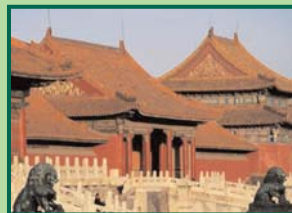


# Parkinson's Association of Ireland Great Wall of China Trek 2012

**DURATION:** 10 days (6 days trekking).

## **EXPEDITION SUMMARY:**

This itinerary is designed to take in the best sights of the Great Wall and also to experience the more remote and unique sections. The 10 day expedition includes six days of trekking and a day's sightseeing in Beijing. The route has both steep and gentle sections as we pass towers, forts, barracks and enjoy stunning scenery throughout.



We visit the more famous sections such as Jinshanling and Mutianyu as well as experiencing the more remote and less travelled sections of 'wild' wall.



The Great Wall of China is arguably the most impressive man-made structure in the World. Construction of the 6000km long wall began in the 5<sup>th</sup> century and finished in the 16<sup>th</sup> century. The wall formed the front line defence of Imperial China which was under attack from nomadic tribes.

Trekking the wall is truly an experience of a lifetime. On a clear day one gets a fantastic view of the wall winding through and over the beautiful mountains that once formed China's northern border. As well as walking along the wall we visit nearby villages meeting friendly locals and getting a great sense of rural life in China. After the trek enjoy a full days sightseeing in Beijing including Tiananmen Square, the Forbidden City, the Temple of Heaven and the Summer Palace. Enjoy the amazing food of Beijing which for some people is a greater experience than seeing the wall!



*For an information pack*

Email [fundraising@parkinsons.ie](mailto:fundraising@parkinsons.ie)

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**Parkinsons.ie**  
Parkinson's Association of Ireland

## EXPEDITION ITINERARY:

### DAY 1: Dublin to Beijing

Depart Dublin on an overnight flight to Beijing.

### DAY 2: Beijing to Jiankou

Arrive in Beijing and drive straight to the Great Wall at Jiankou. Overnight home stay.

### DAY 3: Jiankou to Mutianyu, 5 hrs trekking

Trek along the Great Wall from Jiankou to Mutianyu. Overnight home stay.

### DAY 4: Mutianyu to Xishuyu to Jinshanling, 4 hrs trekking

Trek to Xishuyu and then drive to Jinshanling for the night. Overnight home stay.

### DAY 5: Gubeikou to Jinshanling, 5 hrs trekking

Trek from Gubeikou to Jinshanling. Overnight home stay.

### DAY 6: Jinshanling to Huanghuacheng, 4 hrs trekking

Trek from Jinshanling to Panlongshan and drive to Huanghuacheng. Overnight home stay.

### DAY 7: Visit the East Qing Tombs and Huanghuacheng, 2 hrs trekking

Visit the impressive East Qing tombs and then trek along the wall at Huanghuacheng. Overnight hotel.

### DAY 8: Huanghuacheng to Qianganjian to Beijing, 5 hrs trekking

Trek from Huanghuacheng to Qianganjian and drive to Beijing. Overnight hotel.

### DAY 9: In Beijing

Visit the best sights in the city. Depart Beijing in the late evening.

### DAY 10: Dublin

Arrive back in Dublin.

## EXPEDITION COSTS:

Each participant is asked to raise €4,200 and a booking deposit of €500 is required per person. All funds should be lodged directly to the Parkinson's Association Fundraising account, or through Facebook or MyCharity.ie.

### EXPEDITION COSTS INCLUDE:

- International flights for all participants from Dublin to Beijing return economy class.
- Earth's Edge expedition leader.
- Expedition Doctor.
- Local English speaking guides and support staff. On this expedition luggage is transported by bus and participants only need carry a daypack.
- Accommodation based on twin sharing in hotels and home stays.
- Three daily meals with plenty of snacks in between throughout the challenge.

- A special celebratory meal at the end of the challenge in one of Beijing's top restaurants.
- All transport throughout the expedition.
- All sightseeing mentioned including cultural guides and entrance fees.
- Earth's Edge/Parkinson's performance trekking t-shirt for all participants.
- Travel Insurance.

### EXPEDITION COSTS EXCLUDE:

- Transfers to and from Dublin airport.
- Medical Vaccinations.
- Tourist Visas.
- Personal equipment.
- Personal spending money.
- Any additional services not included in the itinerary such as excess baggage charges, hotel portorage, and any items of a personal nature such as laundry, room service charges, drinks, phone calls, etc.