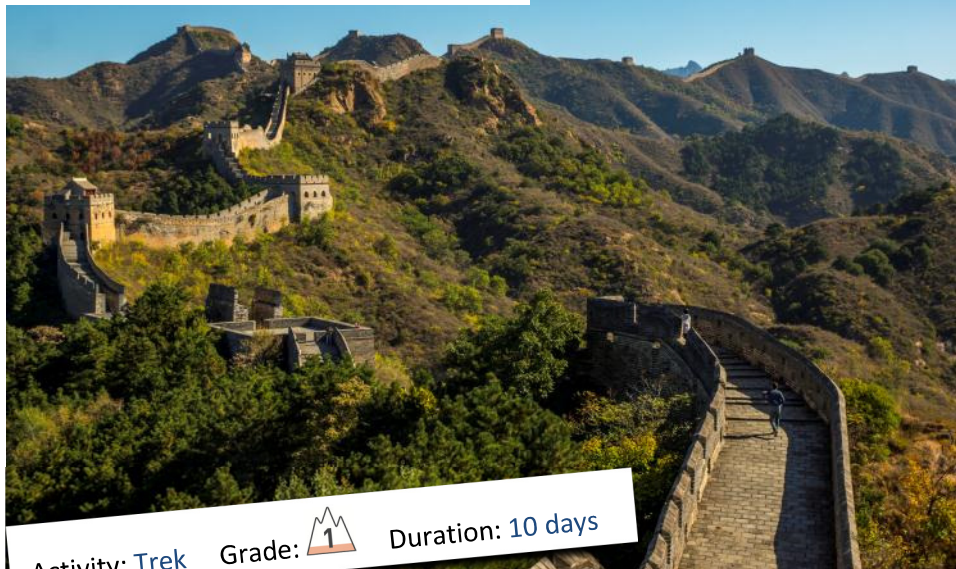




## Great Wall of China Trek

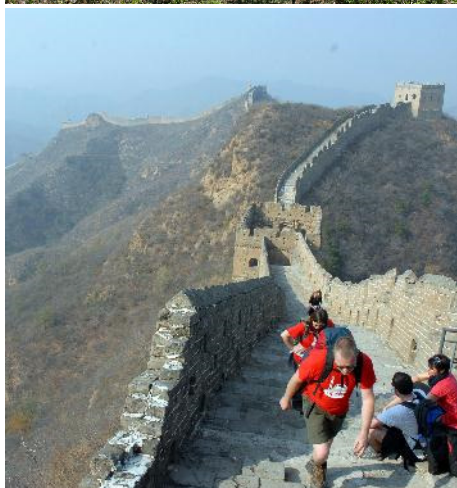
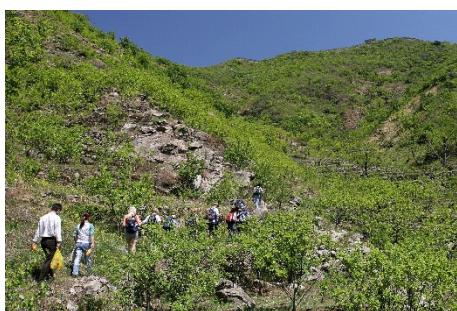


Activity: **Trek** Grade:  Duration: **10 days**

One of the Seven Wonders of the World, The Great Wall of China has to be the ultimate building project the world has ever known; constructed by human hands over 2000 years ago, it stretches across this hilly region with long spurs and watch-towers often disappearing into the mists.

Our trek is very varied, as we pass through woodland and terraced farmland, and follow the contours of the beautiful hills and mountains in remote areas north of Beijing. We follow old sections of the Great Wall, as well as restored sections with smooth flagstones and lots of steps!

This challenge is physically demanding and offers fabulous scenery and a fascinating insight into a rich culture and history.



### Detailed Itinerary

#### Day 1: Depart London for Beijing

#### Day 2: Arrive Beijing; transfer Huangyaguan

After we arrive in Beijing, we transfer (approx. 2-3 hours) to the start of our trek at the small town of Huangyaguan, where we can freshen up and relax! There will be a full trip briefing in the evening. Night mountain hotel.

#### Day 3: Huangyaguan

Huangyaguan is a small town situated in a beautiful valley in the heart of the Yanshan Mountains. After a leisurely start, we have our first experience walking on the Great Wall. After some steep step sections, which give us a good inkling of what lies ahead, we walk predominantly downhill until we again reach Huangyaguan for the evening. Here the wall crosses the road that leads back to our accommodation. Night mountain hotel.

**Trek approx. 4 – 5 hours**

#### Day 4: Huangyaguan – Mountain Village

Our day's walk begins where we left the Wall yesterday, and we head up the steep renovated steps towards what appears to be a sheer cliff face. This is where we

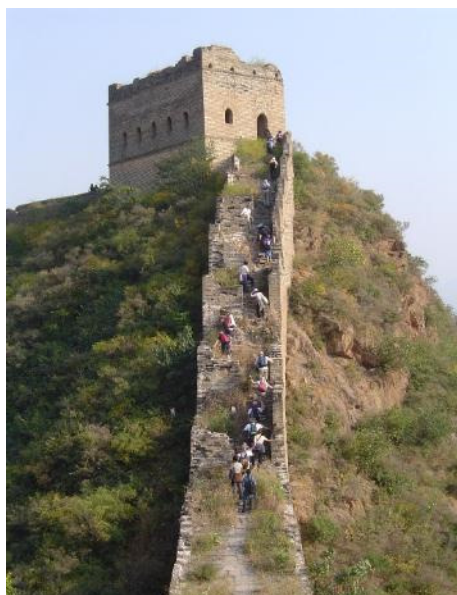


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### Trekking Information

Our treks are graded from 1 (Moderate) to 5 (Extreme). This trek is Grade 1. Walking is partly on flagstones of various conditions on the Wall, and partly on paths through woodland and farmland. At times it is rough and rocky underfoot, at other times it can be muddy. There are also many steps. If you are unsteady on your feet you will find trekking poles useful. You will trek approximately 70km on this trip overall; it's more useful when training to think about the terrain and the hours you need to walk for!

### Weather

Spring and autumn are good times to travel, with warm sunny days which aren't too hot or cold, though it can be cooler up in the hills. Rain showers aren't unusual, and it can be windy. The autumn can be cooler than spring. Weather conditions can change quickly, and you should be prepared for anything. Average temperatures in Beijing range between 7-27 °C.

### Detailed Itinerary (cont)

encounter 'Heaven's Ladder', a steep climb of over 200 steps leading us up the cliff face. There are fabulous views from the top, and once we have caught our breath the path continues gradually on steep tracks through forest, up to the top of the ridge. Once again we join the old Wall, and follow it along the contours of the mountain until we clamber down into the valley below. We bed down in the houses of a local village, a real cultural experience. Night farmers' houses.

**Trek approx. 7 hours**

#### Day 5: Mountain Village – Jinshanlin

Waving goodbye to our hospitable hosts, we head up through the farming terraces immediately behind the village. The path is steep, and the terraces soon give way to rocky hillsides scattered with scrub. Eventually we re-join the Wall, which is unrestored and crumbling so we follow a path which takes us alongside it, with fabulous views along the ridgeline to the day's highest point. We then drop down the hillside and make our way on winding tracks through trees back into the valley, where farmers grow maize, and walnut and fruit trees. Back at the village, we walk along the village road to our waiting transport. Our drive through the mountains to Jinshanlin is very scenic. Night mountain hotel.

**Trek approx. 4 – 5 hours; drive approx. 3-4 hours**

#### Day 6: Gubeiko – Jinshanlin

A quick 20-minute hop in the bus takes us to our start point just outside the village of Gubeiko. We walk through the village and farmland until our path takes us alongside an un-restored yet well-preserved section of the Wall. This part appears to be of almost brick-like construction and dates back to the Qing Dynasty – the last dynasty to rule over this vast land. We follow a track down into the valley in order to skirt a Chinese military post and follow dirt paths through trees and undergrowth before rejoining the Wall. There are some steep sections and we help each other out if need be. Stunning views of the Great Wall snaking along the hilltops keep us going whenever we find it tough! The final stretch to Jinshanlin is on restored Wall with lots of steps. A short walk through the village and small shops takes us to our simple accommodation. Night mountain hotel.

**Trek approx. 7 – 8 hours**

### FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This ride is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the ride less enjoyable – and we want you to have the time of your life!



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## What's Included

All accommodation is included as well as all flights and transfers; all meals except two as specified in the itinerary; entrance to the Forbidden City and all other sites visited as part of the itinerary.

Experienced Discover Adventure leaders and doctor (depending on final group size) are also included, along with a local support crew of local guides and drivers.

It does not include personal travel insurance, airline fuel supplement if charged by the airline (capped by Discover Adventure), entry visa, tips for local crew or international departure tax. It also does not include costs for any optional sites or attractions you may wish to visit. We strongly recommend you carry a credit card in case of personal emergency.

## Accommodation & Food

Accommodation is on a twin-share basis and ranges from good western-style hotels in Beijing to more basic mountain hotels. There is one night in farmers' homestays, which provides a real insight into rural Chinese life.

All food is included when trekking. The food is good, freshly-cooked and will give you plenty of energy for the long days of trekking. Meals are generally Chinese-style not western. Please let us know any dietary requirements well in advance.



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## Detailed Itinerary (cont)

### Day 7: Jinshanlin – Watchtower Panorama – Old Badaling

Starting where we left off yesterday, we head up the carefully restored steps which take us into the mountains one final time. There are a few sections on older bricks and some dirt tracks, but for most of today we walk on good flagstones. The scenery is superb with rolling purple hills fading into the distance, dotted with many watchtowers; classic 'scales on a dragon's back' scenery. After time to soak up this breathtaking panorama, we head down on small paths to meet our waiting transport which takes us to Old Badaling. Night mountain hotel.

**Trek approx. 6 – 7 hours; drive approx. 2 hours**

### Day 8: Old Badaling – Beijing

Our final day of trekking takes us up onto Shixiaguan (Stone Gorge) Wall, at Ancient Badaling. This is a recently restored stretch of the Great Wall that rewards us with wonderful views of our surroundings and is only occasionally visited by other trekkers, so it makes for a very unique and historic finale to our trek! Once we have absorbed the opportunities to take finish photos and enjoyed looking back over the mountains at our huge achievements, we transfer by bus to Beijing, the nation's capital and home to over 13 million people! This evening we have a great celebration to mark our achievements. Night hotel.

**Trek approx. 3 – 4 hours, drive approx. 1.5 - 2 hours**

### Day 9: Beijing

We enjoy time visiting Tianenman Square and the Forbidden City, the must-see sight of Beijing. You are then free to explore or shop. Night hotel.

*(Lunch and dinner not included)*

### Day 10: Fly Beijing to London

***Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.***

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*For details of our extension to see the incredible Terracotta Warriors in Xian (adds 4 extra days) please contact us.*

## Passport & Vaccinations

A ten-year passport is essential, valid for at least 6 months after entry into China. A visa is essential for all nationalities. We will provide you with more information about entry visas in the lead-up to your trip. We insist that you have had a Tetanus injection in the last ten years, and highly recommend protection against Polio, Hepatitis A and Typhoid.

