China
Great Wall

The challenge of a lifetime...
...for the charity of your choice

"You have not lived if you have not seen the Great Wall" so the Chinese saying goes!

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A country of contrasts that will impact on your senses, don’t miss this opportunity to see the real China!

Your trekking challenge...

...is a fantastic five day trek along this magnificent structure, over watchtowers and mountains, through historic battlements and to the top of the ‘Heavenly Ladder’ at Mutianyu. You will place your own brick in a section that is currently being restored, ensuring your imprint is left on the Wall for all time - a very special privilege, unique to Global Adventure Challenges.

Conquer the twists, turns, steps and slopes of this formidable fortification!

Your itinerary...

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 to freshen up and have some free time before dinner.

Day 3
Huangyaguan
Following breakfast at the hotel, we transfer to Huangyaguan. To warm up, we trek along the section which begins at Taipingzhai and then returns along the Great Wall to Huangyaguan. We stay at the reconstructed fortress tonight and although the accommodation is basic, this area will give you a real feel for the history of the Great Wall and the soldiers who lived and protected this highly strategic area.

Approx. 3 hours trekking

Day 4
Gubeikou to Jinshanling
Following breakfast, we transfer from Huangyaguan to Gubeikou. 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 to our waiting coach.

Approx. 7-8 hours trekking

Day 5
Jinshanling to Simitai
Today we trek from our lodge at Jinshanling to Simitai. This is a remote section of the Wall and 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. A truly amazing day you’ll remember forever.

We descend from the Wall and take a short transfer to our accommodation. The staff at this lodge are very friendly and welcoming!

Approx. 8-9 hours trekking
Day 6
Mutianyu
We climb the awesome 1,000 steps up to the foot of the Wall and then trek the 20 battlements to the ‘Heavenly Ladder’ - a near vertical staircase that climbs to the top of the mountain. 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 all 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!

Approx. 6-7 hours trekking

Day 7
Badaling and Juyongguan
The first part of today is spent helping to 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.

After a lunch stop in Badaling, we transfer to the Juyongguan area of the Great Wall where we continue our trekking. This section was reconstructed in 1988 and gives you a clear indication of how the Wall would have looked originally. It is very steep in parts and trekking is undertaken in two sections with an option to complete the second lower section if time and muscles permit. Following this we will transfer back to Beijing.

Approx. 4 hrs trekking

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 food 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)
Your questions answered...

Is this trip for me?
ABSOLUTELY! This trek is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?
This trek has been designed to be challenging, but achievable by anyone as long as you train beforehand. Remember, you are trekking for 5 consecutive days, so a good cardiovascular fitness is required - the fitter you are, the more you will enjoy this challenge. Some training tips can be found on the Global Adventure Challenges website to point you in the right direction and why not join one of our challenge training weekends - it’s a great opportunity for you to meet our team and fellow participants!

Where will we stay?
Whilst in Beijing, we will stay in twin room hotel accommodation with en-suite washing facilities. Whilst we are on trek, the accommodation varies from hotels to more basic lodges.

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 some broken in trekking boots and maybe 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 sun-screen, water, sun hat, camera, etc) and your luggage will be carried from each accommodation to the next by vehicle. Soft hold-all type bags are preferable for this challenge.

Food matters…
All meals will be provided throughout the challenge and bottled water will be readily available and supplied free of charge. We cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed.

What’s included?
Return flights from London to Beijing, all transfers, all accommodation, all meals and celebratory dinner, bottled water for trekking, professional English speaking local guides on trek, Global Adventure Challenges leader from the UK and a full, comprehensive first aid kit.

What’s not included?
Airport taxes and fuel surcharge – these are approximately £250 and payable 6 weeks prior to departure, personal travel insurance – it is strongly advised that this is taken out through Global Adventure Challenges, Chinese visa, gratuities, alcoholic drinks and your own kit (trekking boots, etc).

Can I stay in China after the challenge?
All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges at customer.care@globaladventurechallenges.com as soon as possible. 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 sort of back-up is there?
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 also be taken.

What happens if I get tired?
There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group ensuring no-one is left alone – remember though, 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… what do I do now?
Places are limited and go on a first come, first served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee – all payment options and costs are explained on the enclosed 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 touch with you to discuss your fundraising.

Have you got what it takes to conquer The Great Wall?

Register online today!
www.globaladventurechallenges.com

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