trek
Great Wall of China
Trek the mighty wall through peaceful woodland and over rugged mountains. Climb the Heavenly Steps and descend on a 1,000 ft luge before exploring Beijing’s Forbidden City.

actionchallenge on the Great Wall of China
The Great Wall of China starts at the Yellow Sea and stretches 2,700 miles across mountains, valleys, rivers and plains to the Gobi Desert. The wall’s crenellated ramparts and watchtowers were built to instill fear in the marauding Mongolian horsemen. Today, it instills wonder in the marauding trekkers and, with only one week out of the office, this is a fabulous trip of a lifetime.

We hike along the atmospheric, crumbling section at Gubeikou known as the ‘Wild Wall’, with its unkempt paths and ruined watchtowers. At Mutianyu we trek along restored stretches of the wall, enabling us to appreciate the sheer scale and might of the wall in all its glory. Panoramic views stretch to distant misty mountains, over peaceful woodland and terraced fields to exposed ridges and majestic peaks. Hunkered into the mountains, the wall disappears into valleys and reappears over mountaintops, snaking its way to the far horizon.

Together we climb the 1,000 Heavenly Steps hewn into the rock and, for the adrenaline junkies amongst us, we descend by luge, hurtling down the 1,000 ft mountainside in just two hair-raising minutes! Away from the wall, we trek in the Black Dragon Pool Park, a spectacular nature reserve set in a deep valley with waterfalls, towering cliffs, crystal clear pools and traditional Chinese buildings.

On our return to Beijing we visit Tiananmen Square and take a tour of the Forbidden City before enjoying our last dinner together and toasting our wonderful trek along the Great Wall of China.

at a glance
- Activity: Trekking
- Location: The Great Wall, China
- Duration: 9 days / 5 days trekking
- Difficulty: Moderate
- Distance: 45 km
- Group size: 15 -25

trip highlights
- Visit remote parts of the wall
- Explore the wall’s ancient watchtowers
- Climb the Heavenly Steps and descend via luge
- Hike to the black Dragon Pool park waterfalls
- Get a glimpse of traditional rural life in China
- Trek the ‘Wild Wall’ from Gubeikou
- Visit the Forbidden City and Tiananmen Square

Action Challenge have been leading inspirational team adventures across the world for individuals, private groups, charities and corporate clients since 1999. Our trips enable people to experience the world’s most exhilarating locations, often in aid of charity. At the heart of every challenge is team spirit and fulfilment; together we take on once-in-a-lifetime adventures, achieve formidable goals and forge friendships for life.
The weather in China can be very humid, particularly during the summer months when there are high temperatures and rainfall. The best times of year to trek the Great Wall are in the spring and autumn, when it will be drier and little cooler, without being too cold. It is advisable to pack for all weathers to ensure that you are prepared for changeable conditions.

This fully-inclusive adventure to the Great Wall of China will begin as soon as you register! You will receive a challenge pack including a training guide, kit list and discounts for all the essentials you may need. If you are raising money for a charity, we will sort out all the formalities so you can concentrate on your own preparation and fundraising. We offer pre-challenge briefings and training weekends in the UK, where you can meet our trek leaders, members of your group and others taking part in challenges around the world. On the day of departure you will meet your group and Action Challenge leader at the airport in London. Whether you’re joining the challenge on your own or with others, you will instantly be made to feel welcome. As a team we will board our flight to Beijing, ready to take on the Great Wall of China and the hike of a lifetime!

**brief itinerary**

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**what’s included**

- International flights
- Action Challenge trek leader
- Full support team, including local guides
- UK medic
- All accommodation
- All meals, except in free time
- Airline taxes
- Treated drinking water
- All transfers in local vehicles
- National Park entrance fees
- Celebration dinner
- Invitation to a challenge briefing in London
- Discounted training weekends in the Peak District, Snowdonia & Brecon Beacons
- Fitness and training guide
- Discounts from UK retailers
- Reduced rates at Nomad Travel Clinics and Masta Health

**dates**

Please visit our website for more details.

**cost**

All inclusive trip cost from £1,549 in 2016/2017

Initial £299 deposit to sign up

Three payment options available

**Please visit our website for more details**

**how tough is the challenge?**

This challenge requires a good level of fitness to trek the route, the terrain is varied with some steep uphill climbs, downhill sections and steps. Some prior aerobic fitness training is necessary.

**extensions**

Why not stay on after the challenge and explore some more of Beijing’s highlights?

Extensions include:

- Terracotta Warriors (3 day)
- Terracotta Warriors and the Giant Pandas (5 day)
- Shanghai (3 day)

**Please email us for more information**

**when to go**

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itinerary

DAY 1 - Depart London
Depart on our flight to Beijing Airport.
Meals: Dependent on flight schedule

DAY 2 - Changping
We arrive in Beijing airport and transfer by coach 70 kms north of the capital to our hotel. On arrival we have time to freshen up prior to our first Chinese lunch and a free afternoon. We meet our guides for a briefing over an evening meal.
Meals: L,D   Accom: Hotel

DAY 3 - Badaling and Juyong
After breakfast we transfer to the unrestored section of the Badaling Wall to avoid the busy crowds. From the high points of the Wall we have panoramic views of misty mountains fading far into the distance. After lunch, we transfer to the Juyongguan section of the Wall, which was constructed in the 5th century and rebuilt many years later by the Ming Dynasty. It is considered to be one of the most strategically important parts of the wall due to its link with Beijing. Today’s warm up prepares us for some of the steep inclines we will be climbing during our trek. Once finished we transfer back to our hotel.
Meals: B,L,D   Accom: Hotel   Distance: 10.5 km / 7 hours trekking

DAY 4 - Mutianyu
Beginning with an early start we transfer through stunning rural countryside to Mutianyu. This was one of the first sections of the Great Wall to be recognised by UNESCO as a World Heritage Site, which is why this section of our trek is so well preserved. In the afternoon we continue to the highest point of today’s challenge, ascending the Heavenly Steps. At the end of our trek we have the option to try the ‘luge’ – 300m from top to bottom! There will be some free time in Mutianyu before transferring to our lodge.
Meals: B,L,D   Accom: Lodge   Distance: 6.5 km / 5 hours trekking

DAY 5 - Black Dragon Pool Park
This morning we transfer to the Black Dragon Pool Park, a spectacular nature reserve set in a deep valley with cliffs rising impressively on either side of crystal clear pools. We spend the day trekking through the park which is steep in places but punctuated with stunning scenery. We have our packed lunch at a waterfall after which we continue over the pass for the final long descent to the end of the day. We transfer to our lodge for a well-deserved meal.
Meals: B,L,D   Accom: Lodge   Distance: 10 km / 7 hours trekking

food
Breakfast each morning will be in our hotel/lodge whilst lunches will be en route. Evening meals will be at the hotel or a local restaurant, except in free time.

All meals are full of carbohydrates, protein and nutrients to keep us well fuelled throughout the trip.

We can cater for all dietary requirements if informed in advance.

accommodation

- Four nights in comfortable 2/3* hotels
- Three nights in lodges

All accommodation is on a twin/triple-share, single-sex basis and we will pair you with someone of a similar age, where possible.

If you wish to share a room with someone you are travelling with, please specify this on your registration form.

single supplement

If you decide that you would like to have your own room on the challenge, we can accommodate this in the majority of places.

Please email us for more information

additional costs

- Insurance - approximately £60
- Visa - £30
- Vaccinations - up-to-date on boosters.
- Tips for local staff - recommended amount £30
- Airline fuel surcharge / supplement as applied by airlines.
A kit list will be sent to you on receipt of registration. Many everyday items can be used on this challenge, and we offer a kit hire service to keep costs down.

**Land only**

If you are planning on travelling to Beijing before the challenge or wish to organise your own flights, we do offer a land only option, with a significant discount off the trip price. You will be required to meet your group at the hotel on day two of the itinerary.

Please email us for more information

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**Training weekends / briefings**

We run a number of training weekends throughout the year in the Peak District, Brecon Beacons and Snowdonia. These are fully-inclusive - 2 night’s accommodation and all meals. We also organise training days in London and the North and South downs. On both, you will get the chance to meet our mountain leaders and test out your kit and fitness!

You will also receive an invite to a challenge briefing in central London.

**What’s not included**

- Alcoholic drinks
- Drinks and food outside of meals, other than water
- Personal kit / equipment
- Airline fuel surcharge / supplement as applied by airlines.

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**Day 6 - Gubeikou Great Wall**

This morning we transfer to the start of the trek at Gubeikou. Gubeikou was once a town of military significance and an important passage to the capital city. The Yanshan Mountain Range winds from east to west and is cut off at Gubeikou forming a natural narrow pass where our trek begins. Today our trek passes through remote rural farmland and past many crumbling watch towers along the section known as the ‘Wild Wall’. The impressive Simatai Ridge remains visible in the far distance throughout the day.

**Meals:** B,L,D  **Accom:** Lodge  **Distance:** 12 km / 8 hours trekking

**Day 7 - Jinshanling**

The last day of the Challenge! We trek for around five hours at Jinshanling with a packed lunch on the way. We enjoy a wonderful day visiting 20 towers and trekking along beautiful sections of the wall that have been left as ruins. We have a two to three hour transfer back to Beijing before enjoying a celebratory dinner at an excellent local restaurant.

**Meals:** B,L,D  **Accom:** Hotel  **Distance:** 6 km / 5 hours trekking

**Day 8 - The Forbidden City / Beijing**

Breakfast is followed by a visit to Tiananmen Square and a tour of the Forbidden City. In the afternoon, we will pass the impressive Olympic Park and, if time permits, we will make a visit to a local silk factory. In the evening we enjoy our last dinner together before transferring to the airport for our night flight to London.

**Meals:** B,D  **Accom:** Hotel

**Day 9 - Return to London**

We arrive back into London

**Meals:** B
Payment Options

A Registration Deposit of £299 (2016/2017) is required to secure your place, paid in full by card at the time of registration.

Once registered, there are 3 payment options to fund the balance of the trip cost.

1) Self Funded
For anyone who wants to pay for the entire trip themselves. It’s then completely up to you whether or not you choose to raise any money for a charity of your choice.

The total all inclusive cost of this trip is £1,549 for 2016/2017 which, after you pay the £299 Registration Deposit, leaves a balance of £1,250 for 2016/2017 bookings. This final balance is due for payment 10 weeks before your departure along with any fuel surcharges levied by the airline.

2) Sponsorship Funded
This is for anyone who wants to take on this challenge and will link it with fundraising a significant sum of money for a charity of their choice. You would have to raise at least £2,500 for 2016/17 via sponsorship and donations from friends, family and colleagues, and be confident at the outset that you can achieve this total.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least £2,500 for 2016/2017. Your charity will pay for the balance of your trip costs to Action Challenge. That balance, paid by your charity, is £1,250 for 2016/2017 (the same as if you were you were ‘Self Funded’) - the charity will retain at least £1,250 for 2016 to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

3) Mixed Funded
A mix of the 2 options above! You pay about half the trip cost yourself, and also fundraise for your charity. They pay the remaining balance of your trip costs. Ideal for anyone who wants to take on the challenge and also fundraise for a charity, BUT is happy to pay a reasonable proportion of the trip cost themselves, which with your registration deposit, is set at a level that covers at least the costs of flights & accommodation; perfect for those who feel more at ease asking for sponsorship in respect to the ‘challenge’ component of their trip.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least £1,800 for 2016/2017, your charity will pay a portion of your trip cost to Action Challenge. That balance, paid by your charity, is £750 for 2016/2017. At the same time, you will be required to pay the remaining balance yourself, which will be a figure of £500 for 2016/2017 (These two amounts added up to the same as the ‘Self Funded’ final balance) - the charity will retain at least £1,050 for 2016/2017 to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.