

9天7晚 宁夏+内蒙古精选游

9D7N NINGXIA + INNER MONGOLIA EXCLUSIVE TOUR

CN09NX | 01 May 2026 - 20 Oct 2026

穿越腾格里沙漠
地球心脏
Travel through the
heart of the earth in the
Tengger Desert

Inner Mongolia

行程亮点 Highlights

南和独家安排

- 欢聚一堂、共同欢庆最豪华的最具特色的烤全羊宴及开羊仪式
- 特别安排品用宁夏滩羊:
- 沙漠嗨爆劲曲篝火晚会
- 欣赏非遗节目:宁夏花儿, 宁夏口弦
- 特别赠送穿越内蒙古腾格里沙漠航拍
- 特别安排沙漠烟花表演
- 保证入住沙漠帐篷酒店
- 免费提供手机 SIM 卡(每位成人 一张)

NAMHO EXCLUSIVE

- Get together and celebrate the most luxurious and unique roasted whole lamb banquet and lamb opening ceremony
- Special arrangement to taste Ningxia beach lamb:
- Enjoy Desert Hi-Fire Bonfire Party
- Special Arrangement: The intangible cultural heritage programs: Ningxia Flower, Ningxia Kou Xian
- Special complimentary: Aerial photography during the Tengger Desert crossing in Inner Mongolia.
- Guaranteed stay in the desert tent hotel
- Free mobile phone SIM card (one per adult)

- **西夏王陵**, 有“东方金字塔”之称,世界非物质文化遗产
- 史前考古发祥地**水洞沟遗址**, 让世界重新认识中国的发祥地
- **镇北堡西部影视城**, 又称“东方好莱坞”, 做一次影视明星
- **贺兰山岩画景区**, 被誉为“石头上的史书”。曾获得中国最值得外国人去的 50 个地方金奖。
- **4 人一辆越野车三湖穿越内蒙古腾格里沙漠赠送航拍服务**
- **沙坡头**, 中国五大最美的沙漠之一, 被评为“全国十大最好玩的地方”
- **乘船游沙湖**, 江南水乡与大漠风光”于一体的美景
- **青铜峡**, 是中国现存规模最大且排列最整齐的大型古塔群之一
- **延福寺** — 藏传佛教寺庙, 清朝乾隆时期的御用佛寺

- The magnificent **Xixia Royal Mausoleum** is known as the “Oriental Pyramid”, A UNESCO Intangible Cultural Heritage site
- The **Shuidonggou Ruins**, Prehistoric landmark that reshaped the understanding of China’s origins
- **Zhenbeibao Western Film and Television City**, also known as the “Oriental Hollywood, be a film and television star
- **Helan Mountain Rock Painting Scenic Area**, known as the “History Book on Stone”. It has won the gold award for the 50 most worthwhile places for foreigners in China.
- **4 people in an off-road vehicle crossing the three lakes of Tengger Desert in Inner Mongolia, with complimentary aerial photography service.**
- **Shapotou**, one of the five most beautiful deserts in China, was rated as “the top ten most fun places in the country” by CCTV’s “Experience China” column
- **Ride Cruise on Sha Lake**, a beautiful scenery that combines “Jiangnan Water Village and Desert Scenery”
- **Qingtongxia** is one of the largest and most neatly arranged large ancient tower groups in China
- **Yanfu Temple** – Tibetan Buddhist temple once favored by Emperor Qianlong of the Qing dynasty

特别餐 Special Meals

- 臊子面
- 见喜山庄特色餐饮
- 涮羊肉
- 手抓羊肉
- 手工蒿子面
- 农家菜
- 烤全羊
- 卷帘子
- 八宝茶
- 红焖驼排
- Sauce Noodles
- Jianxi Villa Specialties
- Shabu- Shabu Mutton
- Hand- Pulled Mutton
- Handmade Mugwort Noodles
- Farmhouse dishes
- Roasted Whole Lamb
- Rolling Curtain
- Eight-treasure Tea
- Braised camel steak

餐食 Meals 🍴

- 7 顿早餐, 7 顿午餐, 7 顿晚餐
- 7 Breakfasts | 7 Lunches | 7 Dinners

住宿 Accommodation 🏠

- 全程当地 5* 标准商圈酒店, 保证入住璀璨星空沙漠酒店
- Local 5* Hotel in the shopping district or similar, Guaranteed stay 1N at Zhongwei Brilliant Starry Sky Desert Hotel





沙坡头

01 新加坡 → 银川 (经其他城市)

机上用餐

在樟宜机场的指定柜台集合，并与我们的机场代表会面。办理离境手续后就启程前往银川（经其他城市）。

02 银川 — 镇北堡西部影视城 (1H)

午餐，晚餐

• 前往**镇北堡西部影视城**参观游览。镇堡影视城又称“东方好莱坞”，该影视城现已拍摄了《红高粱》、《大话西游》、《新龙门客栈》等多部影视剧。如果有幸赶上拍片，您就有机会客串一回群众演员了。

住宿: 5*凯悦嘉轩酒店或同级

03 银川 — 西夏王陵 (0.5H) — 贺兰山岩画 (0.5H)

早餐，午餐，晚餐

• 早餐后乘车赴**西夏王陵**(含往返观光车+4D探秘西夏地宫奇幻之旅+西夏木活字印刷体验，游览约3小时) — 是中国现存规模最大、地面遗址最完整的帝王陵园之一，也是现存规模最大的一处西夏文化遗址。

• 午餐后，乘车前往**贺兰山岩画景区**(含电瓶车)

◦ **世界岩画馆** — 它是中国唯一的岩画专题博物馆也是目前世界上最大的岩画专题博物馆，随后乘景区交通车前往岩画遗址区，我们将看到代表性的‘坑穴与虎’、‘人面像’、‘牧猎图’、以及代表性岩画‘太阳神’等等，游览韩美林艺术馆。

• **览山公园** — 这里宛如罗马斗兽场般的建筑坐落于阅海湖畔，是众多游客必到的落日打卡点。

• **观光夜市**

住宿: 5*凯悦嘉轩酒店或同级

04 银川 — 内蒙古乌兰湖 (2.5H) — 阿拉善左旗 (1.5H)

早餐，午餐，晚餐

• 早餐后，前往内蒙古阿拉善左旗英雄会会址。

• 我们将换乘越野车三湖穿越内蒙古腾格里沙漠(必须参加项目，4人一辆，2小时)，依次游览骆驼湖-乌兰湖-张家湖(行程包含沙漠穿越的航拍服务)。

• **定远营**，

• **延福寺** — 藏传佛教寺庙，清朝乾隆时期的御用佛寺

每年沙漠湖泊的最佳观赏季节是4月~10月，冬春季季节湖泊进入冰封期，游玩体验可置换。

住宿: 5*内蒙古阿拉善左旗西姆顿大酒店或同级

05 阿拉善左旗 — 青铜峡 (2H) — 中卫高庙 (2H)

早餐，午餐

• 早餐后乘车前往**青铜峡黄河大峡谷 108塔**(含游船，2小时) — 宁夏青铜峡水库西岸山坡上，塔自上而下按1、3、5、7、9.....19奇数错落排列成12层，共108座。

• 游览**高庙** — 坐落在中卫市区的古建筑群落，建筑精致、优美、巧妙。到高庙要登上陡峭的24级台阶，这里不仅供奉有佛、菩萨，还有玉皇、圣母、文昌、关公，佛、道、儒三教文化在此汇聚。

• **向阳步行街**

住宿: 5*中卫泊奥酒店或同级



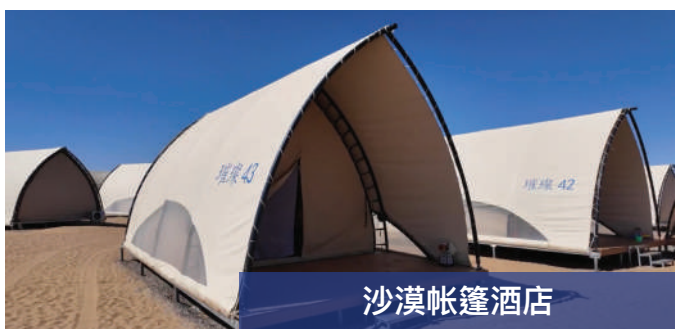
青铜峡

06 中卫 — 沙坡头(0.5H) — 璀璨星空沙漠酒店(0.5H)

早餐, 午餐, 晚餐

- 游览沙坡头(游览 3 小时, 含南北区摆渡车+沙漠上下行扶梯) — 这里集大漠、黄河、高山、绿洲为一体, 即具西北风光之雄奇, 又兼江南景色之秀美。也是《爸爸去哪儿》, 《妻子的浪漫旅行》节目的外景拍摄地。
- 午餐后乘车前往璀璨星空沙漠酒店办理入住
- 嘉宾可自费体验沙漠独有项目套票:
 - 冲浪车(RMB150/人)、
 - 骑骆驼(RMB100/人)、
 - 沙滩摩托车(RMB100/人)、
 - 滑沙(RMB50/人)
- 品下午茶(围炉煮茶)
- 晚餐后参与音乐篝火晚会、烟花秀、观星空, 等远离喧嚣沉浸式体验。

住宿:5*璀璨星空沙漠酒店(保证入住)



沙漠帐篷酒店

07 中卫 — 沙湖(2.5H) — 银川(1H)

早餐, 午餐, 晚餐

- 早餐后前往沙湖(含大船, 游览约 2.5 小时) — 这里是中国十大魅力休闲旅游湖泊, 中国西部独具特色旅游目的地。欣赏水荡漾芦苇摇曳、金沙灿灿 — “江南水乡与大漠风光”于一体的美景。
- 随后参观 3A 级景区百瑞源中国枸杞馆, 了解枸杞的历史文化和养生知识。

住宿:5*中卫泊奥酒店或同级



沙湖

08 银川

早餐, 午餐, 晚餐

- 乘车返回银川
- 长城天赋酒庄(含品两款酒干白、干红, 游览约 1.5 小时)
- 西关民俗园 — 清真寺内了解回族文化、民族特色服装体验及美照留念。
- 乘车前往被誉为“中国史前考古发祥地”之称的水洞沟, 跟着讲解员, 聆听三万年前人类在此繁衍生息的故事。
- 随后前往藏兵洞。

住宿:5*凯悦嘉轩酒店或同级

09 银川 — 新加坡

早餐, 机上用餐

早餐后, 于指定时间集合, 由专车送往机场办理出境手续返回新加坡。希望您同南和旅行社有个美好的旅程与回忆, 期盼下一次您的参与。

备注

1. 10名旅客方可成行。领队安排将视航班及其他运营因素而定。
2. 确认行程最迟于出发前两(2)周最终确定。
3. 若中英文行程存在差异, 请以中文版本为准, 除非特别说明。所有团队将安排华语导游服务。
4. 旅客须确保提供的全名与护照条形码完全一致, 且护照有效期自行程日起至少6个月。
5. 强烈建议旅客在出发前自行购买旅行保险。
6. 搭乘不同航班的旅客抵达后可能合并为同一团队。
7. 团体座位安排完全由航空公司决定, 无法保证特定座位要求且超出我方控制范围。
8. 行程顺序、航班时刻及酒店住宿可能因突发状况变更, 恕不另行通知。
9. 机场/港口税、燃油附加费、签证费, 小费(含领队、境外导游及司机), 保证自费项目, 推荐自费项目均不包含在行程费用内。签证要求及小费金额由旅客自行负责, 请遵循提供的指导原则。
10. 酒店/度假村评级基于当地标准。若指定酒店无法提供住宿, 将以同等级酒店替代。三人间住宿时, 中国境内酒店仅提供额外折叠床。特殊要求或附加服务可能产生管理费。完整预订细则请参阅NH条款与细则。
11. 本公司对于因不可抗力因素所造成的任何损失概不负责, 包括但不限于目的地发生的自然灾害、恶劣天气状况或政治因素等, 亦不承担任何赔偿或替代责任。有关完整的预订条款与细则, 请参阅NH条款与条件。

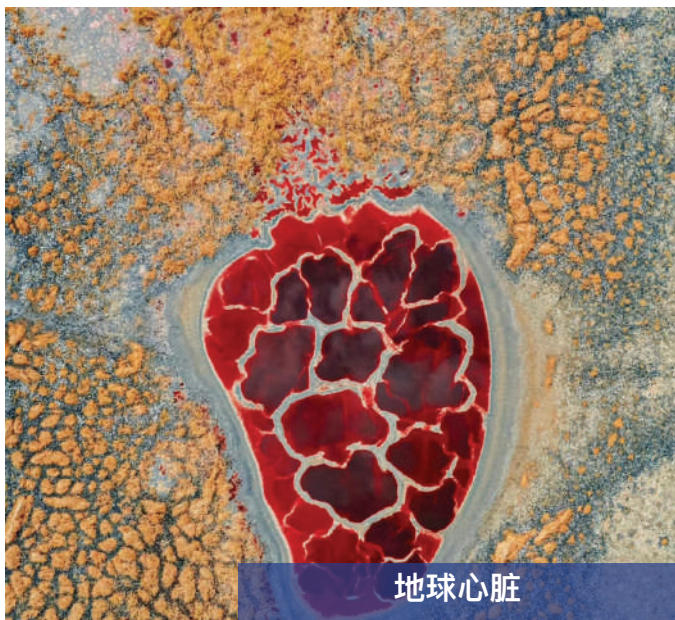
• 必须参加自费行程(600RMB/每人)

三湖穿越内蒙古腾格里沙漠

服务费

导游及司机服务费 — RMB270/人

如有领队服务费 — SGD\$45/人



地球心脏

01 Singapore ✈️ Yinchuan (via other city)

Meals on Board

- Assemble at Singapore Changi Airport, take international flight to Yinchuan (via other city).

02 Yinchuan - Zhenbeipu Western Film and Television City (1H)

Lunch, Dinner

- **Go to Zhenbeibao Western Film and Television City** - is also known as the "Oriental Hollywood". It has filmed many TV dramas and movies such as "Red Sorghum", "A Chinese Odyssey", and "New Dragon Inn". If you are lucky enough to catch the filming, you will have the opportunity to play a cameo as an extra.

Accommodation: 5 Hyatt Place Yinchuan or similar*

03 Yinchuan - Xixia Royal Mausoleum (0.5H) - Mt. Helan Rock Painting (0.5H)

Breakfast, Lunch, Dinner

- After breakfast, drive to the **XIXIA Royal Mausoleum (Includes EV + 4D fantasy tour of Xixia Underground Palace + Xixia wood movable type printing experience, 3 hours)** - divided into two parts: the outdoor imperial tomb area and the Xixia Museum.

- o The **Xixia Royal Tombs** are one of the largest existing imperial mausoleums in China with the most complete ground sites, and are also the largest existing Xixia cultural site. They are the mausoleums of successive Xixia emperors and their royal family members.

- Proceed to **Helan Mountain Rock Painting (Included EV)**
 - o **World Rock Art Museum** - It is the only rock art museum in China and the largest rock art museum in the world.

- **Lanshan Park** - This Roman Colosseum-like building is located on the shore of Yuehai Lake and is a must-see sunset check-in spot for many tourists.

- **Guanguang Night Market**

Accommodation: 5 Hyatt Place Yinchuan or similar*



Xixia Mausoleum

04 Yinchuan - Wulan Lake (2.5H) - Alxa Zuoqi (1.5H)

Breakfast, Lunch, Dinner

- After breakfast, head to the **Site of the Heroes' Meeting in Alxa, Inner Mongolia**.

- We will change to an **off-road vehicle to cross the Tengger Desert in Inner Mongolia (Compulsory Tour, 4 pax per car, 2 hours)** . and visit **Camel Lake, Wulan Lake and Zhangjia Lake** in turn (**Complimentary Aerial photography**).

- **Dingyuanying**

- **Yanfu Temple** - Tibetan Buddhist temple once favored by Emperor Qianlong of the Qing dynasty

The best time to view desert lakes is from April to October each year. In winter and spring, the lakes are frozen and the visiting experience can be changed.

Accommodation: 5 Himton Alxa Hotel, Inner Mongolia or similar*



Sandboarding

05 Alxa Zuoqi - Qingtongxia (2H) - Zhongwei Gao Temple

Breakfast, Lunch

- After lunch, we will drive to **Qingtongxia Yellow River Grand Canyon 108 Tower (Boat ride, 2 hours)** - Ningxia Qingtongxia Reservoir on the west of the hillside, the tower from top to bottom oddly arranged in 12 layers. Each floor of the tower is covered with brick wall and the floor is paved with bricks to form an equilateral triangular tower group with a total of 108 seats.

- Proceed to **Gao Temple** - an ancient building complex located in Zhongwei City, with exquisite, beautiful and ingenious architecture. To reach Gaomiao, you need to climb 24 steep steps. There are not only Buddhas and Bodhisattvas, but also Jade Emperor, Mother God, Wenchang and Guan Gong enshrined here. The cultures of Buddhism, Taoism and Confucianism converge here.

- **Xiangyang Pedestrian Street**

Accommodation: 5 Zhongwei Baoao Hotel or similar*

06 Zhongwei - Shapotou (0.5H) - Zhongwei Brilliant Starry Sky Desert Hotel (0.5H)

Breakfast, Lunch, Dinner

- Visit **Shapotou (3hours, included north-south shuttle bus + desert 2 way escalator)** - This place combines the desert, the Yellow River, the mountains and the oasis, with the majestic scenery of the northwest and the beautiful scenery of the south of the Yangtze River. It is also the location for the filming of the programs "Where Are We Going, Dad?" and "Wife's Romantic Travel".
- After lunch, drive to **Zhongwei Brilliant Starry Sky Desert Hotel** to check in.
- You can experience the **desert's unique program packages as below (at own expense)**:
 - surfing car (RMB150/person),
 - camel riding (RMB100/person),
 - beach motorcycle (RMB100/person),
 - sandboarding (RMB50/person)
- **Enjoy afternoon tea (cooking tea around the fire)**
- After dinner, **participate in the music bonfire party, fireworks show, stargazing, and other immersive experiences away from the hustle and bustle.**

Accommodation: 5 Zhongwei Brilliant Starry Sky Desert Hotel (Guaranteed)*



07 Zhongwei - Sand Lake (2.5H) - Yinchuan (1H)

Breakfast, Lunch, Dinner

- After breakfast visit the **Sand Lake (inclusive of cruise ride)**, China's top five scenic areas, top ten attractive wetlands, China's top ten charming leisure lakes, China's top 100 tourism scenic spots, national water conservancy scenic spots, the country's first low-carbon tourism demonstration zones, both the desert Gobi and the beauty of the Jiangnan waters, Known as "a rare world" cultural tourism resort.
- Follow by visiting the **Lycium (Gouji) Museum** to understand the history and culture of health and health knowledge.

*Accommodation: 5*Zhongwei Baoao Hotel or similar*

08 Yinchuan

Breakfast, Lunch, Dinner

- Back to Yinchuan.
- **Great Wall Tianfu Winery (including tasting of two wines, dry white and dry red, about 1.5 hours)**
- **Xiguan Folk Customs Park** - Learn about Hui culture, **experience ethnic costumes and take photos in the mosque.**
- **Visit the Shuidonggou Ruins** - which is known as "the birthplace of Chinese prehistoric archaeology". Follow the guide and listen about the history.
- Then go to **the Soldier Cave.**

Accommodation: 5 Hyatt Place Yinchuan or similar*

09 Yinchuan ✈ Singapore

Breakfast, Meals on Board

After breakfast, heading to the airport for your flight back to Singapore. We hope you enjoyed your trip.

Notes

1. A minimum of 10 passengers is required for the tour to proceed. The appointment of a tour leader is subject to flight arrangements and other operational considerations.
2. Tour confirmation will be finalized no later than two (2) weeks before departure.
3. All group tours are conducted in Mandarin unless otherwise stated. In the event of any discrepancy between the English and Chinese itineraries, the **Chinese version shall prevail.**
4. Travellers must ensure that the full name provided matches exactly with the passport barcode, and that passports are valid for at least 6 months from the return date.
5. Travellers are strongly encouraged to purchase their own travel insurance prior to departure.
6. Travellers departing on different flights may be combined and operated as a single group upon arrival.
7. Group seating arrangements are assigned solely by the airline. Requests for specific seats are not guaranteed and are beyond our control.
8. The itinerary sequence, flight schedules, and hotel accommodations are subject to change without prior notice due to unforeseen circumstances.
9. Airport/port taxes, fuel surcharges, visa fees, and gratuities (for tour leader, overseas guide(s), and driver), compulsory tour and optional tour are not included in the tour fare. Visa requirements and gratuity amounts are the traveller's responsibility and should follow the provided guidelines.
10. Hotel/resort ratings are based on local standards. In the event that accommodation in the stated hotel is unavailable, it will be replaced by another hotel of similar standards. For Triple sharing, hotels in China will only provide an extra folding bed. An administrative fee may apply for special requests or additional services. For full booking details, please refer to NH Terms and Conditions.
11. The company shall not be liable for any loss arising from force majeure events, such as natural disasters, adverse weather conditions, or political issues occurring at the destination, nor shall it bear any responsibility for compensation or replacement. For full booking details, please refer to NH Terms and Conditions.

• Compulsory Tour (RMB600/PAX)

Three Lakes Crossing the Tengger Desert in Inner Mongolia

Service Fees

Guide and driver - **RMB270** per person

Tour Leader (if any) – **SGD\$45** per person