



children's hospice
SOUTH WEST

Registered Charity No. 1003314

THE CHALLENGE OF A LIFETIME,
FOR THE CHARITY OF YOUR CHOICE...

CHINA GREAT WALL TREK

TREK ALONG THE WORLD'S
MOST ICONIC MANMADE
STRUCTURE

 **GLOBAL
ADVENTURE
CHALLENGES®**

01244 676 454

GLOBALADVENTURECHALLENGES.COM

KEY INFO

Duration: 9 days

Distance: Approx. 35km

Challenge Grade: Challenging ①

Location: China

CHALLENGE HIGHLIGHTS

- Trek along one of the Seven Wonders of the World
- Climb the 'Heavenly Ladder' at Mutianyu
- Help rebuild part of the wall
- Enjoy a Toboggan ride down part of the wall
- Experience fascinating traditional Chinese culture
- Discover the cultural highlights of Beijing

THE CHALLENGE

Join us on a majestic 9 day trekking adventure and conquer the twists, turns, steps and slopes of this formidable fortification - the famous Great Wall. As we trek along this iconic Wonder of the World, we'll cross ancient watch towers and battlement stations to witness magnificent panoramas of lush, rolling green hills as far as the eye can see! We'll climb the iconic Heavenly Ladder and help rebuild part of the wall, a unique privilege exclusive to Global Adventure Challenges, whilst immersing ourselves in stunning scenery and Chinese culture. You'll also have the opportunity to explore Beijing, China's capital where ancient and modern meet, on a free day so why not visit iconic landmarks such as the Forbidden City, Temple of Heaven and the famous Tiananmen Square to name a few!

Day 1

We depart the UK for our overnight flight to Beijing.

Day 2

Arrive Beijing

We arrive in Beijing and then transfer to our hotel in Pinggu to freshen up and have some free time before dinner.

Day 3

Pinggu to Huangyaguan

Following breakfast we start our warm up trek as we trek along a section that starts at the Taipingzhai section and returns along the Great Wall to Huangyaguan. This section is very popular as it used to be an army barracks 600 years ago and was a highly strategic point for entering into Beijing - you can still see the links of the barracks to the Great Wall. Even though it is a warm up day there will still be plenty of ups and downs as you get used to the Great Wall steps!

Once we get to the bottom, we stop for something to eat before transferring to our overnight accommodation.

Trekking distance – approx. 4-5km/3 hours

Day 4

Gubeikou to Jinshanling

Following breakfast we commence trekking along the beautiful Gubeikou Great Wall to Jinshanling. Your main challenge today will be to cover some 27 watch-towers over old brick-made steps! Step back in time here and drink in the history of this remote and beautiful section of the Great Wall. As we descend from the Wall we trek through remote villages and farms at the end of our day's challenge.

Trekking distance – approx. 13km/8 hours

Day 5

Jinshanling

Today we trek from our lodge at Jinshanling to a remote section of the Wall which will give you a flavour of the immensity of the task undertaken in building this incredible structure. It is a truly beautiful area and the vista of the Wall disappearing over the mountains is a memorable sight. Today is a tough day with lots of steps going up and down but it is a truly amazing day you'll remember forever.

After reaching the highest point of the day we come off the Wall and walk down to meet our coach and take the transfer to overnight accommodation.

Trekking distance – approx. 7.5km/5-6 hours





**“YOU HAVE NOT LIVED IF YOU HAVE NOT SEEN THE GREAT WALL”
SO THE CHINESE SAYING GOES...**

Day 6

Mutianyu

After breakfast we take a short transfer to the Mutianyu section and climb the awesome 1,000 steps up to the foot of the Wall. We then trek through 11 towers to the final one named the ‘Heavenly Ladder’ which ascends at a 45 degree angle and covers another 460 steps! The scenery is stunning – the Great Wall pitches up and dives down across the rolling green hillsides disappearing and then reappearing amongst the forested slopes. A very tough day again but the views make it worthwhile. Once we descend enjoy some retail therapy at the base of the Wall, where stall-holders set out their wares for you to buy. Everyone loves a bargain and this is certainly the place to practise your bartering skills!

**Trekking distance –
approx. 7km/5-6 hours**

Day 7

Juyongguan and Badaling

The first part of the day is spent at the Juyongguan section of the Great Wall which is very similar to the first day at Huangyaguan with an important barracks situated at the bottom. This section gives you a clear indication of how the Wall would have looked originally.

Our final mission of the challenge is spent helping repair the Badaling Old Section of the Great Wall. We have secured exclusive permission from the Chinese Government to help with the reconstruction in this area. New bricks are carried up to a section that is currently being repaired. Trained staff will supervise the placing of bricks on the Wall. Following this we will transfer back to Beijing.

**Trekking distance –
approx. 3km/3 hours**

Day 8

Beijing

Free day to enjoy the hustle and bustle of Beijing and all it has to offer, both modern and ancient. Why not visit the Forbidden City, Tiananmen Square or the beautiful Temple of Heaven?

In the evening we will have our farewell dinner at Beijing’s Premier Duck Dinner Restaurant. Indulge in a real Chinese dining experience and celebrate your achievements with your fellow participants.

Day 9

Depart Beijing

We transfer back to Beijing Airport for our flight back to the UK, arriving the same day.

(Please note this is a complex itinerary and subject to change, including the timings and distances detailed. Weather conditions, the group’s ability and any other factors outside our control can impact on the schedule set out in this brochure).



YOUR QUESTIONS ANSWERED....

Is this trip for me?

Absolutely! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (14-17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This challenge has been graded as Challenging (1) on our challenge grading scheme meaning the trek has been designed to be challenging but achievable as long as you train beforehand. You will be trekking for 5 consecutive days and in varied temperatures, a good cardiovascular fitness is required – the fitter you are the more you will enjoy the challenge! We will provide you with a full training guide once you register, this is also available to download via our website. Why not join one of our challenge training weekends – it's a great opportunity for you to meet our team and other challengers, and train together prior to the event!

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging.
(1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

While in Beijing we will stay in hotel accommodation, twin rooms with en-suite facilities. Whilst on trek we will be staying in local hotels to more basic lodges with limited facilities – remember this is a challenge!

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from broken in trekking boots and some trekking poles you do not need any specialist kit.

Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sunscreen, water, sun hat, camera, etc.). Your main piece of luggage will be transported from accommodation to accommodation in the support vehicle.

Food matters...

All meals will be provided from dinner on day 2 through to breakfast on day 9 except for lunch on day 8. Bottled water will be supplied and free of charge. We can cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed. Chinese food contains lots of rice and noodles – very similar to what you can obtain at home actually!

What's included?

- Return flights from a London Airport to Beijing
- All accommodation and transfers
- All meals and celebratory dinner (except lunch on day 2 and 8)
- Bottled water
- Professional English speaking local guide
- Global Adventure Challenges Leader from the UK
- Local medic for the trek

What's not included?

- Airport taxes and fuel surcharge – these are approximately £250 and payable 6 weeks prior to departure
- Personal Travel Insurance – this can be obtained through Global Adventure Challenges
- Chinese Visa
- Tips and gratuities
- Alcoholic drinks

Can I stay in China after the challenge?

Yes, but all extensions are strictly limited, subject to availability and are given on a first-come, first-served basis. You will need to complete an extension request form, available from Global Adventure Challenges by emailing enquiries@globaladventurechallenges.com. There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What support is there on the trek?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides. Full, comprehensive first aid kits will be taken and satellite/mobile telephones will be used to ensure your safety and security at all times. A local medic will also be joining the trek.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no one is left alone. Remember this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested, how do I sign up?

You can register online at www.globaladventurechallenges.com, payment of the registration fee is due at time of booking – all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

REGISTER ONLINE TODAY!

WWW.GLOBALADVENTURECHALLENGES.COM

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