

GREAT WALL OF CHINA TREK

19 – 27 OCTOBER 2024

**Who are
Global Adventure Challenges?**

Challenge Itinerary

Frequently Asked Questions...

Training and Costs

Any Questions?

WHO ARE GLOBAL ADVENTURE CHALLENGES?

- **Global Adventure Challenges have been operating charity challenges for over 20 years**
- **We have worked alongside over 1,500 different charities and helped to raise in excess of £50 million through the provision of overseas challenges**
- **Currently operating in over 36 countries worldwide**
- **Fully bonded through CAA – ATOL 6506 and Travel Vault for non-flight packages**



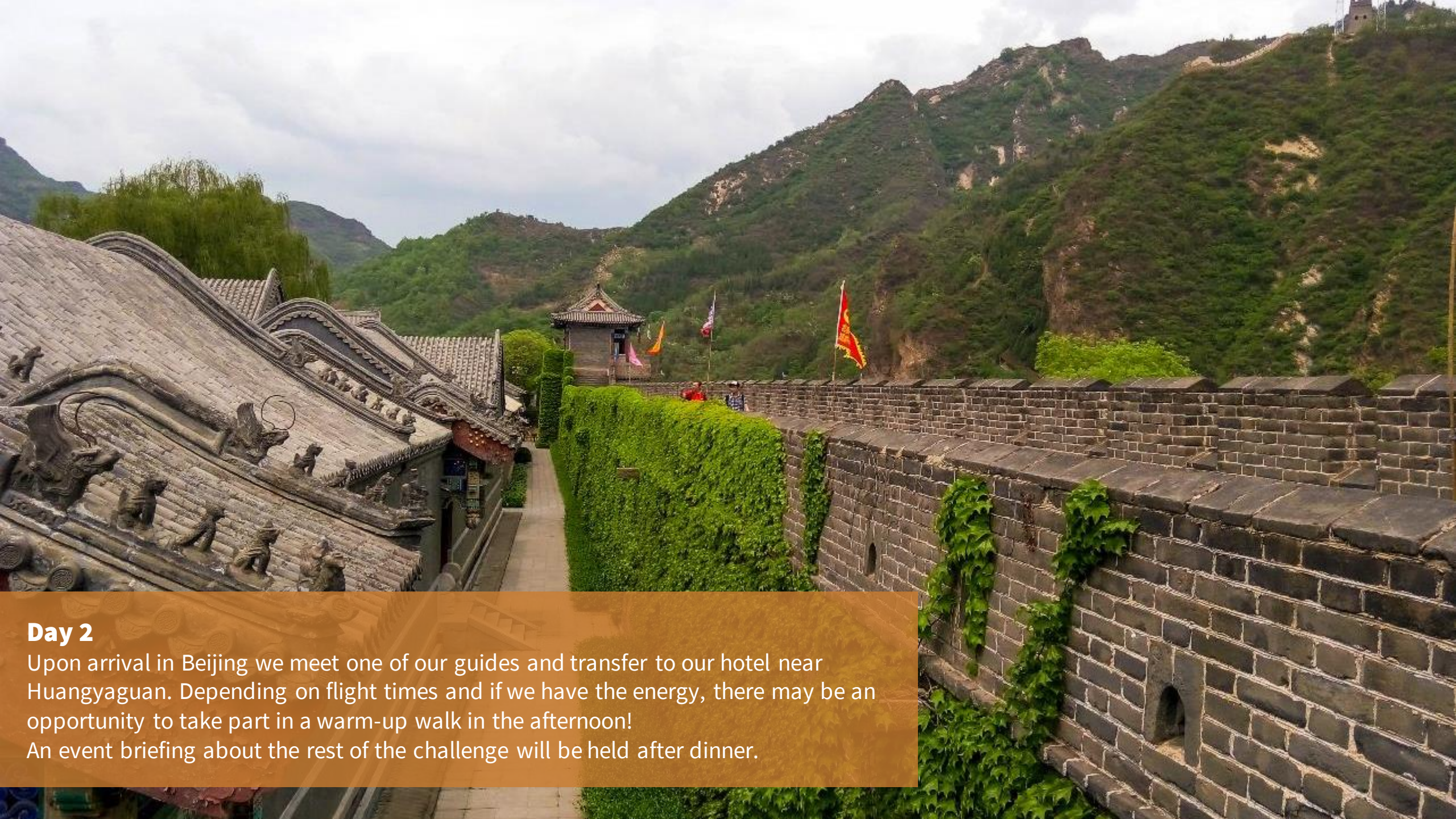
CHALLENGE ITINERARY

DAY 1

**WE DEPART THE UK FOR OUR OVERNIGHT
FLIGHT TO BEIJING**



DAY 2
**WE ARRIVE IN BEIJING AND
TRANSFER TO HOTEL NEAR HUANGYAGUAN**



Day 2

Upon arrival in Beijing we meet one of our guides and transfer to our hotel near Huangyaguan. Depending on flight times and if we have the energy, there may be an opportunity to take part in a warm-up walk in the afternoon! An event briefing about the rest of the challenge will be held after dinner.

DAY 3

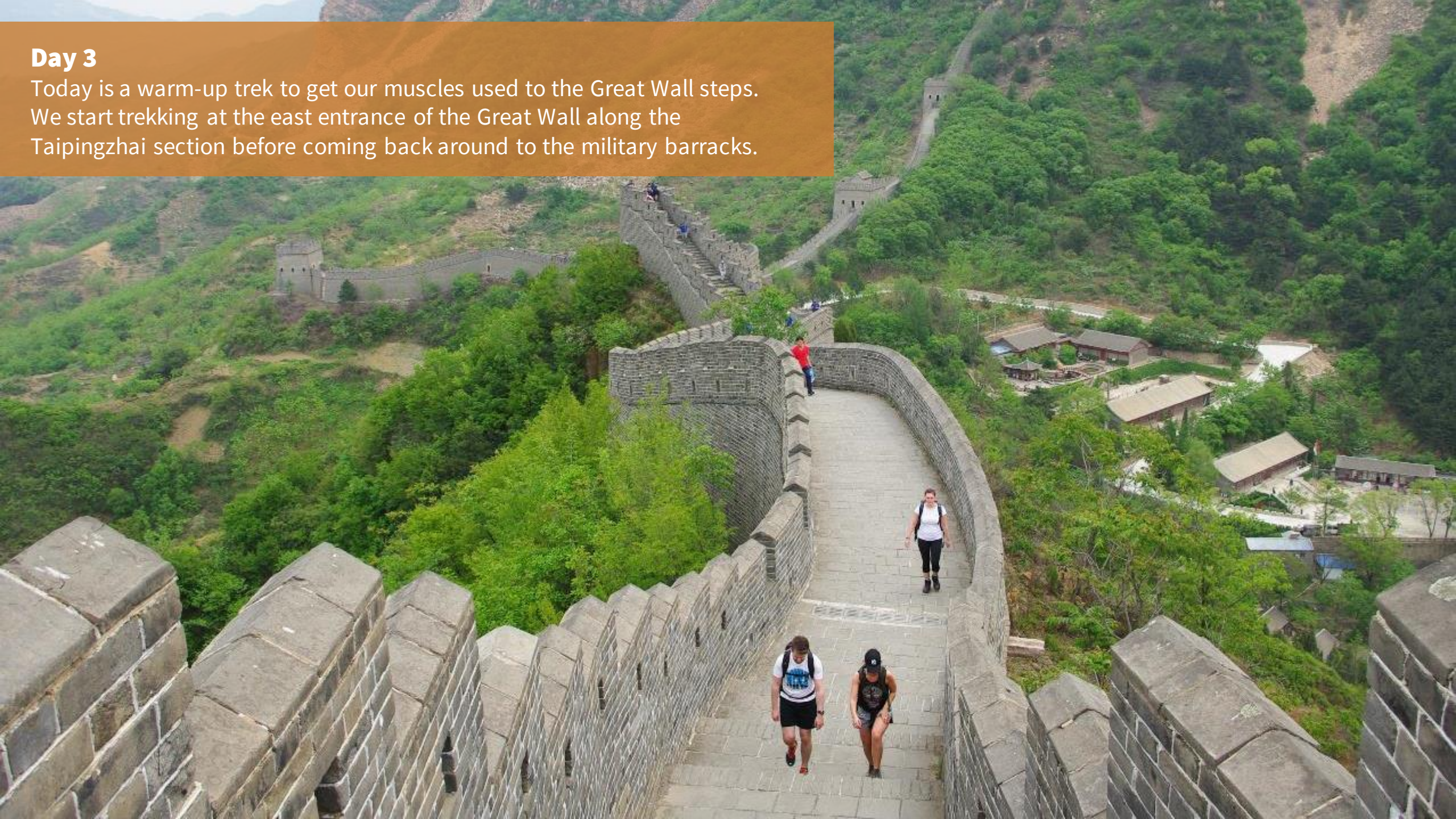
HUANGYAGUAN

TREKKING DISTANCE 4 - 5KM APPROX. / 3 HOURS



Day 3

Today is a warm-up trek to get our muscles used to the Great Wall steps. We start trekking at the east entrance of the Great Wall along the Taipingzhai section before coming back around to the military barracks.



Day 3

After lunch in a local restaurant, we transfer to our overnight accommodation.





DAY 4
GUBEIKOU TO JINSHANLING
TREKKING DISTANCE APPROX. 13KM / 8 HOURS

Day 4

We transfer to Gubeikou, then trek to Jinshanling, trekking original parts of the Great Wall that link three famous sections (Gubeikou-Jinshanling-Simatai). Our challenge today is to cover the 27 watchtowers over the old brick-made steps.



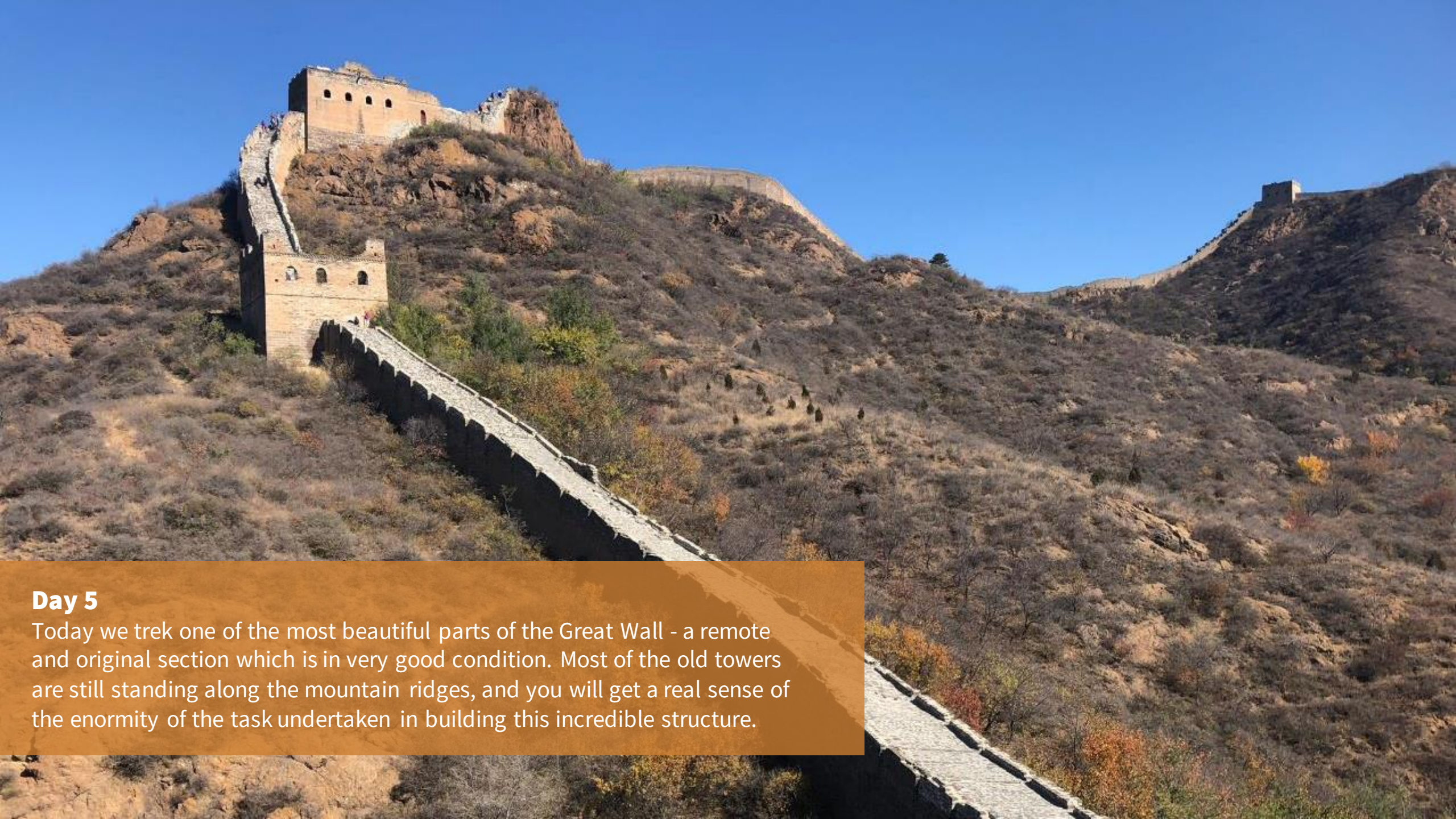


Day 4

The section today gives us a completely different feel of the Great Wall from that of yesterday. The Wall stretches miles into the distance, and we can see ruined towers, collapsed parts of the Wall and dirt tracks at the base giving a true feel of what has happened over the last 600 years.

DAY 5
JINSHANLING

TREKKING DISTANCE APPROX. 7.5KM / 5 - 6 HOURS



Day 5

Today we trek one of the most beautiful parts of the Great Wall - a remote and original section which is in very good condition. Most of the old towers are still standing along the mountain ridges, and you will get a real sense of the enormity of the task undertaken in building this incredible structure.

Day 5

Today we encounter lots of steps, with countless ascents and descents! The views of the Great Wall disappearing over the mountains is a truly memorable sight and will make every step worthwhile!





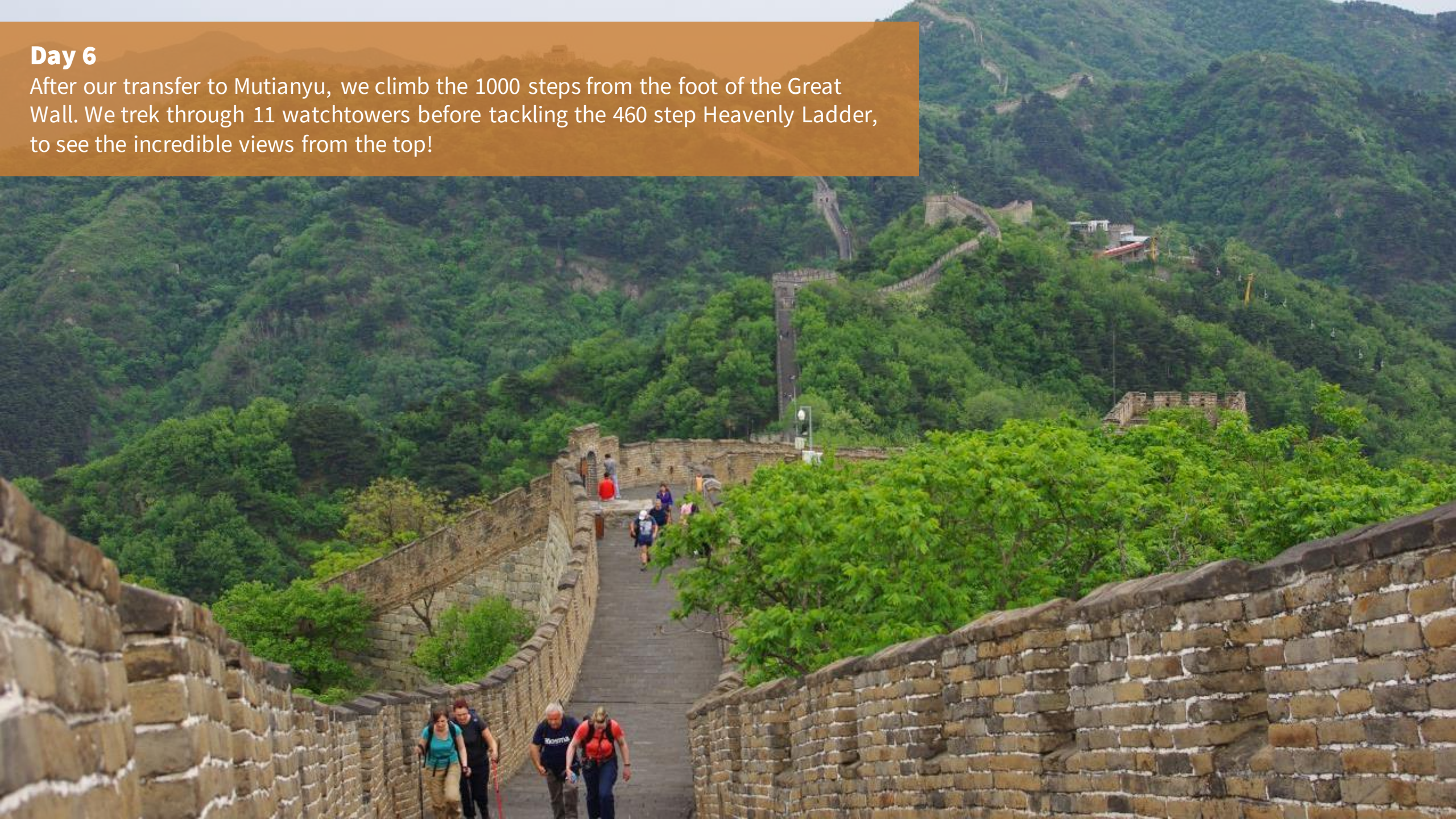
DAY 6

**MUTIANYU – THE MIGHTY 1000 STEPS CHALLENGE
AND THE HEAVENLY LADDER!**

TREKKING DISTANCE APPROX. 7KM / 6 HOURS

Day 6

After our transfer to Mutianyu, we climb the 1000 steps from the foot of the Great Wall. We trek through 11 watchtowers before tackling the 460 step Heavenly Ladder, to see the incredible views from the top!





Day 6

After we've taken in the incredible views from the top of the Heavenly Ladder, we head back down following the route we have just climbed. When we get closer to the bottom of the wall we have three choices – follow the 1000 steps back down, descend in a cable car or take a toboggan!



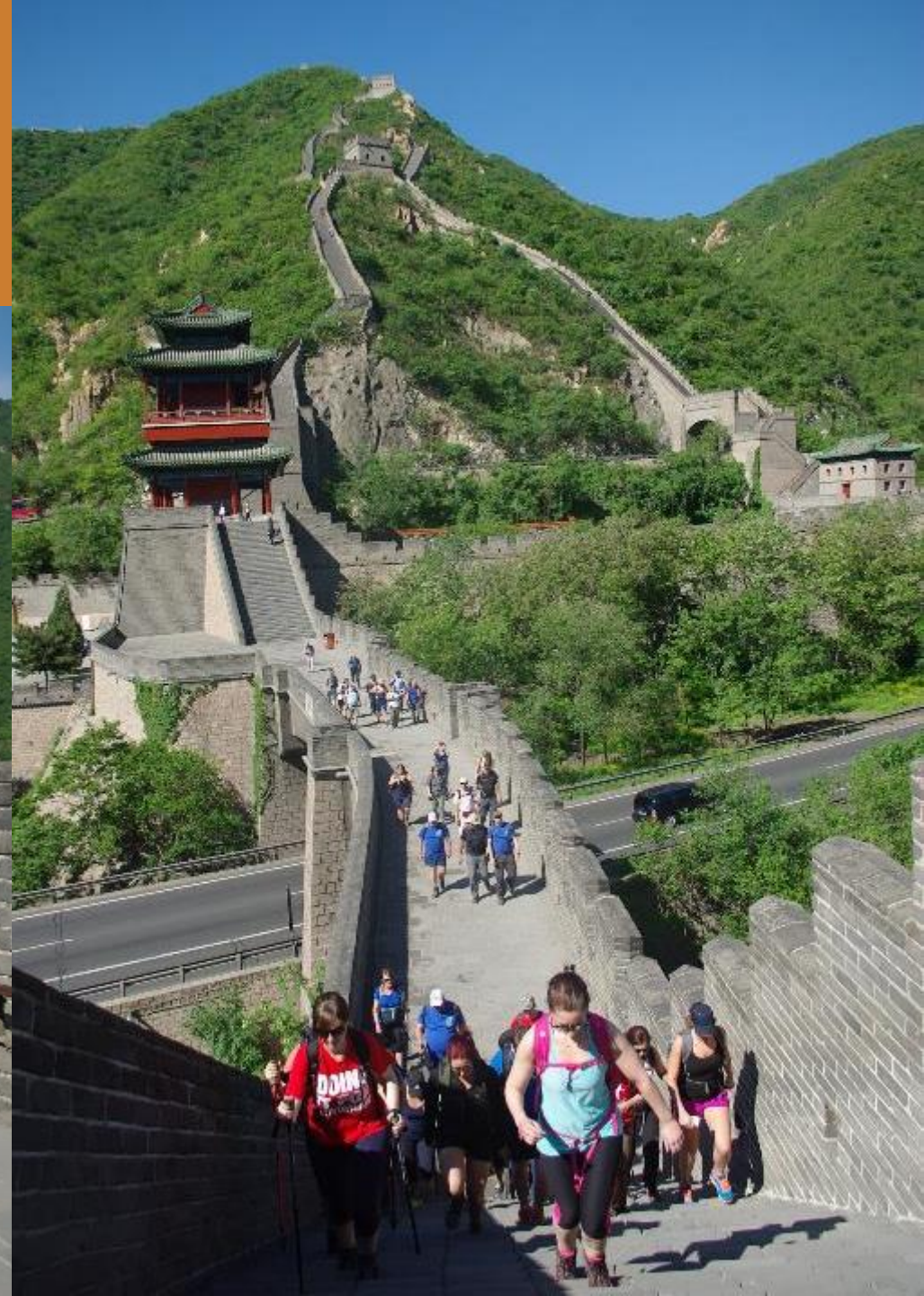
DAY 7

JUYONGGUAN AND BEIJING

TREKKING DISTANCE APPROX. 4 - 5KM / 3.4 - 4 HOURS

Day 7

We transfer to the Juyongguan area of the Great Wall to continue our trek. The Juyongguan section of the Great Wall is very similar to the Huangyaguan section and had similar strategic importance 600 years ago.



Day 7

Once we arrive back in Beijing, we have the opportunity to go on a 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!

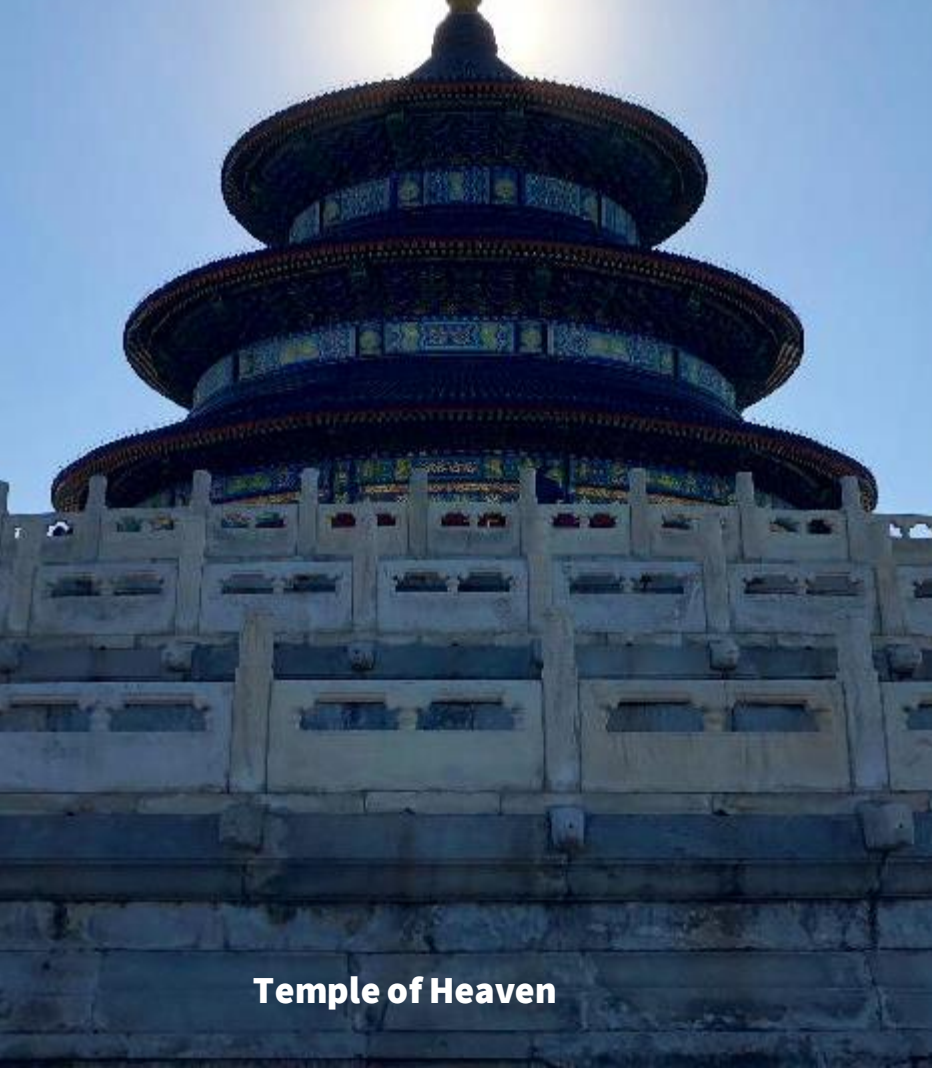




DAY 8
**FREE DAY IN BEIJING BEFORE
OUR CELEBRATORY MEAL!**

Day 8

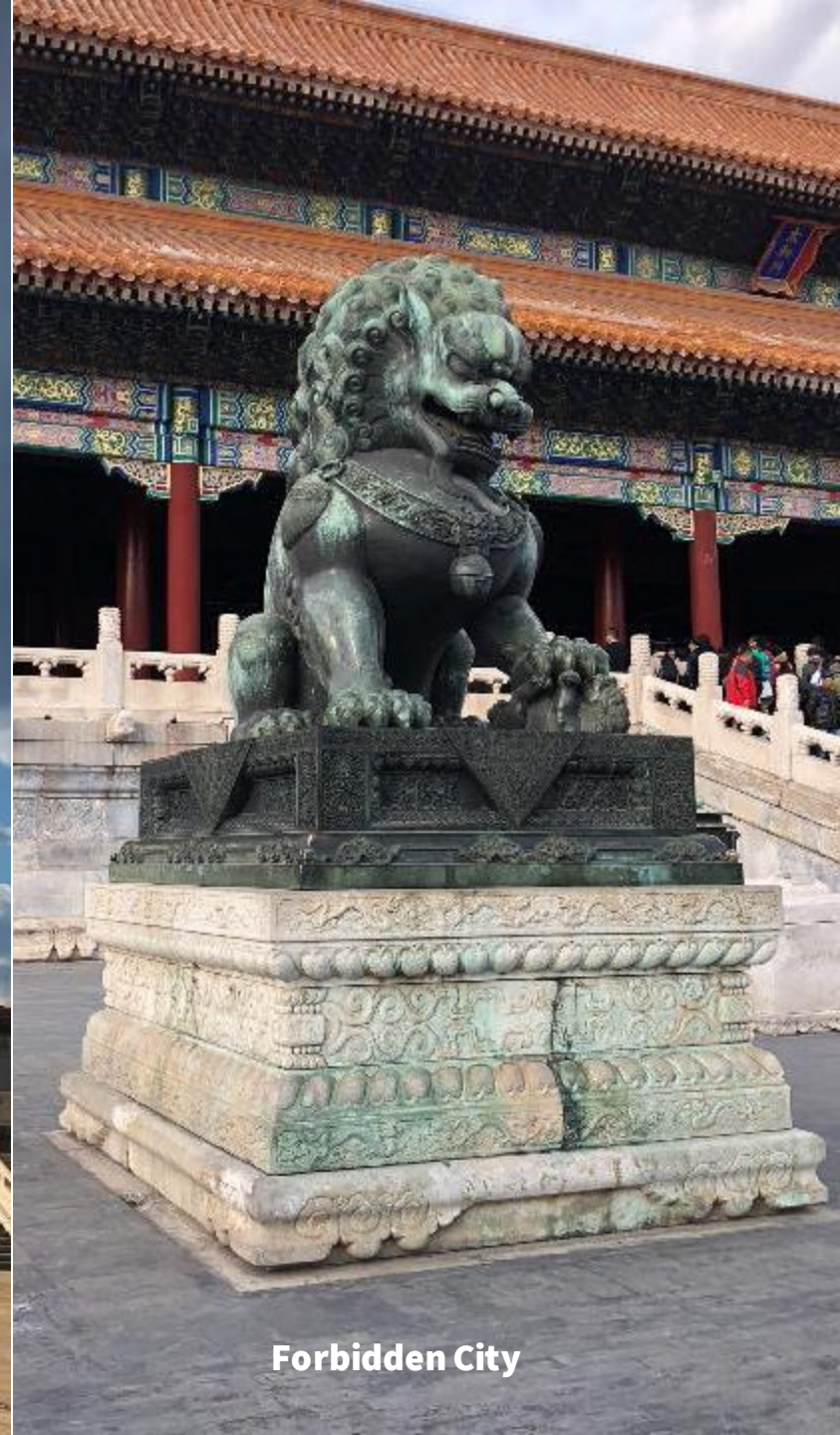
We have a free day to enjoy the hustle and bustle of Beijing and all that it has to offer, both ancient and modern! There will be an optional full day excursion organised that explores the highlights of Beijing which includes a visit to Tiananmen Square, the Forbidden City and the beautiful Temple of Heaven.



Temple of Heaven



Tiananmen Square



Forbidden City



Day 8

In the evening we will have our farewell dinner at a duck restaurant. A great way to finish off the challenge as we indulge in an authentic Chinese food experience and celebrate our achievements together!

DAY 9

**WE TRANSFER BACK TO BEIJING AIRPORT FOR OUR
FLIGHT TO THE UK, ARRIVING THE SAME DAY**

FREQUENTLY ASKED QUESTIONS



**GREAT WALL OF
CHINA TREK**
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Is this challenge for me?

How fit do I need to be?

Do I need any specialist kit?

Do I carry my own luggage?

What sort of back up is there?

What happens if I get tired?

What's included? Not included?

TRAINING AND COSTS

Fitness and preparation ahead of your challenge:

- Training tips can be found on our website and in your welcome pack to point you in the right direction. We also offer training days and weekends to help you prepare.
- Train in the hills, particularly on short, steep sections. Lots of step training will also prove to be of massive benefit.
- Try to go training on consecutive days instead of doing one big day. This will help your muscles get used to the strains of trekking over consecutive days.
- It is best to improve and work on your stamina, leg and joint strength.

Be warned - you will be literally walking up and down thousands of steps on this challenge!

REMEMBER – THESE CHALLENGES ARE NOT RACES! Participants should complete each day in their own time, no need to try and be the quickest or the ‘best’.

Costs

Option A - Minimum Sponsorship

Registration Fee **£299 +**
Minimum sponsorship **£3,290 +**
Airport Tax and Fuel Surcharge **£250**

Option B – Self-Funding

Registration Fee **£299 +**
Challenge Balance **£1,645 +**
Airport Tax and Fuel Surcharge **£250**



ANY QUESTIONS?