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Velindre is Wales' premier Cancer Centre, providing care, support and treatment to cancer patients and their families for over 60 years.

Velindre, the Hospital of Hope is the major provider of radiotherapy and other specialised anti-cancer treatments in Wales. Access to radiotherapy is critical to improving patient outcomes for cancer.

We all know of family, friends and loved ones who have been touched by cancer.

The incidence of cancer is rising by 2% each year in Wales with nearly 20,000 people diagnosed with this illness each year, and by 2020 one in two of us will develop cancer and 150,000 people will be living with a current or previous

diagnosis of this disease.

However, as Velindre staff strive every day to deliver the best cancer services through exceptional care, more people than ever are living with cancer – survival rates have doubled in the last 40 years through better treatments and earlier detection.

We want to lead in the delivery and development of compassionate, individualised and effective cancer care to achieve outcomes comparable with the best in the world.

Donations to Velindre are used to fund things over and above those provided by the NHS, so fundraising really does make a huge difference to patients and their families.

We aim to provide the best care, when people need us most.



Reg Charity No 1052501



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Great Wall of China Trek

Experience the most astounding chain of castles to be found anywhere on earth by trekking along a part of The Great Wall of China. China is a land of towering mountains and epic landscapes – background scenery to the fall of dynasties, the rise of emperors and the turning of the revolutionary wheel.

The Great Wall was started by the Qin Dynasty 2000 years ago. 10 years of labour by hundreds of thousands of workers laid the foundations for what we see today. During the Ming Dynasty (c1420) the project was revived for a further 100 years at the cost of many lives. What was once a symbol of tyranny is now the nation's leading attraction, a landmark that has been quoted as being the only manmade structure visible from space.

This spectacular five-day trek is one not to be missed as we take challenging steps on this stunning structure, witnessing China's fascinating culture, intriguing history and beautiful scenery.

Day 1: UK to Beijing, China

Depart London on an overnight flight to Beijing.

Day 2: Arrive in China

Upon arriving in Beijing, we are transferred to Miyun County overnight in the Impression Lodge.

Day 3: Jinshanling Great Wall 4-5hrs trekking

Our Great Wall Challenge begins on the Jinshanling Great Wall, which is one of the best-preserved parts of the wall with many original features. Dating back to the Ming Dynasty this section of the wall is also one of the most unusual sections with watchtowers every 100 metres. Jinshanling Great Wall may be the most challenging part of the trek as it is quite steep in places with loose rocks and uneven steps - this is where aerobic exercise really comes into its own! Overnight Gubeikou Village.

Day 4: Gubeikou Great Wall 6-8hrs trekking

This morning we start our days trekking from the village of Gubeikou. The Gubeikou section of the Great Wall is situated along the Yanshan Mountain Range about 65 miles from Beijing. In Mongol times the northern gateway to the capital. Today we will see stunning rural scenery of the Wild Wall section of the Great Wall. Here, long sections of wall stride across the region's lofty mountain ranges with Mongolia on one side and China on the other. Wild Wall territory is remote, lonely, unspoilt and overgrown in places. This is the true highpoint of the trek. Overnight Shuangyang Hotel.

Day 5: Mutianyu Great Wall 4-5hrs trekking

Mutianyu was one of the first sections of the Great Wall to be recognised by UNESCO as a World Heritage Site. The trek commences through cultivated fields and trees as we climb up to the wall. This morning is very undulating on uneven surfaces but spectacular views. After lunch we continue along the un-renovated wall to our finish point where we will be collected and transferred to our overnight accommodation at Nature Times Hotel near the Ming Tomb Reservoir.

Day 6: Huanghuacheng Great Wall 4-5hrs trekking

Huanghuacheng's Great Wall area is beautiful, combining mountains, lakes, and ancient Great Wall of legendary solidity. Today's trekking is challenging with some very steep sections. In places there are also no sides to the wall so there is a great feeling of exposure. In the afternoon we will be trekking along gravelly paths between the bushes and trees which are now growing there before our final trek back to the village. From here we transfer back to Nature Times Hotel.

Day 7: Badaling Great Wall 5-6hrs trekking

There is a short transfer to the quiet parts of Badaling Great Wall. The first part of today's trekking is demanding. All this section of the wall is now renovated with lots of steep steps up. Today's trek is steep in places, but the splendid views are well worth our efforts. The trekking finishes with a challenging descent on smooth paved stones before travelling back to Beijing (approx. 2hrs). Overnight in Beijing. Tonight, we will have a special Beijing Peking Duck Dinner to celebrate our achievements.

Day 8: Departure Day

Transfer to airport for overnight flight to London.

Day 9:

Arrival into the UK.

