



# Romania

## Hike, Bike & Nature in the Carpathians

6 Days

This six day adventure allows you to get under the skin of Transylvania. We begin our journey in the medieval city of Brasov, before heading out on a full trek within the Piatra Craiului National Park. We then have a day of nature conservation where we will learn about the wildlife within the region and what is being done to protect these species. A full day of biking is also on the agenda as we take in the stunning scenery and visit local villages to learn about the way of life here. Our penultimate day in Transylvania will be spent exploring rural communities, where we gain an insight to local trade. On our final day we take a tour of historical Brasov, where we begin our adventure. If it's variety you're looking for, look no further.....Romania awaits.



[Learn more about our Carbon Labels](#)

# Your Recommended Educational Journey

## Day 1

### UK to Brasov

D

We begin our Romanian adventure by flying from the UK to Brasov. Located within the Transylvania region, Brasov is well known for its picturesque old town and medieval architecture. The city also serves as a gateway to many adventure activities in the surrounding area, such as biking, climbing and skiing. On arrival in Brasov we will be met by our STC Expedition Leader and transferred to a local guesthouse. Depending on the time of our arrival, we may be able to take a stroll around the city and become accustomed with our new surroundings.

## Day 2

### Piatra Craiului National Park Trek

BLD

Piatra Craiului is a stunning mountain range, known for its dramatic limestone ridges, deep gorges and diverse flora and fauna. A day hike in Piatra Craiului will be a rewarding adventure, offering breathtaking views and a chance to experience the natural beauty of the region. This is a challenging day where we will have the chance to reach the main ridge within the national park. We start the day with a short morning transfer to the start of the hike before beginning the steep ascent to the top of the ridge. The ascent will take approximately 4-5 hours and we will be rewarded with stunning views when we reach the top. After admiring the views we begin our descent on the opposite side of the mountain and into the valley. We finish the day by transferring back to our accommodation where we can reflect on the day's achievements.

## Day 3

### Nature Conservation

BLD

Today we have the opportunity to discover the local wildlife. The Carpathians are home to a wide range of large predators, such as wolves and brown bears. With the help of an expert, we will learn about the flora and fauna within this picturesque region. We will be in amongst the forest, taking short walks and exploring these natural habitats. With visits to local conservation projects we will see first hand the efforts that are being made to protect the region's diverse ecosystems, wildlife and natural resources. Brasov is surrounded by several protected areas which play a crucial role in preserving the biodiversity within the region.

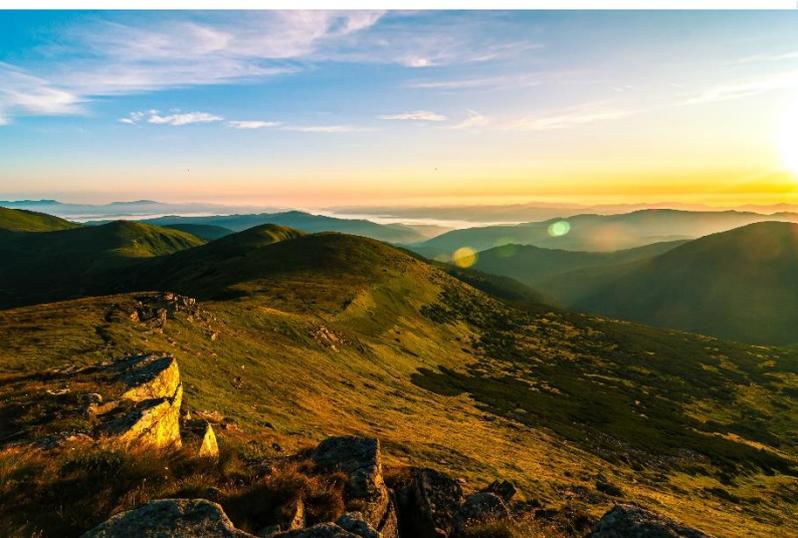
After an insightful and educational day we will transfer to our guesthouse for the evening, located in the heart of Transylvania.

## Day 4

### Biking Day

BLD

We have an action packed day ahead as we embark on a full day bike ride across the rolling hills of Transylvania. Along the way we will visit fortified churches and learn about what life was like during medieval times. We will also make a stop at a traditional local workshop. Travelling through this region is like stepping back in time and we will admire the rural life at our pace, which has remained unchanged for many years. Our cycling route will take us over hills, through local forest, on forest roads and along designated bike paths. We would recommend being confident on a bike to make the most of this activity.





#### Day 5

#### Old Traditions & Crafts in Transylvania

BLD

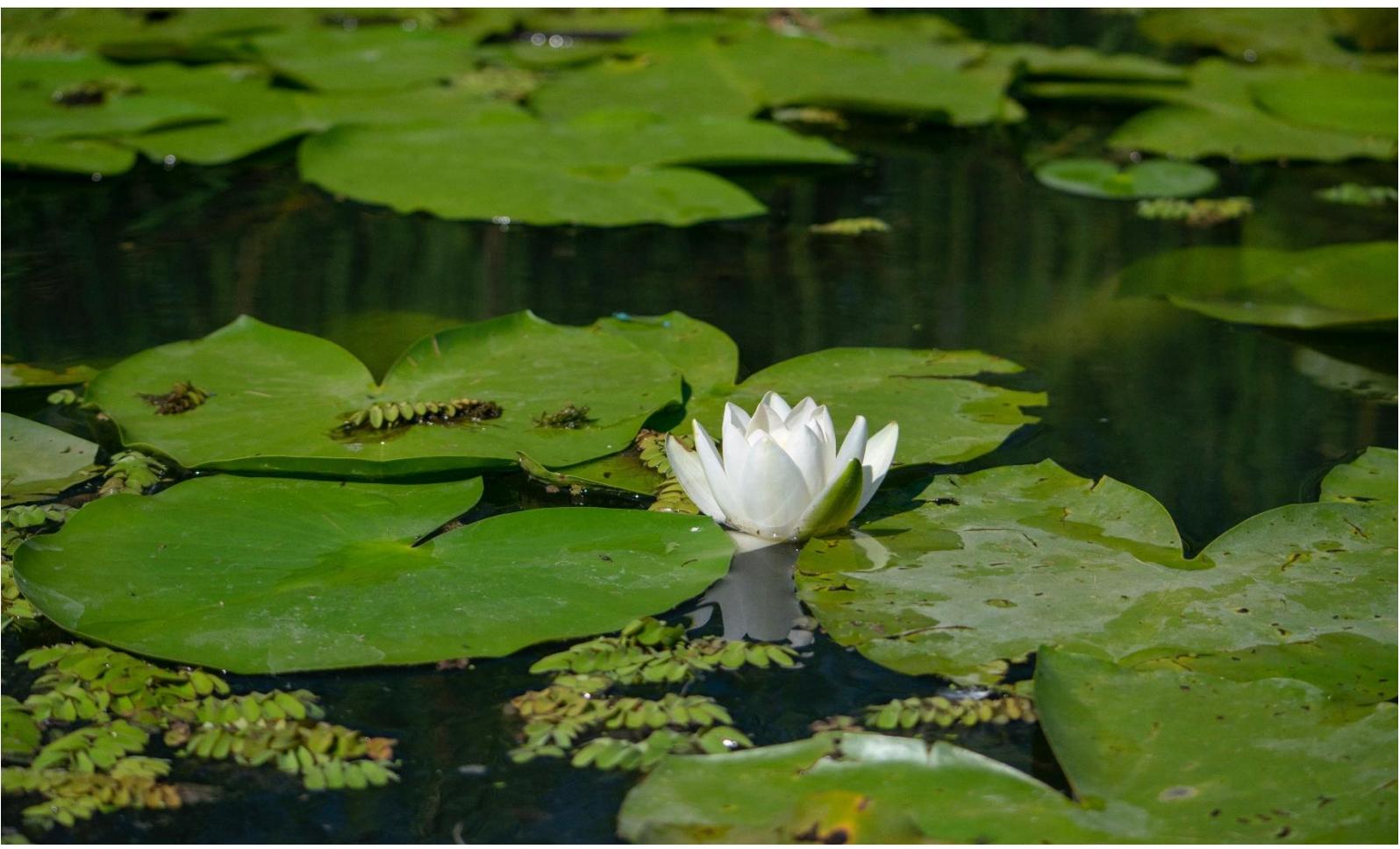
Life within this region stood still for many years due to the communist regime. Every village will have its own unique story and it is not uncommon to see the use of horse and cart for running everyday errands and visiting local places. Farming is also less industrialised within this region and many of the farms are largely self-sufficient. Along the way we will visit various places of work including a blacksmith, tile maker, bee keeper, baker and carpenter. We will gain an insight into the lives of people within these rural regions and understand how traditions have been maintained until the modern day. We will then transfer back to the city of Brasov and check into our hostel for the evening.

#### Day 6

#### Tour of Brasov and Departure

B

This morning we head out for a city tour of Brasov and have the opportunity to appreciate the well-preserved historical centre. During our tour we will pass by the famous Black Church and Brasov Citadel, which was originally built in the 13th century.



## Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC tour 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. While we are far from perfect, 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.



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/>

Trees for Life

## 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 multiple consecutive days activity either walking at moderate altitude (up to 2,500m) or paddling. With between five and seven hours of activity with occasional longer/harder days. The trip may contain other activities such as cycling, rafting, remote camping which also require physical effort and a reasonable level of fitness and resilience. Steady preparation and an increase in your underlying fitness levels will help you get the most from this grade trip.

## Cultural Rating for this trip: Grade 2



Expect to find local life broadly familiar to that in the UK, however aspects of the trip are likely to be in remoter areas where differences are more profound. Whilst English may not be the native language, you can expect it to be widely spoken. There may be some cultural differences and although western pallets should be well catered for there will be the opportunity to try new dishes.



## Travel Safety & Other Pre-Travel 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 this educational journey. Topics covered will include:

### Responsible Tourism workshop

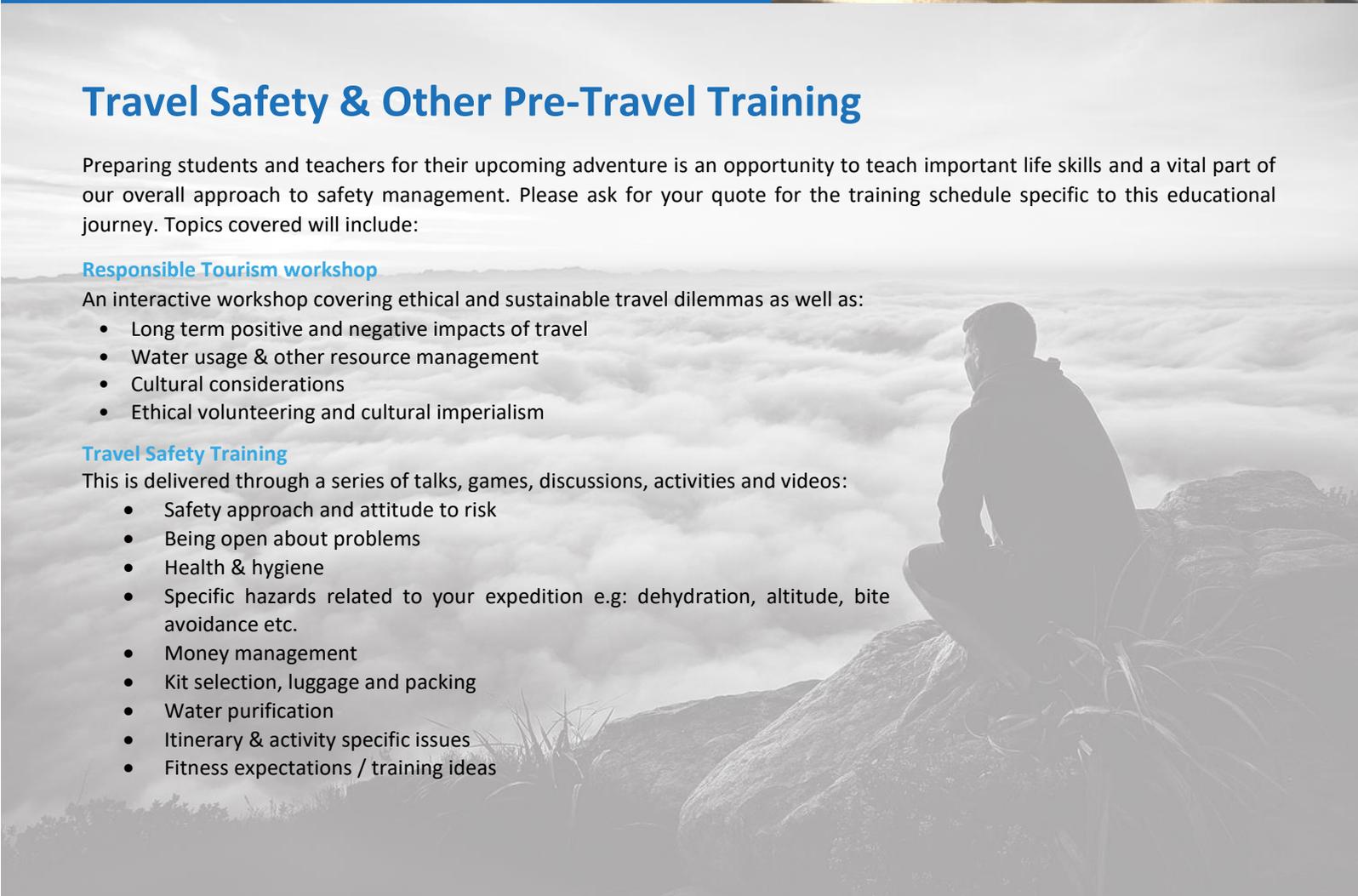
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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 educational journey

## 1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your adventure 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 trip approval process. Ask for posters and your Pre-Booking Information Pack too.

## 3 Arrange a trip launch evening

This is a chance for students and parents to hear more about the planned adventure with comprehensive information 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:

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