



GREAT WALL OF CHINA TREK

CHINA • TREK • YELLOW 2

ABOUT THE CHALLENGE

Stretching 6000km in a dotted line across China, the Great Wall was begun in the 5th Century BC. As it snakes across the mountains it conjures up a sense of history which is difficult to grasp until you have had the opportunity to experience it.

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.

GREAT WALL OF CHINA TREK FOR MENTAL HEALTH FOUNDATION • 10 DAYS

Your opportunity to join a demanding but rewarding adventure to trek the historic great wall with people as passionate about mental health as you are.

Day 1: Depart London for 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 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

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 20 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 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 10: Fly Beijing to London

THE TOUR COST INCLUDES:

- Scheduled flights and all transport
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- All accommodation (twin share)
- Celebration meal
- All meals (exceptions detailed in itinerary)
- Discover Adventure leaders and doctor (depending on final group size)
- Support vehicles and local guides, porters, cooks, drivers, etc.

THE TOUR COST DOES NOT INCLUDE:

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

TREK TRAINING WEEKEND

£170 Special Offer - Only when you book at the same time as registering for your main challenge

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.

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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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 13 Dec 2018, and the challenge is subject to change.