

# Cultural China Trek 2016



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# Cultural China Trek Itinerary 2016 14<sup>th</sup>-23<sup>rd</sup> October 2016

**For a country with the biggest population in the world China remains largely untouched by the West and now here is your opportunity to discover its hidden charms on our charity China trek!**

China is a beautiful country steeped in tradition, history and mythology and this trek takes you along the iconic Great Wall and through the countryside that surrounds it before exploring the bustling city of Beijing.

For those with a passion for culture and a sense of adventure the China trek leaves an indelible mark.

## Day 1

Depart Manchester for Beijing.

## Day 2 Beijing

Upon arrival into Beijing we will meet our local crew and transfer to our hotel in Jixian, catching our first glimpse of the Great Wall ahead of us. After lunch we'll have the chance to rest or visit the famous Du-le Temple nearby. Overnight hotel in Jixian.

## Day 3 Huangyaguan

Today we set off to the first section of the trek, giving us a good indication of the challenge ahead. Originally built in 557 AD, the Huangyanguan section of the wall was repaired for the first time in Ming Dynasty with bricks and for the second time in 1985. This section is noted for being particularly stunning because of its water towers which have all been restored to their former majestic glory. Overnight hotel in Jixian.

**Trekking time approx 3 – 4 hours**

## Day 4 Gubeikou - Jinshanling

This morning we transfer to the start of the Gubeikou section of the Great Wall. If the weather is good we can see Miyun reservoir and the Wangjing Tower rising in the distance. Jinshanling is one of the best preserved areas of the Great Wall and the section we follow today has all of its 67 watch towers restored, making it a truly spectacular hike with stunning views!

Overnight hotel in Jinshanling

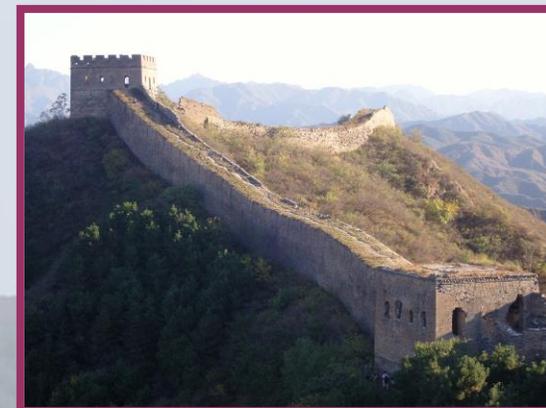
**Trekking time approx 5 – 7 hours**



### Day 5 Jinshanling – Simatai

After watching the sunrise and enjoying breakfast we trek east heading towards Simatai along a much restored section of the wall. Our trek today can be seen for miles as the Wall runs up and down the spine of the mountain. We will take shelter in one of the many watchtowers on the way - you can bet that Ghengis Khan never had it so good when he broke through the Great wall with his Mongol hordes! We'll meet our transport to take us to our hotel for the next few nights. Overnight hotel in Miyun.

**Trekking time approx 3 – 4 hours**



### Day 6 Black Dragon Pool Park

After breakfast at the hotel we transfer the 30 minutes to the entrance of the famous Black Dragon Pool Park. Today our trek will take us through this beautiful nature reserve and our efforts up these sometimes steep sections are rewarded by stunning views. Overnight hotel in Miyun.

**Trekking time approx 6-7 hours**

### Day 7 Mutianyu to Beijing

Today will be our final morning on the Great Wall! After transferring from our hotel and passing a small village we start climbing a steep, wooded track to the top of the Wall for our final breath taking views over the far off mountains. The section we join is known to be one of most beautiful parts of the wild Wall in Beijing, loved by many photographers. After our final hike we come back down to the road to meet our bus and drive back to the hustle and bustle of Beijing. This evening will be free time to freshen up and enjoy the comforts of the hotel. Overnight hotel in Beijing.

**Trekking time approx 3 – 4 hours**



### Day 8 Beijing

After a good rest overnight we wake early this morning to watch the raising of the National Flag before enjoying a hearty breakfast. We then head out for a visit to Tiananmen Square and a guided tour of the Forbidden City. After a traditional lunch we enjoy a



cultural afternoon with a lesson in calligraphy, traditional mask painting or similar followed by an optional visit to the local markets of Hong-Qiao or Xiu-Shui. Overnight hotel in Beijing.

### Day 9 Beijing

Our final day in China and we head to the tranquil Temple of Heaven where we'll take part in a Tai Chi Lesson. After lunch in a local restaurant we drive to the Summer Palace for a wander through the beautiful gardens around the Kunming Boating Lake. After a freshen up, we'll head out to a tradition Beijing Duck restaurant for our celebration meal and final night together to toast our achievements!

### Day 10 Beijing – Manchester

Morning transfer to the airport for return flight back to Manchester (arrive same day)

## What's included?

- Return international flights from Manchester to Beijing
- Skyline Leader and Skyline Doctor
- Local Chinese Guides and Drivers
- All accommodation during challenge in hotels, 5\* when available
- All meals and drinking water, except celebration meal and alcoholic beverages
- Activities in Beijing on Days 8 and 9
- Internal transfers as per the itinerary

## What's not included?

- Personal travel insurance (can be purchased through Skyline for £65)
- Airline Taxes and Fuel Surcharges (invoiced directly 6-8 weeks before departure)
- Vaccinations
- Visa (£80 Approx)
- Local crew tips

## Facts and Figures

**Registration fee:** £349

**Minimum sponsorship:** £3,200 (80% due 12 weeks before departure)

**No. of days:** 10 days (9 nights)

**Accommodation:** Hotels, 5\* when available

**Temperature:** Usually 21-27°C at this time of year however the temperature will get a lot cooler at night

**Difficulty:** Medium



# Answers to some questions you may have...

## Is the trip for me?

YES! People of all ages and from all walks of life take part in these challenges and what everyone has in common is the desire to do something amazing for a great cause! Some people come with friends or family but most people won't know anyone else on the trip so it's a great opportunity to make new friends!

## How fit do I need to be?

The route is challenging and covers differing terrain from steep climbs to steps so if you want to get the very best out of the trip it's imperative that you train. Once you have reserved your place on the trip we will provide you with training hints and tips.

## What's the food like?

We'll enjoy traditional Chinese cuisine with breakfasts and dinners at the hotel and packed lunches along the wall on trekking days. You can expect plenty of rice, meat and vegetables to keep your energy levels up during the trek.

Vegetarian diets can be catered for.

## What do I need to bring?

No specialist equipment is required – though you will want a comfy, reliable pair of trekking boots! We'll send you a full packing list when you register so you can make sure you're fully prepared.

## What's the accommodation like?

Throughout the trek we will be staying in comfortable hotels, which will be 5\* standard when available. These will be on a same-sex twin-share basis and we will endeavour to pair you with someone of a similar age.

If you are travelling with someone you'd like to share with, just let us know!

## Can I stay in China for longer?

YES! For a nominal administration fee your flight can be extended (subject to availability). This will give you the opportunity to discover more of this amazing country independently.

## Will you carry my luggage whilst I'm walking?

YES! Your luggage will be carried separately in one of the support vehicles. You'll just need to carry those essentials like water, sun tan lotion and a camera!

## Will I be able to raise the sponsorship money?

YES! So long as you start in good time you'll find that you can easily raise more than the minimum. We're always willing to help with some ideas so do give us a call!

