



# India

## Peaks and Passes of Ladakh

25 Days

An unrivalled high-altitude journey (max 5410m) across the Indian Himalayas as we traverse the beautiful Ladakh region, also known as Little Tibet. Our expedition encompasses a challenging 8-day trek with breathtaking views over the Karakorum and Indian Himalayas. Witness snow-capped peaks, glaciers, alpine pastures and shepherd's trails. We also engage in a local community project which will allow us to interact with local people and 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 as well as heading south to the iconic Taj Mahal. A true all-round destination that offers a fascinating insight into a different side of India.



[Learn more about our Carbon Labels](#)

# Your Recommended Expedition Itinerary

<b>Days 1 - 2</b>	<b>Depart from the UK, Arrive Delhi</b> Depart UK on overnight flight. On arrival in Delhi, we will be met and transferred directly to our hotel. We can freshen up before an afternoon rickshaw ride to Chandni Chowk, one of the oldest and busiest markets in Old Delhi. We then return to our hotel and have the rest of the evening at our leisure.	LD
<b>Days 3 - 4</b>	<b>Delhi to Leh</b> We take an early morning flight from Delhi to Leh and enjoy the spectacular views of the Himalayas. We will 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.	BLD
<b>Days 5 - 8</b>	<b>Leh Community Project</b> We travel from Leh to a nearby community project to assist in the ongoing work here. Recent activities have included building sustainable greenhouses, footpath restoration and painting pagodas. The nature of the project work involved during our trip will depend on what is needed by the local community at the time.	BLD
<b>Day 9</b>	<b>White Water Rafting &amp; Jeep Safari</b> This morning we enjoy a thrilling four-hour rafting journey on the Indus River as we pass tiny hamlets, imposing monasteries and towering peaks (Grade 2/3 rapids). This afternoon we visit Alchi.	BLD
<b>Day 10</b>	<b>Khardungla Pass</b> Today we have a jeep excursion to the Khardungla Pass, one of the highest roads in the world.	BLD
<b>Day 11</b>	<b>Leh - Rumtse</b> We leave Leh and head up the Indus valley towards the east. On the way we visit Shey Palace, Hemis monasteries and Tikse. Shey features the ruins of the summer palace of the early kings of Ladakh and the gompa which houses a Buddha sitting 12 meters tall. Tiske monastery is a marvel of architecture and a Potala Palace in miniature. The Hemis monastery is the largest in Ladakh and there are many well preserved murals. Overnight camp at Rumtse.	BLD
<b>Day 12</b>	<b>Rumtse - Kyamar 4 hrs trek</b> We start our trek today walking through a wide valley to Kyamar camp.	BLD
<b>Day 13</b>	<b>Kyamar - Kumor La - The Shibuk - Tisaling 5-6 hrs trek</b> We continue our ascent to the Col du Kumor-La (4900m) before descending to Tsazurma. Then we go back a little to the valley that leads to Shibuk-La pass at 5000m, where we see one end of the lake Tso Kar surrounded by numerous snow-capped peaks. We finish the day down a broad grassy valley named Tisaling where we camp.	BLD
<b>Day 14</b>	<b>Tisaling - Thukje 5-6 hrs trek</b> Today we join the vast plain of Tso Kar, Great Salt Lake and camp in the village of Thukje.	BLD



<b>Day 15</b>	<b>Thukje - Nuruchan 5-6 hrs trek</b> Today we visit Thukje and its monastery, and then walk towards the lake Startsabuk before rising along a river to our camp at Nuruchan village. It is often possible to observe the geese and ducks on the shores of Tso Kar that, once the summer has ended, descend onto the Indian plains.	BLD
<b>Day 16</b>	<b>Nuruchan - Rajun Karu 5-6 hrs trek</b> This morning we start with an ascent of the Horlam-La Pass (4900m). This is a gradual walk for an hour and a half, followed by an easy descent and long walk to a beautiful campsite near a stream.	BLD
<b>Days 17 - 18</b>	<b>Rajun Karu - Gyama 5 hrs trek; Gyama - Tso Moriri 5-6 hrs trek</b> We walk towards the neck of the Kyamayuri La (5200m) then descend to camp Gyama. After an hour's climb, we reach a wide valley which narrows before arrival at the neck of the Yalung La (5300m). On day 18, we are granted magnificent views of the lake Tso Moriri and surrounding areas. We must then begin a steep descent to the plain of Tso Moriri (4500 m). Camp near the lake in the company of nomads.	BLD
<b>Day 19</b>	<b>Karzok</b> 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.	BLD
<b>Days 20 - 21</b>	<b>Tso Moriri - Leh</b> After days in the wilds of the mountains, we drive back from Tso Moriri to Leh via Tsokar Lake and Laklang La Pass (5300 m). We celebrate our achievement on the trek with a meal out and overnight in the hotel in Leh. Today we have a free day to enjoy the markets and sites around Leh. Overnight at hotel.	BLD
<b>Days 22 - 23</b>	<b>Leh - Delhi</b> Fly from Leh back to Delhi and then transfer south to Agra. Depending on flight times, we may have the chance to visit the renowned Taj Mahal this afternoon, but if not, we will visit tomorrow morning. In the morning we have the opportunity to see the Taj at sunrise. We then return to have breakfast at the hotel before visiting, time permitting, the Agra Fort en-route back to Delhi. This fort lies across the river Yamuna and offers spectacular views of the Taj Mahal from over the river. Overnight in Delhi.	BLD
<b>Days 24 - 25</b>	<b>Depart from Delhi and fly back to the UK</b> After an exhilarating expedition, we head back to the UK via Delhi.	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 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

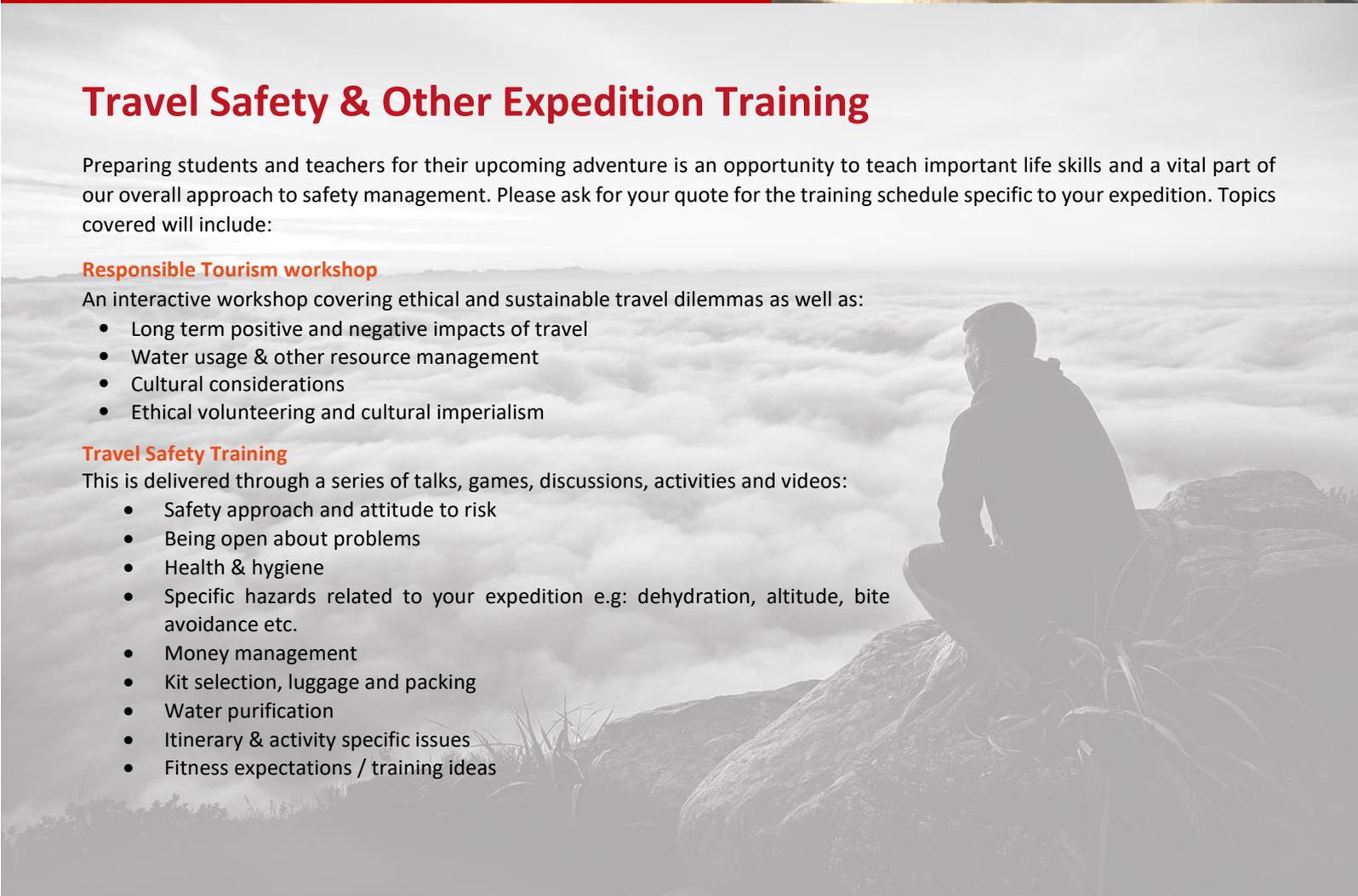
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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:

STC Expeditions, 6b King Street, Exeter, EX1 1BH

t: 01392 660056 | e: schools@thestc.co.uk | w: www.thestc.co.uk

