

# GREAT WALL OF CHINA TREK

**23 - 31 OCTOBER 2021**

TREK ALONG THE WORLD'S  
MOST ICONIC MANMADE  
STRUCTURE



**St Ann's Hospice**

*every day makes a difference*

Registered charity number 258085

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# KEY INFO

Duration: 9 days

Distance: Approx. 35km

Challenge Grade: Challenging ①

Location: China

# CHALLENGE HIGHLIGHTS

- Trek along one of the New 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 watchtowers and battlement stations to witness magnificent panoramas of luscious, rolling green hills as far as the eye can see! We'll climb the incredible Heavenly Ladder and help rebuild part of the Wall - a privilege exclusive to Global Adventure Challenges, and we'll immerse ourselves in stunning scenery and Chinese culture. We'll also have the opportunity to explore Beijing, where we can visit iconic landmarks such as the Forbidden City, Temple of Heaven and the famous Tiananmen Square!

## 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 near Huangyaguan to freshen up and have some free time before dinner.

## Day 3

### Huangyaguan

Following breakfast we start our warm up trek, as we trek along the Taipingzhai section and return along the 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 section of the wall to Jinshanling. Our main challenge today will be to cover the 27 watchtowers 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. 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.

**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 our 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 Wall. We then trek through 11 watchtowers to the Heavenly Ladder, which ascends at a 45 degree angle and covers another 460 steps! The view from the top is stunning – the Great Wall pitches up and dives down across the rolling green hillsides disappearing and then reappearing amongst the forested slopes. 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 have three 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!

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

### Day 7

#### Juyongguan and Badaling

The first part of the day is spent at the Juyongguan section of the 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 idea of how the Wall would have looked originally.

Our final mission of the challenge is to help repair the Badaling old section of the 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 and under the supervision of trained staff we will be able to place our own brick on the Wall. Following this we will transfer back to Beijing, where 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.

**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. 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!

In the evening we will have our farewell dinner at Beijing’s premier Duck restaurant. We indulge in a real Chinese dining experience and celebrate our achievements!

### 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 year olds 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 St Ann's Hospice. 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 so 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!

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. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

## 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 most dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form. 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?

- Personal Travel Insurance
- Airport Tax and Fuel Surcharge Contribution
- 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](mailto: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 much does it cost?

### Option A - Minimum Sponsorship

Registration Fee £299  
+ Minimum Sponsorship £3,000  
+ Airport Tax & Fuel Surcharge £250

### Option B - Self-Funding

Registration Fee £299  
+ Challenge Balance £1,682  
+ Airport Tax & Fuel Surcharge £250

## How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from St Ann's Hospice 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](http://www.globaladventurechallenges.com), payment of the registration fee is due at time of booking – all payment options and costs are explained above. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! St Ann's Hospice will also be in contact to discuss your fundraising.



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