



25 Days

# India

## Peaks and Passes of Ladakh

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.



# Recommended expedition itinerary

Day  
1-2

## Arrive Delhi

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.

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Day  
3-4

## Delhi to Leh

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.

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Day  
5-8

## Leh Community Project

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.

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Day  
9

## White Water Rafting & Jeep safari

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.

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Day  
10

## Khardungla Pass

Today we have a jeep excursion to the Khardungla Pass, one of the highest roads in the world.

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Day  
11

## Leh - Rumtse

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.

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Day  
12

## Rumtse - Kyamar 4 hrs trek

We start our trek today walking through a wide valley to Kyamar camp.

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Day  
13

## Kyamar - Kukur La - The Shibuk - Tisaling 5-6 hrs trek

We continue our ascent to the Col du Kukur-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.

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Day  
14

### Tisaling - Thukje 5-6 hrs trek

Today we join the vast plain of Tso Kar, Great Salt Lake and camp in the village of Thukje.

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Day  
15

### Thukje - Nuruchan 5-6 hrs trek

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.

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Day  
16

### Nuruchan - Rajun Karu 5-6 hrs trek

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.

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Day  
17-18

### Rajun Karu - Gyama 5 hrs trek; Gyama - Tso Moriri 5-6 hrs trek

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). 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.

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Day  
19

### Karzok

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.

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Day  
20-21

### Tso Moriri - Leh

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.

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Day  
22-23

### Leh - Delhi

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, if time allows, 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.

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Day  
24-25

### Fly to London via Delhi

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

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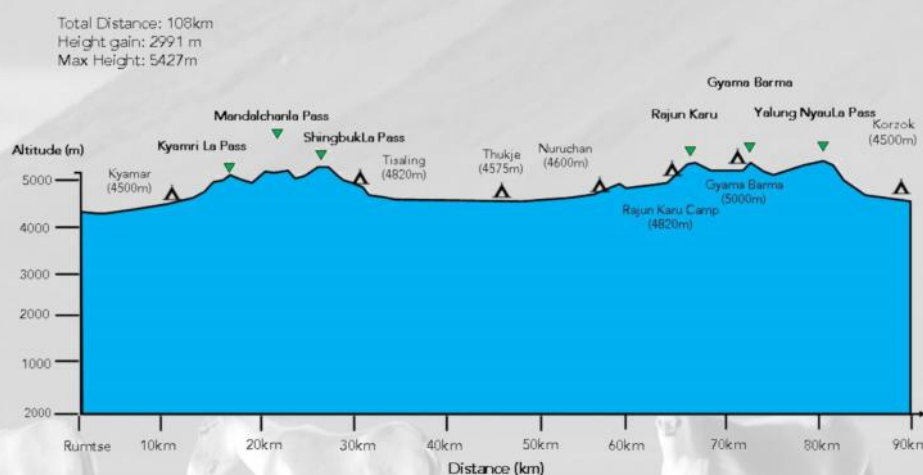
# Further information

## Look what's included!

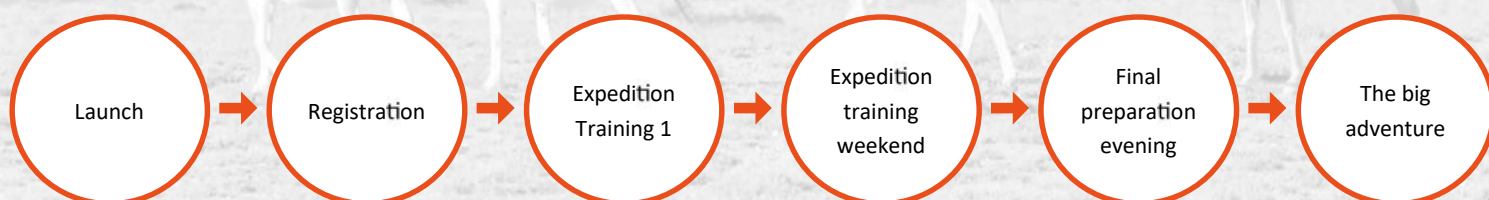
- ] International flights
- ] All accommodation
- ] All food
- ] All transportation and activities
- ] Bi-lingual, first-aid qualified local expedition leader
- ] Parent and student expedition launch evening
- ] Comprehensive pre-expedition training programme
- ] 1-day offsite safety INSET day for staff
- ] ATOL financial protection
- ] Medical Emergency / Repatriation Travel 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
- ] Carbon offsetting of all flights
- ] Free t-shirt for every participant and teacher

## What's excluded?

- ] Transport to airport in UK
- ] Drinks (advice will be given on purification of water)
- ] Visas or tourist cards if required
- ] Any required inoculations
- ] Personal spending money
- ] Tips for guides, drivers and porters
- ] Airport departure taxes paid locally
- ] Cancellation and personal effects insurance



## Your expedition timeline



## Physical expedition rating:

● ● ● ● ● 5/5

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.

## Culture shock rating:

● ● ● ● ● 5/5

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'.



# A journey of 1,000 miles...

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

## 1 Get your tailor-made proposal and 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 itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination 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 at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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