

Further Information



This document has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions.

Please do take into account your own personal preferences and common sense!

We welcome feedback on how this document can be improved upon your return from your Challenge.

Climate

Almost three times the size of Europe, China is a vast country, so its weather and climate vary from region to region. Generally, the north is dry and cold during winter; humid and often rainy in the central and southern parts during July and August; and temperate year-round in the southwest. From November to March it is bitterly cold in the northern areas and along the Yangtze River. Most regions are very hot in the summer months (from June to August), except in the mountainous regions where it is chilly in the morning and at night, but pleasant throughout the day. Spring and autumn are quite mild. Northern China suffers from dusty winds during early spring, while autumn (September to early November) is the ideal time to travel.

Temperatures

Month	Average Sunlight (hours)	Temperature °C				Discomfort from heat and humidity	Relative humidity		Average Precipitation (mm)	Wet Days (+0.25 mm)
		Average		Record			am	pm		
		Min	Max	Min	Max					
Jan	7	-10	1	-23	14	-	50	-	4	3
Feb	7	-8	4	-18	19	-	50	-	5	3
March	8	-1	11	-14	28	-	48	-	8	3
April	8	7	21	-3	36	-	46	-	17	4
May	9	13	27	3	38	Moderate	49	-	35	6
June	9	18	31	10	43	High	56	-	78	8
July	7	21	31	15	41	High	72	-	243	13
Aug	7	20	30	11	38	High	74	-	141	11
Sept	8	14	26	2	34	Medium	67	-	58	7
Oct	8	6	20	-5	31	-	59	-	16	3
Nov	6	-2	9	-13	24	-	56	-	11	3
Dec	6	-8	3	-20	13	-	51	-	3	2

The above information has been obtained through BBC Weather

Time

G.M.T. + 8 hours

Food

All meals are provided throughout the Challenge. We eat in our Hotels, local restaurants and when on Trail, we have a couple of packed lunches.

Difficulty

Fitness training is definitely recommended as you will literally be walking up and down thousands of steps! It is best to improve and work on your stamina, leg and joint strength. Please note that we are trekking on some sections that are very old, with some step drops on either side, so take this account if you suffer from Vertigo.

Luggage

Your luggage will be transported from one accommodation to the next by vehicle.

Water

Drinking water is readily available throughout the trekking parts of this Challenge.

Further Information cont.



Health/Vaccinations

The immunisations given below are a guide only.

You must discuss your own particular needs and contra-indications to vaccines or tablets with your doctor or practice nurse.

Immunisations – confirm those recommended for use in Britain are up to date, especially those for children and adult boosters of tetanus.

Courses or boosters usually advised – hepatitis A; typhoid; diphtheria.

Vaccines sometimes advised – Japanese B encephalitis; rabies; tuberculosis; hepatitis B; poliomyelitis.

Yellow fever certificate required if entering from an infected area.

If you do receive vaccinations, it is advisable to carry a vaccination certificate with you. In addition, people on prescription medication should carry a note from their Doctor stating the treatment, drug name and dosage.

The pollution, especially in the summer months in the major cities, can cause breathing problems. Asthma sufferers and people with conditions affecting their breathing should prepare for this with the appropriate medication.

Accommodation and Sleeping arrangements

Whilst in Beijing, we will stay in comfortable hotels, twin share, with en-suite washing facilities. Whilst on trek, we stay in lodges and inns, with en-suite facilities. Please be aware that our accommodation in Huangyaguan is very basic, and can get quite cold, but is in a truly stunning location right at the foot of the Great Wall.

Toilets

Toilet facilities in restaurants outside hotels, sightseeing areas and other public places may be of a poor hygiene standard, and are quite often of the hole in the ground variety. Outside hotels, toilet tissue is in short supply so you are advised to carry your own. Some public toilets levy a charge of 2 to 3 yuan (approximately 15p to 23p).

Passport/Visa

UK passport holders require a Visa and this must be obtained prior to your arrival. It is your responsibility to obtain this. Global Adventure Challenges will be sending you a Visa application form about **6 weeks** before travel, due to recent changes within the Chinese Embassy; this cannot be obtained before this time. Please read all the instructions carefully before applying for your visa. If you have any queries, please contact the Chinese Embassy direct as they will always provide the correct up-to-date information on the application procedure.

Security and Safety

An English speaking doctor will accompany the group throughout the Challenge, in addition to local guides and a Global Adventure Challenge Expedition Leader from the UK. Full medical kits are also taken. Radio contact is kept between the guides and mobile phones work on much of the Wall.

Local way of Life

Cameras and video cameras are allowed, but cine-cameras, larger than 8mm are not permitted in mainland China. Please strictly observe any restrictions on taking photographs or using a video/cine camera, as failure to do so could result in an immediate fine or confiscation of film and equipment.

Valuables

We suggest that you carry your valuables, such as passport, cash and other important documents in your daypack – remember to put them in a plastic bag to keep them dry in case of rain!

Taxes

Before departing China, you will be asked to pay departure tax (currently 90 Yuan). This **MUST** be paid in cash and in Chinese currency.

Currency & Spending Money

The Chinese unit of currency is the Yuan. It is best to take with you as much currency as you think you will need, as once you have left Beijing there is not much opportunity (if any) to purchase any further cash. As a guideline - for every day drinks, water etc, an amount of approximately £10.00 per day would be OK. However, you will need extra if you intend purchasing gifts, clothes etc.

Tipping

Whilst entirely discretionary, it should be borne in mind that, as in many other parts of the world, low salaries are supplemented by such tips. However, in all cases any tips given should be commensurate with the level of service received.

As a general rule, it is recommended that you allow for roughly £3.00 (40 yuan) per person per day in total. In addition, tips are not included for the hotel porters and as a guide; it is recommended you tip them 5-10 yuan per item of luggage. **Please note that all tipping remains at your discretion.**

A useful tip.....

Chinese coffee and Chinese green tea (taken without milk) are normally served. If you prefer your own brand of tea or coffee, it is advisable to bring your own supply with you. Most hotels in big cities provide kettles in the room. You may wish to bring milk powder or milk sachets as these will not be provided.

Fact File

- Climate/Temperature: China has a climate dominated by monsoon winds. It features clear temperature differences in winter and summer. In winter, northerly winds coming from high latitude areas are cold and dry, and in summer, southerly winds from sea areas at lower longitudes are warm and moist. In addition, climates differ from region to region because of the country's extensive territory and complex topography
- Full country name: People's Republic of China
- Area: 9.59 million sq km
- Population: 1.28 billion
- Capital City: Beijing
- Currency: Chinese Yuan Renminbi
- People: 93% Han Chinese, plus 55 ethnic minorities
- Language: Cantonese, Mandarin
- Religion: Confucianism, Buddhism Taoism, Muslim, Christian
- Government: Communist Republic
- Major Industries: Iron, steel, coal, machinery, automobiles, petroleum, chemicals, telecommunications, textiles
- Major Trading Partners: USA, Japan, Germany, South Korea, Taiwan

Please note that the information above is correct at the time of going to publication