

# The Great Wall Marathon 7-day package



The Great Wall Marathon 7-day package also includes an incredible tour of the cosmopolitan hub of Beijing. Combine one of the world's most challenging marathons with a great holiday!

This 7-day marathon and holiday package offers you the definitive Beijing experience! All nights are spent in the capital of China and you will get an unforgettable holiday in this exciting city.

We will visit classic Beijing highlights such as the Forbidden City, Tiananmen Square, the Temple of Heaven and also have plenty of chances to sample exquisite local cuisines in the many markets and street stalls of old Beijing. You can also top up your Beijing stay with our optional excursions that take you to the Summer Palace, the former summer residence of the Imperial family or why not see the giant panda at the city zoo? Whatever your interests, the excursions offer a wide range of attractions that give visitors a great taste of Beijing.

Great Wall Marathon 2015 - 7 Day Package

Dates: Depart flight 11<sup>th</sup> May 2015

Cost: 4\* Shared Double/Twin Room: €1245 or Single Supplement €325

Flights: Approx: €700 Shannon – Heathrow – Beijing

Total Cost €2000 Approx – each person to pay for their trip themselves.

Flight to be paid & booked by yourself.

25% Deposit required by February 2015.

Visa required for China – You must go to Chinese Embassy in Dublin.

Total Fundraising required by each person: €2000 minimum going directly to the Clare Crusaders Children's Clinic.

Price includes:

6 nights accommodation

Meals as stated in the itinerary.

Sightseeing and excursions as stated in the itinerary. Optional tours can be purchased separately.

The Great Wall Marathon race package which includes: start number, bib chip timing, running T-shirt, supplies on route, Danish medical team and finisher certificate. For more information, see Race Info.

Comprehensive information packet and guide book for the Great Wall Marathon event which includes detailed maps and day-by-day descriptions.

Transportation as per itinerary

Price excludes:

Flights

Visa for China

Transfers to and from the airport (These can be purchased separately and busses leave as they are filled so waiting time can occur)

Optional tours which must be booked in advance

Travel insurance

Meals not stated in the itinerary

Beverages

Personal expenses

# Day 1: 12<sup>th</sup> May 2015 - Welcome to Beijing

Arrival in Beijing. Make your way to the hotel on your own or purchase a hotel transfer (select this option when booking). After checking in to your hotel, check the hotel notice board for your tour guide's name and phone number. Goodie bags will be handed out by the guide. If you don't receive your goodie bag today, it will be given to you on Inspection day. The rest of the day is free for you to explore Beijing.

# Day 2: 13 May 2015 - Explore Beijing

The first stop of our day's exploration is Tiananmen Square. We continue to the Forbidden City and spend the rest of the morning there. Lunch will be a delicious local speciality, Beijing roast duck.

After lunch we continue sightseeing at the beautiful Temple of Heaven in southern Beijing. The last stop of the afternoon will be a visit to a silk exhibition hall where a large variety of silk products can be purchased.

Included meals: Breakfast, lunch and dinner

#### Day 3: 14 May 2015 - Great Wall Marathon Route Inspection

Today we make an early start and head to the Great Wall for route inspection. Breakfast will be served as a breakfast box if the hotel is unable to serve a buffet breakfast before our early departure. All runners are expected to walk the 3.5km of the Huangyaguan section of the wall that is part of the marathon course. Non-runners are also welcome although good physical condition is required. A sandwich lunch will be served.

We will arrive back in Beijing around 5pm. After a dinner consisting of typical Beijing dishes, the rest of the evening will be at your leisure. An optional acrobatics show is available for purchase. Enjoy a fantastic evening out and watch a spectacular performance by talented acrobats.

Included meals: Breakfast, lunch and dinner

#### Day 4: 15 May 2015 - Cloisonné factory and Ming Tombs

We start the day with a visit to a cloisonné factory. Cloisonné is an age-old technique for decorating metal objects. At the factory, we will be introduced to the intricate art of making cloisonné.

After lunch, we'll head to the Ming tombs in a valley south of the Tianshou Mountain, about 50km west of Beijing. Thirteen out of the sixteen Ming emperors were buried in this peaceful valley.

Load up on your carbs at tonight's dinner with additional rice and noodle dishes.

Included meals: Breakfast, lunch and dinner

# Day 5: 16 May 2015 - Race day

Today is the big day!

Breakfast boxes will be handed out before we leave for Huangyaguan at 3.30am. The race starts at 7:30am. Sandwich lunches will be provided for everyone.

Busses will be ready to take runners back to Beijing between 12 and 4:30pm. A 20min massage on site is included after the race.

Included meals: Breakfast and lunch For more information about the race, look here: great-wall-marathon.com/race-info

# Day 6: 17 May 2015 - Beijing excursion option and marathon party

Today is a day of recovery. Sleep in, relax or do a bit of shopping in the Silk Alley, or fill your senses with the sights and sounds of Beijing.

The optional City of People excursion is available for purchase today. This tour takes you to the Summer Palace just outside Beijing and pays a visit to the giant panda at Beijing Zoo. All participants will be picked up at their hotels and taken to the party venue tonight.

Included meals: Breakfast and dinner

#### Day 7: 18 May 2015 - Farewell Beijing

Depending on your departure time, you might be able to do some last-minute shopping or take in more of Beijing's sights. Hotel check-out is before noon. Please note that the departure transfer is not included in the package but can be pre-booked at an extra cost. See prices for details.

Included meals: Breakfast

