



Vietnam

Cycle Explorer Expedition

12 Days

Join us on this exciting and very special cycling trip through the hidden backwaters and breath-taking beauty of rural Vietnam. You will get an opportunity to experience the history of Hanoi and the surrounding countryside of Northern Vietnam while also experiencing the stunning scenery. Cycling past paddy fields and extraordinary limestone formations up to 80km a day the route is a mixture of single-track style paths and rough rural roads. This is a fully supported trip and ends on a 'junk' in the stunning UNESCO Halong Bay where we will rest and enjoy swimming, kayaking and fresh local seafood!



[Learn more about our
Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2	Depart the UK, Arrive Hanoi & explore Spend the day recovering and acclimatising while enjoying the hustle and bustle of Hanoi.	LD
Day 3	Hanoi countryside bike and city tour. Distance ~ 20km After an 8:00am start we visit the Ho Chi Minh Mausoleum and residential grounds (clothing restrictions apply). This is followed by a visit to the Temple of Literature, the site of Vietnam's first University. After lunch at a local restaurant, we will transfer to the village outside of Hanoi city for an easy acclimatising ride. Cycling mostly on rural lanes through the surrounding villages, we cycle through beautiful scenes of immaculately tended vegetables plots and flower beds. We will stop and chat to some of the local people out tending their crops and gain some insight into life in rural northern Vietnam. After a short rest, we will have dinner with a local host family before returning to the hotel.	BLD
Day 4	Hanoi – Ninh Binh – Cuc Phuong. Distance ~ 35km Another 8:00am start as we transfer by private vehicle to Ninh Binh. This scenic drive takes about 2.5 hours. After arriving at Ninh Binh, we cycle on countryside roads to Hoa Lu and its ancient 10th century citadel, continuing through the stunning limestone peaks to Tam Coc, passing rice paddies and rural villages. After lunch at a local restaurant, we will transfer and cycle for about two hours to Cuc Phuong National Park, where we spend the night in a local house on stilts.	BLD
Day 5	Cycling to Pu Luong with overnight in Hieu Village. Distance ~ 50 to 80km This will be the longest distance we will ride. After a hearty breakfast we make our way to Pu Luong by riding about 80km (with van support). After cycling through more beautiful countryside, we arrive tired and happy at our overnight homestay in time to enjoy a delicious home-made dinner.	BLD
Day 6	Cycling around Pu Luong with overnight in Kho Muong village. Distance ~ 40km Today we will be riding to the river dock. On arrival we will spend the day making bamboo rafts and hopefully floating on them! We will then transfer by private van to Kho Muong village to enjoy a dinner served by a local family and stay overnight in their home.	BLD
Day 7	Cycling and back to Mai Chau. Distance ~ 40 to 50km After breakfast we cycle to Mai Chau town (with van support). The scenery is stunning on this long morning ride of about 40km. We will arrive in Mai Chau town in time to enjoy a late lunch at a local restaurant and check into our accommodation for the night, again in a stilt house. The afternoon is free and we will have the opportunity to rest our legs or explore whilst enjoying the bustle of a local northern Vietnamese town.	BLD
Day 8	Cycling Mai Chau to Moc Chau. Distance ~ 50 to 70km After our restful day yesterday, we will be keen to get back on the saddle and enjoy the beautiful scenery as we ride 70km to Moc Chau town. After an early arrival we will visit a Tea Plantation and enjoy a local brew before returning back to our guesthouse to check in. We will have dinner and stay overnight in Moc Chau.	BLD



- Day 9** **Cycling and back to Hanoi. Distance ~ 15 to 20km** BLD
This morning we will enjoy an easy day riding around Moc Chau before transferring back to Hanoi for an overnight in our hotel.
- Day 10** **Hanoi - Halong Bay & cruise to Bai Tu Long Bay** BLD
It's a stunning four-hour drive to Hon Gai Wharf. Here we will be greeted by the crew of our junk and will begin our cruise into the stunning UNESCO Halong Bay, an area that is full of stunning geological sites and quite literally thousands of islands and islets. On board we will enjoy a lunch of fresh local seafood while cruising to Bai Tu Long Bay and soaking in the atmosphere. We will also have the chance to have a close look at the fascinating rock formations, whilst also relaxing and enjoying activities including kayaking and swimming. We will stay overnight on the boat.
- Days 11 - 12** **Depart Hanoi** BL
Enjoy our last day relaxing, indulging in some more swimming or kayaking and visiting one of the most beautiful caves in the bay. We will enjoy lunch while cruising back to the wharf for about 11:30. It's then time to hit the road to Hanoi airport for our departure and a restful overnight flight home!



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.



Trees for Life

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/>

Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

Cultural Rating for this trip: Grade 3



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'.



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

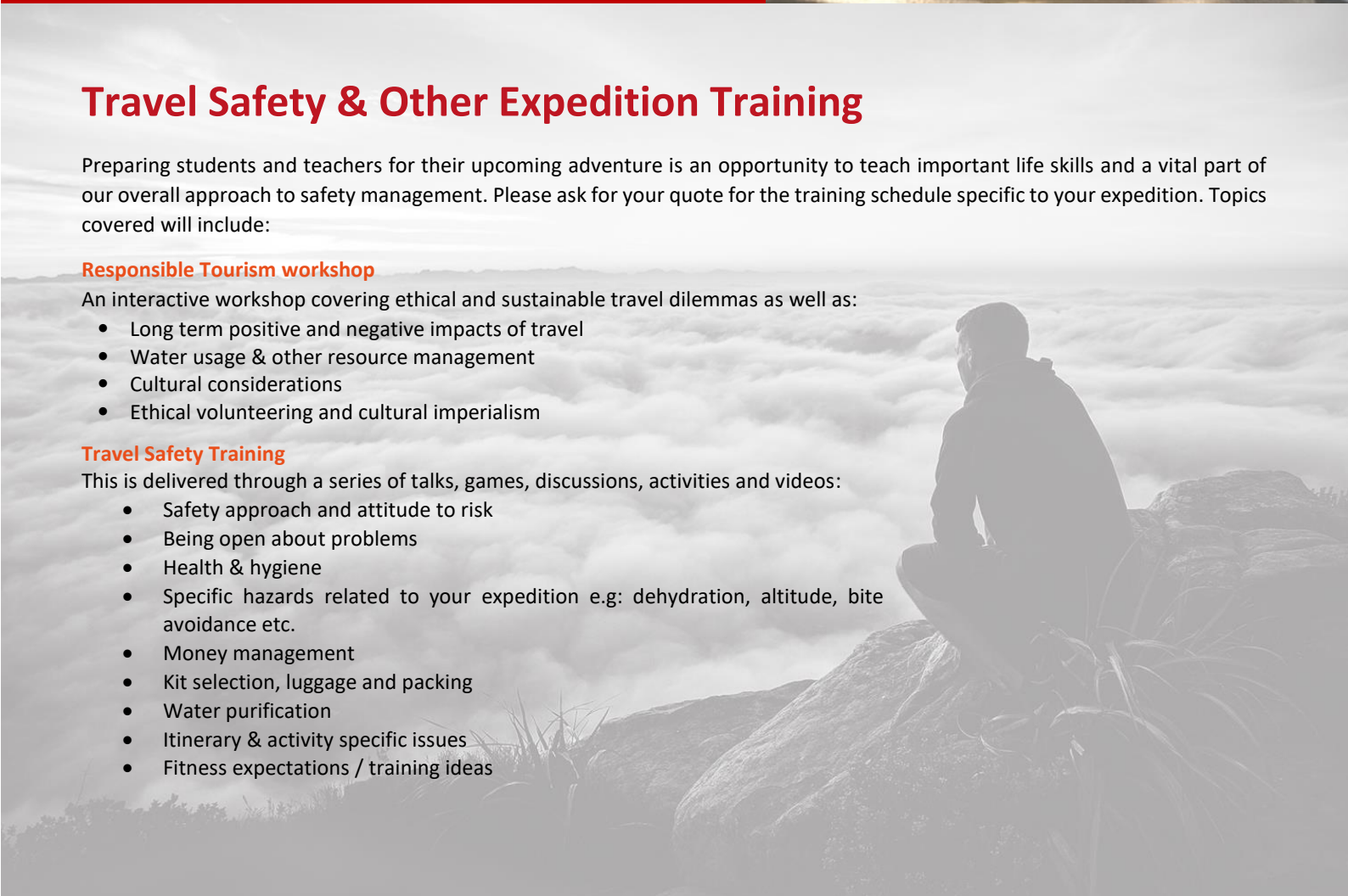
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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

