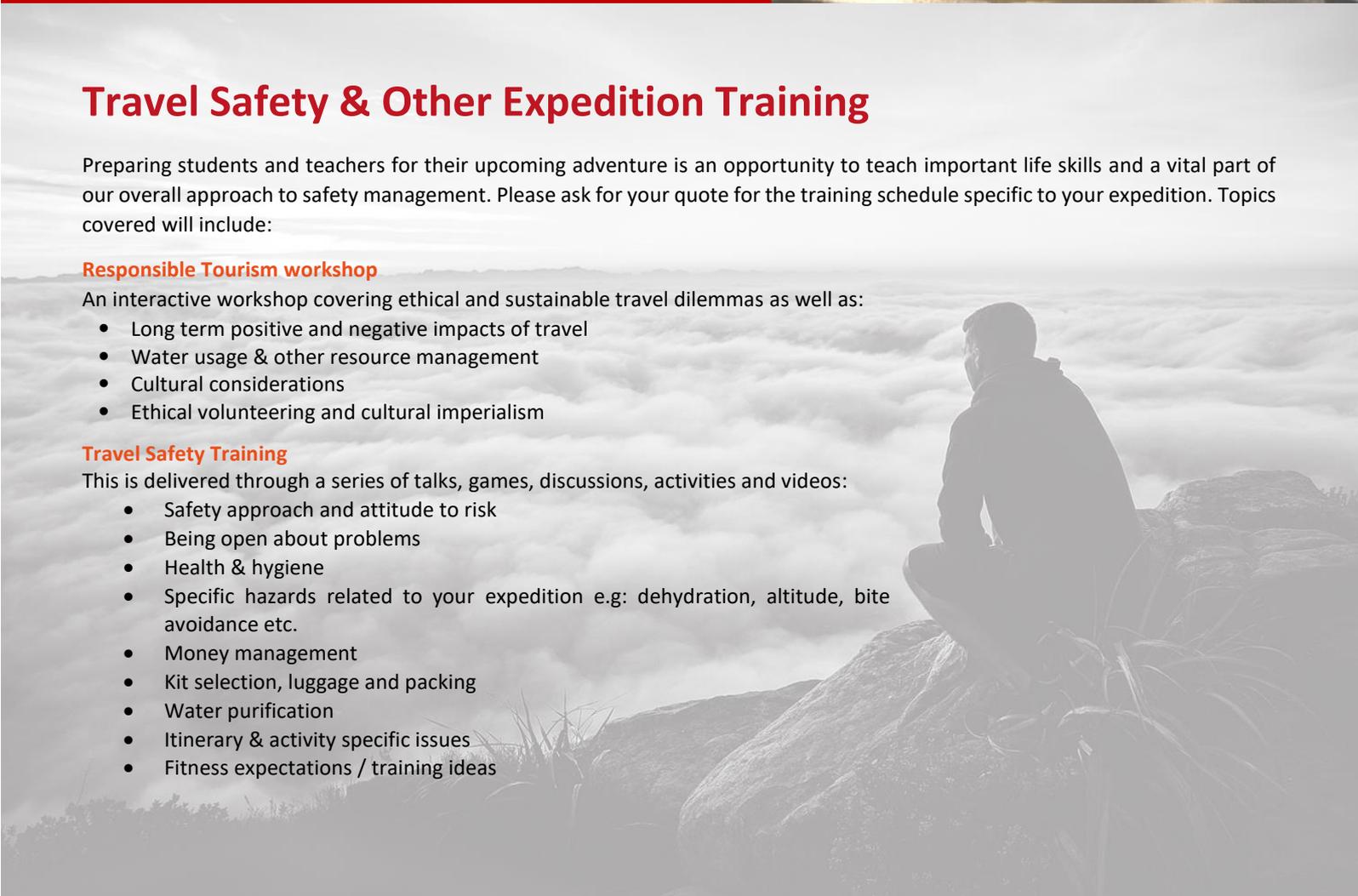
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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**

## Contact Us:

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