



**East Cheshire
Hospice**
Where people come to live

Trek China

19 - 27 March 2021

Spend five days trekking through remote and challenging landscapes from Gubeikou to Jinshanling and Simatai.

Learn about local history and culture and enjoy local cuisine.

Experience the Great Wall of China with East Cheshire Hospice in 2021.



#ECHTrekChina

#ChallengeEastCheshire



eastcheshirehospice



ECHospice



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www.eastcheshirehospice.org.uk

East Cheshire Hospice, Millbank Drive, Macclesfield, SK10 3DR

Registered Charity No. 515104



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Trip overview

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.

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.

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 the 7th Century BC to protect the Chinese empire from invaders. It stretches approximately 8,850 km (5,500 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.

Trek 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 the lifestyle of the local people and also taste some incredible local cuisine.

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. 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 ground underfoot from the 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. 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 hills.

What kind of food will we eat?

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. A freshly cooked traditional Chinese evening meal will be served at the guesthouse comprising rice, noodles, meat, tofu, and vegetable dishes.

Where will we stay?

During your nights in Beijing you will stay in hotels, and each night during the trek you will stay in local guesthouses.





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. Attempting to complete the trek without training will make it more challenging than necessary and will be detrimental to 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 noted and (if relevant) signed off by your GP. Any conditions that develop after registration must be declared and a new medical form completed.

Trip cost

A £375 registration fee is payable at the time of booking, then with the support of the fundraising team, you are asked to fundraise £2,950 by for East Cheshire Hospice by 18 December 2020. A self-funded payment option is also available.

Trip Includes:

- ✓ Return flights from London* (inc. airport taxes)
- ✓ All transport in China
- ✓ Accommodation (hotel in Beijing for three nights, guesthouses on trek for four nights)
- ✓ Meals
- ✓ English-speaking guides and support crew
- ✓ Trek permits
- ✓ UK Different Travel tour manager.

Trip Does Not Include:

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

*Flights from regional airports may be possible. Details will be confirmed approximately 9 months prior to departure.

Itinerary

Day 1 (Saturday 19 March 2021): London* to Beijing

Fly to Beijing on an overnight flight.

Day 2 (Sunday 20 March 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 (Monday 21 March 2021): Beijing to Gubeikou

Today we transfer by bus to the Great Wall (approx. three 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 (Tuesday 22 March 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 (Wednesday 23 March 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 (Thursday 23 March 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 the incredible effort in building the wall and the meticulous attention to detail, tactical wisdom, and 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 (Friday 25 March 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 (Saturday 26 March 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 (Sunday 27 March 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.

*Flights from regional airports may be possible. Details will be confirmed approximately 9 months prior to departure.

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

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Clothing and 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

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Hygiene

Shampoo + conditioner
Toothbrush + toothpaste
Antiperspirant deodorant
Shower gel + loofah
Wet wipes
Toilet paper x2 rolls
Sun cream (SPF 30+)
After sun/ moisturiser
Hand sanitiser
Feminine hygiene products
Nail brush (optional)

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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 medication
Antiseptic cream (e.g. Savlon)
Indigestion remedy
Lip balm with SPF
Decongestant (optional)
Throat lozenges (optional)
Scissors/tweezers (optional)
Spare glasses/contacts

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Optional

Video Camera + charger
iPod/MP3 player
Mobile phone + charger
Walking pole(s)
Diary/notebook/ cards
Luggage organisers
Portable battery pack

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Luggage

Suitcase
Trek kit bag/holdall
Daypack (25-30 litres)
Combination padlock(s)

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Eating and Drinking

Energy snacks
2-litre bottle (e.g. CamelBak)
plus a 1-litre bottle **OR**
3x 1-litre bottles
Electrolyte tablets (e.g. Nuun)

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Sleeping

Ear plugs – essential
Pyjamas
Eye mask (optional)

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Please note: This list is not exhaustive and does not account for your personal taste or preference. **It should be used as a guideline only.** If you have any questions or queries regarding this list which are not answered in the sections above please contact info@different-travel.com.

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

