

great wall run, china



Take part in this challenging run along the Great Wall of China in aid of The British Heart Foundation (BHF).

The BHF holds a vision of a world in which people do not die prematurely of heart disease. The charity aims to achieve this through pioneering research, vital prevention activity and ensuring quality care and support for everyone living with heart disease. Help make a difference to The British Heart Foundation's work by raising money for this challenge in China.

The Great Wall of China was originally constructed to keep out nomadic tribes who raided China's Northern frontier. The nature of the Great Wall is that all the steps are deliberately uneven. This was done so that if the Wall was ever breached, it would still be difficult to get into any rhythm running up the Wall in attack.

Each day will be different on this exciting itinerary containing a mixture of tough running and trekking challenges; you will run on mostly paved roads and then also trek along the stony pathways of the Great Wall, twisting and winding its way along the mountains, interspersed with crumbling watchtowers. It is important to realise that the sections of the Great Wall that you will cover will involve walking only due to the difficulty of the terrain which makes running or even jogging impossible; the running is reserved for the steep mountain roads!

It is very demanding but also very rewarding, particularly on a clear day when you can look at the vast and beautiful mountain ranges and spectacular views. Your imagination will take you back several centuries to when the wall was the frontline defense of Imperial China.

On completion of your challenge you will return to China's capital, Beijing.

Day 1 – Saturday 23 October 2010 International travel

Meet at the airport for your flight to Beijing, China. Our Charity Challenge representative will be there to assist you with the check-in and any last minute questions. You will be passing over the Great Wall before landing at Beijing airport.

Day 2 - Sunday 24 October Arrival in Beijing. Transfer to Juyongguan

Upon arrival in Beijing you will be met at the airport by a Charity Challenge local agent who will transfer you to your comfortable lodge, situated right next to one of the renovated sections of the Great Wall, Juyongguan



(approx 2 hrs). After check in, you will have the rest of the afternoon to relax or go for a walk in the surrounding area. In the evening after dinner, you will meet for your challenge briefing and have the opportunity to ask any questions. Overnight in 3* lodge.

Day 3 – Monday 25 October Ming Tombs Run approx 20kms

The Ming Tombs are home to the mausoleums of 13 emperors of the Ming Dynasty (1368-1644). The mausoleums have been perfectly preserved, as has the necropolis of each of the many emperors and are located near Nanjing (the capital city during the reign

of the Ming Dynasty). You will begin your running challenge here!

Please Note: *On all running days, the group will stay together for safety reasons - this challenge is not a race. There will be a break for lunch, to rest and enjoy the surroundings on each day.*

Each person will be carrying their day bag with water, lunch, sunscreen, spare running shirt, lightweight fleece, lightweight waterproof jacket and possibly a camera.

Running in the countryside area around Ming Tombs will give you a great introduction to the climate and terrain of the region. After a short transfer to the start point, you will commence running at the Olympic Wall. You will run along a quiet, paved and very scenic road which is quite steep in places for approximately 11kms. After a well earned water and refreshment break, you will continue running through the mountains for a further 9kms until you reach "Swallow Column." Here your first day's running challenge will come to an end and you will be transferred by coach to the restaurant where you will change and have lunch. This afternoon, you will enjoy the opportunity to visit Zhao Ling tomb - one of the 13 Ming Tombs remaining, and if you have the energy left, you can climb the stairs to the top of the tomb from where there are beautiful views of the surrounding area. Your day will be rounded off with a sedate walk along the "Sacred Road" where many statues from imperial times line the pathway. Overnight in 3* lodge.

Day 4 – Tuesday 26 October **Trekking Juyongguan Great Wall**

Fast trekking approx 5kms / 2hrs per circuit

This morning you will get your first taste of walking along one of the renovated sections of the Great Wall itself, Juyongguan. As your lodge is situated next door, you will not need to transfer by bus and can begin the day's challenge straight from your front door! A slightly less arduous day than yesterday which will involve an early start, fast walking up and down many, many steep stairs rather than running, Juyongguan is one of the three greatest passes of the Great Wall and forms a huge 5km circuit. Your challenge leader and members of the leadership team will station themselves throughout the circuit to ensure your safety, provide you with water and count you through as you complete up to a maximum of three circuits. As the stairs are uneven and steep and there will be plenty of other people on the wall, running is strictly forbidden on this section and no individual timings will be taken; power walking is the order of the day! In the middle of Juyongguan you will find 'Crossing Street Tower', also known as 'Cloud Platform'. Made from white marble in the Yuan Dynasty it stands at a height of 9.5m. At the base of the platform is an arched door where men, horses and carriages used to pass through. You will see many animal images carved into the arch and on both

sides of the door the statues of gods and scriptures are carved. After your morning challenge, you will have a chance to freshen up before the transfer by bus to Heilongtan (approx 90kms, 2hrs), stopping for lunch and possibly a bit shopping en route. On arrival at your hotel, you will check in and relax. Overnight in 3* hotel.

Day 5 – Wednesday 27 October **Heilongtan to Jinshanling** **Run approx 20kms / 3-4hrs**

Your day will begin by running directly from your hotel along mountain roads for 20kms until you reach the Chinese Pavilion at Feng Jia Yu village. You will then transfer back to your hotel in Heilongtan. In the afternoon, you will have the opportunity to embark on a relatively sedate trek in the lush environment of Black Dragon Pools National Park, located next to the Great Wall. This will be a good opportunity to see more of the regions topography and plant life. Overnight in a lodge in Jinshanling.



Day 6 – Thursday 28 October **In the mountains around Jinshanling** **Run approx 15kms / 3-4hrs**

After a transfer by bus to the start point of today's run (approx 2hrs), you will embark on a tough and steep run through some of the most superbly scenic landscapes that this region has to offer. Rising steeply along a paved road, you will crest the mountain and be rewarded with incredible views on all sides before the descent. Your bus will be waiting for you at the end point to replenish your supply of water before you return to the lodge in Jinshanling for lunch. After lunch, you will take a walk in the surrounding countryside to a small local settlement at the foot of the Jinshanling Great Wall to witness rural local life first hand as well as visiting the section of the Wall here. Most of the Great Wall was the site of incessant warfare and was heavily guarded by the armies of various dynasties from 7th-13th Century. In particular, the Ming Dynasty added many defence installations and increased the strength of the garrison. The great variety of defence structures in Jinshanling are good examples of such architecture. Nowadays much of the Wall has collapsed with only the Jinshanling section remaining in fairly good shape.

N.B. The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group and so on. We will do our very best to keep to the set itinerary however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your challenge leader will have the final say.

Overnight in a lodge in Jinshanling.

Day 7 – Friday 29 October
Jinshanling towards Simatai and Transfer to Beijing City

Trek approx 6kms / 2-3hrs

A short trek only today to finish the challenge section of your itinerary. This morning you will trek the Jinshanling section of the Great Wall towards Simatai. The path from Jinshanling to Simatai is a spectacular one that is partly on original, unreconstructed Wall and partly on renovated sections, with many steep, crumbling staircases and ruined watchtowers along the way. The demanding trek is very rewarding, particularly on a clear day when you look out over the best part of eighty miles of mountains, with Mongolia on one side and China on the other. There are very few visitors here and so the sense of solitude is unrivalled. You will then transfer back to Beijing City for lunch. This afternoon will be at your leisure to relax or perhaps visit the nearby Temple of Heaven (not included) before being collected again and taken to Beijing's bustling and fascinating night market where you can see all manner of people selling all sorts of weird and wonderful food and goods – a real authentic insight into real city life in China! You will have the opportunity to enjoy a relaxing foot massage – utter bliss after all your hard work.

Overnight in a 4* hotel in Beijing.

Day 8 – Saturday 30 October
Full Day Sightseeing tour of Beijing

As a reward for all your hard work, a day of leisure follows with a guided tour of the many attractions of



China's capital city, including the Old Imperial Palace known as the Forbidden City & Tiananmen Square followed by a walk in Jingshan Park previously known as 'coal hill'. Coal Hill used to be the highest point in the imperial city of Beijing, from where you can get great views of the Forbidden City. After lunch you will be dropped off at the market to shop for souvenirs. Your celebratory dinner will be the Peking Duck Banquet. Overnight in 4* hotel, Beijing.

Day 9 – Sunday 31 October
Travel Home

After breakfast, you will have a few hours to explore, before being transferred to Beijing airport for the return journey to London, arriving in the early evening.