

GREAT WALL OF CHINA TREK



Highlights

- Centuries after its construction, China's Great Wall remains one of humankind's engineering marvels which carves your 5-day trekking adventure
- At over 21,000km (13,048 miles) in length, you'll hike 50kms of carefully selected old and restored sections of the Wall to help with the comprehension of the sheer scale and history of this impressive UNESCO World Heritage Site
- Enjoy exploring less known unrestored sections of the Wall often without another trekker in sight
- Discover local life near the Great Wall when staying at family-run local guesthouses and enjoy a delicious home-cooked meal each evening
- Our local guides are enthusiastic, full of knowledge and keen to share the life and history of the Wall with you
- Exclusive to Adventurous Ewe, you can help with China's reforestation development with a tree planting project by the Wall
- Guided tour in Beijing's Tiananmen Square and the Forbidden City
- You'll return home with a deeper understanding of life that goes on around the Wall in local villages, in China itself and be more familiar with the history of the Great Wall of China plus with a great sense of achievement having tackled thousands of steps and nearly 50kms
- Receive a complimentary Water-To-Go bottle when you depart on this trip to minimise our plastic footprint in China!



WELCOME

Huānyíng

Overview

Explore one of the Seven Wonders of the World, the Great Wall of China. Step into history as your journey takes you along this imperial masterpiece of the Northern Qi Dynasty and Ming Dynasty. Trekking carefully selected sections of the Wall to immerse yourself in the contrast of dilapidated and rebuilt stretches. Let your imagination wonder with discovering less known unrestored sections of the Wall, often without another trekker in sight, and take the time to absorb the incredible views of this engineering marvel winding its way to the horizon.

Trekking in a small group to minimise our impact on the environment plus allowing for a more authentic experience, you'll also have the chance to learn the ways of Chinese daily life and culture in the rural and remote settings that you pass through. Staying in locally owned guesthouses and enjoying home-cooked meals with families also gives you the chance to gain a better understanding of this country from the people who call it home.

On completion of trekking adventure, and exclusive to Adventurous Ewe, take part in one of China's **reforestation developments** with planting a tree near the Wall and be part of China's Great Green Wall.

In addition to walking the Great Wall, your local Guide will also take you on fascinating tours in Beijing including **the Forbidden City, Temple of Heaven** and **Tiananmen Square**. Plus you're welcome to extend your experience and visit Xi'an to view the magnificent Terracotta Warriors.

This itinerary packs as much of China's Great Wall, jaw-dropping rural & mountainous views, thought provoking history, meaningful trekking and rural community encounters into one big adventure.





TRIP SUMMARY



Activity: Trekking
Duration: 9 days & 8 nights
Active days: 5 days trekking
Distance: Approx 50kms in total
Accommodation: Local local guesthouses & hotels
Cost: Deposit: £295 per person
Remaining balance: £1,000 per person

Group size: 8 – 24 people
Level of difficulty: ■■■■■
Tough
Dates 2021/2022: 2021/22: April / October

ROUTE MAP

Get ready for an adventure



DAY 1

Overnight flight from London Heathrow UK to Beijing Capital China

DAY 2

Arrive in Beijing and transfer to Jinshanling

DAY 3

Trek Jinshanling Loop

DAY 4

Trek Gubeikou Gateway

DAY 5

Trek Mutianyu Section

DAY 6

Trek Huanghuacheng Section

DAY 7

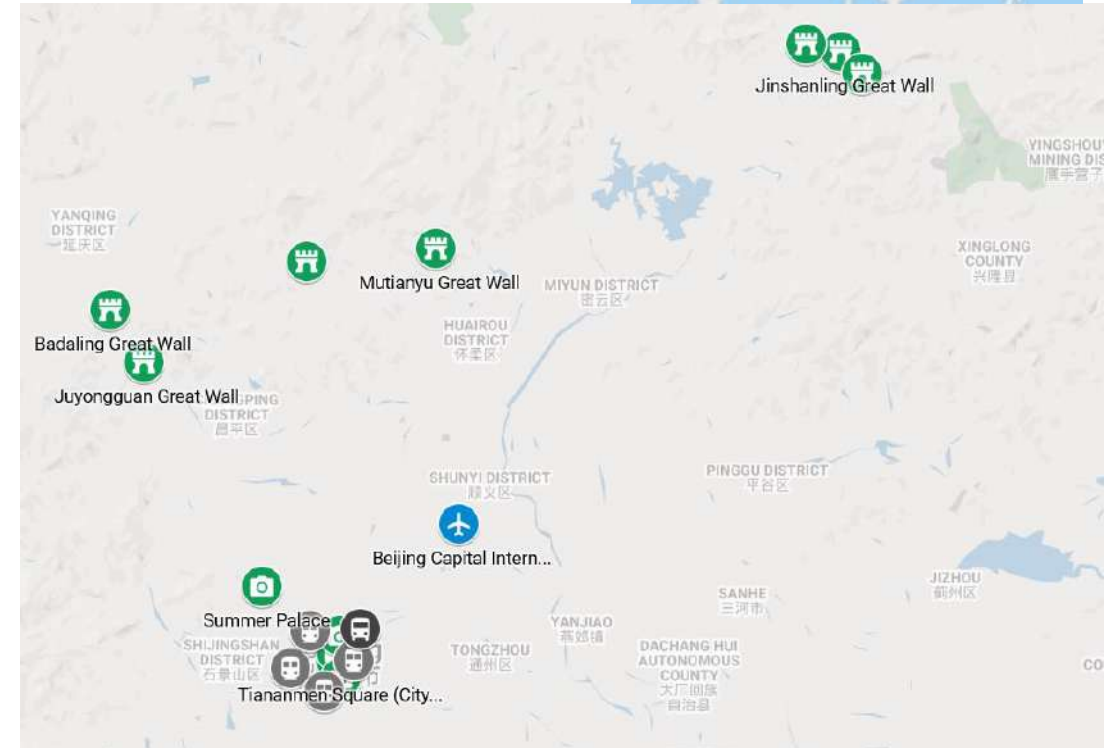
Trek Badaling followed by tree-planting

DAY 8

Trek Gubeikou
Day in Beijing - Tian'anmen Square, Forbidden City and market tour

DAY 9

Return home



ITINERARY

2 boots. 50ms trek. 1 Great Wall. 1 tree planted. 1 iconic journey

THE CHALLENGE – trek 50kms of carefully selected old and restored sections of the Wall to help with the comprehension of the sheer scale and history of this impressive UNESCO World Heritage Site and get a better understanding of the way of rural life enroute

DAY 1

Flight from UK to Beijing Capital Airport, China

Overnight flight from London UK to Beijing Capital Airport China (approx 10 – 12 hours)
On signing up for the trip, we will provide you with the recommended flights to book or alternately, we can book the flights for you through our ATOL protected Flight Agent at an additional cost. Flights are not included in your to give you the flexibility to travel from your nearest airport, use your frequent flyer points or extend your stay in China if you wish. The recommended flights for this will include airport transfers in China. There are direct flights from London and non-direct flights for all major airports across the UK. Flights are operated by Air China, KLM and Lufthansa and cost upwards £450pp economy return depending on which flights and when you book.

DAY 2

Arrive in Beijing

Welcome to China. On arrival at Beijing Capital Airport you will have a private transfer to your lodge near Jinshanling. It's time to relax, get to know your fellow trekking mates and organise your kit before your trek briefing. That evening enjoy your first authentic Chinese meal.

Included

Accommodation:	Family run lodge twin share basis
Private transfer:	From Beijing Airport to lodge
Meals:	Dinner

DAY 3

Trek Jinshanling loop

Today your trek on the Great Wall starts on an original part of this engineering marvel and is a great introduction to the days ahead. This well-known part of the Great Wall is in good condition after a lot of restoration work, and it is extremely picturesque, with large towers that are more closely-spaced than usual. Its steep, crumbling staircases and watchtowers provide a fitting introduction to the enormity of the challenge ahead. Take your mind off the endless steps and enjoy the incredible views over both China and Mongolia.

Trekking time: Approx. 5 hours

Included

Private transfer:	From local lodge to Jinshanling and return transfer to Gubeikou
Accommodation:	Local lodge, twin share basis
Meals:	Breakfast, lunch and dinner



ITINERARY CONTINUED

2 boots. 50ms trek. 1 Great Wall. 1 tree planted. 1 iconic journey

DAY 4

Trek Gubeikou Gateway

Today your trek on the Great Wall will take on the demanding Gubeikou section starting with a steady climb up past a number of time-worn watchtowers. The Gubeikou Great Wall has never been reconstructed. Hence, it is somewhat dilapidated but retains its original beauty. Many battles were fought here throughout the Chinese history due to its strategic location. This unrenovated section of the Wall and watchtowers will remind you of their past glory. Plus, you can enjoy the expansive views over rural China.

Trekking time: Approx. 6 hours

Included

Transfer: From local lodge to Gubeikou and to next location
Accommodation: Local lodge, twin share basis
Meals: Breakfast, lunch and dinner



DAY 5

Trek Mutianyu Section

The Mutianyu Great Wall is one of the best-preserved and best-known Great Wall sections. Today you will follow the Mutianyu section of the Wall and the challenging trek down the appropriately named "Heavenly Staircase". The day begins with a steep climb up towards the tower of Zhenbeitou; the pinnacle of your challenge. Basking in the glory of some truly breath-taking scenery, you then begin the hike down towards Mutianyu, tackling the steep staircase that leads onto the more popular renovated section of the Wall.

Trekking time: Approx. 5 hours

Included

Transfer: From local lodge to Mutianyu and to next location
Accommodation: Local lodge, twin share basis
Meals: Breakfast, lunch and dinner



ITINERARY CONTINUED

2 boots. 50ms trek. 1 Great Wall. 1 tree planted. 1 iconic journey

DAY 6

Trek Huanghuacheng Section

Huanghuacheng is the only lakeside Great Wall in Beijing. From the small village of Xishuiyu, the trail meanders through thick forest to the tree-line and the start of your scramble along one of the most exciting yet challenging parts of the old Wall at Huanghuacheng. Against the spectacular backdrop of the Xishuiyu Reservoir and the surrounding mountains, you will journey along a series of overgrown sections with steep ascents and descents, before the final section of the day.

Trekking time: Approx. 5 hours

Included

Transfer: From local lodge to Huanghuacheng and to next location
Accommodation: Hotel, twin share basis
Meals: Breakfast, lunch and dinner



DAY 7

Badaling followed by tree planting project

Badaling Great Wall in Beijing is the best-preserved and most complete section among the various, hence the most popular. Badaling is a must-see for first-time visitors to China. Most of the preserved parts were built and reinforced during the Ming Dynasty (1368 - 1644 AD) to defend Beijing against the intrusion of northern Mongolians. It is built of huge bar-stones and bricks making this section easier to negotiate than some of the time worn sections.

On completion of this shorter section, you will then help with China's reforestation development with a tree planting project by the Wall. The sense of giving back and making a difference after experiencing a 5-day journey along the Wall.

Trekking time: Approx. 3 hours plus tree planting

Included

Transfer: From hotel to Badaling and to next location
Accommodation: Hotel, twin share basis for two nights
Meals: Breakfast, lunch and dinner



ITINERARY CONTINUED

2 boots. 50ms trek. 1 Great Wall. 1 tree planted. 1 iconic journey

DAY 8

Full Day City Tour of Beijing

With returning from the rural areas of China it is time to explore some of the cultural highlights of China's historic capital, Beijing with your local Guide.

Your 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 hacky-sack! 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, a vegetarian alternative can be provided on request.

Included

Transfer:	From hotel to city tour destinations and return to hotel
Accommodation:	Hotel, twin share basis
City Tour:	All entrance fees included
Meals:	Breakfast and dinner



DAY 9

Return flight from Beijing to London

Bid a fond farewell to China as you are transferred to the airport in the morning for your return flight to the UK. Filled with a profound sense of pride and greater knowledge and understanding of China, you return home armed with stories and memories that will last a lifetime together with new found friendships.

Included

Transfer:	From hotel to Beijing Capital Airport
Meals:	Breakfast only

Trip Extensions

There is an option to extend your stay in China and visit the impressive **Terracotta Warriors**, **Xian's Grand Mosque** and **the 2,000 year-old Yangling Tombs**, the final resting place of the fourth emperor of the Western Han Dynasty. This is a 3 day extension in Xian. For more information, please contact us at info@adventurousewe.co.uk.



TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



TRIP SUMMARY

Dates, trip overview



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nitty gritty bits for your
adventure



01



Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Great Wall of China Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place. You're in safe hands with Adventurous Ewe.

Leaders & crew

You will be accompanied by certified Adventurous Ewe Leader and Local Guide for the trek together with a support crew. They're a friendly bunch with a huge level of care and vast knowledge. Rest assured they are fully experienced and remote first aid qualified. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders will carry safety equipment and first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items.

The Leaders and Crew will also be in constant communication throughout your adventure.

Level of difficulty

The Great Wall of China Trek is graded as **'Tough'**.

This is due to ascending and descending steep steps of both restored and time worn sections of the Wall, ascending steep pathways through forests and woods in order to reach the Wall itself, trekking nearly 50kms of rocky terrain and thousands of steps, occasionally experiencing third world standard toilet facilities in rural areas of China and staying in basic local lodges during the course of your journey. Please also be prepared for all types of weather conditions on the Wall including the heat and potential rain and wind.

Preparation is key to help you get the most enjoyment and reward from this trek. A good level of fitness, endurance and some gritty determination will help you conquer each day.

Please note, some sections of the Wall are exposed so if you have a fear of heights, please let us know and we'll ensure you are fully supported during these areas.



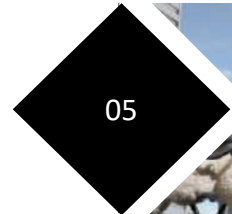
02



03



04



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Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for this trek to run is **8 people** and the maximum group size is **24 people**.

You are most welcome to join this trek as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 8 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

Training

A bespoke training programme will be provided when you join this trek to help you with your preparations and make sure you reach the start line knowing that you're ready for the journey ahead.

The programme includes info, videos and an exclusive discount code for a 28 day kettlebell training programme & app which is ideal for strength and endurance training for those short on time. Plus it has great nutritional tips. The more you are prepared, the more you will enjoy the challenge.

Our motto is:

Train hard, smile harder and enjoy the journey!

Kit and discount codes

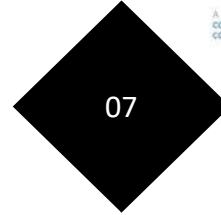
A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Packing and kit tips will also be provided when you join sign up.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



06



07



Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

Travel Admin

A quick snapshot of what you need to know...

Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

Visa

UK Citizens require a visa to enter China. You cannot obtain visas upon entry to China so this MUST be done 3 months prior to your departure. You need to apply online so please visit the website below and first go through the 'Step-by-Step Guidance' instructions.

<https://www.visaforchina.org/>

Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking, personal liability, cancellation, curtailment and loss of luggage and personal effects.

Vaccinations

For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit

<https://www.fitfortravel.nhs.uk/destinations>.





WHY ADVENTUROUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at www.futureoftourism.org. #FutureofTourism



For more info please visit:

<https://www.adventurousewe.co.uk/safety-wellbeing/>



ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

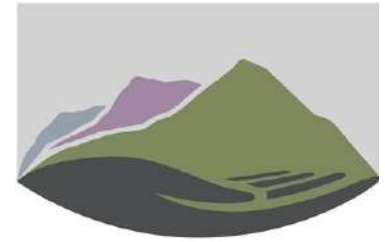
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.



For more info please visit:

<https://www.adventuroousewe.co.uk/coolearth-partnership/>



Cymdeithas Eryri
Snowdonia Society



YOU'RE IN SAFE HANDS

ADVENTURE SAFETY AND WELLBEING GUIDELINES

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority. We have implemented a range of changes and precautions focused on ensuring strong hygiene practices for all our adventures. This also includes ensuring our suppliers of accommodation and catering have strong hygiene practices in place too.

Please note that while these procedures take into account current WHO and government guidelines, it is a live document which we will update as new information becomes available about COVID-19.

- ✓ The maximum number of participants will be kept under 10 people per team.
- ✓ Pre-adventure briefings will be in a digital format for you to view 2 days prior to your trip.
- ✓ Hand sanitiser will be provided before, during and after your adventure and also carried by the crew.
- ✓ Your Leader/s and Crew, who are first aid qualified, will be operating under higher-level protocols for infection control and patient care. They will wear masks and gloves where appropriate.
- ✓ We will honour social distancing guidelines wherever possible during the adventure. If the 2-metre rule is unable to be maintained, please place yourself side by side, or facing away from each other, rather than face to face if possible.
- ✓ For any accommodation bookings included as part of your package, if you would prefer a single room / tent please let us know asap and we will make the arrangements for you dependent on availability. There will be an additional cost for this dependent on the hotel/tent transport, therefore please get in touch with us for further info at info@adventurousewe.co.uk.
- ✓ Any equipment or hire items such as bikes, helmets, kayaks, buoyancy aids and paddles, that we supply will be hygienically cleaned and sanitised. Items will not be used 72 hours prior to when you used it and they will not be used for 72 hours after your use.

- ✓ If there's a requirement whereby you need to share an enclosed space such as the cabs of vehicles, you should keep the window open for ventilation and you should be careful to avoid touching your face at all times. On leaving the enclosed space, wash your hands with soap and water for 20 seconds or use hand sanitiser if there are no washing facilities available.
- ✓ If you are feeling unwell, DO NOT attend the trip. For your own health and the well-being of others, please remain at home and rest until you are well again.
- ✓ To protect other members of the flock on your adventure, you should also remain at home if someone in your household is self-isolating.
- ✓ If you have been travelling overseas in the last 14 days, please DO NOT attend until further advised. Please contact us to discuss in further detail.

Friendly reminder:

- ✓ Participants & crew to maintain good hand and personal hygiene. Wash hands regularly with soap for 20 seconds and or an alcohol-based hand sanitiser before handling food and after being in public spaces and between activities wherever possible.
- ✓ Participants and crew to avoid touching eyes, nose and mouth and to cover their nose and mouth when coughing and sneezing with a tissue or flexed elbow.
- ✓ Participants, Leader/s and Crew to avoid sharing personal items.

Participants, crew and supporter health and safety remains a priority for Adventurous Ewe, and we will continue to monitor and follow the advice and directions of government and health experts.

If you have any queries, please feel free to contact us at info@adventurousewe.co.uk or call 01492 588 069. Thank-ewe.

TOP TIPS

Trekking

- Train in your trekking kit. Including your hiking boots & socks and wearing of your daypack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for your big challenge
- Have two bags – a daypack for the trek with your trekking kit (waterproofs, warm layers, snacks, water, first aid, factor 50 sunscreen & any medication). Ensure your daypack is as light as possible. And your main luggage/duffle style bag with a name tag. Ensure this bag has straps that make it easy to carry as you will be required to transfer this bag at your lodgings
- Pack your kit inside a dry bag just in case
- If you really feel the heat, bring a handheld fan, buff & a full brimmed hat which you can wet or a cooling spray
- Bring your own facemask (optional) and hand sanitiser (essential)
- Look after your feet – blister prevention
- Bring trekking poles which are collapsible/retractable and have rubber bungs on the end of each pole. They're a great way to provide stability and support your knees whilst hiking
- Bring your favourite high calorie snacks. Remove as much packaging as possible before taking it on the trek (less litter to carry)
- Bring your own water bottle, your Water-to-Go bottle is ideal, plus a camelbak./platypus that you can refill and avoid plastic bottles
- Be respectful of the rural communities, the people, their land and their homes
- If you're interested in history, do some research on the Northern Qi Dynasty and Ming Dynasty
- **Most importantly.....SMILE & ENJOY THE ENTIRE EXPERIENCE**





COST

Deposit: £295 per person payable on booking

Remaining balance: £1000 per person payable 6 weeks prior to start of trip

Please note, if you need to change your booking 60 days or more before the start date you can make flexible date change, subject to availability, without incurring any admin costs. If you need to cancel your booking 60 days or more before the event start date, you will be issued with a credit note to the value of your payment that you can use for another event of your choice, subject to availability.

You are welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

INCLUSIONS & EXCLUSIONS

GREAT WALL OF CHINA TREK

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Trek training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel app, Vamoos
- Digital trip briefing sent before your arrival in China
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

During your trip:

- Adventurous Ewe Leader
- Chinese Guides (English speaking), Support Team and Driver
- Private vehicle transfers in country
- All accommodation on a twin share basis
- All meals including celebration dinner unless otherwise stated in your itinerary
- Drinking water during your challenge
- Satellite phone & communications to offices in UK and China
- Entrance fees to sections of the Wall
- Luggage transfers to each accommodation place
- Tree planting project
- City Tours in Beijing
- Full back-up support including first-aid qualified crew and first-aid supplies
- Risk assessments, safety management and emergency planning
- All trip management and hygienic cleaning procedures of equipment before, during and post trek.

NOT INCLUDED

- Travel insurance (mandatory)
- Chinese Tourist Visa (mandatory)
- Vaccinations
- Return flights to Beijing. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- Additional excursions outside the itinerary
- Personal spending money and drinks
- Kit and equipment as listed on your kit list
- Tips for local crew
- Single room supplement
- Any associated costs with leaving the trek early.

TRIP EXTENSION

There is an option to extend your stay in China and visit the impressive **Terracotta Warriors, Xian's Grand Mosque** and **the 2,000 year-old Yangling Tombs**, the final resting place of the fourth emperor of the Western Han Dynasty. This is a 3 day extension in Xian. For more information, please contact us at info@adventurousewe.co.uk.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your trekking journey.

BAGS

- ❑ **Main kit bag (duffle bag)** – recommend no more than 80L soft duffle bag with back straps as you will need to carry this bag at some points.
- ❑ **Daypack** – 25 - 30 litre rucksack to carry your kit required on the trek. Ensure it is comfortable and has waist-straps
- ❑ **Dry bags** – for clean and dirty kit whilst trekking

TREK CLOTHING

- ❑ **Waterproof jacket & trousers** – breathable lightweight waterproof jacket with hood and trousers
- ❑ **Wicking/merino wool t-shirts** - we recommended a minimum of 3 t-shirts for trekking
- ❑ **Light weight long sleeved shirt** – for sun protection whilst trekking
- ❑ **Warm top** – extra layer of warmth ie. lightweight/compact down jacket or merino wool top
- ❑ **Shorts** – wicking fabric and comfy (check they don't chaff)
- ❑ **Trousers** – lightweight trekking trousers. Zip off trouser legs are ideal
- ❑ **Cap/sunhat** - full brimmed hat is ideal
- ❑ **Beanie or warm hat** – it can become cold in the evenings or windy on the Wall
- ❑ **Buff** – for sun protection and can be soaked in water for cooling the back of your neck
- ❑ **Underwear** - Merino wool or wicking material, not cotton. How many pairs is up to you.

TRIP CLOTHING

- ❑ **Evening clothing** - for the lodges & hotels
- ❑ **Casual clothing** - for travel and Beijing city tour

FOOTWEAR

- ❑ **Hiking boots** – well-worn in with ankle support and waterproof. Please ensure they are comfy and don't rub or chaff
- ❑ **Trainers, trekking sandals** – or other comfy shoes for evenings and casual wear including walking city tour of Beijing
- ❑ **Socks** – recommend merino wool hiking socks with liners (minimum 3 pairs) and some casual wear socks
- ❑ **Flip-flops** – for post-trek and casual wear (optional)

TREKKING EQUIPMENT

- ❑ **Water bottle** – (essential) 2-3 litre capacity. Water-to-Go bottle ideal and a platypus / camelbak
- ❑ **Head torch** & spare batteries
- ❑ **Sunglasses** – strong UVA/UVB protection preferable
- ❑ **Trekking pole(s)** - optional. Collapsible/retractable poles with rubber bungs on the end of each pole

TRAVEL ADMIN

- ❑ **Passport** plus photocopy of passport
- ❑ **Visa**
- ❑ **Flight tickets**
- ❑ **Travel insurance policy and emergency number**
- ❑ **Debit/credit cards**
- ❑ **Cash** – Yuan ¥. We recommend exchanging currency before you go; however, there are ATM's and currency exchanges available at Beijing Airport. You can only convert 100 Yuan notes (around £10 GBP) back in the UK, so make sure that you spend any extra change. Don't forget to keep some Yuan for tips for your local crew.

ADDITIONAL ITEMS

- ❑ **Antibacterial hand gel** (essential) & **face mask** (optional)
- ❑ **Sunscreen and lip block** – minimum SPF50
- ❑ **Favourite snacks** - both sweet and savoury
- ❑ **Electrolytes**
- ❑ **Camera** – enclose in a dry bag
- ❑ **Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap/shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- ❑ **Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, diarrhoea tablets and plasters/Compeed blister pads, zinc oxide or Rock tape and insect repellent, etc.

NICE TO HAVE

- ❑ **Sleeping bag or liner** (if you feel the cold)
- ❑ **Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- ❑ **Ear plugs** for lodges
- ❑ **Reading material / card games** for evenings
- ❑ **Spare dry bag** for dirty or wet clothing
- ❑ **Portable charger** - any chargers or battery items must be transported in your carry-on luggage during your flight
- ❑ **Small foldaway bag** for shopping etc.
- ❑ **Any favourite sandwich spreads** (peanut butter, marmite, jam, etc) to use for your packed lunches and/or favourite tea/coffee or cordial drinks

EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

Ashmei who produce sustainable high performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.



For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>

ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC
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CONTACT US

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<https://www.adventurousewe.co.uk/>



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We look forward to welcoming you to China for this iconic adventure showcasing the impressive Great Wall and the rural communities of China.

