

## CHINA PREVIEW

# Running the wall

MAKE THE WORLD'S LONGEST WALL your stomping ground next spring in the **Great Wall Marathon**, courtesy of race organiser Albatros Adventure Marathons, the first to ever offer such a run, more than 20 years ago.

The UNESCO World Heritage Site will have you (quite literally, at times) climbing up and down the winding cobblestone and unpaved terrain, each step testament to this largest man-made structure on Earth is to humankind's fortitude – be prepared to conquer elevations of up 493 metres. Choose from the full marathon, half marathon or 8.5km Fun Run to meet your personal mental and physical challenges as

you find yourself threading your way through breathtaking landscapes of the pastoral Huangyaguan in Tianjin Province, counting local villagers as your personal cheerleaders.

Register before April 16, 2020 to be one of the 2,500 runners to join this race of a lifetime. No Albatross Adventure Marathon event comes without a strong dose of cultural immersion – international participants can choose from a six- or seven-day package including excursions, accommodation, transport, English guides, etc starting at US\$1,460. Appreciate the sights and sounds of modern Beijing while being surprised by the charm of imperial, dynastic China.

Tiananmen Square, Forbidden City, Temple of Heaven, Summer Palace, Silk Alley and Beijing Zoo with the treasured giant pandas are all on the itinerary. Asian residents can opt for a cheaper three-day package.

Want to check more items off your bucket list? Check out other Albatros events like the inaugural Iceland Volcano Marathon, The Big Five Marathon in the African savannah, and The World's Fastest Marathon, an entirely downhill route outside the historic city of Granada in Spain.

For more information, check out [www.great-wall-marathon.com](http://www.great-wall-marathon.com) or @greatwallmarathon on Facebook.

