

Ya'an Trek 4 MBL (2013/2014)

Nothing can match the feeling of exploring the beautiful landscape in Ya'an, which is a must for anyone with a sense of adventure!

Ya'an lies in the centre of Sichuan Province, China on the upper reaches of the Yangtze River. It is situated on the western fringe area of Sichuan Basin, lying in the transition zone from Qinghai-Tibet Plateau to Chengdu Plain. It has complex landforms and the terrain rolls intensely. In 1868, a French missionary first discovered the Giant Pandas in Ya'an. Today the area is home to the Fengtongzhai Nature Reserve and Chinese Giant Panda Preserving Base of Bifengxia Station.

SIGN UP NOW: Please contact MBL Head Office at: headoffice@mothersbridge.org for more details about the trekking date and the deadline for applying for your participation!

About the Trip:

Registration fee (non-refundable)	£200
Fundraising target (flights not included)	£2,000
Days	10 days

This will not just be a standard charity trek; in addition to this exciting outdoor adventure around beautiful Ya'an, participants will be given the opportunity to visit **MBL children's libraries** in 8 schools in rural BaoXing County in Ya'an...where the powerful earthquake happened in April 2013.

Fundraising Target

The minimum fundraising target to take in **Ya'an Trek 4 MBL** is only £2,000. Not only will you get to take part in the trip of a lifetime, but you'll also make a huge difference to the lives of those disadvantaged children in China.

Please be aware that some of your fundraising money will be spent on your expenses, though on average, across expeditions, the rest of them will benefit MBL to carry out more projects for disadvantaged children in China. There is also a non-refundable initial registration fee of £200 required.

What We Do For You

Trekking in Ya'an is one of MBL's new fundraising events. MBL is dedicated to doing everything it can for you. Not only are all of your transfers, accommodation, national park fees, and meals etc. absorbed, but we also provide Chinese language and local culture/knowledge support, which will be very helpful for your fully enjoying the whole experience of **Ya'an Trek 4 MBL**. Meanwhile, once you create your fundraising profile, we will put an introduction page on our Website/Facebook/Twitter Pages in order to support you to fully reach your fundraising target.

Itinerary

Ya'an Trek 4 MBL event follows an extensively planned itinerary, but many of our participants often choose to extend their stay in China to take in more of the region's breathtaking sights and sounds. There will also be the option for participants to extend their stay in China. From volunteering at MBL children centre in Nanjing to participating MBL projects in other regions in China. If you would like more information, please contact us at:

headoffice@mothersbridge.org.

第一天：到达（成都）

抵达成都，集合后统一出发去宝兴县（乘车 4 - 4.5 小时）。在宝兴用晚餐，并住在宝兴的旅馆（双床标准间）。晚餐之后，开会对此次行程做简要概述，并由当地志愿者介绍当地文化禁忌，突发事件和紧急情况联系人及联系方式...

Day 1: Arrivals (ChengDu)

Finally, after you arriving in ChengDu, you will be collected from the airport/train station and transferred to BaoXing County in Ya'an. You will have dinner, and stay overnight in a comfortable hotel with 2 people sharing one room.

Today you will be free to have time to change money and get yourself familiar with local. After dinner in the evening, there will be a "Ya'an Trek 4 MBL" briefing and equipment check. This will cover everything you need to know about Health & Safety, cultural sensitivity and emergency procedures so you are all set to start trekking!

Meals: D (Key: B= Breakfast; L= Lunch, D= Dinner)

第二天 - 第五天（宝兴）

访问并参观母爱桥慈善机构在宝兴县 8 所小学建立的儿童图书馆 (陇东镇新江小学，陇东镇复兴小学，陇东镇陇东小学，永富乡中岗小学，永富乡永富小学，灵关镇新兴小学，蜂桶寨乡民治小学，兴隆小学)。第五天下午，所有志愿者将一同完成有关参观母爱桥捐助图书馆的报告，之后此份报告会递交给母爱桥伦敦总部。第五天下午 4 点从宝兴出发赶往雅安（乘车 2- 2.5 小时），入住雅安市内旅馆，晚饭，准备第二天跋涉所需物品，休息

Day 2 - 5: Trekking and Project Visiting in BaoXing County, Ya'an

During these 4 days, you will be trekking around and visiting MBL sponsored children's libraries at 8 schools in BaoXing County, Ya'an (where the powerful earthquake happened in April 2013) and you can see the work MBL are doing first-hand.

On the day 5 (19th July), you will spend the afternoon to work as a team on an After-Donation Visit Report, which will be handed to MBL Head Office when you come back to the UK.

Around 4pm in the afternoon on the day 5, you will leave BaoXing and head to Ya'an. We will have a hot dinner in Ya'an and stay overnight in a hotel with 2 people sharing one room.

Meals: B, L, D

第六天（碧峰峡气温）

吃过早饭 8 点之前从雅安出发，赶往碧峰峡（乘车 30 - 40 分钟），寄存行李之后开始攀登碧峰峡（6 - 7 小时）。碧峰峡是中国大熊猫繁殖与研究基地。从右峡谷开始徒步跋涉，到雅安园后小憩一下，直达碧峰寺。在 11:30 前赶到熊猫基地观光，之后徒步跋涉左峡谷并在跋涉途中解决午餐。从碧峰峡出来后乘车抵达上里古镇（30 - 40 分钟），入住上里古镇旅馆，晚饭，准备第二天跋涉所需物品，休息

Day 6: BiFeng Gorge

After an early breakfast, we will leave Ya'an before 8am and head towards BiFeng Gorge. Here is the Chinese Giant Panda Preserving Base. BiFeng Gorge consists of two valleys forming the letter V. The left valley is 7 kilometres long and the right one is 6 kilometres long. After we depositing our luggage, we will begin with the right valley then go to visit Ya'an BiFeng Gorge Giant Panda Base. Afterwards we will trek down to the left valley through the rainforest, and enjoy the beautiful scenery around. We will have lunch during the trekking way and afterwards head to ShangLi Ancient Town (30 - 40 minutes) for a hot dinner, stay overnight in the comfortable hotel with 2 people sharing one room, and also prepare your kits for the next day.

Trek distance: >20km

Difficulty: Difficult

Habitat: Mountain forest

Meals: B, L, D

第七天（上里古镇）

吃过早餐后开始游览上里古镇（2 小时），之后徒步跋涉去上里古镇北部 4 公里远的白马泉。在路上解决午餐，之后徒步返回上里古镇，乘车回雅安市。入住雅安市内旅馆，晚饭，准备第二天跋涉所需物品，休息

Day 7: ShangLi Ancient Town

After an early breakfast, we will begin a slow and steady trek around ShangLi Ancient Town, then head to Baima Spring located in the Baima Temple, which is 4 kilometres to the north of ShangLi Ancient Town. Baima Spring is a geyser with a water temperature of around 15 degrees Celsius. We will have lunch on the way. Afterwards we will trek back to ShangLi Ancient Town and return to Ya'an city. We will have a hot dinner in Ya'an city, stay overnight in the comfortable hotel with 2 people sharing one room, and also prepare your kits for the next day there.

Trek distance: >15km

Difficulty: Moderate

Habitat: Mountain forest

Meals: B, L, D

第八天（蒙顶山气温）

吃过早饭从雅安出发，赶往蒙顶山（乘车 20-30 分钟），攀登蒙顶山（6-7 小时），午饭+晚饭，从蒙顶山返回雅安，入住雅安市内旅馆，准备第二天跋涉所需物品，休息

Day 8: MengDing Mountain

We will start with an early breakfast, before continuing our trekking at MengDing Mountain. Throughout today we will catch glimpses of the peak through the trees as we scramble up steep ridges and pathways. We will visit Buddhist Temple on the mountain, enjoy lunch on the way, and then arrive at the top of the MengDing Mountain in the late afternoon. We will have an early hot dinner and enjoy the most famous tea there. Afterwards, we return back to Ya'an City and prepare your kits for the next day.

Trek distance: >15km

Difficulty: Moderate

Habitat: Mountain forest

Meals: B, L, D

第九天（二郎山）

吃过早饭 7 点钟之前从雅安出发，赶往天全二郎山（乘车 2 个半小时），沿 318 国道老路攀登二郎山（7-8 小时），午饭在路上解决。从二郎山返回雅安内旅馆，晚饭，打包行李，休息

Day 9: ErLang Mountain

Today is an exciting day. We will trek to the famous ErLang Mountain, which is 3,437 meters above sea level. After very early breakfast, we will travel from Ya'an to the foot of the ErLang Mountain. We will enjoy some stunning views and lunch on the way of this long climbing and trekking, and also the most challenging route of our "Ya'an Trek 4 MBL". After 7-8 hours trekking, we will return back to Ya'an and have a hot dinner and retire to our rooms to prepare our equipment and get resting.

Trek distance: 34 km

Difficulty: Difficult

Habitat: Mountain forest

Meals: B, L, D

第十天（成都）

吃过早饭从雅安出发，赶往成都（1 小时 45 分钟），在成都游览，整个行程圆满结束。

Day 10: Departure (ChengDu)

After breakfast, we will leave Ya'an and head to ChengDu. For those returning straight to their own countries will be transferred to the airport for their flights. Anyone staying for extra time is now free to explore ChengDu and beyond!

Meals: B

Contact us: For more information please email headoffice@mothersbridge.org.

FAQs:

1. Do I need to be an experienced trekker?

No! Ya'an is one of the most beautiful areas in Sichuan Province, China, where it is possible to trek around without any mountaineering skills, and the vast majority of "Ya'an Trek 4 MBL" activity is walking in very typical hot and humid July in Sichuan. Experienced guides will lead you all the way and porters will be on hand to help with your bags. You'll need a good pair of mountain boots, light and well ventilated clothes, and of course a lot of de-termination!

Please note that participants are travelling independently, that MBL is not responsible for you beyond the stated arrangements, and that you must make sure your health capability, your confirmed travel insurance, and visas ready before departure.

2. How much will this trekking cost me?

If you raise **£2000** or more you will receive all of the following:

- All overseas transfers
- All costs associated with trekking in Ya'an, including national park fees
- All meals on the trip
- The services of professional guides, porters
- English language support
- Visiting to MBL children's libraries at 8 schools in BaoXing County, Ya'an to see how your sponsorship money will help improve the lives of disadvantaged children in rural areas in China
- All accommodation as detailed in the itinerary

The cost of organising all of the above travel arrangements means that of the £2000 sponsorship, **at least 50%** will come directly to MBL. As part of our commitment to responsible tourism we ask for every participant to work towards the costs of the trip themselves so that any donor's money goes directly to MBL! Participants must ensure that your sponsors are aware that some of the money will be used to meet costs.

Please note that there is a non-refundable initial registration fee of £200 that is supplementary to your fundraising. This has been put in place to ensure your commitment to the event and to cover administrative costs of running the event.

3. What extra costs will I have to meet?

There are a few costs associated with the package which you will need to meet yourself:

- Chinese tourist Visa (approximately £50/\$100)
- Personal Travel Insurance Policy
- Tips and gratuities for local staff
- Personal expenses and clothing
- Meals not specified in the itinerary
- Recommended vaccinations/ anti-malarial medication
- Any additional personal travel

4. Fundraising: How does it all work and what support will I get?

£2000 is a lot of money. MBL understands this, but we are keen and always here to help you reach your fundraising target. Once you create your fundraising profile, MBL will put an introduction page on our website/Facebook/Twitter pages in order to support you to fully reach your fundraising target. Under your requests, our team will make every effort to help you with organising **group social events** or **fundraising events** to get you on your feet.