



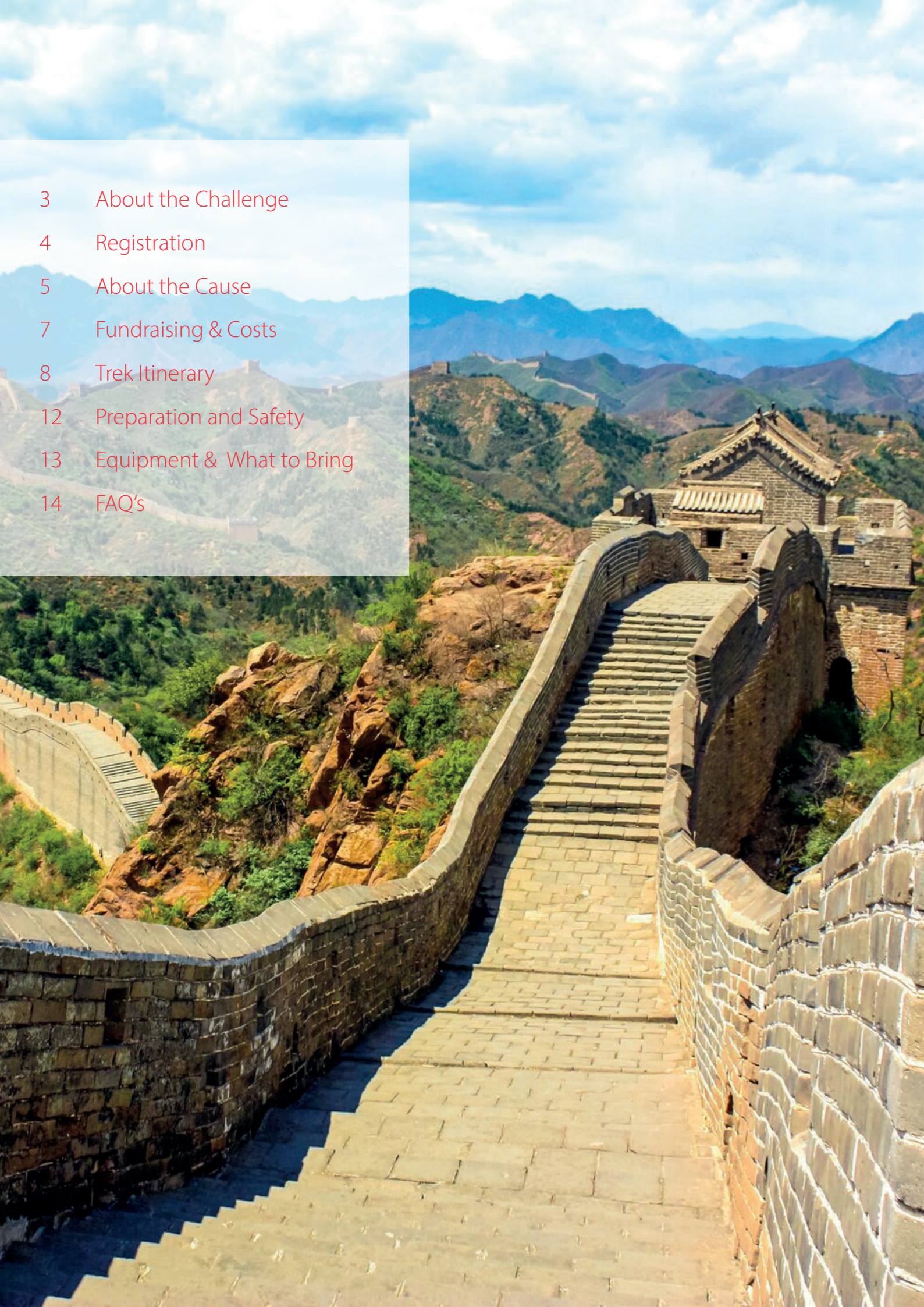
GREAT WALL OF
CHINA
CHALLENGE 2025

Join IKCA on a 'Once in a
Lifetime Journey'



IMRAN KHAN CANCER APPEAL

INFORMATION PACK



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About the Challenge

Are you ready for the adventure of a lifetime? Prepare to test your limits and ascend to new heights with The Great Wall of China Challenge!

The Great Wall of China is one of the most iconic landmarks in the world, celebrated for its historical significance, architectural ingenuity, and cultural importance. Spanning thousands of miles, it remains a symbol of China's rich heritage and a testament to human perseverance and innovation.

The Ultimate Adventure Awaits

Join IKCA on an exhilarating journey as we trek The Great Wall of China a masterpiece of engineering, history, and cultural significance. Stretching across thousands of miles, it offers adventurers a unique glimpse into ancient China while standing as a testament to human ingenuity and endurance. Whether you're a history enthusiast, a nature lover, or simply in search of a once-in-a-lifetime experience, the Great Wall promises an unforgettable journey.

Expert Guided Expedition

Embark on this challenging trek with the confidence of expert guides who are well-versed in the intricacies of the Great Wall of China. Our seasoned team will ensure your safety, provide valuable insights into the local culture, and assist you in navigating the diverse terrain.

Visit our Challenges



Join the IKCA Community

Challenge yourself, forge new friendships, and become part of a community of like-minded adventurers. Share stories, laughter, and the triumph of reaching the goal with a diverse group of individuals who, like you, have accepted the challenge of The Great Wall of China.

Are you ready to write your own epic adventure?

The Great Wall of China Challenge awaits - where every step is a triumph, and every moment is an unforgettable part of your journey.



Registration

These briefing notes cover all the things you will need to know about the Great Wall of China Challenge from registration to preparation.



Travel Dates: 11th - 20th October 2025

To secure your place, you will need to pay a non-refundable deposit of £250. This amount will form a part of your fundraising target. To book local transport and obtain relevant trekking licenses for you, we will also need:

- **A copy of your passport**
- **A copy of your travel insurance policy** (30 days before the challenge date)
- **British nationals** require a visa to enter China. The most common type for tourism purposes is the **L (Tourist) Visa**, which allows travellers to visit for leisure activities such as sightseeing, visiting friends, or exploring cultural landmarks like the Great Wall of China.
- Participants are responsible for acquiring all the equipment necessary for the trek, as well as their travel insurance. This must be arranged at least a month before the date of travel. You will be asked to provide a copy of your insurance.

Who qualifies to take part:

Anyone with a reasonable level of hiking experience is welcome to participate; however, adequate preparation and training are essential to ensure safety and success. While the criteria are not exhaustive, the following key requirements must be met to qualify for participation:

- Be over 18 years old
- Be willing to participate in practice treks organised by IKCA
- Have done some mountain climbing previously or taken part in similar challenges locally, or keep fit by doing some other regular training
- Female participants are kindly asked to arrange to have a female room buddy or a 'Mahram' travelling with them. This will allow us to enhance group security and ensure the safeguarding of our female members in that part of the world. (IKCA may be able to help you connect with other female members taking part)
- Attend IKCA's pre-event meeting

**To register, please contact the IKCA office directly at
01274 424 444 or email support@ikca.org.uk**

About the Cause

The National Health Service does not provide cancer treatment in Pakistan. As a result, poor cancer patients die without proper diagnosis/treatment. We provide comprehensive cancer care free of charge.

After his mother passed-away, Imran Khan decided that, irrespective of patient's background, everyone deserved an equal chance at life. In 1994, following five years of fundraising, Shaukat Khanum Hospital was established in Lahore, and Pakistan's biggest cancer charity was born. As a comprehensive care facility dedicated to the diagnosis and treatment of cancer, it was a first in Pakistan.

At Imran Khan Cancer Appeal (IKCA), we raise funds for the Shaukat Khanum Memorial Cancer Hospital (SKMCH) in Lahore and Peshawar. At both hospitals, which house all the specialised diagnostic and therapeutic facilities under a single roof, we offer Imran Khan was personally affected by cancer when his mother was diagnosed in 1985. The experience revealed a jarring reality to him: Pakistan had a real lack of medical resources when it came to treating cancer and this was costing lives.

During the time spent with his mother in cancer wards, Imran also witnessed the distress of other patients. He was especially troubled by those with fewer means. How, he questioned, do the poor cope with a disease that is so debilitating to patients and their families?

To date, the hospital has helped thousands of people with cancer. Your participation in the Mount Toubkal Challenge, and your fundraising efforts will help provide hope of recovery to poor cancer patients, who would otherwise have nowhere to turn to.

**Find out more at
www.ikca.org.uk/about-ikca/shaukat-khanum-hospital/**





Fundraising, costs & what is included?



Travel Dates: 11th - 20th October 2025

OPTION 1

Raise £2,500 to cover all land expenses in China and purchase your own flight/ticket.

OPTION 2

Raise £1,500 and pay an additional £1,000, plus your own flight/ticket.

Our team will work closely with you to achieve your fundraising target. In the past, most of our participants have raised much more than the minimum fundraising target.

So don't be apprehensive of setting up a higher target which can help sponsor a cancer patient. With international challenges, we find that participants often fly in from different parts of the world and prefer to book their own flights or extend their holiday beyond the trek.

International Flights

You are responsible for booking your tickets to China. We will need to receive a copy of your flight tickets/itinerary with booking confirmation no later than 1st September 2025. Please ensure that you are in China by the afternoon of 11 October, as there will be a trek briefing in the evening.

At least 50% of your minimum fundraising target must be raised by 10th September 2025. The entry deadline for this challenge is 31st August.

What is included in the package?

- Road transfers including airport transfers. – On the day of arrival & departure only
- All hotel accommodation in China Hotels/ Guesthouses (twin sharing rooms)
- First aid medicine kit (basic)
- Trekking accommodation near the Great Wall will be Guest Houses (twin sharing)
- Meals - Breakfast and Dinner (traditional Chinese): breakfast & dinner during the trek
- Government trekking permit fees and paperwork
- Support staff (Guides, assistants, etc.)
- An achievement certificate after completion

Trek Itinerary

DAY ONE – 11 Oct: Arrive in Beijing

Transport: Flight (Your arrangements)

Accommodation: Novotel Peace Beijing 5-Star (twin sharing)

Today's Activities: Airport to Hotel Transfer (Beijing). Today, you will arrive at the hotel in the afternoon and will attend the briefing in the evening over the evening meal. Overnight, you will have a good night rest to prepare for the hard walk in the morning.

DAY TWO – 12 Oct: Taipingzhai to Huangyaguan

Accommodation: Inn or guesthouse (twin sharing) nearby Great Wall

Today's Activities: Great Wall Hiking from Taipingzhai to Huangyaguan

Meals: Breakfast and Dinner

Great Wall Hiking from Taipingzhai to Huangyaguan: Mainly restored Great Wall, with sections that are steep; most parts have well-maintained steps, occasionally there are muddy paths. Along the way, you'll encounter various shaped watchtowers, such as the round watchtower which can only be seen at Huangyaguan.

 **Distance** 7km  **Duration** 4-5 hrs  **Hiking Grade** Moderate

DAY THREE – 13 Oct: Huangyaguan to Qianganjia

Accommodation: Inn or guesthouse (twin sharing) nearby Great Wall

Today's Activities: Great Wall hiking from Huangyaguan to Qianganjian

Meals: Breakfast and Dinner

Great Wall hiking from Huangyaguan to Qianganjian: Mainly wild and steep Great Wall.

 **Distance** 10 km  **Duration** 6-7 hrs  **Hiking grade** Difficult

DAY FOUR – 14 Oct: Qianganjian to Sanjiebei

Accommodation: Inn or guesthouse (twin sharing) nearby Great Wall

Today's Activities: Great Wall hiking from Qianganjian to Sanjiebei (Three Border Monument)

Meals: Breakfast and Dinner

Great Wall hiking from Qianganjian to Sanjiebei (Three Border Monument): A very ancient section of the Wild Great Wall, mostly destroyed, leaving behind only the basic framework and remnants of bricks. Along the way, you'll mostly see village view. The "Three Borders Monument" is a historical marker located at a point where three ancient Chinese provinces or territories met.

 **Distance** 7-8 km  **Duration** 4-5 hrs  **Hiking Grade** Moderate

DAY FIVE – 15 Oct: Jiankou to Mutianyu

Accommodation: Inn or guesthouse (twin sharing) nearby Great Wall

Today's Activities: Great Wall hiking from Jiankou to Mutianyu

Meals: Breakfast and Dinner

Great Wall hiking from Jiankou to Mutianyu: This is a challenging section of the Great Wall, with some steep up and downs on rocky trails. Hiking from Jiankou to Mutianyu allows you to see the collapsed, wild wall and the elegant, restored wall. You will start in Xizhazi Village and hike for about 1 hour to reach the wall at Zhengbeilou Tower, from where you will hike for another 3.5 hours eastward to the restored Great Wall section at Mutianyu. There will be a sharp contrast when you arrive at the Mutianyu section.

 **Distance** 10 km  **Duration** 5 hrs  **Hiking Grade** Difficult

DAY SIX – 16 Oct: Pochengzi to Xicaiyuan

Accommodation: Inn or guesthouse (twin sharing) nearby Great Wall

Today's Activities: Great Wall hiking from Pochengzi to Xicaiyuan

Meals: Breakfast and Dinner

Great Wall hiking from Pochengzi to Xicaiyuan: Mainly wild and steep Great Wall

 **Distance** 10 km  **Duration** 5 hrs  **Hiking Grade** Difficult

DAY SEVEN – 17 Oct: Gubeikou to Jinshanling

Accommodation: Inn or guesthouse (twin sharing) nearby Great Wall

Today's Activities: Great Wall hiking from Gubeikou to Jinshanling

Meals: Breakfast and Dinner

Great Wall hiking from Gubeikou to Jinshanling: The walking is leisurely (not steep) compared with the hike from Jiankou to Mutianyu. The scenery at Gubeikou is not as spectacular as it is at e.g. Jinshanling or Simatai but this section is more interesting historically. Gubeikou was a key pass between ancient Chinese and Mongol territory. It protected ancient China from Mongol/Manchu invasion from the north. After about 2 hours of hiking on the Gubeikou section of the Great Wall, you will need to descend from the wall to avoid a military area. Walking along a path through cornfields for 1.5 hours, you will reach the Wall again at the Jinshanling section.

 **Distance** 10 km  **Duration** 5 hrs  **Hiking Grade** Difficult

DAY EIGHT – 18 Oct: Jingshanling to Erdaogou

Accommodation: Novotel Peace Beijing 5-Star (twin sharing)

Today's Activities: Great Wall hiking from Jingshanling (cable car) to Erdaogou East Gate

Meals: Breakfast and Dinner

Great Wall hiking from Jingshanling (cable car) to Erdaogou East Gate: A combination of wild Great Wall and restored Great Wall. A small section of it is very steep (estimated to be about 10% of the entire journey), while the majority is relatively smooth.

 **Distance** 8 km  **Duration** 4 hrs  **Hiking Grade** Moderate



DAY NINE – 19 Oct: The Forbidden City, Tiananmen Square, Temple of Heaven

Accommodation: Novotel Peace Beijing 5-Star (twin sharing)

Today's Activities: The Forbidden City, Tiananmen Square, Temple of Heaven

Meals: Breakfast and Dinner

The Forbidden City (3 hours): The Forbidden City, in the very heart of Beijing, was home to 24 emperors during the Ming (1368–1644) and Qing (1644–1911) dynasties. It is the largest and best preserved ancient imperial architectural complex in the world, featuring a great square, halls and gates, in contrast to intricate halls, gardens, courtyards and living quarters. The exhibitions, both permanent and temporary, are important treasures of ancient China. You will be walking for about 2 hours (2 kilometres). The walks in the Forbidden City are graded moderate.

Temple of Heaven (1.5 hours): Built in 1420 during the Ming dynasty, the Temple of Heaven is a complex of Taoist buildings where emperors of the Ming and Qing dynasties visited for annual ceremonies to pray for good harvests. The park of the temple of Heaven is full of life. In the morning lots of local elderly people meet there to sing, exercise, and do tai chi. The park covers an area of 273 hectares in the south of Central Beijing. You will be walking for about 1-1½ hour (1½ kilometres) there. The walk is graded easy.

Tiananmen Square (30 minutes): Tian'anmen Square is the largest city square in the centre of Beijing, named after the Tiananmen (literally, Gate of Heavenly Peace) which sits to its north, separating it from the Forbidden City. It has great cultural significance as it was the site of several key events in Chinese history. As the world's largest city square and enduring symbol of China's national pride, it is surrounded by many imposing buildings including the Heavenly Gate (entry to the Forbidden City), Museums, government buildings and Chairman Mao's Mausoleum.

DAY TEN – 20 Oct: Depart Beijing

Transport: Flights (Your arrangements)

Today's Activities: Hotel to airport transfer (Beijing)

Meals: Breakfast

Preparation & Safety

Physical Fitness

Ensure you are in good physical condition. The Great Wall of China Challenge will require good cardiovascular endurance and stamina are crucial. Begin a fitness regime well in advance, including cardio exercises, strength training, and hiking to prepare your body for the Challenge.

Altitude Acclimatisation

While the Great Wall of China spans a variety of terrains and elevations, most sections do not reach extreme altitudes that typically cause altitude sickness. However, some areas, particularly in mountainous regions or less-travelled sections, can sit at higher elevations, requiring visitors to acclimatise, especially if coming from a low-altitude region. Proper acclimatisation ensures a safe and enjoyable experience.

Packing Essentials

- Pack appropriate clothing for varying weather conditions, including layers for warmth and waterproof gear.
- Bring a sturdy pair of hiking boots with ankle support and make sure they are well broken-in before the trek. Carry a backpack with essentials like water, energy snacks, a first aid kit, a headlamp.

Training Hikes

- Undertake training hikes with elevation gain to simulate the conditions you'll face on The Great Wall of China
- Familiarise yourself with your gear during training hikes to ensure comfort and functionality.

Weather Research

- Research the weather conditions in the region during your planned trekking period.
- Pack accordingly, considering both warm and cold weather gear.

Local Regulations

Familiarise yourself with local regulations and guidelines for trekking The Great Wall of China.

Environmental Respect

- Respect the local environment and adhere to 'Leave No Trace' principles.
- Minimise your ecological impact and leave the Great Wall as you found it.
- Remember, safety is paramount during the Great Wall of China Challenge. Proper preparation and adherence to safety guidelines enhance the chances of a successful and enjoyable trek while minimising risks.



Equipment & what to bring

The participants should bring along the necessary clothing and equipment needed for trekking. The following is a list of suggested items to help you pack accordingly.

Head Gear

- Sun hat or scarf
- Winter or insulating hat, or wide brimmed hat
- Headlight with extra batteries

For the Face

- Sunscreen
- Sunglasses with UV protection
- Face/body wipes

Clothing

- Hiking tops
- Long sleeved tops
- Hooded rain jacket
- Fleece jacket
- Lightweight (trekking) trousers
- T-Shirts (bring light weight wool)
- Thermal under-wear/ base layers (merino wool recommended)
- Down jacket
- Sweater
- Water proof jacket and trousers
- Lightweight gloves

Footwear

- Hiking Boots
- Thick wool socks and thick light socks

Essential gear

- Backpack or daypack
- Water bottle (we recommend Nalgene bottle)
- Water purification tablets
- Trekking poles

Toiletries

- Medium sized towel
- Toothbrush
- Toothpaste
- Deodorant
- Biodegradable bar of soap
- Wet wipes
- Nail clippers

Medicine

- Ibuprofen
- Aspirin
- Imodium
- Hand Sanitiser

Personal Items

- Money
- Cell phone
- Power bank
- First aid kit
- Extra passport photos and photocopies of passport
- Notebook and pen

FAQ's



What is the Great Wall of China?

The Great Wall of China is an iconic ancient fortification stretching thousands of miles across northern China. It was constructed over centuries to serve as a defensive barrier against invasions and raids by nomadic groups from the north, primarily during the rule of various Chinese dynasties.

How difficult is the trek to the Great Wall of China?

The trek is considered moderately challenging. It involves steep ascents and descents, and participants should be in good physical condition. Altitude can also be a factor, so acclimatisation is important.

How long does it take to complete the trek?

Each day's walking duration typically ranges between four and six hours, influenced by the overall pace and capability of the team. The time

spent walking may fluctuate based on the terrain, weather conditions, and the group's collective stamina. This flexibility ensures the team can maintain a manageable rhythm while accommodating the needs of all participants. By adjusting the walking time to suit the group's pace, the experience becomes more enjoyable and accessible for everyone involved.

What is the best time to trek the Great Wall of China?

The best time to the Great Wall of China is typically from late spring to early autumn (April to October) when the weather is more favourable. Winter treks are possible but require more specialised equipment due to snow and colder temperatures.

Do I need a guide for the Great Wall of China?

While it's possible to trek independently, many people choose to hire a local guide who is familiar with the terrain and can provide valuable insights into the local culture. Guides can also assist with logistics.

What should I pack for the trek?

Essential items include comfortable hiking boots, warm clothing, a good backpack, a sleeping bag, water bottles, and high-energy snacks. Depending on the season.

Is it necessary to acclimatise Before attempting the challenge?

Yes, acclimatisation is an advantage, especially if you're not used to higher altitudes. Spending a day or two at higher elevations before attempting the trek can help your body adjust.

Are permits required for the trek?

Permits are generally **not required** to trek most accessible sections of the Great Wall of China.

What are the accommodation options during the trek?

Hotels in the city and guesthouse nearby the Great Wall. The guesthouse accommodations provide basic facilities, near the Great Wall.

Is it safe to trek the Great Wall of China?

With proper preparation and adherence to safety guidelines, The Great Wall of China is generally considered safe. However, it's essential to be aware of weather conditions, follow the advice of guides, and take necessary precautions.

What if I want to contact family back home, will we have access to internet

You can contact your family/friends at the lodges, where internet services are available at an extra cost. Depending on your network provider, you may get a weak signal on your phone while on the trek, though it is likely you will lose connection all together when we reach high altitudes. A local sim card can be provided at an extra cost.

Should I tip crew members

In developing countries culture, a tip is an honoured way of saying thank you for good service. our trekking crew members (guides and porters) are all paid well and treated fairly and with respect. however, they will be working very hard and taking good personal care of us throughout the trek.

A gesture of appreciation for their hard work will be equally appreciated.

Note: tips should only be given at the end of the trek, and as a group, not individually. you will be advised on the desired amount at the pre-event meeting.



IKCA CHALLENGES 2025

MAM TOR FAMILY WALK - Saturday 4th January

SCAFELL PIKE - Sunday 20th April

SNOWDON - Saturday 14th June

YORKSHIRE 3 PEAKS - Saturday 12th July

SKYDIVE - Saturday 19th July

BEN NEVIS - Saturday 24th August

BREAST CANCER AWARENESS (BCA) FAMILY WALKS

Birmingham & Bradford - Sunday 19th October

ISLAMIC ART CLASSES - 6 Week Online Course - Oct/Nov (Dates TBC)

LONDON BRIDGES FAMILY WALK - Saturday 6th December



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