

## 8天神奇宁夏·塞外江南风情之旅

全程无购物



TOUR CODE: JA-NX8



## 行程亮点

## ★ 银川

镇北堡影视城  
贺兰山岩画  
东塔民俗村  
水洞沟

## ★ 中卫

青铜峡108塔  
中华黄河楼  
中卫鼓楼步行街  
沙坡头风景区  
高庙

## ★ 固原

须弥山石窟  
固原博物馆



## 特色美食

B/7 L/6 D/5

- ★ 黄河鲤鱼
- ★ 中卫蒿子面特色餐
- ★ 固原风味
- ★ 宁夏手抓羊肉
- ★ 回乡风味



## 酒店住宿

- ★ 全程入住当地4-5星级酒店



## DAY 1

## 新加坡-银川

- 齐集樟宜机场，搭乘豪华客机经成都飞往银川。银川市是中国历史文化名城，中国·阿拉伯国家经贸论坛永久举办地，历史上曾作为西夏王朝的首都。抵达后专人接机，送往酒店休息。

## DAY 2

餐: 早/午/晚

## 银川

- 今天游览镇北堡西部影视城，位于银川市西夏区，被誉为“东方好莱坞”的中国电影拍摄基地之一。在这个以古朴、粗犷、荒凉为特色的影视城中，曾经拍摄了《红高粱》、《大话西游》、《新龙门客栈》等经典影片以及具有影响力的影视片100余部，一大批中国电影界顶级人物都在这里留下过足迹。之后参观古人类文化艺术长廊，贺兰山的纹身—贺兰山岩画。

## DAY 3

餐: 早/午/晚

## 银川-中卫

- 早餐后，乘车赴中卫，途中游览全国最大的喇嘛教塔群—青铜峡108塔，可远观国内现存最大的闸墩式水利枢纽工程之一。青铜峡是中国古塔建筑中仅见的大型群，您将登上塔顶观赏景区风光，拍照留念。中华黄河楼位于青铜峡市黄河西岸，高108米的仿古建筑黄河楼是宁夏黄河金岸的点睛之笔和标志性的景观工程之一，将打造出全国展示黄河文化第一楼，与黄鹤楼、滕王阁和鹳雀楼并称中国四大名楼。续程前往中卫鼓楼步行街自由活动、购物。

## DAY 4

餐: 早/午/晚

## 中卫

- 早餐后，前往中国十大最好玩的地方之一的沙坡头风景区，《爸爸去哪儿》的拍摄地。您将自费在中国西部最大的滑沙场滑沙、或者亲身体验飞跃黄河第一索的缆车，这里有享誉世界的治沙成果，有世界第一条穿越沙漠的铁路。之后参观高庙，是一座三教合一的寺庙，造型完整，气魄壮美的古建筑群。

## DAY 5

餐: 早/午/晚

## 中卫-固原

- 早餐后，驱车前往固原，位于宁夏回族自治区南部，西安、兰州、银川三省会城市所构成的三角地带中心，是伊斯兰文明与中原文化交汇处。抵达后游览须弥山石窟(含电瓶车)，是古代丝绸之路沿线著名的佛教石窟之一。须弥山峰峦叠嶂、林木繁茂，风景秀丽，是西北黄土高原不可多得的风景区。新落成的固原博物馆是一座集历史文物收藏、科学研究、陈列、宣传、教育于一体的综合性省级博物馆，整个建筑古朴典雅、色泽庄重、风格鲜明，已成为固原市的一个“亮点”。

## DAY 6

餐: 早/午

## 固原-银川

- 早餐后，乘车返回银川。途中游览东塔民俗印象村(含家访)。全村54户、近300人全是回族穆斯林：几乎所有的门楼上都有穆斯林风格的葱头顶，并用绿色琉璃瓦装饰。整齐划一的西北回族风格房舍，一片清新。细看墙壁、牌坊、檐口等处的砖雕，也都是考究的穆斯林花饰。午餐后参观被誉为“东方史前考古摇篮”的古人类文化遗址—水洞沟，您将乘坐景区内电瓶车、游览体验馆和藏兵洞，这里是三万年前人类繁衍生息的圣地，旧石器时代文化研究的开端。徜徉于水洞沟，沙枣林，红柳沟，让人感慨西部的神秘与苍凉，品味着水洞沟文化的底蕴，追寻着那神秘，久远的古人类文化。今晚自费品尝涮羊肉风味餐。

## DAY 7

餐: 早/午/晚

## 银川

- 早餐后，参观雄踞西北二百年的西夏王朝帝王陵—西夏王陵(含电瓶车、双陵)。西夏王朝的皇家陵寝分布着九座帝陵，是中国现存规模最大、地面遗址最完整的帝王陵园之一，被世人誉为“神秘的奇迹”、“东方金字塔”，感受古老西夏文明。接着前往枸杞馆，了解驰名中外宁夏特产；再逛逛大阅城王府井奥莱。晚餐后，安排您前往宁夏观光夜市，这里展示了宁夏特色纪念品、小商品和特色美食。

## DAY 8

餐: 早

## 银川-新加坡

- 清晨送往机场，乘搭国际航班经停成都飞返温馨的家园—新加坡。

Website



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保证自费项目(RMB600/人): 沙坡头电瓶车+滑沙+缆车、  
额里森达来骑骆驼+沙漠鞋套、银川涮羊肉风味餐  
团费不含: 小费(30 RMB/人/天); 不含签证费、个人旅游保险

备注:

- 1、在不减少景点的情况下，我社有权调整行程和所住的同级酒店。
- 2、如若行程和封面有出入之处，请以当地地接最终确认为准。中英文行程如有出入，请以中文行程为准。

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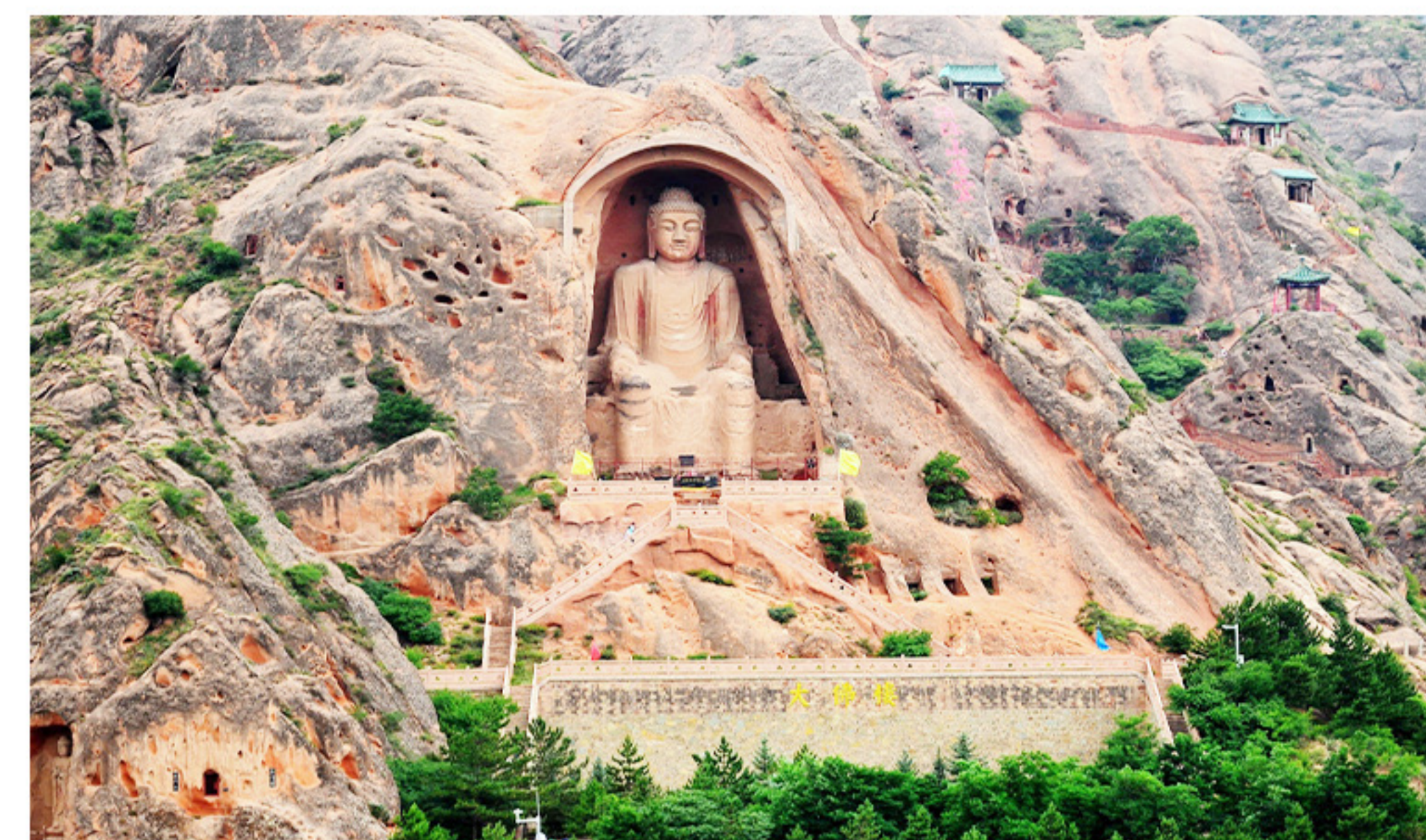
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# 8D Marvelous Ningxia

## NO SHOPPING



TOUR CODE: JA-NX8



## HIGHLIGHT

### ★ YINCHUAN

Zhenbeibao Film and TV City  
Helan Mountain Rock Painting  
Dongta Folk Village  
Shuidonggou

### ★ ZHONGWEI

Qingtongxia 108 Pagodas  
China Yellow River Building  
Zhongwei Drum Tower Walking Street  
Shapotou Scenic Area  
Gao Temple

### ★ GUYUAN

Sumeru Grottoes  
Guyuan Museum



## MEAL

B/7 L/6 D/5

- ★ Yellow River Carp
- ★ Zhongwei Artemisia noodles special meal
- ★ Guyuan flavor
- ★ Ningxia hand-held mutton,
- ★ Hometown flavor



## HOTEL

★ Stay in local 4-5★ hotels throughout

## DAY 1

### SINGAPORE-YINCHUAN

- Assemble at Changi Airport for your flight to **Yinchuan** the capital city of Ningxia Hui Autonomous Region. Arrival, transfer to hotel for night stay.

## DAY 2

MEAL: B/L/D

### YINCHUAN

- Today, we will go to the **Zhenbei West Film Studio** which has a primitive, wild and desolate style, and is the place where classic films such as Zhang Yimou's career-launching, Red Sorghum, New Dragon Inn and Talk on the Journey to the West were filmed at. Around the hillsides of Helanshan, there are tens of thousands of rock carvings by ancient nomadic tribes, which are known as the **Helanshan Rock Carvings** (tram cart included).

## DAY 3

MEAL: B/L/D

### YINCHUAN-ZHONGWEI

- After breakfast, visit the famous **108 Pagodas** near Qingtongxia Gorge Scenic Area. The pagodas are arranged in an odd order, 12 rows from top to bottom in accordance with the topography and which forms a huge equilateral triangle with 108 pagodas in all. The Yellow River Tower in Qingtongxia City, located along the Yellow River, is 108 meters high and is one of the landmarks in the city. Thereafter coach to Zhongwei for your shopping spree at **Gulou Street**.

## DAY 4

MEAL: B/L/D

### ZHONGWEI

- Zhongwei City lies in west-central Ningxia Province, bordered by Gansu Province to the west and Inner Mongolia to the north. **Shapotou Scenic Area** is regarded as one of the five most beautiful deserts in China, and is widely recognized as the Capital of Sand, where the Yellow River flows. It is an amazing place where the desert, grasslands and the Yellow River meet. Also it is the filming location of popular variety show <Where Are We Going, Dad?>. Located in northern Zhongwei County, **High Temple** (Gaomiao) represents a unique amalgamation of Confucianism, Taoism and Buddhism.

## DAY 5

MEAL: B/L/D

### ZHONGWEI-GUYUAN

- After breakfast, head for Guyuan for a visit to **Mount Sumeru Grottoes** one of the ten most famous grottoes in China. Unlike Longmen and Yungang Grottoes which were built in the high cliffs to offer visitors a panoramic view, Mount Sumeru Grottoes were built along the contour of the mountains. **Guyuan Museum** was established to collect ethnic treasures and art crafts that trace back through the history of the Silk Road.

## DAY 6

MEAL: B/L

### GUYUAN-YINCHUAN

- After breakfast, travel back to Yinchuan by coach. Just a few kilometers from the city center of Wuzhong there is a place called **Dongta Muslim Village**. Stroll along the village, you can feel the hui ethnic atmosphere. The **Shuidonggou Site** is one of the earliest sites found in China belonging to the Paleolithic Age. This amazing historical site is like a theme park with tram cart ride & donkey-drawn cart for you to experience. Tonight, savour Instant-boiled Mutton Flavour at own expense.

## DAY 7

MEAL: B/L/D

### YINCHUAN

- Today, start your city tour to visit the **Western Xia Imperial Tomb**. West Xia Kingdom (1038-1227) was once a powerful kingdom, with its capital in Yinchuan sheltered by Mt. Helan imperial forests. Its Imperial Tombs is called, the Oriental Pyramids, by foreign tourists. Make a stop at **Ningxia Red Wolfberry Museum** where you will learn more about Goqi. Then, proceed to the **Dayuecheng Wangfujing Outlet**. After dinner, take a leisure stroll along the **Night Market**.

## DAY 8

MEAL: B

### YINCHUAN-SINGAPORE

- After breakfast, transfer to the airport for your return flight via Chengdu back to Singapore.

COMPULSORY TOUR (RMB 600/PERSON): SHAPOTOU TRAM CART WITH SAND-SLIDING & CABLE CAR RIDE + ELISENDALAI CAMEL RIDE & SHOE COVER + INSTANT-BOILED MUTTON  
TIPS: 30RMB/PAX/DAY (PAY TO LOCAL AGENCY)  
PACKAGE EXCLUDE: VISA APPLICATION FEE

#### REMARKS:

- If there is any discrepancy between English and Chinese itinerary, please refer to the Chinese itinerary one strictly
- Due to unforeseen circumstances, the sequence of itinerary may subject to changes without prior notice

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