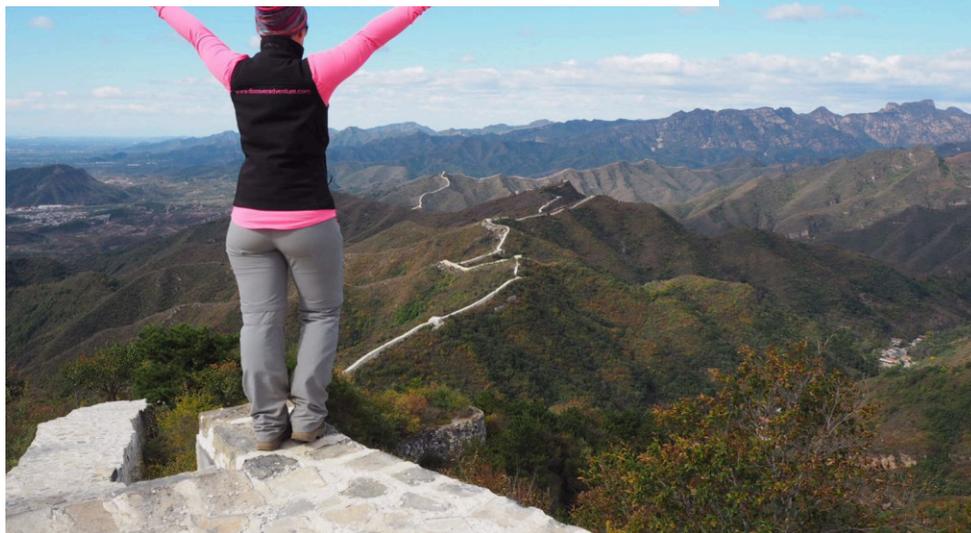




Great Wall Of China For Alzheimer's Society



Duration: 9 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!

DETAILED ITINERARY

Day 1: Fly London to Beijing

Day 2: Arrive Beijing; transfer Huangyaguan / Forbidden City Tour

Depending on our flight arrival time, we will either avoid Beijing's considerable traffic and transfer to the start of

our trek at the small town of Huangyaguan, where we can freshen up and relax! Alternatively, when our arrival time makes it practical, we will transfer into Beijing. Here we enjoy a tour of Tianenman Square and the Forbidden City, the must-see sight of Beijing, before a night in the city. There will be a full trip briefing in the evening. Night city hotel / mountain hotel.

Drive approx 2 hours

NB: If transferring straight to Huangyaguan, there will be opportunity to visit the Forbidden City at the end of the trip.

Day 3: Huangyaguan

Huangyaguan is a small town situated in a beautiful valley in the heart of the Yanshan Mountains. After a fairly leisurely start (or driving from Beijing), 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 3-4 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 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 homestays.

Trek approx. 7 hours**Day 5: Mountain Village – Jinshanlin**

Waving goodbye to our hospitable hosts, we head up steeply through the farming terraces immediately behind the village. The terraces soon give way to rocky scrub-covered hillsides. Eventually we re-join the Wall, which is unrestored and crumbling so we follow a path 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 back into the valley, through fields of maize, and walnut and fruit trees, to the village road and 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

Day 7: Jinshanlin – Watchtower Panorama – Beijing

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, as we enjoy looking back over the mountains at our huge achievements, we leave the Wall behind and head down on small paths through forest and farmland. We then meet our waiting transport which takes us back to Beijing, the nation’s capital and home to over 20 million people! This evening we have a great celebration to mark our achievements. Night hotel.

Trek approx. 6 – 7 hours; drive approx. 3 hours

Day 8: Beijing

We enjoy time visiting Tianenman Square and the amazing Forbidden City before free time to explore or shop. If you saw this on your arrival day, you are free to spend your time as you wish. Night hotel.

(Lunch and Dinner not included)

Day 9: Fly Beijing to London

WHAT'S INCLUDED

- Scheduled flights to London - Beijing and all transport
- All hotel accommodation
- All meals (exceptions detailed in itinerary)
- Discover Adventure leaders
- Discover Adventure doctor
- Local guides, drivers etc

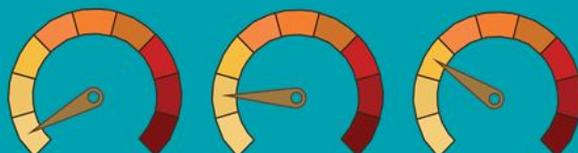
WHAT'S EXCLUDED

- Meals as detailed in itinerary
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)

- Fuel supplement
- China entry visa (approximately £150 - £200 as of September 2018)
- Personal spending money, souvenirs and drink
- Tips for the local guides and support crew
- Fees for any optional sites, attractions or activities

GRADE | YELLOW

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)

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Easier for accessing gear than a rucksack (especially when camping) this is probably the most cost-effective way to take your luggage on a Discover Adventure challenge!



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

Please note: This document was downloaded on 2 Mar 2021, and the challenge is subject to change.