

Optional Beijing one day tour for ChallengeHer Great Wall Trek and Cycle groups

Date: 16 May 2019 (Day 8 of your challenges - a free day for the groups)

Price: £78 per person

Deadline to book: 25th April 2019

We invite all the wonderful participants taking on the ChallengeHer Great Wall of China Trek and ChallengeHer Cycle China 2019 to take part in an optional tour of Beijing on Day 8 of your trek or cycle. We welcome both groups on the same tour so you can explore the fascinating city together!

This tour is completely optional and costs **£78 per person** (not included in the challenge cost or sponsorship target). Please note, you must **book your place on this tour by 25th April 2019**. Bookings will close after this date.

Prepare for an amazing full-day tour of Beijing, taking in the city's top highlights of Tiananmen Square, the Forbidden City, Jingshan Park and the Hutongs. The optional excursion ends with a visit to a delightful Chinese tea house, where our tea is served in a ceremony.

We depart from our hotel in the morning for the full day tour of the highlights of Beijing, starting with a visit to the famous Tiananmen Square and the Forbidden City. We then climb up the hill at Jingshan Park behind the Forbidden City to enjoy the stunning view at the top, of the whole of the Forbidden City and the old area of Beijing.

Having worked up an appetite with our walk, we enjoy a home cooked lunch with a Hutong Family and learn about their life over the years living in the Hutongs.

In the afternoon, we explore the old alleys on foot, before we reach the ancient Bell Tower and a nearby Chinese tea house. Here, our tea is served to us in a traditional tea ceremony, allowing us to sample several types of tea and learn about their benefits to our health.

This brings us to the end of our excursion and we drive back to our hotel, before setting off for the Peking Roast Duck celebration dinner tonight (included in the main tour).

Information about the highlights we visit

Tiananmen Square

Tiananmen (Gate of Heavenly Peace) Square is one of the largest public squares in the world. Located on the square is the Monument to the People's Heroes and Chairman Mao's Memorial Hall. On the west side of the square is the massive Great Hall of the People and on the east side is the equally large Chinese National Museum. To the north is the Forbidden City, where fourteen Ming and ten Qing emperors ruled China.

Forbidden City

The Forbidden City (or Palace Museum) exceeds 250 acres, making it the largest palace complex in the world. This is where the emperors, as sons of heaven, would communicate with the gods. Built by the third Ming Emperor, Yongle, the Forbidden City includes hundreds of buildings, reception halls, gates, private apartments and gardens.

Jingshan Park

Jingshan Park was created in the 14th century on an artificial hill, made entirely of earth excavated from the moats around the Forbidden City. The park has five peaks, each with a pavilion at the top and is planted with fruit trees, pines, cypress and flower gardens. The views of Beijing and the Forbidden City are unequalled and it is a favourite place for local people to gather and enjoy themselves.

Hutongs

The main buildings in the hutong were almost all quadrangles - a building complex formed by four houses around a quadrangular courtyard. The quadrangles varied in size and design according to the social status of the residents. The big quadrangles of high-ranking officials and wealthy merchants were specially built with beautifully carved and painted roof beams and pillars, each with a front yard and back yard. However, the ordinary people's quadrangles were simply built with small gates and low houses. Hutongs, in fact, are passageways formed by many closely arranged quadrangles of different sizes. The specially built quadrangles all face the south for better lighting; as a result, a lot of hutongs run from east to west. Between the big hutongs many small ones went north and south for convenient passage.

*Please remember to book your place on this tour by **25th April 2019**.

*Please do not book onto this optional excursion if you are not taking part in ChallengeHer Cycle China 2019 or the ChallengeHer Great Wall of China Trek 2019.