

- ☑ 全程纯玩无购物
- ☑ 三大世界地质公园：云台山世界地质公园、嵩山世界地质公园、华山世界地质公园
- ☑ 三大 4A 级景区：开封包公祠景区、洛阳洛邑古城景区、景区。
- ☑ 四大世界文化遗产：洛阳龙门石窟、登封少林寺、西安大明宫国家遗址公园、洛阳丝绸之路。
- ☑ 四大古都：分别是十三朝古都洛阳、八朝古都开封、商朝古都郑州、十三朝古都西安
- ☑ 七大 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、西安的华山景区、西安的秦始皇陵兵马俑、西安大明宫国家遗址公园、西安城墙长乐门文化景区
- ☑ 八大风味：分别是西安的面食风味、饺子宴风味、华山汽锅鸡风味、少林寺的素斋风味、洛阳的帝都鱼头风味、牡丹宴席风味、开封的黄家包子风味、郑州的烩面风味
- ☑ 特别安排少林寺非遗养生体验少林八段锦
- ☑ 洛阳丽景门武皇迎宾仪式



9 天 7 晚 中原·西安文化遗产深度之旅

(郑州 / 登封 / 洛阳 / 华山 / 西安 / 临潼)

CN9CGO 行程从 7 月 2025 起适用

第一天 吉隆坡 - 郑州 (机上用餐)

酒店：航政酒店或同级或同级

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 1.5 小时 - 登封 (早/午-中式合菜/晚-素斋风味)

酒店：登封观嵩山假日酒店或同级

早餐后【嵩阳书院】中国古代四大书院之一，始建于北魏，历史悠久，是儒学传播的重要场所。院内古柏参天、碑刻林立，文化气息浓厚。下午游览少林寺，参观【寺院+塔林】(含双程电瓶车+耳机)观看【少林寺】【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。



嵩阳书院



寺院+塔林



少林寺

第三天 登封 1.5 小时 – 洛阳（早/午-洛阳宴天下/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。古城依水而建，夜晚灯火辉映，适合打卡拍照、品尝美食、欣赏民俗表演。



第四天 洛阳 3 小时 – 华山（早/午-帝都鱼头风味/晚-华山汽锅鸡） **酒店：华山兴和国际酒点或同级**
早餐后，前往【龙门石窟】（含双程电瓶车+耳机）中国三大石窟之一，开凿于北魏，历经 400 余年，现存佛像 10 万余尊。最著名的卢舍那大佛神态庄严、被誉为“东方蒙娜丽莎”【洛阳城市展览馆】集中展示洛阳作为十三朝古都的辉煌历史与现代城市发展。通过实景模型、多媒体展项了解洛阳的城市脉络与文化演变，是“认识洛阳”的绝佳第一站。



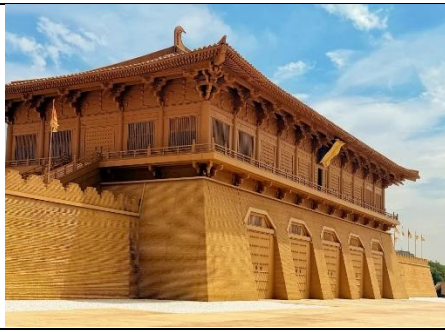
第五天 洛阳 1 小时 – 华山（早/午-中式合菜/晚-德发长饺子宴） **酒店：西安智选假日酒店或同级**
早餐后，游览【华山】（含北峰缆车上下+进山车）乘坐缆车直达华山北峰，畅游“奇险天下第一山”。远眺群峰竞秀，感受“华山论剑”的豪情壮志，亲身体会江湖气息与自然雄奇。【逛钟鼓楼广场】西安地标性建筑群，白天气势恢宏，夜晚灯光璀璨，是西安城中心的打卡胜地。【回民街】西安最有名的美食街，汇聚各类清真小吃，如肉夹馍、羊肉泡馍、灌汤包等，是感受西安民俗与味蕾的绝佳去处。



第六天 西安 1 小时 – 临潼（早/午-中式合菜/晚-裤带面风味） **酒店：西安智选假日酒店或同级**
早餐后【秦始皇陵兵马俑】世界第八大奇迹，秦始皇帝陵的重要组成部分。兵马俑规模宏大、布局严整，展现秦朝军阵威严，是中华文明的重要象征【大明宫国家遗址公园】（含电瓶车）唐代最宏伟的皇家宫殿遗址，有“千宫之宫”之称。如今园区复原盛唐建筑风貌，漫步其中仿佛穿越盛唐时代【大雁塔】（外观）西安地标性建筑，唐代玄奘法师取经归来后所建，是中印文化交流的象征【大唐不夜城】夜游西安的打卡胜地，集灯光秀、演艺、美食、购物于一体。恢弘建筑、盛唐氛围与现代互动装置完美融合，适合拍照打卡、感受盛唐夜生活。



秦始皇陵兵马俑



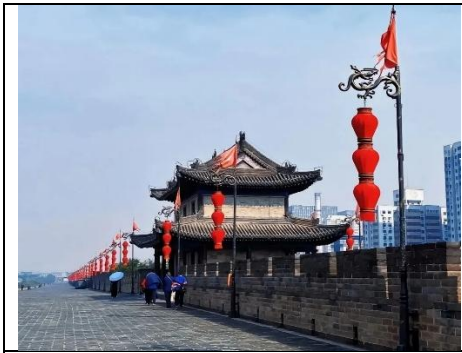
大明宫国家遗址公园（含电瓶车）



大雁塔（外观）

第七天 西安（乘车高铁）郑州 — 开封（早/午-中式合菜/晚-中式合菜） 酒店：开封仟那千寻酒店或同级

早餐后【**明城墙·长乐门**】西安古城墙的东门，保存完好，气势恢宏，是了解明代城防体系和古都格局的重要入口。登墙远眺，尽览古城风貌【**永兴坊**】集非遗美食、民俗表演和文化体验于一体的特色街区。**下午乘高铁前往郑州**可品尝陕西各地传统小吃，还能体验写书法、看皮影等民间技艺【**鼓楼夜市**】郑州人气夜市之一，摊位密集、小吃丰富，是当地人和游客夜间休闲、美食探访的热门之选。



明城墙·长乐门



永兴坊



鼓楼夜市

第八天 开封 — 郑州 — 吉隆坡（早/午-黄家包子宴/晚-中式合菜）

早餐后，早餐后前往开封参观【**包公祠**】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。晚上感受《**梦华录**》夜东京的繁华，乘坐【**御河游船**】晚餐后，送往机场……



包公祠



清明上河园



《梦华录》御河游船

第九天 吉隆坡（飞机餐）

抵达吉隆坡，下次再见哟～

***** 推荐自费：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。

9D7N IN-DEPTH CULTURAL HERITAGE TOUR OF CENTRAL PLAINS XI'AN (ZHENGZHOU / DENGFENG / LUOYANG / MOUNT HUA / XI'AN / LINTONG)

DAY 1 KUALA LUMPUR – ZHENGZHOU (MOB)

Hotel: Hangzheng 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 – DENGFENG (1.5 HRS) (B/L/D)

Hotel: Dengfeng Guansongshan Hotel or similar

Visit **Songyang Academy** one of China's oldest Confucian academies, known for its ancient trees and cultural atmosphere. In the afternoon, explore **Shaolin Temple and Pagoda Forest (with shuttle and audio guide)** Learn "Baduanjin" health exercise and basic Shaolin kung fu moves under the guidance of Shaolin monks. Receive a certificate of completion.

DAY 3 DENGFENG – LUOYANG (1.5 HRS) (B/L/D)

Hotel: Luoyang Wudu Lizon Hotel or similar

White Horse Temple Founded in 68 AD, it is the first official Buddhist temple in China and regarded as the "Cradle of Chinese Buddhism." A sacred pilgrimage site with ancient trees and serene surroundings. **[Lijing Gate + Ming & Qing Street]** Explore the grand entrance to ancient Luoyang, (experience a Han-style welcome ceremony including traditional costumes, etiquette learning, and a souvenir passport scroll) The street features restored heritage architecture, offering a deep cultural immersion. **Luoyi Ancient City** A trending cultural landmark that blends history, night markets, folk performances, and intangible heritage crafts. Built along a scenic waterway, it's perfect for photo ops, food tasting, and enjoying traditional performances.

DAY 4 LUOYANG – MOUNT HUA (3 HRS) (B/L/D)

Hotel: Huashan Xinghe International Hotel or similar

Longmen Grottoes (incl. round-trip shuttle & headset) One of China's three great Buddhist grottoes, carved during the Northern Wei dynasty and developed over 400 years. Home to over 100,000 Buddha statues, including the majestic Vairocana Buddha, praised as the "Eastern Mona Lisa." Then visit **Luoyang City Planning Exhibition Hall**, A great introduction to Luoyang, showcasing its glorious history as a capital of 13 dynasties and its modern development. Features immersive displays, scale models, and multimedia exhibits to trace the city's cultural and urban evolution.

DAY 5 MOUNT HUA – XI'AN (1.5 HRS) (B/L/D)

Hotel: Holiday Inn Express Xi'an or similar

Mount Hua (incl. North Peak cable car & mountain shuttle) Ride the cable car to the North Peak and explore the legendary "most dangerous mountain in China." Enjoy breathtaking views of rugged cliffs and soaring peaks, and immerse yourself in the spirit of "sword duels on Mount Hua." **Bell & Drum Tower Square** A central landmark in Xi'an, known for its majestic towers and stunning night lights. A must-visit for history lovers and photographers alike. **Muslim Quarter** Xi'an's most famous food street, brimming with local Halal snacks like Roujiamo (Chinese burger), Lamb Pao Mo (flatbread in lamb soup), and soup dumplings. It's a flavorful dive into the city's folk culture and street food heritage.

DAY 6 XI'AN – LINTONG (1 HRS) (B/L/D)

Hotel: Holiday Inn Express Xi'an or similar

Terracotta Warriors of Emperor Qin Shi Huang Known as the Eighth Wonder of the World, this vast underground army features thousands of life-sized soldiers and horses, reflecting the powerful military might of the Qin Dynasty. **Daming Palace National Heritage Park (incl. electric cart)** Once the largest imperial palace of the Tang Dynasty, it was known as the "Palace of a Thousand Palaces." Now partially reconstructed, the park offers a glimpse into the grandeur of ancient Chang'an. **Big Wild Goose Pagoda (Exterior View)** A signature landmark of Xi'an, originally built in the Tang Dynasty for Master Xuanzang to store Buddhist scriptures brought back from India. A symbol of Sino-Indian cultural exchange. **Grand Tang Dynasty Ever-Bright City** A vibrant pedestrian zone that recreates the Tang Dynasty's royal splendor with immersive lights, performances, local cuisine, and artistic displays. A perfect place for night strolls and photos.

DAY 7 XI'AN (HIGH-SPEED RAIL) ZHENGZHOU - KAIFENG (B/L/D)

Hotel: Qiana Qianxun Hotel Kaifeng or similar

Ming City Wall – Changle Gate, One of the main gates of Xi'an's ancient city wall, well-preserved and grand in scale. A key site for understanding Ming Dynasty city defense systems and the historical layout of the ancient capital. **Yongxingfang Cultural Street** A vibrant cultural block offering intangible heritage foods, traditional crafts, and folk performances. Enjoy local snacks from across Shaanxi, try calligraphy, or watch a shadow puppet show for an immersive cultural experience. **Transfer to Zhengzhou via High-Speed Train** **Gulou Night Market** A bustling local night market filled with street food stalls, local delicacies, and lively crowds. It's a favorite evening hangout for both locals and travelers to experience authentic Henan nightlife.

DAY 8 KAIFENG – ZHENGZHOU – KUALA LUMPUR (B/L/D)

Kaifeng – Memorial Temple of Lord Bao (Bao Gong Ci) A museum and memorial honoring Bao Zheng, the iconic upright judge of the Song Dynasty. Exhibits include historical sculptures, case reenactments, and cultural displays—ideal for families and students to learn through travel. Continue to **Qingming Shanghe Garden** A Song Dynasty-themed cultural park inspired by the famous scroll painting "Along the River During the Qingming Festival". It vividly recreates ancient capital life, from bustling markets to traditional customs. **Evening River Cruise on the Imperial Canal (Yu He)** Experience the dazzling night view (inspired by the drama *Meng Hualu*), capturing the splendor of ancient Kaifeng at night. After dinner, transfer to the airport for your flight home.

Day 9 Kuala Lumpur (MOB)

Back to Home Sweet Home

***Optional: Zen Shaolin Music Grand Ceremony – RMB 300/person

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.