Cycle China

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

For more information and to register online:

www.dream-challenges.com

For further information or to register please call us on 01590 646410 or email: events@dream-challenges.com
ChallengeHer Cycle China 2019

Mount your saddle and ride the Dragon’s Back on this debut ChallengeHer cycling challenge alongside the Great Wall of China.

Escape the daily cycle and join us for a life-changing women-only challenge alongside the Dragon’s Back (a.k.a. the world-famous Great Wall of China). Discover a fascinating culture as we cycle through rustic, rural China and marvel at panoramic views of rolling green hills and stunning architecture. At the end of our challenge, you can explore the mind-blowing capital of Beijing and its Forbidden City. The cycle will be tough, but well worth it for the spectacular scenery, the insight into a lifestyle a world apart from our own and the fantastic friendships formed along the way - not to mention the chance to explore one of the new seven wonders of the world.

It’s time to woman up.

ChallengeHer is our shiny new collection of open challenges that aim to give all women 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 ChallengeHer cycle that you’re reading about now and the ChallengeHer Great Wall of China Trek 2019, which you can learn more about on our website. At the end of our cycle, you’ll actually meet up with the women who’ve chosen to trek for a celebration dinner – an excuse to make even more friends.

Our ChallengeHer cycle and trek 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’re met by our ground handler at Beijing airport and transferred by coach to our hotel at Huang Ya Guan. This area receives few Western tourists, 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. We spend the rest of the day bike fitting and exploring the area.

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 - Pinggu | approx. 61km
From our starting point in front of the Great Wall at Huang Ya Guan, we follow the undulating and twisting shore of a beautiful lake. We continue on to flat and comfortably wide roads and stop for lunch at Buddha Hill.

This is a stunning local landmark, where the Giant Buddha towers over lush surroundings. Our break gives us the opportunity to explore this holy site. We then cycle back to the lake, which forms the backdrop of our hotel at Pinggu.

Day 4 | Pinggu - Miyun Reservoir | approx. 102km
Today kicks off with a gentle 25km flat stretch to our first testing climb. We’re rewarded with a taste of rural China, as we cycle through some picturesque villages and encounter local farming communities, tucked away in rolling green hills. For most of the day, we ride through the hills, before descending to the shore of the Miyun Reservoir, which supplies the majority of Beijing with its drinking water. Here, we settle into our overnight hotel.

Day 5 | Miyun Reservoir - Ming Tombs at Shisanling | approx. 98km
Our longest day of riding offers us a mixture of flat cycling on bike lanes through fast developing Chinese towns and climbs through the rugged countryside.

We stop for lunch today at a local restaurant near the Great Wall at Mutianyu, before taking on further climbs through forested areas. After a last stop near the Ming Tombs, we settle in our comfortable hotel.

“The team spirit was incredible with great new friends made and a lifetime of memories.” Mark, Dream Challenges Past Participant
The Itinerary

**Day 6 | Shisanling - Sheng Ping Yuan | approx. 74km**
We start the day with some steep climbs and then catch our breath on some easier, downhill sections. These green hills reward us with exquisite views above the lush and ancient valleys. A long descent brings us to a small and bustling market town, where the local farmers gather to sell their fresh produce. We enjoy lunch in a local countryside restaurant. This afternoon, our route cuts through the mildly undulating countryside on well-maintained and surprisingly empty roads. A joy to cycle!

**Day 7 | Sheng Ping Yuan - Old section of wall at Badaling - Beijing | approx. 48km**
Today, we leave the rolling hills behind us and plunge into a more built-up area, where modern skyscrapers, prestigious building projects and wide, modern and smooth roads symbolise the rapid development of China. It’s a flat day of cycling until the last kilometre over a steep, stone paved track to our finish line, within touching distance of an old section of the Great Wall of China near Badaling.

After lunch, our coach transfers us to our hotel in Beijing, where we settle in a very comfortable hotel. You have the option to visit a traditional Chinese foot massage parlour after dinner and this might be just what you need after our demanding, yet rewarding, adventure.

**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 Trek China group and celebrate our achievements.

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

"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

THE BASICS
When is it? 9 – 17 May 2019

How much is it?
Registration fee: £299
Self fund: £1,650
Minimum sponsorship target: £3,300

What’s the fundraising deadline?
27 February 2019

How do I sign up?
The best way to secure your place is on the ChallengeHer Cycle China 2019 challenge page on our website: www.dream-challenges.com/challenges/challengeher/challengeher-cycle-china-2019/

MORE DETAILS
How does it work?
To take part in ChallengeHer – Cycle China 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 cycle 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 £3,300 for them. Providing you have raised the funds by 27 February 2019, the charity you’re supporting will pay the challenge costs (£1,650) 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 (£1,650) 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 (£1,650) by 27 February 2019.
Your questions answered

How fit do I have to be?
ChallengeHer Cycle China 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 a low fitness level when they sign up. This cycle is the perfect motivation to get fit, lose weight 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 cycle, 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 cycling 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?
A cycling helmet is essential. Cycling shorts are also recommended and everyone will need their own water bottles or a camel back-type hydration system. Apart from that, no specialist equipment is required. We’ll supply you with a list of everything you will need to take well in advance of the challenge. Cyclists will have the use of 18 or 21-gear bikes and it is suggested that you bring the saddle or gel cover you’re used to riding on.

“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

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 75.

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.

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.
Your questions answered

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 cycle 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 cycle. The programme builds up gradually as the challenge gets closer.

“Their really are the most amazing way to visit a country and raise money for such important causes is so rewarding. I have also made friends for life through these challenges and the memories will last forever.”
Sandhy, Dream Challenges Past Participant

Why take part?

THE CAUSE
ChallengeHer Cycle China 2019 is our first ever women-only open challenge, which means you can raise money for a charity or hospice of your choice. 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 cycle 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
ChallengeHer Cycle China 2019 is the ultimate motivation for you to get fit. Cycling alongside the Great Wall of China is not exactly a ride in the park and shaping up for it is a great goal to get you off your couch and onto your bike. 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 cycles aren’t just physically challenging, they’re mentally challenging as well. Cycling 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 by at least 27 February 2019 (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 £1,650, which will need to be paid to Dream Challenges by 27 February 2019 (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 by 27 February 2019 (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.