



Join Heart and Trek China in 2013

Join us in Spring 2013 for an unforgettable adventure trekking along the Great Wall of China for Have a Heart.

Stretching 6000km in a snaking line across China, the Great Wall conjures up a sense of history which is difficult to grasp until you have had the opportunity to experience it. Trekking along the ancient wall, through woodland and terraced farmland, our adventure will follow the contours of the beautiful hills and mountains in remote areas north of Beijing.

This trip of a lifetime will be made all the more memorable by the knowledge that every step will raise money for Have a Heart. This year we're supporting **ChildLine** - the free phone and online service offering support and advice for any child or young person who may feel they have nowhere else to turn.



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Why trek the Great Wall of China for Have a Heart?

Have a Heart was launched in 2009 as Heart's own charity. Our aim is to improve the lives of disadvantaged children living in our local communities.

Currently Have a Heart is supporting ChildLine - the free phone and online service providing advice and support for children who may feel they have nowhere else to turn. ChildLine receives almost 29,000 contacts from children & young people every week, about issues as diverse as family relationships to bullying, problems at school to sexual abuse, loneliness to depression. Whatever the issue, ChildLine is there to listen.

Have a Heart is raising money to fund the recruitment, training and support of more volunteer counsellors, to ensure that when a child calls, ChildLine is there to answer.

To take part in this challenge of a lifetime, we ask for a non-refundable registration fee of £299. We then ask you to raise a minimum of £3,500 for Have a Heart. As you'd expect, we'll be with you every step of the way to help you with your fundraising and your training.

What to do next...

Visit heart.co.uk/haveaheart and sign up online

Email us at trek@heart.co.uk

Call us on 0870 202 6000

This trek is operated by our trusted tour operator

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Itinerary for Trek China in 2013



Day 1: Depart London for Beijing

Day 2: Beijing

Arrive Beijing. We transfer to our city hotel, where we freshen up and relax before a full trip briefing.

Day 3: Beijing - Huangyaguan

We transfer from the busy streets of Beijing, driving northwest into the hills above Huangyaguan to glimpse the Great Wall for the first time. After a good traditional lunch we start our trek! The Wall is well renovated here and it disappears into the horizon in both directions. After some steep step sections, which give us a good inkling of what lies ahead, we walk predominantly downhill until we reach Huangyaguan and our hotel. Drive approx 4 hrs; trek approx 2-3 hrs.

Day 4: Huangyaguan - Mountain Village

Our day's walk begins where we left the Wall yesterday, and scale 'Heaven's Ladder', a steep climb of over 2000 steps leading to fabulous views from the top. Once again we join the old Wall, and follow it along the contours of the mountain until we clamber down into the valley below. We bed down in the houses of a local village, a real cultural experience. Trek approx 7 hrs.

Day 5: Mountain Village - Jinshanlin

Waving goodbye to our hospitable hosts, we head up through the farming terraces to re-join the Wall, which is un-restored and crumbling so we follow a path which takes us alongside it, with fabulous views along the ridgeline to the day's highest point. We then drop down the hillside enjoying the scenes of rural life, until we reach the main road and our waiting transport. Our drive through the mountains to our hotel in Jinshanlin is very scenic. Trek approx 4-5 hours; drive approx 3-4 hrs.

Day 6: Gubeiko - Jinshanlin

After a quick bus ride to the village of Gubeiko we walk through the village and farmland until our path takes us alongside an un-restored yet well-preserved section of the Wall dating back to the Qing Dynasty. Skirting a Chinese military post, we follow dirt paths through trees and undergrowth before rejoining the Wall. Stunning views of the Great Wall snaking along the hilltops keep us going whenever we find it tough! Trek approx 7-8 hrs.

Day 7: Jinshanlin - Simatei

Starting where we left off yesterday, we head up the carefully restored steps which take us into the mountains one final time. From our high point we enjoy the views of The Great Wall as it clings precariously to the rock face opposite, dotted with many watchtowers; classic 'scales on a dragon's back' scenery. Trek approx 6 hrs.

Day 8: Simatei - Mutianyu

After a bus transfer to Mutianyu Great Wall our trek starts with a brief walk through a friendly village before we climb for 1-2 hours up the hillside, where we may see villagers gathering firewood. We can see the Wall high on the ridge ahead of us, and slowly wind our way up to it. Once more our efforts are rewarded by stunning views as the Wall disappears from view in both directions. We continue along the well-restored Wall flagstones, with some good sections of steps, before descending down to our hotel at Mutianyu. We mark the end of our trek with another fine feast and a few celebratory drinks in the bar. Drive approx 3 hrs; trek approx 4 - 5 hrs.

Day 9: Mutianyu - Beijing

Our trek is over all too soon and we must leave the Wall and return to Beijing - quite a contrast after the natural scenery and remote tranquillity of the past few days. After checking into our hotel, we have time to do some sightseeing or shopping before we meet up for a well deserved celebration meal in the evening. Drive approx 2 hours.

Day 10: Free time; depart Beijing

Depending on flight schedules, we can enjoy some free time to see more of the sights of the city or some last minute shopping before we transfer to the airport for our flight back to London. Later departures may arrive in the UK the following morning.

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