

TREK THE GREAT WALL OF CHINA

31ST MARCH - 8TH APRIL 2017



We'd love you to join us on the trip-of-a-lifetime and trek along The Great Wall of China in Spring 2017.

Visiting the Wall is on many people's must-do list and we're giving you the opportunity to experience this ancient landmark beyond the realms usually visited by tourists. At the same time, you'll be helping us to make some noise for small projects and continue our work changing lives across the UK.

So, what are you waiting for?

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THE IMPORTANT STUFF

By registering to take part in our Great Wall of China Trek, you'll receive first class support to ensure that you complete the training you need and ensure you exceed your fundraising target. You'll also be left with memories that last a lifetime, and a guarantee that the funds you have raised will really make a difference.

To join us in this challenge of a lifetime, we ask for a non-refundable registration fee of £375 and a commitment to raise a minimum of £2,975 for Global's Make Some Noise. This cost covers your flights, transfers, accommodation, and all meals during the trek.

This hugely rewarding, guided trek has been especially planned to suit the ability of most confident walkers, but training and fitness is definitely required!

You'll be walking for around 4-6 hours each day, so it's important that you work on your stamina, leg and joint strength, and balance to make the most of the challenge. You will be trekking up thousands of steps!

There are also steep drops either side of the Wall, so please take this into account if you suffer from vertigo.

Read on for a day-by-day itinerary and answers to some frequently asked questions. You can also drop our team a line at **challenges@makesomenoise.com** or call us on **0345 606 0990** during office hours if you'd like to discuss anything in further detail too.



DAY-BY-DAY ITINERARY

DAY 1 – DEPART UK, FLY TO BEIJING

You'll meet at the airport for your flight to Beijing. A representative from Global's Make Some Noise will be on hand to assist you with the check-in and any last minute questions before your adventure begins!

DAY 2 – BEIJING TO BADALING AREA

Upon arrival in Beijing, local guides will meet you at the airport and will transfer you to your hotel, approximately 90 minutes away.

After check in, you'll have the afternoon to relax and enjoy your surroundings, before meeting for your challenge briefing after dinner.

DAY 3 – BADALING GREAT WALL

APPROXIMATELY 8KM, 4-5 HOURS OF TREKKING

Today, you'll say "Ni Hao" to the Great Wall with a short but demanding day of trekking.

This section of the Wall has been almost completely renovated, and your climb will involve some incredibly steep steps! The Wall is particularly beautiful in this area, and you'll be sure to be left with an incredible first impression of China.

The highpoint of the challenge comes at lunch and you'll enjoy your final views of the spectacular mountains, before descending down the (slightly uneven!) sloped Wall back to the ground.

DAY 4 – HUANGHUACHENG

APPROXIMATELY 12KM, 5 HOURS OF TREKKING

After taking a short transfer to Xishuiyu Village, you'll begin a wonderful day's trek along the Huanghuacheng section of the Great Wall.

This section of the Wall is, in many places, completely un-renovated and very remote. It's an exciting and beautiful part of the Wall, as you will be clambering up and down rocks and through crumbling watchtowers. There are some steep-stepped descents and ascents too, so make sure to prepare for these!

An incredible view of Huanghuacheng Reservoir and Jintang Lake will greet you as you near the end of the trek. You'll be looking over the beautiful scenery as you make your final descent off the Wall, and through another woodland area down to the ground.



DAY 5 – GUBEIKOU GATEWAY

APPROXIMATELY 14KM, 7-8 HOURS OF TREKKING

Day 5 is a long day's trek along the Gubeikou section of the Wall, which lies between two passes in the mountains of Northeast China.

There is a huge variety of terrain today, as you start the trek on collapsed and old Wall, which builds up as you start seeing the remains of the watchtowers. It's useful to count the watchtowers, as they lead you closer to your lunch stop.

You'll be moving along a mixture of renovated and un-renovated Wall, and although the day is long, there are fewer steps to climb than previous days!

There is a long descent off the Wall into farmland after lunch, before a steep climb up a narrow path to rejoin the walkable sections of the Wall.

After another 3km, you'll start making your final descent and finally reach the beautiful sight of your vehicle waiting for you, ready to transfer you back to the lodge!

DAY 6 – JINSHANLING LOOP

APPROXIMATELY 12KM, 5-6 HOURS OF TREKKING:

After an early breakfast, you will start your trek straight from the lodge – a spectacular walk from Jinshanling towards Simatai.

Today, you'll be reintroduced to the world of steps, as the trek takes place on a mainly reconstructed section of Wall, which has hundreds of steps, of differing sizes. Some are very steep and tall (occasionally these can come up to your hip if you're small!), and others short and unevenly placed.

The views will ease your pain, as you have a panoramic vista of the mountains and the Wall snaking off into the distance. After 7km, there is the option to take on another 3 towers (highly recommended!) before returning and then descending down a woodland path back to the vehicle.

DAY 7 – MUTIANYU SECTION

APPROXIMATELY 14KM, 5 HOURS OF TREKKING

You'll start your final day's trek from a small village just underneath the wall. Day 7 commences with a steep walk up through lush woodland for around 2km, with the sight of your first watchtower looming far above you.

After the final steep push, you'll reach this watchtower and climb a wooden ladder to get onto the Wall itself. From here, you'll be trekking on very old, un-reconstructed wall for around 3km. The terrain is uneven, crumbly in places, with displaced rocks and stones around.

After several watchtowers, you'll eventually come to the reconstructed section of Mutianyu, which is where visiting heads of state are usually brought. It will be quite a shock to see the vast numbers of tourists on this section, as you have so far been trekking in peace and quiet!

You'll descend the famous Heavenly Stairway, and then continue the descent down thousands of steps all the way back to the Wall entrance. These thousand steps mark the end of your challenge, and after many celebratory hugs with your group, you will rejoin the coach to take you back to Beijing.

Tonight, there will be some optional evening entertainment, before dinner and an overnight stay in a centrally located hotel in the city.



DAY 8 – FULL DAY CITY TOUR OF BEIJING

Today, you'll have a full day to explore Beijing, with a fully guided tour of the many attractions of China's capital city - including the Temple of Heaven, the Forbidden City and Tiananmen Square.

The sheer scale and scope of Beijing will blow your mind, so be prepared to be overwhelmed by the sights, people, traffic and buzz of this amazing capital city!

DAY 9 – DEPART BEIJING, FLY TO UK

After breakfast, you'll be transferred to Beijing airport for your return flight to London Heathrow Airport.



FREQUENTLY ASKED QUESTIONS

Who organises the trek?

Global's Make Some Noise works alongside Charity Challenge, the world's leading fund-raising challenge operator, to make the trip possible. A representative from both Global's Make Some Noise, and Charity Challenge will be joining you for the entirety of the trek.

By registering to take part, you'll be bound to their terms and conditions, which can be found at www.charitychallenge.com

How big is the group I'll be trekking with?

The group will be a maximum of around 30 people, and will be led by a first-aid qualified expedition leader. They'll be ultimately responsible for the running of the itinerary and safety of your group.

What's included in the cost of the challenge?

The following items are included:

- International return flights from London to Beijing – including airport departure tax
- Overland transfers
- All accommodation
- All meals during the itinerary but any additional food and drink will be at your own expense
- Drinking water whilst trekking
- An English speaking support team and back up facilities
- Provision of first aid supplies,
- Discount from various stores for personal equipment

The following items are not included:

- Vaccinations
- Visas
- Tips/gratuities for the support team and tour leader
- Personal spending money
- Any additional activities
- Travel to and from UK airport of departure



How will you ensure I'm safe on the trek?

All of the challenges provided by Charity Challenge are risk assessed and full contingency plans are put in place well in advance.

Your trek on the wall is very exposed, and some places maybe fairly remote, however, there are several escape routes off the wall and the nearest medical facilities will be by stretcher and then vehicle.

If you have any health related concerns, please email challenges@charitychallenge.com and they will be happy to help.

How will we travel to China?

You'll be flying from London Heathrow to Beijing, and your flight tickets will be issued to you upon departure at the airport.

If you choose to book your own flights you must confirm with the Charity Challenge office before paying, otherwise you may be liable for your included group flights. Just drop a line to flights@charitychallenge.com

What's the luggage allowance?

Luggage should be kept to a minimum, and details on what to pack will be provided in your kit list. 20kg is the maximum allowance, and you'll be responsible for loading and unloading your luggage onto the vans, which will transit them between locations.

What's a typical day on the trek?

You'll wake up at around 7am, eat breakfast, prepare your packed lunch, and pack your backpack for the next section of the trek. You'll be given enough water for the day, and your lunch to carry. You'll be pleased to know that the rest of your luggage will be transported for you to the next destination!

At around 8.30am, you'll begin the day's walk, stopping for lunch at around midday. After around 4-6 hours of walking each day, you'll arrive in the early evening at your accommodation for the night.

Where will we be staying?

The accommodation on your trip will range from fairly basic (but of course, adequate) lodges and inns, to excellent hotels.

Depending on the season, heating in the lodges will be limited, so we recommend taking a light sleeping bag or liner to keep warm. All rooms are en-suite and have facilities for charging batteries. In Beijing, the hotels are of a three-star standard and very comfortable.

Throughout the trek, your accommodation will be based on two sharing a room. If you're travelling with a friend or partner who you'd like to share with, please ensure that you note this when signing up.



What will the toilets and washing facilities be like?

There will be en-suite toilet and washing facilities at the hotels and lodges, however, depending on the season, hot water may be limited in some of the lodges along the Wall.

Will my valuables be safe?

We'll do everything we can to provide adequate safety for the group and security for your possessions, but the general rule is, that if you don't need it, don't bring it! Safety deposit boxes are usually provided in Beijing for guests' use in the hotels, but otherwise you can use a padlock on your luggage when in transit to reduce any risks.

We'd advise you carry your passport with you at all times, and make sure you have a photocopy of your documents (travel insurance etc.) just in case they get lost or damaged.

Will I have access to Wifi in China? Can I post updates to my friends on Facebook?

Most of the accommodation you'll stay in will have limited wifi, which you'll be able to use during your trip.

Social media sites, such as Facebook, are not allowed in China though so you won't be able to access this or post updates to your friends and family this way.

What will the food and drink be like?

The meals provided will be nutritionally balanced. Breakfast usually includes eggs, tomato and cucumber, as well as cooked meats. Lunch will usually be a sandwich, along with nuts, fried chicken and fruit. Dinner will consist of Chinese dishes, and, of course, rice or noodles.

There will be some vegetarian dishes on offer, but the choice will be limited. We'd advise that you bring snacks to supplement the meals too!

The tap water is not safe to drink; so bottled water will be provided during the trek. Bottled water and soft drinks will also be available to purchase in the lodges and hotels at meal times.

Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.



What happens if I feel ill, can't keep up with the group, or if there's an emergency?

The event is not a race - there's always a discrepancy in the group's walking abilities, which will be taken into account. There will be a member of staff at the back of the group at all times to ensure you're not left behind, so don't worry!

Back up support will never be far away in the event of an emergency, and radio contact will be maintained between guides and the support team. Mobile phones also work along much of the wall too.

What shall I do about spending money?

As all accommodation and meals are included in the trip, you won't need to carry a large amount of money with you.

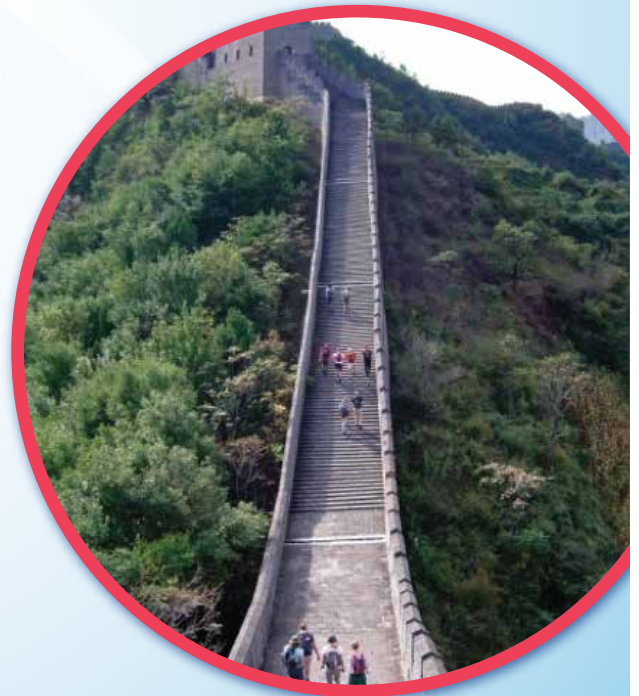
A minimum amount of around £15 a day should suffice for the occasional beer and snack, but bring more if you intend to buy souvenirs, or take up the opportunity of the additional tours or evening entertainment offered by the guides.

Along the route you'll see vendors selling books, postcards and t-shirts - and you'll get the opportunity to visit jade, silk and tea factories too. Keep in mind that Beijing will generally be more expensive than rural areas for souvenirs. You'll also be offered an additional tour on your final evening in Beijing, which you will need additional money for.

You won't have access to ATMs or be able to use debit/credit cards on the days that you will be trekking.

Help - you haven't answered my question!

Don't worry - just drop a line to **challenges@makesomenoise.com** or give us a ring on **0345 606 0990** during office hours and one of the team will be happy to help!



Global's Make Some Noise is an appeal of Global Charities, a registered charity in England & Wales (1091657) & Scotland (SC041475)