

CHINA

Cycle Great Wall of China

This is an Open Challenge itinerary; you can take part on the dates shown and raise money for a charity of your choice. Itineraries for bespoke trips (run for sole charities) may differ slightly, and will have different dates and pricing schedules.

Duration: 10 days / 9 nights

Trip Grade: Moderate

Dates:

12 May – 21 May 2012 18 May – 27 May 2013
 8 Sep – 17 Sep 2012 7 Sep – 16 Sep 2013

Payment Options:	2012	2013
Fundraising:		
Registration Fee	£399	£449
	+	+
Fundraising Target	£3500	£3500
Fundraising:		
Registration Fee	£399	£449
	+	+
Trip Cost	£1400	£1400

Please note Registration Fee is in addition to Trip Cost / Fundraising Target

Our cycle challenge follows a spectacular route, truly remote through the mountainous area north-east of Beijing, the Great Wall of China a constant companion for the week. It stretches for 6000km in a snaking line across China; we have time to appreciate the small section we are following as it meanders across the mountains. It conjures up a



sense of history which is difficult to grasp until you have had the opportunity to experience it.

With several climbs to tax us along the route we will certainly feel our legs but the sheer privilege of seeing this land and its people will outweigh any aches and pains.

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

ITINERARY

Day 1: Depart London for Beijing

Day 2: Arrive Beijing. Transfer to our hotel in Huangyaguan, where we can freshen up, sort out our bikes and relax! There will be a full trip briefing in the evening. Night hotel.

Day 3: Huangyaguan - Taishitun

Huangyaguan is a small town situated in a beautiful valley in the heart of the Yanshan Mountains. We have an enjoyable ride today through a landscape of hills and lakes, villages and peach orchards. It is a gentle 'warm-up' ride in preparation for the rest of the trip. We are on good roads with no real climbs – they come later. The Great Wall of China is within our sight for most of the day, as it snakes along the ridgeline of the mountains. After our picnic lunch we continue on through this breath-taking landscape. Night: local guest house.

Cycle Approx. 100km

Day 4: Taishitun - Jinshanlin

A more testing ride today on gentle mountain roads with some twists and turns as we climb. We pass through villages and farmland with the Great Wall always in view. The traffic will be light, so plenty of time to take in the scenery and the Wall itself. We reach the village of Jinshanlin, which has 24 watchtowers on the wall within its vicinity, and our accommodation for the night.

Cycle Approx. 86km

Day 5: Jinshanlin – No.1 Waterfall of Beijing

We start the day cycling through a series of traditional villages on well paved roads with little traffic to trouble us for approx. 25km, we switch to dual carriageway later in the day but still the traffic is light. Towards the end our ride we are rewarded with some of the most spectacular scenery China has to offer as we approach Black Dragon Pool Park, the vistas are breath-taking and photographs are a must.



The beautiful Baihe Gorge rises up on one side of the road. We head for our accommodation close to the No. 1 Waterfall and a good nights rest.

Cycle Approx. 78km

Day 6: No.1 Waterfall of Beijing - Mutianyu

We leave the Waterfall behind us and start the day with a ride of approx. 10kms downhill, we are on good roads all



day, traffic may increase as we are in a popular tourist area and it's the weekend. After the downhill comes the uphill and for around 3 hours we are climbing steadily through canyons and gorges – a particularly scenic day. We stop overnight at Mutianyu, well known for its Ming Dynasty guard towers and striking views of The Wall.

Cycle Approx. 83km

Day 7: Mutianyu to Xiawan

Today is probably the hardest day of cycling with lots of undulations! The highest altitude we reach is approx. 1000m. We have tremendous views of The Wall all morning as we cover the mileage. The roads are good with little in the way of traffic as we head to Xiawan and our hotel for the night.

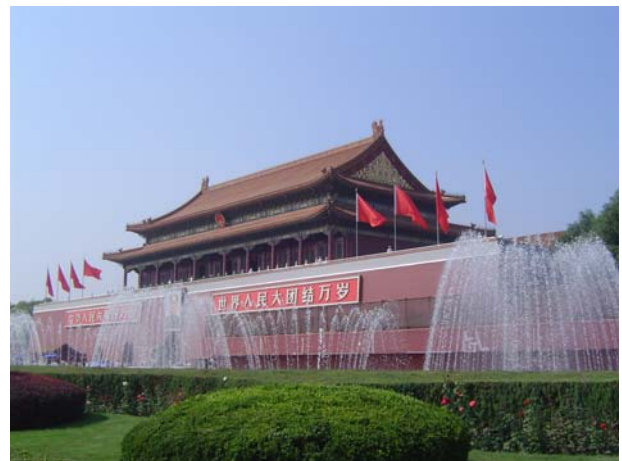
Cycle Approx. 83km

Day 8: Xiawan - Juyongguan

A beautiful ride is in store for us today as we set off out of Xiawan and wind our way on good roads through gorges with fast flowing rivers. Traffic will increase as we reach Juyongguan and the end of our cycling challenge. We transfer to Beijing. Night hotel.

Cycle Approx. 107km

(Dinner not included)



Day 9: Free day in Beijing

Beijing, the nation's capital and home to over 13 million people. Our senses will be unprepared as we enter Beijing and experience its frenetic energy, quite a contrast after the natural scenery and remote tranquillity of the past few days. You are then free to explore the city, sightsee or shop before meeting up again for our Celebration Meal in the evening.

Day 10: Depart Beijing

Depending on flight schedules, we can enjoy some more free time before we transfer to the airport for our flight back to London. Later departures may arrive UK the following morning.

(Lunch and dinner not included if not in flight)

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



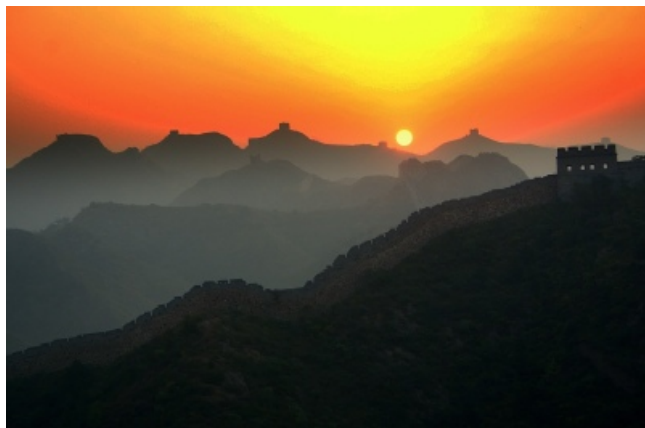
For details of our extension to see the incredible Terracotta Warriors in Xian (adds 4 extra days) please contact us

GENERAL INFORMATION TOUR COST

All accommodation is included as well as all flights and transport; internal air tax; camping equipment (except sleeping bag and sleeping mat); all meals except three as specified in the itinerary, and entrance to any sites visited as part of the itinerary. A bike is also included

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

It does not include personal travel insurance, airline fuel supplement if charged by the airline, three meals as specified, tip for local crew, or international departure tax. It also does not include any entrance fees to any optional sites or attractions.



Costs in China

We recommend you budget for the following costs in-country:

- Tips for Local Crew (see below): US\$40
- Meals not included: US\$30-40
- Entry visa: £30 + service fees (obtain before departure)

Remember to allow extra for drinks, souvenirs & other personal expenses.

This recommendation is a guideline only. Please note that costs may fluctuate and we have no control over any changes.

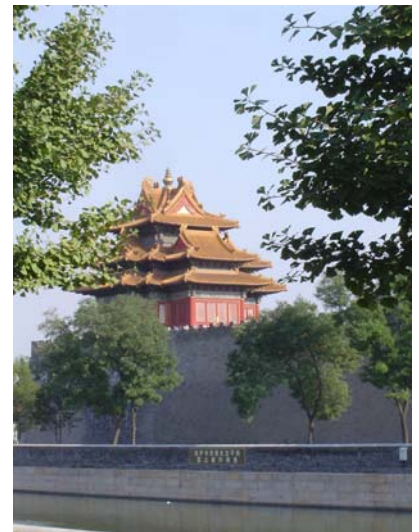
We strongly recommend you carry a credit card in case of personal emergency.

FLIGHT INFORMATION

Group flights leave from London Heathrow or Gatwick and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

We are most likely to fly with Emirates or Etihad Airlines. However, we don't always fly with the same airline so this is a guideline only. You will usually receive confirmed flight details several months before departure.

Our itineraries are always based on current flight schedules and are therefore subject to change by the airline.



Connecting Flights

If you book flights to Heathrow or Gatwick, it is your responsibility to allow plenty of time to connect to the group flight and cope with any flight schedule changes. Please be aware that the best deals allow little flexibility if you need to change them. We regret that we cannot book connecting flights for you.

Transit Stops

When booking group flights we endeavour to find the best flights that match our itinerary. There are often no direct flights to our destination, so be prepared for transit stops - bring a good book or chat to your fellow cyclists! Airlines

that offer direct flights rarely offer competitive rates for groups. Please remember that the main purpose of our trips is to raise money for charity!

Flying Separately

If you prefer to book your own flights please ask us for a land-only cost. You will be responsible for making your own arrangements to meet the rest of the group, although we can advise you. We need to know if you do not require our group flight as early as possible – please complete the form in the information pack you'll be sent with your booking confirmation.

ACCOMMODATION

The hotels we use range from good quality international-style to simple hostels: they are basic but clean and friendly but please do not expect the same standards as you would in a tourist hotel in the UK!

CULTURAL DIFFERENCES

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for!

We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow cyclists and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

FOOD

All food is included other than three meals. The food is good and will give you plenty of energy for the long days of cycling; meals are Chinese-style not western.

Dietary Requirements

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have

access to at home – we will be in rural areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Other Meals

Any meals not included are listed in the itinerary and are generally when we are in towns or cities and you are free to explore and try other culinary experiences! There is always something to suit every budget.

PASSPORT, VISA & VACCINATIONS

A valid ten-year passport is essential; it should be valid for at least six months after departure from China. There is currently no visa requirement for UK citizens. Other nationalities should check entry requirements.

We insist that you have had a Tetanus injection in the last ten years, and highly recommend protection against Polio, Hepatitis A and Typhoid.

You should always check with your GP or travel clinic for up-to-date travel health advice as it does change.

CYCLING INFORMATION

Terrain

Distances vary from 30-107km per day. Cycling is predominantly on good tarmac roads. The cycling is varied, with some days predominantly flat, some peppered with short sharp climbs, and others with long gradual climbs.

We are travelling through remote areas and weather may have an impact on road conditions. Traffic is usually light and we will cycle at our own pace, but when we pass



through any built-up areas we go through as a group. We will always take safety into consideration and reserve the right to change the itinerary on that basis.

We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

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!

Bikes

We will be using 21-speed mountain bikes fitted with semi slick tyres.

It is imperative that you supply your own helmet and wear it at all times while cycling, with straps done up.

Weather

Temperatures can vary widely, though generally it should be warm and sunny; rain is always a possibility and it may be blustery. Cold winds are common when high up on the mountains.

Min/Max temp °C & average monthly rainfall (Beijing)

April	7-21°C	17	Sept	14-26°C	58
May	13-27°C	35	Oct	6-20°C	16

Clothing & Equipment

We are travelling through remote mountains where we could be exposed to bad weather at any time. The information above gives you an idea of the climate, but be prepared for all weathers and temperatures. Weather conditions can change quickly in the mountains. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Fitness Levels

Our challenges attract people of all levels of experience and fitness, all ages and backgrounds. We expect all

participants to train hard in advance to achieve this challenge, but we respect everyone’s limits. We design our challenges so that everyone can go at their own pace: this is not a race.

For logistical and safety reasons we sometimes need to re-group, so the front-runners will find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

TRAINING WEEKENDS: £139 SPECIAL OFFER!

Only when you book online at the same time as registering for your main challenge

Discover Adventure Cycle Training Weekends in Wiltshire are designed to help you prepare for your challenge. Whether you use the weekend to gauge your fitness, get your training back on track, boost your confidence, get advice or meet other cyclists, you’re bound to find it incredibly useful!

For dates and further information see our brochure or website.

TRIP SUPPORT

Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. You are in very safe hands with a Discover Adventure leader.

All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have ‘real’ jobs in-between trips! We never send our leaders to the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

The number of crew and support vehicles looking after you will depend on the final size of your group, but an average-sized group in China would be led by two leaders (at least one of which will be an experienced bike mechanic) and a doctor. At Discover Adventure we pride ourselves on our high leader: cyclist ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Local Support Crew

Our local support crew is made up of local guides, drivers and cooks. Your local guide knows the local area well, and is a great source of knowledge about local customs and lifestyles. Drivers and cooks do not always speak English but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Tips for Local Crew

Your leader will arrange a collection of tips for the local support crew at the end of your ride. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! See 'Costs in China' above for a guideline amount; your leader will let you know if there is any change to this guideline. All our local crew are paid wages, but bear in mind that the average wage in this country is far below what you would spend on a normal night out.

Luggage

Support vehicles are with the group wherever possible. All luggage, spares, food, water is carried by them.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft sailing bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack or large waist-pack for items needed during the day as you will not have access to your main luggage until the evening.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with radios and emergency satellite, extensive medical kit and other safety apparatus where necessary. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

minimum impact on the environment and a positive impact on the local communities we pass through. AITO, our Trade Association, has recognised the work we do in this area and has awarded us 5 stars as a Responsible Tour Operator.

Discover Adventure Projects

We are supporting a tree-planting project in Peru and a children's home in Tanzania on a long-term basis. If you would like to 'give something back' please consider donating £5 to our projects when you sign up. Please see our website for more details.

Carbon Offsetting

We encourage all our customers to offset emissions connected with their trip. You can offset at any time in the lead-up to departure by visiting Climate Care via our website and making a donation to a worthwhile project supported by them. Alternatively, if you wish to take more practical action in the UK you can volunteer for a day with BTCV and work on an environmental project local to you. Work may include construction footpaths, dry stone walling, creating wildlife habitats or planting trees in your community. Make your volunteer pledge by going to www.btcv.org/dapledge



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WORLDWIDE SUSTAINABLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made