

Amazing CHINA 中国

7D5N

长沙 / 衡山 / 郴州 / 板梁

CHANGSHA / HENGSHAN / CHENGZHOU / BANLIANG

Tour Code: CCK

Golden Destinations



China
中国

全程无购物站
NO SHOPPING STOP



Chenzhou Mangshan
National Forest Park
郴州莽山国家
森林公园



Gaoyiling Tourist Area
高椅岭旅游区



Dongjiang Lake
东江湖



Hengyang Hengshan Tourist Area
衡山风景名胜区

行程次序，以当地旅社安排为准。

*图片仅供参考

Sequences of Itinerary are subject to local arrangement.

*Pictures shown are for illustration purposes only



Nanyue Temple
南岳庙



Banliang Ancient Village
板梁古村



Xiaodongjiang River in the mist
雾漫小东江

精简行程：

第一天 抵达 ✈️ 长沙 (机上用餐)

- ☑ 入住酒店休息

第二天 长沙 🚗 (约350公里) 郴州 (早/午/晚)

- ☑ 飞天山九龙江寨 (翠江竹筏)

第三天 郴州 (早/午)

- ☑ 东江湖风景区
- ☑ 雾漫小东江 (含环保车)
- ☑ 高椅岭景区 (网红丹霞地貌)
- ☑ 裕后街 (网红美食街)

GD专享：体验汉服 (不含化妆)

第四天 郴州 🚗 (约120公里) 莽山 🚗 (约120公里) 郴州 (早/午/晚)

- ☑ 莽山国家森林公园
- ☑ 五指峰 (含双缆车+双电梯)
- ☑ 五指峰, 金鞭大峡谷, 摩天岭, 天台山

第五天 郴州 🚗 (约50公里) 板梁 🚗 (约135公里) 衡阳 (早/午/晚)

- ☑ 板梁古村
- ☑ 衡阳奥特莱斯广场

第六天 衡阳 🚗 (约160公里) 长沙/回程 (早/午/晚)

- ☑ 南岳大庙
- ☑ 衡山风景名胜区 (含环保车包车)
- ☑ 祝融峰, 望日台, 南天门

第七天 抵达吉隆坡 (机上用餐)



✓ 5早餐/5午餐/4晚餐

风味餐：

- ★ 湘菜风味
- ★ 打边炉
- ★ 耒阳风味
- ★ 湘菜风味
- ★ 三文鱼宴
- ★ 南岳素斋
- ★ 郴州风味

观光景点：

南岳大庙

- ◆ **南岳庙** - 又叫南岳大庙，位于湖南省衡阳市衡山脚下的南岳区，朱明峰的南麓赤帝峰下。南岳庙是祭南岳圣帝的寺庙，始建于隋代，是中国南方规模较大、总体布局最完整的古宫殿式建筑群之一，素有“南国故宫”之称。后经唐、宋、元、明、清六次大火和十六次修缮扩建，于清光绪八年（1882年）重建并形成98500平方米的规模。

衡山风景名胜区

- ◆ **衡阳市衡山旅游区** - 国家自然与文化双遗产，国家5A级旅游景区。又名南岳、寿岳、南山，为中国“五岳”之一，位于中国湖南省衡阳市南岳区延寿路37号。在“五岳”中，衡山的地理位置靠南，有着“五岳独秀”的美称。而在中国脍炙人口的成语“寿比南山”中的南山，指的就是衡山。衡山是中国著名的道教、佛教圣地，环山有寺、庙、庵、观200多处。衡山是上古时期君王唐尧、虞舜巡疆狩猎祭祀社稷，夏禹杀马祭天地求治洪方法之地。衡山山神是民间崇拜的火神祝融，他被黄帝委任镇守衡山，教民用火，化育万物，死后葬于衡山赤帝峰，被当地尊称南岳大帝。道教“三十六洞天，七十二福地”，有四处位于衡山之中，佛祖释迦牟尼两颗真身舍利子藏于衡山南台寺金刚舍利塔中。

东江湖风景区

- ◆ **东江湖** - 东江湖是国家“六五”重点能源工程中东江水电站的蓄水库。东江湖的湖面面积有160平方千米，蓄水量达81.2亿立方米，誉称“南洞庭”，是中国中南地区最大的人工湖泊，也是国家水上体育训练基地之一。东江湖旅游区内的风景旅游资源主要集中分布于东江湖核心景区、天鹅山国家森林公园、程江口风景旅游区等三大区域内。

高椅岭旅游区

- ◆ **高椅岭旅游区** - 距离郴州市中心18千米，是飞天山旅游区的重要组成部分。景区内丹霞地貌，红岩绿水，沟壑纵横，山环水绕。徐霞客游郴时曾赞叹“无寸土不丽，无一山不奇”，并镌刻“寸土佳丽”。旅游区内山、水、洞、寨、崖、坦一应俱全，错落有致。依托高椅岭独特的自然风貌，成功打造了一期叠瀑广场、连椅桥、古柳堡、巨石阵、樱花茶寮、登天云梯、双龙湖、悬空栈道、龙脊峡谷、火烈鸟营地等景观，建设了飞拉达、悬崖秋千、云镜观景台、高空自行车、步步惊心、飞天滑索、喊泉、直升机、热气球、全地形车等体验项目。

莽山国家森林公园

- ◆ **郴州莽山国家森林公园** - 地球同纬度保存得最完好的原始森林，镶嵌在南岭山脉的璀璨明珠。她位于湖南省郴州最南端，是我国南方面积最大，生物物种保存最完好的国家森林公园。莽山山奇、水秀、林幽、石怪，境内奇峰叠翠、溪涧纵横，“莽山壮美惊天下、原始生态第一山”便是它最真实和生动的写照！莽山是人与自然和谐的典范之作，森林覆盖率达99%！它因拥有一片世界湿润亚热带地区面积最大，保存最好的原生型常绿阔叶林和丰富的动植物资源而享有“地球同纬度带上的绿色明珠”和“动植物基因库”的美称。

莽山·五指峰

- ◆ **莽山** - 五指峰景区地形以高山为主，地貌复杂，奇峰怪石倾斜皆是，平均海拔1000米以上，是中国南方原始生态的第一山。景区坐拥大莽山核心精华景观，内有五指峰、摩天岭、天台山等数十个景点，这些山峰耸立，形态各异，是景区的标志性景观。

板梁古村

- ◆ **湖南省历史文化名村** - 古村内仍保存了360多栋完好无损的明清历史建筑，这些历千劫而不倒的古民居，栋栋雕梁画栋，飞檐翘角，无论是它的水磨青砖，还是门当户对，或者是它的砖雕、石雕、木雕，其工艺都十分精湛，让人叹为观止。总而言之，板梁古村蕴藏着中国古老的宗法仪式、儒学传统、风水观念、哲学意识、建筑技巧、生态原理等。

被誉为规模最大，保存最全，风水最好，文化底蕴最厚重的“湘南第一村”。



酒店住宿 (5晚)

- ✓ 长沙开福智选假日酒店或同级 x1晚
- ✓ 郴州智选假日酒店或同级 x3晚
- ✓ 衡阳高新智选假日酒店或同级 x1晚

自费项目：苏仙岭 (含双程缆车) + 下午茶 + 韩式烤肉餐=RMB 400

免责声明：由于新冠肺炎疫情旅行限制当地/宗教节日，公众假期，天气状况，交通等情况，自然灾害，必要时黄金旅程保留对行程进行适当调整（调整景点游览顺序）以确保行程顺利进行，会或否事先通知。
备注：如果旅游行程受到上述问题的影响，将不予退款或更换。图片仅供参考。



Wuzhi Peak
五指峰



Zhurong Peak
祝融峰



Tiantai Mountain
天台山

SCHEDULE

D1 ARRIVAL ✈️ CHANGSHA (MOB)

- ☑️ Check In Hotel

D2 CHANGSHA 🚌 (APPROX. 350KM) CHENZHOU (B/L/D)

- ☑️ Feitian Mountain Jiulong Village (Cuijiang Bamboo Raft)

D3 CHENZHOU (B/L/D)

- ☑️ Dongjiang Lake Scenic Area
 - ☑️ Xiaodongjiang River in the mist (Included Buggy)
 - ☑️ Gaoyiling Scenic Area (Danxia landform)
 - ☑️ Yuhou Street (Internet celebrity food street)
- GD exclusive: Experience Hanfu (without makeup)**

D4 CHENZHOU 🚌 (APPROX. 120KM) MANGSHAN 🚌 (APPROX. 120KM) CHENZHOU (B/L/D)

- ☑️ Mangshan National Forest Park
- ☑️ Wuzhi Peak (including 2 waycable cars + 2way elevators)
- ☑️ Wuzhi Peak, Jinbian Grand Canyon, Motianling, Tiantai Mountain

D5 CHENZHOU 🚌 (APPROX. 50KM) BANLIANG 🚌 (APPROX. 135KM) HENGYANG (B/L/D)

- ☑️ Banliang Ancient Village
- ☑️ Hengyang Outlets Plaza

D6 HENGYANG 🚌 (APPROX. 160KM) CHANGSHA / ARRIVAL (B/L/D)

- ☑️ Nanyue Temple
- ☑️ Hengshan Scenic Area (Included Buggy)
- ☑️ Zhurong Peak, Wangri Terrace, Nantianmen

D8 ARRIVAL KUALA LUMPUR (MOB)



✓ 5 Breakfast / 5 Lunch / 4 Dinner

- ★ Hunan cuisine
- ★ Hengyang cuisine
- ★ Hotpot
- ★ Salmon feast
- ★ Chenzhou cuisine
- ★ Leiyang cuisine
- ★ Nanyue vegetarian food

TOURIST ATTRACTIONS:

Nanyue Temple

- ◆ **Nanyue Temple** - Also known as Nanyue Temple, is located in Nanyue District at the foot of Hengshan Mountain in Hengyang City, Hunan Province, at the foot of Chidi Peak on the southern foot of Zhuming Peak. Nanyue Temple is a temple dedicated to the Nanyue Saint Emperor. It was first built in the Sui Dynasty. It is one of the largest and most complete ancient palace-style building complexes in southern China. It is known as the "Southern Palace". After six major fires and sixteen repairs and expansions in the Tang, Song, Yuan, Ming and Qing dynasties, it was rebuilt in the eighth year of Guangxu in the Qing Dynasty (1882) and formed a scale of 98,500 square meters.

Hengshan Scenic Spot

- ◆ **Hengyang Hengshan Tourist Area** - A national natural and cultural dual heritage, a national 5A-level tourist attraction. Also known as Nanyue, Shouyue, and Nanshan, it is one of the "Five Mountains" in China. It is located at No. 37 Yanzhou Road, Nanyue District, Hengyang City, Hunan Province, China. Among the "Five Mountains", Hengshan is located in the south and has the reputation of "the most beautiful of the Five Mountains". The Nanshan Mountain in the popular Chinese idiom "Live as long as the Nanshan Mountains" refers to Hengshan Mountain. Hengshan Mountain is a famous Taoist and Buddhist holy place in China, with more than 200 temples, monasteries, nunneries and shrines around the mountain. Hengshan Mountain was the place where the ancient kings Tang Yao and Yu Shun patrolled the border to hunt and sacrifice to the land and grain, and Xia Yu killed horses to sacrifice to heaven and earth and seek a way to cure floods. The mountain god of Hengshan Mountain is Zhurong, the fire god worshipped by the people. He was appointed by the Yellow Emperor to guard Hengshan Mountain, teach the people to use fire, and nurture all things. After his death, he was buried in the Chidi Peak of Hengshan Mountain and was honored as the Southern Yue Saint Emperor by the locals. Four of the "36 caves and 72 blessed places" of Taoism are located in Hengshan Mountain. The two real relics of Buddha Sakyamuni are hidden in the Vajra Relics Pagoda of Nantai Temple in Hengshan Mountain.

Dongjiang Lake Scenic Area

- ◆ **Dongjiang Lake** - Is the reservoir of the Dongjiang Hydropower Station, one of the key energy projects of the "Sixth Five-Year Plan" of the country. Dongjiang Lake has a lake area of 160 square kilometers and a water storage capacity of 8.12 billion cubic meters. It is known as the "Southern Dongting Lake". It is the largest artificial lake in central and southern China and one of the national water sports training bases. The scenic tourism resources in the Dongjiang Lake tourist area are mainly concentrated in three major areas, including the Dongjiang Lake core scenic area, Tian'e Mountain National Forest Park, and Chengjiangkou Scenic Tourist Area.

Gaoyiling Tourist Area

- ◆ **Gaoyiling Tourist Area** - Is 18 kilometers away from the center of Chenzhou City and is an important part of Feitianshan Tourist Area. The scenic area has Danxia landforms, red rocks and green waters, gullies and mountains surrounded by water. When Xu Xieke visited Chenzhou, he praised "every inch of land is beautiful, every mountain is strange", and engraved "every inch of land is beautiful". The tourist area has mountains, water, caves, villages, cliffs, and flats, which are all well-arranged. Relying on the unique natural features of Gaoyiling, we have successfully created the first phase of the Cascade Waterfall Square, Lianyi Bridge, Guliu Fort, Stonehenge, Sakura Tea House, Sky Ladder, Shuanglong Lake, Suspension Plank Road, Longji Canyon, Flamingo Camp and other landscapes, and built via ferrata, cliff swing, cloud mirror viewing platform, high-altitude bicycles, step by step, flying zip line, shouting spring, helicopters, hot air balloons, all-terrain vehicles and other experience projects.

Mangshan National Forest Park

- ◆ **Chenzhou Mangshan National Forest Park** - the best-preserved primitive forest on the same latitude on the earth, a shining pearl inland in the Nanling Mountains. It is located at the southernmost tip of Chenzhou, Hunan Province, and is the largest national forest park in southern my country with the best-preserved biological species. Mangshan has strange mountains, beautiful waters, secluded forests, and strange rocks. There are strange peaks and lush greenery in the territory, and streams are crisscrossed. "Mangshan is magnificent and stunning, and the first mountain with primitive ecology" is its most real and vivid portrayal! Mangshan is a classic work of harmony between man and nature, with a forest coverage rate of up to 99%! It enjoys the reputation of "the green pearl on the same latitude belt on the earth" and "the gene bank of animals and plants" because it has the largest and best-preserved original evergreen broad-leaved forest in the world's humid subtropical region and rich animal and plant resources.

Mangshan Wuzhifeng

- ◆ **Mangshan** - The Wuzhifeng scenic area is dominated by high mountains, with complex landforms, strange peaks and rocks, and an average altitude of more than 1,000 meters. It is the first mountain with primitive ecology in southern China. The scenic area has the core essence of Damang Mountain, including Wuzhi Peak, Motianling, Tiantai Mountain and dozens of other scenic spots. These peaks are towering and have different shapes, which are the iconic landscapes of the scenic area.

Banliang Ancient Village

- ◆ **Banliang Ancient Village** - A famous historical and cultural village in Hunan Province, the ancient village still preserves more than 360 intact historical buildings from the Ming and Qing Dynasties. These ancient dwellings that have survived thousands of disasters are carved with beams and painted with eaves. Whether it is its water-ground blue bricks, or its matching doors, or its brick carvings, stone carvings, and wood carvings, its craftsmanship is very exquisite and amazing. In short, Banliang Ancient Village contains China's ancient patriarchal rituals, Confucian traditions, Feng Shui concepts, philosophical consciousness, architectural techniques, ecological principles, etc.

It is known as the "First Village in Southern Hunan" with the largest scale, the most complete preservation, the best Feng Shui, and the most profound cultural heritage.



HOTEL OR SIMILAR (5 NIGHTS)

- ✓ Changsha Holiday Inn Express Hotel or similar class x1 Night
- ✓ Chenzhou Holiday Inn Express Hotel or similar class x3 Nights
- ✓ Hengyang Holiday Inn Express or similar class x1 Night

Optional Tour: Su Xianling + Included 2 Way Cabla Car + High Tea + Koren BBQ – RMB400 /Pax

Disclaimer: Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.

Remark: There will be no refund or replacement if the tour logistic affected by the above issue. All pictures are for illustration purpose only.

General Information

· 长沙 CHANGSHA ·



货币 Currency 	中国元 - CNY 人民币 - RMB Chinese Yuan - CNY Renminbi - RMB	信用卡 Credit Card 	* 致电信用卡中心, 以延长你的信用卡额度 * Major credit cards such as Visa and Master card are mostly widely used
货币兑换率 Exchange Rate 	10 元 = 马币 6.50 10 CNY = MYR 6.50 <small>*Subject to currency of the day* *以当天汇率为准*</small>	拨号代码 Dial Code 	中国 : +86 China : +86
电压 Voltage 	电压 - 220伏特 Voltage - almost always 220 V	插座 Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type B - 两脚扁型 + 一圆型插头 / 2 flat blade pin + 1 round pin 类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"
时差 Time Different 	中国 - 时间与马来西亚时间标准时无相差 China - No time different with Malaysia	行李托运 Luggage Allowance 	每人只限携带一件不超过7公斤的手提行李上机, 以及托运行李不超过20公斤。 Each individual are entitled to check in 1 luggage of not more than 20 kg and a hand carry bag not more than 7 kg.
气候 Weather 	<input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 25°C ~ 3°C <input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 30°C ~ 19°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 24°C ~ 3°C <input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb 7°C ~ 3°C <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
飞机型号 Aircraft Type 	<p>Airbus A320neo</p>		

Departure Date: 出发日期:	<input type="text"/>	Flight : 航班行程:	<input type="text"/>
Tour Fare: 团费:	<input type="text"/>	Airport Tax & Fuel Surcharge: 机场税及燃油附加费:	<input type="text"/>
Tipping: 小费:	<input type="text"/>	Agent Collection Fee: 旅行社代收费:	<input type="text"/>
Visa: 签证:	<input type="text"/>	Travel Insurance: 旅行保险:	<input type="text"/>
		TOTAL : 总数:	<input type="text"/>



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