



龍門石窟
Longmen Grottoes



仿唐歌舞
Tong Dynasty Dance

HISTORY & CULTURE TOUR

8/11 天古中原歷史、大漠文化之旅

暢遊：鄭州、開封、登封、洛陽、西安、銀川、中衛

獨家安排

- ★ 4大石窟之一：龍門石窟
- ★ 世界8大奇蹟之一：秦始皇兵馬俑
- ★ 被譽為“東方金子塔”：西夏王陵
- ★ 5大沙漠風景區之一：沙湖
- ★ 欣賞少林寺精湛武術表演
- ★ 乘高鐵由洛陽至西安

UNIQUE FEATURES

- ★ One of the 4 most famous rock carvings : Longmen Grottoes
- ★ One of the 8 World Wonders : Terra-cotta Warriors and Horses
- ★ Known as " Oriental Pyramid " : West Xia Imperial Tomb
- ★ One of the 5 most scenic deserts : Sand Lake
- ★ Admiring the martial art show at Shaolin Temple
- ★ By " High Speed " train from Luoyang to Xian

DAY 1 原居地 → 鄭州 Home City → Zhengzhou

今日搭乘豪華客機從原居地飛往中國鄭州。
Depart from home city for Zhengzhou, China.

DAY 2 鄭州 Zhengzhou

是日抵達鄭州機場，專人接機送酒店休息。晚餐於當地品嚐茶宴風味。

住宿：5 ★ 逸泉國際酒店或同級 (晚餐)
Upon arrival at airport, the tour will be greeted by a local guide who will take all to the hotel for rest. (D)

DAY 3 鄭州 ~ 開封 Zhengzhou ~ Kaifeng

早餐後乘車前往【黃河遊覽區】，其北臨黃河，南靠著嶽山，地理條件使黃河遊覽區景色十分秀美。午餐後前往開封，抵達後遊覽【清明上河園】，感受一朝步入畫卷，一日夢回千年的樂趣，晚餐後可自費觀賞【東京夢華秀】——這項演出是一卷關於北宋王朝鼎盛時期的印象畫卷，是《清明上河圖》和《東京夢華錄》的歷史再現。

住宿：5 ★ 開封中州國際飯店或同級 (早、午、晚餐)
Begin our tour by visiting Yellow River Scenic Area, which is considered to be the best place to experience the culture of the Yellow River. After lunch, take a drive to Kaifeng to tour Qingming Riverside Landscape Garden, also known as Millennium City Park. The built area consists of several architectural complexes which are re-creations based on the famous twelfth century painting by Zhang Zeduan of 'The Qingming Festival by the Riverside'. Optional Show: The Great Song Dynasty-Kaifeng Menghua available in the evening. (B/L/D)

DAY 4 開封 ~ 登封 ~ 洛陽 Kaifeng ~ Dengfeng ~ Luoyang

早餐後乘車前往登封少林寺。午餐享用正宗的素齋風味。隨後參觀【少林寺】，少林寺位於竹林茂密的少室山五乳峰下，故名“少林”。少林寺為中國武術之鄉，也是禪宗祖庭，寺內古建築以（練功房）內地磚之凹陷情形，可知少林功夫深奧之道。隨後參觀歷代少林高僧的塔林——【塔林】。目前塔林現存石塔兩百多座形狀各異，是現存中國最大之塔群。特別安排全方位觀看精彩的【少林武術表演】，表演中間更有邀請貴賓互動參與切磋少林十八班武藝，精湛武藝讓人嘖嘖稱讚。抵達洛陽前先遊關林，是蜀國名將關羽首級埋葬地。（4月1日-5月8日牡丹花會節期間，改為觀賞牡丹園）。晚上在洛陽用水席風味。

住宿：5 ★ 華陽廣場國際飯店或同級 (早、午、晚餐)
Drive to Kaifeng to pay a visit to Shaolin Temple, which is reputed to be "the Number One Temple under Heaven" and the place of origin for Chinese Zen Buddhism also the cradle of Chinese Martial Art. We will tour the Pagoda Forest, a graveyard for Buddhist dignitaries through the ages. After we enjoy a specular Shaolin Kungfu Show, we will continue our tour by heading Luoyang. Enroute stop at Guanlin Temple, the General Guan's Tomb. Tonight, enjoy the peculiar Luoyang Shui Xi dinner. (The Peony Culture Festival is hosted in Luoyang from April 01-May 08 and the visit to Guanlin Temple will be replaced) (B/L/D)



少林寺
Shaolin Temple



沙坡頭旅遊區
Shapotou Tourism Area



西夏王陵
West Xia Imperial Tombs



慈恩寺
Dacien Temple



108塔
108 Lamaist Stupas

DAY 5 洛陽 (高鐵) ~ 西安 Luoyang (High Speed Train) ~ Xian

早餐後乘車前往【龍門石窟】，探尋千年石窟的奧秘。【龍門石窟】是中國四大石窟藝術寶庫之一，石窟始鑿於北魏孝文帝時（西元471~477年），歷經400餘年才建成，迄今已有1500年的歷史，現存佛像11萬餘尊，是世界文化遺產。其中盧舍那大佛位於西山南部山腰奉先寺，通高17.14米，頭高4米，是按照武則天的形象塑造的，作於唐高宗鹹亨四年，即西元672年，雍容高貴的氣勢被稱為石窟精品。午餐品嚐魚頭風味。後乘坐**高鐵**前往西安。

住宿：5★金花香格里拉酒店或同級（早、午、晚餐）
Morning visit to Longmen Grottoes, which is regarded as one of the three most famous treasure houses of stone inscriptions in China. Most of the arts are the works of the Northern Wei Dynasty and the flourishing age of the Tang Dynasty (618-907). After Fish Head cuisine lunch, we will take the bullet train to Xian.

(B/L/D)

DAY 6 西安 Xian

早餐後遊覽中國目前保存最完好的【明代古城牆】，城牆雄偉壯觀，登上城樓可一覽古城西安之風貌。之後前往【慈恩寺】，這是唐高宗為其母追薦冥福而修建的皇家寺廟，其內的大雁塔是西安市的標誌。午餐後參觀參觀中國四大博物館之一的【陝西歷史博物館】，這裡薈萃了陝西出土的幾十萬件文物中挑選出的三千多件精品。下午抵達市中心【鐘鼓樓廣場】，外觀鐘樓、鼓樓，拍照留念。晚餐享用百年老店“德發長餃子館”的**長安餃子宴**，餐後欣賞**大型仿唐歌舞表演**。

住宿：5★金花香格里拉酒店或同級（早、午、晚餐）
Today's tour includes visits to Ancient City Wall, Temple of Great Mercy and Goodness, Shaanxi Provincial History Museum and the Drum & Bell Tower Square. Tonight, authentic Dumpling Banquet will be served at De Fa Chang. Afterwards, the all will enjoy an on-stage performance of the Tang Dynasty Music and Dance Show.

(B/L/D)

DAY 7 西安 Xian

早餐後遊覽世界第八大奇跡——【秦始皇兵馬俑】，如真人一般大小的陶俑兵馬陣群，神態各異，威武壯觀。下午參觀遊覽【華清池】，以溫泉湯池著稱的中國古代離宮，旖旎的山水風光使其倍受歷代帝王垂青。晚餐後可自費欣賞大型山水歌舞實景劇【長恨歌】千古名句化作夢幻般的場景，演繹了一段催人淚下，盪氣迴腸的愛情絕唱。

住宿：5★金花香格里拉酒店或同級（早、午、晚餐）
Visit to the amazing Terra-cotta Warriors and Horses will be the highlight in the morning, which are the most significant archeological excavations of the 20th century. In the afternoon, we tour Huaqing Hot Springs. Also called Huaqing Pool, it is famed for both its dainty spring scenery and the romantic love story of Emperor Xuanzong and his concubine Yang Guifei in the Tang Dynasty. Optional Show of A Song of Everlasting Sorrow available in the evening.

(B/L/D)

DAY 8 西安 ✈️ 原居地 Xian ✈️ Home City

早餐後，送往機場，搭機返回溫暖的家。（早餐）
At the time specified, all will proceed to the airport for a home bound flight.

(B)

DAY 8 西安 ✈️ 銀川 ~ 中衛 Xian ✈️ Yinchuan ~ Zhongwei

搭乘早上航班飛往銀川，抵達後乘車赴中衛。途中參觀中國最大的**喇嘛塔群【108塔】**，及世界上唯一倖存的墩閘式大壩——【青銅峽大壩】。後乘車赴騰格裡沙漠最南端，參觀遊覽【沙坡頭旅遊區】，這裡集大漠、黃河、高山、綠洲為一處，即具西北風光之雄奇，又兼江南景色之秀美。

住宿：5★中衛逸興酒店(當地最好)或同級（午、晚餐）
Take a morning flight to Yinchuan, and coach to Zhongwei upon arrival. On the way, stop by the 108 Lamaist Stupas and the Qingtongxia Dam. Afterwards,

tour Shapotou Tourism Area, which is regarded as one of the five most beautiful deserts in China, and is widely recognized as the Capital of Sand. (L/D)

DAY 9 中衛 ~ 銀川 Zhongwei ~ Yinchuan

早餐後前往參觀佛、道、儒三教合一的具有600多年歷史的——【高廟】。遊畢返回銀川，遊覽被譽為“東方金字塔”的【西夏王陵】。其規模可與北京明代十三陵和河南鞏縣宋陵規模相當，亦是中國現存地面遺跡保存較為完好的一座古代皇家陵園。它坐落於著名的賀蘭山腳下，9座帝王陵，150多座陪葬陵墓散落於方圓53km的面積上，從散落的頹垣斷壁中可窺見當年西夏王陵的森嚴與雄偉，陵區內的**西夏歷史博物館**是全國唯一一座以西夏歷史和文化為專題的博物館，館內的許多文物堪稱國寶。

住宿：5★銀川柏悅酒店或同級（早、午、晚餐）
In Zhongwei, we will visit the High Temple (Gao Miao), which represents a unique amalgamation of Confucianism, Taoism and Buddhism. Afterwards, coach back to Yinchuan and pay a visit to West Xia Imperial Tombs. Reputed to be the 'Oriental Pyramid', the Western Xia Imperial Tombs have an intriguing and mysterious aura that is compelling and fully fascinating.

(B/L/D)



高廟
High Temple (Gao Miao)

DAY 10 銀川 Yinchuan

早餐後前往遊覽被譽為“魚的世界、鳥的天堂、遊人的樂園”的【沙湖】。沙湖是國家首批5A級景區，中國35個王牌景點之一，中國十大魅力休閒旅遊湖泊之一。之後遊覽素有東方好萊塢之稱的【鎮北堡華夏西部影視城】，此為《紅高粱》、《大話西遊》、《新龍門客棧》等眾多著名獲獎影片拍攝基地。最後乘車前往萬畝【枸園】，體驗親手採摘新鮮枸杞的樂趣，後參觀反映古代遊牧部落生活的藝術長廊【賀蘭山岩畫】，晚餐後返回酒店休息。

住宿：5★銀川柏悅酒店或同級（早、午、晚餐）
Continue our wonderful tour in Yinchuan by visiting Sand Lake Scenic Resort. Here we can enjoy exquisitely beautiful vista views of shimmering sand beaches, azure-blue water, deep green reeds, various waterfowls, gentle water lilies and also snow-covered mountains. Afterwards, we will visit the Western Film and TV City, Helan Mountain Cliff Paintings, etc.

(B/L/D)

DAY 11 銀川 ✈️ 原居地 Yinchuan ✈️ Home City

早餐後，送往機場，搭機返回溫暖的家。（早餐）
At the time specified, all will proceed to the airport for a home bound flight.

(B)