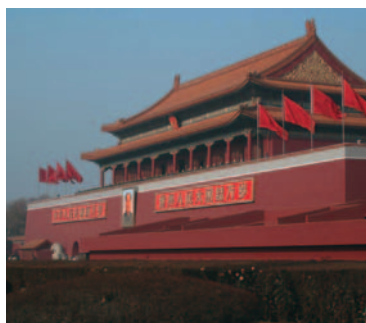


# memorable challenges great wall trek with mt huashan extension



## challenge highlights

- Walking through rural villages in the Hebei Province
- Camping by remote sections of the Great Wall hosted by local families
- Rare insight into rural Chinese life
- Exploring original sections of the Great Wall
- Visiting Tiananmen Square, Forbidden City
- Explore the remarkable Terracotta Warriors
- Trekking in the Mt Huashan region



<b>Duration</b>	13 days
<b>Grade</b>	Introductory to Moderate level
<b>Activities</b>	Trekking, Adventure Touring
<b>Accommodation</b>	6 nights hotel, 4 nights camping, 1 night train soft sleeper berth

## welcome to World Expeditions

Thank you for your interest in our Memorable Challenges Great Wall trek with mt Huashan extension trip. At World Expeditions we are passionate about off the beaten track experiences as it provides our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are also committed to making sure that our range of unique itineraries are well researched, affordable and tailored for the enjoyment of our small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. The itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!

### why travel with World Expeditions?

Our guides are the best available and to ensure the smooth operation of all trips our partners in China continually work with us to improve our itineraries to ensure we are taking the 'paths less traveled'. The rapidly developing and ever-changing face of China makes this an ongoing challenge. Our visits to rural villages close to remote sections of the Great Wall make this one of our most innovative trips.

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## challenge dates

**2011** 02 Apr - 14 Apr

World Expeditions does not require single travellers pay a surcharge for travelling alone. On all of our adventures we will arrange for you to share accommodation with another traveller of the same sex and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room.

## the challenge

This innovative charity challenge takes in a remote section of the Great Wall outside Beijing in Hebei Province plus trekking the peaks of Mt Huashan combined with sightseeing in Beijing and Xian. Hosted by local families, we camp in comfort in exclusive locations and explore the Great Wall over seven days, trekking between villages. The scenery is vast and diverse as we trek our way through tall swaying corn cropped field to distant green river valleys with one of the great wonders of the world as our backdrop. Host families provide us with true rural hospitality in the 'real China' and allow us rare interaction, including visits to family homes. In Beijing we visit the capital's major historic sites such as the Forbidden City, Tiananmen Square and the lakeside Summer Palace. We also indulge in the culinary delight that Chinese cuisine is so famous for. The Beijing food experiences will no doubt compete with the trek itself as one of the highlights of this entirely unique adventure. We then travel South to Xian by comfortable overnight train and enjoy trekking in the Mt Huashan region. We then complete the journey with sightseeing at one of the great wonders, the Terracotta Warriors. This is a wonderful way to raise much needed funds for the charity of your choice.

## our partners

### MEMORABLE CHALLENGES

The team at Memorable Challenges are here to assist you with the fundraising aspect of your chosen Cycle India Challenge. There is no need to fear fundraising. We will help you all the way. Many people want to "make a difference" but don't know how to begin. They are often time poor and are fearful that fundraising will be very time consuming. This is not the case. Let Memorable Challenges show you how. There is no charge for this service.

Simply ring Chris 0423 780 716 or email her on [charrison@memorablechallenges.com](mailto:charrison@memorablechallenges.com) to have information sent to you.

## at a glance

DAY 1	FLY AUSTRALIA TO BEIJING
DAY 2	IN BEIJING
DAY 3	DRIVE TO HEBEI PROVINCE AND COMMENCE TREK CHALLENGE
DAY 4	HOUCHUAN TO SUMMIT OF MT SIMATAI, RETURN TO HOUCHUAN VILLAGE
DAY 5	HOUCHUAN TO JINSHANLING VILLAGE
DAY 6-7	JINSHANLING TO GUBEIKOU, AFTERNOON AT GREAT WALL, GUBEIKOU
DAY 8	COMPLETE TREK, RETURN TO BEIJING
DAY 9	BEIJING, OVERNIGHT TRAIN TO XIAN
DAY 10	ARRIVE IN XIAN, TRANSFER TO MT HUASHAN
DAY 11	TREKKING MT HUASHAN
DAY 12	FLY BEIJING TO AUSTRALIA
DAY 13	ARRIVE IN AUSTRALIA

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## fast facts

<b>Countries Visited:</b> China
<b>Visas:</b> Yes*
<b>Vaccinations:</b> Please consult a travel vaccination specialist for up to date information
<b>Private Groups:</b> Private group options are available for this trip*
<b>Singles:</b> A single supplement is available for this trip*
<b>Leader:</b> Expert local leader

\*Ask our staff for more information.

## what's included

- International Airfares ex East Coast Australia on Singapore Airlines \*\*\* NOT including fuel and tax surcharges\*\*\*
- 11 breakfasts, 8 lunches and 8 dinners
- Private arrival and departure transfers
- camping equipment during trek
- private air conditioned vehicles
- expert bilingual local guide
- medical kit
- comfortable well located hotels
- Overnight train ride to Xian
- back up vehicle while trekking
- sightseeing as listed in itinerary
- site entry fees

## what's not included

- \*\*\*International airline fuel and tax surcharge
- Sleeping bag and mat
- Tips and gratuities
- Personal expenses such as beverage, telephone and laundry bills
- Visa costs
- Travel Insurance (compulsory)

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

## detailed itinerary

### DAY 1 Fly Australia to Beijing

Please make your own way to the airport for your flight to China. On arrival in Beijing you will be met at the airport and transferred by mini bus to the group hotel. The afternoon is free time for sightseeing in the central city district. Perhaps barter for a bargain in the colorful silk markets or do as the locals do and hire a bike for a spin through the bustling back roads of this vibrant city.

**Meals: D**

### DAY 2 In Beijing

Today we have a full day in Beijing to explore some of the most majestic and historically significant sites of this immense city. We start with Tianamen Square and the "Forbidden City" so called as it was off limits to the general public for over 500 years. Its ancient buildings served as the imperial palace for two dynasties of emperors- the Ming and Qing. We take a full tour of this marvelous enclave, inspecting the massive courtyards. After lunch we visit a courtyard district at Hou Hai in northern Beijing.

**Meals: B, L, D**

### DAY 3 Drive to Hebei Province and commence trek challenge

This morning we depart Beijing and travel by bus to the border of Hebei Province to begin our walk.

The Great Wall is one of mankind's most extensive structures stretching over 6000km from the eastern coast of China all the way to the mountain ridges north of Beijing. Dating back 2000 years, the original sections of the wall were built as a key to protect the agricultural lands from invasion

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## responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website [www.worldexpeditions.com](http://www.worldexpeditions.com)

## challenge grading

The theme behind most of our trips is action holidays and the fitter you are, the more easily you will adjust and enjoy yourself. On a trekking trip such as this you need to be in general good health and moderately fit. The grading overall would be moderate, with little "strenuous" activity. Before departure aerobic-type exercise, which increases your breathing, is an obvious advantage. We recommend that for about two to three months prior to departure you try to exercise most days for 30 - 45 minutes or aerobic type activity.

and to keep the nations people from vacating the empire. We commence our trek from Hebei Province. This section of the wall was built in the 15th Century and represents the 'wilder' original wall (tourists from Beijing experience only a short, reconstructed section). You will note the wall's intriguing design features that gave the defenders a military advantage against the Mongolians. We will walk at a leisurely pace with plenty of time to stop and take photos of this majestic structure.

Tonight we will camp in style under the silhouette of the Great Wall, an ultimate China experience!

Walk approx 3-4 hours

**Meals: B, L, D**

### DAY 4 Houchuan to summit of Mt Simatai, return to Houchuan village

After a beautifully prepared breakfast by our local crew, we head off around 8am for an exhilarating full day's ascent to the summit of Mt Simatai. Today's walk is challenging with some hilly, rugged climbs to the summit. Our efforts are well worth it as we are rewarded with stunning vistas and awe inspiring views back across to Hebei. The Great Wall was built by over 1 million people who largely were soldiers, peasants, prisoners and soldiers. Thousands of them died in the process. Today as we trek this ancient section of crumbling wall, we can imagine the hard work and structural genius that went into creating what is now a national treasure in modern day China. Unlike other sections of the wall that have been reconstructed, this section has seen little restorative attention. This historic section of the wall has been included in the UNESCO list of World Cultural Heritages and labeled as 'Primitive Great Wall'. Tonight we camp in an exclusive location, in the village of Houchuan. Our camping spot is the private agricultural land of our wonderful local host family. There is plenty of time to chat and interact with the family. While English may not be spoken, you will be amazed at how much you will be able to communicate with just a little bit of sign language and a lot of laughter!

Walk approx 8 hours

**Meals: B, L, D**

### DAY 5 Houchuan to Jinshanling village

Today is another diverse day's trek as we pass through cornfields and farm land for a true taste of rural China. Here we are well off the beaten track, experiencing every day village life as we pass along the way. We will stop for a leisurely picnic lunch and observe the changing colours and landscape this trek has to offer at every turn. Tonight will be spent camping near Jinshanling village. Like all nights our local crew and host family will cook up a delicious meal of fresh local dishes for us to enjoy under a clear nights sky.

Walk approx 7- 8hours

**Meals: B, L, D**

### DAYS 6-7 Jinshanling to Gubeikou, afternoon at Great Wall, Gubeikou

Today we set off early to trek through farmland before exploring this classic section of the wall. Chinese are known for their poetic way of observing the world so it is only natural that this section of the wall is known affectionately as, 'dragon standing on the beautiful golden mountain'. With broad sweeping views, it is easy to see how the wall resembles a dragon's back weaving its way across this beautiful golden land. On rejoining the wall we descend gradually to Gu Bei Kou Pass,

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## charity challenges

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home.

Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

where the famous pass is entered on a walk down a valley. Distant 2000m mountains frame the walk along this section. Entering the pass through a small village in the afternoon, we will establish camp at Gu Bei Kou and explore the Great Wall to the west of Gu Bei Kou.

On day 7 we explore the Song Dynasty ancient wall.

Walk approx 6 hours/day

**Meals: B, L, D**

### DAY 8 Complete trek, return to Beijing

This morning we will transfer back to Beijing. Tonight we will celebrate our challenge by enjoying a farewell dinner at the Old Beijing Restaurant.

**Meals: B, L, D**

### DAY 9 Beijing, overnight train to Xian

This morning is free before transferring to the train station for your overnight train ride to Xian. We are booked into 4 berth soft sleeper train cabins. The train is comfortable and part of the overall adventure.

**Meals: B, D**

### DAY 10 Arrive in Xian, transfer to Mt Huashan

On arrival in Xian you will be met at the station and transferred to your hotel for breakfast. We then head straight out to visit the incredible Terracotta Warriors. This afternoon we board our private bus and drive to Mt Huashan. Overnight in our hotel.

**Meals: B, L, D**

### DAY 11 Trekking Mt Huashan

Today we will embark on a full day trek of the sacred Mt Huashan region. The 2200 meter granite peaks are considered a sacred mountain area to the Chinese. We spend the afternoon trekking in the area to some of the surrounding peaks. The scenery surrounding us here is nothing short of spectacular. We hike from the foothills to the mountain peaks on a challenging, but achievable, incredibly rewarding day. Late in the afternoon we will hike to North Peak and return by gondola.

**Meals: B, L, D**

### DAY 12 Fly Beijing to Australia

This morning we travel by bus back to Xian and fly to Beijing before connecting to Australia.

**Meals: B**

### DAY 13 Arrive in Australia

Your trip concludes this morning when you arrive in Australia.

**Meals: NIL**

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This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## places of interest

Tiananmen Square

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## country information

China never fails to conjure up a myriad of feelings, images and a sense of mystery. Its history cannot be summed up here in a few paragraphs and to fully appreciate the currents that have shaped the country and its people, you must take the time to read at least one of the many excellent books available.

Within the almost four million square miles of China's vast territory live more than 1.3 billion people, which makes it the most populated nation on earth. For centuries, outsiders have yearned to visit China and it's only since 1976 that tourism really started. Initially, foreign visitors were only allowed to see a fraction of what the country had to offer, however, today it is possible to visit as many as 60 different areas. An increasing number of historical sites are also being restored and opened up to viewing for foreign tourists.

As much as China is keen to display its stunning scenery, historical sites and impressive cities, it is also dedicated to conveying something about how its society works. Although its political system has set it apart from the west, China is now moving forward in leaps and bounds, especially in the areas of trade and commerce. The major cities are indicative of the burgeoning economy of modern China.

## climate

Beijing and Hebei provinces experience a rather broad temperature range throughout the year. In late spring (May) the weather is mild to warm with the possibility of some showers. In late summer, early autumn trips (August to September) expect warm to hot days with temperatures up to 25-30C (77-86F) and a slight chance of rain.

During October the days are mild and dry, from 15-20C (59-68F), and nights are cooler. After mid-October there is increasingly a cooler (but not cold) westerly wind, which lowers temperatures, particularly at night. The days, however, remain mild. Sometimes, in October, a cold wave from Siberia may cause overnight temperatures to plunge below freezing for a day or so, but the days are mild. In Beijing in late summer the days may be hot, up to 30C (86F) but it is more likely to be quite pleasant. Rain can occur at any time but is more likely in spring (March-May). You must pack a waterproof jacket with hood for all departures.

## a typical day

The average distance trekked each day is between 5-12km. The pace is leisurely with an average of 4-8 hours walking each day. The trip provides a total of about 40kms of walking through generally hilly but not steep country. There are no problems with altitude sickness. The Great Wall remains paved in some areas but generally you would walk on a combination of stone paving, earth and stony rubble. Most people would find a light bushwalking boot or rugged trail shoe suitable footwear. The walking is easily achievable for a person with reasonable fitness but is at times strenuous. The trekking will be largely in the morning and mid-afternoon. On all sections there is flexibility in movement, and progress can be adjusted to satisfy consensus (if the group wishes to stop to inspect something, or spend longer at a nearby community, such can be achieved within the schedule).

### Trip Organization

In mid afternoon our Chinese guides will set up camp at a village and attend to general camp duties (in the morning you will be provided with a bowl of warm water for washing). A toilet tent is provided for the evening camps. The tents are two-person, supplied by World Expeditions. For sleeping, you will need to provide a sleeping bag and mat (Thermarest or foam closed-cell). The sleeping bag should have a minus 10C rating for the October trip. Your main clothing and other items for the city should be left at our Beijing hotel. During the trek you will only need your trekking clothing, toiletries, drink-powder, water bottle, camera and personal items. We recommend you only pack a duffel bag for your trekking items and a daypack for trekking. You will carry your day pack while trekking and at the end of each day a mini-bus will meet us, and you will have access to your duffel bag. Each day, after an early

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dinner, we have time to interact with the locals near the Wall, chat with other members of the group or catch up on your reading or postcard writing. There will be plenty of time for us to browse through villages and mix as much as possible with the locals.

During the stay in Beijing we will see two of the major sights of this huge capital city. There will also be the opportunity for shopping and leisure time. Please be aware of the fact, however, that Beijing is a major tourist area and the scheduling in this portion of the program is a little more regimented. The order of our activities is dependent on arrangements and may sometimes differ from those outlined in the itinerary.

## accommodation on the challenge

Five nights will be spent camping in exclusive rural locations long the wall and in small villages. Tents are spacious two-person tents supplied by World Expeditions. In Mutianyu we have 1 night in a clean, comfortable local hotel and in Beijing we have 3 nights in a comfortable 3-4 star hotel.

## what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, film and camera gear, valuables and personal items such as sunscreen, lip-eze etc. The bulk of your luggage will be left in Beijing and the duffle bag containing the gear you require for the trek will be transported for you on trek days.

## equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

## how to book

Simply ring Chris at Memorable Challenges on 0423 780 716 or email her on [charrison@memorablechallenges.com](mailto:charrison@memorablechallenges.com) to have information sent to you.