

探索中国
遊深度



12 Days 10 Nights
沙洲宁夏.内蒙古.陕西
Ningxia .Inner Mongolia. Shaanxi

西安.平凉.固原.中卫.银川.榆林.鄂尔多斯.延安.铜川.西安

Itinerary Status
行程目录

陕西 Shaanxi ; 平凉.靖边.延安.铜川
~平凉崆峒山、平凉崆峒不夜城步行街
~靖边波浪谷、延安雨岔大峡谷
~铜川陈炉古镇、
~西安汉阳陵博物馆、大明宫、永兴坊、大唐不夜城

宁夏 Ningxia ; 固原.银川
~固原火石寨、须弥山石窟景区
~银川青铜峡黄河大峡谷、水洞沟遗迹
~银川沙湖湿地公园-贺兰山岩画-枸杞园-怀远夜市

内蒙古 Inner Mongolia ; 右-左旗.鄂尔多斯
~右旗英雄会会址
~左旗越野车穿越沙漠3湖.骆驼湖-乌兰湖-吉他湖
(送无人机集体拍摄)-途径三关口
~鄂尔多斯草原 *具体以实际状况调整*
(蒙古课堂-品尝奶茶-烫毡画-射箭-体验摔跤-投壶赛布鲁、投喂小羊)



旅程特色

吃好料~ 养生调理餐、手抓羊肉、
莜面风味、酸菜鱼、
草原手把肉、陕西泡馍、
烤鸭风味、西安小吃

体验感~ 黄河大峡谷游大船、
水洞沟游船+马车+骆驼车、
越野车穿越沙漠3湖、
无人机集体拍摄、
鄂尔多斯草原体验项目
打卡波浪谷奇特地形、
走入峡谷缝隙中的地下层、
欣赏火石寨丹霞地貌、

当地 4*酒店住宿

酒店住宿 (或同级)
西安4星~智选假日酒店 x2 晚
平凉4星~广成酒店
固原4星~禧悦酒店
银川4星~新华联瑞景酒店 x3晚
鄂尔多斯草原酒店 (蒙古包/酒店)
靖边4星~美豪酒店
铜川4星~中金国际酒店

参考航班

D01: KUL 吉隆坡→西安 XIY D7346 1905-0030+1
D12: XIY 西安→吉隆坡 KUL D7347 0140-0710

菱信假期

693178A (KPL NO:4294)

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第1天: 吉隆坡→西安

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集合于吉隆坡国际机场, 飞往“**西安**”。接机后, 送往入住酒店休息。

第2天: 西安 4.5h 平凉

(早/午/晚)

平凉崆峒山 (含往返中台区间车): 自古就有“中华道教第一山”的美誉, 是丝绸之路西出关中之要塞, 从崆峒古镇坐景区观光车到达崆峒山中台, 需穿越58道险峻的弯道。弯道旁多处是陡直的崖壁, 最典型就是“海内真崆峒”。

平凉崆峒不夜城步行街: 浓浓的烟火气息扑面而来, 美轮美奂的互动打卡, 目不暇接的演艺演出, 风格多样的场景及各种特色美食, 让人沉醉其中。

第3天: 平凉 2h 固原

(早/午/晚)

宁夏固原火石寨国家地质公园 (含区间车): 是中国北方发育最为典型、海拔最高的丹霞地貌、在西北这么荒的地方竟然有如同江南美景般的景色的确很让人震惊。被誉为“中国最壮美丹霞地貌”、“中国的科罗拉多大峡谷”。由于山体岩石呈现暗红色, 如同一团团燃烧的火焰, 故而被人称为火石寨。

固原须弥山石窟景区 (含区间车): 这里可以了解丝绸之路各处的佛龛、藏品以及和佛教有关的典故。

第4天: 固原 4.5h 银川

(早/午/晚)

青铜峡黄河大峡谷 (含大船游河): “天下黄河富宁夏, 塞上明珠青铜峡” 汇集了观音台、天书阁、鳄鱼石、群虾壁、三道沟、洗心泉、青铜峡石刻、贺兰睡佛等独特景观, 是黄河流域上最具特色的峡谷地貌, 享有“十里长峡·黄河之魂”之美誉。其标志性景观“百塔凌波”被评为宁夏新十景之一。

水洞沟文化遗址 (含电瓶车+游船+藏兵洞+马车+骆驼车): 是中国最早发掘的旧石器时代文化遗址, 被誉为中国史前考古的发祥地和最具中华文明意义的百项考古发现之一, 古人类在这里留下了大量石器、骨器、装饰品、动物骨骼化石、火塘等数以万计的遗物、遗迹。

第5天: 银川 (左旗 6小时穿越沙漠3湖)

(早/午/晚)

乘搭越野车 (2-3人/车): 打卡**英雄会会址**; 网红打卡点: 骆驼湖-乌兰湖-吉他湖、3湖越野穿越~ *赠送~无人机集体拍摄、返回银川、途经**三关口明长城**。

第6天: 银川

(早/午/晚)

沙湖生态旅游景区 (含游船): 水绕沙丘, 塞上传奇。西北早有的荒漠湿地特色景观, 融江南水乡之秀丽与塞北大漠雄浑为一体, 塞上明珠~

贺兰山岩画 (含区间车): 记录了远古人类3000~10000年前放牧、狩猎、祭祀、征战、娱舞、交媾等生产生活场景, 成为研究远古人类文化史、原始艺术史的文化宝库。

银川怀远夜市: 怀远路和文萃北路的十字路口, 夜灯初上, 置身其中, 琳琅满目的美食和混合各种味道的烟火气息, 吸引了市民、游客前来打卡。

第7天: 银川 5h 鄂尔多斯

(早/午/晚)

鄂尔多斯草原 *具体以实际状况调整*

(**蒙古课堂-品尝奶茶-烫毡画-射箭-体验摔跤-投壶赛布鲁-投喂小羊**)

这里, 绿草如茵, 牛羊成群, 蓝天白云下, 一幅和谐的草原生态画卷展现在眼前。

第8天: 鄂尔多斯 3.5h 靖边

(早/午/晚)

靖边波浪谷 (含区间车): 是一块非典型地貌的丹霞, 兼具雅丹和土林之美。它展示的是由数百万年的风、水和时间雕琢砂岩而成的奇妙世界, 值得一游~

第9天: 靖边 3h 雨岔村 3h 铜川

(早/午/晚)

甘泉雨岔大峡谷 (含区间车): 几亿万年前, 陕北发生过强烈的地震, 使其一座黄土大山分开一条大裂缝, 又经过几百年雨水冲刷, 慢慢形成这样、峡谷内空气清新, 有清澈的溪流, 月牙湾内怪石纹路交错宛若盘旋在山谷中的游龙, 桦树沟内石壁缠绕的无规则的状态形似与美国的羚羊谷~

第10天: 铜川 1.5h 西安

(早/午/晚)

铜川陈炉古镇: 是宋元以后耀州窑唯一尚在制瓷的旧址, 其烧造陶瓷的炉火近千年来灼灼不息, 形成“炉山不夜”的独特美景, 陈炉古镇更因“陶炉陈列”而得名。

西安汉阳陵博物馆: 院内长期陈列文物逾1万件, 包括各种陶俑、陶塑动物、生活用具等~

第11天: 西安-机场

(早/午/晚)

大明宫国家遗址公园 (含区间车): 是唐长安城的三座主要宫殿群中规模最大的一座。

永兴坊: 陕西非遗文化特色街区, 是唐代一百零八坊之一, 魏征府邸旧址。

大唐不夜城: 以盛唐文化为背景的大型仿唐建筑群步行街

第12天: 西安→吉隆坡

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乘搭客机飞返吉隆坡。

酒店以当地星级为准。行程安排仅供参考, 以最终航班及酒店确认为准。

团费包含: 机票+机场税、飞机餐、来回20kg托运行李、小费、中国免签证

团费不含: 旅游保险、吉隆坡机场接送



Itinerary

Day01: Kuala Lumpur → Xi An

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Meet at Kuala Lumpur International Airport for your flight to Xi'an. Pick up at the airport and transfer to the hotel.

Day02: XiAn 4.5h Ping Liang

(B/L/D)

Ping Liang Kongdong Mountain (including round-trip shuttle bus to Zhongtai): Since ancient times, it has been known as 'the first mountain of Chinese Taoism', and it is the fortress of the Silk Road west out of Guanzhong, from the old town of Kongdong to Kongdong Mountain Zhongtai by scenic spot sightseeing bus, you need to traverse 58 treacherous curves. There are many steep and straight cliffs beside the bends, the most typical of which is the 'real Kongdong in the sea'.

Ping Liang Kongdong Nocturnal City Walking Street: The strong smell of fireworks, beautiful interactive cards, dazzling performances, a variety of styles of scenes and a variety of specialty food, make people intoxicated.

Day03: Ping Liang 2h Gu Yuan

(B/L/D)

Ningxia Guyuan Huoshizhai National Geopark (including interval car): is the most typical development in northern China, the highest altitude Danxia landforms, in the northwest of such a barren place there is as beautiful as the scenery of Jiangnan is indeed very shocking. It is known as 'China's most magnificent Danxia landform' and 'China's Colorado Canyon'. Because the mountain rocks present dark red, as a group of burning fire, so it is known as the fire stone cottage.

Guyuan Sumeru Grottoes Scenic Spot (with interval car): Here you can learn about the Buddhist caves, collections and Buddhist-related allusions in various places along the Silk Road.

Day04: Gu Yuan 4.5h Ying Chuan

(B/L/D)

Qingtongxia Yellow River Grand Canyon (including boat trip): 'The Yellow River is rich in Ningxia, and Qingtongxia is the Pearl on the Seaside.' The unique scenery of Guanyin Terrace, Tianshu Pavilion, Crocodile Rock, Group of Shrimp Walls, Sandou Ditch, Wash the Heart Spring, stone carvings of Qingtongxia, and the Sleeping Buddha of Helan, etc.

Shuitonggou Cultural Ruins (including electric car + boat + Cave of Hidden Soldiers + horse-drawn carriage + camel car): It is the earliest excavated Paleolithic cultural ruins in China, and is regarded as the birthplace of China's prehistoric archaeology and one of the 100 archaeological discoveries of the greatest significance to Chinese civilization, where the ancient human beings left behind tens of thousands of relics and monuments such as large quantities of stone tools, bone tools, decorative objects, fossilized animal bones, and fire pits! .

Day05: Yin Chuan (6Hour Desert tour visit 3 Lakes)

(B/L/D)

Ride off-road vehicle (2-3 people/vehicle): **Point of heroes meeting site; Next: camel lake - Wulan Lake - Guitar Lake, 3 lakes** cross-country traversing~.* Presented ~ drone group shooting, return to Yinchuan, passing through the three passes of the Ming Great Wall.

Day06: Yin Chuan

(B/L/D)

Sand Lake Ecotourism Scenic Spot (including boat trip): water around the sand dunes, the legend of the Seaside. Rare desert wetland landscape in Northwest China, combining the beauty of Jiangnan Water Town and the majesty of the desert in the north of Serbia, the Pearl of the Seas. **Helan Mountain Petroglyphs (including interval car):** Records of ancient mankind 3000~10000 years ago grazing, hunting, rituals, war, entertainment, dance, coitus and other scenes of production and life, and has become a cultural treasure trove for the study of the cultural history of ancient mankind, the history of primitive art.

Yinchuan Huaiyuan Night Market: at the intersection of Huai yuan Road and Wencui North Road, when the night lights come on and you are in the middle of it, the wide variety of food and the fireworks mixed~

Day07: Yin Chuan 5h Ordos

(B/L/D)

Ordos Grassland *Adjusted according to the actual situation*

(Mongolian Classroom - Tasting Milk Tea - Hot Felt Painting - Archery - Experience Wrestling - Pitcher Sai Bru, Feeding Sheep)

Here, green grass, cattle and sheep, under the blue sky and white clouds, a harmonious ecological picture scroll of the grassland unfolds in front of you.

Day08: Ordos 3.5h Jing Bian

(B/L/D)

Jingbian Wave Valley (with interval car): It is a piece of Danxia with atypical geomorphology, combining the beauty of Yadan and Tulin. It displays a marvelous world of sandstone sculpted by millions of years of wind, water and time, and is worth a visit~.

Day09: Jing Bian 3h Yucha Village 3h Tong Chuan

(B/L/D)

Ganquan rain fork Grand Canyon (including interval car): hundreds of millions of years ago, the north of Shaanxi Province, there was a strong earthquake, so that one of the loess mountains apart from a large crack, and after hundreds of years of rainfall, slowly formed so that the canyon air, there are clear streams, crescent moon bay within the strange stone pattern interlocking as if hovering in the valley of the wandering dragon, birch ditch within the stone wall winding irregular state resembles the United States with the Antelope Valley ~

Day10: Tong Chuan 1.5h XiAn

(B/L/D)

Tong Chuan Chen forge Ancient Town: It is the only old site of Yao Zhou kiln that still produces porcelain after Song and Yuan Dynasties, and its ceramic fire has been burning continuously for nearly 1,000 years, forming the unique beauty of 'Furnace Mountain', and Chen forge Ancient Town is even named because of the 'Furnace Display'.

Xi'an Hanyang Mausoleum Museum: over 10,000 pieces of cultural relics are permanently displayed in the museum, including various kinds of terracotta figurines, ceramic animals and household utensils.

Day11: XiAn~Air port

(B/L/D)

Daming Palace National Heritage Park (including interval bus): the largest of the three main palace complexes in the Tang Dynasty's Chang'an City.

Yongxingfang: a characteristic neighborhood of Shaanxi's non-heritage culture, one of the one hundred and eight squares in the Tang Dynasty and the former site of Wei Zheng's residence.

Great Tang Nocturnal City: a large-scale pedestrian street imitating the Tang architectural complex with the background of the Sheng Tang culture.

Day12: XiAn→Kuala Lumpur

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Fly back to Kuala Lumpur.

Hotels are subject to local star rating. Itinerary is for reference only, subject to final flight and hotel confirmation.

Includes: Air Ticket + Airport Tax, Meals, 20kg Checked Baggage, Tips, Visa Waiver for China.
Excludes: Travel Insurance, Kuala Lumpur Airport Transfers

