

24 September - 2 October 2011

TREK^{THE} GREAT WALL OF CHINA

**clear
landmines
destroy
weapons**

Great Wall of China Trek 24 Sept - 2 Oct 2011

Raise funds for MAG (Mines Advisory Group), a UK based landmine clearance charity and co-laureate of the Nobel Peace Prize, working to clear the remnants of conflict for the benefit of some of the world's poorest people. Registration fee and minimum sponsorship apply.

0161 238 5447 events@maginternational.org

www.maginternational.org/china



MAG

saves lives builds futures

Registered charity 1083008.



Itinerary

The Great Wall of China is one of the great wonders of the world, stretching 4,500 miles, from the Gobi Desert to the mountains of Korea. This trek is one of the world's classics, offering stunning scenery, challenging walking and a fascinating insight into an ancient culture. This five day adventure begins and ends in the exciting city of Beijing, which trekkers can explore at their leisure on the last day of the challenge.

DAY 1 SAT 24TH SEPTEMBER DEPARTURE

DAY 2 SUN 25TH SEPTEMBER BEIJING AND THE GREAT WALL

Once arrived at Beijing airport we transfer by coach 50 kms northeast of Beijing, to our comfortable Lodge. This is situated in the middle of the famous Juyong circuit and means we are ideally positioned for our first days trek tomorrow. We have the rest of the day free to relax before our evening meal and briefing from the guides that will be with us for the rest of the week.

DAY 3 MON 26TH SEPTEMBER BADALING AND JUYONG 10.5KM / 7HRS TREKKING

After breakfast we transfer to just outside Badaling for our first steps on the Great Wall. Badaling Great Wall, together with Juyong Pass, formed a complete set of ancient double defensive works for the city of Beijing. Once we have arrived at Badaling centre we have lunch and then transfer to the Juyong Pass. Juyong was constructed in the 5th century and rebuilt a thousand or so years later by the Ming Dynasty. It is considered to be one of the most strategically important parts of the wall because of its link with Beijing. These two sections today are a tough warm-up for our first day on the wall as it is steep in places. From the high points of the Wall, the views of misty mountains fade far into the distance. We return to our lodge and this evening we have dinner in a local restaurant.

DAY 4 TUE 27TH SEPTEMBER MUTIANYU AND THE 1000 STEPS 8KM / 5HRS TREKKING

After another early start we transfer through stunning countryside to Mutianyu. Mutianyu was one of the first sections of the Great Wall to be recognised by UNESCO as a World Heritage Site, which is why the first section of today's trek is so well preserved. We trek up 1000 steep steps to reach the entrance gate of the Great Wall and then continue to tower 14 and back. We stop for our packed lunch at the highest point of today's challenge, at 767m. At the far eastern end of our trek we have the option to try the 'luge' – 1000 feet from top to bottom! There will be some free time in Mutianyu before transferring to our Lodge.

DAY 5 WED 28TH SEPTEMBER BLACK DRAGON POOL PARK 13KM / 7HRS TREKKING

After breakfast we transfer approximately one hour to the Black Dragon Pool Park. We spend the day trekking through the park. Today's trek is steep in places and at times very tough going, but punctuated with stunning scenery. We have our packed lunch at a waterfall and then for the afternoon continue over the pass for the final long descent to the end of the day. We transfer to our lodge for a great meal.

DAY 6 THU 29TH SEPTEMBER SIMITAI WILD WALL 6KM/5HRS TREKKING

This morning is free to enjoy at leisure! We leave the hotel and stop for lunch en route to Simitai. Today's walk is 3/4 hour trek up to the Simitai Wild Wall where there are incredible views of amazing watchtowers. Dinner tonight will be a buffet at our Simitai Lodge Hotel in an open courtyard and a wonderful view of the Great Wall towering above.

DAY 7 FRI 30TH SEPTEMBER JINSHANLING 13KM / 6HRS TREKKING

The last day of the challenge! We trek for around five hours to Jinshanling with a packed lunch on the way. A wonderful day of trekking in which around 20/30 towers are visited including some beautiful sections that have been left as ruins. Emotions run high as the group takes its final steps off the Wall and the challenge comes to an end. The transfer back to Beijing is two to three hours with dinner en route to our hotel.

DAY 8 SAT 1ST OCTOBER THE FORBIDDEN CITY

Breakfast is followed by a visit to Tiananmen Square, a city tour of the Forbidden City and a walking tour of Olympic Park. If time permits, we will transfer to the Silk Market for shopping before dinner. In the evening we enjoy a celebratory gala dinner at an excellent local restaurant and after a night of celebrations we return to our Beijing Hotel.

DAY 9 SUN 2ND OCTOBER RETURN HOME

This is a complex itinerary and subject to change.





Frequently Asked Questions

Registration fee: £295

Minimum sponsorship: £2,200

Who is organising the event?

MAG has appointed Action Challenge, a specialist event management company, to run the event on our behalf.

Who can take part?

Anyone over 18 years old is welcome as long as you are fit and healthy enough to do the challenge. Those aged 60 years or over will be asked to get a doctors signature to confirm they are fit to take part.

60km over five days seems a long way! Am I fit enough?

This trek is aimed at people of average fitness who are prepared to put in plenty of training to enable them to meet the challenge. We will provide you with a set of training guidelines to help you on your way. This challenge requires a good level of fitness to walk the route. Although some of the days can be fairly short the trekking can be demanding with very steep and uneven steps in some places.

What will the weather be like?

The best time to visit the Great Wall is from September-November when it is warm with clear skies and fewer tourists. Rain can be present at any time of the year.

What type of accommodation will we be staying in?

A mixture of simple but comfortable lodges is used during the trekking phase as well as some hotel accommodation. In Beijing a superior (4* western) hotel is used as our base for two nights. All sites are chosen for their outstanding position and all accommodation is on a single sex twin share basis.

What do I need to take with me?

We will supply you with a list of what you will need to take, recommending the type of kit that you will require.

Do I need any inoculations?

It is recommended that visitors to China are up-to-date with the following inoculations: Hepatitis A, Tetanus and Diphtheria. Please consult your GP for professional medical advice.

What kind of support is provided?

Experienced staff (tour manager, guides, doctor) will be there to provide help and encouragement whenever you need it.

What do I need to provide?

When you register to take part in Trek Great Wall of China we request a registration fee of £295 with your registration form and that you raise a further £2,200 in sponsorship. You will also need to pay personal travel insurance and arrange your own visa. Details of how to do this will be provided nearer the time.

Do I need insurance?

Yes you need to make sure that you are covered for trekking in China.

I want to extend my stay in China

A small percentage of the group will be able to extend their stay on a first come, first served basis. We cannot guarantee that all those wanting to extend their trip will be able to. Information is released once the group flight booking has been made.

How do I raise £2,200?

There are many different ways of raising money, through your friends and family, organising a fundraising event or asking companies and businesses to support you, and don't forget that we are here to help. We will provide you with tips, advice and resources to make reaching your target as painless as possible and will help you in any way we can. Once you set your mind to it, it's amazing what you can achieve. If you are unsure about anything or need MAG's help please give us a call on 0161 238 5486 or email events@maginternational.org

What is included in the event cost?

International flights; Action Challenge representative; English-speaking local guide; First Aid trained member of staff/doctor; all accommodation; all meals, apart from during 'free time'; all transfers; all entrance fees as per the itinerary.

What is not covered in the event cost?

Registration fee £295; alcoholic drinks; items of a personal nature; travel insurance; visa.

How much of my sponsorship will go to MAG?

We are asking each participant to raise £2,200 in sponsorship. Of this, £1,100 will cover the cost of your place on the event but the more you raise above this target, the more MAG will receive, so please raise as much as you can! The registration fee is not included in this total and is non-refundable

What if I don't raise the sponsorship money?

We request that your £2,200 sponsorship money is received by MAG 10 weeks before departure. If you do not raise this amount by this deadline you are liable to forfeit your place on the event. If you do experience any unexpected difficulties, please contact us as soon as possible and we will try to help you out in any way that we can.



Why Take Part?

Every day 15 people are killed or maimed by a landmine explosion. By taking part in Trek the Great Wall of China you will be helping MAG to continue lifesaving work in conflict affected countries across the world, whilst at the same time pushing yourself physically to achieve a major personal goal. This is a fantastic challenge which you will never forget.

About MAG

MAG (Mines Advisory Group) is a neutral and impartial humanitarian organisation clearing the remnants of conflict for the benefit of communities worldwide. MAG is co-laureate of the 1997 Nobel Peace Prize, awarded for its work with the International Campaign to Ban Landmines (ICBL)

MAG works in affected areas enabling recovery and assisting the development of local populations. MAG consults with communities and works to lessen the threat of death and injury, while releasing reclaimed and safe land and other vital resources back to the population, helping countries to rebuild and develop their social and economic potential.

MAG has worked in around 35 countries since 1989 and currently has operations in 18 countries worldwide including Vietnam, Cambodia, Sri Lanka, Angola, Sudan, Democratic Republic of Congo, Republic of Congo, Iraq and Afghanistan.

"I lived here when the area was mined. It stopped us from working in our gardens and we did not have fresh water. Since MAG cleared this land my life has improved enormously because my family and I have good crop production. We are in good health now because we can eat from our own garden that we cultivate ourselves."

Merciana Kasinda, Angola

"...because of war I lost my first beloved husband, and it has been difficult to live ever since as I could not cultivate land to support my family. Every breath we took, we lived in fear... I didn't want to see any of my children becoming amputees or dying because of landmines... I believe that in the future, my family and all who live in this village will live in safety because MAG has cleared the mines away."

Lay Rim Au Chhurkram village, Krong Pailin, Cambodia

"For humanitarian reasons, in order to prevent further loss of human lives, I asked MAG to come to Kenge. My request has not been futile: I am very happy that MAG already picked up more than 300 items of unexploded ordnance."

Longin Kafinga Mbumba, Chief of Kenge, Democratic Republic of Congo

"Every time I come to the stadium to watch the local teams playing soccer, I carefully read all warning signs on MAG's billboards. I was taught to do so when I was in school, so I can live safely in the contaminated areas which surround me"

Mohammed Yousif, a 16-year-old football fan from Choman district, Iraq



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