Trek Great Wall of China

ChallengeHer

9 – 17 May 2019

Join the first ChallengeHer women-only challenge in China and raise funds for the charity of your choice

For more information and to register online:

www.dream-challenges.com

Register for only £349

For further information or to register please call us on 01590 646410 or email: events@dream-challenges.com
Challenger - Great Wall of China Trek 2019

Step on to the back of the dragon on the debut Challenger trek along ancient and remote sections of the Great Wall of China.

Join us on the first ever adventure for Challenger, the feat of a lifetime that follows one of the new seven wonders of the world, the Great Wall of China. Trekking along this architectural masterpiece, you'll get a glimpse of Chinese rural life and be rewarded with breath-taking views over the country of the Red Dragon. The terrain will be challenging, but well worth it for the spectacular scenery, the introduction to a fascinating culture and the life-long friendships formed along the way.

It's time to woman up. 
Challenger is our shiny new collection of open challenges that aim to give all women the drive, the opportunity and the confidence to reach their goals, whether physical, mental, charitable or all three! We're not about competition, we're about testing our own personal strength in body, mind and spirit and living the team to achieve our dreams.

In 2019, we're kicking off with two challenges that take on the Great Wall of China at the same time: the Challenger trek, which you're reading about now and Challenger Cycle China 2019, which you can learn more about on our website. At the end of our trek you'll meet up with the women who've chosen to cycle for a celebration dinner.

Our Challenger trek and cycle alongside the Great Wall are our first ever women-only open challenges. An open challenge means you choose how you fund the challenge.

You can self-fund and pay the challenge costs yourself without the pressure of a minimum sponsorship target; or you can choose sponsorship and commit to raising a minimum amount for a charity of your choice.

It's your chance to do something amazing for the cause closest to your heart; whether you choose to support your local hospice or project or a national charity. It's completely up to you.

The Itinerary

**Days 1 & 2 | London – Beijing – Huang Ya Guan**
After an overnight flight from London Heathrow to Beijing, we meet our ground handler at Beijing airport and transfer by coach to our hotel at Huang Ya Guan. This area receives few Western tourists and so we can get a taste of traditional Chinese culture, while admiring the Great Wall of China and the stunning views of rugged, green mountains.

You have time this afternoon to stroll around Huang Ya Guan, a typical and fascinating Chinese town, where the new China meets the old and traditional China.

**Day 3 | Huang Ya Guan - Huang Ya Guan | approx. 5 hours walking**
Today, we have a relatively gentle trek through the beautiful countryside that surrounds our hotel. From time to time, we walk on the wall and test ourselves with a few demanding climbs and descents; a great warm-up for much more to come during the following days! At the end of our walk, we return to our hotel at Huang Ya Guan.

"Everyone had such a fantastic time and was a testament to the hard work that is put in by Dream Challenges. I have nothing but praise for the organisational staff, who were all generous, experienced, knowledgeable and kind."
Hannah, Great Wall of China Trek Past Participant

**Day 4 | Huang Ya Guan - Traditional Farmhouse Stay | approx. 6-7 hours walking**
We start today with a tough climb along the Great Wall to the top of the mountain, where we’re rewarded with breathtaking views. We follow the ruins of the wall, walking on mountain paths and occasionally on the wall, until we reach a paved path through a forest.

After a picnic lunch, we continue on the forested trail that leads us further along the Great Wall and into Qianganjian, a small farming village, where we stay overnight. The accommodation is a typical example of Chinese lodgings, with numerous rooms containing Chinese style sleeping platforms.

**Day 5 | Farmhouse - Jinshanling | approx. 6-7 hours walking**
We leave our farmhouse accommodation to walk down the local village road and into the woods, where we start our toughest climb of the day to a section of the Great Wall overlooking the countryside. Here, you can’t help but marvel at the great feat the builders must have gone through.

After a picnic lunch in a local village, we hike along local, joyously flat, farm roads and pass through a number of villages to get an insight into Chinese rural life. We eventually reach the road, where our buses await to transfer us to the next section of the wall and our overnight accommodation at Jinshanling.
Day 6 | Gubeikou - Jinshanling | approx. 8.5 hours walking
After breakfast, we’re transferred to our starting point for today’s trek at Gubeikou, the impressive section of wall built to protect the northern gateway to Beijing.

This spectacular 40km stretch of the Great Wall boasts 143 watch towers and 14 beacons and dates back to the Ming Dynasty.

After a picnic lunch in a shady field, we continue along the wall to Jinshanling, a section often believed to be one of the most spectacular and picturesque parts of the Great Wall of China. From there, we can walk directly to our hotel.

Day 7 | Great Wall at Jinshanling - Beijing | approx. 4 hours walking
On our final day of trekking, we continue to explore different (some very steep) parts of the wall, until we reach the highest accessible point and the end of our amazing five day challenge. From this 700m vantage point, we can see the Great Wall disappearing into the distance; an experience to cherish forever.

After some well-deserved celebrations, our bus takes us to our hotel in Beijing, where we have dinner. This evening, you can choose to experience a traditional Chinese foot massage, a perfect end to a tiring, yet truly rewarding challenge.

Day 8 | Beijing
Today, we have a free day to explore Beijing and take an optional tour of some of the city’s many famous sights, including the Forbidden City Palace Museum, the iconic royal lakeside retreat of the Summer Palace and the stunning plaza of Tiananmen Square. In the evening, we meet up with the ChallengeHer Cycle China group and celebrate our achievements.

Day 9 | Beijing – London
We transfer to Beijing airport for our daytime flights to the UK.

"The organisation was seamless, the crew did an amazing job. The trek was a wonderful experience with lovely people, through spectacularly beautiful scenery."
Rod, Great Wall of China Trek Past Participant
Your questions answered

THE BASICS
When is it?
9 – 17 May 2019

How much is it?
Registration fee: £299
Self fund: £1,500
Minimum sponsorship target: £3,000

When’s the fundraising deadline?
27 February 2019 (10 weeks before departure)

How do I sign up?
The best way to secure your place is on the ChallengeHer Great Wall of China Trek 2019 challenge page on our website:
You are also welcome to call us on 01590 646410

MORE DETAILS
How does it work?
To take part in the ChallengeHer – Great Wall of China Trek 2019, you need to pay a non-refundable registration fee of £299, which is used to administer the challenge, secure your seats with the airline and pay deposits for the trek in China. You then have two options to fund your challenge:

Option One - Minimum sponsorship: Select a charity or hospice of your choice and fundraise a minimum of £3,000 for them. Providing you have raised the funds by 27 February 2019, the charity you’re supporting will pay the challenge costs (£1,500) on your behalf. The challenge costs include your flights (not including airport and fuel tax), accommodation, food, transfers, guides and challenge support. The rest of the funds will go directly towards the charity’s invaluable work.

Option Two - Self funding with sponsorship: If you still want to help your favourite charity in a big way, but don’t want the pressure of a minimum fundraising target, this is the option for you. Pay the challenge costs yourself (£1,500) by 27 February 2019 and then fundraise as much as you can for the charity or hospice of your choice or make a donation.

Option Three - Self funding: Simply pay the challenge costs yourself (£1,500) by 27 February 2019.

“A great big thank you, I couldn’t have done it without you and we raised so much money!”
Vicki, Dream Challenges
Past Participant
Your questions answered

How fit do I have to be?
The ChallengeHer Great Wall of China Trek 2019 is not designed for Olympic athletes – it’s designed for people looking for an amazing goal to train and get fit for. A number of the people who will take part in ChallengeHer will have little or no fitness level when they sign up. This trek is the perfect motivation to get fit and have the experience of a lifetime. Once you’ve signed up, we’ll give you a realistic and achievable training programme, which gradually builds up as your departure date draws closer – so you’ll be ready and raring to go by the time you leave for China.

I’m worried about signing up on my own…
Please don’t be! The majority of people will sign up for ChallengeHer on their own. We’ve set up a closed Facebook group for everyone registered for the trek, which we’ll send you the link for once you’ve signed up. You can use this space to chat and exchange tips with the people you’ll be trekking with before the challenge. Often, there’ll be someone in your local area you can meet up to train or fundraise with as well.

Do I need special equipment?
You’ll of course need a pair of walking boots. We’ll supply you with a comprehensive list of everything you’ll need to take on the challenge well before your departure date.

Do I have to carry my luggage while we’re trekking?
No, your luggage will be transferred from place to place, so it’ll be waiting for you at your accommodation each night. You will need to carry a small day bag with you, for all the things you’ll want throughout the day, like sun cream, snacks and a water bottle, which you’ll be able to fill up along the way. The kit list we send you will include this, too.

Am I too old?
Absolutely not! One of the amazing things about the challenge is that people of all ages will come together to do something very special. The age range is likely to be from 18 to a youthful 80.

Where will we sleep overnight?
We’ll experience a whole mix of accommodation during this challenge, including hotels with stunning mountain vistas, simple campsites under a canvas of stars and traditional farmhouse lodgings.

Can I extend my stay at the end of the challenge?
It may be possible to extend your stay at the end of the challenge to explore China further or to have a well-deserved break. Once the group flights are confirmed, we will send you a flight extension form, which will enable you to apply for an extension.
Your questions answered

What other costs will I pay?
In addition to paying your registration fee, you will need to budget for your airport taxes and the fuel surcharge (approximately £350), personal travel insurance, gratuities, optional tours and personal expenses.

What about insurance and visas?
You will need to take out your own personal travel insurance covering health, accident, loss and repatriation. Dream Challenges has a recommended policy that provides appropriate cover for this type of activity. We will send you the details once you have registered. You can however take out your own insurance, providing it covers you for a charity trek in China. You will be required to obtain a tourist visa for entry into China, we will send you all the relevant information and forms to do this before the challenge.

How will you support me?
The Dream Challenges team are here to help you achieve your challenge and we’ll support you all the way. We’re on hand from the minute you sign up to answer any questions that you may have about your training or the challenge itself. Once you have registered, we’ll send you a realistic training programme to help you get fit for the trek. The programme builds up gradually as the challenge gets closer.

Why take part?

The cause
The ChallengeHer Great Wall of China Trek 2019 is our first ever women-only open challenge, which means you can choose to self-fund your adventure or you can raise money for a charity of your choice. Whether you choose to support a local charity or hospice or a national charity, it’s your chance to do something big for the cause closest to your heart.

Of course, popping a pound in a donation box every now and then is great; but fundraising and representing them with pride, while you achieve something incredible is a massive step up.

Whilst fundraising and promoting them on your challenge, you raise awareness of the charity and encourage other people to support them too, who otherwise may not have even heard of them! Not to mention, all the funds you raise will do wonders for their cause. So this trek won’t just be life-changing for you; it’ll be life-changing for everyone you’ll be helping too.

The camaraderie
Our dream challenges are renowned for the incomparable camaraderie, life-long friendships made and overwhelming sense of achievement our heroes get while conquering these amazing feats. There’s nothing like coming together with other inspiring people, who share your passion for reaching your goals, experiencing the world and helping to make it a better place.

The challenge
The ChallengeHer Great Wall of China Trek is the ultimate motivation for you to get fit. Trekking alongside the Great Wall of China is not exactly a walk in the park and shaping up for it is a great goal to get you off your couch. The training plan we provide for you is very achievable and you’ll even find it fun with your Chinese adventure to get excited for!

What’s more, our treks aren’t just physically challenging, they’re mentally challenging as well. Trekking for five days in unknown territory, pushing yourself out of your comfort zone and resting in simple lodges and tents, is an incredible feat and the sense of achievement you’ll experience will be unforgettable!
Conditions of entry

1. A non-refundable registration fee of £299 is required to participate in this challenge and should be paid direct to Dream Challenges.

2. If you have selected:
   **Option One** – You pay the non-refundable challenge registration fee direct to Dream Challenges when you register for the challenge. You must raise the agreed minimum amount of sponsorship as specified by your chosen charity, 100% of which must be sent to your charity at least ten weeks prior to the challenge departure date and will be used to cover your tour costs, including air fare (not including airport taxes and the fuel surcharge), accommodation, food, transfers, guides and challenge support.
   **Option Two** – You pay the non-refundable challenge registration fee direct to Dream Challenges when you register for the challenge. You must pay the full challenge costs of £1,500, which will need to be paid to Dream Challenges ten weeks before the departure date to secure your place on the challenge. You then have the option to raise as much sponsorship and/or make a personal donation for the charity of your choice.

3. Under Option One, if you are unable to raise the minimum sponsorship required, you will forfeit your right to a place on the challenge or you could make up the shortfall yourself.

4. If you do not take up your place for any reason, you must inform Dream Challenges and your charity immediately. You must contact all your sponsors to ask if they wish to make a donation or have their sponsorship returned. You must send all sponsorship forms and sponsorship money collected to your charity.

5. The good reputation of your charity is paramount. You must agree to act lawfully and to follow the fundraising guidelines laid out by the charity you are supporting.

6. All participants taking part do so at their own risk. Dream Challenges has organised flights, accommodation, food, guides etc. and is fully bonded by the Civil Aviation Authority ATOL No. 10456. In making these arrangements Dream Challenges is acting as your agent and is unable to accept liability for any loss or damage, however arising, or for cancellation of the challenge due to circumstances beyond their control.

7. Itineraries, schedules and accommodation may change and other alterations may occur, which are beyond the control of Dream Challenges.

8. If you are refused passage/entry/exit to or from China, any additional costs incurred are your responsibility.

9. You must not be dependent on alcohol or drugs or have any criminal convictions.

10. Your passport must be valid for at least six months from date of return to the UK. You are responsible for ensuring that you have a valid passport for the challenge. Passport control and other authorities will reserve the right to refuse entry.

11. Your travel insurance must cover health/accident/loss/ repatriation during the challenge. You must supply proof of travel insurance ten weeks prior to departure or you may forfeit your place on the challenge.

12. For health and safety reasons the tour operator, ground agents and/or medical staff reserve the right to stop any person from participating.

13. The tour operator and local staff should not be subject to inappropriate verbal or physical behaviour. In any such case we reserve the right to exclude any person from the challenge.

14. You must agree to be bound by Dream Challenges’ Booking Conditions.

15. You must be at least 18 years of age before the departure date of the challenge unless permission has been given by Dream Challenges.

This contract is governed by English Law and the exclusive jurisdiction of the English Courts. The challenge is operated by Dream Challenges. Flights and ground arrangements are ATOL bonded (10465) through Dream Challenges Ltd, Newcourt House, New Street, Lymington SO41 9BQ.