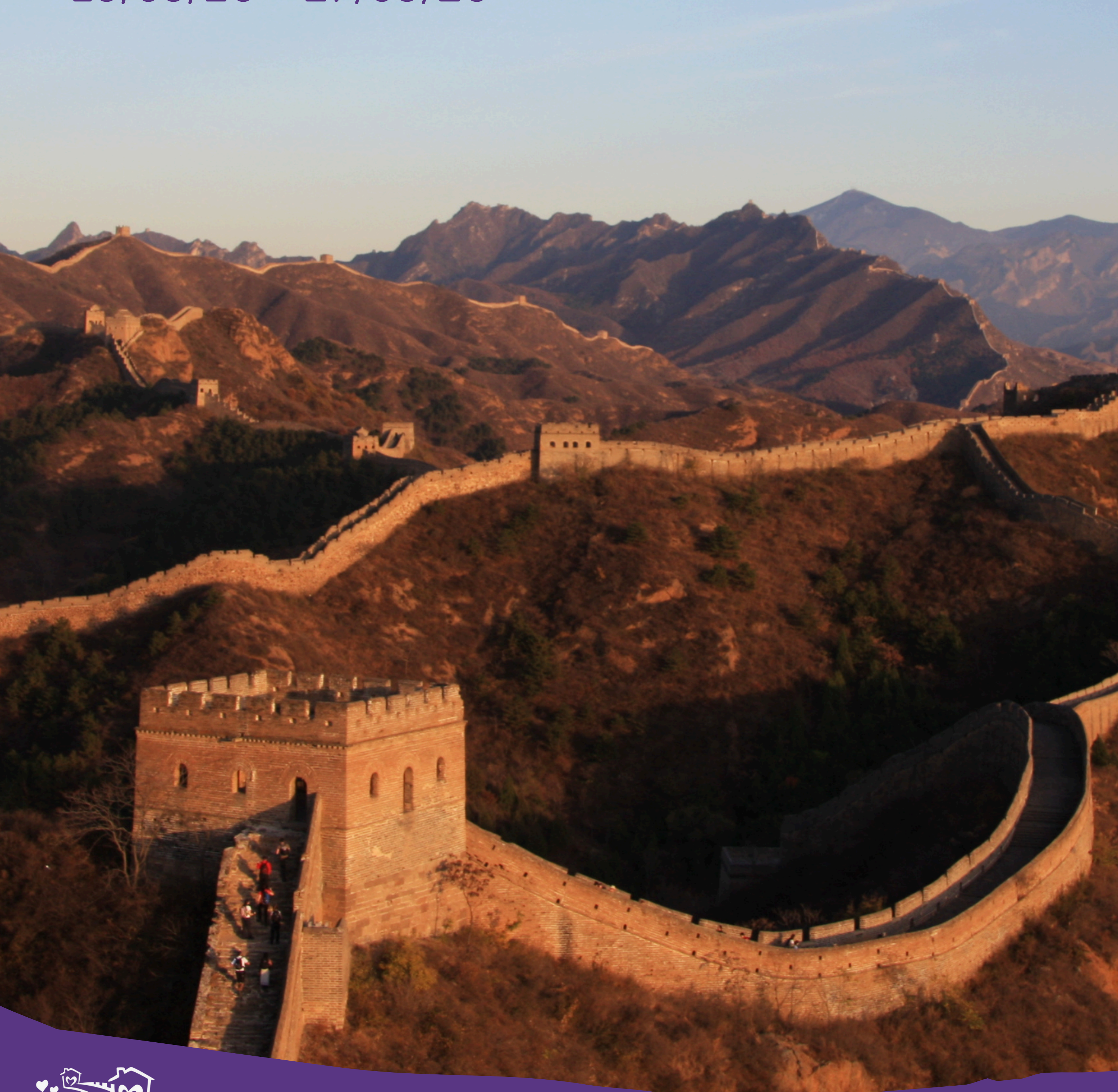


The Jessie May Great Wall of China Trek!

19/09/26 – 27/09/26





Introduction



China

China is a dream destination for travelers seeking a mix of ancient wonders, vibrant culture, and breathtaking landscapes. Cities like Beijing and Shanghai blend centuries-old traditions with cutting-edge modern life, while regions like Guilin, Yunnan, and Zhangjiajie showcase some of the most stunning natural scenery on Earth. Whether you're into history, food, nature, or urban exploration, China offers an unforgettable journey packed with rich experiences and cultural depth.

The Great Wall

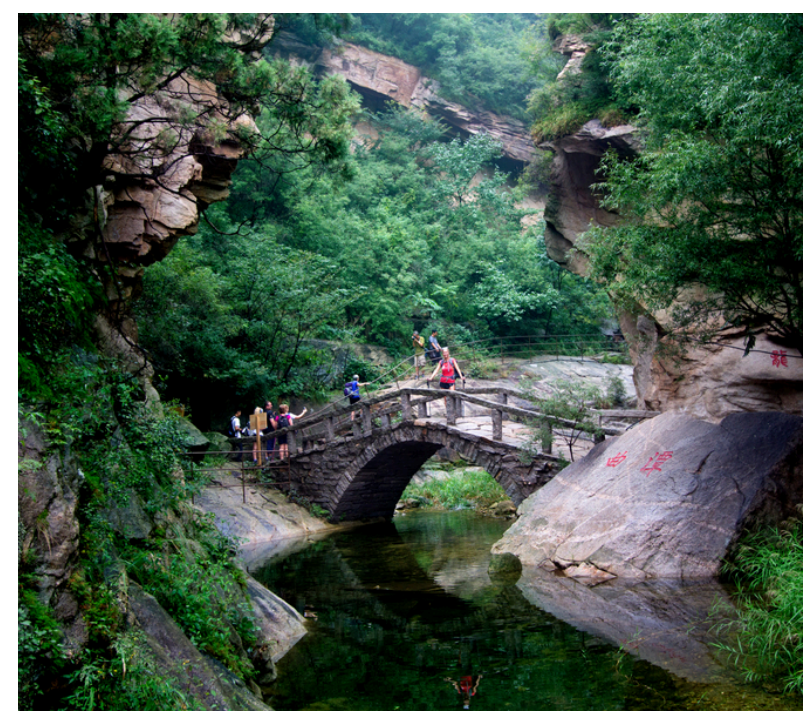
The Great Wall of China is one of the world's most iconic landmarks and a must-see for any traveler visiting the country. Stretching over 13,000 miles across northern China, the wall winds through rugged mountains, desert plains, and lush valleys, offering stunning views and a glimpse into the country's ancient past. Originally built over centuries to protect against invasions, the wall now stands as a powerful symbol of China's strength and resilience.

Trek Overview

Beginning four hours north of Beijing, this week-long challenge tackles a series of vigorous climbs totalling over 10,000 uneven steps. The trek will follow the winding path along the Yan Mountains to the Gubeiko Gateway and takes on the famous 'heavenly staircase'. Exhaustion will quickly be replaced with wonder as you savour the sweeping views of the surrounding mountain ranges. The challenge ends in the vast metropolis of Beijing, with time to explore the cultural highlights of China's historic capital.



Itinerary



Day 1 International departure from London

Your fundraising and training is about to pay off as the big day has finally arrived. Wave goodbye to family and friends and board your overnight flight to Beijing, where your adventure of a lifetime begins!

Day 2 Arrival Beijing and transfer to the Great Wall area

Ni Hao, welcome to China! Your local Charity Challenge guide will be there to greet you at the airport and arrange your transfer to the first night's accommodation. In the evening, you'll come together with your fellow trekkers, soon to be new friends, for a welcome briefing and an inaugural team dinner. It's the perfect opportunity to get to know each other and start preparing for the incredible adventure ahead.

Day 3 Badaling (approximately 5 hours)

With your hiking boots on and rucksack packed, you're heading to the Great Wall of China - ready to take on this incredible challenge and see one of the world's greatest wonders for the very first time. Today's trek will take you to the best preserved and most complete section of the wall. With classic views of the wall winding its way over the hills and into the distance, there will be plenty of perfect photo opportunities along the way. After conquering the final watchtower of the day, it will be time to leave this impressive landmark behind you to transfer to your accommodation for tonight to celebrate your day one trekking milestones.



Itinerary

Day 4 Lupiguan (approximately 6-7 hours)

This morning, you'll take a short transfer to the starting point of today's trek at Lupigian. A rarely visited part of the Great Wall with spectacular scenery every step of the way. Today's trek will take you walking on a part of the wall that runs along the mountain ridge, with the River Bai Gorge on one side and a reservoir on the other. You'll begin with a steady 1 hour climb up to the wall itself on a countryside trail. At the top, take a well earned break to rehydrate, grab a snack and soak in the truly unforgettable backdrop. You will need to take care today as this unrestored section can often be loose under foot. Once you have soaked up the view, continue your trek along the wall in site of watch towers standing at several high points. To end the day, you'll descend from the Wall into the valley below, where your coach will be waiting to take you to tonight's lodge for some well-deserved rest.

Day 5 Gubeikou Gateway (approximately 6-7 hours)

Today is the longest and most demanding day of the challenge so get ready to push yourself to the limits! You'll be tackling the rugged Gubeikou section of the Great Wall, beginning with a steady climb over uneven terrain, passing several weathered watch towers along the way. Once a site of frequent battles, Gubeikou was heavily guarded, resulting in a fascinating variety of defence structures throughout the area. This part of the wall offers fantastic panoramic views over rural China so be sure to have your camera to hand for some memorable shots. You'll finish the day with a walk to your lodge, where a delicious evening meal will be ready and waiting.



Day 6 Jinshanling Loop (approximately 5-6 hours)

Today begins with a short group warm-up before you set off on your trek along the Great Wall. Within the first few kilometres, you'll leave the crowds behind and reach a more original, unrestored section of the Wall. Here, steep and crumbling staircases offer a powerful reminder of the scale of the challenge ahead. Keep an eye out for the watchtowers and be sure to count them as you pass through and don't forget to pause and look back at how far you've come. This evening, you'll return to the lodge for a well-earned rest and a good night's sleep to recharge for the next day's adventure.



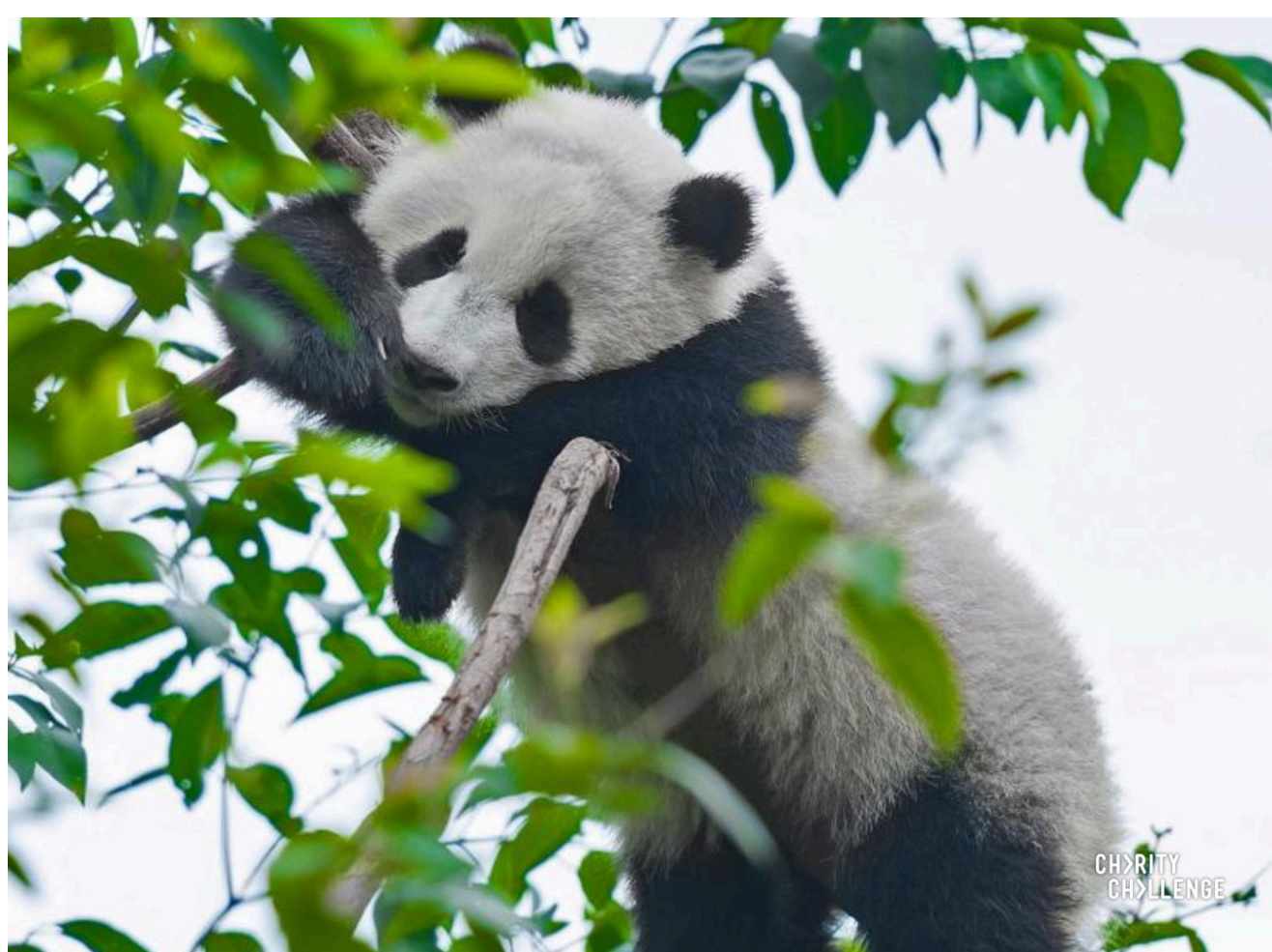
Itinerary

Day 7 Mutianyu section (approximately 5 hours)

Today follows the Mutianyu section of the wall and will see you taking on the “Heavenly Staircase”. You will begin the day with a steep climb up towards the first watchtower on this section before following this along to the Heavenly Staircase. Once at the top, you can bask in the glory of the truly breath-taking scenery around you and take advantage of being on one of the quieter sections of the wall. Given the number of stairs and the scale of the climb, today will test even the fittest of legs. After completing the heavenly staircase you will return back down off the wall in time for a well deserved lunch before heading back to Beijing. Once settled back in the capital, you will enjoy an evening meal with your fellow trekkers and new-found friends.

Day 8 Full day city tour of Beijing

You did it!!! With the challenge done, it will be time to relax and enjoy some of the cultural highlights of China’s historic capital, Beijing. Today’s city tour of Beijing includes a visit to Tiantan Park and the Temple of Heaven, where you can join the locals as they enjoy a morning of Tai Chi, Mah Jong and their own unique version of ‘Strictly Come Dancing’! An opportunity for some shopping at the local market is followed by a tour around Tiananmen Square and the magnificent Forbidden City, before a final group dinner of traditional Peking Duck or a vegetarian alternative.



Day 9 Beijing to London

It’s time to bid a fond farewell to China and make your way to the airport for your morning flight home. Filled with a profound sense of pride and a wish that the adventure could continue, you will return home armed with stories and memories that will last a lifetime...or at least until the next challenge.



Trip Costs

Option 1: Minimum Sponsorship

Pay a non-refundable registration fee of £350.00 when you book.
Raise a minimum of £3,345.00 for Jessie May

Option 2: Self Fund

Pay a non-refundable registration fee of £350.00 when you book.
Then a balance of £1,639.00 (10 weeks before your challenge).
Raise as much as you can for Jessie May.

Option 3: Flexi

Pay a non-refundable registration fee of £350.00 when you book.
Then £350.00 towards challenge costs (10 weeks before your challenge).
Raise a minimum of £2,630.00 for Jessie May.

What's Included?

- Flights
- Accommodation
- 3 meals a day
- Drinking water
- 16 and 20 week training schedule
- Fundraising advice
- An English speaking first aid trained challenge leader and full local support team

What's Not Included?

- Visa
- Travel to and from the UK airport of departure
- Vaccinations
- Tips



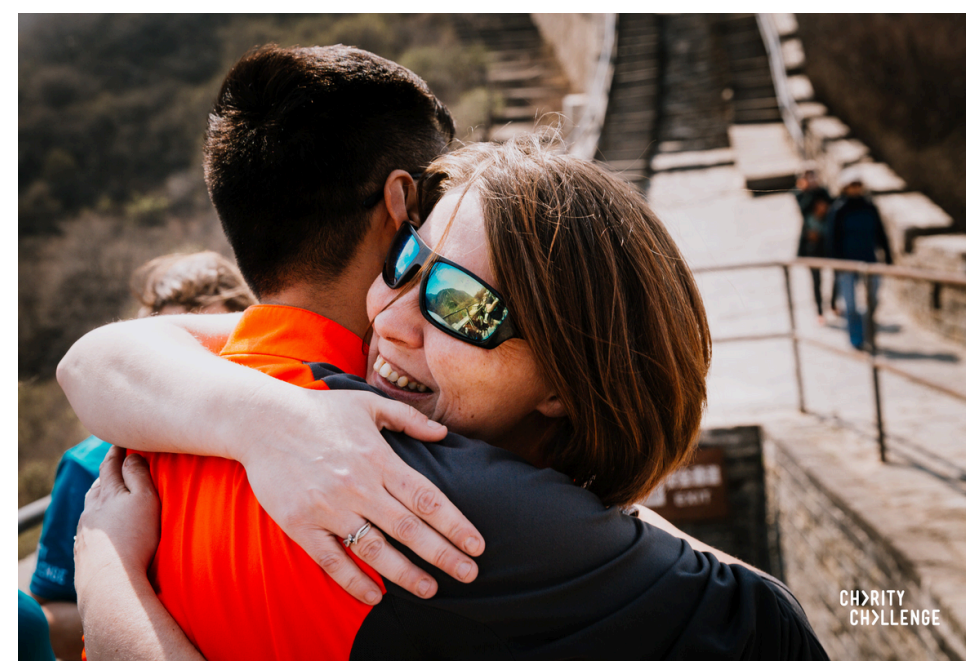


Important Information

Level of Difficulty

This trip is 'challenging'. You will be:

- trekking for around 4-7 hours per day, covering approximately 50kms over 5 days.
- trekking up and down thousands of stairs.
- exposed to the elements, rain, wind or sunshine along the wall.
- trekking on un-renovated sections of the wall, with tricky terrain
- taking on sections at height with drops at either side
- staying in basic lodges each night



Flights

Flights are included as part of the trip. You will be flying from London Heathrow to Beijing. The flight time is approx. 9-10 hours if flying non-stop or 14-16 hours if indirect. Your flight tickets will be emailed to you before your departure. If you choose to book your own flights, please confirm with the Charity Challenge office first, otherwise you may be liable for your included group flights. You will be responsible for making your own travel arrangements to and from London Heathrow.

Visa

UK Citizens require a visa to enter China which is not included in the cost of the trip. You cannot obtain visas upon entry to China.

Charity Challenge will supply you with the relevant application advice three months prior to departure, and if you would like to start having a look at the information you can visit the Chinese Visa Application website by clicking [here](#). However, you should not apply before 3 months prior to departure due to the validity of the visa.

You will need to attend the Chinese Visa Application Service Centre yourself to process your application. The Visa Application Service Centres are located in London, Manchester, Edinburgh and Belfast.

Prices are subject to change by the Chinese Embassy and will be confirmed upon your application, however, the cost of the visa starts from £151. Your passport must have at least six months to run from the end of your challenge and one blank page for your visa.



Important Information

Insurance

It is a condition of travelling with Charity Challenge that you have a suitable travel insurance policy which covers you for your entire challenge. They have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. You can also take out your own Insurance Policy, providing it offers the same cover as the recommended policy.

Vaccinations

We would encourage you to speak to your healthcare provider regarding vaccinations. You can also see guidance [here](#).



Accommodation

All accommodation is included in the cost of the trip. On the Great Wall you will be staying in basic, but adequate lodges or hotels. It may not be up to the standard expected in Western hotels, but the lodges will provide clean linen and washing facilities. The hotels in Beijing will be of a three-star standard and much more comfortable. All rooms are en-suite and have facilities for charging batteries. If you are travelling with a friend or partner who you wish to share with, please ensure that you note this where appropriate when booking or email challenges@charitychallenge.com.

Toilets

There will be basic, western style toilets in the lodges and there will be en-suite toilet and washing facilities at the hotels. Depending on the season, hot water may be limited in some of the lodges along the wall. Along the trekking route, toilet facilities will be limited to the great outdoors!

Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support staff to assist them. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.



Important Information

Food & Drink

Food and drink are included in the cost of the trip. Food is basic but filling. In recent years, breakfast has become more westernised, with eggs, tomato and cucumber, as well as cooked meats. Lunch will usually be a sandwich along with nuts, snacks and fruit. Dinner will consist of Chinese dishes and of course rice or noodles. There will, of course, be vegetarian options provided, although the choice is more limited. The tap-water is not safe to drink. Bottled water will be provided during the trekking sections, and you can buy bottled water or soft drinks in hotels and lodges for meals (around 5 Yuan, or 50p). You can let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Safety

Charity Challenge have set up Challenge Safe, an advanced and thorough safety management system. Challenge Safe brings together the procedures and risk management strategies that they use to audit all aspects of the challenge, from vehicles to accommodation to the challenge activity itself.

In terms of your Great Wall Discovery challenge, there are a couple of important points that you should be aware of:

- The wall is very exposed, with almost no shade, and on sunny days the temperatures can soar. You should ideally be wearing a sun hat, sun cream, and hydrating constantly.
- First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on).
- Some areas of the wall are very remote, with no car access, and emergency evacuation may take up to 4 hours. However, there are several escape routes off the wall and the nearest medical facilities will be by stretcher and then vehicle.
- Certain sections are un-renovated, with crumbling and uneven terrain, and some steep drops at either side. Your leader will help you get through these sections if you have a fear of heights!
- Smoke alarms are not a legal requirement in China, and as such many of the lodges we use do not have them in place. Your leader will explain the emergency fire procedures to you.



Kit List

Rucksacks and Bags

- Day sack 25-30L
- Rucksack/Duffle bag 60-70L
- Waterproof liner*

Clothing

- Lightweight trekking trousers
- Lightweight waterproof jacket
- Lightweight fleece
- Wicking t-shirts
- Long sleeve shirt for trekking
- Warm jumper/fleece for evenings
- Sun hat, sunglasses
- Casual clothes for evenings and sightseeing
- Cotton scarf/buff for sun protection*
- Waterproof trousers*
- Hiking shorts*
- Smart clothing for celebration meal*

General Trekking Equipment

- Water bottles/bladder min 3L
- Personal high energy snacks
- Dry bags for keeping clothes and docs dry
- Walking poles
- Lunch Box/Tupperware to pack lunches
- Camera*
- Gaffa tape for emergency repairs*
- Alarm clock/watch*
- Ear plugs*

* Indicates Optional

Footwear

- Well-worn walking boots with ankle support
- Hiking socks
- Comfy shoes for evenings*
- Spare laces*

Small First Aid Kit

- Your own medication
- Pain killers
- Plasters and blister plasters
- Zinc oxide tape/Kinesiology Tape
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Dextrose tablets for extra energy*
- Deep heat*
- Knee support*

Toiletries

- Personal toiletries
- Anti-bacterial hand gel
- Tissues/toilet paper
- Insect repellent
- Sun protection
- Aftersun/moisturiser
- Contact lenses & solution (plus spare glasses)*
- Baby wipes*

Documents

- Passport
- Tickets
- Money
- Copy of travel insurance
- Photocopy of passport



Thank you for your support!

Any questions, please reach out:

fundraising@jessiemay.org.uk

