



19 Days

India

Nubra Nuns and Gompa Girls

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.

**A WOMAN'S
PERSPECTIVE**



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. There will be an opportunity to freshen up before an afternoon of sightseeing through Lutyen's Delhi (named after the British architect Edward Lutyen) and Akshardam Temple.

Day
3

Fly to Leh

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

Women's Alliance

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

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.

Day
6-9

Nubra Valley

After a peaceful night at the Gompa guesthouse we drive for around 4.5 hours to the breath taking Nubra Valley. Here we stay in the village of Kyagar 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
10

Trek to Skarchen

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
11

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.

Day
12

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.

Day
13

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.

Day
14

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 where we are able to see snow from our camp.

Day
15-16

Trek to Phyang Sumdo & return to Leh

Leaving the pastures, today we climb to the snow line reaching the top of the Lasermola Pass, 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 Valley 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.

Day
17

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 Sherone 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.

Day
18

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.

Day
19

Return to 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.

Further information

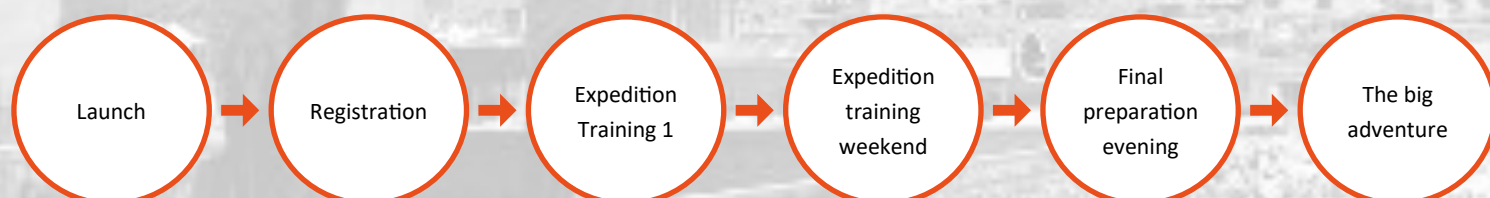
Look what's included!

- 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:



Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so a two to four month fitness improvement programme would ensure you get the most out of the trip .

Culture shock rating:



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.



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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