

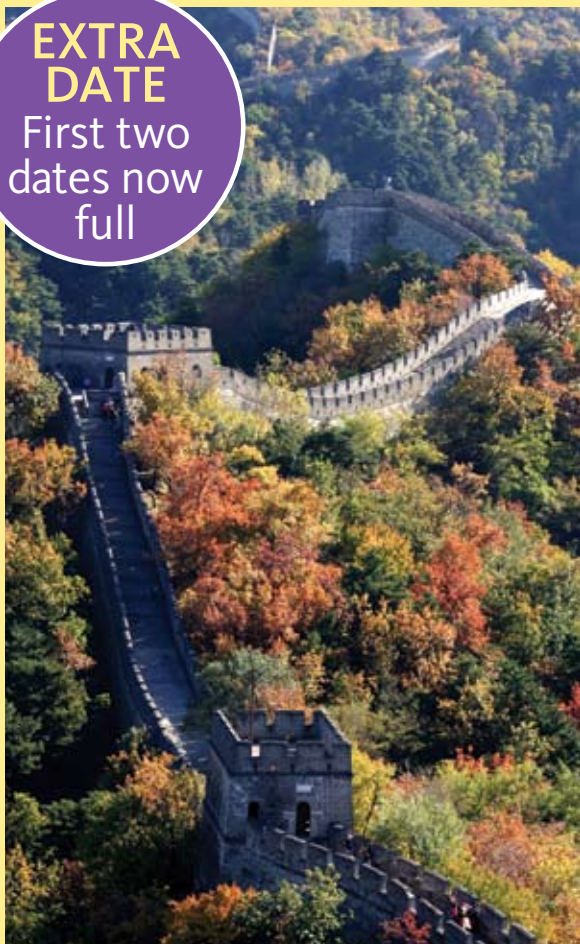
# Women wanted to Cycle China

10-19 September 2010

## for Professor Robert Winston

Get fit and have an adventure. Join Professor Robert Winston's 10th women only cycling challenge – a 450km ride through Beijing province to raise funds to improve the health of women and babies

**EXTRA  
DATE**  
First two  
dates now  
full



“Be part of a team of very special women who have raised more than £2 million to improve prevention, diagnosis and treatment of a range of devastating conditions that cause brain injury, miscarriage, genetic diseases, infertility and cancer”

*Robert Winston*

**Professor Lord Winston**

Chairman of Women for Women and the Institute of Obstetrics & Gynaecology Trust



**Fern Britton**

*This Morning* television presenter Fern Britton (far left) is heading to China for her fifth Women for Women challenge.

Call 0845 408 2698  
[www.women-for-women.org](http://www.women-for-women.org)  
e-mail: [events@actionforcharity.co.uk](mailto:events@actionforcharity.co.uk)

To take part in Cycle China you need to pay a registration fee of £250 and raise a minimum of £3,300 in sponsorship funds and donations for Women for Women. Women for Women is administered by the Institute of Obstetrics & Gynaecology Trust (registered charity no. 292518). [www.ioigt.org.uk](http://www.ioigt.org.uk)

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Women for Women

Funding better health for women & babies



*"Women for Women challenges are amazing. Not only do you get fit and have an adventure of a lifetime, you make lots of wonderful new friends along the way. I have personally got so much out of doing the rides myself and highly recommend them."*

TV presenter Fern Britton, participant Women for Women rides in Egypt, India and Cuba.

Women for Women

# Cycle China

to raise funds to improve the health of women and babies  
10-19 September 2010

An amazing group of women have raised more than £2 million by taking part in Women for Women cycle rides in Israel, India, Jordan, Egypt, Turkey and Cuba.

If you have ever wanted to visit China and experience its incredible mix of culture, people and history at close

quarters then this is an opportunity of a lifetime. Cycle China is a five-day 450kms ride through the beautiful countryside of the Beijing region, alongside rivers and through steep gorges, past tiny villages, ancient tombs and historical landmarks. You will experience a China few westerners

get to sample and have the opportunity to visit and cycle alongside the Great Wall – a huge symbol of China's ancient greatness.

The 10th Women for Women ride will be challenging and will earn every penny of the sponsorship raised. It is guaranteed to be full of fun and friendship.



## Day 1 – Saturday

### London – Beijing

Overnight direct flight from London to Beijing.

## Day 2 – Sunday

### Outskirts of Beijing

Early afternoon arrival and transfer to our hotel at Shun Yi, the location for the Olympic equestrian and rowing events, where we spend the rest of the day bike fitting, relaxing and hearing more about the challenge ahead.

## Day 3 – Monday

### Shun Yi – Ping Gu 93kms approx.

We cycle from our hotel through small towns and across country terrain with beautiful views. We have lunch at a Buddha hill where we can visit the big Buddha at the top of the mountain then continue along relatively flat country roads through small towns to our overnight hotel at Ping Gu.

## Day 4 – Tuesday

### Ping Gu – Five Towers (Miyun Reservoir) 101kms approx.

After breakfast we're back in the

saddle to cycle through small towns with dedicated bike lanes. The first 30kms is mostly flat but it's a beautiful route with Lotus ponds on both sides and great views. We stop for lunch at a local noodle or dumpling restaurant then cycle along the Miyun Reservoir passing villages, orchards, and farmer's fields and experiencing a few hills. We finish with a slow 5kms incline to our overnight hotel.

## Day 5 – Wednesday

### Five Towers – Mutianyu – Ming Tombs 106kms approx.

Today is more challenging. We cycle to the magnificent Great Wall at Mutianyu on a gentle uphill route with a steep climb at the end. The original wall was built over 2,000 years ago, its main objective to act as a barrier at the border with Mongolia. After a short visit and lunch we continue cycling, first downhill then on to a quiet country roads in a valley between two lush mountain ranges. We cycle through a tunnel cut into

the hillside with a spectacular panoramic view as we exit and visit one of the Ming Tombs before arriving at our overnight accommodation, the Oil Workers' Sanatorium at Shinsanling.

## Day 6 – Thursday

### Ming Tombs – Happy Holiday (Yong Ning) 103kms approx.

We cycle back past a few of the Ming Tombs with orchards lining both sides of the road. There are some 13 tombs in this area built by the Emperors of China between the 14th and 16th centuries. After about 5kms we cycle uphill for 8kms. The hills continue round every corner but the views are beautiful. We descend into the valley passing small ponds, several villages and vast areas of cultivated land stopping for lunch in a tourist village. The scenery is stunning as we cycle towards Longqin Gorge.

## Day 7 – Friday

### Happy Holiday – Badaling Great Wall – Ju Yong Pass 46kms approx.

It's an early morning wake up call for our last day of cycling which

starts on minor roads with little traffic and then on bike lanes. We pass the entrance of Kangxi Grassland towards the Badaling part of the Great Wall on an undulating route before a lovely downhill to reach our finishing line at the Ju Yong Pass, a quiet area of the Wall. After visiting the Wall and having lunch we transfer to our hotel in Beijing by coach.

## Day 8 – Saturday

### Beijing

Free day to discover Beijing independently or to take part in an optional tour to the Summer Palace and Lama Temple. Tonight we enjoy our celebratory meal.

## Day 9 – Sunday

### Depart Beijing

More free time to explore Beijing and take part in an optional tour of the Forbidden City before the return flight to London late evening.

## Day 10 – Monday

### Arrive in the UK.

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## Funds raised by Women for Women

will be spent on ground-breaking medical research to improve the prevention, diagnosis and treatment of a range of devastating conditions affecting women and their babies. This includes brain injury, miscarriage, infertility, cancer and genetic diseases such as cystic fibrosis and muscular dystrophy. They will also help train women scientists and

clinicians of the highest calibre to work on major research projects with the fundamental aim of ensuring women's ongoing good health throughout their lives and to help more women have a healthy pregnancy and baby.

Women for Women is administered by the Institute of Obstetrics & Gynaecology Trust. Professor Winston is Chairman of both.



Women for Women

Funding better health for women & babies

[www.women-for-women.org](http://www.women-for-women.org)

Women for Women is administered by the Institute of Obstetrics & Gynaecology Trust, Registered Charity No. 292518, [www.ioigt.org.uk](http://www.ioigt.org.uk)