

# CHINA EXPEDITION

## Warriors, Walls & Walks



An exciting, varied and challenging 24 day expedition to China.

Absorb the spirit and culture of Beijing, visit the Forbidden City. Cycle tour from the heart of the city in Tian'anmen Square to the paddy fields of the north. Trek different varying sections of the famed Great Wall. Journey into the interior and trek the spectacular Huishan mountains and undertake a rural community project with incredible opportunities for interaction with the locals. Travel by train and marvel at the incredible wonder that is the Terracotta Army!

## The trip ...

### Day 1 London – Beijing

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Depart London Heathrow.

### Day 2 Tian'anmen Square

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Arrive Beijing. Drive straight into the heart of the city and see Tian'anmen Square. The rest of the afternoon is free. Practice eating with chopsticks during your evening meal!

### Day 3 Forbidden City

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In the morning explore the wonders of the Forbidden City. Absorb the spirit and culture of China and the many amazing sights here. The afternoon will be free for sightseeing and shopping.

### Day 4 Temple of Heaven

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In the morning we will make a leisurely visit to the Temple of Heaven. In the afternoon it will be time to size up bikes and go on a short training cycle before dinner.

### Day 5 Beijing – Huairou

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We collect our bicycles and begin our epic journey by cycling around Tian'anmen Square, travelling along Chang'an Avenue (the longest avenue in the world) and be amongst thousands of local people on bikes! There will be many sights to see along the way. When cycling watch out for tricycles, pedestrians, tractors and horse carts!  
*Approx distance 60km.*

### Day 6 Huairou – Bailongtan

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The route takes you near the Miyun reservoir, which is one of the largest in China. There will be opportunities to stop along the way to meet local people. O/n hotel Bailongtan.  
*Approx distance 40km.*

### Day 7 Bailongtan – Jinshanling

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Today we leave the main road for a small rural road to cycle from Bailongtan to Jinshanling. Expect breathtaking mountain views. The road is good and very quiet, but wide enough for the backup vehicle to follow the bikes! Keep an eye on the ridges of the mountains and expect to get your first views of the Great Wall today!  
*Approx distance 50km.*

### Days 8/9 Trek the Great Wall

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Over the next two days we undertake a magnificent trek along and around the tough yet outstandingly beautiful Great Wall of China. We will trek different sections, some away from the tourist areas. Expect some steep terrain! You will get absolutely magnificent views!



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### Day 10 Hot Springs Circuit

We leave Jinshanling this morning and drive to Chengde where we re-start our cycling for the final phase! From Chengde our goal is to cycle to the hot springs, and there will be a chance to cool off on arrival!

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### Day 11 Cycle Hot Springs Circuit - Chengde

Today we cycle back to Chengde and say goodbye to our bikes. Time for another adventure!

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### Day 12 Hammer Rock Mountain and Emperor's Summer Palace

You cannot fail to see the impressive Hammer Rock Mountain that towers over the Chengde skyline. We will trek up to have a closer look, touching the rock for good luck!

Then its time to explore the beautiful grounds of the Emperor's Summer Palace. He would vacate Beijing for several months each year to enjoy these perfect surroundings in the company of his favourite 400 concubines!

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### Day 13 Great Wall at Mutianyu

After breakfast in our hotel in Chengde we are off again! Just 70km north of Beijing is one of the best preserved sections of the Great Wall at Mutianyu, which has only recently opened and gives 2 – 3 hours trekking.

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### Day 14 Beijing – Xi'an

The day will be free in Beijing. After an early dinner we will set off for Beijing West Railway Station and the overnight sleeper to Xi'an, arriving early the following morning.

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### Day 15 City Walls and Pagodos

Once off the train we will have a good breakfast before setting off for the city wall. There will be a chance to walk along the historic wall, as well as visit a large pagoda. In the afternoon there will be free time to explore Xi'an further and see many more famous sights such as the Bell Tower, Drum Tower and many more.

## Day 16 Local Markets

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Today is the day to practice your bartering skills in the markets!

## Days 17/18 Rural Community Project

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We will set off for our community project after breakfast in our hotel in Xi'an.

In 2005 Far Frontiers Expeditions identified a rural school some 2 ½ hours drive east of Xian. We began to help with painting the school classrooms and cleaning up the grounds. The reception we got from the local community and especially the young pupils was overwhelming. There is a lot of work we can do to help the people here and the team can really get involved. Teaching the kids and playing games with them will prove extremely popular. We will stay at the school.

## Days 19/20 Huishan Mountains

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We will have breakfast at the school before saying our goodbyes and setting off for the mountains! Situated east of Xian, these mountains are unbelievably spectacular. There are four peaks and we should aim to reach the top of each with day treks.

## Day 21 Terracotta Warriors - Xian

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Leaving the mountains early, we will spend most of the day seeing the famed Terracotta Warriors, which is a real highlight, and only a short distance by vehicle from the centre of Xi'an. There are more markets to explore on the way in to the Terracotta Warriors too!

## Day 22 Xi'an – Beijing

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We will have a free day in Xi'an, before returning to the station and catching the overnight train back to Beijing.

## Day 23 Beijing

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After an early morning arrival at Beijing West Railway Station, we will have breakfast. The rest of the day will be free to explore and do any last minute shopping before returning to the UK.

## Day 24 Beijing – London

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Shortly after breakfast in our hotel, it will be time to transfer to Beijing airport for the return flight to London, landing later the same day.

### The Itinerary

While Far Frontiers Expeditions will make every effort to provide the itinerary as presented, this is sometimes not possible and your patience and understanding are requested if the itinerary should change.