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.

Teenage Cancer Trust 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 trekker, who can experience the trip of a lifetime whilst only taking a week out of the office.

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.

Together we climb the 1,000 Heavenly Steps hewn into the rock and, 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: 2nd to 10th September 2016
- Group size: 15 -25

trip highlights
- Visit remote parts of the wall
- Explore the wall’s ancient watchtowers
- Climb the Heavenly Steps and descend via luge
- Hike to the Black Dragon Pool Park waterfalls
- Get a glimpse of traditional rural life in China
- Trek the ‘Wild Wall’ from Gubekou
- 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.

www.actionchallenge.com
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 a little cooler, without being too cold. It is advisable to pack for all weathers to ensure that you are prepared for changeable conditions.

---

**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.

---

**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. Teenage Cancer Trust will also get in touch with you about fundraising for your trip. 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**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Depart London</td>
</tr>
<tr>
<td>2</td>
<td>Transfer from Beijing</td>
</tr>
<tr>
<td>3</td>
<td>Badaling to Juyong</td>
</tr>
<tr>
<td>4</td>
<td>Mutianyu</td>
</tr>
<tr>
<td>5</td>
<td>Black Dragon Pool Park</td>
</tr>
<tr>
<td>6</td>
<td>Discover the Wild Wall</td>
</tr>
<tr>
<td>7</td>
<td>Trek Jinshangling</td>
</tr>
<tr>
<td>8</td>
<td>Explore Beijing</td>
</tr>
<tr>
<td>9</td>
<td>Arrive in London</td>
</tr>
</tbody>
</table>

---

**What’s Included**

- International flights
- Action Challenge trek leader
- Full support team, including local guides
- UK medic
- All accommodation
- All meals, except in free time
- Airline taxes
- Treated drinking water
- All transfers in local vehicles
- National Park entrance fees
- Celebration dinner
- Invitation to a challenge briefing in London
- Discounted training weekends in the Peak District, Snowdonia & Brecon Beacons
- Fitness and training guide
- Discounts from UK retailers
- Reduced rates at Nomad Travel Clinics and Masta Health

---

**Dates**

2nd - 10th September 2016

---

**Cost & Fundraising**

£299 registration deposit + commitment to raise £2,500 for Teenage Cancer Trust. At least 80% of this fundraising is due to be with the charity 10 weeks prior to departure, with the remaining 20% due before you depart.

---

**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.

---

**Extensions**

Why not stay on after the challenge and explore some more of Beijing’s highlights?

Extensions include:

- Terracotta Warriors
- Giant Panda Research Centre
- Hong Kong

---

**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 a little cooler, without being too cold. It is advisable to pack for all weathers to ensure that you are prepared for changeable conditions.

---

+44 (0) 207 609 6695  www.actionchallenge.com  events@actionchallenge.com
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.

**additional costs**
- Insurance - approximately £60
- Visa - £30
- Vaccinations - up-to-date on boosters.
- Tips for local staff - recommended amount £30
- Airline fuel surcharge / supplement as applied by airlines. Please note that this is capped at a maximum of £150.
**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.

---

**DAY 6 - Gubeikou Great Wall**

This morning we transfer 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.

ières: B,L,D  Accom: Lodge  Distance: 12 km / 8 hours trekking

---

**DAY 7 - Jinshanling**

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 visiting 20 towers and trekking along beautiful sections of the wall that have been left as ruins. We have a two to three hour transfer back to Beijing before enjoying a celebratory dinner at an excellent local restaurant.

**Meals:** B,L,D  **Accom:** Hotel  **Distance:** 6 km / 5 hours trekking

---

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

Breakfast is followed by a visit to Tiananmen Square and a 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 before transferring to the airport for our night flight to London.

**Meals:** B,D  **Accom:** Hotel

---

**DAY 9 - Return to London**

We arrive back into London

**Meals:** Dependent on flight schedule

---

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.

---

**Kit & equipment**

A kit list will be sent to you on receipt of registration. Many everyday items can be used on this challenge, and we offer a kit hire service to keep costs down.

---

**Land only**

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

Please email us for more information

---

**Training weekends / briefings**

We run a number of training weekends throughout the year in the Peak District, Brecon Beacons and Snowdonia. These are fully-inclusive - 2 night’s accommodation and all meals. We also organise training days in London and the North and South downs. On both, you will get the chance to meet our mountain leaders and test out your kit and fitness!

You will also receive an invite to a challenge briefing in central London.

---

**What’s not included**

- Alcoholic drinks
- Drinks and food outside of meals, other than water
- Personal kit / equipment
- Airline fuel surcharge / supplement as applied by airlines. Please note that this is capped at a maximum of £150.