CH>RITY
CH>LLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

GREAT WALL DISCOVERY CHINA

Sat 14 May - Sun 22 May 2022

In aid of your choice of charity

14 May - 22 May 2022

9 DAYS | CHINA | CHALLENGING

Appropriately named one of the 'New Wonders of the World, the Great Wall of China is a truly iconic location – perfect for a Charity Challenge.

Originally constructed to defend China against the nomadic tribes, the Great Wall Discovery is a thrilling challenge of twists, turns, ups and downs. Beginning four hours north of Beijing, this week-long challenge tackles a series of vigorous climbs totalling over 10,000 uneven steps. The trek will follow the winding path along the Yan Mountains to the Gubeikou Gateway and takes on the famous 'heavenly staircase'. Exhaustion will quickly be replaced with wonder as you savour the sweeping views of the surrounding mountain ranges.

The challenge ends in the vast metropolis of Beijing, with time to explore the cultural highlights of China's historic capital.

Our expert English speaking guides will be with you every step of the way, managing your challenge and providing historical context to the Great Wall and its surroundings.

- Conquer the imperial masterpiece of the Ming dynasty
- Test yourself against thousands of challenging steps
- Triumph over the crumbling, twisting pathways of the Yan Mountains
- Savour the timeless landscapes and time-weathered watchtowers
- Enjoy the cultural highlights of China's bustling capital city

YOUR CHALLENGE DAY BY DAY

DAY 1 *Sat 14 May*

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International departure from London

Your fundraising and training is about to pay off as the big day has finally arrived. Wave goodbye to family and friends and board your overnight flight to Beijing, where your challenge begins.

DAY 2 *Sun 15 May*

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Arrival Beijing and transfer to the Wall area

Ni Hao, welcome to China!

Your local Charity Challenge guide will be on hand at the airport to welcome you and organise your road transfer to the first night's accommodation. In the evening, you will gather together for a trek briefing and inaugural team dinner to prepare for your incredible adventure.

Accommodation: Lodge

DAY 3 *Mon 16 May*

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Jinshanling Loop (approximately 5-6 hours)

Today, after a short group warm up, your trek on the wall will begin. After just a few kilometres, you will leave behind the tourists and reach an original section of the wall. Its steep, crumbling staircases will provide a fitting introduction to the enormity of the challenge ahead. Be sure to count the watchtowers as you pass through them and take time to look back and see what you have achieved. Tonight, you will get the chance to rest your weary legs at the lodge before getting a good night's sleep.

Accommodation: Lodge

DAY 4 *Tue 17 May*

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Gubeikou Gateway (approximately 7-8 hours)

This is the longest day of the challenge so get ready to push yourself to the limits! Today you will take on the demanding Gubeikou section of the wall, which begins with a steady climb on uneven ground, past several time-worn watchtowers. Gubeikou was once the site of incessant warfare and was heavily guarded leading to an interesting variety of defence structures. This part of the wall offers fantastic panoramic views over rural China so be sure to have your camera to hand. A short transfer at the end of the day will take you to your lodge where a delicious evening meal will await you.

Accommodation: Lodge

DAY 5 *Wed 18 May*

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Mutianyu section (approximately 5 hours)

Today follows the Mutianyu section of the wall and will see you taking on the "Heavenly Staircase".

You will begin the day with a steep climb up towards the first watchtower on this section before following this along to the Heavenly Staircase. Once at the top, you can bask in the glory of the truly breath-taking scenery around you and take advantage of being on one of the quieter sections of the wall. Given the number of stairs and the scale of the climb, today will test even the fittest of legs. After leaving the wall, you will head back to the lodge with a sense of achievement, after successfully completing one of the more demanding days of the trip.

Accommodation: Lodge

DAY 6 *Thu 19 May*

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Huanghuacheng (approximately 5 hours)

Challenging yet unforgettable, the Huanghuacheng section is one of the most exciting parts of the wall.

From the small village of Xishuiyu, you will take a trail through thick forest to reach the entry point onto the wall. Overgrown, undulating and steep in places, today's section boasts a spectacular backdrop of the surrounding mountains, the Xishuiyu Reservoir and the Little West Lake. You will need to take care today as this unrestored section can often be loose under foot. Once you have soaked up the view, you will head down for your transfer to your overnight accommodation and enjoy a well-earned drink.

Accommodation: Lodge

DAY 7 *Fri 20 May*

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Badaling (approximately 5 hours)

Today's trek will take you to the best preserved and most complete section of the wall. With classic views of the wall winding its way over the hills and into the distance, there will be plenty of perfect photo opportunities along the way. After conquering the final watchtower of the day, it will be time to leave this impressive fortification behind you and head back to Beijing. Once settled back in the capital, you will enjoy an evening meal with your fellow trekkers and new-found friends.

Accommodation: Hotel

DAY 8 *Sat 21 May*

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Day 8: Full day city tour of Beijing

With the hard work done, it will be time to relax and enjoy some of the cultural highlights of China's historic capital, Beijing.

Today's city tour of Beijing includes a visit to Tiantan Park and the Temple of Heaven, where you can join the locals

as they enjoy a morning of Tai Chi, Mah Jong and their own unique version of 'Strictly Come Dancing'! An opportunity for some shopping at the local market is followed by a tour around Tiananmen Square and the magnificent Forbidden City, before a final group dinner of traditional Peking Duck or a vegetarian alternative.

Accommodation: Hotel

DAY 9 *Sun 22 May*

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Day 9: Beijing to London

It's time to bid a fond farewell to China and make your way to the airport for your morning flight home. Filled with a profound sense of pride and a wish that the adventure could continue, you will return home armed with stories and memories that will last a lifetime...or at least until the next challenge.

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	MINIMUM SPONSORSHIP	FLEXI
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Pay a registration fee of £425.00 when you book *Then a balance of £1519.00* *(10 weeks before your challenge)* *Raise as much as you can for your charity.*	*Registration fee of £425.00 when you book* *Raise a minimum of £3100.00 for your charity.*	*Registration fee of £425.00 when you book* *Then £425.00 towards challenge costs* *(10 weeks before your challenge)* *Raise a minimum of £2235.00 for your charity.*

WHAT'S INCLUDED

Before you go

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- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Sponsorship forms
- Access to your own password protected account including support materials and training schedules
- Warm up exercise routines
- Risk assessment and emergency management planning
- 16 and 20 week trek/bike training schedule
- Access to training weekends (optional and at additional expense)
- Fitness training notes
- Fundraising advice
- Public liability insurance

On your challenge

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- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- A Charity Challenge T-Shirt
- Full back-up support including first-aid qualified staff and first-aid supplies
- An English speaking first aid trained challenge leader and full local support team
- 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
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- UK-based 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)
- Equipment as per the challenge activity

WHAT'S NOT INCLUDED

Before you go

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- Visa (if required)
- Any covid tests required for entry to any

On your challenge

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- Tips
- Departure Tax (if applicable)

countries or places of interest on your challenge itinerary
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

THE DETAILS

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 12 weeks before departure (by 19/02/2022), and the remaining 20% within 4 weeks of completing the challenge (by 19/06/2022). 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 13 - 35 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 13 participants. We can run this trip with 8-12 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* Single room supplements* Extensions at end of trip* Travel insurance (*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 trek is graded as challenging. A "challenging" trip will test someone who is relatively fit and has a spirit of adventure. You may have had some previous experience, but this is not necessary as long as the correct training is undertaken.

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.
- trekking up and down thousands of stairs.
- exposed to the elements, rain, wind or sunshine along the wall.
- trekking on un-renovated sections of the wall, with tricky terrain
- taking on sections at height with drops at either side
- staying in basic lodges each night

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.

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, an advanced and thorough safety management system. 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 steep 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 recommended travel insurance policy will not cover you for this specific activity.

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.

Terracotta Warriors extension

DAY 9 FREE DAY IN BEIJING AND BOARD THE OVERNIGHT TRAIN TO XIAN
Today has been left free for you to make the most of Beijing's many attractions. There is a possibility of joining an optional tour to the majestic Summer Palace, described by UNESCO as a masterpiece of Chinese landscape garden design. Other options include a visit to one of the city's bustling markets before an early dinner precedes the boarding of the overnight train to Xian. Please note: You will be occupying four-berth, air-conditioned cabins on the train. These will be unisex. (B, D)

DAY 10 ARRIVE XIAN. VISIT TERRACOTTA WARRIORS & XIAN GRAND MOSQUE
One of the oldest cities in China, Xian once lay at the start of the famous Silk Road. Arriving in the city this morning, you will be transferred on to your hotel in time for breakfast and a chance to freshen up. After paying a visit to Xian's Grand Mosque, you'll then continue on to the Terracotta Warriors Museum, without doubt, one of China's most revered archaeological sites. Lunch and a dumpling dinner are included today and this evening you will enjoy a performance of the renowned Tang Dynasty cultural show. (B, L, D)

DAY 11 YANGLING TOMB & AFTERNOON IN BEIJING
Following breakfast, you will pay a visit this morning to the 2,000-year-old Yangljng Tombs, the final resting place of the fourth emperor of the Western Han Dynasty. Later you will then fly back to Beijing, to spend your final night in the Chinese capital. Dinner is not included this evening, affording you an opportunity to make your own plans to enjoy some of the rich culinary diversity the city has to offer. Breakfast included.

DAY 12 MORNING IN BEIJING, AFTERNOON FLIGHT TO UK
Depart on an international flight back to the UK, arriving at London Heathrow the same day. (B)

IMPORTANT INFORMATION ABOUT THE TERRACOTTA WARRIORS EXTENSION

Included:

- Overnight train to Xian. You will be booked in a four-berth cabin, which may require you to share with members of the opposite sex. To secure a single-sex cabin a supplement will apply. Please enquire with

challenges@charitychallenge.com for the additional information regarding any supplement, subject to availability.
- All transfers
- Accommodation on twin share basis in Xian at the 4* Le Garden hotel and in Beijing at the 3* Holiday Inn Express Temple of Heaven*
- All sightseeing, entrances and meals as mentioned in the above itinerary

Excluded:

- Additional optional sightseeing in Beijing on Day 9
- Personal expenses (i.e.: gifts, extra soft drinks or alcohol, laundry, etc)
- Any tips for the local team (guides, drivers, etc.)

Please note that this extension is subject to minimum numbers and flight availability and should be booked no later than 14 weeks prior to departure. In some cases, a surcharge may need to be applied, in which case we will inform you prior to confirming your booking. Full payment must be received no later than 8 weeks prior to departure or your place on the extension may be cancelled. All bookings will be confirmed no later than 6 weeks prior to departure.

The advertised costs for this extension are per person on twin sharing basis. If you are a solo passenger, we will accommodate you in a room with someone of the same sex.

*Please note that we reserve the right to change accommodation. Where this is necessary, alternative accommodation will be of an equal or better standard.

Warriors & Pandas extension

DAY 9 FREE DAY IN BEIJING AND BOARD THE OVERNIGHT TRAIN TO XIAN

Today has been left free for you to make the most of Beijing's many attractions. There is a possibility of joining an optional tour to the majestic Summer Palace, described by UNESCO as a masterpiece of Chinese landscape garden design. Other options include a visit to one of the city's bustling markets before an early dinner precedes the boarding of the overnight train to Xian. Please note: You will be occupying four-berth, air-conditioned cabins on the train. These will be unisex. (B, D)

DAY 10 ARRIVE XIAN. VISIT TERRACOTTA WARRIORS & XIAN GRAND MOSQUE

One of the oldest cities in China, Xian once lay at the start of the famous Silk Road. Arriving in the city this morning, you will be transferred on to your hotel in time for breakfast and a chance to freshen up. After paying a visit to Xian's Grand Mosque, you'll then continue on to the Terracotta Warriors Museum, without doubt, one of China's most revered archaeological sites. Lunch and a dumpling dinner are included today and this evening you will enjoy a performance of the renowned Tang Dynasty cultural show. (B,L,D)

DAY 11 TRAIN TO CHENGDU, SICHUAN PROVINCE

Today you take the 3-hour express train from Xian to Chengdu, home to the world-renowned Giant Panda. On

arrival, you will be transferred to a centrally located hotel and take a tour to Kuan and Zhai Alley or the Jinli Market Street which showcases the Chengdu folk culture including the Sichuan embroidery and shadow play. (B,L,D)

DAY 12 VISIT PANDAS. FLY BACK TO BEIJING

Driving the short distance to the research centre this morning, you will then spend some two to three hours enjoying a rare opportunity to learn more about its work as one of the world's most important panda breeding sanctuaries. Following the visit, there will be some free time in Chengdu before boarding the flight back to Beijing, where you will have a free evening to make the most of your final night back in the capital. (B, D)

DAY 13 FLY BACK TO UK

After a final chance to make the most of some free time this morning, you will then transfer to Beijing International Airport for the return flight to London, arriving back in London Heathrow later the same day. (B)

IMPORTANT INFORMATION ABOUT THE WARRIORS & PANDAS EXTENSION
Included:

- Overnight train to Xian. You will be booked in a four-berth cabin, which may require you to share with members of the opposite sex. To secure a single-sex cabin a supplement will apply. Please enquire with challenges@charitychallenge.com for the additional information regarding any supplement, subject to availability.
- All Internal flights
- All transfers
- Accommodation on twin share basis
- All sightseeing, entrances and meals as mentioned in the above itinerary

Excluded:

- Additional optional sightseeing in Beijing on Day 9
- Personal expenses (i.e.: gifts, extra soft drinks or alcohol, laundry, etc)
- Any tips for the local team (guides, drivers, etc.)

Please note that this extension is subject to minimum numbers and flight availability and should be booked no later than 14 weeks prior to departure. In some cases, a surcharge may need to be applied in which case we will inform you prior to confirming your booking. Full payment must be received no later than 8 weeks prior to departure or your place on the extension may be cancelled. All bookings will be confirmed no later than 6 weeks prior to departure.

The advertised costs for this extension are per person on twin sharing basis. If you are a solo passenger, we will accommodate you in a room with someone of the same sex.

*Please note that we reserve the right to change accommodation. Where this is necessary, alternative accommodation will be of an equal or better standard.

Flights

You will be flying from London Heathrow to Beijing. The flight time is approx. 9-10 hours if flying non-stop or 14-16 hours if indirect. Your flight tickets will be emailed to you before your deparure.

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.

Please note: From September 2019, Beijing will be opening their new airport - Beijing Daxing Airport. This is located approximately 45km south of Beijing city centre and is an extremely long transfer to meet the rest of the group who will be arriving into Beijing Capital International Airport.

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 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. The Visa Application Service Centres are located in London, Manchester, Edinburgh and Belfast.

Prices are subject to change by the Chinese Embassy and will be confirmed upon your application. The cost of the visa starts from £151 and a full breakdown of costs can be found here. Your passport must have at least six months to run from the end of your challenge and one blank page for your visa.

Participants under 18 will need extra documentation to apply for their visa.
a). Applications for those who are under 18 years old should be signed by both parents or their guardian(s) on the form Section 5
b). Applicants under 18 must provide the birth certificate with parents' names (original and copy)
c). Applicants under 18 must provide passports of both parents (original and copy of information page and signature page) and/or relevant legal documents for the guardians (original and copy) plus passport of the guardians (original and copy of information page and signature page).
d). If both parents or one of the parents are/is non-British passport holder(s), both original and copy of the parent(s) valid legal stay permit (work visa, study visa or residence permit) must be provided.
e). If personal information does not match on documents (such as a name change), both the original and copy of the changing proof documents must be provided.
f). The birth certificate should be either in English or Chinese.

Note:
The visa form requires a “yes” or “no” answer to the following question:
Are you experiencing any of the following conditions?
1. Serious mental disorder
2. Infectious pulmonary tuberculosis
3. Other infectious diseases of public health hazards

If you have any concerns about this question please refer to your GP/Health Clinic and note that you may be asked by the visa office for further information and a fit to travel note to support your travel to China.

Insurance

It is a condition of travelling with Charity Challenge that you have a suitable travel insurance policy which covers you for your entire 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 must complete in your account area prior to travel.

On 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 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.

Vaccinations & Medicines

For up to date vaccination information please check the Travel Health Pro website: https://travelhealthpro.org.uk/country/49/china#Vaccine_recommendations

The Charity Challenge team are not medical experts and we would encourage you to visit your doctor or travel nurse to discuss vaccination requirements. Your doctor may ask questions about the specific locations that you are visiting so it may be useful to take a copy of your itinerary with you.

Medication

- Carry medicines (including those bought over the counter) in their correctly labelled container, as issued by the pharmacist, in hand luggage
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check you can find further information at https://travelhealthpro.org.uk/factsheet/43/medicines-abroad

Climate & Terrain

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!

Training

Training and fitness are 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 mountains 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.

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

Luggage allowance & 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 20kg.

You should only need around 15kg-17kg. 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, passport, visa etc.) in case they get lost or damaged.

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.

Group Size

Each group is intended to be 13 people minimum in order to run and a maximum of approx. 35 people. We will be able to run this challenge for 8 to 12 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).

Clothing & 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, however we would recommend training with these prior to your trek. 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.

Accommodation & Toilets

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 the lodges will provide clean linen and washing facilities. 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.

Toilets

There will be basic, western style toilets in the lodges and there will be en-suite toilet and washing facilities at the hotels. Depending on the season, hot water may be limited in some of the lodges along the wall.
Along the trekking route, toilet facilities will be limited to the great outdoors!

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.

Money

Currency

The currency in China is the Yuan ¥. 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 on the trekking days but once back in Beijing you will be 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 £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 personal and at your sole discretion. We recommend approx. US$10 per person per challenge-day (including extensions). This should be given to the challenge leader who will distribute it among the support team, including guides, assistant guides, cooks and porters.

Phone & Wi-Fi

Most of the accommodation you are in will have limited Wi-Fi 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.

Emergencies

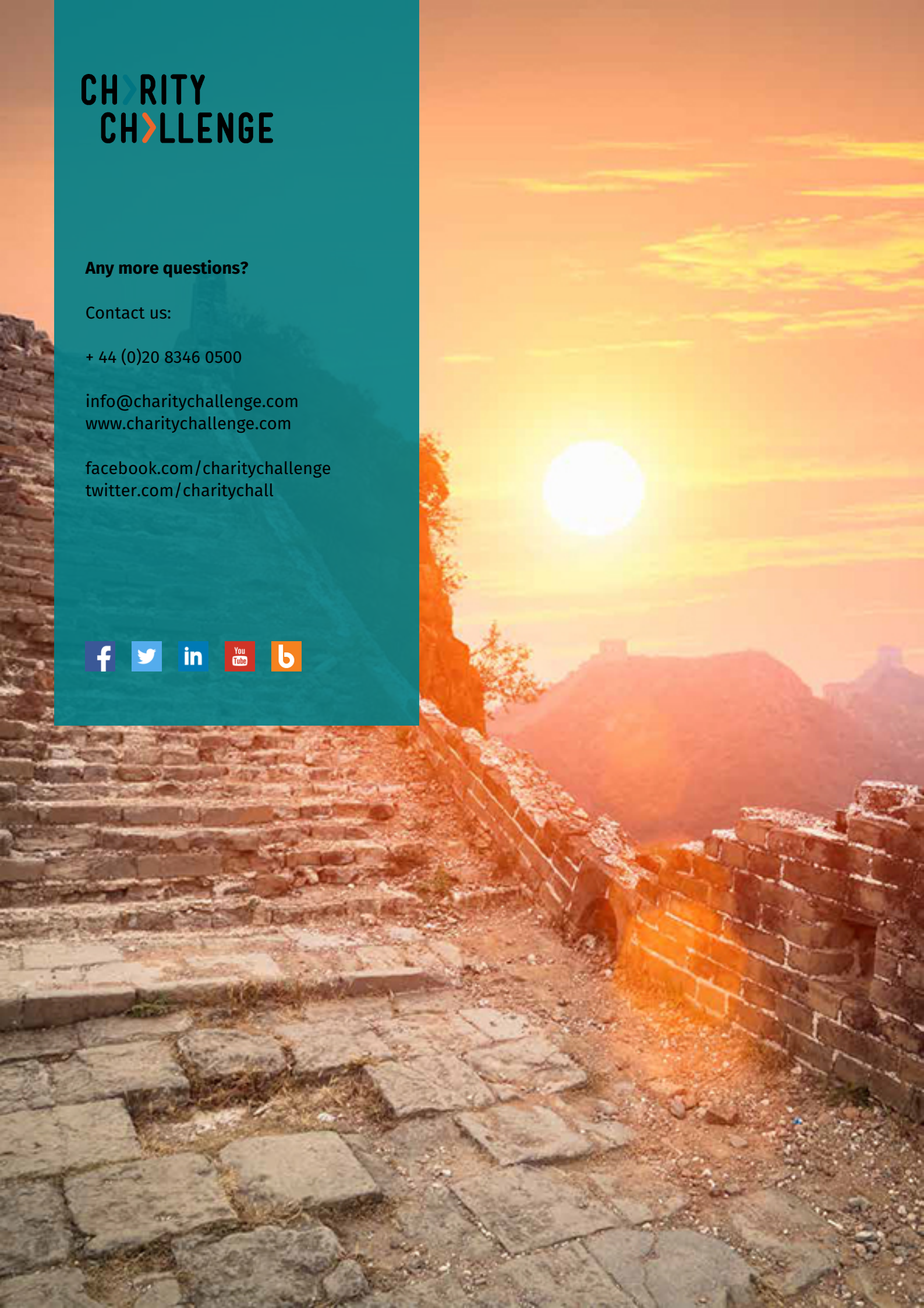
The event is not run as a race and there is always a large discrepancy in people's walking abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. In the event of an emergency on the 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.

CHARITY CHALLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

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