



JOIN IN

TREK CHINA

FOR HELP A CAPITAL CHILD

16TH - 25TH MARCH 2013

Join us in March 2013 for an unforgettable adventure trekking along the Great Wall of China for Help a Capital Child.

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 much-needed funds to improve the lives of teenagers and young people affected by cancer living in our local communities.



Help a Capital Child is an appeal run by Global Charities, a registered charity in England and Wales (1091657) and Scotland (SC041475).



THE UK'S NO.1 HIT MUSIC STATION

HELP A CAPITAL CHILD

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ITINERARY

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 200 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 ridge-line 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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WHY TREK THE GREAT WALL OF CHINA

FOR HELP A CAPITAL CHILD?

Help a Capital Child is the charity of 95-106 Capital FM. For 36 years, Capital listeners have been making a difference to disadvantaged children and young people in London and now we've taken this support right across the Capital network.



WHO WE HELP

We support children and young people affected by abuse, homelessness, disability, poverty and illness. Many of these children and young people face hardship and have to grow up fast. We're here to make a difference.

When you're a teenager, life should be all about hanging out with your mates, going to gigs and experiencing whatever life has to offer for the first time. But for six teenagers a day, life changes overnight when they are told they have cancer. Usually placed on a children's ward or with elderly patients, young people often feel isolated when they have cancer, never meeting anyone else going through the same thing.

This is why we're helping Teenage Cancer Trust to fund specialist units and care for young people with cancer right across the areas where Capital transmits. We want to help make sure that cancer doesn't stop these teenagers in their tracks and that they are given the best possible quality of life and chances of survival.

Every young person should have a reason to smile. Together we can make a difference.

To take part in this challenge of a lifetime, we ask for a registration fee of £299*. We then ask you to raise a minimum of £3,200 for Help a Capital Child. As you'd expect, we'll be with you every step of the way helping you with your fundraising and your training!

*Non-refundable

WHAT TO DO NEXT

Visit www.capitalfm.com/china and sign up online
Email us at helpacapitalchild@capitalfm.com
Call us on 020 7054 8395

This trek is operated by our trusted tour operator Discover Adventure



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