



St Margaret's
Hospice Care

16th – 24th October 2021

Great Wall of China Trek

This trip is operated by The Different Travel Company (ATOL 6706) for St. Margaret's Hospice (Registered Charity no. 279473). All the flights in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: www.caa.co.uk.



Registered with
**FUNDRAISING
REGULATOR**





Trip overview

This trek takes you to a remote section of the Great Wall of China, from Gubeikou to Jinshanling and Simatai. Not only will you trek on the wall itself, meticulously built and restored over thousands of years, but you will also have the opportunity to trek through wild and remote landscapes with distant views of green rolling hills, mountain peaks and with one of the great wonders of the world as the backdrop. Staying in guesthouses throughout the trek allows you to gain an understanding of authentic Chinese culture as you discover more about lifestyle of the local people and also taste some incredible local cuisine.

China

China is a giant country which boasts seaside, jungles, massive mountains, wildlife, architectural heritage and fascinating culture. The incredible variations of culture can be experienced in a number of ways, even just in the variations of cuisine throughout the country; from the spicy stir fries of the Szechuan province to the piquant Peking duck of Beijing. A journey to China is a mesmerising adventure that from start to finish leaves you with an appetite for more.

The Great Wall

The Great Wall of China is the longest man-made structure on the planet. The Wall was built, rebuilt and maintained from 5BCE to 16CE to protect the Chinese empire from invaders. It stretches approximately 8850 km (5500 miles) across the rolling hills of northern China to the sea. Many sections of the Wall are unrestored, scarred by battles of the past. A visit to the Great Wall is an opportunity to step back into history and marvel at the ingenuity and tenacity of the Chinese dynasties and the millions of soldiers who defended their land.

Beijing

Also known as Peking, Beijing is the capital of China and one of the most populated cities on the planet. Beijing is home to a staggering 21.5 million people in an area of only 16,000km². You will find ancient architecture next to high rise buildings and fast food restaurants; you will find peace and serenity in enchanting temples located next to busy highways, and of course just slightly north of Beijing you find the awe-inspiring Great Wall. Beijing is also home to delicious cuisine so take your time to explore the restaurants, sampling Peking duck, dumplings, noodles and much more.



What is the experience like?

Who accompanies us?

The trek is accompanied by local English-speaking guides who have an excellent knowledge of trekking in the region. The guides are first aid trained and will support you throughout your journey. You will also be supported by an excellent team of assistant staff, cooks and drivers and a Different Travel Company UK tour manager.

How tough is it?

The trek is rated moderate to challenging. There are many steep uphill and downhill sections to contend with and you must be prepared to carry a daypack weighing 6-7kg. Although the distances trekked may appear short, due to the hilly terrain it can take 6-7 hours to trek just 5km, as ascent and descent profile each day ranges from 515m-866m.

What is the terrain like?

The terrain is hilly and undulating with steep sections both on and off the Wall. You will face up to 866m of ascent and descent in a day. The distance trekked each day is 5-12km and this may take between 4-8 hours. You will not trek on the wall the entire time, often you will walk next to it through the countryside so be prepared for a variety of terrain underfoot from grassy, dry terrain of the countryside to the stone steps of the Great Wall. The Great Wall has been restored in some sections so you will find smooth paved ground with steps built up the hillside. In the original sections the Wall may be crumbling, with earth and stone rubble that shifts underfoot like scree, making it challenging to climb up it. In general you should expect to climb a lot of steps during the challenge so you must train with this in mind and ensure you do plenty of hill walking to prepare for the undulating terrain.

What about meals?

The trek day will start with a breakfast of hot drinks, noodles, rice, eggs, Chinese dumplings and fruit. You will prepare your own packed lunch each day which will consist of sandwiches with jam or peanut butter, fresh fruit, Oreos (or similar), dried fruit and nuts etc. You should bring your own snacks to eat throughout the day (e.g. flapjacks, cake bars, peperami etc.)

A freshly cooked traditional Chinese evening meal will be served at the guesthouse comprising of rice, noodles, meat, tofu and vegetable dishes. Plates and mugs are provided as are chopsticks. If you're concerned about using chopsticks you may wish to bring cutlery. Please inform us in advance if you have any dietary requirements or preferences.



Where will we stay?

Each night you will stay in local guesthouses on a twin-share basis. Depending on the group size, you may sleep in two or more neighbouring guesthouses but you will eat all your meals and relax in the evening together.

What are the bathroom facilities like?

There are basic toilet and shower facilities available throughout the trek (and en-suite facilities at the hotel in Beijing). Towels are provided. Toiletries are not provided at the guesthouses so please bring your own.

Toilet paper is provided in limited quantities at the guesthouses so you will need to bring your own for use here and also for use on the trek and at any public toilets (where toilet paper is never provided). Toilet paper must be disposed of in the bins provided, not flushed. During the trek you will need to pack up any toilet paper you use to dispose of properly at your guesthouse bin. NEVER leave toilet paper, fruit peel, nut shells or other litter on the trail. You are recommended to bring a small pack of baby wipes and hand sanitizer for your general hygiene throughout the day (e.g. to clean your hands after toilet visits and/or before lunch).

Practical information

Is there an age limit?

You must be 18+ to join this trek. It may be possible for you to participate if you are 16 or 17 years old if accompanied by a parent or guardian. There is no upper age limit.

Who can take part?

An ideal candidate for the trek would be someone who enjoys being out of their comfort zone and trying something new. Adventure travel involves an element of the unexpected so do not expect standards to be the same as you are used to at home. Remote areas are sometimes unpredictable (be it because of group pace, weather conditions, local bureaucracy or other factors) and itineraries may be altered to allow for this. For you to get the most out of your challenge it is important that you are flexible, positive and eager to take on all the challenges that arise. Suitable fitness preparation before departure forms part of this.

How fit do I need to be?

You should have a good level of fitness to ensure fast recovery from each day of trekking.

How should I prepare?

You must engage in training (including plenty of walking up and down hills) before departure to ensure your best chance of enjoyment on the trip. This could include hill walking, running, cycling, gym workouts, boot camps, etc. You can download a number of free apps to help you train and track your progress e.g. MapMyWalk, C25K, MyFitnessPal etc. If you attempt to complete the trek without training will make it more challenging than necessary and may hinder your experience, and the experience of your teammates.

Health declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing this booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP. We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

In the event that your medical issues represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your deposit will be refunded. Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

Trip cost

A £330 registration fee is payable at the time of booking and then, with the support of the fundraising team, you are asked to fundraise £2,980 for St Margaret's Hospice by Friday, 23 July 2021.

Trip Includes:

- ✓ Return flights from London (inc. airport taxes)
- ✓ All transport in China
- ✓ Accommodation (hotel in Beijing for 3 nights, guesthouses on trek for 4 nights)
- ✓ All meals as specified
- ✓ Trek Permits
- ✓ English-speaking guides and support crew
- ✓ UK Different Travel tour manager.

Trip Does Not Include:

- ✗ Chinese visa (current cost £175)
- ✗ Personal expenses (e.g. drinks, snacks, showers, souvenirs, etc.)
- ✗ Vaccinations
- ✗ Travel insurance
- ✗ Tips (approx. £25-30 per person)
- ✗ Trek kit and equipment

Additional information

How will I fundraise the £2,980 required?

Most people find that this is far easier than they imagined, and we will give you as much support as you need to reach, and even exceed your target! Here are some suggestions for how you could raise your sponsorship. We will send you lots more ideas when you sign up!

- Non-uniform day at local school: £300
- 2x supermarket bag-packs: £500
- Car boot sale/ eBay auction: £250
- 2 x quiz nights: £500
- Sponsorship (friends, family etc.): £300
- Host a party, charge £10 to attend: £400
- Ask five friends/ family members to raise £100 each: £500
- Dress down day at work/ lunch money donation: £300
- Donate your skills - ironing, babysitting, gardening, DIY: £250
- Karaoke night: £250
- Sponsored beard-shave / leg wax: £200
- 4 cake sales at work: £50 a time: £200
- Bucket collection at supermarket: £100

Total: £4,050 (target exceeded!)

Is the trip ATOL protected?

St. Margaret's Hospice is acting as agent for The Different Travel Company, ATOL 6706. The flight-inclusive trip in this brochure is financially protected by the ATOL scheme. When you pay your registration fee you will be supplied with an ATOL Certificate and ATOL Confirmation Invoice. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to:

www.atol.org.uk/ATOLCertificate.

How do I sign up?

[Click here](#) for a link to the booking form.

Once your place is confirmed we will email you a training guide, fundraising pack and much more!

If you have any further queries, please call Sonia Bateman on 01823 365609.

Itinerary

Day 1 (Sat 16th October 2021):

London to Beijing

Fly to Beijing on an overnight flight.

Day 2 (Sun 17th October 2021): Beijing

Arrive in Beijing and check into a central hotel in time for a group dinner and a briefing on the week ahead. If time permits, why not explore the maze of alleys (hutongs) where you will find traditional houses, small local shops and other wonders.

Meals: Dinner.



Day 3 (Mon 18th October 2021):

Beijing to Gubeikou

Today we transfer by bus to the Great Wall (approx. 3 hours). After lunch we start our trek, winding our way uphill to reach an ancient and original section of the Great Wall, from where you will enjoy views of the wall stretching across the countryside. We descend next to the wall then through a forest to a small town and to our first guesthouse at Gubeikou.

Trekking approx. 9km. Total ascent: 515 meters. 3-4 hours.

Meals: Breakfast, lunch, dinner.



Day 4 (Tue 19th October 2021): Gubeikou

This morning we transfer from our guesthouse to explore the Gubeikou section. This area is completely original, quite challenging and one of the lesser visited sections. It is believed to have seen more battles than any other part of the Great Wall and has long been a place of military significance. The majority of the trek today is along a part of the wall which is almost completely worn away and the terrain underfoot is rugged and uneven. We return to the guesthouse tonight. Trekking approx. 11km. Total ascent: 709 meters. 6-7 hours.

Meals: Breakfast, lunch, dinner.



Day 5 (Wed 20th October 2021):

Gubeikou to Jinshanling

We set off early today to transfer to the start of our trek. Today we will trek up to a section of the wall known locally as the 'dragon standing on the beautiful golden mountain'. It's easy to see how the wall resembles a dragon as it weaves across the land. The views are stunning and you will have hundreds of great photographic opportunities. Unlike other sections of the wall, this area has seen little restoration and many of the stairs and turrets have crumbled away to leave steep stone slopes between each watch tower. We descend through forests and past farmland before transferring to our guesthouse in Jinshanling. Trekking approx. 15.4km. Total ascent: 866 meters. 6-7 hours.

Meals: Breakfast, lunch, dinner.



Day 6 (Thu 21st October 2021): Jinshanling to Simatai

Today's trek takes us along a restored section of the wall originally built in the 15th century. In contrast to the unrestored sections of the previous days, here you can see how the wall looked when it was built centuries ago. Here you will gain an appreciation of not only the incredible effort in building the wall, but the meticulous attention to detail, tactical wisdom and also subtle beauty in its construction. We descend through the forest and return to our guesthouse. Trekking approx. 8km. Total ascent: 697 meters. 7 hours.

Meals: Breakfast, lunch, dinner.



Day 7 (Fri 22nd October 2021): Simatai to Beijing

After breakfast we transfer to the start of our half-day trek through the forest to a remote and rarely visited watch tower at the top of a hill. After enjoying the views from the top we descend on the same trail through the forest where we meet our vehicles which transfer us to our lunch spot and a final farewell to our trek support team. After lunch we drive back to Beijing (approx. 3-4 hours).

Trekking approx. 6km. Total ascent: 539 meters. 4-5 hours.

Meals: Breakfast, lunch, dinner.

Day 8 (Sat 23rd October 2021): Beijing

Today you will have guided visits to the Forbidden City and Tiananmen Square before some free time and a special farewell dinner tonight.

Meals: Breakfast, lunch, dinner.

Day 9 (Sun 24th October 2021): Beijing to London

Transfer to the airport for the return flight to London which may arrive the following day, depending on flight schedules.

Meals: Breakfast.

N.B. This itinerary may change due to unusual weather patterns, the ability of the group and so on. We will do our best to keep to the set itinerary however we cannot be held responsible for changes that might occur outside of our control. In all such circumstances your guide and tour leader will have the final say in the interest of the health and safety of the group.

Suggested Kit List

Essentials

E-tickets + pre-departure info

Passport & copy

Chinese visa

Money / ATM + credit card(s)

LED head torch + batteries

Pen for immigration forms

Travel insurance information

Sunglasses (100% UV)

Plug adaptor (multi-prong)

Camera + spare batteries

Clothing & Footwear

Hiking boots *

Shoes for evenings

Shoes for sightseeing

Trek socks

Underwear

Non-cotton base layer top

Non-cotton t-shirt

Thermal top and bottoms

Lightweight trek trousers

Warm fleece

Waterproof jacket + trousers

Lightweight warm jacket

Sun hat + Buff(buffwear.co.uk)

Warm hat

Clothes for evenings

Casual attire for sightseeing

Hygiene

Shampoo + conditioner*

Toothbrush + toothpaste*

Antiperspirant deodorant*

Shower gel + loofah*

Wet wipes*

Toilet paper* x2 rolls

Sun cream (high SPF)

After sun/ moisturiser*

Hand sanitizer

Feminine hygiene products*

Nail brush (optional)

First Aid Kit

Prescription medicine

Paracetamol

Ibuprofen

Imodium (Loperamide)

Rehydration (e.g. Dioralyte)

Muscle rub (e.g. Deep Heat)

Plasters and blister plasters

Anti-histamine tablets/cream

Antiseptic cream (e.g. Savlon)

Indigestion remedy

Lip balm with SPF protection

Decongestant (optional)

Throat lozenges (optional)

Scissors/tweezers (optional)

Spare glasses/contacts

Optional

Video Camera + charger

iPod/MP3 player

Mobile phone + charger

Walking pole(s)

Diary/notebook/playing cards

Packing cubes/organisers

Portable battery pack

Luggage

Suitcase

Trek kit bag/holdall

Daypack (25-30 litres)

Combination padlock(s)

Eating and Drinking

Energy snacks

2-litre bottle (e.g. CamelBak)

1-litre bottle(s)

Electrolyte tablets (e.g. Nuun)

Sleeping

Ear plugs – essential

Pyjamas

Eye mask *(optional)*

PLEASE NOTE: This list is just a guideline and is not exhaustive. The items on this list do not account for your personal preferences based on your previous trekking experience, or individual requirements. For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please ensure you pack your hiking boots into your hand baggage in the unlikely event your checked luggage goes missing or is delayed.

*Please consider eco-friendly or biodegradable options. Consider shopping at Little Footprint Gifts (<https://littlefootprintgifts.weebly.com/eco-traveller.html>).