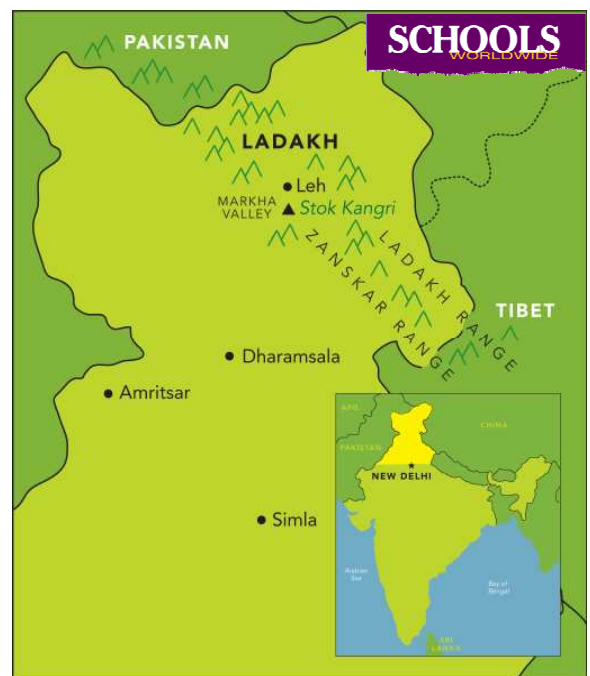


# Destination Fact Sheet: N. India

|                   |  |
|-------------------|--|
| Worldwide region: | Asia   |
| Capital City:     | New Delhi (GMT + 5½ hrs)   |
| Environment:      | Mountains  |
| When to go:       | June – Sept, May (Fieldtrek only)  |
| Itineraries:      | Explorer, Expedition, Fieldtrek  |
| Highlights:       | Delhi, Ladakh, Dharamsala, The Markha Valley, Stok Kangri, Taj Mahal, Red Fort                                   |
| Essentially:      | One of the most hospitable countries on the continent containing some of the most dramatic scenery in the world. |



## About the country

Literally translated as 'land of passes', Ladakh is the World's highest populated piece of land and, containing over half of the Great Himalayan Range, is surrounded by the unparalleled scenic beauty of the Himalayan landscape, providing one of the continent's finest trekking environments. The region is also ideal for learning about the Buddhist and Indian culture, not only in Dharamsala, but also in Delhi, Varanasi and Agra, where groups visit the Taj Mahal.

## Explorer Programmes

With its bustling streets and vibrant lifestyle, arrival in Delhi is an immediate awakening of the senses before groups fly North, on one of the world's most scenic flights, to Leh. Here, high in the mountains, life slows down and the trekking options are virtually endless for groups to explore the pristine landscape before continuing to explore the region's fascinating history and culture either in Amritsar, Delhi or Agra.

## Expedition Programmes

One of the more demanding treks in the region is to follow the Markha Valley winding its way around the area's most impressive mountain, Stok Kangri. The challenge of this trek is hidden in its duration and route, which takes you over high passes, thundering rivers and through deep, wide valleys. With endless views of the Himalayan range and introductions to the remote villagers' lives, this is justifiably one of the world's classic trekking routes.

## Fieldtrek Programmes

Our Religious Studies tour through Northern India, will visit some of the Buddhist culture's most important centres and monuments. Arriving into Amritsar and visiting the Golden Temple, groups will head south to explore Dharamsala, the seat of Buddhism and the home of the Dalai Lama. Continuing on to Delhi for a full city tour, you will finish at Varanasi, the religious capital of Hinduism and Sarnath where Lord Buddha first preached a sermon.

## In summary

Not only full of historical, cultural and religious landmarks, Northern India is also one of the most scenic and visually impressive regions of the world. Before trekking in the region, groups should be experienced with outdoor adventures and must undergo a fitness programme in the UK in order to be physically prepared for the itinerary.



**To discuss the variety of options for tailoring a trip to India for your group, please telephone us on **0845 634 4670** or visit our website at [www.schoolsworldwide.co.uk](http://www.schoolsworldwide.co.uk)**