

Amazing CHINA 中国

8D7N 宁夏之美

(银川 / 中卫 / 固原 / 石嘴山)

BEAUTY OF NINGXIA (YINCHUAN / ZHONGWEI / GUYUAN / SHIZUIZHAN)

Penang ✈️ Yinchuan

Tour Code: PCINC-1



China
中国



中国南方航空
CHINA SOUTHERN AIRLINES



特别安排

SPECIAL ARRANGEMENTS

- 额里森达来骑骆驼
- 赠送沙坡头大漠扶梯上下行+3D玻璃桥体验
- Riding a camel in Erishendalai
- Free Shapotou desert escalator up and down + 3D glass bridge experience



Shuidonggou
水洞沟



Shahu
沙湖



Bairuiyuan Wolfberry House
百瑞源枸杞馆

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

Shapotou 沙坡头



Western Xia Tombs
西夏陵



Helan Mountain Rock Paintings
贺兰山岩画



Zhenbeibao Western Film City
镇北堡西部影城

精简行程：

第一天 槟城 ✈️ 中转城市 ✈️ 银川
(机上用餐)

- ☑ 抵达银川 (自由活动)

第二天 银川 (早/午/晚)

- ☑ 镇北堡西部影城
- ☑ 贺兰山岩画 (含电瓶车)
- ☑ 志辉源石酒庄 (含品酒)

第三天 银川 🚌 中卫 (早/午/晚)

- ☑ 西夏陵 (含观光车)
- ☑ 青铜峡黄河大峡谷 (含游船+108塔)

第四天 中卫 (早/午/晚)

- ☑ 额里森达来 (含冲浪车+骑骆驼)
- ☑ 沙坡头 (赠送大漠扶梯上下行+3D玻璃桥体验、南区电瓶车、北区摆渡车)

第五天 中卫 🚌 固原 (早/午/晚)

- ☑ 须弥山石窟 (含交通车)
- ☑ 固原博物馆

第六天 固原 🚌 银川 🚌 水洞沟 (早/午/晚)

- ☑ 明长城水洞沟遗址

第七天 石嘴山 🚌 沙湖 🚌 银川 (早/午/晚)

- ☑ 沙湖 (含大船)
- ☑ 百瑞源枸杞馆
- ☑ 西夏风情园
- ☑ 宁夏观光夜市

第八天 银川 ✈️ 中转城市 ✈️ 槟城
(早/机上用餐)

观光景点：

银川

- ◆ **镇北堡西部影城** - 镇北堡西部影城被誉为“东方好莱坞”，地处宁夏银川西郊镇北堡，原址为明清时代的边防城堡。在中国众多的影视城中，西部影城以其古朴、原始、粗犷、荒凉、民间化为特色，是中国三大影视城之一，也是中国西部唯一著名影视城。

中卫

- ◆ **青铜峡黄河大峡谷** - 中国古塔建筑中仅见的大型塔群，位于宁夏中部黄河上游段的最后一个峡口，是一组排列有序，极为规则的塔群，共有108座。佛教把人生的烦恼总结为108种，为清除烦恼，规定贯珠108颗，念佛108遍，晓钟108响，建造108塔，意为消除烦恼。据说绕第一座塔三圈，一一触摸其36个断面，数对108个数，则可以消除烦恼，带来吉祥。
- ◆ **沙坡头** - 沙坡头聚神山、大漠、黄河、绿洲、草原于一处的壮丽奇观，“中国最美的五大沙漠”之一。沙坡头是黄河第一入川口，是欧亚大通道，古丝绸之路的必经之地。沙坡头游览区的特色之一是滑沙，游人从高约百米的沙坡头的坡顶往下滑，滑沙时座下会发出一种奇特的响声，人钟巨鼓，沉闷浑厚，称之为“金沙鸣钟”。

固原

- ◆ **须弥山石窟** - 须弥山石窟位于宁夏固原市原州区，始建于北魏时期，其后历代均有扩建，距今已有1500多年的历史，是中国十大石窟之一。现有162个洞窟，即大佛楼区、子孙宫区、圆光寺区、相国寺区、桃花洞区、松树洼区、三个窑区和黑石沟区；保存较为完好的造像有500多尊保存较为完整的造像，分布在连绵2公里的8座山峰上。

沙湖

- ◆ **沙湖** - 沙湖被称为“塞上明珠”，拥有万亩水域、五千亩沙丘、两千亩芦苇、千亩荷池，盛产鱼类、鸟类，这里栖居着白鹤、黑鹤、天鹅等十数种珍鸟奇禽。以自然景观为主体，是一处融江南水乡与大漠风光为一体的生态旅游景区。“金沙、碧水、翠苇、飞鸟、游鱼、远山、彩荷”几大景源有机结合，构成独具特色的秀丽景观。



✓ 7早餐/6午餐/6晚餐

风味餐：

九碗十三花	烤鸭风味	黄河鲤鱼风味
汉族大烩菜风味	烩小吃风味	篙子面风味
毛家台子风味	固原风味	沙湖湖虾风味
烤全羊风味		



酒店住宿 (7晚)

- ✓ 银川兰溪谷智选假日酒店或同级 x2晚
- ✓ 中卫水岸云天酒店或同级 x2晚
- ✓ 固原博物馆亚朵酒店或同级 x1晚
- ✓ 银川阅海逸衡酒店或同级 x2晚

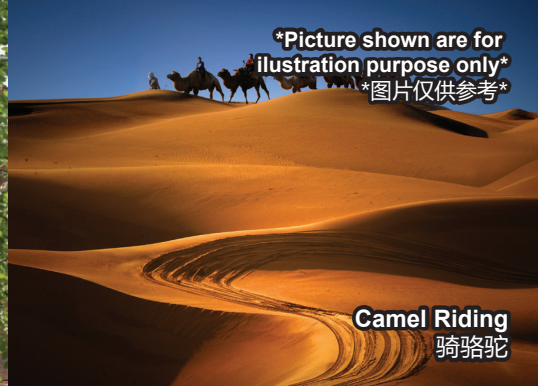
免责声明：黄金旅程保留对行程进行适当调整（调整景点游览顺序）以确保行程顺利进行，这包含毫无通知的情况下。
备注：如果旅游行程受到公共假期、天气状况、自然灾害的影响，将不予退款或更换。图片仅供参考。



Qingtongxia 108 towers
青铜峡108塔



Xumi Mountain Grottoes
须弥山石窟



Camel Riding
骑骆驼

Picture shown are for illustration purpose only
图片仅供参考

SCHEDULE

D1 PENANG ✈️ TRANSIT CITY ✈️ YINCHUAN (MOB)

- ☑ Arrive in Yinchuan (Free and Easy)

D2 YINCHUAN (B/L/D)

- ☑ Zhenbeibao Western Film City
- ☑ Helan Mountain Rock Paintings (including electric cars)
- ☑ Zhihuiyuanshi Winery (including wine tasting)

D3 YINCHUAN 🚗 ZHONGWEI (B/L/D)

- ☑ Western Xia Tombs (including sightseeing bus)
- ☑ Qingtongxia Yellow River Grand Canyon (including cruise + 108 towers)

D4 ZHONGWEI (B/L/D)

- ☑ Erlisendalai (including surfing car + camel riding)
- ☑ Shapotou (free desert escalator up and down + 3D glass bridge experience, South District battery car, North District shuttle bus)

D5 ZHONGWEI 🚗 GUYUAN (B/L/D)

- ☑ Xumi Mountain Grottoes (including transportation)
- ☑ Guyuan Museum

D6 GUYUAN 🚗 YINCHUAN 🚗 SHUIDONGGOU (B/L/D)

- ☑ Shuidonggou Site of Ming Great Wall

D7 SHIZUISHAN 🚗 SHAHU 🚗 YINCHUAN (B/L/D)

- ☑ Shahu (including large boats)
- ☑ Bairuiyuan Wolfberry House
- ☑ Xixia Folk Customs Garden
- ☑ Ningxia Tourist Night Market

D8 YINCHUAN ✈️ TRANSIT CITY ✈️ PENANG (B/MOB)

TOURIST ATTRACTIONS:

YINCHUAN

◆ **Zhenbeibao Western Film City** - is known as the "Oriental Hollywood". It is located in Zhenbeibao, the western suburb of Yinchuan, Ningxia. The original site was a frontier castle in the Ming and Qing Dynasties. Among the many film and television cities in China, the Western Film City is characterized by its simplicity, primitiveness, ruggedness, desolation and folk nature. It is one of the three major film and television cities in China and the only famous film and television city in western China.

ZHONGWEI

◆ **Qingtongxia Yellow River Grand Canyon** - The only large tower group in ancient Chinese tower architecture, located at the last gorge of the upper reaches of the Yellow River in central Ningxia, is a group of towers arranged in an orderly and very regular manner, with a total of 108 towers. Buddhism summarizes the troubles of life into 108 kinds. In order to eliminate the troubles, it is stipulated that 108 beads should be strung, the Buddha should be chanted 108 times, the morning bell should be rung 108 times, and 108 towers should be built, which means eliminating the troubles. It is said that walking around the first tower three times, touching its 36 sections one by one, and counting to 108, can eliminate the troubles and bring good luck.

◆ **Shapotou** - Shapotou is a magnificent wonder that combines the sacred mountain, the desert, the Yellow River, the oasis and the grassland. It is one of the "five most beautiful deserts in China". Shapotou is the first entrance of the Yellow River into Sichuan, a major passage between Europe and Asia, and a must-pass place on the ancient Silk Road. One of the characteristics of the Shapotou tourist area is sand sliding. Visitors slide down from the top of the Shapotou, which is about 100 meters high. When sliding on the sand, a strange sound will be heard from the seat, like a human bell and a huge drum, dull and deep, which is called "Jinsha Ringing Bell".

GUYUAN

◆ **Xumi Mountain Grottoes** - The Xumi Mountain Grottoes are located in Yuanzhou District, Guyuan City, Ningxia. They were first built in the Northern Wei Dynasty and have been expanded in successive dynasties. They have a history of more than 1,500 years and are one of the top ten grottoes in China. There are 162 caves, namely the Dafolou District, Zisun Palace District, Yuanguang Temple District, Xiangguo Temple District, Taohuadong District, Songshuwa District, Three Kiln Districts and Heishigou District; there are more than 500 relatively well-preserved statues, which are distributed on 8 peaks stretching for 2 kilometers.

SHAHU

◆ **Shahu** - Shahu is known as the "Pearl of the Great Wall". It has 10,000 mu of water, 5,000 mu of sand dunes, 2,000 mu of reeds, and 1,000 mu of lotus ponds. It is rich in fish and birds. There are more than a dozen rare birds and birds living here, such as white cranes, black cranes, and swans. With natural landscape as the main body, it is an ecological tourist attraction that integrates the Jiangnan water town and the desert scenery. The organic combination of "golden sand, clear water, green reeds, flying birds, swimming fish, distant mountains, and colorful lotus" forms a unique and beautiful landscape.



✓ 7 Breakfasts / 6 Lunches / 6 Dinners

Special Cuisines:

- | | |
|---------------------------------|-----------------------------|
| Nine bowls and thirteen flowers | Roast duck flavor |
| Yellow River carp flavor | Han nationality stew flavor |
| Stewed snack flavor | Luozi noodles flavor |
| Maojiataizi flavor | Guyuan flavor |
| Shahu shrimp flavor | Roast whole lamb flavor |



HOTEL OR SIMILAR (7 NIGHTS)

- | | |
|---|-----------|
| ✓ Yinchuan Lanxigu Holiday Inn Express or Similar | x2 Nights |
| ✓ Zhongwei Shui'an Yuntian View Hotel or Similar | x2 Nights |
| ✓ Guyuan Museum Atour Hotel or Similar | x1 Night |
| ✓ Yinchuan Yuehai EVEN Hotel or Similar | x2 Nights |

Disclaimer: Golden Destinations reserves the right to alter or amend the sequence of the itinerary if necessary, with or without prior notice.

Remark : There will be no refund or replacement if the tour logistic is affected by public holidays, weather conditions, natural disasters. All pictures are for illustration purposes only.

General Information

· 宁夏 NINGXIA ·



货币 Currency 	中国元 - CNY 人民币 - RMB Chinese Yuan - CNY Renminbi - RMB	信用卡 Credit Card 	银联卡 (UNION PAY) 在中国大多地方能使用, VISA和MASTER卡较为限制 UnionPay cards are widely accepted in most locations, while VISA and MasterCard are only accepted at a limited number of places	
货币兑换率 Exchange Rate 	10 元 = 马币 6.00 10 CNY = MYR 6.00 <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 - 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 Difference 	中国 - 时间与马来西亚时间标准时无相差 China - No time difference 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23公斤。 Each individual are entitled to check in 1 luggage of not more than 23 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 0°C ~ 27°C	<input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 18°C ~ 30°C	<input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov -2°C ~ 24°C	<input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb -11°C ~ -5°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>A320</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"/>



Operated By
ICE HOLIDAYS SDN BHD
 (230643-X) KPK/LN:2441

GD Partner: