



This fantastic trek takes in the Great Wall, the Forbidden City and Tiananmen Square. Throughout this challenge you will explore China's magnificent history, mythology and ancient traditions. This incredible experience will leave a lasting impression on you.

DAY 1 Friday 10 October
International departure
London to Beijing
Flight via Istanbul.

DAY 2 Saturday 11 October
Beijing

Morning arrival in Beijing. We transfer to our accommodation at a hotel and have the rest of the day free to acclimatise. After dinner we hear more about the week ahead.

DAY 3 Sunday 12 October
Great Wall at Mutianyu
(10km trekking approx)

We set off early to catch our first views of the magnificent Great Wall of China at close range. It is a steep climb on a trail lined with trees, and at the top the views are stunning. We then trek along the Wall, renovated to resemble its original grandeur. The panoramic vistas on the way are outstanding. Today's main challenge is climbing 400 steps up to the highest restored watch tower in this section. There will be free time to explore the market and

tourist centre of Mutianyu before transferring to our hotel.

DAY 4 Monday 13 October
Black Dragon Paw Park
(18km trekking approx)

We enjoy a gentle hike along a picturesque shallow valley with stream crossings, waterfalls and a small Chinese settlement. From here the walking gets tougher as we climb over a ridge and into the Black Dragon Paw Park. We continue past many of the small rock pools and reach the edge of the park for lunch. Afterwards we head uphill through heavy undergrowth, to arrive at the tallest single tower on a nearby section of the wall.

DAY 5 Tuesday 14 October
Great Wall at Gubeikou
(12km trekking approx)

In the Yanshan Mountains the wall is architecturally striking. Some sections date back to the Ming Dynasty and are unrestored which gives us a completely different experience to the first day. Here the wall is 2-3 metres wide with a path in the centre. Gubeikou is one of the least visited parts of the wall.

DAY 6 Wednesday 15 October
Great Wall at Jinshanling

The wall at Jinshanling dates back to the Ming Dynasty, with unusual features such as "obstacle walls". The highest point is about 700 metres above sea level and the views and scenery are incredible. After crossing a suspension bridge at Simatai we overnight nearby.

DAY 7 Thursday 16 October
Great Wall at Simatai
(8km trekking approx)

We wake up very early to watch a memorable sunrise. The final stage of this challenge is short and sharp with very steep sections, and we climb more than 1,200 steps. We leave the wall to trek down through villages and celebrate the end of the trek. We then transfer to the Rainbow Hotel in Beijing (3 hours approx). After dining together there will be an optional foot massage to ease those aching feet!

DAY 8 Friday 17 October
Beijing

Today you will visit ActionAid's work with migrant workers to see how your sponsorship is changing lives.

DAY 9 Saturday 18 October
Beijing

Free time to explore the city or take part in optional tours to the Summer Palace. You will celebrate the end of your challenge with a meal and evening acrobatic show. Late evening transfer to the airport for return flight to the UK.

DAY 10 Sunday 19 October
Arrive in London mid-morning.

Places are available on a first come first served basis. We will offer an extension for anyone wishing to stay on after the trek (at an additional cost). There is limited availability so please request your extension upon registration.

© Classic Tours. The itinerary is complex and subject to change.



WHERE ON EARTH AM I GOING?

About China

China offers amazing history and culture which you will discover on the challenge. From the Great Wall you will enjoy stunning views of the countryside. We don't recommend the trek to people who suffer from vertigo. Please contact your doctor for advice on vaccinations.

ActionAid in China

ActionAid has been active in China since 1999. We work with the poorest communities, including farmers in Hebei and Guizhou provinces, and migrant workers in Beijing. We work to strengthen and develop the skills of networks and organisations working with communities on



education, cultural, forest and land issues. Promoting gender equality is another core priority. ActionAid-funded activity centres in Beijing provide a space for migrant women to meet and form informal support groups, and to talk to experts on parenting and health issues. They also offer educational and play activities for children.

This information is correct at the time of going to print. You will be advised of any changes before departure. ActionAid is acting on behalf of Classic Tours, ATOL 3379.

TOP TIP!

"Get your myactionaid fundraising page going ASAP and just tell absolutely everybody - it's amazing how much people will give!"

Kelvin Smith, ActionAid Trekker 2007



MONEY MATTERS

REGISTRATION FEE: £300 (can be paid in two monthly instalments)

MINIMUM SPONSORSHIP: £2,900

The trip costs of **£1,375** will be taken from the minimum sponsorship. Trip costs will cover:

- flights and transfers
- accommodation
- all meals apart from lunch on day 8 and lunch and dinner on day 9
- group's first aid supplies
- an English-speaking expedition leader and full local support team
- transfer to project visit in Beijing city.

Additional extras that you will need to cover:

- any additional airline imposed fuel surcharge

- airport taxes and passenger service charge (£145 in 2007 but subject to change)
- Chinese visa (approx £30 plus £20 for postal applications)
- any optional activities not mentioned in the itinerary
- personal spending money
- travel to/from UK airports
- any required vaccinations
- malarial prophylactics
- tips for the local support team
- travel insurance £45, payable to Classic Tours (this is compulsory for UK residents only and must be purchased at the time you register. Non-UK residents will receive travel insurance advice on registration. Different insurance rates are applicable for travellers of 65 years or over).

Image credits: Barry Lewis/ActionAid, Classic Tours

