

# 2014 JINSHANLING GREAT WALL INTERNATIONAL MARATHON

APRIL 20, 2014



**Exploring Beijing with Jinshanling Great Wall International Marathon, and your friends and family could be there to cheer for you. We will do the rest of things for you.**

Great Wall can be dated back to more than two thousand years ago in the Warring States period, the symbol of the unyielding Chinese, one of the Seven Wonders of the World. Marathon originated two thousand years ago in the Greek war, reflecting the ancient people's strong will and yearning for freedom, which has become one of the most classic races in the modern Olympic games. Two thousand years later, when the world's two ancient civilizations and cultural elements collide into Great Wall Marathon in the most magnificent, beautiful Jinshanling Great Wall, it is meant to be a fun fashion party.

Jinshanling Great Wall is typical in its structure and renowned for its wide-open view, dense guard towers, unique landscape, elegant architecture, complete military defense system, and excellent state of preservation. It is also a National Scenic Spot, and is one of the AAAA-grade national tourist attractions. It is 130km away from Beijing, and 80km away from Chengde Mountain Resort.



### **The 16<sup>th</sup> of April 2014: Welcome to Beijing**

Arrive in Beijing International Airport, and the guide will meet you at the airport, and Transport you to your hotel. The rest of the day is free on your own after you check into the hotel. No meals are included today.

### **The 17<sup>th</sup> of April 2014: Beijing exploration**

Visit Tiananmen Square, Forbidden City and Temple of Heaven. Peking Duck Dinner is served at the famous Quanjude restaurant. Enjoy “Legend of Kung fu” show at Red Theatre. Breakfast, lunch and dinner included.

### **The 18<sup>th</sup> of April 2014: Beijing exploration**

Today you will enjoy the imperial garden Summer Palace, the Bird’s Nest, and Hutong tour with rickshaw, and enjoy lunch in a local family restaurant. Breakfast, lunch and dinner included.

### **The 19<sup>th</sup> of April 2014: Route Inspection**

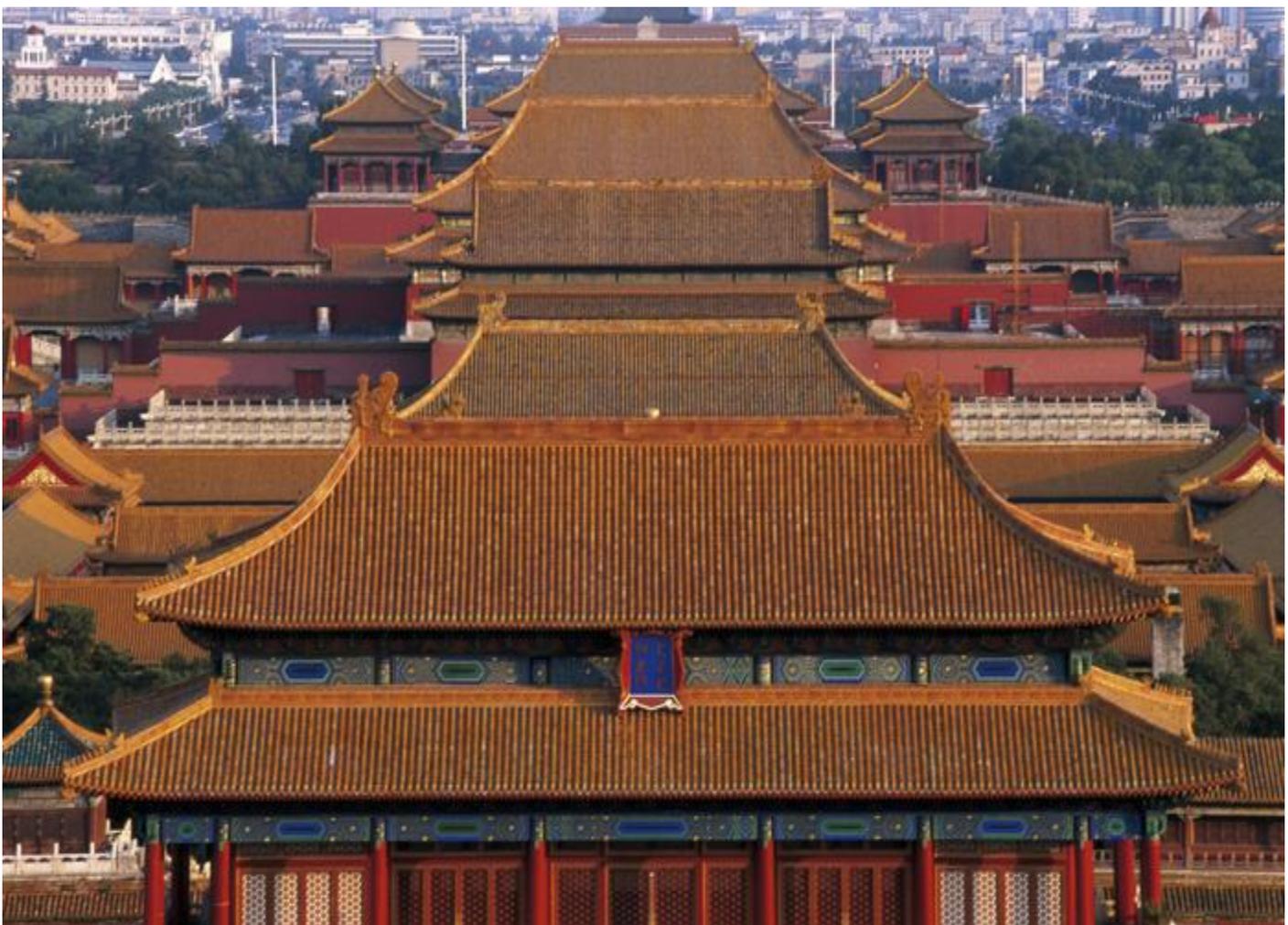
We will arrange the transfer for the route inspection to Jinshanling Great Wall. The rest of the time is relaxed for the runners after the inspection. Today the marathon items will be delivered to all runners; meanwhile, the race briefing will be at the appointed place for all info about the race. Breakfast and sandwich lunch included.

### **The 20<sup>th</sup> of April 2014: Race Day**

After breakfast, you will be picked up from the hotel and transported to Jinshanling Great Wall for the race in the early morning. Sandwich lunch is provided. To experience running on the Wall is the highlight of the trip. Our bus will take you back to hotel after the Marathon, and farewell dinner. Breakfast, sandwich lunch and dinner included.

**The 21<sup>st</sup> of April 2014: Tour ends**

After breakfast, you will be transferred to Beijing International Airport for home. Tour ends.



## Prices:

Package	Price per person	Single occupancy	Hotel
A	630USD	240USD	Deluxe
B	524USD	160USD	Standard
<b>5km registration</b>		90USD	
<b>Half Marathon and Full Marathon registration</b>		180USD	
*Half Marathon: 21.0795km; Full Marathon: 42.195km			

\*\*\*The family or friends of the runner can purchase the package separately with registration. All runners have to purchase the full package (Package A or B + the registration they choose)  
\*\*\*The minimum sale: 10pax (It can be the mixture of runners and non-runners)

## The prices includes:

- 5 nights hotel with breakfast (based on double occupancy)
- Transfer with English Speaking tour guide
- Entrance tickets listed on the program
- Meals mentioned

## The prices excludes:

- Tips for the tour guide and the driver
- International flight tickets
- Travel insurance
- Other program not listed and other personal expenses

## 5km, half Marathon and Marathon registration include:

- Bib number
- Running T-shirt
- Supplies station on the route
- Medical and safety support
- The additional prize for the winner of Full Marathon, please note that there is no money prize.
- Finisher Certificate for Full Marathon and Half Marathon
- Souvenir for the finishers of 5km

## Hotels:

- A: Deluxe – News Plaza Hotel or similar
- B: Standard – Dong Fang Hotel or similar

## Date:

Jinshanling Great Wall International Marathon will take place on the 20<sup>th</sup> of April 2014

## Time-taking:

Time limitation of Full Marathon is 6 hours, and the time limitation of Half Marathon is 4 hours. The starting time is to be advised.

Within the stipulated closing time, the runner who could not finish the race should immediately stop the race, and take off his or her bib number, exit the track, and follow our staff back to the camp.

## Age limits:

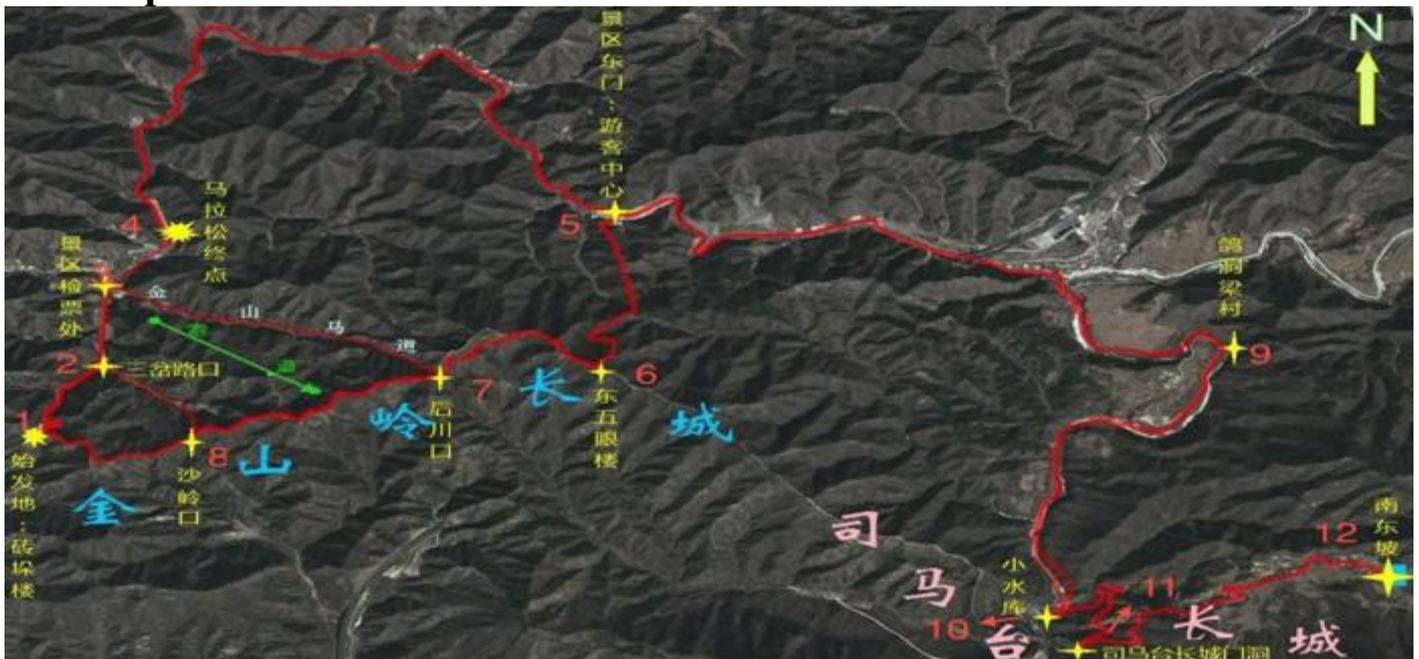
The participants for Half Marathon or Full Marathon must be over 18 years old and younger than 65 years old. (before the 31<sup>st</sup> of December of 1995 and after the 1<sup>st</sup> of January of 1948)

## Qualification:

The relevant items will be handed out to each participant after their ID is checked and the health certificate is approved. This activity is a long-distance and high-intensity exercise, a physical demand of the participants is very strict, and the following diseases should not participate in this contest:

- Heart disease;
- Hypertension and cardiovascular disease;
- Coronary artery disease and arrhythmia;
- Diabetes;
- Person who is not suitable for all other movement disorders.

## The map of route FOR 2013



The running route is located on Jinshanling Great Wall, and also includes a dirt road and county road. The route of 2014 has been optimized on the basis of the 2013 tournament.

**Start for Half and Full Marathon:** Zhuanduoguan Square “1”

**Finish for Half and Full Marathon:** The parking of Jinshan Hotel “4”

**Route for Full Marathon:** 1-4-5-6-7-8-1-3-5-9-10-12-9-5-4

**Route for Half Marathon:** 1-4-5-6-7-8-1-2-8-7-6-5-4

**Start for 5km:** Zhuanduoguan Square “1”

**Finish for 5km:** The parking of Jinshan Hotel “4”

**Route:** 1-8-3-4

## **Experience purely relaxation with Super 5-star Yangtze Gold Cruises**

**Can't wait to relax and rest after Marathon? Join the Yangtze Cruise extension program.**



Yangtze Gold Cruises, including seven 5-star all-new cruise ships, is the newest fleet sailing along Yangtze River since 2011, setting up the new standard of the luxury inland river cruises. Built with the most advanced passenger features, Yangtze Gold Cruise has the unique facilities onboard, like pedestrian street, helipad, mini golf course, open-air surfing swimming pool, double-layer theater, children's playground, billiards etc., offering guests the unmatched comfort, the most personalized service & ultimate cruise experience.

## Program:

### **The 21<sup>st</sup> of April 2014: Fly to Chongqing (B/)**

After breakfast, you will be transferred to airport for Chongqing. Arrive in Chongqing, and the guide and the driver will send you to the ferry terminal. Board the cruise.

### **The 22<sup>nd</sup> of April 2014: Excursion Fengdu Ghost City (B/L/D)**

Visit Fengdu Ghost City, located on the north bank of the Yangtze River.

### **The 23<sup>th</sup> of April 2014: Excursion to Three Gorges (B/L/D)**

Today enter the Qutang Gorge. Your Cruise ship carefully pilots its way through the narrow course. At Wushan, disembark the ship and board smaller vessels in order to explore either the Daning River (or Shennong Stream). Reboard the ship and sail through the Wu Gorge.

### **The 24<sup>th</sup> of April 2014: Arrive at Yichang (B/L)**

After lunch, arrive in Yichang. Your guide and the driver will send you to airport for Beijing or Shanghai for connecting the home flight. Tour ends.



Extension	Price per person	Single occupancy	Min pax
Yangtze Gold Cruises	1135USD	238USD	10 pax

## **The prices includes:**

- 3 nights on the Yangtze Gold Cruises (based on double occupancy)
- Transfer with English Speaking tour guide between airport and ferry
- Program listed
- Domestic flight tickets (Economic class)  
(Beijing-Chongqing and Yichang to Beijing or Shanghai)
- Meals mentioned

**The prices excludes:**

- Tips for the tour guide and the driver
- International flights
- Travel insurance
- Other program not listed and other personal expenses

Please note that we could book the massage in advance for post-marathon recovery on the cruise. We also could make the hotel booking near airport with free shuttle transfer between hotel and airport for the one who cannot connect the home flight on the same day.