



Great Wall Marathon Itinerary

(Travelling Fit Exclusive Package 2)

12 May to 18 May 2020



PACKAGE 2

7 DAY / 6 NIGHT PACKAGE

TWIN SHARE

\$2987 AUD

SINGLE ROOM

\$3815 AUD

DAY 1	Tue 12 May	Arrive in Beijing Airport transfer to 4* Hua Bin International Hotel.
DAY 2	Wed 13 May	Included Tour: Tiananmen Square and Forbidden City including traditional Peking Duck Lunch and Tea Ceremony Evening at leisure.
DAY 3	Thu 14 May	The Great Wall Inspection Day including lunch Evening: Chinese Acrobatic Show.
DAY 4	Fri 15 May	<i>Optional Tour: The Temple of Heaven and Markets</i> Pre-Marathon Carbo Load Asian Style Dinner.
DAY 5	Sat 16 May	The 2020 Great Wall Marathon, Half Marathon & 8.5km Fun Run Evening at Leisure.
DAY 6	Sun 17 May	<i>Optional Tour: Summer Palace, Giant Panda</i> Evening: Great Wall Marathon Celebration Dinner.
DAY 7	Mon 18 May	Transfer to the airport for your flight home or onward journey.

Day 1: Tuesday 12 May, Beijing - Welcome to China

Welcome to amazing China and the city of Beijing, the capital of the People's Republic of China. You arrive in a modern and bustling airport that reflects the energy of contemporary China. The Great Wall Marathon (GWM) staff will receive you at the airport and transfer you to your hotel. The rest of the day is at your own leisure.

No meals are included on this day.

Day 2: Wednesday 13 May, Beijing – Tiananmen Square, Forbidden City Tour

Duration: 7 hours

Tour includes:

- The Forbidden City
- Tiananmen Square
- Peking Duck Lunch
- Chinese Tea Ceremony

Tour starts from your hotel lobby at 8.30am, Beijing served as the capital for 5 dynasties over a period of 800 years. Each emperor was proclaimed to be a dragon sent from heaven. We begin our tour with a stop at Tiananmen Square, the largest public plaza in the world. Located in the heart of modern Beijing, Tiananmen Square was first built during the Ming Dynasty. Covering an area of 44 hectares, the enormous square is the main entrance to the Forbidden City.

From there we continue north through The Forbidden City. Over the central arched gateway is the famous portrait of Mao. This magnificent complex with its many palaces and halls is the largest imperial palace ever built in the world, featuring more than 800 buildings with over 9,000 rooms, resplendent golden-glazed roofs, red lacquered pillars and vermilion walls. Most of the morning will be spent exploring the Forbidden City. At lunch you will enjoy an outstanding dish of authentic roasted Peking Duck.

To book or for more information contact Travelling Fit... Your Marathon Travel Specialists
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Please Note: All prices are quoted in Australian dollars and are based on a per person basis.
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After lunch we complete the afternoon with a visit to a local Tea House for a traditional tea ceremony. We return to the hotel at approximately 4.00pm.

Breakfast & Lunch are included on this day.

Day 3: Thursday 14 May, Beijing - Great Wall Marathon Inspection and Acrobatic Show

Today your dream of walking the Great Wall will come true. Comfortable clothing and footwear are recommended for today. We will leave Beijing at approximately 6.30am and head northeast to "our section" of the enormous Great Wall at Huangyaguan. Very few tourists find their way up to this remote place, despite the rich range of possibilities here.

All runners must walk the 3.5 km of the wall that is part of the Great Wall Marathon course to familiarise themselves with the route. Non-runners are also welcome to partake in this walk, though good physical condition is required. A sandwich lunch will be served and after lunch we will return to Beijing where we expect to arrive at around 5 pm. On arrival we suggest you proceed to your room to freshen up and grab a bite to eat (at own expense) prior to the Acrobatic Show.

Meet in the Hotel lobby at approx. 6.15pm for transfer to the Acrobatic Theatre. Acrobatics is an interactive art form with no language barrier or cultural border. The history of acrobatics in China can be traced back to Neolithic times. It is believed that acrobatics grew out of the labour and self-defence skills that the people practiced and demonstrated during their leisure time. By 300 BC, such skills as walking on 3-meter high stilts and juggling 7 daggers at a time had been developed in China.

Breakfast & Lunch are included on this day.

Day 4: Friday 15 May, Beijing - Optional Tour and Carbo Load Asian Style Dinner

OPTIONAL TOUR – Temple of Heaven. Duration 6hrs. Additional Cost \$70 per person

Tour departs from the hotel lobby at 8.30am. The beautiful Temple of Heaven was the place where the emperors of the Ming and Qing dynasties worshipped heaven and prayed for abundant harvests. The complex consists of the 125 feet (38 meter high) Hall of Prayer for Bounteous Harvests, the Imperial Vault of Heaven with a gilded cupola, the three-tier Circular Altar, Echo Wall and the Thrice-Echoing Stone. Occupying an area of 270 hectares makes this the largest temple and altar complex in China. We will stop at the Art Gallery to view the beautiful paintings of China and a chance to purchase some.

After lunch we have a shopping stop at the Hongqiao Markets, where you can buy a wide range of "fake" genuine clothing, shoes, handbags, electrical and souvenir shopping. Return to the hotel approximately 2.30pm.

CARBO LOAD ASIAN STYLE DINNER

A group dinner will be provided this evening at a local Chinese Restaurant to get you ready for tomorrow's big race. Note: Pasta will not be served, however there will be plenty of rice. Meet in hotel lobby at 5.30pm.

Breakfast & Dinner are included this day. Lunch only included if doing the optional tour.

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Day 5: Saturday 16 May, Jixian - The Great Wall Marathon

Today is the big day. A breakfast box prepared by the hotel will be handed out by your guide, and we will leave Beijing at 3.30am to head for Huangyaguan for the 7:30 am start of the Great Wall Marathon and Half Marathon. The reason we start early is to avoid the daytime heat and humidity. Running in the early hours of the morning is much nicer, and will definitely reduce fatigue whilst running.

The Great Wall Marathon is an official international marathon timed by the BibTag system. All participants who complete the race within 8 hours will receive a medal. However, it should be emphasized once again that the main aim of this challenge is to have fun and finish the race. Times are of minor importance and there are no prizes to be won. Sandwich lunches are provided for everyone, and there will be some extra refreshments for the runners. Between 12:00 pm and 4:30 pm, shuttle buses will take runners back to their hotel.

Breakfast and lunch are included on this day.

Day 6: Sunday 17 May, Beijing – Optional Tour and Gala Dinner

OPTIONAL TOUR – Summer Palace, Hot Pot Lunch & Giant Panda. Duration: 7hrs. Additional Cost: \$102 per person.

Tour includes:

- Visit to the Summer Palace
- Lunch at a Mongolian Hot Pot Restaurant
- Visit Giant Pandas at Beijing Zoo

At 8:00am we depart the Hotel and begin our day with a visit to the Summer Palace, one of the most extraordinary sights in Beijing. Once inside you will be amazed by its surroundings and the delicate architecture. Summer Palace was first built several hundred years back in Jin Dynasty but was since renovated in large scale several times. In 1860 it was plundered during the Second Opium War but in 1888 the notorious Empress Dowager Cixi had it rebuilt by using the money that was intended for the Navy and made it a very opulent summer retreat for the royal family.

Lunch will be served at a Mongolian Hot Pot Restaurant. Food here is delicious.

After lunch we head to the Panda House at the Beijing Zoo. The giant panda is universally loved, but this peaceful, bamboo-eating member of the bear family faces many threats. Its population is small and isolated as its traditional forest habitat in southwest China's mountainous areas becomes fragmented. The government has set up more than 30 reserves, but habitat destruction and poaching continue to pose a threat to pandas living outside them. There are 1596 pandas living in the wild and 234 in the zoos in China. We will return to the hotel at approximately 4.00pm

CELEBRATION DINNER & AFTER PARTY

All participants, runners and non-runners alike, will be picked up from the hotel at approx. 6.00pm and taken to the banquet dinner to celebrate your triumph on the Great Wall. Buses will return back to the hotel between 9.30pm and 10pm. For those who want to continue celebrating, one of Beijing's great nightclubs will be awaiting us with dance music and colourful cocktails until the break of dawn. Dress code for the evening: semi-formal.

Breakfast & dinner are included on this day. Lunch included if doing optional tour.

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Day 7: Monday 18 May, Beijing - Departure

Bags packed with sweaty running gear and unforgettable memories, the day has arrived to return home. Depending on your departure time, you can spend the day shopping or take a final visit to many of the sights in Beijing. Note that you will need to check out of your hotel before 12pm.

You may wish to extend your stay in China by purchasing one of our amazing exclusive tours to Xi'an (Terracotta Warriors), Guilin, Shanghai and Lhasa (Tibet). Please feel free to contact our office for full details.

Breakfast included on this day.

PLEASE NOTE: All times given in this itinerary are approximate and are subject to change. The itinerary may also be subject to change in accordance with operating requirements or circumstances beyond our control.

EARLY BIRD DISCOUNT: Book and pay no later than 30 Nov 2019 and receive \$75 discount off the package price.

Package Inclusions:

- Guaranteed Race Entry (runners only)
- 6 nights' accommodation at the 4* Hua Bin International Hotel. (Check in: Tue 12 May / Check out: Mon 18 May)
- Return Airport Transfers in Beijing to/from Hotel – *Exclusive to Travelling Fit Clients*
- Breakfast Daily
- Forbidden City & Tiananmen Square including Traditional Peking Duck Lunch – *Exclusive to Travelling Fit Clients*
- Great Wall Marathon Course inspection including lunch
- Spectacular Chinese Acrobatic Show – *Exclusive to Travelling Fit Clients*
- Pre-Marathon Dinner Asian style – *Exclusive to Travelling Fit Clients*
- Celebration Dinner post Marathon event
- Supporters will be looked after on race day to cheer on the runners – *Exclusive to Travelling Fit Supporters*
- Personalised Travelling Fit Running Top for Runners and Supporters - *Exclusive to Travelling Fit Clients*
- Travelling Fit representative on site and on call during your stay in Beijing - *Exclusive to Travelling Fit Clients*
- Invitation to our Travelling Fit's Great Wall Marathon Closed Facebook Group – *Exclusive to Travelling Fit Clients*
- All expenses related to the Great Wall Marathon

Price excludes:

- International airline tickets, air fees and airport taxes
- Tourist Visa for China
- Travel Insurance
- Optional Tours which must be booked through Travelling Fit prior to departing Australia
- Compulsory tipping: Approx. RMB100-150 pp for drivers and guides | RMB15-20 pp for Airport transfer
- Anything else not mentioned under package inclusions

Please note that hotels in China are not always to Western Standards.

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