



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**GREAT WALL DISCOVERY
CHINA**

Sat 15 Oct - Sun 23 Oct 2016





In aid of British Heart Foundation

15 Oct - 23 Oct 2016



9 DAYS | CHINA | MODERATE

Originally constructed to defend China against the nomadic tribes, the Great Wall is a thrilling challenge of twists, turns, ups and downs. Beginning 4 hours north of Beijing, our challenge takes us on a series of vigorous upwards climbs of over 10,000 relentless steps over the course of a week. As the days progress we follow the winding path along the mountains that spread either side of the Gubeikou Gateway. Exhaustion will quickly vanish as we are rewarded with sweeping views over the vast mountain ranges.

- Conquer Imperial China's masterpiece
- Tackle steep and uneven staircases
- Triumph over tumbling and twisting paths
- Soak up the sunset over crumbling watchtowers
- Reward yourself in the cultural climax of China's capital Beijing

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 15 Oct

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Day 1: International departure from London

The long-awaited journey begins at the airport where the group will meet with a Charity Challenge representative for the first time. Any last minute nerves or anxieties will fade away as you fly off for your exciting adventure along China's Great Wall.

DAY 2 Sun 16 Oct

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Arrival Beijing and transfer to the Wall area

Touching down in Beijing, the group will be greeted by a local Charity Challenge guide who will oversee the long transfer to the hotel in the mountainous area surrounding Beijing. Do your best to battle jetlag as today is a great opportunity to explore your new surroundings. The group will get together for a first team meal, as well as a briefing about the challenge ahead. Don't forget to ask any last minute questions.

DAY 3 Mon 17 Oct

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Jinshanling Loop (approximately 5-6 hours)

And we're off! After a short drive, we will catch our first glimpse of the magnificent Great Wall before starting off on our first climb on the iconic pathway. Today's route includes parts of the original wall with steep, crumbling staircases and watchtowers. As the wall snakes along the horizon, we will be treated to panoramic views of up to 80 miles of mountains. With Mongolia on one side and China on the other, be sure to take time to soak up your surroundings. The endless steps will have taken their toll, so we'll head to our new lodge for a well deserved rest.

DAY 4 Tue 18 Oct

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Gubeikou Gateway (approximately 7-8 hours)

After a successful first day it's a short transfer to begin what will be our longest trekking day, beginning from a nearby village. On slightly less than fresh legs, you'll need to dig deep to overcome the long and demanding Gubeikou section. Hopefully the buoyant team morale and impressive views will help you rise to the challenge. We descend off the wall through rugged farmland, before going back up for the renovated Jinshaling section and ending the trek where we began yesterday. Expect to end the day feeling worn out but overwhelmingly proud of your achievement. Transfer to a new lodge for another rest.

DAY 5 Wed 19 Oct

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Mutianyu section (approximately 5 hours)

Emotions are bound to be mixed as we set off for our biggest battle yet: the Mutianyu section. Take a transfer to the village of Xizhazi, where the day's trek begins. From here it's onwards and upwards towards the tower of Zhenbeitou, which is quite literally the pinnacle of the challenge. Prepare for a tough final stretch upwards to the tower, after which comes the reward of the incredible vistas. From here it's a two-hour trek to Mutianyu, a much visited section of the wall but certainly worthy of a few pics. What goes up must come down, so be ready for

hundreds of steps down to the waiting coach.

DAY 6 Thu 20 Oct

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Huanghuacheng (approximately 5 hours)

After the efforts of the previous three days, it's an hour's transfer to the village of Xishuiyu, where we begin trekking the Huanghuacheng section of the wall. Often described as the most exciting part of the itinerary by former participants, the main obstacle of the day is the overgrown and uneven path that involves some elements of scrambling. The morning is spent battling steep descents and narrow paths, before eventually reaching a paved part of the wall after lunch. Spirits will be high as we enjoy the magnificent views over the Xishuiyu reservoir below. It's not time to relax just yet, however, as there's a steep descent down to the final watchtower. The group will be transferred to a lodge for the night.

DAY 7 Fri 21 Oct

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Badaling Great Wall (approximately 4-5 hours)

What a week! After a short drive, you will catch your final glimpse of the magnificent Great Wall from the vehicle before starting off on a steep and challenging climb along a rough and uneven path. This section of the wall has been recently renovated and so you will face a mixture of thin, uneven steps and sloped concrete sections. The final descent is short but very steep, with a slope rather than steps, and will test tired limbs. Your hard work will be rewarded with spectacular views and a well deserved lunch. Once down at the vehicle and en route, the bus may stop at either a silk or jade factory as it heads back to Beijing. Overnight in a hotel.

DAY 8 Sat 22 Oct

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Full day city tour of Beijing

After all that hard work, the group can now enjoy a day exploring China's capital city. The guided tour will highlight the contrast of old and new, including the Old Imperial Palace known as the Forbidden City and Tiananmen Square, as well as the Temple of Heaven, where you can see the locals practicing their morning sports. Then it's time to shop for some last minute souvenirs before a final dinner with your new friends and trekking pals.

DAY 9 Sun 23 Oct

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Beijing to London

After a final breakfast together, the group will head for the airport for the flight back to Heathrow. Armed with a sense of achievement, you can feel proud as you touch down and share your fantastic journey with your family and friends.

NB

This itinerary may change depending on accommodation availability. We occasionally run our Great Wall challenge in reverse, which means that you will complete all of the days of trekking given here but in a different order. 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 expedition leader will have the final say. Should you suffer from vertigo, it is worth considering that on most mountain treks there will be occasional exposure to sheer drops. Therefore you should discuss the particular itinerary of your choice with a member of our team.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.

The costs below are per person.

SELF FUNDER

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Pay a registration fee of £350.00 when you book

Then a balance of £1397.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £350.00 when you book

Raise a minimum of £2850.00 for your charity.

FLEXI

-

Registration fee of £350.00 when you book

Then £350.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £2135.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Access to "ask the expert" re your kit requirements
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice

On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Internal road and air transfers as per the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- All ground staff including English speaking guide, drivers, cooks, and porters
- Full back-up support including first-aid qualified staff and first-aid supplies
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A Charity Challenge T-Shirt
- All challenge management before, during and post event

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)
- Clothing and equipment listed on your Kit List

THE DETAILS**On your challenge**

-
- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 06/08/2016), and the remaining 20% within 4 weeks of completing the challenge (by 20/11/2016). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

Typical group size

The typical group size is 20 - 30 participants

Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 20 participants. We can run this trip with 15-19 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Optional extras

Business class upgrades*
Travel insurance
Single room supplements*
Extensions at end of trip*
Trek/bike training weekends*
(*subject to availability)

Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <http://www.campbellirvinedirect.com/charitychallenge>.

Level of Difficulty

The Great Wall Discovery challenge is graded as challenging. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a strenuous challenge event before and are hoping to push themselves out of their comfort zone. You can tell your supporters that on your Great Wall Discovery Challenge you will be:

- Trekking for around 4-7 hours per day, covering approximately 50kms over 5 days.
- Continually hiking up and down thousands of stairs.
- Battling the heat on exposed sections of the wall. Temperatures can reach the mid 20s.
- Trekking on un-renovated sections of the wall, with crumbling steps, shrubbery and rocks underfoot, and steep stair climbs.
- Taking on sections at height with drops at either side.
- Staying in basic lodges each night.

Money

Currency: The currency in China is the Yuan ¥. For up to date currency exchange, go to www.xe.com. We recommend exchanging currency before you go; however there are ATM's and currency exchanges available at Beijing airport. You can only convert 100 Yuan notes (around £10 GBP) back in the UK, so make sure that you spend any extra change.

Credit Cards: Cards are not accepted at the lodges along the route of the wall, therefore you should have sufficient currency with you before leaving the airport.

ATMs: You will have no access to ATMs the days that you will be trekking but once back in Beijing you are able to withdraw cash if needed.

How much to bring: All accommodation and meals are included within the price of the trip, as well as water during the days of your trek. You will not need to carry a lot of money with you during the challenge, but as there are daily opportunities to buy soft drinks, alcohol and snacks on the Wall we would suggest a maximum amount of about £15 a day (in Yuan). Bring more if you intend to buy souvenirs and take up the opportunity of the additional tours offered by the guides. You may have the opportunity of visiting an acrobat show (around £20) and enjoying a relaxing post-trek massage (about £25) on your return to Beijing at the end of the trek. The guides will also offer you the opportunity to purchase a CD souvenir of group photos (around £20), traditional name chops and other items. There are plenty of great souvenirs in China so do keep that in mind!

Tipping: Tipping is at your sole discretion and all staff are paid a fair wage. However, tourism is a tipping culture, and Chinese guides will generally receive a tip at the end of a job well done. If you choose to tip, we would suggest an amount of £35 per participant for the duration of the challenge (around 350 Yuan). For those on Charity Challenge organised extensions, we would suggest between £5 and £6 per person per day.

Visa

UK Citizens DO require a visa to enter China. You cannot obtain visas upon entry to China. We will supply you with the relevant form and application advice three months prior to departure, and if you would like to start having a look at the information you can visit the Chinese Visa Application website by clicking here. However, you should not

apply before 3 months prior to departure due to the validity of the visa.

You will need to attend the Chinese Visa Application Service Centre yourself to process your application or apply by post, which costs extra. Prices are subject to change by the Chinese Embassy and will be confirmed upon your application. Your passport must have at least six months to run from the end of your challenge and one blank page for your visa.

Vaccinations

For up to date vaccination information please check the NHS 'Fit for Travel' website:

<http://www.fitfortravel.nhs.uk/home.aspx>. Although the Charity Challenge team are travel professionals, they are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting in China, and as such it may be useful to take a copy of your itinerary with you.

Flights

You will be flying from London Heathrow to Beijing. The flying time is approx. 9-10 hours if flying non-stop or 14-16 hours if indirect. Your flight tickets will be issued to you upon departure at the airport. If you choose to book your own flights please confirm with the Charity Challenge office first, otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance). For more general flights questions, please refer to our main [FAQs page](#).

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

On Day 7 of your Great Wall Discovery itinerary there is the opportunity to ride on a toboggan run at the end of your day's trek. Please note that, if you choose to ride the toboggan, you do so at your own risk and you will be not covered if you have taken out Global Travel Insurance as recommended by Charity Challenge. We strongly discourage using the toboggan run and cannot vouch for its safety. Your decision to ride the toboggan should take this into account.

For more general travel insurance questions, please refer to our main [FAQs page](#).

Extension information

Terracotta Warriors

Day 9 Free day in Beijing and Board the Overnight Train to Xian

The day is yours to explore Beijing. Take an optional tour to the splendid Summer Palace or visit one of the city's markets for some last minute souvenirs. After an early dinner, catch the overnight train to Xian. Please note that the four-berth cabins are air-conditioned and for both men and women together. (B, D)

Day 10 Arrive Xian. Visit Terracotta Warriors & Xian Grand Mosque

Upon arrival in Xian, transfer to a nearby hotel. After breakfast, you visit the Grand Mosque in Xian city before your transfer to the Terracotta Warriors Museum. Lunch and a dumpling dinner are included today and in the evening you will be taken to the famous Tang Dynasty cultural show. Overnight at hotel. (B,L,D)

Day 11 Yangling Tomb & Afternoon in Beijing

After breakfast, visit the Yangling Tomb which dates back 2,000 years. Later in the day, you will fly back to Beijing and transfer to your. Please note that dinner is not included tonight, so you are free to dine wherever you choose and explore all that Beijing has to offer at night. (B)

Day 12 Morning in Beijing, Afternoon Flight to UK

Depart for international flight back to the UK arriving the same day. (B)

Warriors and Pandas

Day 9 Free day in Beijing and Board the Overnight Train to Xian

The day is yours to explore Beijing. Take an optional tour to the splendid Summer Palace or visit one of the city's markets for some last minute souvenirs. After an early dinner, catch the overnight train to Xian. Please note that the four-berth cabins are air-conditioned and for both men and women together. (B, D)

Day 10 Arrive Xian. Visit Terracotta Warriors & Xian Grand Mosque

Upon arrival in Xian, transfer to a nearby hotel. After breakfast, you visit the Grand Mosque in Xian city before your transfer to the Terracotta Warriors Museum. Lunch and a dumpling dinner are included today and in the evening you will be taken to the famous Tang Dynasty cultural show. Overnight at hotel. (B,L,D)

Day 11 Visit Yangling Tomb. Fly to Chengdu, Sichuan Province

Start the day with a visit to Yangling Tomb, dating back 2,000 years. Lunch is not included so you're free until you transfer to the airport for the short flight to Chengdu, home to the Giant Panda Breeding and Research Centre. On arrival, it's straight to dinner to sample Sichuan Province's spicy cuisine. (B,D)

Day 12 Visit Pandas. Fly back to Beijing

It's a short drive to the world renowned panda project. Set in 92 acres, the centre has created and imitated the

pandas' natural habitat in order to rear and breed them. You will spend two to three hours here, then head to Chengdu for some free time before flying back to Beijing. A free evening to explore. (B, D)

Day 13 Fly back to UK

There is some free time this morning before transferring to Beijing International Airport for the return flight to London, arriving later that day. (B)

Group Size

Each group is intended to be 20 people minimum in order to run and a maximum of approx. 30 people. We will be able to run this challenge for 10 to 19 people by charging a small group supplement of £75 which will be added to your final balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support staff to assist them. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

Climate

China has the same seasons as the UK, but much more pronounced. April and May are the spring months, and as such the trees are blossoming – there are plenty of flowers around, which may affect hayfever sufferers. In September/October, the trees are losing their leaves and the Wall is surrounded by vibrant oranges and russet colours. Both seasons are incredibly beautiful. April/October will be much colder than May/September, although in all months you may experience wind chill up on the ridges of the Wall, and heat in the valleys. The nightly temperatures will be cold, particularly in April/October, and temperatures may drop to around 5 degrees. Warm layers will be necessary for the evening, but in the day you can expect to reach temperatures of around 20 degrees in early April/late October, and around 28 degrees in late May/early September. Like the UK, the weather is changeable, and these are rough guidelines.

Terrain

The route is mountainous and the wall involves a trek incorporating thousands of steps up and down. There are also steep drops either side of the wall so please take this into account if you suffer from vertigo. Some areas of the Wall are completely unrenovated, and so you may be trekking up some overgrown, crumbly paths in your quest to conquer the Wall!

Luggage allowance and valuables

The luggage allowance will depend on the airline we are using for your challenge, but in general it will be one piece

of checked baggage at around 23kg. However, we suggest that for our Great Wall challenge you should only need around 15kg-17kg. If you don't need it, don't bring it, is a good rule. For any valuables, safe deposit boxes are usually provided in Beijing for guests' use in the hotels, but will not be available in the local lodges. Use a padlock on your luggage when in transit to reduce any risks. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance etc.) in case they get lost or damaged.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our [Responsible Tourism](#) pages, where you will be able to view a list of the projects that we currently support.

Typical day

You will wake at around 7am, have breakfast, make your packed lunch and pack your daypack for the next section of the walk. You will be given enough water for the day and your packed lunch to carry. The rest of your luggage will be transported for you to the next destination. At around 8.30/9am we will begin the day's walk, stopping for lunch at a scenic spot on the wall around midday. You will be walking for 4-7 hours each day and arriving in the late afternoon at your next accommodation. Specific hours of activity for each day are given in the itinerary.

Accommodation

On the Wall you will be staying in basic, but adequate, lodges or hotels. It may not be up to the standard expected in Western hotels, but you should have clean linen and hot water – everything you need! In the colder months of early April and late October, we recommend taking a sleeping bag for anyone who feels the cold in the night. Blankets are provided in the lodges, but a sleeping bag will increase your comfort. The hotels in Beijing will be of a three star standard and much more comfortable. All rooms are en-suite and have facilities for charging batteries. If you are travelling with a friend or partner who you wish to share with please ensure that you note this where appropriate when booking or email challenges@charitychallenge.com.

Food & Drink

Food is basic but filling. In recent years, breakfast has become more westernised, with eggs, tomato and cucumber, as well as cooked meats. Lunch will usually be a sandwich along with nuts, snacks and fruit. Dinner will consist of

Chinese dishes and of course rice or noodles. There will, of course, be vegetarian options provided, although the choice is more limited. It is important that you eat as much as possible during the trekking phase in order to replace body salts lost due to increased perspiration. All participants but especially those with personal eating restrictions should bring snacks to supplement their meals. You may also wish to bring additional treats like marmite, peanut butter etc. as you will be eating Chinese food everyday – this can become monotonous for even the most adventurous eater!! The tap-water is not safe to drink. Bottled water will be provided during the trekking sections, and you can buy bottled water or soft drinks in hotels and lodges for meals (around 5 Yuan, or 50p). Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are a high quality gore-tex waterproof jacket and technical/wicking t-shirts rather than cotton shirts. Walking poles are also highly recommended, as the steps on this challenge are very tough on even the fittest knees, and descents can be tricky. A full kit list for this challenge can be found [here](#), and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

Toilets

These range from very basic ('communing with nature' on the trek itself) to normal western standards in the accommodation. 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.

Phone and WiFi

Most of the accommodation you are in will have limited WiFi which you will be able to use, but please do not rely upon this. Facebook and any Google-based applications (including Gmail) are blocked in China, so you will not have access to these sites or be able to post updates for your friends and family. You will have phone signal in almost all places on the challenge.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

In terms of your Great Wall Discovery challenge, there are a couple of important points that you should be aware of:

- The wall is very exposed, with almost no shade, and on sunny days the temperatures can soar. You should ideally be wearing a sun hat, sun cream, and hydrating constantly!
- Some areas of the wall are very remote, with no car access, and emergency evacuation may take up to 4 hours. However, there are several escape routes off the wall and the nearest medical facilities will be by stretcher and then vehicle.
- Certain sections are un-renovated, with crumbling and uneven terrain, and some sheer drops at either side. Your leader will help you get through these sections if you have a fear of heights!
- Smoke alarms are not a legal requirement in China, and as such many of the lodges we use do not have them in place. Your leader will explain the emergency fire procedures to you.
- On the final day of the trek there is the opportunity to ride on a toboggan run on the wall. Charity Challenge strongly discourages the use of the toboggan run, and if you choose to do so this will be at your own risk. Also be aware that the Charity Challenge travel insurance policy will not cover you for this specific activity.

Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. In the event of an emergency on the Wall, all guides and leaders are maintaining contact via radio, and the backup vehicle will not be far away. If somebody is unable to walk at all, then the guides will arrange evacuation off the Wall to the vehicle.

Training

Training and fitness is definitely required. It is important that you work specifically on your stamina, leg and joint strength, and balance in order to get as much out of the challenge as possible. You will be trekking up and down thousands of steps so climb stairs as often and wherever you can! The trek takes place in a mountainous environment, so the best training advice is to get outdoors into some of the mountains of the UK to familiarise yourself with walking on rugged terrain, while carrying weight in your daypack. You need to be able to sustain around 4-7 hours of trekking for 5 continuous days, so if you can then replicating this over a weekend would be fantastic training. You can also look to join one of our training weekends.

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

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Any more questions?

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