

- ✓ 全程无购物站
- ✓ 两大世界地质公园：云台山世界地质公园、嵩山世界地质公园
- ✓ 三大世界文化遗产：洛阳龙门石窟、登封少林寺、洛阳丝绸之路
- ✓ 三大 4A 级景区：开封包公祠景区、洛阳洛邑古城景区、许昌春秋楼景区。
- ✓ 四大 5A 级景区：洛阳的龙门石窟、郑州的少林寺、开封的清明上河园、焦作的云台山景区
- ✓ 四大古都：十三朝古都洛阳、八朝古都开封、商朝古都郑州、三国都城许昌
- ✓ 特别安排少林寺文僧讲解寺院和武僧教授非遗养生少林八段锦
- ✓ 特别安排洛阳丽景门武皇迎宾仪式
- ✓ 打卡【胖东来时代广场】体验【水上巴士】
- ✓ 七大风味：郑州面食风味、少林寺素斋风味、洛阳帝都鱼头风味、牡丹宴席风味、云台山珍风味、开封黄家包子风味、许昌的三国文化风味

## 7 天 5 晚 中原古都~ 之华夏传奇西安之旅

(郑州 / 开封 / 焦作 / 洛阳 / 登封 / 许昌)

CN7CGO 行程从 7 月 2025 起适用

第一天 吉隆坡 - 郑州 (机上用餐)

酒店：郑州机场云旅盛开酒店或同级

集合于吉隆坡国际机场，办理登机手续后飞往 郑州机场，接机后入住酒店休息。

第二天 郑州 1 小时 - 开封 (早/午-灌汤包风味/晚-大宋风味宴)

酒店：开封仟那千寻酒店或同级

早餐后，早餐后前往开封参观【包公祠】于开封繁华古街旁，是纪念北宋名臣包拯的专祠。这里不仅展示了包公断案如神、清正廉洁的一生事迹，还有许多生动的历史雕塑与展陈内容，展现出他刚正不阿的风骨，尤其适合家庭与学生寓教于游【清明上河园】以张择端名画《清明上河图》为蓝本打造的大型宋代文化主题公园，真实还原了北宋都城的街市、民俗与生活场景。园中每天有丰富表演，如迎宾仪仗、马术表演、水上婚礼等，仿佛穿越千年宋。



包公祠



清明上河园



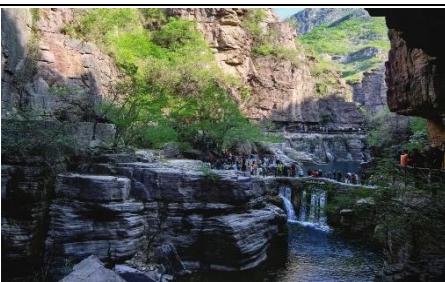
第三天 郑州 2 小时 - 焦作 (早/午-云台山珍/晚-烤鸭风味)  
同级

酒店：焦作中州美逸酒店或

早餐后赴焦作，游览【云台山风景区】(含环保巴士景交) 云台山是国家 5A 级景区、世界地质公园，以雄、险、奇、幽、秀著称。集山、峡、泉、瀑、潭、林于一体，被誉为“北方小九寨”。景区内景点众多，以红石峡和潭瀑峡最具代表性【红石峡】全长约 2 公里，以奇特的“红岩绝壁”著称。峡谷两侧丹崖耸立，溪流蜿蜒穿行其间，岩石色泽红艳，层理清晰，是云台山最具代表性的景观带【潭瀑峡景区】潭瀑峡因水多、潭多、瀑多而得名，山中常年水流不断，溪水清澈见底，一步一潭，步步有景。峡谷内森林茂密，是天然的氧吧与避暑圣地。



云台山风景区



红石峡



潭瀑峡景区



#### 第四天 郑州 2 小时 – 洛阳（早/午-河洛风味/晚-宫廷牡丹燕菜）

酒店：洛阳吾朵丽呈酒店或同级

早餐后，前往洛阳参观【白马寺】始建于东汉永平十一年（公元 68 年），是佛教正式传入中国后兴建的第一座官办寺院，有“释源祖庭”之称。寺内古木参天、香火鼎盛，是中外佛教信众朝圣的重要圣地。下午游览【丽景门+明清一条街】（安排武皇迎宾，穿汉服、学汉礼，赠送通关文牒）丽景门是洛阳古城的重要门户，门楼巍峨，重现盛唐气象。明清一条街则以仿古建筑还原了洛阳老街风貌，两者相连，构成“穿越式”文旅体验核心区。傍晚打卡网红景区【洛邑古城】洛邑古城位于洛阳老城区核心地段，是集历史文化、夜市美食与非遗技艺于一体的文旅地标。



#### 第五天 洛阳 1.5 小时 – 登封（早/午-帝都鱼头/晚-素斋风味）

酒店：登封观嵩山假日酒店或同级

早餐后参观【龙门石窟】（含双程电瓶车+耳机）龙门石窟开凿于北魏，历经 400 余年，现存佛像 10 万余尊，是中国三大石窟之一。卢舍那大佛庄严慈祥，被誉为“东方蒙娜丽莎”。全程配有讲解耳机，深入了解艺术与信仰的融合。午餐后赴登封参观【少林寺】（含双程电瓶车+耳机）【塔林】少林寺始建于北魏，是中国禅宗发源地和武术重镇，历代高僧辈出，声名远播。塔林是历代高僧圆寂后的灵塔集中地，庄严肃穆。【非遗养生少林八段锦】在少林弟子的指导下，亲身学习“八段锦”传统养生功法，舒筋活血、强身健体；还有“功夫大师面对面”，学习基本招式，近距离感受正宗少林武术文化。并可领取结业证书留作纪念



#### 第六天 登封 – 许昌 – 郑州 – 吉隆坡（早/午-三国风味/晚-郑州风味）

早餐后，前往许昌参观【曹魏古城】曹魏古城是许昌重点打造的三国文化旅游区，以汉魏风格还原“魏都盛世”，漫步古街巷中仿佛穿越回三国时期。城中可见曹操雕像、点将台、古战车等，充满历史氛围【春秋楼】春秋楼是许昌的标志性历史遗迹，相传为曹操与诸葛亮初见之地。楼阁古朴大气，寓意“识人于微时”。登楼可俯瞰许昌古韵街巷，是文史爱好者的打卡胜地。【曹丞相府】再现曹操在许昌治理天下的府邸布局，设有丞相议政厅、书房、兵营等，游客可穿汉服、听讲解，真实体验丞相治国日常，兼具知识性与趣味性。打卡【胖东来时代广场】是中国服务行业的标杆，时代广场作为旗舰店不仅商品齐全、环境整洁，美食、生活馆、创意陈列都非常吸睛，是游客争相打卡的“商业景点”。体验【水上巴士】晚餐后送往机场……指定时间送往机场，乘机返回温馨的家。



#### 第七天 吉隆坡（飞机餐）

抵达吉隆坡，下次再见哟～

\*\*\* 推荐自费：大宋东京梦华演出 = RMB 300/人 或者 禅宗少林音乐大典 = RMB 300/人



备注：

行程若更改，需受公司的条款与细则所约束。顾客需注意以下事项：在公司无法控制的情况下行程可能更改。

指定城市的住宿需视客房供应情况而定。

行程顺序可能更改。不同团体可能合并成一团。

若有更改不被接受，需遵守条款与细则中的退款规定。



#### ☑ NO SHOPPING STOP

☑ 2 World Geoparks: Yuntai Mountain World Geopark, Songshan World Geopark

☑ 3 UNESCO World Heritage Sites: Longmen Grottoes (Luoyang), Shaolin Temple (Dengfeng), Silk Road (Luoyang section)

☑ 3 National 4A-Rated Attractions: Kaifeng Bao Gong Temple, Luoyang Luoyi Ancient City, Xuchang Chunqiu Tower

☑ 4 National 5A-Rated Attractions: Longmen Grottoes, Shaolin Temple, Qingming Riverside Landscape Garden (Kaifeng), Yuntai Mountain Scenic Area

☑ 4 Ancient Capitals: Luoyang (13 dynasties), Kaifeng (8 dynasties), Zhengzhou (capital of the Shang dynasty), Xuchang (capital during the Three Kingdoms)

☑ Special Activity: Temple monk-led tour and kung fu master-led “Baduanjin” wellness practice at Shaolin Temple

☑ Special Ceremony: Royal-style “Emperor’s Welcome” at Luoyang Lijing Gate

☑ Trendy Experiences: Visit Pangdonglai Shopping Plaza and enjoy a Water Bus ride through Xuchang

## 7D5N TRACING THE GLORIOUS LEGACY OF ANCIENT CHINA TO XI'AN (ZHENGZHOU / KAIFENG / JIAOZUO / LUOYANG / DENGFENG / XUCHANG)

### DAY 1 KUALA LUMPUR – ZHENGZHOU (MOB)

**Hotel:** Yunlv bloom hotel or similar

Meet at Kuala Lumpur International Airport, after check in, fly to Xiamen Airport, pick up and check into the hotel to rest.

### DAY 2 ZHENGZHOU 1HRS – KAIFENG (B/L/D)

**Hotel:** Qianna QianXun Hotel or similar

After breakfast, **Baogong Memorial Temple** Located in Kaifeng’s old city area, this temple honors Bao Zheng, a famous and upright official of the Northern Song Dynasty **Qingming Riverside Landscape Garden**. A large cultural theme park based on the famous painting “Along the River During the Qingming Festival” by Zhang Zeduan.

### DAY 3 ZHENGZHOU 2HRS – JIAOZUO (B/L/D)

**Hotel:** Zhongzhou Yimei Hotel or similar

After breakfast, **Yutani Mountain Scenic Area** (includes eco-shuttle service) A national 5A-rated scenic spot and UNESCO World Geopark, Yuntai Mountain is known for its majestic cliffs, deep gorges, waterfalls, springs, and lush forests. It’s often called the “Mini Jiuzhaigou of the North” for its stunning natural beauty. **Hongshi Gorge** the layered rock formations and vivid colors make it the most iconic landscape in Yuntai Mountain. **Tanpu Gorge** known for its many waterfalls and crystal-clear pools, this gorge is rich in water features year-round. With its dense forests and fresh air, it’s a perfect natural “oxygen bar” and summer escape.

### DAY 4 ZHENGZHOU 2HRS – LUOYANG (B/L/D)

**Hotel:** Wu Duo Li Cheng Hotel or similar

After breakfast, **White Horse Temple** known as the “Cradle of Chinese Buddhism.” With ancient trees, solemn halls, and centuries of incense offerings, it remains a sacred pilgrimage site for Buddhists from around the world. **Lijing Gate & Ming–Qing Street** (Includes a royal welcome ceremony, Hanfu dress-up experience, Han etiquette learning, and a souvenir travel pass scroll) Lijing Gate was once the grand entrance to ancient Luoyang and is now a landmark symbol of the city’s imperial past. **Luoyi Ancient City (Luoyi Gucheng)** A popular heritage attraction located in the heart of old Luoyang, combining historical architecture, night markets, and traditional arts.

### DAY 5 LUOYANG 1.5HRS – DENGFENG (B/L/D)

**Hotel:** Holiday Inn Express Dengfeng Songshan Hotel or similar

After breakfast, **Longmen Grottoes** (Includes round-trip electric cart + audio guide) Carved during the Northern Wei Dynasty and developed over 400 years, Longmen Grottoes house more than 100,000 Buddha statues. The most iconic figure, the Vairocana Buddha, is praised as the “Mona Lisa of the East.” **Shaolin Temple & Pagoda Forest** (Includes round-trip electric cart + audio guide) Founded in the Northern Wei Dynasty, Shaolin Temple is the birthplace of Chinese Zen Buddhism and renowned for Shaolin Kung Fu. **Special Cultural Experience: Shaolin Wellness – Baduanjin Practice** Under the guidance of Shaolin disciples, personally learn the traditional wellness practice “Baduanjin. You will also take part in a “Face-to-Face with Kung Fu Masters” session to learn basic moves and experience authentic Shaolin martial arts up close. A certificate of completion will be provided as a meaningful keepsake.

### DAY 6 DENGFENG – XUCHANG – ZHENGZHOU AIRPORT – KUALA LUMPUR (B/L/D)

After breakfast, **Cao Wei Ancient City** Walking through its streets feels like stepping back in time to the era of Cao Cao. Key landmarks include statues of Cao Cao, the military parade platform, and ancient war chariots. **Chunqiu Tower** The tower reflects traditional elegance and carries the meaning of “recognizing talent before fame.” From the top, enjoy a panoramic view of the old town — a favorite spot for history and culture lovers **Prime Minister Cao’s Mansion (Cao Chengxiang Fu)**. Visitors can explore the Prime Minister’s Hall, study room, and military quarters. Try on Han costumes and listen to historical commentary for an immersive, educational experience **[Punch-in at Pangdonglai Times Plaza]** This flagship store offers a wide range of products, spotless facilities, gourmet zones, and eye-catching themed displays. It has become a must-visit “retail attraction” for tourists. **Experience: Water Bus Ride**

### DAY 7 KUALA LUMPUR (MOB)

Back to Home Sweet Home

\*\*\* Optional: Grand Song Dynasty Dream Performance RMB 300/pax OR Zen Shaolin Music Grand Ceremony RMB 300/pax

#### Remarks

Revisions, if any, in itinerary are subject to the Company’s Terms and Conditions.

Itinerary may be subject to change due to circumstances beyond the Company’s control.

Accommodation in designated cities is subject to room availability.

Sequence of itinerary may be subject to change. Different tour groups may be merged.

Proposed changes, if any, that are not accepted will be subject to the refund provisions set out in the Terms and Conditions.