

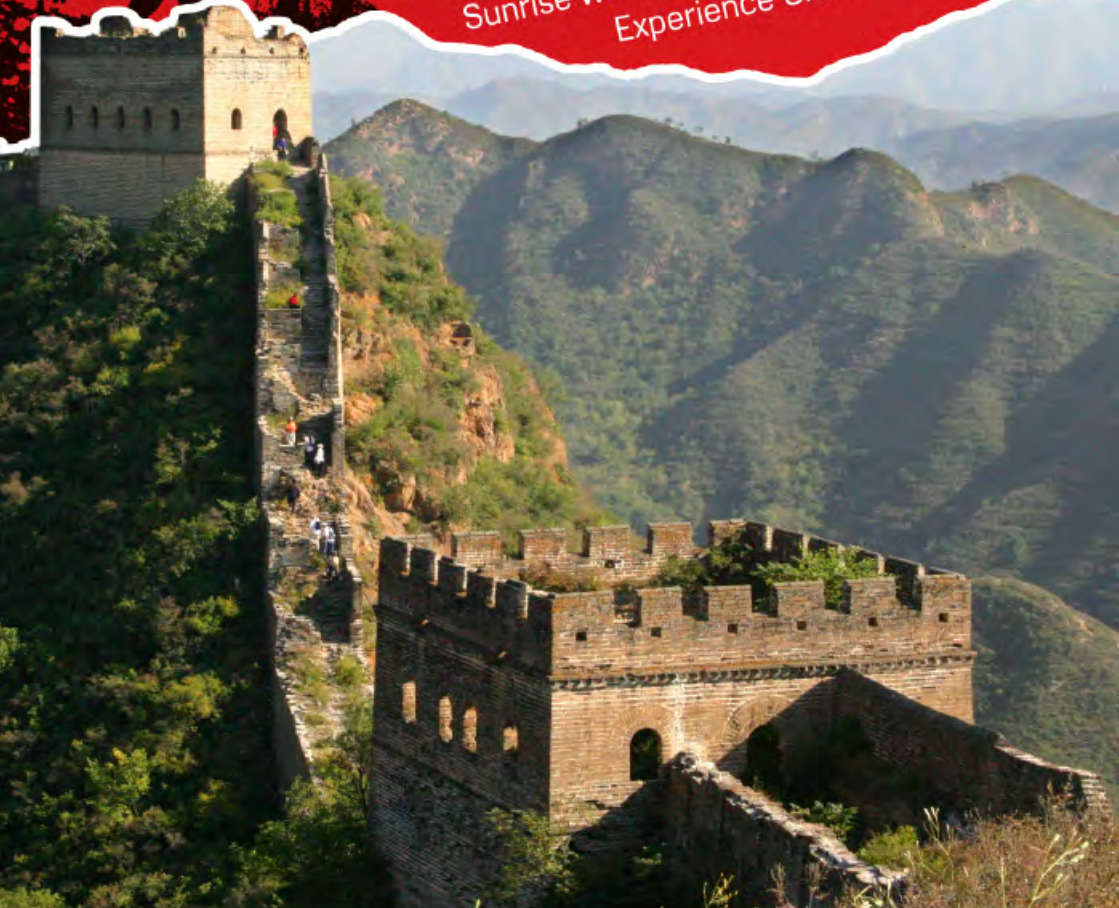
TREK

REGISTRATION
PACK

THE GREAT WALL OF CHINA

4-12 JUNE & 8-16 OCTOBER 2011

Sunrise walk along the Wall • Explore Beijing
Experience Chinese culture




FUNDRAISING PLANNER

Creativity, planning and having fun are the secrets to fundraising success. Start by thinking who you know, what you enjoy doing and who can help you. Break down the amount into smaller chunks and start to make a plan. Below is an example to give you some ideas and once you're signed up we'll send you lots more tips and advice.

TARGET ACHIEVED!

£2600 →



Local school holds a non-uniform day and charges £1 each to support you.	£500
Six friends, family or colleagues raise £100 each on your behalf.	£600
Raffle of prizes from local businesses.	£200
Quiz night at your local pub.	£300
Sponsored training bike ride/walk.	£150
Organise an event of your choice, with a group of friends.	£500
Use collecting tins and ask your local busy pubs if you and friends can collect on Saturday nights.	£200
Sponsorship from friends and family.	£150

ITINERARY

China leaves a lasting impression on all who go there. It is a country immersed in history, mythology and ancient traditions. This huge mass of land has the largest population on Earth. Highlights include the

Great Wall, Forbidden City and Tiananmen Square. That's what this trek is all about; beauty, culture, people and above all a real physical and mental challenge which will earn every penny of sponsorship raised.

Day 1 - Depart UK

Overnight flight from London Heathrow to Beijing.

Day 2 - Beijing

Afternoon arrival in Beijing. Transfer (50 km / 1 hour) to our overnight accommodation. The rest of the day is free to acclimatise. After dinner this evening we hear more about the week ahead.

Day 3 - Great Wall at Mutianyu

Early transfer of 20 km / 30 minutes approx to start our first day of the trek. We set off up Trout Valley where we catch our first views of the magnificent Great Wall of China at close range. After 45 minutes – 1 hour we reach the Wall. It is a challenging climb on a dirt trail lined with trees which is quite steep, but once you reach the top the views are absolutely stunning. There will be the chance to catch our breath and take some pictures. We then trek along the Wall, renovated to resemble its original grandeur. The panoramic vistas on the way are outstanding. The main challenge of today is climbing 400 steps up to the highest restored watch tower in this section. After lunch we continue on the wall for a further hour before making our way back down either on foot (approx 30 minutes) through scrub forest or it's possible to choose to descend via a mile-long toboggan (at your own risk), or by cable car. There will be free time to explore the market and tourist centre of Mutianyu before transferring to our hotel (30 km / 45 minutes approx.) to overnight.

3 - 4 hours trekking.

Day 4 - Black Dragon Paw Park

We start the day with a transfer of about an hour (55 km). The morning trek starts with a gentle hike along a picturesque shallow valley with stream crossings, small waterfalls and a small Chinese settlement. After 45 minutes we stop for a quick water break, from here the walking gets much tougher as we climb a dirt trail over a ridge and into the Black Dragon Paw Park itself. There is one very steep section and staff will be on hand to help you. We then drop down the other side of



the ridge over rocky terrain, at times slippery. We continue past many of the small rock-pools and reach the edge of the Black Dragon Paw Park for lunch. Afterwards we head uphill through heavy undergrowth until we arrive at the tallest single tower on this section of the Wall. It is possible to go inside and up to the top for panoramic views over the surrounding countryside. From there it's a gentle descent via a jeep track to reach the main road then a 30-40 minute transfer to the hotel.

6 - 7 hours trekking.



Day 5 - Great Wall at Gubeikou

Transfer (55 km / 1 hour approx.) to the village of Gubeikou. In this area the Great Wall sits precariously along the Yanshan Mountains and is architecturally one of the most striking sections of the entire Wall. We follow a road which leads us up to the wall and we then trek eastbound along the Wall towards Jinshanling. Some sections date back to the Ming Dynasty and are un-restored which gives you a completely different experience to what you see the first day. Here the wall is approx 2-3 metres wide with a path in the centre, there are no side walls and it's overgrown. En-route we encounter many magnificent watchtowers. In fact Gubeikou used to be an important checkpoint on the Wall. Today it is one of the least-visited parts of the Wall in the Beijing area. Early afternoon we descend into a valley through fields for a picnic lunch where the Gubeikou Wall meets the Jinshanling Wall. Afterwards we climb back up to the Wall and continue trekking to the village of Shalingzi. Coach transfer 8 km / 15 minutes to our overnight accommodation.

5 - 6 hours trekking.

Day 6 - Great Wall at Jinshanling

We start the day with the 8 km / 15 minute transfer back to Shalingzi. From there we set off towards the Great Wall at Jinshanling which dates back to the Ming Dynasty. It has some unusual features such as "obstacle walls" which are walls within walls used for defending against enemies who had already scaled the Wall. We trek along a dirt track for around 40 minutes until the Wall comes into view. It's then a 30 minute climb up to the Wall itself. Once we reach it we trek up and down past 14 watchtowers to lunch. Initially we walk on newly restored wall then onto less-well preserved wall. Some of the steps are very steep and quite large both up and down which makes for tough trekking. The highest point is about 700 metres above sea level and the views and scenery are incredible. After lunch there are another series of watchtowers to negotiate but things get a little easier as the steps are not so steep. After crossing a suspension bridge at Simatai and final watchtower we take a 30 minute transfer back to our accommodation.

6 - 7 hours trekking.

Day 7 - Great Wall at Simatai

An early start today for a sunrise walk on the Great Wall at Simatai. The Great Wall at Simatai also dates back from the Ming Dynasty and it boasts some 135 watchtowers. This morning we transfer approx 20 minutes back to where we left off yesterday to complete the final stage of this challenge. The trek today is short and sharp with very steep sections and some sheer drops and we climb more than 1200 steps. We leave the Wall to trek down through villages and celebrate the end of the trek. We then transfer to a hotel in Beijing (140 km / 3 hours approx). Afternoon optional foot massage to ease those aching limbs. Tonight we enjoy a celebratory dinner.

4 hours trekking approx.



Day 8 - Beijing

We have free time today to explore Beijing either independently or as part of an optional tour including the Forbidden City. Evening is free to explore Beijing. Dinner and overnight at a hotel in Beijing.

Day 9 - Beijing

Depending on the airline we use, the return flight departs either in the morning arriving in the UK the same evening or departs Beijing in the evening, arriving in the UK the following day. If the second option is chosen there is more free time in Beijing today to enjoy the sights and sounds of Beijing and arrival in the UK will be the following day.

FACTFILE

Raising Sponsorship Money

Register and receive a fundraising pack full of information and ideas. Once you set your mind to it, it's amazing what you can achieve! Classic Tours and your charity can help you out with lots of tips.

Who can take part?

Anyone over 18 years old is welcome as long as you are fit and healthy enough to do the challenge.

Fitness

The event is aimed at people of average fitness who are prepared to put in plenty of training to enable them to meet the challenge. Classic Tours will provide a set of training guidelines to help you on your way.

Kit

You will need comfortable walking boots with ankle support. A full packing list will be sent to you.

Support on the event

Experienced staff (tour manager, guides, and doctor) will be there to provide help and encouragement whenever you need it.

Accommodation

Hotels and traditional Chinese style lodges in twin or triple share rooms.

Food & Drink

The food will be wholesome, tasty and plentiful. There will be snacks and water available whilst trekking.

Weather

Days are likely to be clear and sunny, around 18 - 22°C. It will be a few degrees warmer in Beijing.

Health

Tetanus and Hepatitis A inoculations are suggested. Please consult your GP for professional medical advice.

THE COSTS

Option 1 – you raise **£2600** approx sponsorship (to be set by your chosen charity)

Option 2 – you pay **£1284** and raise as much sponsorship as possible

Registration fee:
£250

Visa & Travel Insurance

A visa is required for British citizens. The cost is £30 (currently) and advice on how to apply for it will be given. If you are a non-British citizen please contact Classic Tours for advice. You must be insured to take part - either through a company of your choice or the Classic Tours recommended policy. You will need to provide proof of your insurance 8 weeks prior to the challenge.

Staying On

It is possible to stay on in China after the challenge, subject to availability. Full details will be sent out nearer the time.

What's Provided

Flights to and from Beijing, accommodation, transfers, full medical support, experienced guides, support staff, water and all meals except lunch on days 8 and 9.

Other costs to budget for

We do not include airport taxes and any fuel surcharges set by the airline in the tour cost because these fluctuate and are beyond our control. We will invoice you for this cost at the point when your tour cost is due. Currently these are about £265 but are subject to change. In addition you will need to budget for personal travel insurance, any optional tours, gratuities and spending money.

Responsible Tourism

Classic Tours operates a responsible tourism policy and you can off set your carbon emissions on our website www.classictours.co.uk

If you have any other questions not answered here please contact Claire.

Tel: 020 7619 0066 ext 208 or claire@classictours.co.uk

“The challenge and the experience are all so much more than you imagine. Truly amazing!”

Ian Jenkins MBE, 65 - Kent

THE NEXT STAGE

We at Classic Tours are here to help and support you all the way through the event so please do get in touch if you have any questions not answered here.

Email: claire@classictours.co.uk

Tel: 020 7619 0066 ext 208

Web: www.classictours.co.uk

Classic Tours are the originators of worldwide charity challenges and fully bonded under ATOL number 3379. Since 1992 they have helped over 250 UK charities raise in excess of £60 million.

The next steps

1. Speak to the charity which you would like to raise funds for.
2. Complete and sign the Registration and Medical Form and return to Classic Tours along with the registration fee or sign up online at www.classictours.co.uk.
3. Classic Tours will then contact your chosen charity, confirm your place, send details of the event and set you on your way to fundraising success!

classic tours
LEADING THE WAY IN CHARITY CHALLENGES



Printed on recycled paper

Classic Tours has a full programme of Open Challenge events in 2011 including:

- Climb Kilimanjaro • Cycle Kenya • Cycle London to Paris
- Trek the Inca Trail • Trek Jordan
- NIGHTRIDER™ (100km bike ride around London at night)
- Cycle Death Valley • Cycle 5 Countries.

For more information on any of these challenges contact Claire on claire@classictours.co.uk or call 020 7619 0066 ext 208.