

The Great Wall Marathon
Marathon – Half Marathon – 10K –5K
GWM group 5 – 9 / Beijing / 11 – 17 May, 2010
Itinerary No. 3

For Marathon Runners and their families

This **7-day / 6-night itinerary** is one of the two ways to participate in one of the world's most amazing marathon experiences, **The Great Wall Marathon**. This itinerary is primarily aimed at runners who want to participate in the marathon, but friends and family are also welcome to accompany runners. This tour consists of seeing Beijing and taking part in The Great Wall Marathon. Since all nights are spent in Beijing, there is more time to explore the capital of China. A fluent English-speaking guide will escort the group throughout the sightseeing tours.

Timetable

Day 1: Tuesday May 11, Beijing

Welcome to China

Welcome to amazing China and the city 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. Our Great Wall Marathon (GWM) staff will receive you at the airport and help you get to your hotel, as this package includes an arrival transfer. After checking in, check the hotel notice board to get your tour guide's name and phone number. Great Wall Marathon information packs will be handed out by your tour guide, call the guide if you can't see him/her. The rest of the day is at your own leisure.

No meals are included on this day.

Day 2: Wednesday May 12, Beijing

Tian An Men Square, Mao's Mausoleum, The Forbidden City, Coal Hill, Peking Duck, Temple of Heaven, Silk Exhibition Hall and Peking Opera

Tour starts from your Hotel lobby at around 8:30am, exact time follow the instruction of your tour guide.

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 Tian An Men 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. Next we will walk just north of the Forbidden City to Scenery Hill, which is still remembered by most Beijing seniors as Coal Hill. The coal that was used for heating and the construction of the Forbidden City was excavated from this site. After the coal was used up, the earth that was dug to form the city moat was piled here to shape the hill we see today. This hill is the highest point in the area and offers a superb bird's eye view of the entire Forbidden City as well as contemporary Beijing. At lunch you will enjoy an outstanding dish of authentic roasted Beijing Duck. After lunch, sightseeing continues at the beautiful Temple of Heaven in the southern part of Beijing. This 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 complete the afternoon with a visit to a silk exhibition hall where you will have the chance to see the reeling of silk from cocoons. There is a large variety of silk products can be purchased here such as silk dresses, blouses, skirts, pajamas, silk floss quilts, beddings, hats etc. At night, a performance of Beijing Opera is on the program. The Beijing Opera has a nearly 200-year-old history and features ornate costumes, dramatic performances and agile acrobatic artistry, combined with unique arias and dances.

Breakfast, lunch and dinner are included on this day.

Day 3: Thursday May 13, Beijing Great Wall Marathon Inspection

Today we will be heading for The Great Wall of China. Your dream of climbing the Great Wall will come true. We will leave Beijing at 05:30 am (breakfast box prepared by the hotel will be handed out by your guide) 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 familiarize 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, and thereafter we will return to Beijing where we expect to arrive at around 5 pm. After a dinner inspired by typical Beijing dishes, you will be at your leisure for the rest of the evening.

Breakfast, lunch and dinner are included on this day.

Optional Tour 4 – Acrobatics Show Price US\$ 29 per person

- **Tour starts from one of the GWM official hotels at around 18:30 pm, hotel name and exact time follow the instruction of your tour guide.**
- **Own transport by e.g. taxi is needed to and from the hotel which the tour starts from**
- **Optional tours have to be booked before leaving for China.**

Acrobatics is an interactive art form. Whether you are old or young, you can appreciate it as long as you can see. There is no language barrier and cultural border. The history of acrobatics in China can be traced back to Neolithic times. It is believed that acrobatics grew out of the labor and self-defense 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. When you watch a Chinese acrobatics show, you are strongly impacted both mentally and physically.

Day 4: Friday May 14, Beijing Cloisonné Factory, Sacred Road & Chang Tomb of the Ming Tombs Area Tour starts from your Hotel lobby, exact time follow the instruction of your tour guide.

We will start today's tour with a visit to a Cloisonné Factory. In the factory you will get into the workshops to see all the six steps to make cloisonné. The earliest and existing cloisonné is the product in Yuan dynasty, which we know it has nearly thousands-year history already.

During the course of Jingtai period of Ming that is between 1450 and 1456 craftsmen found a blue glaze in navy-blue color that is elegant and decent of the artworks. That is the cloisonné we are using now.

The Ming tombs lie in a broad valley to the south of Tianshou (Longevity of Heaven) Mountain in Changping County, about 50 kilometers northwest of Beijing proper. Thirteen out of the 16 Ming emperors are buried in this peaceful valley. The Great Red Gate marks the beginning of the 7-kilometer-long Sacred Way (Shendao), which leads to the entrance of the Changling, the tomb of Emperor Yongle (reigned 1403-1424). Continuing on is the famous Avenue of the Animals, where pairs of lions, elephants, camels, horses and a number of mythological beasts line the road.

There are 24 stone creatures in all. These beasts are followed in turn by a group of 12 stone human figures, which represent the funeral cortege of the deceased emperors. Carved in 1540, this group is made up of military, civil and meritorious officials.

Continuing north to the Changling, compared to the other 12 tombs the Changling is the largest and best preserved. The dimensions of the Hall of Eminent Favor (67 x 29 meters) closely match the dimensions of the Hall of Supreme Harmony in the Forbidden City, which makes it one of the largest wooden buildings in China. Four giant wooden columns and 28 smaller pillars support this structure, The four large columns are 14.3 meters high and 1.17 meters in diameter, and are extraordinary for the fact that they are each a single trunk of Phoebe nanmu.

At night, a pasta dinner will be held for everybody.
Breakfast, lunch and dinner are included this day.

Day 5: Saturday May 15, Jixian The Great Wall Marathon

Today is the big day. Breakfast box prepared by the hotel will be handed out by your guide, and we will leave Beijing at 03:30 am to head for Huangyaguan and the 7:30 am start of the 2010 Great Wall 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 improve your running time. The Great Wall Marathon is an official international marathon timed by the Champion Chip system. All participants who complete the race within 8 hours 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 am and 4:30 pm, shuttle busses will take runners back to Beijing as they fill. **20 minutes massage on site is included after race.**

Breakfast and lunch are included on this day.

Day 6: Sunday May 16, Beijing Beijing at leisure with tour option and Gala Dinner

Today is for runners to sleep in, recover and take it easy. A day program is not included so today is a good day to explore Beijing and its markets on your own. You can shop at Silk Alley, or fill your senses with sights and sounds of Beijing, the street vendors, the crowds, the bicycles or the colorful banners. Don't forget to take a package of matches or a business card from the hotel, so you can show it to a taxi driver to get back in case you get lost. However, for people who prefer more planned activities, there is a choice of participating in an optional tour of Beijing and in this way exploring the most famous attractions in Beijing.

Optional Tour 3 - City of People Price US\$ 56 per person

- **Tour begins from one of the GWM official hotels at around 8:30 am, hotel name and exact time follow the instruction of your tour guide.**
- **Own transport by e.g. taxi is needed to and from the hotel which the tour starts from**
- **Optional tours have to be booked before leaving for China.**

Tours includes

- The Summer Palace
- Pearl Exhibition Hall
- Rickshaw drive
- Local family visit
- Lunch

We begin with an outside visit to Bird's Nest and Water Cube, which are famous for Olympic Game 2008. Then drive to the Summer Palace, one of the most extraordinary sights in Beijing. Once tour inside you will be amazed by its gorgeous general view and the exquisite architectural style. 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. Afterwards, we will visit a pearl exhibition hall just outside the Summer Palace. Then we will visit the traditional Hutongs, the traditional settlements within the city. Here, blue-collar workers live in typical Chinese houses with carved doors. We will take a rickshaw ride through the ancient narrow streets to a local family. Only by being the guests of a Chinese family can you experience their hospitality and their daily life. What is more, you will find out first hand what a neighborhood means in today's compound.

At 6:30 pm, all participants - runners and non-runners alike - are picked up from the hotel and taken to the banquet prepared to celebrate your triumph run over the Great Wall. Shuttle busses will be serving all hotels between 9:30 pm. and 10 pm. For the very fit who do not want to spend this celebratory night in bed, one of Beijing's great nightclubs will be awaiting us with dance music and colorful cocktails until the break of dawn. Dress code for the evening: No shorts or sandals!

Breakfast and dinner included on this day.

Day 6: Monday May 17, Beijing

Ready for The Great Tibetan Marathon 2010?

Bags packed with sweaty running gear and unforgettable memories, we are ready to return home. Depending on your departure time, you will have the day for shopping or a final visit to one of the many sights of Beijing. You need to check out before 12:00 noon. Departure transfer to airport / railway station is not included in the package price.

Breakfast is included on this day.

The price includes:

- One-way transfer between airport and hotel on arrival, when the arrival is on May 11, 2010
- 6 nights accommodation, including services and taxes
- Meals as written, where breakfast is American buffet style, when possible. Meals in Jixian offered according to program

- Sightseeing and excursions as listed (Optional tours must be purchased separately)
- All expenses related to the Great Wall Marathon (Champion Chip excluded)
- Compulsory medical insurance, including "May 15" emergency medical treatment on location and evacuation from the race area.
- Marathon medical team of specialized physicians and nurses. This service is offered on May 15 only.
- Comprehensive information packet with documents

Price excludes:

- Passport fee (every participant must have a passport valid past December 01st, 2010)
- Visa for China
- Return transfer to the airport (can be booked through your national GWM sales agent).
- Champion timing chip (if you don't already own a chip, the Great Wall Marathon Souvenir Chip is available for USD35)
- Optional Tours which must be booked in advance.

Please Note:

- It is the responsibility of each participant to have a valid passport and to obtain a valid visa before traveling into China.
- Every runner must have a Champion timing chip to enter the Great Wall Marathon, Half Marathon, 10K or 5K runs.
- Participation is purely at your own risk. All extra costs incurred, no matter what the cause, will under no circumstances be the responsibility of the Great Wall Marathon Company.
- Concerning medical risks - all active participants must declare that they are in good health. The Great Wall Marathon brings its own team of specialized physicians and nurses to assure that every injured participant receives suitable treatment. This is also the reason why compulsory travel insurance has been included in the package price.