



trek

Great Wall of China

Trek the mighty wall through peaceful woodland and over rugged mountains. Climb the Heavenly Steps and descend on a 1,000 ft luge before exploring Beijing's Forbidden City.

actionchallenge on the Great Wall of China

The Great Wall of China starts at the Yellow Sea and stretches 2,700 miles across mountains, valleys, rivers and plains to the Gobi Desert. The wall's crenellated ramparts and watchtowers were built to instill fear in the marauding Mongolian horsemen. Today, it instills wonder in the marauding trekkers and, with only one week out of the office, this is a fabulous trip of a lifetime.

We hike along the atmospheric, crumbling section at Gubeikou known as the 'Wild Wall', with its unkempt paths and ruined watchtowers. At Mutianyu we trek along restored stretches of the wall, enabling us to appreciate the sheer scale and might of the wall in all its glory. Panoramic views stretch to distant misty mountains, over peaceful woodland and terraced fields to exposed ridges and majestic peaks. Hunkered into the mountains, the wall disappears into valleys and reappears over mountaintops, snaking its way to the far horizon.

For the adrenaline junkies amongst us, we descend by luge, hurtling down the 1,000 ft mountainside in just two hair-raising minutes! Away from the wall, we trek in the Black Dragon Pool Park, a spectacular nature reserve set in a deep valley with waterfalls, towering cliffs, crystal clear pools and traditional Chinese buildings.

On our return to Beijing we visit Tiananmen Square and take a tour of the Forbidden City before enjoying our last dinner together and toasting our wonderful trek along the Great Wall of China.

at a glance

- Activity: Trekking
- Location: The Great Wall, China
- Duration: 9 days / 5 days trekking
- Difficulty: Moderate
- Distance: 45 km
- When: April, May, September, October
- Group size: 15+ participants

trip highlights

- Visit remote parts of the wall
- Explore the wall's ancient watchtowers
- Climb the Heavenly Steps
- Get a glimpse of traditional rural life in China
- Trek the 'Wild Wall' from Gubeikou
- Help repair a section of the Great Wall
- Visit the Forbidden City and Tiananmen Square

Action Challenge have been leading inspirational team adventures across the world for individuals, private groups, charities and corporate clients since 1999. Our trips enable people to experience the world's most exhilarating locations, often in aid of charity. At the heart of every challenge is team spirit and fulfilment; together we take on once-in-a-lifetime adventures, achieve formidable goals and forge friendships for life.





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introduction

This fully-inclusive adventure to the Great Wall of China will begin as soon as you register! You will receive a challenge pack including a training guide, kit list and discounts for all the essentials you may need. If you are raising money for a charity, we will sort out all the formalities so you can concentrate on your own preparation and fundraising. We offer pre-challenge briefings and training weekends in the UK, where you can meet our trek leaders, members of your group and others taking part in challenges around the world. On the day of departure you will meet your group and Action Challenge leader at the airport in London. Whether you're joining the challenge on your own or with others, you will instantly be made to feel welcome. As a team we will board our flight to Beijing, ready to take on the Great Wall of China and the hike of a lifetime!

brief itinerary

Day 1	Depart London Transfer	Day 6	Gubeiko Great Wall
Day 2	Changping	Day 7	Jinshangling
Day 3	Badaling and Juyong	Day 8	The Forbidden City / Beijing
Day 4	Huanghuacheng and Xishuiyu	Day 9	Return to the UK
Day 5	Lianhuachi and Mutianyu		

what's included?

- Return international flights from London (fuel surcharge not included)
- Action Challenge Trek Leader
- UK Doctor
- Full support team, including local guides
- All accommodation
- All meals, except in free time
- Treated drinking water
- All transfers in local vehicles
- National Park entrance fees
- Celebration dinner
- Discounted training days and weekends
- Fitness and training guide
- Discounts from UK retailers
- Reduced rates at Nomad Travel Clinics and Masta Health

dates

Please visit our website for more details

how tough is the challenge?

This challenge requires a good level of fitness to trek the route, the terrain is varied with some steep uphill climbs, downhill sections and steps. Some prior aerobic fitness training is necessary.



when to go

The weather in China can be very humid, particularly during the summer months when there are high temperatures and rainfall. The best times of year to trek the Great Wall are in the spring and autumn, when it will be drier and little cooler, without being too cold. It is advisable to pack for all weathers to ensure that you are prepared for changeable conditions.



additional costs

- Travel insurance - roughly £60
- Visa - £151
- Vaccinations
- Tips for local staff - £50
- Drinks and food outside of meals
- Personal kit & equipment
- Single supplement - £350

itinerary

DAY 1 - *Depart London*

Depart from London Heathrow on our flight to Beijing Airport.

DAY 2 - *Changping*

Once arrived in Beijing airport we transfer by coach 70 kms north of the capital to our comfortable Hotel. On arrival we have time to freshen up before our first Chinese lunch. We then enjoy a free afternoon before our evening meal and briefing from our guides.

DAY 3 - *Badaling and Juyong* Distance: 10.5 km / 7 hours trekking

After breakfast we transfer to the unrestored section of the Badaling Wall to avoid the busy crowds. From the high points of the Wall we have panoramic views of misty mountains fading far into the distance. After lunch, we transfer to the Juyongguan section of the Wall, which was constructed in the 5th century and rebuilt many years later by the Ming Dynasty. It is considered to be one of the most strategically important parts of the wall due to its link with Beijing. Today's warm up prepares us for some of the steep inclines we will be climbing during our trek. Once finished we transfer back to our hotel.

DAY 4 - *Huanghuacheng and Xishuiyu* Distance: 10 km / 6 hours trekking

This morning we transfer to Huanghuacheng for a real treat. Throughout this section of the great wall, there are green mountains and clear reservoir waters, giving a balance of natural and man-made landscapes that harmoniously coexist. Our trek takes us on two tough hill climbs, through farmland valley's, around reservoirs, into areas seldom visited and finally down steep descents to Xishuiyu where we end the days trek. There are few sections of the Great Wall that are as photogenic as today's challenge.

DAY 5 *Lianhuachi and Mutianyu* Distance: 6.5 km / 5 hours trekking

Beginning with an early start we transfer about 30 minutes through stunning rural countryside to Lianhuachi. We start trekking on a completely unrestored and wild part of the Great Wall that is not well known to most visitors. This is a challenging walk starting on a steep dirt path embraced by bushes and trees. After a few hours of hiking the Lianhuachi Great Wall we will stop for lunch before crossing over into the Great Wall of Mutianyu, a section of the wall that has been largely restored. The afternoon walk is easier and you can enjoy some breath-taking views of the valley. At the end of our trek we have the option to try the 'luge'— 300m from top to bottom! We then transfer to our lodge.

DAY 6 - *Gubeikou Great Wall* Distance: 12 km / 8 hours trekking

This morning we transfer 1.5 hrs to the start of the trek at Gubeikou. Gubeikou was once a town of military significance and an important passage to the capital city. The Yanshan Mountain Range winds from east to west and is cut off at Gubeikou forming a natural narrow pass where our trek begins. Today our trek passes through remote rural farmland and past many crumbling watch towers along the section known as the 'Wild Wall'. The impressive Simatai Ridge remains visible in the far distance throughout the day.

food

Breakfast each morning will be in our hotel/lodge whilst lunches will be en route. Evening meals will be at the hotel or a local restaurant, except in free time.

All meals are full of carbohydrates, protein and nutrients to keep us well fuelled throughout the trip.

We can cater for all dietary requirements if informed in advance.



accommodation

- Four nights in comfortable 2/3* hotels
- Three nights in lodges

All accommodation is on a twin/triple-share, single-sex basis and we will pair you with someone of a similar age, where possible.

If you wish to share a room with someone you are travelling with, please specify this on your registration form.

single supplement

If you decide that you would like to have your own room on the challenge, we can accommodate this in the majority of places.

Please email us for more information



 **DAY 7 - Jinshanling** Distance: 6 km / 5 hours trekking

The last day of the Challenge! We trek for around five hours at Jinshanling with a packed lunch on the way. We enjoy a wonderful day of trekking in which around 20 towers are visited, including some beautiful sections that have been left as ruins. Emotions run high as the group takes its final steps off the Wall and the challenge comes to an end. The transfer back to Beijing is 2 –3 hours to our hotel. In the evening we enjoy a dinner in a local pizzeria.

 **DAY 8 - The Forbidden City / Beijing**

Breakfast is followed by a visit to Tiananmen Square, a city tour of the Forbidden City. In the afternoon, we will pass the impressive Olympic Park, and if time permits we will make a visit to a local silk factory. In the evening we enjoy our last dinner together - Peking duck.

 **DAY 9 - Return to London**

This morning we take our transfer to the airport for our flight home.



extensions

Why not stay on after the challenge and explore some more of China's highlights?

Extensions include:

- Terracotta Warriors
- Terracotta Warriors and Giant Pandas
- The Shanghai Experience

Please email us for more information



land only

If you are planning on travelling to China before the challenge or wish to organise your own flights, we do offer a land only option at a discounted price. You will be required to meet your group at the hotel on day two of the itinerary.

training weekends

We run training weekends each year in the Peak District, Brecon Beacons and Snowdonia. You will get the chance to meet our trek leaders and test out your kit and fitness!



next steps...

Once signed up, we will provide you with a Challenge Manual, Kit List, Training Guide and Itinerary to ensure you feel fully prepared right up to the departure date. With regular communication, opportunities for training walks, kit discounts and our dedicated team to answer any questions, you will feel fully supported in your journey towards the trip of a lifetime!

payment options

A **REGISTRATION DEPOSIT** of £299 is required to secure your place for 2019 trips, and £295 for 2020 trips, paid in full by card at the time of registration

Once registered, there are **3 PAYMENT OPTIONS** to fund the balance of the trip cost:

1) SELF FUNDED

For anyone who wants to pay for the entire trip themselves. It's then completely up to you whether or not you choose to raise any money for a charity of your choice.

The total all inclusive cost of this trip is £1,695 for 2019 or £1,745 for 2020, which, after you pay the £299 Registration Deposit, leaves a balance of £1,396 for 2019 or after a £295 Deposit for 2020 leaves a balance of £1,450. This final balance is due for payment 10 weeks before your departure along with any fuel surcharges levied by the airline.

2) SPONSORSHIP FUNDED

This is for anyone who wants to take on this challenge and will link it with fundraising a significant sum of money for a charity of their choice. You would have to raise at least £2,795 for 2019 or £2,905 for 2020 via sponsorship and donations from friends, family and colleagues, and be confident at the outset that you can achieve this total.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least 80% of your target, 12 weeks prior to your challenge, your charity will pay for the balance of your trip costs to Action Challenge. That balance, amount paid by your charity is the same as if you were you were 'Self Funded' - therefore the charity will retain at least the same amount that they pay out for your challenge to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

3) MIXED FUNDED

A mix of the 2 options above! You pay about half the trip cost yourself, and also fundraise for your charity. They pay the remaining balance of your trip costs. Ideal for anyone who wants to take on the challenge and also fundraise for a charity, BUT is happy to pay a reasonable proportion of the trip cost themselves, which with your registration deposit, is set at a level that covers at least the costs of flights & accommodation; perfect for those who feel more at ease asking for sponsorship in respect to the 'challenge' component of their trip.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least £1,700 for 2019 or £1,750 for 2020, your charity will pay a portion of your trip cost to Action Challenge. At the same time, you will be required to pay the remaining balance yourself, which will be a figure of £549 for 2019 or £578 for 2020 (These two amounts add up to the same as the 'Self Funded' final balance) - the charity will retain at least the same amount that they pay towards your place to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

ATOL

ATOL is a scheme that protects you from losing money or being stranded abroad if your travel company collapses. Action Challenge is 100% ATOL bonded, which provides you with full financial protection. On receipt of your registration fee, you will receive an ATOL certificate explaining your protection.

how to book?

To book on to this challenge, please visit our website; www.actionchallenge.com for a full list of prices and available dates.

private groups

If you are a charity, business, school or private group with a minimum of 10 people and fancy your own bespoke trip, please call **+44(0)207 609 6695** or send an email to ask@actionchallenge.com.



social media



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www.facebook.com/actionchallenge

contact us

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