

大漠 烏蘭

DESERT
NINGXIA

塞上鹽湖與星空之約

寧夏精華

8天7晚遊

銀川 | 鎮北堡西部影城 | 賀蘭山巖畫 | 通湖草原
青銅峽黃河大峽谷108塔 | 高廟 | 沙坡頭 | 水洞溝 | 閱彩城觀光夜市
寧夏博物館 | 沙湖生態區 | 紅瑪瑙枸杞園 | 烏蘭湖

社會餐廳享特色美食

紅燜羊肉+黃河鯉魚+霸王牛蹄+羊雜
地鍋雞+手撕雞+金湯肥牛+荷塘月色

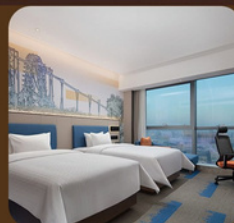
全程攜程4鑽酒店

甄選當地高端酒店 舒適好眠
升級1晚奢華希爾頓歡朋酒店

豪華大巴+篝火晚會



2+1陸地頭等艙航空座椅保姆車
【草原篝火晚會】載歌載舞



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8天7晚遊

第1天 > 吉隆坡—貴陽—銀川

Day1: Kuala Lumpur → Guiyang → Yinchuan

✈餐: ×××

🏠宿: 銀川

Meals: /

Hotels: Yinchuan

吉隆坡直飛前往貴陽，貴陽直飛前往銀川，參考航班，接機後入住酒店。

Accommodation: Yinchuan. Direct flight to Yinchuan. Transfer to hotel upon arrival.

第2天 > 銀川—鎮北堡西部影城—賀蘭山巖畫—覽山公園—銀川

Day2: Yinchuan → Zhenbeibao Western Film Studio → Helan Mountain Rock Carvings → Lanshan Park → Yinchuan

✈餐: 早中晚

🏠宿: 銀川

Meals: BLD Hotels: Yinchuan

鎮北堡西部影城是寧夏以荒涼古堡為特色的影視基地，因《紅高粱》《大話西遊》等經典影片在此取景而聞名。賀蘭山巖畫是遠古先民刻在巖石上的史前藝術瑰寶，被譽為“刻在石頭上的史詩”。覽山公園是銀川標誌性的觀景公園，以仿古羅馬建築和絕美日落聞名。

Zhenbeibao Western Film Studio: A unique desert fortress-themed movie base in Ningxia, famous for filming classics like Red Sorghum and A Chinese Odyssey. Helan Mountain Rock Carvings: Prehistoric rock art created by ancient inhabitants, hailed as "an epic carved in stone." Lanshan Park: A landmark viewing park in Yinchuan, renowned for its Roman-inspired architecture and stunning sunsets.

第3天 > 銀川—青銅峽黃河大峽谷108塔—通湖草原—中衛

Day3: Yinchuan → Qingtongxia Yellow River Grand Canyon(108 Pagodas) → Tonghu Grassland → Zhongwei

✈餐: 早中晚

🏠宿: 中衛

Meals: BLD Hotels: Zhongwei

青銅峽黃河大峽谷是黃河上游壯美的峽谷奇觀，被譽為“黃河小三峽”。通湖草原是騰格裏沙漠中的溼地綠洲，被譽為“沙漠伊甸園”。

Qingtongxia Yellow River Grand Canyon: Known as the "Little Three Gorges of the Yellow River," showcasing dramatic canyon landscapes.

Tonghu Grassland: A wetland oasis within the Tengger Desert, dubbed the "Eden of the Desert."

第4天 > 中衛—中衛66號公路—沙坡頭—中衛

Day4: Zhongwei (Route 66 Highway, Shapotou Desert)

✈餐: 早中晚

🏠宿: 中衛

Meals: BLD Hotels: Zhongwei

中衛66號公路是穿越戈壁與黃河的西北自駕勝地，以U型峽谷公路和蒼茫風光被譽為“中國版66號公路”。中衛沙坡頭是騰格裏沙漠與黃河交融的奇觀，集大漠、黃河、綠洲於一體，被譽為“中國最美的沙漠景觀”。

Zhongwei "66 Highway": The Zhongwei "66 Highway" is a renowned self-driving route in northwest China, traversing the Gobi Desert and the Yellow River. Celebrated for its U-shaped canyon roads and vast, desolate landscapes, it is hailed as the "Chinese version of Route 66." Shapotou Scenic Area: It is a spectacular convergence of the Tengger Desert and the Yellow River, blending towering dunes, winding river vistas, and lush oases into one breathtaking scene. It is acclaimed as "China's most stunning desert landscape"

第5天 > 中衛—水洞溝—閱彩城觀光夜市—銀川

Day5: Zhongwei → Shuidonggou Ancient Site → Yuecai City Night Market → Yinchuan

✈餐: 早中晚

🏠宿: 銀川

Meals: BLD Hotels: Yinchuan

水洞溝是中國最早發掘的舊石器時代古人類文化遺址，被譽為“中國史前考古的發祥地”，同時擁有獨特的雅丹地貌和明代軍事防禦體系。閱彩城觀光夜市“塞上”點明銀川地域特色，“不夜天”強化夜市活力，“煙火璀璨處，塞上不夜天。”

Shuidonggou: China's earliest Paleolithic archaeological site and a geological wonder with Ming Dynasty military ruins.

Yuecai City Night Market: A vibrant hub showcasing local flavors, described as "Where desert nights come alive."

第6天 > 銀川—寧夏博物館—沙湖生態區—銀川

Day6: Yinchuan → Ningxia Museum → Sand Lake Ecological Zone → Yinchuan

✈餐: 早中晚

🏠宿: 銀川

Meals: BLD Hotels: Yinchuan

寧夏博物館是展示寧夏四萬年歷史與多元文化的省級綜合博物館，館藏鎏金銅牛等珍貴文物。

寧夏沙湖是融合沙漠與湖泊的5A級景區，以“水繞沙丘”的塞上奇觀、百萬候鳥棲息地和《大話西遊》取景地聞名。

Ningxia Museum: A provincial museum displaying 40,000 years of regional history, including treasures like the Gilded Bronze Ox.

Ningxia Shahu Lake: it is a 5A-rated scenic area that blends desert and lake ecosystems, renowned for its "water encircling sand dunes" landscape—a unique marvel of China's northern frontier—as well as its role as a habitat for millions of migratory birds and a filming location for the classic movie A Chinese Odyssey.

第7天 > 銀川—紅瑪瑙枸杞園—兩湖穿越地球之心“烏蘭湖”—銀川

Day7: Yinchuan → Hongmanaogoji Wolfberry Garden → Cross-desert journey to "Earth's Heart" → Ulan Lake

✈餐: 早中晚

🏠宿: 銀川

Meals: BLD Hotels: Yinchuan

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Red Agate Wolfberry Garden is Ningxia's first ecological tourism destination themed around wolfberry culture, offering visitors opportunities to pick fresh wolfberries, explore its millennium-old wellness traditions, and marvel at exotic wolfberry species.

Wulan Lake (Ulan Lake) is a crimson salt lake located in the hinterland of the Tengger Desert within Alxa Left Banner, Inner Mongolia. Its vibrant heart-shaped red hue, attributed to microorganisms like Dunaliella salina (a type of salt-tolerant algae) and halophilic bacteria thriving in its hyper-saline waters, has earned it the poetic epithet "Heart of the Earth".

第8天 > 銀川送機返程

Day8: Yinchuan Departure

✈餐: 早××

🏠宿: /

Meals: B

Hotels: /

送機返程，抵達溫馨的家。

Transfer to airport for return journey. Arrive home.