

# FURTHER INFORMATION



## GREAT WALL OF CHINA TREK

“You have not lived if you have not been to the Great Wall”, or so the Chinese saying goes, and it’s not surprising why! The Great Wall of China has been voted one of the new Seven Wonders of the World.

Our Great Wall of China Trek is a fantastic charity challenge hiking for 5 days along this magnificent man-made structure. One of the best in the market, our challenge takes us over watchtowers, mountains and through historic battlement stations that are well off the tourist trail.

Exclusive to Global Adventure Challenges, we ‘lend a hand’ repairing a section of the Wall that is currently being reconstructed. We will each place our brick in this newly restored section, ensuring our own place in the Great Wall of China! Memories to cherish for a lifetime.

The trekking on this charity challenge is hard due to the number of steps we trek up and down each day. Another highlight of this challenge is to conquer the 1,000 steps up to the wall at Mutianyu – culminating with the ascent of the ‘Heavenly Ladder’. With exceptional support from when you sign up through to the challenge itself, this trek will not disappoint.



“BELIEVE YOU CAN”



# GREAT WALL OF CHINA TREK



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## INTRODUCTION

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change including the accommodation details noted within this document and the facilities available.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com).

## FINANCIAL PROTECTION

By travelling with Global Adventure Challenges you are protected by the Civil Aviation Authority (CAA) under our ATOL licence number 6506.

When you buy an ATOL protected flight inclusive Overseas Challenge from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

The CAA are the UK's specialist aviation regulator. They are a public corporation, established by Parliament in 1972.



# GREAT WALL OF CHINA TREK

## ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours!

We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising event experience, are what makes us different from other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year...join them...join us!

## MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 15.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the Challenge with less than the minimum number, however a small supplement will be applicable.

In this instance we will communicate this to you no later than 11 weeks before departure.



## RESPONSIBLE TOURISM

At our overseas destinations we work with small, local ground handlers who employ local guides and we use as much local infrastructure as we can to boost the economy and income. We aim to ensure that all local guides involved with our events are given a fair wage in accordance with appropriate local standards and each of our challenges is designed using the knowledge of local experts.

We believe that we need to preserve and respect the locations in which our challenges take place in order for future generations to experience the same fantastic places as we do now. More information regarding our Responsible Tourism Policy can be found on our website.



# GREAT WALL OF CHINA TREK



## CHALLENGE HIGHLIGHTS

- Help build and restore the Great Wall of China.
- Trek along this Wonder of the World!
- Experience a fascinating culture that's been hidden behind a veil of mystery for centuries.
- Enjoy free time exploring Beijing, its Forbidden City, Temple of Heaven and Tiananmen Square.



## A FEW NOTES ON CHINA

Almost three times the size of Europe, China is a vast country. The Great Wall of China is one of the new Seven Wonders of the World and was listed as a World Heritage Site by UNESCO in 1987. It winds up and down like a giant dragon - across deserts, grasslands, mountains and plateaus, stretching approximately 5,500 miles from the east to the west of China. With a history of more than 2,000 years, some of the sections are now in ruins or have disappeared. However, it is still one of the most appealing attractions in the world due to its architectural grandeur and historical significance.

The Great Wall we see today was mostly built during the Ming Dynasty (1368-1644). Originally built as a defensive fortification, it began as independent walls for different states and did not become the 'Great' Wall until the Qin Dynasty when Emperor Qin Shihuang succeeded in his effort to have the walls joined together to fend off invasions from the Huns in the north. A great army of manpower built the Wall; it comprised of soldiers, prisoners and local people. The result of this construction demonstrates the wisdom and tenacity of the Chinese people.

## Fact File

- **Population:** Approximately 1.35 billion.
- **Capital city:** Beijing.
- **Religion** Confucianism, Buddhism, Taoism, Muslim, Christian.
- **Language:** Mandarin, Cantonese.
- **Time difference to GMT:** +8 hours.

## SOME USEFUL HINTS & TIPS

- The Mandarin for 'hello' is 'ni hao' 'thank you' is 'xie xie' and 'goodbye' is 'zai jian'.
- Chinese coffee and green tea (taken without milk) are normally served. If you prefer your own brand it is advisable to bring a supply of it 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.
- Personal cameras/small video cameras are allowed, but any large video equipment is 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.



# GREAT WALL OF CHINA TREK



## CLIMATE, TEMPERATURE & HUMIDITY

Beijing has a temperate and continental monsoon climate, with four distinct seasons and big differences in temperature between day and night.

The seasons: summer in Beijing is hot and humid, whilst winter is cold and dry. Spring and autumn are short and cool.

Spring is from March to May and is the season when flowers bloom. May is a good time for spring outings and many shows and performances are concentrated in this month.

Autumn is from September to November and is the most beautiful and pleasant season.

The temperature chart gives you an indication of the approximate average minimum and maximum temperatures, along with average rainfall, throughout the year.

## TEMPERATURE CHART

Month	Max Temp °C	Min Temp °C	Rainfall (mm)
January	2	-9	3
February	5	-6	6
March	12	0	9
April	20	8	22
May	26	14	36
June	30	19	74
July	31	22	179
August	30	21	177
September	26	15	53
October	19	8	23
November	10	0	8
December	3	-6	2

## SNAKES & BUGS

There are snakes and spiders that inhabit China, however it is unlikely that you will encounter any of them, especially if you follow a few simple rules:

- Never put your hands or feet anywhere you cannot see.
- Shake out all clothes and shoes before reaching into them.
- Never go barefooted.
- Use a torch at night so you can see where you are walking.

Your local guides will inform you of any other precautions that may be necessary.

As with most wildlife they would rather avoid an encounter with you as much as you would with them!



# GREAT WALL OF CHINA TREK



## HEALTH & VACCINATIONS

As part of the registration process we require you to complete a medical questionnaire in full. Your answers will be treated in the strictest confidence in accordance with the Data Protection Act and our policy is to encourage and support as many people as possible to take part in our challenges. We request medical information from you in an endeavour to minimise risk to all participants, and for that reason we ask that you disclose all your medical history. Depending on the answers given you may need to get your Doctor to sign and stamp your medical declaration. If you are 64 years of age or over at time of travel you must be authorised by your Doctor regardless of the answers given.

It is strongly recommended that you consult a medical professional to ensure your vaccinations are all up to date. You must discuss your own particular needs and contra-indications to vaccines or tablets with them.

The following information is only given as a guideline – always seek professional advice:

- Confirm that primary courses and boosters as recommended for life in Britain are up to date.
- Courses or boosters usually advised – hepatitis A; typhoid; diphtheria.
- Vaccines sometimes advised – Japanese B encephalitis; rabies; tuberculosis; hepatitis B; poliomyelitis.

- Yellow fever certificate is 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.

If you take prescription medication please make sure they are in the original packaging with a label showing your name, alternatively take a copy of the prescription with you or a letter from your doctor confirming you have been prescribed this medication.

Wash your hands wherever possible to avoid stomach upsets. We highly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.

We also recommend you use a high factor sunscreen and re-apply regularly.

## SAFETY & SECURITY

To ensure the safety and security of your group all guides will be in radio/phone contact with each other.

You should always be vigilant when staying in an unfamiliar environment and it is sensible to look after your personal possessions as you would do at home:

- Keep handbags closed and wallets in zipped pockets.
- Don't leave valuable equipment such as cameras and mobile phones unattended on tables etc.
- Don't wear expensive jewellery/watches or carry large amounts of cash.
- Use hotel safes and lock boxes where available for passports, tickets and other valuables when leaving your accommodation for the evening.
- Our recommendation is to leave valuables at home. If you don't need it, don't bring it!

Credit card for emergencies – in the unlikely event you have to curtail your challenge, it is expected that you will have to cover any additional costs such as extra accommodation, transfers etc. Often these additional costs incurred can be claimed back through your travel insurance on your return to the UK.

## CURRENCY

The Chinese unit of currency is the Yuan (CNY). There are approximately 9 Yuan to £1.

ATM machines are available in Beijing and it is best to take as much currency with you as you think you will need, as once you have left Beijing there is no opportunity to obtain any further cash.



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## PASSPORT & VISA

Passports should have a validity of at least 6 months after your return. Please ensure that your passport is in good condition as you may be refused entry onto the plane if it is damaged in any way.

A Chinese visa will need to be obtained prior to departure. It is your responsibility to ensure you meet all passport and visa requirements to enter China including any entry requirements for countries visited whilst in transit.

We will send you further information on how to obtain your Chinese visa and any entry requirements for countries visited whilst in transit in the lead up to the challenge. Please read all the information provided carefully before applying. If you have any queries, please contact the Chinese Embassy directly as they will always have the correct, up-to-date information on the application procedure.

The current cost for a visa to enter China is approximately £175 – which is strictly subject to change.

## TRAVEL INSURANCE

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges and details on how to apply are in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.



# GREAT WALL OF CHINA TREK



## FLIGHTS

Flights normally depart the UK in the afternoon and arrive back into the UK early to late evening. Your flights will normally have a combined total of between 10 to 12 hours flying time on both the outbound and inbound legs and can often include two separate flights on each leg. So you need to prepare yourself for long journeys at the start and end of the challenge.

Your exact flight details will be confirmed to you in the lead up to your challenge. Flight bookings will normally be made on a group fare basis and will be in economy class. If you would like us to look into upgrading to a different class please contact Global Adventure Challenges at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or by calling us on 01244 676454.

## LUGGAGE

You will need a large holdall/rucksack for your main luggage which will be transported between our accommodations on each day.

We recommend your main piece of luggage weighs no more than 20kgs irrespective of whether the airline has a higher baggage allowance. Please remember our ground crew, porters and in some cases animals, will be transporting your luggage whilst you are on the challenge and so with their health and safety in mind, it is advisable not to pack any heavier.

You will also need a small backpack/camelbak to carry any essentials with you during the day i.e. sunscreen, tissues, camera, small personal first aid kit etc.

A great tip is to bring a couple of large strong plastic bags to use as a liner, this will help ensure the kit in your bags stays dry.

## EXTENDING YOUR STAY

If you would like to take the opportunity to extend your stay, it might be possible for us to arrange an extension for you with the airline so you can spend some extra time immersing yourself in the culture and beautiful landscape on offer.

If you are interested, please contact the Customer Care team to request an extension form at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or by calling us on 01244 676454. We recommend you do this as soon as possible as all extensions are strictly limited, subject to availability, given on a first come, first served basis and the final decision always rests with the airline. Your request will be placed on a list in order of receipt and we will contact you at the earliest opportunity before the date of travel to confirm whether the extension has been granted. Therefore please do not make any plans for your requested extended period until you have heard back from us.

There is a minimum £60 + VAT charge to have your return airline ticket extended.

Through our in-country ground handler it may also be possible for us to create bespoke/tailor-made extension packages to suit your needs.



# GREAT WALL OF CHINA TREK



## ACCOMMODATION

Whilst in Beijing, we will stay in comfortable hotels, twin share, with en suite washing facilities. Whilst on the trek, we stay in twin share lodges/hotels with washing facilities. Please be aware that some of these lodges/hotels are very basic and can get quite cold at night.

We submit our rooming lists for your challenge at 8 weeks before challenge departure. Please make sure you have informed us of anybody you would like to share with along with your relationship to them before this time as we are unable to amend the rooming lists once submitted. If you are a solo participant we will partner you with another participant of the same sex, and where possible, of a similar age.

Please contact the Customer Care team at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) if you would like the cost of a single supplement.

## TOILET & WASHING FACILITIES

Toilet facilities in restaurants, sightseeing areas and other public places may be of a poor hygiene standard and are quite often the 'hole in the ground' variety. Used tissue should be disposed of in the bins in each cubicle, not flushed down the toilets. There are public toilets at the entrances to the more popular sections of the Wall but on the more remote sections you will almost certainly have to use 'the great outdoors' – on un-restored sections there are plenty of opportunities to nip behind a bush and on the restored sections there are doorways off the Wall into the undergrowth every now and again. You should carry your own supply of tissues but please dispose of these appropriately (nappy sacks are very useful!).

Remember to wash your hands wherever possible to avoid getting stomach upsets. A small bottle of antibacterial hand gel is a must.

## TELEPHONE & WI-FI

Telephone and Wi-Fi are readily available in Beijing. But due to the type of terrain in the areas we trek through mobile telephone signals can be patchy and will decrease significantly, obviously this varies with the terrain.

Wi-Fi – may be limited along the route. More information can be found later in this document.

There will be the opportunity to charge electrical items at hotels in the evening so make sure you bring the appropriate travel adapter for China.



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## OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Kit and clothing	Please see kit list
Visa	£175 – this is subject to change
Travel insurance	£63
Spending money	£200 - £250
Hotels the night before your UK departure and/or the night of your UK arrival	£60 - £100 per night
Airport car parking	£75 - £150
Travel to and from the UK departure airport	The cost depends on how far you need to travel and type of transport you are taking – flights and trains are quicker but also more expensive than going by coach
Optional tours, shows and massage – day 7 and 8	On these days there is an opportunity to take part in some optional tours, watch a Chinese acrobatic show or enjoy

	a massage. All of these additional activities will cost approx. 350 Yuan - £35
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The average cost of a beer ranges from just 6 Yuan in some of the small lodges in provincial areas to 40 Yuan in hotels in Beijing. Likewise, a can of cola can range from 3 Yuan to 30 Yuan.

Souvenirs are cheap and plentiful and there will be an opportunity to go shopping for clothes, shoes, handbags, etc. in Beijing when we return from the Wall.

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!

## TIPPING

Tipping your crew is appropriate, customary and always appreciated. Your guides work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special the team did to enhance your trip. As a guide we recommend around 350 Yuan from each participant in the group, but this does depend on your budget and what you feel is appropriate.

Tips for the hotel porters are not included in the above amount, but a tip of 5-10 Yuan per item of luggage is appropriate. Please note that all tipping remains at your discretion.



# GREAT WALL OF CHINA TREK



## DIFFICULTY & TERRAIN

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 1 (Challenging).

You will be trekking for 5 consecutive days in warm/hot and humid weather.

The terrain will be varied, from smooth flat sections to rugged, rocky old sections of the Wall and will involve some steep climbs.

Please note that some sections of the Wall are very old, with steep drops on either side, so you need to take this into account if you suffer from vertigo.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. GAC reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.

## CHALLENGE GRADING

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give an insight into the difficulty level associated with the challenge. You may find that an event rated 'Challenging', could have a 'Tough' day, or we may find that a 'Tough' challenge, may have a 'Challenging' day.

### CHALLENGING

A 'Challenging' trek requires a good level of fitness. As a general rule they do not go into altitude, but there are exceptions! They usually involve varied terrain, with some tough long trekking days.

Hotels and lodges are used and any camping is kept to a minimum, also we are usually never too far away from civilisation.

The weather may also be changeable.

Please contact the office and speak to the team if you are in ANY doubt regarding your suitability for one the challenge events.

## TRAINING TIPS

Training is a critical component in the preparation for your challenge. Good cardio vascular fitness is essential and it is important that you are fit enough to complete this challenge, therefore prior fitness preparation is a MUST!

Training tips can be found on our website and in your welcome pack to point you in the right direction. We also offer training days and weekends to help you prepare.

As mentioned previously this challenge has been graded as 'Challenging' and we strongly recommend training for this challenge.

### Our training tips include:

- Train in the hills and in particular, on short, steep sections. Lots of step training will also prove to be of massive benefit.
- Try to go training on consecutive days instead of doing one big day. This will help your muscles get used to the strains of trekking over consecutive days.
- It is best to improve and work on your stamina, leg and joint strength.

Be warned, you will be literally walking up and down thousands of steps on this challenge!



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## SUPPORT ON YOUR CHALLENGE

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, knowledgeable, experienced local guides and a local doctor.

An air-conditioned vehicle/coach will also provide support to the group.

A comprehensive first aid kit will be carried with the group at all times. All Global Adventure Challenges leaders are 16 hour outdoor first aid qualified. Our in-country ground crew are also wilderness first aid trained.

Medical care in Beijing is of a high standard, however it is likely that you will have to pay for any medical treatment.

## FOOD, WATER & REFRESHMENT STOPS

Detailed information about the meals provided on the challenge can be found later in this document. All dietary requirements can be catered for as long as we know in advance.

Chinese food is delicious and nutritious and consists of various meat and vegetable dishes accompanied by rice. Dishes are usually served a few at a time, until all the food is on the table. Fresh fruit is served after the main courses.

On some trekking days, we will be eating packed lunches which consist of sandwiches, cake, fruit, boiled egg, salad, etc.

Plenty of food and snacks will be available to you at all times during the trip, however, you are welcome to bring along some of your absolute favourite snacks to give you an extra boost when you find the going tough. Tracker bars and sweets such as jelly babies are ideal.

Bottled water will be supplied for drinking whilst on the trek, you will need to fill up your water bottles for the day every morning before we leave our accommodation. We don't have scheduled rest stops but we can stop from time to time purchase



more water and snacks. We recommend that you do not drink tap water in China unless it has been boiled, filtered or treated through a water purification system. This includes brushing teeth and no singing in the shower!

Wash hands wherever possible to avoid stomach upsets. We strongly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.

## TRAFFIC

Traffic drives on the right in China. The traffic in and around Beijing is incredibly busy, with literally thousands of cars jostling for space. There are always traffic jams and queues, particularly on public holidays and when people are starting or leaving work. The Chinese see owning a car as a status symbol and will prefer to sit in a traffic jam rather than use public transport and because of this it can be difficult to predict our transfer times accurately – Chinese minutes stretch and contract accordingly!



# GREAT WALL OF CHINA TREK



DAY	TRANSFERS	ACCOMMODATION	MEALS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
Day 1: Depart UK	N/A	N/A	N/A	N/A	N/A	<ul style="list-style-type: none"> <li>We catch our overnight flight to Beijing.</li> </ul>
Day 2: Arrive in Beijing and transfer to Pinggu	Approx. 1 hour transfer to hotel.	Nanshan Lake View Hotel Mobile phone signal: Yes Wi-Fi: Yes Electricity: Yes	Dinner	N/A	N/A	<ul style="list-style-type: none"> <li>Upon arrival in Beijing we meet one of our guides who will be with us for the rest of the challenge and take the transfer to our hotel in Pinggu situated next to Jinhai lake.</li> <li>The afternoon is free to explore the area around the hotel.</li> <li>If we have the energy after the long flight there is an opportunity to take part in a warm up walk up the lovely hill at the back of the hotel that gives us the best views of the lake.</li> <li>An event briefing about the rest of the challenge will be held after dinner.</li> </ul>
Day 3: Pinggu to Huangyguan	Approx. 45 minute transfer in the morning and a 1 hour, 30 minute afternoon transfer at the end of our trek.	Gubeikou Village Lodges Mobile phone signal: Yes Wi-Fi: Yes Electricity: Yes	Breakfast, lunch and dinner	Challenging	Distance trekked: 4-5km Maximum altitude: 310m Trekking time: 3 hours	<ul style="list-style-type: none"> <li>Huangyguan used to be a very strategic point in the Wall. Some parts of the barracks still linked to the Wall are over 600 years old.</li> <li>Today is a warm up trek to get our muscles used to the Great Wall steps and the constant up and down terrain we will encounter on the rest of the challenge.</li> <li>We start trekking at the east entrance of the Great Wall along the Taipingzhai section before coming back around to the military barracks.</li> <li>We will have lunch in a local restaurant.</li> <li>In the afternoon we take our transfer to our overnight accommodation.</li> </ul>



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DAY	TRANSFERS	ACCOMMODATION	MEALS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
Day 4: Gubeikou to Jinshanling	N/A	Haijun Folk Inn Mobile phone signal: Yes Wi-Fi: Yes Electricity: Yes	Breakfast, lunch and dinner	Tough	Distance trekked: 13km Maximum altitude: 430m Trekking time: 8 hours	<ul style="list-style-type: none"> <li>▪ The section today gives us a completely different feel of the Great Wall from that of yesterday. We trek original parts of the Wall that link three famous sections (Gubeikou-Jinshanling-Simatai). The Wall stretches miles into the distance, we can see ruined towers, collapsed parts of the Wall and dirt tracks at the base giving a true feel of what has happened over the last 600 years.</li> <li>▪ Our challenge today is to cover the 27 watchtowers over the old brick-made steps.</li> <li>▪ We have a packed lunch today on top of a mountain.</li> <li>▪ In the afternoon we come off the Wall down to the valley and trek through remote villages and farms. Towards the end of the day we re-join the Wall and trek through the last 8 watchtowers to the Jinshanling section.</li> </ul>
Day 5: Jinshanling	Approx. 1 hour, 30 minute afternoon transfer at the end of our trek.	Xinshuangquan Hotel Mobile phone signal: Yes Wi-Fi: Yes Electricity: Yes	Breakfast, lunch and dinner	Tough	Distance trekked: 7.5km Maximum altitude: 610m Trekking time: 5-6 hours	<ul style="list-style-type: none"> <li>▪ Our trekking today takes us to one of the most beautiful parts of the Great Wall.</li> <li>▪ We are situated at a remote original section of the Wall which is in very good condition. Most of the old towers are still standing along the mountain ridges and you will get a real flavour of the enormity of the task undertaken in building this incredible structure.</li> <li>▪ Today we encounter lots of steps, with countless ascents and descents as we trek along the Wall. However the vista of the Great Wall disappearing over the mountains is a truly memorable sight. It will make every step worthwhile and it will be a day you'll remember forever!</li> </ul>



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DAY	TRANSFERS	ACCOMMODATION	MEALS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
Day 6: Mutianya	30 minute morning transfer to trekking start point and 1 hour, 15 minute afternoon transfer at the end of our trek.	Nature Time Hotel Mobile phone signal: Yes Wi-Fi: Yes Electricity: Yes	Breakfast, lunch and dinner	Tough	Distance trekked: 7km Maximum altitude: 780m Trekking time: 6 hours	<ul style="list-style-type: none"> <li>On the way to start our trekking for the day we will make a quick stop to visit a famous Cloisonné factory to see how this amazing art is made.</li> <li>Today will see us tackle one of the most famous sections of the Great Wall – the ‘Heavenly Ladder’. To begin we have to climb 1,000 steps up to the Wall, this is followed by trekking through 11 watchtowers to the ‘Heavenly Ladder’. This last climb is close to a 45 degree angle and covers another 460 steps! Once at the top we are rewarded with amazing views of the mountains, the Great Wall and the beautiful landscape that surrounds this section.</li> <li>After we’ve taken all our photos we will head back down following the route we have just climbed. As we get closer to the bottom we get three optional choices of how to get off the Wall: follow the 1,000 steps we tackled on the way up, descend in a cable car or take a toboggan slide!</li> </ul>
Day 7: Juyongguan to Badaling, then back to Beijing.	45 minute morning transfer to trekking start point and 1 hour, 30 minute afternoon transfer at the end of our trek.	Holiday Inn Express Hotel Mobile phone signal: Yes Wi-Fi: Yes Electricity: Yes	Breakfast, lunch and dinner	Challenging	Distance trekked: 3km Maximum altitude: 480m Trekking time: 3 hours	<ul style="list-style-type: none"> <li>The Juyongguan section of the Great Wall is very similar to the Huangyaguan section. It also had similar strategic importance 600 years ago.</li> <li>For our final mission, we carry on to the Badaling old section and help repair the Great Wall. We have been granted exclusive permission from the Chinese Government to help with reconstruction in this area. New bricks are carried up to a section that is currently being repaired and under the supervision of trained staff we will be able to place our own brick on the Wall.</li> <li>Once we arrive back in Beijing we have the opportunity to go on an optional Hutong rickshaw tour. It is one of the most popular tours in Beijing and the best way to explore the old way of life over the last 200 years.</li> </ul>



# GREAT WALL OF CHINA TREK



DAY	TRANSFERS	ACCOMMODATION	MEALS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
Day 8: Beijing	N/A	Holiday Inn Express Hotel	Breakfast and dinner	N/A	N/A	<ul style="list-style-type: none"> <li>▪ We have a free day to enjoy the hustle and bustle of Beijing and all that it has to offer, both ancient and modern.</li> <li>▪ There will be an optional full day excursion organised that explores the highlights of Beijing which includes a visit to Tiananmen Square, the Forbidden City and the beautiful Temple of Heaven.</li> <li>▪ In the evening we will have our farewell dinner at Beijing's premier Duck Dinner Restaurant. A great way to finish off the challenge as we indulge in an authentic Chinese food experience and celebrate our achievements together.</li> </ul>
Day 9: Depart Beijing to the UK	45 minute transfer to airport.	N/A	Breakfast	N/A	N/A	<ul style="list-style-type: none"> <li>▪ After breakfast we transfer to Beijing airport to catch our flight back to the UK, arriving the same day.</li> </ul>

