Trip Highlights
- Raised vital funds for Australian Cancer Research Foundation
- Walking through rural villages in the Hebei Province
- Camping by remote sections of the Great Wall hosted by local families
- Rare insight into rural Chinese life
- Exploring original sections of the Great Wall
- Visiting Tiananmen Square, Forbidden City
- Celebration Dinner in Beijing at end of Challenge

Your Charity
The Australian Cancer Research Foundation (ACRF) is a cancer charity foundation, dedicated to finding the cures for cancer by funding world-class cancer research in Australia. Our charity foundation is committed to speeding up discoveries for this devastating disease which affects one in three Australians. Established in 1984, the Australian Cancer Research Foundation has become a leading cancer charity and not-for-profit organisation in Australia. In total, the Australian Cancer Research Foundation has awarded $95 million in cancer research grants (two thirds of this amount in the last eight years) to world-class Australian research initiatives. Charity Foundation. Every dollar of every donation (100%) received by our cancer charity foundation goes to cancer research. In particular, it goes to research with the power to beat cancer, research that is vital to the development of effective treatments and diagnostic measures for all types of cancer.

This Charity Challenge aims to raise $2500 per participant for the Australian Cancer Research Foundation.

Your Huma Charity Challenge
Our guides are the best available and to ensure the smooth operation of all trips our partners in China continually work with us to improve our itineraries to ensure we are taking the 'paths less traveled'. The rapidly developing and ever-changing face of China makes this an ongoing challenge. Our visits to rural villages close to remote sections of the Great Wall make this one of our most innovative trips.
This trek takes in a classic section of the Great Wall in Hebei Province to help raise funds for Australian Cancer Research Foundation.

what impact will my fundraising have?
The funds you raise on this Charity Challenge will assist to ensure that only the most promising cancer research initiatives in Australia receive our charity foundation funding, thanks to our esteemed Medical Research Advisory Committee. Our MRAC is comprised of some of Australia’s most respected cancer scientists (including Professor Ian Frazer AC, co-creator of the cervical cancer vaccine) and it assesses each application for ACRF funding on its potential to make ground-breaking progress in cancer treatment, diagnosis, prevention and/or cure.

your adventure
This innovative itinerary takes in a remote section of the Great Wall outside Beijing in Hebei Province. Hosted by local families, we camp in comfort in exclusive locations and explore the Great Wall over seven days, trekking between villages. The scenery is vast and diverse as we trek our way through tall swaying corn cropped field to distant green river valleys with one of the great wonders of the world as our backdrop. Host families provide us with true rural hospitality in the ‘real China’ and allow us rare interaction, including visits to family homes. In Beijing we visit the capital’s major historic sites such as the Forbidden City, Tiananmen Square and the lakeside Summer Palace. We also indulge in the culunary delight that Chinese cuisine is so famous for. The Beijing food experiences will no doubt compete with the trek itself as one of the highlights of this entirely unique adventure.

fundraising options
There are a number of ways you can approach your fundraising:
1. You can choose to pay for the travel costs yourself and just fundraise the charity donation.
2. You can opt to fundraise the entire amount – the travel cost and the charity donation. You must make sure that funds raised for the travel cost are done so independent of the charity and that donors understand that their donation will be directed towards your travel expenses and are not tax deductible.
3. You may choose to pay for the entire amount yourself and claim the charity donation component as a personal tax-deductible donation to your charity.
4. Lastly you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.

When fundraising for the charity donation component of this challenge you must seek permission of Australian Cancer Research Foundation before beginning to fundraise in their name. Huma Charity Challenge can assist you with this with contact details.

Once you have registered on this challenge you will receive our comprehensive Confirmation Kit that includes a Fundraiser’s Guidebook, a great resource for fundraising ideas and support.

online fundraising portal
Australian Cancer Research Foundation should be contacted to organise your online fundraising platform and permission to fundraise.

itinerary at glance

<table>
<thead>
<tr>
<th>DAY</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>DEPART AUSTRALIA</td>
</tr>
<tr>
<td>2</td>
<td>ARRIVE IN BEIJING</td>
</tr>
<tr>
<td>3</td>
<td>IN BEIJING</td>
</tr>
<tr>
<td>4</td>
<td>DRIVE TO GUBEIKOU, COMMENCE TREK</td>
</tr>
<tr>
<td>5</td>
<td>TREK AND EXPLORE THE 1200 YEAR OLD</td>
</tr>
</tbody>
</table>
australian cancer research foundation china great wall trek

This trek takes in a classic section of the Great Wall in Hebei Province to help raise funds for Australian Cancer Research Foundation.

<table>
<thead>
<tr>
<th>GREAT WALL</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAY 6</strong></td>
<td><strong>TREK FROM GUBEIKOU TO JINSHANLING</strong></td>
</tr>
<tr>
<td><strong>DAY 7</strong></td>
<td><strong>WALK FROM JINSHANLING ON THE GREAT WALL TOWARDS SIMATAI</strong></td>
</tr>
<tr>
<td><strong>DAY 8</strong></td>
<td><strong>HIKE TO BEIJING TOWER AT SUMMIT OF MT SIMATAI, RETURN TO BEIJING</strong></td>
</tr>
<tr>
<td><strong>DAY 9</strong></td>
<td><strong>TRIP CONCLUDES IN BEIJING</strong></td>
</tr>
<tr>
<td><strong>DAY 10</strong></td>
<td><strong>ARRIVE AUSTRALIA</strong></td>
</tr>
</tbody>
</table>

**what’s included**

- Australian Cancer Research Foundation Escort
- International Flights Thai Airways return Beijing
- Comfortable well located hotel in Beijing
- 7 breakfasts, 6 lunches and 7 dinners
- Camping equipment during trek (excluding sleeping bag)
- Private air conditioned vehicles
- Back up vehicle while trekking
- Sightseeing and entry fees as listed in itinerary
- Expert bilingual local guide
- Medical kit
- Farewell Dinner with local music and dance

**DAY 1  Depart Australia**

Depending where you live in Australia you will fly today to Beijing on Thai Airways via Bangkok.

**meals:** NIL

**DAY 2  Arrive in Beijing**

On arrival in Beijing you will be meet and transferred to Beijing Hotel. The afternoon is free time for sightseeing in the central city district. Perhaps barter for a bargain in the colorful silk markets or do as the locals do and hire a bike for a spin through the bustling back roads of this vibrant city. This evening we will meet in the hotel lobby (please check with reception to confirm this time) for a group meeting before we head out to enjoy our first meal together.

**meals:** D

**DAY 3  In Beijing**

Today we have a full day in Beijing to explore some of the most majestic and historically significant sites of this immense city. We start with Tiananmen Square and the “Forbidden City” so called as it was off limits to the general public for over 500 years. Its ancient buildings served as the imperial palace for two dynasties, the Ming and Qing. We take a full tour of this marvelous enclave, inspecting the massive courtyards. We also visit a courtyard district at the Bell Tower, Hou Hai, in northern Beijing, for a traditional lunch.

**meals:** B,L,D

**DAY 4  Drive to Gubeikou, commence trek**

This morning we depart Beijing and travel by bus to Gubeikou at the border of Hebei Province to begin our walk. The Great Wall is one of mankind’s most extensive structures and in total length, including early walls, it totals over 5000km from the Bohai Gulf in eastern China to Gansu Province. After lunch at Gubeikou we explore a section of the wall on a high ridge above the township where several prominent towers afford great views of the terrain. We will walk at a leisurely pace with plenty of time to stop and take photos of this majestic structure. Following our 3-4 hour walk, tonight we will camp at the head of the valley.

**meals:** B,L,D
## fast facts

<table>
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<th>Countries Visited:</th>
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<tbody>
<tr>
<td>Visas:</td>
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<tr>
<td>Vaccinations:</td>
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</tr>
<tr>
<td>Singles:</td>
<td>A single supplement is available for this trip*</td>
</tr>
<tr>
<td>Leader:</td>
<td>Expert Local Leader &amp; Escort</td>
</tr>
<tr>
<td>Brochure Reference:</td>
<td>Asia</td>
</tr>
</tbody>
</table>

*Ask our staff for more information.

### Day 5  Trek and explore the 1200 year old Great Wall

From our campsite we will ascend and explore a spectacular section of the wall above the Gubeikou valley. This is a little-visited section and offers views of a wild landscape. We climb to the junction of the Ming Dynasty wall where we explore the terrain before descending on a local trail to camp. Like all nights, our crew prepare a delicious meal of fresh local dishes for us to enjoy under the night sky. Approx 6 hours walking.

**meals:** B,L,D

### Day 6  Trek from Gubeikou to Jinshanling

Today we set off early to trek through cornfields and farm land for a true taste of rural China, before exploring this classic section of the wall. Here we are well off the beaten track, experiencing every day village life as we pass along the way. With broad sweeping views, it is easy to see how the wall resembles a dragon’s back weaving its way across this beautiful golden land. This evening we will camp in the Hebei Province. Approx 7-8 hours walking.

**meals:** B,L,D

### Day 7  Walk from Jinshanling on the Great Wall towards Simatai

Breaking camp in Hebei Province we climb on to the Great Wall and begin a morning’s walk towards Simatai, passing through Jinshanling, a restored section. This section of the wall was built in the 15th century. There is time on the walk, as elsewhere, to explore and photograph this section of the original wall. We will note the wall’s intriguing design features that gave the defenders a military advantage against the nomads. We descend on a winding trail into Miyun county of Beijing to a campsite at the village of Daweihao. Approx 7 - 8 hours walking.

**meals:** B,L,D

### Day 8  Hike to Beijing Tower at summit of Mt Simatai, return to Beijing

We head off early this morning to hike to Beijing Tower at the summit of Mt Simatai. Today’s walk is challenging with a rugged climb to the summit. Our efforts are well worth it as we are rewarded with stunning vistas and awe inspiring views back across to Hebei. The Great Wall was built by over 1 million people who largely were soldiers, peasants, prisoners and soldiers. Thousands of them died in the process. Today as we trek this ancient section of crumbling wall, we can imagine the hard work and structural genius that went into creating what is now a national treasure in modern day China. This afternoon we transfer back to Beijing. Tonight we enjoy a farewell dinner of Peaking duck to celebrate a successful Charity Challenge.

**meals:** B,L,D

### Day 9  Trip concludes in Beijing

After breakfast our trip concludes in Beijing and will be transferred to airport.

**meals:** B

### Day 10  arrive Australia

Arrive home and congratulations you have completed the charity challenge.

**meals:** NIL

### how to book

To register on the Australian Cancer Research Foundation Everest Base Camp Charity Challenge please fill out booking form and return to HUMA/World Expeditions with your $400 non refundable registration fee

Attention Fiona Windon

Email fiona@humacharitychallenge.com

OR
australian cancer research foundation china great wall trek

This trek takes in a classic section of the Great Wall in Hebei Province to help raise funds for Australian Cancer Research Foundation.

trip grading

The theme behind most of our trips is action holidays and the fitter you are, the more easily you will adjust and enjoy yourself. On a trekking trip such as this you need to be in general good health and moderately fit. The grading overall would be moderate, with little “strenuous” activity. Before departure aerobic-type exercise, which increases your breathing, is an obvious advantage. We recommend that for about two to three months prior to departure you try to exercise most days for 30 - 45 minutes or aerobic type activity.

adventure travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

important note

These charity challenge notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This challenge itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

places of interest

Tiananmen Square

Tiananmen Square is the world’s largest public square and is located only a short distance from our hotel. People flying kites, a popular pastime all over China, stand next to guards under the ever-watchful eye of Chairman Mao’s portrait. Which ever way you turn there is another photo opportunity to be found in this huge open space. The Forbidden City is a masterpiece of 5000 years of Chinese civilization and still vividly displays the power and prestige of the former dynasties. Sprawling over acres, the City is a magnificent group of palaces, pavilions, courtyards and deep terracotta walls. Ornately furnished palace rooms, priceless artworks and treasures are all now open to the public after 500 years of seclusion. The Temple of Heaven itself is an architectural highlight however it’s the crowds of people that makes this spot so interesting and memorable. Thousands of people gather here to practice ballroom dancing, Tai chi and calligraphy.

The Great Wall of China

When cavalry from the hostile territory northeast of ancient China rode to the gates of the Great Wall at Shanhaiguan they found no resistance by the Ming Dynasty soldiers stationed there to halt invasion. Dispirited and lacking faith in their corrupt imperial masters in Beijing they took bribe, opened the gates and allowed a rush of armed nomads to besiege the walled capital Beijing. Outnumbered and without purpose, hostile to the emperor, the capital’s garrison surrendered to the Manchus, the Ming Dynasty was dethroned and China’s last dynasty, the Qing, began its reign to 1911 until it itself was overthrown by popular rebellion. Thus the Achilles Heel of the Great Wall, a colossal monument to the folly of blind military dogma, was its human weakness and not the fortifications so carefully constructed to protect the emperor in the Forbidden City and the empire from invasion. Tribes to China’s northeast and the Mongolians RAIDED continuously, plundering as they wished, despite a vast treasure of silver and scores of human lives committed to the wall’s construction. This extraordinary building, which draws gasps on first sight, and its intriguing, complicated history are explored and explained in our innovative Great Wall Trek, a challenge which encapsulates not only the wall and rural life, camping exclusively, but also the highlights of the capital. It is the interpretation of the Wall’s history by our expert guides, telling of the reason for its construction, at what cost, the circumstances of its failure and the events that lead to the rise of modern China that garnishes this tour. It is more than simply a trek. It is a journey through history.

country information

China never fails to conjure up a myriad of feelings, images and a sense of mystery. Its history cannot be summed up here in a few paragraphs and to fully appreciate the currents that have shaped the country and its people, you must take the time to read at least one of the many excellent books available.

Within the almost four million square miles of China’s vast territory live more than 1.3 billion people, which makes it the most populated nation on earth. For centuries, outsiders have yearned to visit China and it’s only since 1976 that tourism really started. Initially, foreign visitors were only allowed to see a fraction of what the country had to offer, however, today it is possible to visit as many as 60 different areas. An increasing number of historical sites are also being restored and opened up to viewing for foreign tourists. As much as China is keen to display its stunning scenery, historical sites and impressive cities, it is also dedicated to conveying something about how its society works. Although its political system has
set it apart from the west, China is now moving forward in leaps and bounds, especially in the areas of trade and commerce. The major cities are indicative of the burgeoning economy of modern China.

climate
Beijing and Hebei provinces experience a rather broad temperature range throughout the year. In late spring (May) the weather is mild to warm with the possibility of some showers. In late summer, early autumn trips (August to September) expect warm to hot days with temperatures up to 25-30C (77-86F) and a slight chance of rain. During October the days are mild and dry, from 15-20C (59-68F), and nights are cooler. After mid-October there is increasingly a cooler (but not cold) westerly wind, which lowers temperatures, particularly at night. The days, however, remain mild. Sometimes, in October, a cold wave from Siberia may cause overnight temperatures to plunge below freezing for a day or so, but the days are mild. In Beijing in late summer the days may be hot, up to 30C (86F) but it is more likely to be quite pleasant. Rain can occur at any time but is more likely in spring (March-May). You must pack a waterproof jacket with hood for all departures.

a typical day
The average distance trekked each day is between 5-12km. The pace is leisurely with an average of 4-8 hours walking each day. The trip provides a total of about 40kms of walking through generally hilly but not steep country. There are no problems with altitude sickness. The Great Wall remains paved in some areas but generally you would walk on a combination of stone paving, earth and stony rubble. Most people would find a light bushwalking boot or rugged trail shoe suitable footwear. The walking is easily achievable for a person with reasonable fitness but is at times strenuous. The trekking will be largely in the morning and mid-afternoon. On all sections there is flexibility in movement, and progress can be adjusted to satisfy consensus (if the group wishes to stop to inspect something, or spend longer at a nearby community, such can be achieved within the schedule).

Trip Organization
In mid afternoon our Chinese guides will set up camp at a village and attend to general camp duties (in the morning you will be provided with a bowl of warm water for washing). A toilet tent is provided for the evening camps. The tents are two-person, supplied by World Expeditions. For sleeping, you will need to provide a sleeping bag. The sleeping bag should have a minus 10C rating for the October trip. Your main clothing and other items for the city should be left at our Beijing hotel. During the trek you will only need your trekking clothing, toiletries, drink-powder, water bottle, camera and personal items. We recommend you only pack a duffle bag for your trekking items and a daypack for trekking. You will carry your day pack while trekking and at the end of each day a mini-bus will meet us, and you will have access to your duffle bag. Each day, after an early dinner, we have time to interact with the locals near the Wall, chat with other members of the group or catch up on your reading or postcard writing. There will be plenty of time for us to browse through villages and mix as much as possible with the locals. During the stay in Beijing we will see two of the major sights of this huge capital city. There will also be the opportunity for shopping and leisure time. Please be aware of the fact, however, that Beijing is a major tourist area and the scheduling in this portion of the program is a little more regimented. The order of our activities is dependent on arrangements and may sometimes differ from those outlined in the itinerary.
accommodation on the trip

Five nights will be spent camping in exclusive rural locations along the wall and in small villages. Tents are spacious two-person tents supplied by World Expeditions. In Mutianyu we have 1 night in a clean, comfortable local hotel and in Beijing we have 3 nights in a comfortable 3-4 star hotel.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. The bulk of your luggage will be left in Beijing and the duffle bag containing the gear you require for the trek will be transported for you on trek days.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

what’s not included

- Visa costs
- Travel Insurance (compulsory)
- Sleeping bag - available for hire in China (to be paid locally)
- Additional transport required due to any emergency situation
- Meals and beverages not mentioned in the program
- Personal expenses such as telephone, laundry and alcohol
- Tips and gratuities

faq’s

Q. Am I getting a free holiday?
A. No. Be ready to work hard to fundraise for a worthy cause, commit to a training schedule months out from your challenge to ensure you are physically fit for the adventure and step out of your comfort zone in order to earn this unique experience.

Q. Am I suited to group travel?
A. We recognise that many of our participants have not been on a ‘group trip’ before. You can rest assured that our trips are flexible and allow you to do your thing within the framework of the itinerary. We do not attempt to instil a ‘group ethos’ and fully recognise your needs as an individual. But you will be travelling with like-minded people that have also fundraised for a very worthy cause.

Q. How fit do I have to be?
A. Our adventures are first and foremost challenges but can be undertaken by anyone in a reasonable state of health and fitness. All our trips are graded, allowing you to evaluate if you are suited for the adventure challenge. We recommend that you familiarize yourself with our grading system, read the detailed trip notes and to speak with our expert staff on the physical requirements of your trip.
Q. What level of comfort can I expect?
A. On all our trekking adventures we camp in style and comfort, using the best equipment. All your gear is carried (except where specified) and meals are cooked for you while our staff set up camp. As you would expect we provide the same level of comfort on our cycling adventures. On our journeys our accompanying leader and staff take care of your day to day needs while you stay in local hotels and travel in comfortable private vehicles.

Q. How safe is it?
A. On all our trips your well-being is our first priority. Our staff constantly reviews every aspect of your adventure and our expert guides are fully conversant with the demands of travelling in remote regions.

Q. Where do we stay?
A. To capture the essence of your journey we have wherever possible selected accommodation with local character. In the cities our hotel rooms are on a twin share basis with private facilities. In remote localities you can expect simple, clean but more basic facilities. When in the field we provide the best possible camping service complete with comfortable two person tents, a mess tent and toilet tent.

Q. What about environmental impact?
A. We believe that adventure travel revolves around establishing a sound working relationship with the people and environments in which we operate. We believe that you can also make a positive contribution and we urge you to familiarise yourself with our ‘Responsible Tourism Guide’ before you depart. Every participant receives a copy of this booklet upon registering.

Q. Can I organise my own group?
A. You certainly can! We would love to custom-make an itinerary to suit your business, school, family club or special interest group. Choose your charity, adventure challenge and departure date and leave us to create a Charity Challenge just for you. Please visit our website under Types of Challenges to find out about our Corporate Challenges, School Challenges, Family Challenges and Private Challenges. Or contact your nearest Huma Charity Challenge office.

Q. What about the food?
A. We are fully aware of the healthy appetites that build up when trekking or cycling and provide tasty and varied meals with plenty of fresh ingredients. Our excellent cooks serve a sensible combination of local and European dishes while at the same time ensuring high standards of hygiene. On all our trips your good health is our highest priority. We also cater for vegetarians. Please let us know if you have any special dietary requirements at time of booking.

Q. What is included in my trip?
A. It is our aim to ensure that we incorporate as many inclusions as possible in your trip to minimise any out of pocket expenses while you are away. It is important that you refer to our trips notes for the exact inclusions, as they do very from challenge to challenge.

Q. Are there any hidden extras or surcharges?
A. We own most of the operations, which allow us to include all land transport, most meals, accommodation and much of the equipment you will need for your challenge. Consult your detailed trip notes to know if your international flight is included, if not, please contact your nearest Huma Charity Challenge office for preferential rates. Please note that generally the following items are not included - visas, passport, vaccinations, personal travel insurance, airport and departure taxes, tips and personal expenses.

Q. What if the minimum number of participants is not met?
A. Most of the adventure challenges require a minimum of 8 to 10 participants. If this amount is not reached, Huma Charity Challenge will consult with the charity and decide either to postpone the trip or to charge a small group surcharge if need be.
Q. Who takes part in a Huma Charity Challenge?
A. All of our challenges are available for anyone over the age of 18 yrs old up to 70 yrs old, unless otherwise decided by the charity. If the challenge allows participants under 18, they will need to be accompanied by a parent or legal guardian.

Q. Do I have the option of not fundraising?
A. Yes, you can pay the full fundraising target personally if you wish on any Huma Charity Challenge.

Q. How can I get more information?
A. Once you have registered on the Challenge you will be sent a comprehensive confirmation kit that contains all the pre departure information and fundraising booklet. Of course please feel free to contact our staff by phone or email.
Charity Challenge Calendar

<table>
<thead>
<tr>
<th>Item</th>
<th>Date</th>
<th>Whats on</th>
<th>Achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration Fee</td>
<td>NOW</td>
<td>Complete the registration form and pay your $400 registration fee for the Australian Cancer Research Foundation Everest Base Camp</td>
<td>✔️</td>
</tr>
<tr>
<td>Set up your online fundraising</td>
<td>NOW</td>
<td>Set up your fundraising page where all your supporters can contribute tax deductible donations toward your charity donation target</td>
<td>✔️</td>
</tr>
<tr>
<td>Fundraising Milestone 1</td>
<td>28th October 2014</td>
<td>Reach your first fund raising target $2000 with ACRF - Everest Base Camp</td>
<td>✔️</td>
</tr>
<tr>
<td>Travel Arrangements Payment</td>
<td>18th January 2015</td>
<td>Deposit your travel payment of $..... to HUMA/World Expeditions</td>
<td>✔️</td>
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<td>Fundraising Balance</td>
<td>18th January 2015</td>
<td>Deposit your fundraising balance with a minimum $500 payment to Australian Cancer Research Foundation</td>
<td>✔️</td>
</tr>
<tr>
<td>The Challenge</td>
<td>28th March 2015</td>
<td>Bags packed, you’re on your way to Great Wall China in support of Australian Cancer Research Foundation</td>
<td>✔️</td>
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