



Great Wall Marathon Itinerary

(Travelling Fit Exclusive Package 2)

13 May to 19 May 2025



DAY 1	Tue 13 May	Arrive in Beijing Airport transfer to a 4.5* Jianguo Garden Hotel, Beijing.
DAY 2	Wed 14 May	Tour: Forbidden City & Tiananmen Square includes traditional Peking Duck Lunch Evening at leisure.
DAY 3	Thu 15 May	Great Wall Marathon Route Inspection Day including lunch and transport Evening at leisure.
DAY 4	Fri 16 May	<i>Optional Tour: Temple of Heaven including lunch</i> Carbo Load Asian style Dinner.
DAY 5	Sat 17 May	Race Day: Great Wall Marathon, Half Marathon & 8.5km Evening at Leisure.
DAY 6	Sun 18 May	<i>Optional Tour: Giant Panda & Rickshaw Tour inc. lunch</i> Great Wall Marathon Celebration Dinner.
DAY 7	Mon 19 May	Tour ends Check out of hotel in Beijing or extend your stay on a Chinese extension package.

Day 1: Tuesday 13 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 14 May, Beijing – Tiananmen Square, Forbidden City Tour

Duration: 7 hours

Tour includes:

- The Forbidden City
- Tiananmen Square
- Peking Duck Lunch

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.

We return to the hotel at approximately 3.00pm.

Breakfast & Lunch are included on this day.

To book or for more information contact Travelling Fit... Your Running Tours Specialists
Phone +61 2 4385 2455 | www.travellingfit.com | Email: sales@travellingfit.com

Please Note: All prices are quoted in Australian dollars and are based on a per person basis.
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Day 3: Thursday 15 May, Beijing - Great Wall Marathon Inspection

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 6.30 am 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. Supporters 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 5.00 pm.

The evening is at your leisure.

Breakfast & Lunch are included on this day.

Day 4: Friday 16 May, Beijing - Optional Tour and Carbo Load Asian Style Dinner

OPTIONAL TOUR – Temple of Heaven including lunch.

Duration: Approximately. 6.5 hours.

Additional Cost \$120 per person

Tour includes:

- Visit to the Temple of Heaven
- Stop at Temple of Heaven Park to watch senior citizens sing, dance, exercise, and enjoy tai chi.
- Lunch at a restaurant for local cuisine

Tour departs from the hotel lobby at 8.30am where we begin our day to the beautiful Temple of Heaven, 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 also be inspired by the Chinese elders doing their daily fitness regime in the park, from singing and dancing to doing Tai chi. Some even travel afar to join their friends every morning. From their happy faces, one could tell that it's all worth it.

Lunch is included at a local restaurant.

We will return to the hotel at approximately 3.00pm.

CARBO LOAD ASIAN STYLE DINNER

A group dinner will be served this evening to get you ready for tomorrow's big race.

Note: Pasta will not be served, however there will be plenty of rice and possibly noodles.

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 17 May, Race Day! 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 box and lunch are included on this day.

Day 6: Sunday 18 May, Beijing – Optional Tour and Gala Dinner

OPTIONAL TOUR – City of People Tour: Beijing Zoo (Giant Panda), Hutong Tour with Rickshaw ride, Hot Pot lunch.

Duration: Approximately 8hrs.

Additional Cost: \$175 per person

Tour includes:

- Visit Giant Pandas at Beijing Zoo
- Hutong tour on a rickshaw
- Lunch at a Mongolian Hot Pot Restaurant

At 8:00am we depart the Hotel and begin our day with a visit 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.

Next, we head to the Hutong area on a rickshaw where we will weave our way around charming streets and ancient alleys (hutongs) packed with Chinese history and culture.

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

We will return to the hotel at approximately 4.00 pm.

CELEBRATION DINNER & AFTER PARTY

All participants, runners and non-runners alike, will be picked up from the hotel at approx. 5.30pm and taken to the banquet dinner to celebrate your triumph on the Great Wall. Buses will return back to the hotel between 9.30 pm and 10.30 pm. 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 only included if doing the optional tour

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Day 7: Monday 19 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 such as a visit to Xi'an (land of the Terracotta Army) on the bullet train or venture to the Avatar Mountains where you will see otherworldly rock formations, caves, and mountains - including the mountains that inspired the movie Avatar! Please feel free to contact Travelling Fit for full details.

Breakfast included on this day.

Note that hotels in China are not always to Western Standards.

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

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