

- ☑ 全程无购物站
- ☑ 四大 5A 级景区：洛阳的龙门石窟 | 郑州的少林寺 | 华山景区 | 兵马俑景区
- ☑ 四大古都：十三朝古都洛阳 | 十三朝古都西安 | 商朝古都郑州 | 三国都城许昌
- ☑ 打卡【胖东来时代广场】体验【水上巴士】
- ☑ 特别安排武僧教授非遗养生少林八段锦
- ☑ 六大风味：郑州面食风味、少林寺素斋风味、牡丹宴席风味、许昌的三国文化风味、西安的面食风味、华山的汽锅鸡风味

7 天 5 晚 中原古都~之华夏传奇之旅

(郑州 / 洛阳 / 登封 / 西安 / 华山 / 许昌)

CN7CGO 行程从 3 月 2026 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 4 钻

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 1.5H-登封 (早/午/晚)

酒店：登封观嵩山假日酒店或同级 4 钻

早餐后，前往新郑参观黄帝故里是中华人文始祖轩辕黄帝出生、创业、建都之地，是海内外炎黄子孙寻根拜祖的圣地，所以名为新郑市黄帝故里景区。下午游览少林寺，参观少林寺+塔林(含双程电瓶车+耳机)观看少林功夫表演特别安排亲身体验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。



嵩阳书院



寺院+塔林



少林寺

第三天 登封 2H - 洛阳 (早/午/晚餐)

酒店：洛阳丽呈酒店或同级 4 钻

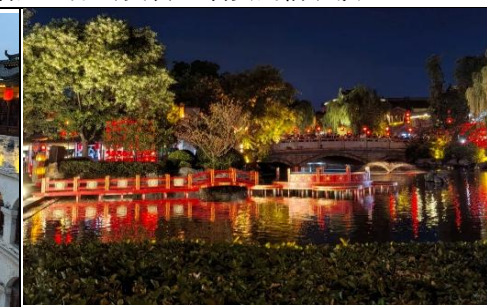
早餐后，前往龙门石窟(含双程电瓶车+耳机)中国三大石窟之一，开凿于北魏，历经 400 余年，现存佛像 10 万余尊。最著名的卢舍那大佛神态庄严、被誉为“东方蒙娜丽莎”。下午吃过午餐后，游览明清一条街，以仿古建筑还原了洛阳老街风貌，两者相连，构成“穿越式”文旅体验核心区。傍晚，打卡网红景区洛邑古城位于洛阳老城区核心地段，是集历史文化、夜市美食与非遗技艺于一体的文旅地标。古城依水而建，夜晚灯火辉映，适合打卡拍照、品尝美食、欣赏民俗表演。



龙门石窟



明清一条街



洛邑古城

第四天 洛阳 3.5H - 华山 (早/午/晚)

酒店：华山亚兰酒店或同级 4 钻

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。



华山（含北峰缆车上下+进山车）

第五天 华山 1.5 小时 – 临潼-西安（早/午/晚餐）

酒店：西安智选假日酒店或同级 4 钻

早餐后，游览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。**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。下午，参观**大慈恩寺、大雁塔**（外观）是西安地标性建筑，唐代玄奘法师取经归来后所建，是中印文化交流的象征。接着，游览西安的打卡胜地**大唐不夜城**，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。之后，逛西安最有名的美食街**回民街**，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。



秦始皇陵兵马俑



大雁塔（外观）



大唐不夜城

第六天 西安 – 许昌 – 郑州 – 吉隆坡（早/午/晚）

早餐后，**乘高铁前往**郑州后，坐车到许昌参观**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**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。之后，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，乘机返回温馨的家。



曹魏古城



春秋楼



胖东来时代广场

第七天 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。

7D5N TRACING THE GLORIOUS LEGACY OF ANCIENT CHINA TO XI'AN (ZHENGZHOU / KAIFENG / JIAOZUO / LUOYANG / DENG FENG / 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 1.5H – DENG FENG (B/L/D)

Hotel: Dengfeng Songshan Holiday Inn or similar

After breakfast, visit **Huangdi's Hometown Scenic Area** in Xinzheng, the birthplace, place of achievements, and capital of Xuanyuan Huangdi (the Yellow Emperor), the common cultural ancestor of the Chinese nation. In the afternoon, explore **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.

DAY 3 DENG FENG 2H – LUOYANG (B/L/D)

Hotel: Luoyang Licheng Hotel

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." After lunch, explore **Ming-Qing Dynasty Street**, where traditional-style architecture recreates the look and feel of old Luoyang. In the evening, check in at the popular **Luoyi Ancient City**, located in the heart of Luoyang's old town. This cultural landmark integrates history, night-market cuisine, and intangible cultural heritage crafts.

DAY 4 LUOYANG 3.5H – MOUNT HUA (B/L/D)

Hotel: Ya Lan Hotel 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."

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

Hotel: Holiday Inn Express Xi'an Hotel or similar

After breakfast, visit the **Terracotta Warriors of the Mausoleum** of Emperor Qin Shi Huang, known as the Eighth Wonder of the World and an important component of the emperor's mausoleum complex. In the afternoon, visit **Daci'en Temple** and view the **Giant Wild Goose Pagoda** (exterior), one of Xi'an's most iconic landmarks. Next, explore **Datang Ever-Bright City**, a popular must-visit destination in Xi'an that combines light shows, performances, dining, and shopping. Afterward, stroll along **Muslim Quarter (Huimin Street)**, Xi'an's most famous food street, featuring a wide variety of halal local snacks

DAY 6 XI'AN – XUCHANG – ZHENGZHOU – KUALA LUMPUR (B/L/D)

After breakfast, take a **high-speed train** to Zhengzhou, then travel by coach to Xuchang. Visit **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. Next, visit **Chunqiu Tower** Xuchang's landmark historical site, believed to be the place where Cao Cao and Zhuge Liang first met. Afterward, proceed to **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. Then, enjoy a **water bus experience**. After dinner, transfer to the airport and take your flight back to the warmth of home.

DAY 7 KUALA LUMPUR (MOB)

Back to Home Sweet Home

*** **Optional: 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.