

# Great Wall of China Trek

## Frequently Asked Questions

### Is this trip for me?

Absolutely! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (14-17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help Leeds Cares. Whether you are taking part as an individual or as a team with friends, team spirit will be high.

### How fit do I need to be?

This challenge has been graded as 'Challenging' meaning the trek is achievable as long as you train beforehand. You will be trekking for 5 consecutive days and in varied temperatures, a good cardiovascular fitness is required – the fitter you are the more you will enjoy the challenge! We will provide you with a full training guide once you register with us.

### What is the challenge grading scheme?

All of Global Adventure Challenges trips are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme). The China Trek is graded as a 1.

### Who are Global Adventure Challenges?

Global Adventure Challenges are an overseas challenge provider who will be organising the logistics for the event. They have many years experience of organising charity challenge events all over the world and have taken thousands of individuals on adventures across the globe.

### Where will we stay?

While in Beijing we will stay in hotel accommodation, twin rooms with en-suite facilities. Whilst on trek we will be staying in local hotels to more basic lodges with limited facilities – remember this is a challenge!

### Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from broken in trekking boots and some trekking poles you do not need any specialist kit.

### Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sunscreen, water, sun hat, camera, etc.). Your main piece of luggage will be transported from accommodation to accommodation in the support vehicle.

## Food matters...

All meals will be provided from dinner on day 2 through to breakfast on day 9 except for lunch on day 8. Bottled water will be supplied and free of charge. We can cater for most dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form. Chinese food contains lots of rice and noodles – very similar to what you can obtain at home actually!

## What's included?

- Return flights from a London Airport to Beijing
- All accommodation and transfers
- All meals and celebratory dinner (except lunch on day 2 and day 8)
- Bottled water
- Professional English speaking local guide
- Global Adventure Challenges Leader from the UK
- Medic

## What's not included?

- Lunch on day 2 and day 8
- Personal Travel Insurance – can be obtained through Global Adventure Challenges
- Chinese Visa
- Tips and gratuities
- Alcoholic drinks

## Can I stay in China after the challenge?

Yes, but all extensions are strictly limited, subject to availability and given on a first-come, first-served basis. You will need to complete an extension request form, available from Global Adventure Challenges by emailing [enquiries@globaladventurechallenges.com](mailto:enquiries@globaladventurechallenges.com). There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

## What support is there on the trek?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides. Full, comprehensive first aid kits will be taken and satellite/mobile telephones will be used to ensure your safety and security at all times. A local medic will also be joining the trek.

## What happens if I get tired?

There will be regular rest stops for drinks and snacks – there's no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no one is left alone. Remember this is not a race!

## How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack in order to make your fundraising as easy as possible. We'll also be on hand with lots of tips, ideas and support to help you reach your target.

## I'm interested, how do I sign up?

You can register online at [leeds-cares.org/fundraise](https://leeds-cares.org/fundraise). Payment of the registration fee is due at time of booking. Once your registration is received we'll be in touch to send you further information about the challenge and to help you get started.