



Cycling & Planting trees, Ninh Binh – May 2014

Footprint's 3rd annual trip to raise the awareness of environment protection. This trip is to cycle and to plant trees to reduce carbon dioxide to help stop global warming... This is also for fun and to network among the responsible tourism stakeholders such as tour operators, tour guide, managers from Footprint and friends in the tourism industry.

Day 1 (17/5): Hanoi - Cuc Phuong, tree planting & cycling

07.00: Depart from Hanoi, **at 20 Lý Thái Tổ str - Viện Văn Học Việt Nam** (PLEASE BE ON TIME, WE WON'T WAIT),

09.30: Start cycling to Cuc Phuong national park (abt. 15km ~ 2 hours)

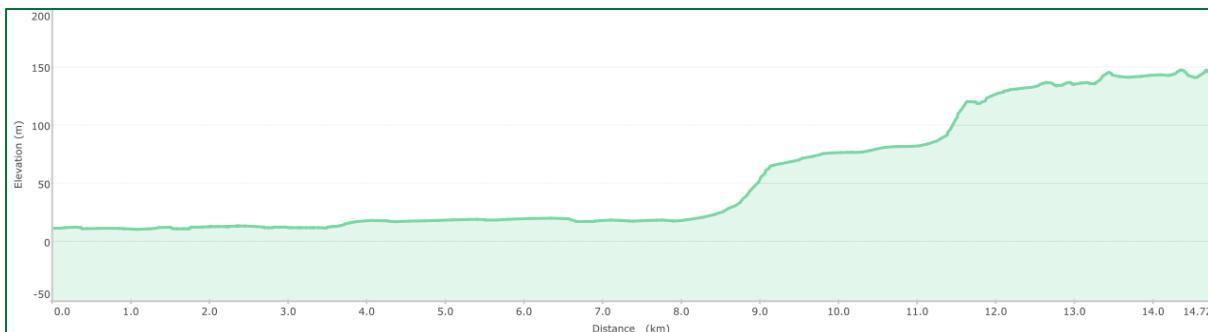
11.30: Arrival at Cuc Phuong park, lunch.

13.30: Move to planting field for tree planting projects for about 2 hours.

16.00: Cycling competition

17.30: Back to the house on stilts, free and easy

19.00: Dinner, networking and games.



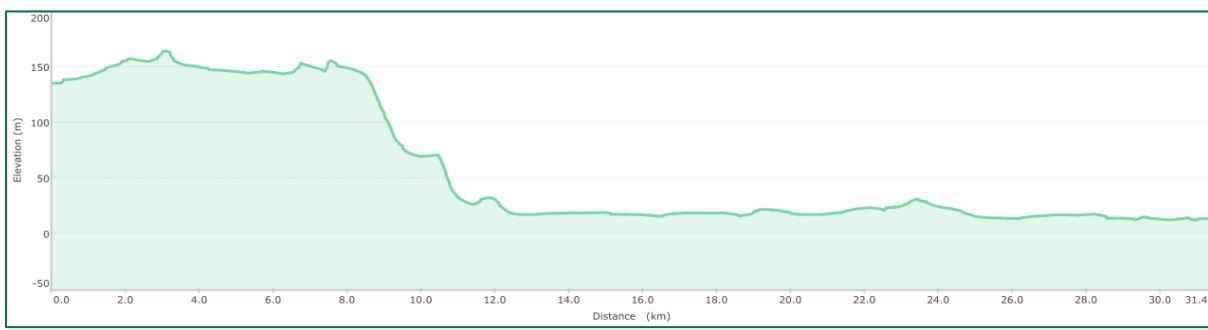
Day 2 (18/5): Cycling to Tam Coc, back to Hanoi

07.00 Breakfast

08.00 Cycle downhill through the inland Halong to Hoa Lu (abt. 30km ~ 4 hours)

12.00 Arrival to Hoa Lu, lunch

14.00 Transfer back to Hanoi, trip ends in Hanoi around 5pm.





Inclusion: Van, pro. bikes, water, all meals, trees plantings, stilts house, rice wine.

Exclusion: Not mentioned above. Insurance for any type of injury is at your own cost.

What to bring: Your own bottle for water (we will have water for you to fill), sunglasses, rain coats, cycling shoes, sun-cream, raincoat, towels, flash lights, mosquito spray, sleeping bag, toilet paper and others

----- RESPONSIBLE TRAVEL -----

What is ReCycle? Recycle one of the 5Rs that we are encouraged to do save our mother planet, they are: Reuse, Recycle, Reduce, Renew and Respect.

Why ReCycle at Footprint? Cycle is one of our core products in the recent years and more to come. And everyone knows many great benefits of cycling so together with our responsible travel initiatives, in 2011, we decided to make this our annual event where the team, partners, friends can cycle, recycle at the highest possibility and support to the poor communities.

What can you do on this trip?

- Cycle as much as you can, this is good for your health and our mother earth.
- Bring your own water bottles (according to the survey by Graeme Glen, each person, in average, is using 167 plastic bottles per year, results to 1,5 million ton of trash),
- Plan a tree on your own, and do not pick plants or flowers in the park,
- Do not litter, please collect trash whenever possible,
- Keep to designated trails when cycling or walking.
- Bring your smile along and ready to say hello to the locals.

And some quick notes for safety:

- Know your gears and your bike before you ride: <http://www.youtube.com/watch?v=0FaRdiWpCBE>
- Test your bike and your brakes well,
- Always wear a helmet,
- Do not use headphones while cycling and never use phone,
- Look left, right and behind you before you turn, overtake or stop,
- Make good hand signals with others on road, use eye contacts to make sure they understand you,
- Position yourself for the downhill. Keep your weight over your saddle on downhill.
- Keep away from the trucks.
- DRIVE SAFE & ENJOY!