



HEBEI NORTHERN HILLS ADVENTURE

JUNE 2015

Prepared for:



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DESTINATION INTRODUCTION

Think you know Hebei? Hebei is a province with extraordinary mountain scenery, limitless hiking and outdoor opportunities, and fascinating mountain villages where people have maintained a traditional way of life for centuries.



This is Beijing's backyard and the rugged terrain of Hebei has protected the capital from the invaders for centuries. As one of the most geographically diverse provinces in China, Hebei is a premier destination for outdoor enthusiasts and adventure seekers.



This is the setting of The Hutong's Hebei Northern Hills Adventure. A program aimed at developing a sense of community amongst students as well as encouraging a spirit of adventure and discovery at the culmination of their year.

KEY CONCEPTS

Students will test their tenacity and move beyond their comfort zones, all in the spirit of a safe, controlled and mediated adventure. Hebei province has some of the most spectacular, rugged and underrated scenery in all of China and students will try their hands at a number of different outdoor challenges throughout the program. Some of the key concepts we will be focusing on throughout the week include:



Outdoor Wilderness and Survival

This trip introduces activities and skills that will give students the foundations for outdoor adventure and survival. Safety is an important consideration that will be incorporated into every activity.



Team-Building

Many activities naturally lend themselves to aiding students to breakdown barriers. Hutong-engineered activities will have students working in teams to complete challenges and practice new skills. Successfully completing an activity will require students to utilize their communication and teamwork skills.



Building Self-Confidence

An important outcome we will support students to achieve is comfortably applying their outdoor and survival skills regardless of pre-existing ability. Students will go home with a renewed sense of their strengths and capabilities, as well as a more solid understanding of the wilderness. Activities will encourage students to expand their perceived physical, emotional and cultural boundaries. By the end of this week students will have learned their inner critic.

SCHEDULE

Meals provided indicated in schedule as Breakfast (B), Lunch (L), and Dinner (D)

GROUP 1 (MING):

Day	Location	Activities
June 15 2015 Mon Day 1	Shanghai-Beijing Huanghuacheng Camping at Huanghuacheng L, D	-Fast Train/Flight from Shanghai to Beijing -Transfer to Huanghuacheng. -Hike to campsite and set up camp -Shuiquanguo Valley Hike -BBQ Dinner Provided by locals -Campfire and Campfire stories
June 16 2015 Tues Day 2	Tianchi Canyon Park, Baihe Scenic Area Camping at Outdoor Base B, L, D	-Sunrise wakeup and breakfast -Camp clean up and recon -Group Splits into two teams (Team A and Team B) -Team A transfers to Tianchi Canyon Park and completes Via Ferrata courses 1 and 2 (approximately 4 hours) -Team B transfers to Baihe Scenic Area. Short hike and rotational climbing (Top Rope, Bouldering, Abseiling) -Packed Lunches -Team B transfers to Tianchi Canyon for Via Ferrata -Team A transfers to Baihe Scenic Park for Climbing -Transfer to Tianxianyu Village Guesthouses -Showers and local Chinese dinner.

June 17 2015 Wed Day 3	Olympic Sailing Park Dongpo Village Guesthouse B, L, D	-Sunrise wake-up and breakfast -Camp clean up and recon -Transfer to the Olympic Sailing Park -Rotational Water Activities including kayaking, paddle-boarding, boat rigging, sailing. -Raft building competition -Transfer to Dongpo Village Guesthouses. -Home cooked meal with local villagers -Campfire and campfire stories
June 18 2015 Thurs Day 4	Simatai, Gubeikou Tianxianyu Village Guesthouse B, L, D	-Sunrise wake up and traditional Hebei breakfast -Transfer to Simitai-Gubeikou Trail Head -Simitai-Jinshanling-Spider Valley-Gubeikou Hike (6 hours) -Transfer to Tianxianyu Village Guesthouses -Showers and local Chinese dinner.
June 19 2015 Friday Day 5	Tianxianyu Beijing-Shanghai B, L	-Sunrise wakeup and breakfast -Navigation and Teambuilding Activities -Pizza Party Lunch (time depending) -Transfer to Beijing South -Fast Train to Shanghai

Note: The Hutong works closely with each of its client schools to develop a trip that fits its curriculum and unique requirements. Hutong trip leaders also travel regularly to destinations to develop relationships with local contacts to provide the most authentic cultural experiences possible. As such, trip itineraries are subject to change, pending the discovery of an even better activity or destination. Itineraries may also be subject to change due to weather, traffic, or government policies.

GROUP 2 (QING)

Day	Location	Activities
June 15 2015 Mon Day 1	Shanghai-Beijing Camping at Outdoor Base L, D	<ul style="list-style-type: none"> -Fast Train/Flight from Shanghai to Beijing -Transfer to Northern Hills outdoor base trailhead. -Hike to campsite and set up camp -Navigation and Teambuilding activities -Campfire Cooking and storytelling
June 16 2015 Tues Day 2	Olympic Sailing Park, Simatai Dongpo Village Guesthouse B, L, D	<ul style="list-style-type: none"> -Transfer to the Olympic Sailing Park -Rotational Water Activities including kayaking, paddle-boarding, boat rigging, sailing. -Raft building competition -Transfer to Dongpo Village Guesthouses. -Home cooked meal with local villagers -Campfire and campfire stories
June 17 2015 Wed Day 3	Simatai, Gubeikou Tianxianyu Village Guesthouse B, L, D	<ul style="list-style-type: none"> -Sunrise wake-up and breakfast -Transfer to Simitai-Gubeikou Trail Head -Simitai-Jinshanling-Spider Valley-Gubeikou Hike (6 hours) -Transfer to Tianxianyu Village Guesthouses -Showers and local Chinese dinner.

June 18 2015 Thur Day 4	Tianchi Canyon Park, Baihe Scenic Area Camping at Huanghuacheng B, L, D	<ul style="list-style-type: none"> -Wake up and traditional Hebei breakfast -Group Splits into two teams (Team A and Team B) -Team A transfers to Tianchi Canyon Park and completes Via Ferrata courses 1 and 2 (approximately 4 hours) -Team B transfers to Baihe Scenic Area. Short hike and rotational climbing (Top Rope, Bouldering, Abseiling) -Packed Lunches -Team B transfers to Tianchi Canyon for Via Ferrata -Team A transfers to Baihe Scenic Park for Climbing -Both teams transfer to Huanghuacheng Village. -Reservoir Hike and camp set up at Huanghuacheng campsite -BBQ Dinner provided by locals -Campfire and Campfire stories
June 19 2015 Friday Day 5	Huanghuacheng Beijing-Shanghai B, L	<ul style="list-style-type: none"> -Sunrise wakeup and breakfast -Camp clean up and recon -Shuiquanguo Valley Hike -Pizza Party Lunch (time depending) -Transfer to Beijing South -Fast Train to Shanghai

Note: The Hutong works closely with each of its client schools to develop a trip that fits its curriculum and unique requirements. Hutong trip leaders also travel regularly to destinations to develop relationships with local contacts to provide the most authentic cultural experiences possible. As such, trip itineraries are subject to change, pending the discovery of an even better activity or destination. Itineraries may also be subject to change due to weather, traffic, or government policies.

This program cost includes:

- Hotel accommodations as indicated in the schedule
- Guesthouse or homestay accommodations as indicated in the schedule
- Costs for 1 teacher per 10 students

- 1 English- and Chinese-speaking Hutong Tour Leader and 1 English- and Chinese-speaking Hutong Logistics Manager dedicated for the entirety of the program to each group plus support staff and activity leaders
- 4 buses, with seat belts and accompanying driver for the entirety of the trip
- Admission tickets and fees for all activities and sites as listed on the schedule
- All meals as indicated on the schedule (B, L, and D)
- All gratuities, fees, and wages for local experts, vendors, and assistants
- Drinking water and snacks for entirety of trip

This program cost does not include:

- Does not include Fapiao
- Any expenses of a personal nature (souvenirs, additional food or snacks, personal telecommunications, additional hotel services, etc.)
- Chinese tourist visa
- Any activities not included in the itinerary
- Insurance
- Air Fares or trains to/from Beijing

TRIP HIGHLIGHTS



Camping and Outdoor Skills

Camping in the shadows of the Great Wall out in the wild, students will learn about respect for nature, basic survival and camping skills as well as fire safety. There's nothing more invigorating and bonding than sharing stories and roasting marshmallows around an open campfire. Moreover, whilst camping, students will develop their outdoor skills through a variety of activities including campfire cooking, natural navigation and orienteering, and camping craft workshops (e.g. rope skills). Finally, as a necessary part of any outdoor experience, students will learn the importance of packing up and storing equipment properly as well as cleaning up after themselves – leaving nothing but their footprints – as a part of responsible tourism.





Hiking the Great Wall

No trip to Hebei is complete without an arduous hike on the Great Wall. Starting from our base camp in a mountain village near Simatai, students will spend the whole day trekking through multiple spectacular sections of restored and unrestored wall, as well as detouring off at times through the beautiful terraced fields, villages, and valleys nearby. A fan favorite of the local outdoor hiking community, the Simatai to Gubeikou trek is sure to send students home with a real sense of accomplishment.



Water Sports

In order to give ourselves a break from the hot summer weather, students will be given the opportunity to try their hand at a variety of water activities including kayaking, boat rigging and sailing. As a culmination to the day's activities students will be split into teams and work together to build their own raft and race in teams against their peers!



Via Ferrata Course

Via Ferrata (Literal translation: Iron Road) is a climbing activity using metal cables, handrails and ladders in order to conquer seemingly insurmountable cliffs and mountainsides. A popular activity in European countries like Italy and France, this is the first course in China and has been helping people Seek Challenge since 2011.

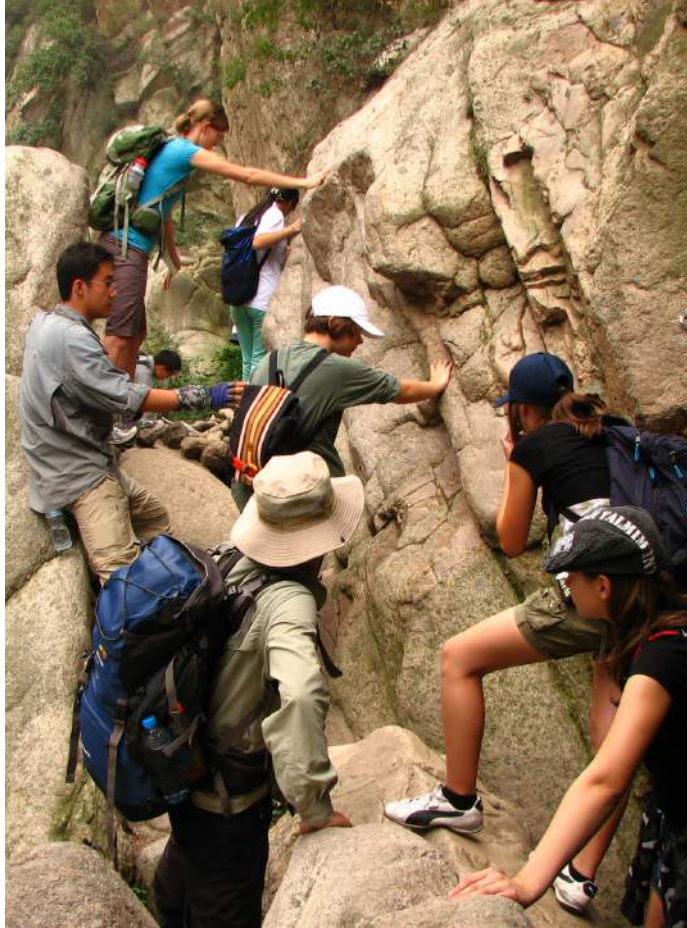
Rock-Climbing

Building on the confidence and skills learned in completing Via Ferrata, students will also be given the opportunity try their hands at rock climbing, abseiling, and bouldering with our local experts in Baihe Valley, one of the most spectacular outdoor climbing areas in China. With over 100 documented routes (as well as thousands of undocumented routes), Baihe Valley is a fantastic place for the inexperienced and experienced to climb.

Cross Country Cultural Exchange

As they say “when in Rome, do as Romans do”. And there’s no better way to learn about living off the land than visiting and staying in guesthouses in the local villages. Students will gain first-hand insight into local agricultural methods, and we might even be lucky enough to fill our harvest baskets with seasonal fruits, such as apples, plums, peaches and walnuts.

Valley/Gorge Hikes



Like the Mongolian armies of centuries past, arduous journeys were made before attacks could be commenced against the Han forces guarding the Great Wall. The case is no different for our students who will trek through a number of beautiful valleys, encountering interesting rock formations and waterfalls, and crossing numerous small streams in order to reach our various campsites.

Team Building Activities

Throughout the program, students will be challenged to participate in a number of fun and engaging team-building exercises aimed at developing a strong sense of community amongst the group. These activities will challenge students to think creatively and work collaboratively with one another. Some examples of different activities include:

- Ball and Drum Challenge
- Spider Web Challenge
- Mine Field
- Ski Planks
- Night-time Infrared Scavenger Hunt

ACCOMMODATION



Camping

Summertime is camping time, and the best way to experience the great outdoors is by sleeping under the stars with tents and sleeping bags. A necessary experience for all ages, students will learn all about pitching tents, building campfires, campsite safety and care, and responsible camping. All equipment, including tents, sleeping bags, and sleeping mats are in great condition and will be provided for students and staff. Bathroom facilities will be available at the campsites.



Village Guest Houses

Nestled in the mountains, our village guesthouses are a great way to give students a taste of authentic Hebei life in the rural villages we encountered. Though conditions are extremely basic, the experience is a perfect way to better understand local culture. Guests will sleep on traditional Kang-style beds with clean linens provided by the local families. Showers won't be available and bathroom facilities will be Chinese-style at Dong Po, however showers and western bathrooms are available at Tianxianyu.

VALUES AND CHALLENGES

Throughout our programs, we challenge students to not only push their boundaries and explore their surrounding culture but we encourage them to take responsibility for their actions through embracing sustainable travel, making good decisions and supporting their classmates. These notions are born out of our own company Core Values:

1. Be a good egg!
2. Embrace diversity!
3. Light a spark!
4. Go the extra 里(mile)!
5. Seek challenge!
6. Smile more!

We like to challenge students to adopt these practices and award those who demonstrate such values during the trip, through notions such as:

The Chopstick Challenge

Each student is given their very own set of sustainable bamboo chopsticks with a stylish pouch to keep them in. Why? Forests are being chopped down for producing chopsticks – 20 million trees per year to produce 80 billion disposable chopsticks for China alone. To discourage deforestation and wasteful consumption we avoid using disposable chopsticks and encourage responsibility for possessions.

The Hutong Helmsman

Mao Zedong was known as "The Great Helmsman" because of his ability to steer the PRC to the right course of action. At The Hutong, we will choose our Helmsmen and Helmswomen based on who has lived up to the The Hutong's Core Values that day, thereby helping steer us to a more successful trip. We typically have each teacher choose someone from their group, and by the end of the trip each student ends up being recognized for their positive contributions.

REFERENCES

Combining our experience in both tourism and education we have been running unique and creative study tours since 2009 with unparalleled professionalism and while maintaining an impeccable safety record. We encourage all new partners to contact references for an unbiased perspective on their experiences with The Hutong. Below is a list of top administrative contacts for international schools that we regularly run programs for. We are also happy to provide contact information of teachers who have been trip leaders on our programs, and with whom we have worked closely.

- Greg Ladner, gladner@hkis.edu.hk
 - Associate Principal, Middle School, Hong Kong International School
- Simon Newbold, snewbold@harrowbeijing.cn
 - Director of Sport and Leadership in Action, Harrow International School Beijing
- Shawn Hutchinson, shawn.hutchinson@bcis.cn
 - Secondary School Principal, Beijing City International School
- Karin Semler, Karin.Semler@concordiashanghai.org
 - Director of Student Life, Concordia International School, Shanghai
- Mary Wenstrom, mwenstrom@isb.bj.edu.cn
 - Experiential Education Coordinator, International School of Beijing
- Aaron King, aaron.king@dulwich-shanghai.cn
 - Deputy Head of Senior School, Dulwich College Shanghai
- Jaia Tucker, jtucker@wiss.cn
 - Secondary School Principal, Western International School of Shanghai

'There really is no comparison. You can't compare a tour company to an educational program. You guys knock the competition out of the water as far as I'm concerned!'

**Alana Keith, Grade 7 Lead Teacher,
Beijing, 2014**

ABOUT THE HUTONG

At The Hutong' we offer a range of interactive, educational, unique, and fun activities to students and school groups of all different ages. Our interactive programs are designed to broaden participants' understanding of Chinese culture and allow them to experience an authentic side of China. We aim to adapt our programs and work closely with schools and teachers to create customized cultural activities for various Grade Levels and subject areas. By incorporating grade and subject-specific learning targets into the design of our onsite and offsite excursions, The Hutong strives to offer top-notch activities that are engaging and relevant.

Combining our staff's expertise in both tourism and education, we have been running unique and creative study tours to off-the-beaten-track destinations since 2009, with thorough professionalism and maintaining an impeccable safety record. We aim to broaden students' horizons by exposing them to unique experiences throughout China. Our unique educational tours focus on a combination of cultural immersion and outdoor education. We place an important emphasis on experiential learning. We do not just visit tourist spots, but we experience the places we visit and take a step deeper. The majority of our team has a background in both travel and education and this is where we look to excel.

Each year we expand our destinations and topics. Our goal is to work closely with schools to incorporate their curriculum and learning objectives in our educational travels, and give the students and staff exceptional experiences. The Hutong is happy to propose customized offsite programs that build upon the units of inquiry taught in your school.

This itinerary in particular has been created with the CAS component of the IB program in mind, focusing on large part on the concepts of creativity, action and service to the community. We aim to broaden students' horizons by allowing them to participate in meaningful and long-term community projects in China. The Hutong places particular emphasis on experiential learning, and works increasingly to give its students the opportunity to service the communities they visit. Students who attend Hutong trips engage with global issues by collaborating to plan and execute community service programs. They leave the trip with a renewed sense of their strengths and abilities, as well as a more solid understanding of ethical tourism and global development.

CONTACT INFORMATION

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