



have a
heart

trek china
2013

Trek China in 2013

Frequently Asked
Questions



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Frequently Asked Questions for Trek China in 2013



Who organises the trip?

This trip is conceived and operated by Have a Heart's trusted tour operator, Discover Adventure Ltd, ATOL 5636, whose booking conditions apply. Have a Heart works closely with Discover Adventure to make sure you get the most out of this amazing experience.

What do I have to do to take part?

Simply pay a £299 non-refundable registration fee and complete a registration form. We then ask you to pledge to raise a minimum sponsorship of £3,500, of which you must have paid at least 80% 6 weeks before we depart. The remaining balance is due within 4 weeks of the trip returning.

How do I confirm my place?

Your place is not confirmed until you have paid your £299 non-refundable registration fee and agreed to the trek Terms and Conditions by completing a registration form. Once you have paid your non-refundable registration fee and returned your registration form your place is guaranteed on the trip, subject to terms and conditions.

I want to trek with my friend/partner, how much would it be for the two of us?

You are welcome to trek with a friend or partner - however, the costs and fundraising targets will be the same for each of you, so £299 + £3500 each.

Can I pay for the trip myself and then make a donation to the charity?

You can as long as you cover the minimum fundraising target of £3500 - then how you make that amount is up to you.

What is included?

- Return flights: London to Beijing to London
- All accommodation
- All food other than three meals
- Full support with local guides, cooks, Discover Adventure leaders and doctors
- Have a Heart charity representative

What is not included?

- Insurance. Our tour operator, Discover Adventure, offers insurance specifically created to cover you for the activity you will be undertaking
- Hiking boots, clothing, equipment and personal items
- Celebration meal on the final night, plus two other meals
- Chinese visa
- International departure tax and fuel surcharges
- We also recommend around £150 for personal expenses

What else do I need?

- A valid 10-year passport with at least six months left to run is essential
- Entry into China requires a visa for all nationalities
- It is essential for you to consult your doctor about necessary vaccinations

Do I have to meet any medical requirements?

Everyone on the challenge is required to complete a medical form that must be signed by your GP. Medical forms will be provided in your fundraising packs. Some individual surgeries may charge for this service.

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How does Have a Heart benefit?

The £299 non-refundable registration fee and £3,500 sponsorship covers all your costs and a sizeable donation to Have a Heart. The charity will receive at least £1,781 (55% of your £3,500 sponsorship). 100% of the funds you raise over £3,500 will also directly benefit Have a Heart. As well as this, the charity also benefits from the word-of-mouth promotion that you will inevitably find yourself doing as you carry out your fundraising. By telling your friends and family about Have a Heart you're helping us to reach potential future supporters.

What does my non-refundable registration fee cover?

The registration fee is paid direct to the tour operator, Discover Adventure, as a non-refundable deposit for the trek. These fees are used by the tour operator to put down deposits on flights, hotels, transport, ground crew and other costs associated with your trip. For this reason the £299 cannot be refunded if you change your mind about taking part. Please contact Discover Adventure directly if you require further explanation.

What is the last time I can register?

The earlier you register the longer you have to meet your fundraising pledge, so we would recommend signing up at least 6 months before the trek. Remember that our challenges are very popular and often fill up quickly.

How do I make sure I'm fit enough to take part?

Our challenges are designed to be possible for anyone of average fitness with a moderate amount of training. If you do not already walk on a regular basis you will need to commit to setting aside time to train during the preceding months. Don't worry though, we will send you a training schedule to help you with your training.

I have never fundraised before! How much help will I get?

The Have a Heart team will be able to help you with fundraising tips and ideas. It is a fundraising challenge as well as a trekking challenge, so you should start fundraising early to make sure that you have raised enough to be able to go on the trek. We will also send out a fundraising pack when you register to get you started - and be there to help in the run up to your trip, with newsletters, phone calls and by email.

What if I can't raise the minimum sponsorship?

We will provide you with a fundraising pack full of ideas on how to reach your target. You will also have the support of the Have a Heart team along the way. However, if you do not manage to raise 80% of the fundraising 8 weeks before we depart, we will be unable to take you on the trip. However we will be able to offer you the chance to take part in a later trip - giving you some more time to fundraise - or make up the rest of the fundraising yourself.

Will I get to meet the other people on the trip beforehand?

Yes - if you want to. We will organise at least one meet-up session at the Heart studios in London, where you can come and meet your fellow trekkers as well as a Discover Adventure leader who will be able to answer any questions you have about the trip. We will also set up a group on Facebook so you can chat to your fellow trekkers online in the months before the trip.

Who will I meet on the trek?

The group will be made up of 20 - 50 people, both men and women, from a variety of ages and experiences, although you must be 18 or over to take part. While some take part with their friends or partner, most people do the trip on their own, so it's a great way of meeting new people. You will find that the group quickly bond and support each other throughout the challenge, and some go on to complete other treks with us together.

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Will I have to carry my own kit?

We will be accompanied by support vehicles which will carry all our equipment and supplies between each hostel and hotel. You will carry a day pack to hold your water, sunscreen, waterproofs, camera any other items you might need during the day.

Where will we stay while hiking?

Throughout the challenge we will be staying in hostels, some of which are quite basic. One night will be spent with local Chinese families in their homes which provides a truly cultural experience.

What is the hiking like?

Each participant will need to carry a day pack for items needed during the day: water, sunscreen, camera, waterproofs etc. Trekking time varies from three to eight hours per day. The route is both on and alongside the Wall, following it through the Yanshan Mountains, staying in valleys along the way. The Wall has been renovated in parts, but in other areas is rough and uneven under foot. At times there are steep drops on either side. This is a challenging trek due to the many steep, stepped sections, including 'Heavens Ladder' which is a climb of over 300 steps. Frequent ascents and descents, the variety of terrain and the chance to stay in a local Chinese village make this a fascinating trek.

How far will we be hiking?

The undulating nature of the Great Wall, and the challenges that come with climbing and descending steps and negotiating the rough countryside beside the wall, means that trekking will be much tougher than on a flat trail. For this reason, it is not useful to think about the actual distances covered as they may seem deceptively small. It is much better to think in terms of hours spent walking. Depending on the speed of the group we will be hiking for 3 - 8 hours per day.

What will the weather be like?

The weather in the North of China in Spring is much like it is here in the North of the UK. You may see the Great Wall dusted in a sprinkling of snow (which makes for beautiful photographs!) or find yourself walking in wet weather. We will provide you with a comprehensive kit list to make sure you're dressed for the weather - remember there's no such thing as bad weather, just the wrong clothes!