

Do I need a visa to enter China?

All nationalities require a visa to enter China. The embassy changes its procedures regularly, so we will confirm everything before you need to apply for your visa. It is your responsibility to organise your visa.

How much will I need to raise and what's included in the trip?

To book your place on the trip each participant will need to pay an entry fee of £200. Each participant will need to raise £4,000 in sponsorship - this is a lot of money, but we have experienced staff who will help and support you with your fundraising.

Included will be:

- International return flights to Beijing
- Twin hotel and lodge accommodation
- Professional experienced trek guides
- Airport transfers upon arrivals and local transfers
- Expedition Doctor on trek (with a comprehensive medical kit)
- Full board throughout the trek

Can I cover the cost of the trip myself?

Your initial non-refundable registration fee will meet some of the cost of travel, meals, equipment and general organisation. A percentage of these costs will also, however, must come out of the money you fundraise – with an event of this size, this is unavoidable. This means that each person that sponsors you must realise that a percentage of their sponsorship will be used to cover these costs. If you feel unhappy about this, you can talk to us about paying for the cost of the trek yourself (around £1,750 depending on numbers) and fundraise for the remainder.



For further details please contact:

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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.

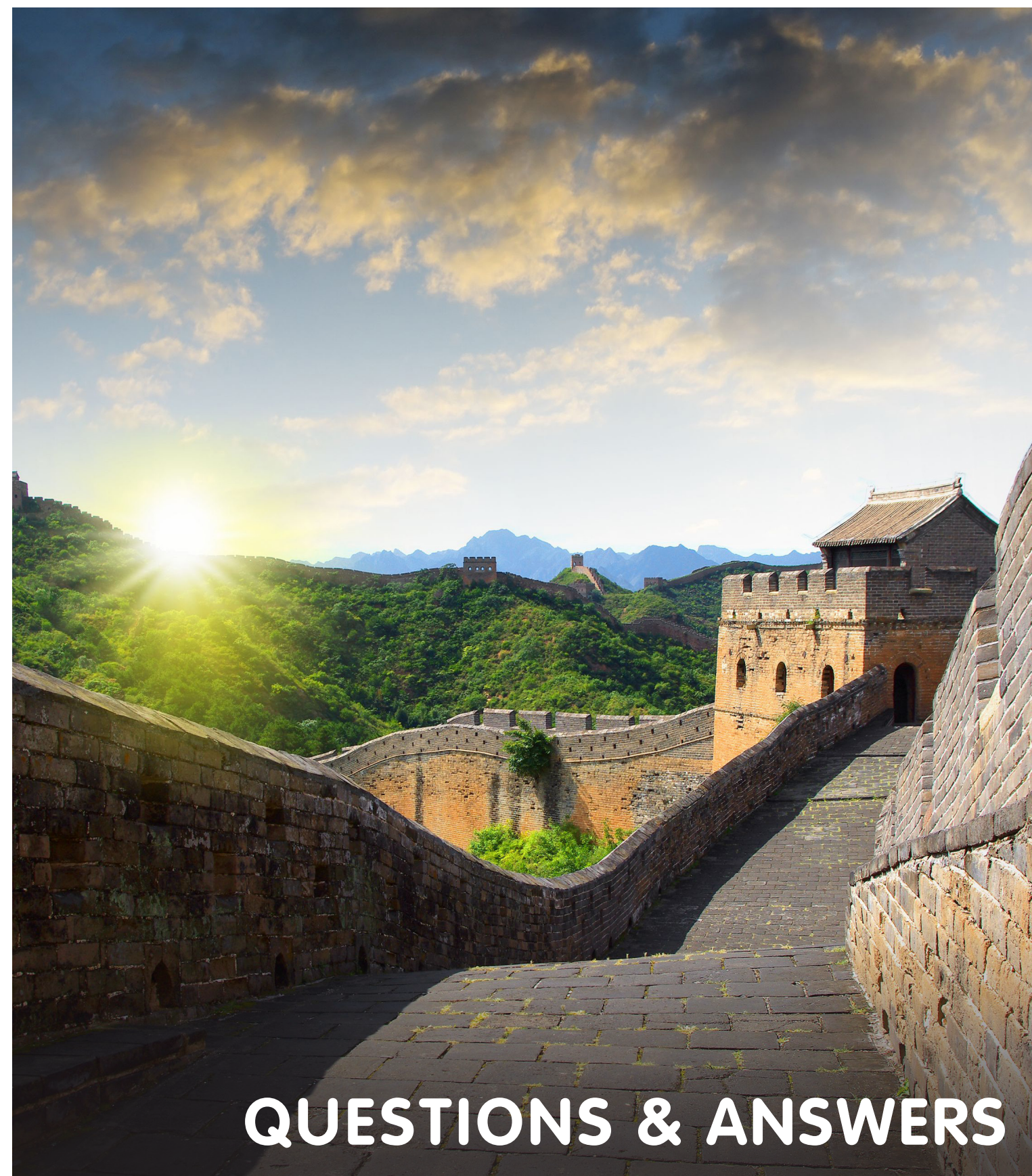
We want to lead in the delivery and development of compassionate, individualised and effective cancer care to achieve outcomes comparable with the best in the world.

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.



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How fit do I need to be?

This is not just a walk, but a demanding trek with many long ascents and descents. You will need to train and prepare yourself thoroughly beforehand, as proper training is paramount to your enjoyment and completion of the challenge. We will supply you with a training and fitness guide. If you suffer from a medical condition you should seek advice from your GP. You will need to complete a medical form, and it is essential that you make us aware of any medical conditions you have before the event departs.

What's the terrain like?

The terrain is undulating every day with some very steep sections and over really varied terrain including lots of steps so, using trekking poles will take some of the strain off your knees. Overall the challenge is moderate to challenging and is suited to people who have an adventurous spirit and are hoping to push themselves out of their comfort zone. You are trekking for between 4 and 8 hours a day for 5 days (approx. 50km) over undulating terrain on uneven rocky trails and up and down thousands of stairs! Some sections are steep and have drops on either side. Training is essential.

What's a typical day on trek like?

Whilst on the trek, we will be up at around 6.00am! After breakfast we will normally start walking around 8.00am. You will need to carry your own day bag each day. Typically, we walk for 3 or 4 hours in the morning and then stop for a packed lunch that you carry. In the afternoon we walk for 3 or 4 hours before being transferred to our overnight accommodation.

What sort of back up is provided?

There will be a UK Expedition Leader accompanying the group from The Ultimate Travel Company. There will also be a UK Doctor who carries a comprehensive medical kit and local guides who will be knowledgeable about the country and route. The Expedition Leader will carry a satellite phone for emergencies.

Do I need any vaccinations?

You must seek professional medical advice from your GP or local travel clinic. Please state you are travelling in the Beijing Province. Tetanus and polio vaccinations should be up to date, Typhoid and Hep A, Japanese B encephalitis is sometimes advised.

Do I need any specialist kit?

A good pair of walking boots and socks plus a good supportive rucksack is a must. We also recommend a good wind and waterproof jacket and trousers. A full kit list will be supplied.

Will I be insured?

Everyone must take out their own travel insurance to take part in the event. We highly recommend you call them (and not take out the policy via the internet) and explain fully to the insurance companies what type of trip you are undertaking e.g. escorted trek in China along the Great Wall, which includes evacuation and repatriation.

What will the weather be like?

The Beijing province has the same four seasons as the UK, although the summers are hotter and winters harsher. In May temperatures can range between 15-28°C during the day but can reach up to 30°C, with night-time temperatures cooler at around 5°C. The weather is changeable so there is always a chance of rain or a cold weather front, so you should come prepared.

What will we eat and drink?

All the water provided on trek will be bottled water and safe to drink. Meals will be substantial. Most meals will be Chinese, sweet and sour pork, stirred fried vegetables, meat stew, greens in soy sauce, rice, soups, vegetables, fruit etc. Most lunches are sandwiches. In recent years breakfasts have become more continental, eggs, tomato, cucumber as well as cooked meats.

Where will we sleep and facilities on trek?

Accommodation on this challenge will be a mixture of lodges and hotels – they are all very different in styles and some are more rural and basic than others.

How much money will I need to take?

Approx. £200-250 spending money is enough for drinks, tips and some souvenirs.

Can I stay on in China after the trek?

There is a possibility to stay on. This is subject to availability and on a first come first served basis. There is an administration fee of £95, plus any additional costs over and above the group fare.

