



**Why not?... Trek together**  
**Supporting Northwest**  
**Children & Young People**

## **Great Wall of China Challenge**

### **Further Information**

#### **Brief Introduction**

Beijing is the capital of the People's Republic of China - the nation's political, scientific and cultural centre. One of the ancient cities of China, Beijing retains its historical palaces, temples, ancient tombs and imperial gardens. The city has changed rapidly in the last twenty years, developing a modern infrastructure of hotels, roads and access to its inherent attractions.

#### **The Great Wall**

'You are not a man if you have not been to the Great Wall' - so the saying goes in China.

Stretching for 6,000 kms, the Great Wall begins at Shanhaiguan and zigzags its way across China, ending at the Jiayuguan Pass in the desert of Western China.

Originally begun in the 5th Century BC as individual walled cities, and then gradually expanded and linked together, there were sections still being built in the 16th century. A giant self-protection plan, the building of the Wall was ruinous to those forced into its construction.

#### **The Great Wall at Mutinayu**

Located in Huairou County, 70 km northeast from Beijing, Mutinayu is one of the best preserved parts of the Great Wall. It used to serve as the northern barrier, defending the Capital and Imperial Tombs.

Begun in the mid-14th century, this section is older than the more famous section at Badaling. Its construction is arguably the finest, being built of granite, with walls 7-8 metres high, and at the top 4-5 metres wide.

The Wall here possesses the largest number of watchtowers, as they are far more densely spread along its length.

#### **The Great Wall at Simatai**

This section of 19 km will almost certainly offer the most dramatic day's walking.

It is almost 120 km northeast from Beijing, and was built as the point of access to the Gubeikou Pass - a strategic Pass in the eastern part of the Great Wall.

This section of the Wall is the only part that keeps the original features of the Ming Dynasty Great Wall.

### **The Great Wall at Jinshanling**

At 150 km from Beijing, this section is the furthest visited on the Great Wall. There is a 10½ km long stretch remaining.

A watchtower can be explored which shows that the ground floor was used for living, storing food and weapons, and the top floor was used for defence.

### **The Great Wall at Badaling**

In 1468, there was a decree specifying the codes to use - a single shot and a single fire implied 100 enemy; two shots and two fires meant 500 enemies; three shots and three fires denoted over a thousand enemy soldiers.

The Gate Tower of the Juyong Pass was first constructed in 1505.

### **The Ming Tombs**

Located within the Shisan Ling Valley, amongst the Tianshou Hills, are 13 of the 16 tombs of the Ming Dynasty Emperors.

Stretching across the 14th and 16th Centuries, the tombs are scattered amongst the ruins of former gardens, beautifully landscaped in one of the loveliest areas around the Capital. Roots and trees push through the tiled roofs and marble foundations.

The tombs of Ding Ling and Chang Ling are arguably the most interesting.

The most exciting route is along the Spirit Way - 7 km beginning at the Great Red Gate, lined with larger than life statues of animals and men.

### **Electricity**

The voltage is generally 220 volts, but can be 110-120 volts in certain towns. Sockets in most hotels take 3 flat pin plugs (same as the UK), but they can also be 2/3 round pin or 2-flat/slanted pin in less developed cities.

If you plan to use your own hair dryer, travel iron, video camera or electric shaver, it is advisable to bring a multi-adapter.

### **Climate/Weather**

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.

## Currency

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.

## Optional Items to Take With You

- 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.
- It is strongly recommended you do not drink from any taps in China. Bottled or flask water is now generally provided free of charge in hotels. Mineral water is widely available in your mini-bars (at cost), in the hotel shop and around the tourist sites.
- You should bring your own prescribed medicines as well as other non-prescribed medication such as painkillers, throat tablets, rehydration powder, band-aids, cold remedies and stomach settlers.

## Luggage

Both the Chinese railways and airlines require that suitcases be locked. If they are not, your luggage may be refused on board.

In China it is common practice for your luggage to be transported in a separate van, which may also carry the baggage of other tour groups. Therefore, you may experience a delay in it reaching your hotel. To minimise any inconvenience, it is recommended that you keep with you a smaller bag packed with necessities (such as toiletries, medicine and fresh clothes).

## Laundry

Most hotels provide a good and reasonably priced laundry service, but due to the short time spent at each destination, it is advisable to use the service immediately on arrival so that your laundry is ready before you leave. **However, you will be arriving late in the afternoon and leaving early in the morning, so it is unlikely your clothes will be ready.**

## Toilet Facilities

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).

## **Photography**

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.

Film for both prints and slides is widely available in the larger cities and hotels, but you are advised to carry sufficient supplies from home.

## **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.**

## **Visas**

British Passport holders do require a Visa – an application form will be sent to you by Global Adventure Challenges.

## **Departure Tax**

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

## **Miscellaneous**

Time Zone G.M.T. + 8 hours

## **Vaccinations and Health**

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.

## **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 Children in the Northwest. 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 before hand. Remember, you are trekking for 5 consecutive days, so a good cardiovascular fitness is required. Remember, the fitter you are, the more you will enjoy this Challenge. Some training tips can be found on the Global Adventure Challenge website to point you in the right direction.

### **Where will we stay?**

Whilst in Beijing, we will stay in a Hotel, twin rooms with en-suite washing facilities. Whilst we are on trek, the accommodation mixes from Hotels to more basic lodges. Our first lodge in Huangyaguan is very basic, but in a truly stunning location.

### **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. All 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. No hard rigid suitcases – soft ‘hold alls’ please!

### **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 so long as we know in advance – just fill in the appropriate section on the Registration Form attached.

### **What's included?**

Return flights from London Airport to Beijing, all transfers, all accommodation, all meals and Celebratory Dinner, bottled water for trekking, professional English speaking local guides for trek, Global Adventure Challenge Expedition Leader from the UK, Comprehensive First Aid Kit, local English speaking Doctor.

### **What's not included?**

Personal Airport Taxes and fuel surcharges (if applicable) – these are approx. £120 and payable 6 weeks prior to departure, personal travel insurance – this must be taken through GAC - cost is £45 and is payable 9 months before departure, 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 on 0870 460 8991 as soon as possible. There is a £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 Challenge Leader from the UK, as well as local guides. Full, comprehensive medical kits will be taken and a local English Speaking Doctor will also be joining the trek with additional medical supplies.

**What happens if I get tired?**

There will be regular rest stops where we can drink and eat some 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 registered you will receive a fundraising pack from Global Adventure Challenges and you will be supported every step of the way in order to make your fundraising as easy as possible. If you do have any queries regards fundraising please contact Angella Rawsthorne on 01244 676454 or email [angella@globaladv.org](mailto:angella@globaladv.org)

**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 will need to fill in the attached Registration Form and post it back to Global Adventure Challenges along with the Registration Fee – all costs are explained within this brochure. Once your Registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure, along with a medical questionnaire form that you will need to complete and return to us.