

# 8天7晚 深度探索内蒙古

乌兰哈达火山，峡谷，草原，莲沙度假酒店，  
火山温泉

## 8D7N EXPLORE INNER MONGOLIA

Ulan Hada Volcano, Canyon, Grassland, LIANHUA Resort Hotel,  
Volcanic Hot Spring

CN08NM | 15 Apr 2026 - 15 Oct 2026

Desert Lotus Hotel

## 行程亮点 Highlights

### • \*\*南和独家\*\*:

体验入住响沙湾莲沙度假酒店

- 感受内蒙古西部绝美景色
- 打卡火遍中国的**乌兰哈达火山**，既有星际穿越的视觉感，又有草原远古遗迹的自然美
- **咖啡，游古建，城市游的松弛感在这里体验**
- **西部梦幻峡谷** – 内蒙古小众秘境之处，独特的丹霞地貌配上内蒙古绝美的蓝天，绝对是出片首选之地
- **触摸黄河** – 乌梁素海是黄河几字湾的顶部，中国八大淡水湖之一。全球重要的候鸟迁徙通道之一
- **天赋河套** – 打卡内蒙古粮仓-巴彦淖尔，DIY 面塑
- **鄂尔多斯草原** – 尽情体验浓郁的民族风情
- **重点安排:** 体验入住响沙湾莲沙度假酒店，感受沙漠一价全包新度假体验。

### • **NamHo Exclusive :**

Experience staying at Xiangshawan Liansha Resort Hotel

- Experience the stunning scenery of **Western Inner Mongolia**
- Instagram Worthy Spot at the popular **Ulan Hada volcano** in China,
- **Try coffee, visit ancient buildings, and experience the relaxation of city tours here**
- **Western Fantasy Canyon**
- Touch the **Yellow River-Wulangsuhai**
- Instagram Worthy Spot at **Inner Mongolia Granary-Bayannur**
- **Ordos Grassland Resort Hotel**
- Experience staying at **Xiangshawan Liansha Resort Hotel**



## 特别餐 Special Meals 🍴

- 养生莜面
- 内蒙火锅
- 特色熏鸡
- 青城烧麦
- 特色面筋
- 手把肉
- 巴盟烩菜
- Healthy oat noodles
- Local Hot pot
- Special smoked chicken
- Qingcheng steamed buns
- Special gluten
- Hand- held meat
- Bameng stew

## 餐食 Meals 🍴

- 7 顿早餐, 6 顿午餐, 6 顿晚餐
- 7 Breakfasts | 6 Lunches | 6 Dinners

## 住宿 Accommodation 🏠

- 特色莲沙特色酒店+温泉酒店+01 晚豪华蒙古包
- Stay in Liansha Resort Hotel + Hot Spring Hotel + 01N in Luxury Mongolian Hotel



Ordos Grassland



乌兰察布之夜

## 01 新加坡 ✈️ 北京 🚄 乌兰察布

机上用餐，晚餐

• 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北京。

• 由专业导游接机

• 乘高铁(2等座)前往乌兰察布

• 乌兰察布之夜 – 当夜幕降临乌兰察布这座城市如同披上了神秘的纱衣,在“乌兰察布之夜”灯火如星,漫步其中寻觅那一抹烟火的香醇感受当地国潮风的夜色繁华。

备注:乌兰察布之夜为政府打造特色夜市,如遇天气或其它原因不开,改为游览白泉公园

住宿:5\*乌兰察布多蒙德豪生酒店或同级

\*\*大兴进出,增加一个午餐\*\*

## 02 乌兰察布 – 火山地质公园 (1.5H)

– 凉城 (3H)

早餐，午餐，晚餐

• 乌兰哈达火山地质公园，乌兰哈达火山地质公园位于乌兰察布市察右后旗境内，这里集聚着草原火山群熔岩地貌及堰塞湖景观，誉为天然的“火山博物馆”。可自费太空服体验一把宇航人穿越的感觉。

• 马刨温泉，马刨温泉的水质纯净富含多种对人体有益的矿物质。这些矿物质能有效地舒缓疲劳，促进血液循环，对皮肤也有显著的美容效果。在这里泡温泉不仅能感受到身体上的舒适，更能体会到心灵上的宁静(包浸泡内蒙古四大温泉之一~马刨温泉一次\*，泳衣自备)

• 如客人不参与温泉，恕不作其他安排及退款，敬请留意

住宿:乌兰察布凉城马刨温泉酒店



乌素海



大召寺

## 03 凉城 – 呼和浩特 (2H) – 包头 (3H)

早餐，午餐，晚餐

• 大召寺，是内蒙古呼和浩特市的一座著名藏传佛教寺院。大召寺不仅是佛教信徒的朝圣地，也是研究蒙古族历史和宗教文化的重要场所

• 塞上老街 – 呼和浩特的百年历史商业街区，保留明清建筑风格，网红打卡地。

• 将军衙署 – 现存面积最大的保存最好的清将军府，被誉为“漠南第一府”。(特别安排享用青城文创咖啡一杯)(周一闭馆)

住宿:5\*包头世茂酒店或同级

## 04 包头 – 临河 (4H)

早餐，午餐，晚餐

• 乌素海+游船 – 巴彦淖尔市的乌梁素海是黄河生态安全的“自然之肾”，是黄河流域最大的功能性湿地，是黄河“几字弯”顶端的“塞外明珠”。

• 河套非遗小镇 – 特别安排非遗面塑体验，体验巧手捏花馍指尖非遗

住宿:4\*巴彦淖尔临河区华美达酒店或同级(当地最好)

## 05 临河 — 鄂尔多斯草原 (4H)

早餐，午餐，晚餐

• **西部梦幻大峡谷(包乘景区电瓶车)** – 位于阿拉善左旗敖伦布拉克镇境内的阴山，被牧民誉为“七彩神山”。大山是由红、黄、灰、白等多种颜色组成，属丹霞和雅丹地貌。在夕阳的映衬下，山体流光溢彩，如七色哈达环绕，如梦如幻

• **鄂尔多斯草原** – 如一颗璀璨的明珠镶嵌在蓝天白云之下，碧绿如茵。尤其是初夏时节草原更是草甸与蓝天白云交相辉映，是无数人心中向往的草原天堂(包含下马酒、篝火晚会)

• **可自费草原骑马或诈玛宴**

注:如遇天气或特殊情况或会作删减，以景区公布为准，不另作退款或其他补偿。另篝火晚会如受雨影响,则改为室内歌舞表演。

住宿:鄂尔多斯草原蒙古包酒店



草原马术表演

## 06 鄂尔多斯草原 — 响沙湾 (2H)

早餐，午餐，晚餐

• **鄂尔多斯草原** – 自行观赏草原日出，视乎天气而定

• **可自费草原套票活动:马术剧、飞天草原等**

• **响沙湾** – 入住莲沙度假岛上莲花度假酒店 — 自行享用酒店设施、自助美食、仙沙岛+悦沙岛活动畅玩(尊享VIP免排队服务、咖啡厅、酒吧畅饮、夜间沙漠派对等)一夜观沙漠星空(视乎天气而定)

注:沙漠如遇天气或特殊情况或会作删减，以景区公布为准。

住宿:莲沙度假酒店-沙景房



篝火晚会

### 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，且护照有效期自返程日起至少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(RMB600/人):**

英雄马术剧+飞天草原+鄂尔多斯婚礼+鄂尔多斯博物馆

### 服务费

导游及司机服务费 – RMB240/人

如有领队服务费 – SGD\$40/人

## 07 响沙湾 — 包头(1H) 北京

早餐，午餐

• **响沙湾** – 上午自由选择观日出、品早餐、享用酒店设施或岛上活动)

• **乘动车前往北京(2等座)**

• **晚上自由活动**

住宿:5\*华腾美居酒店或同级

## 08 北京 — 新加坡

早餐, 机上用餐

• **乘车前往机场**

• 于指定时间在集合，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。



鄂尔多斯草原

## 01 Singapore ✈️ Beijing 北京

### Ulanqab

Meals on Board, Dinner

- Assemble at Singapore Changi Airport, take international flight to **Beijing**.
- Pick up by Local Guide.
- **Proceed to Ulanqab by High speed train (2nd seats)**
- **Ulanqab Night** - When night falls, the city of Ulanqab is like a mysterious veil. In "Ulanqab Night", the lights are like stars. I stroll among them, looking for the fragrance of fireworks and feeling the prosperity of the local night with high winds.

**Note: Ulanqab Night Market is a special night market created by the government. If it is closed due to weather or other reasons, will be visit Baiquan Park instead.**

*Accommodation: 5\* Ulanqab Baiquan Villa or similar*

**\*\*For those taking flights via Daxing, add one lunch\*\***



Wulanhada Volcano Park

## 02 Ulanqab - Volcano Geological Park (1.5H) - Liangcheng (3H)

Breakfast, Lunch, Dinner

- **Wulanhada Volcano Geological Park**, is located in Ulanqab City. It is home to the lava landforms of grassland volcanoes and barrier lake landscapes, and is known as a natural "volcano museum". **You can wear a space suit at your own expense to experience the feeling of an astronaut traveling through space.**
  - **Mapao Hot Spring** - is taken from the ground a thousand meters underground. It contains a variety of rare elements, has excellent water quality and suitable temperature, and is helpful for relaxing the body and mind. Includes Mapao Hot Spring, the one of the four major hot springs in Inner Mongolia.)
- Note: No refundable and other arrangements once the guest does not participate in the hot spring. Bring your own swimwear.**
- Accommodation: Mapao Hot Spring Hotel or similar*

## 03 Liangcheng - Hohhot (2H) - Baotou (3H)

Breakfast, Lunch, Dinner

- **Dazhao Temple** is a famous Tibetan Buddhist temple in Hohhot, Inner Mongolia. Dazhao Temple is not only a pilgrimage site for Buddhist believers, but also an important place for studying Mongolian history and religious culture.
- **Saishang Old Street** - a century-old commercial district in Hohhot that retains the architectural style of the Ming and Qing Dynasties and is a cultural and historical district in Hohhot.



Saishang Old Street

- **General's Office** - the general's residence in Suiyuan City during the Qing Dynasty. Its construction was the product of the Qing Dynasty's pursuit of political and military rule over the desert and northern and southern Mongolian regions in order to consolidate the stability of the northwest frontier. **(Special arrangement to enjoy a cup of Qingcheng Cultural and Creative Coffee) (Closed on Monday)**

*Accommodation: 5\* Baotou Shimao Hotel or similar*

## 04 Baotou - Linhe (3H)

Breakfast, Lunch, Dinner

- **Hasu Lake + Cruise** - Hasuhai is a natural lake, known as the "West Lake beyond the Great Wall"
  - **Hetao Intangible Cultural Heritage Town** - Specially arranged intangible cultural heritage dough sculpture experience, experience the skillful hand-made flower bun, fingertips pass on intangible cultural heritage.
- Accommodation: 4\* Bayannur Linhe District Ramada Hotel or similar (Local Best)*



Western Fantasy Grand Canyon

## 05 Linhe - Ordos Grassland (4H)

Breakfast, Lunch, Dinner

- **Western Fantasy Grand Canyon (included EV car)** - Yinshan Mountain, located in Aolunbulage Town, Alxa Left Banner, is known as the "Seven-Colored Sacred Mountain" by herdsmen. The mountain is composed of red, yellow, gray, white and other colors, belonging to Danxia and Yadan landforms. Against the backdrop of the setting sun, the mountain is full of light and color, like a seven-color Hada surrounded by a dream.
- **Ordos Grassland** - Like a bright pearl inlaid under the blue sky and white clouds, it is green and endless. Especially in early summer, the grassland is an endless meadow and blue sky and white clouds complement each other. It is a grassland paradise that countless people yearn for. **(including dismounting wine and bonfire party)**

- You can go **horseback riding** or **Zama Feast** on the grassland at your own expense

**Note: In case of weather or special circumstances, the performance may be shortened. Please refer to the announcement of the scenic spot. No refund or other compensation will be given. If the bonfire party is affected by rain, it will be changed to an indoor singing and dancing performance.**

*Accommodation: Ordos grassland yurt*



Ordos Grassland

## 06 Ordos Grassland - Xiangshawan Bay (2H)

Breakfast, Lunch, Dinner

- **Ordos Grassland** - Watch the sunrise on your own, subject to weather conditions

### • Compulsory Tour

- o Acrobatic performance on the Flying Grassland
- o A real-life equestrian drama [Hero]
- o Song and Dance Drama [Ordos Wedding]
- o Ulan Living Buddha Mansion

• **Xiangshawan Desert ( Whistling Dune Bay)** - is a 5A scenic spot in China, and one of the three major Xiangsha Bays in China. Xiangsha Bay - Stay at Lotus Resort Hotel on Liansha Resort Island - Enjoy hotel facilities, buffet food, Xiansha Island + Yuesha Island activities (VIP free queue service, cafe, bar, night desert party, etc.) - Watch the desert stars at night (depending on the weather)

**Note: The desert may be cut due to weather or special circumstances. Please refer to the announcement of the scenic spot for details.**

*Accommodation: Liansha Resort Hotel-Sand View Room*

## 07 Xiangshawan Bay - Baotou 包頭 Beijing

Breakfast, Lunch

• **Xiangsha Island** - In the morning, you can freely choose to watch the sunrise, have breakfast, enjoy hotel facilities or island activities)

• **Take High Speed Train to Beijing** (2nd seats)

• **Leisure and shopping**

*Accommodation: 5\* Huateng Mercure Hotel or similar*

## 08 Beijing ✈ Singapore

Breakfast, Meal 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)

Acrobatic performance on the Flying Grassland + A real-life equestrian drama + Song and Dance Drama + Ordos Museum

## Service Fees

Guide and driver - **RMB240** per person

Tour Leader (if any) – **SGD\$40** per person



Yurt