





8 天美景河南、黄河帝都、少林功夫、太极故里、焦作云台山

行程特色		酒店	
<ul style="list-style-type: none"> • 黄帝故里 • 开封府 • 龙庭公园 • 鼓楼夜市 • 云台山风景区 • 红石峡 • 茱萸峰 • 潭瀑峡 • 陈氏太极拳发源地—温县陈家沟 • 鸡冠洞风景区 • 养子沟风景区 • 龙门石窟 • 禅宗少林音乐大典 • 嵩山 • 少林寺 • 塔林 		郑州 :凯芙建国饭店 5★或同级 x2 晚 开封 :金源商务酒店 4★或同级 x1 晚 焦作 :山阳建国大酒店 5★或同级 x1 晚 洛阳 :牡丹城大酒店 4★或同级 x1 晚 栾川 :栾川伊水湾大酒店 5★或同级 x1 晚 新密 :承誉德大酒店 5★或同级 x1 晚	
		餐数	备注
		<ul style="list-style-type: none"> • 7 早餐 • 6 午餐 • 6 晚餐 	<ul style="list-style-type: none"> • 景点安排如有先后次序调整，以中国当地旅行社确认为准。 • 购物点： 郑州土特产、洛阳茶博士、洛阳唐三彩，西安丝绸、珍珠
		风味餐： 牡丹半水席+粤菜风味、 养生火锅、 素斋风味、 开封包子宴+桶子鸡风味	


天数	行程	餐数
1	新加坡  郑州 <ul style="list-style-type: none"> • 从新加坡乘国际航班 MF852 (1540/2240)；抵达中国八大古都之一的郑州新郑国际机场入住酒店。 	
2	郑州 (30m ) 黄帝故里 (1.5hr ) 开封 <ul style="list-style-type: none"> • 早餐后赴【黄帝故里】参观中华始祖轩辕黄帝的故里。 • 随后我们即前往有七朝古都之称的【开封】，前往【开封府】参观，开封府为北宋时期天下首府，威名驰誉天下，包龙图扶正祛邪、刚直不阿、美名传于古今。 • 【龙庭公园】，这里是北宋皇宫遗址，也是开封菊花花会的主会场，每年的金秋时节，都可以在此欣赏到菊花胜景，一片片美丽的菊花，如同进入花的海洋。 • 晚餐后逛逾越千年历史的【鼓楼夜市】是夜晚古都开封最忙碌热闹的地方，您可漫步于此，自费品尝最地道的风味小吃。 	早餐 午餐 晚餐
3	开封 (2hr ) 焦作 <ul style="list-style-type: none"> • 早餐后前往《云台山风景区》，景区山势险峻，峰壑之间常年云锁雾绕而得名。云台山四季分明，景色各异，春赏山花、夏看山水、秋观红叶、冬览冰挂。景区内有多级落差 314 米的亚洲第一高瀑——云台天瀑；有被誉为华夏第一奇峡的红石峡；有华夏第一秀水之称的潭瀑峡；云台天池—峰林峡；云台第一大峡谷—青龙峡；还有将中国山水园林文化从宫廷推向民间的“竹林七贤”隐居地—百家岩等精品景点。《红石峡》又称温盘峪，峪内夏日凉爽宜人，隆冬苔卉葍草翠，故称红石峡。它集泉瀑溪潭涧诸景于一谷，融雄险奇幽诸美于一体，被风景园林专家称赞为“自然界山水的精品”。 • 接着游览《茱萸峰》，俗名小北顶，海拔 1308 米，是云台山的主峰，云蒸雾腾之时，那忽聚忽散的云雾，把山峰衬托得更加高峻雄伟，主峰秀出云雾之上，犹如天宫瑶台。峰顶有真武大帝庙、天桥、云梯。登上峰顶，极目远眺，可见黄河如银带；俯视脚下，群峰形似海浪涌。山顶气候多变，倏忽间风起云生，白雾从山间咕嘟嘟地涌出，红日随即隐去。山峰在云雾中出没，云腾山浮，如临仙界。 	早餐 午餐 晚餐

4	<p>焦作 (30m 🚗) 温县 (2hr 🚗) 洛阳</p> <ul style="list-style-type: none"> 早餐后参观《潭瀑峡》又称小寨沟，它是大自然的杰作。它三步一泉、五步一瀑、十步一潭，呈现出千变万化的飞瀑、走泉、彩潭和山石景观，故得雅号：“潭瀑川”。沟长 1270 米，南北走向。沟东面，峭壁耸翠，基岩裸体。沟西面，竞秀峰参差俏丽，峰群一字排列，峰峰直立，争奇斗异。在曲曲弯弯的沟槽内，潺潺着一条能歌善舞的溪水叫小龙溪。它的溪床，由一层层高低不一、色彩有别、宽窄不同、曲折有致、形态各异的自然山石台阶所组成。小龙溪翩翩历阶而下，奉献出妙不可言的美景；或碧波荡漾，或为溪布，或分水涓涓细流，或汇合湍湍激流，或倾泻、或跌落成为银光闪闪的瀑布，瀑下积水，成为彩潭。色泽悦目，清音悦耳。在此您可欣赏水上太极拳表演。 下午前往参观陈氏太极拳发源地 - 温县陈家沟的武术馆，客人可以亲自学习太极拳套路、交流，之后赴洛阳入住。 	早餐 午餐 晚餐
5	<p>洛阳 (3hr 🚗) 栾川</p> <ul style="list-style-type: none"> 早餐后前往洛阳栾川县的《鸡冠洞风景区》游览，区内一山，山中一洞，山以形名，洞以山名，故曰“鸡冠洞”。鸡冠洞洞深 5600 米，上下分五层，落差 138 米。目前已开发洞长 1800 米，观赏面积 23000 平方米，共分八大景区。洞内峰回路转，曲径通幽，景观布局疏密有致。 后赴《养子沟风景区》因唐朝巾帼英雄樊梨花在此安营扎寨、养子、教子而得名。风景区所处地属大陆性季风气候。伏牛山、熊耳山、南北分立拒热挡寒，常年气候温和、空气湿润，经湖南大学测试每立方厘米空气负离子含量为 57000 个，植被茂盛，森林覆盖率 89%。是生态探险、植物科考休闲观光的理想去处。 	早餐 午餐 晚餐
6	<p>栾川 (3hr 🚗) 洛阳 (1hr 🚗) 登封 (30m 🚗) 新密</p> <ul style="list-style-type: none"> 早餐后返回洛阳，午餐后参观《龙门石窟》中国四大佛教艺术宝库之一，2000 年，龙门石窟被列为世界文化遗产，位于河南省洛阳南郊 12 公里处的伊河两岸。经过自北魏至北宋 400 余年的开凿，至今仍存有窟龕 2100 多个，造像 10 万余尊，碑刻题记 3600 余品，多在伊水西岸。数量之多位于中国各大石窟之首。其中“龙门二十品”是书法魏碑精华，唐代著名书法家褚遂良所书的“伊阙佛龕之碑”则是初唐楷书艺术的典范。 下午赴中国武术之乡 - 登封，晚餐后欣赏大型文化实景演出《禅宗少林音乐大典》，演出规模宏大，音画一体，近 600 人的禅武演绎，少林僧侣的现场唱颂，春夏秋冬的景观变化，直指心性的佛乐禅音，合成了中岳嵩山辉煌的交响。之后赴新密入住。 	早餐 午餐 晚餐
7	<p>新密 (30m 🚗) 登封 (1.5hr 🚗) 郑州</p> <ul style="list-style-type: none"> 今天，我们前往《嵩山》雄伟险峻，气势磅礴，自古有中岳之称，是中国五岳名山之一。嵩山自然景观优美，山体从东至西横卧，故有“华山如立，中岳如卧”之说。抵达后参观少林功夫的发源地 - 《少林寺》；其寺内有天王殿、藏经阁、立雪亭 其主体建筑。尤其以（练功房）内地砖之凹陷情形，即可知少林功夫深奥之道。 《塔林》少林寺历代高僧的墓地。按照佛教葬仪，寺僧圆寂后，佛徒们根据其佛学修养、佛教地位、生前享有的威望程度及其经济、佛德等情况，建造层级和高矮大小不同的墓塔，以示功德。少林寺塔林是中国现有数量最多的墓塔群，现存有各代砖石墓塔 243 座。还可以在景区内欣赏到少林武术表演。 下午返回郑州，市区观光，自由购物，车游郑东新区，外观郑州国际会展中心和河南艺术中心，晚上赴新郑入住机场酒店。 	早餐 午餐 晚餐
8	<p>郑州 🚗 新加坡</p> <p>早餐后前往机场，搭乘豪华客机返回温馨的家-新加坡。</p>	早餐

8D Amazing Henan & Mt. Yuntai

Tour Highlights	Accommodations	
<ul style="list-style-type: none"> • Homeland of Yellow Emperor • Kaifeng Government Office • Dragon Pavilion Park • Gulou Night Market • Mt. Yuntai Scenic Area • Hongshi Valley • Zhuyu Peak • Tanpu Valley • Wenxian Chenjiagou Martial Arts Academy • Jiguan Cave • Yangzi Valley • Longmen Grottoes • Zen Shaolin, A Music Ritual • Songshan Mountain • Shaolin Temple • Pagoda Forest 	Zhengzhou: Kaifu Jianguo Hotel 5* or similar x 2N Kaifeng: Henan Jinyuan Hotel 4* or similar x 1N Jiaozuo: Shanyang Jianguo Hotel 5* or similar x 1N Luoyang: Peony Plaza Hotel 4* or similar x 1N Luanchuan: Luanchuan Yishuiwan Hotel 5* or similar x 1N Xinmi: Zhengzhou Cheered Hotel 5* or similar x 1N	
	Meals	Remarks
	<ul style="list-style-type: none"> • 7 Breakfast • 6 Lunch • 6 Dinner 	<ul style="list-style-type: none"> • Shopping: Zhengzhou local products, Luoyang Dr. Tea, Luoyang ceramics, Xi'an Silk, Pearls • Specialty Meals: Mudan semi-feast + Cantonese cuisine, Steamboat, Vegetarian delicacies, Kaifeng buns feast, Tong Zi Chicken (Kaifeng delicacy) • Hotel star ratings are based on local standards. • Sequence of itinerary is subject to change without prior notice. • Entire tour to be conducted in Mandarin only. • In the event of any discrepancy between the English and Chinese itineraries, the Chinese version shall prevail.

Day	Itinerary Details	Meal
1	Singapore 🇸🇬 Zhengzhou Arrive in Zhengzhou , the capital of Henan Province. Zhengzhou is a vital transportation hub. It is also a cradle of ancient civilization. More than 3,600 years ago, King Tang of the Shang Dynasty founded his capital here, making it the oldest verified capital city in China.	Meal on Board
2	Xinzheng - Homeland of Yellow Emperor – Kaifeng After breakfast, visit Homeland of Yellow Emperor . It is a national AAAA tourism zone, the birthplace of Yellow Emperor Xuanyuan, and the capital city of his kingdom. Then we will proceed to Kaifeng and visit Kaifeng Government Office . It was the court for both administration and judicature of the capital city of the Song Dynasty. One of the best mayors was Lord Bao. A national AAAA tourism site, the complex is divided into 9 zones. Next, we will visit Dragon Pavilion Park , a national AAAA tourism zone, which served as the imperial palace during the Five Dynasties (907-960), the Northern Song (960-1127), and the Jin Dynasty (1115–1234). Due to the overrun of the Yellow River, the above imperial architectural structures are now underwater. The Dragon Pavilion Hall is the main building of the palace. Every year, a Chrysanthemum festival will be held and the park will be decorated with flowers.. After dinner, we will tour Gulou Night Market , which is almost as old as the city itself. When night falls, throngs of people flood the market, and more than 100 food carts line up on both sides, leaving only a narrow aisle for the flow of people. Most vendors cook on the spot, which results in thick steam and alluring aromas. The melodic cries of pitchmen and the clinking of tableware echo through the air, making the night market the hottest place in Kaifeng. Have a taste of Henan cuisine at your own expense.	Breakfast Lunch Dinner
3	Kaifeng - Jiaozuo After breakfast we will explore Mt. Yuntai Scenic Area . Situated in Jiaozuo, Mt. Yuntai Scenic Area consists of 11 scenic spots such as Hongshi Valley, Zhuyu Peak, Diecai Cave and Macaque Valley. It is among the first group of the world geoparks, a national AAAA tourism zone, and a national natural heritage site. Mt. Yuntai is known for its queer shape, limpid water, towering peaks and tranquil valleys. Yuntai Waterfall is known as the No.1 waterfall in Asia with a single-level drop of 314m; Hongshi Valley is known as the No.1 queer valley in China; Zhuyu Peak was highly praised by Wang Wei, a famous poet of the Tang Dynasty. Hongshi Valley consists of waterfalls, springs, streams and ponds. It was named “Natural Landscape Corridor” by Chinese garden experts. Wide and deep, Hongshi Valley is flanked by steep cliffs on both sides and contains fascinating landscapes. Visit Zhuyu Peak , a place where learnt men and monks of ancient dynasties cultivated themselves. With the forest coverage covering 93 percent, it earns the fame of “Natural Oxygen Bar”. Climbing the peak along the plank roadways built along perpendicular rock faces, tourists can reach Zhuyu Peak with an elevation of 1,308m, where they can enjoy views of undulating mountains and seas of clouds and hold all the other mountains in a single glance.”	Breakfast Lunch Dinner

4	<p>Jiaozuo - Wenxian - Luoyang</p> <p>After breakfast, we will visit Tanpu Valley. Known as the No. 1 exquisite water of China, this is where springs, waterfalls, and ponds can be found everywhere. A saying goes “If one walks three steps forward, one will see a spring; five steps forward, a waterfall; and ten steps forward, a pond. According to experts, the Magic Spring in Tanpu Valley holds summer rain and winter snow and flows over 50km, offering rare high-quality mineral water. In the afternoon, proceed to Wenxian and visit Wenxian Chenjiagou Martial Arts Academy to learn about the Chen family-style Taijiquan, which is the oldest and parent form of the five traditional family styles. Chen-style is characterized by “silk reeling”, alternating fast and slow motion and bursts of power. Thereafter, continue the journey to Luoyang where you will stay for the night.</p>	Breakfast Lunch Dinner
5	<p>Luoyang - Luanchuan</p> <p>After breakfast, visit Jiguan Cave in Luanchuan, a natural cave of limestone with a high value for archeology, scientific research and tourism. Awarded the ‘National 4A grade Scenic Spot’, it is warm in winter and cool in summer. With a length of 1,800m and an area of 23,000 sqm., the limestone shapes in the cave include stalactites, stalagmites, steles, limestone curtains, limestone waterfalls etc.</p> <p>After that, be awed by the sights of Yangzi Valley. Mountain peaks are steep and waterfalls are aplenty. The canyons located within the scenic spot possessed natural beauty and is a great spot for sight-seeing. Rich with zoology and plant resources, rainfall is abundant with pleasant weather.</p>	Breakfast Lunch Dinner
6	<p>Luanchuan - Luoyang - Dengfeng - Xinmi</p> <p>After breakfast, travel back to Luoyang. After lunch, visit Longmen Grottoes. The Longmen Grottoes overwhelmingly depict Buddhist subjects and are densely dotted along the two mountains, Xiangshan (to the east) and Longmenshan (to the west). Along with the Mogao Caves and Yungang Grottoes, the Longmen Grottoes are one of the three most famous ancient sculptural sites in China. The largest statue stands at 17.14m tall while the smallest is only 2cm high. According to the Longmen Caves Research Institute, there are 2345 caves and niches, 2800 inscriptions, 43 pagodas and over 100,000 Buddhist images at the site. 30% of the caves date from the Northern Wei Dynasty, 60% from the Tang Dynasty, and caves from other periods less than 10%. It is considered the most impressive collection of Chinese art from these dynasties, and, dating from 316 to 907 CE, represents the zenith of stone carving in China.</p> <p>After dinner, proceed to Dengfeng and enjoy the performance of Zen Shaolin, A Music Ritual. This music ritual is performed by 800 musicians, dancers, local villagers and Kungfu monks, this performance reflects the profound Chinese Zen culture and the world first-class audio and visual effect that you might have never experienced ever before. You can sit on prayer mats around the brook in the wind, watch the water, hear the music of zen and appreciate the performance, with mind eased and relax. Thereafter, stay overnight in Xinmi.</p>	Breakfast Lunch Dinner
7	<p>Xinmi - Dengfeng – Zhengzhou</p> <p>Today, we will head to Songshan Mountain. One of the Five Sacred Mountains of Taoism, it is one of the birthplaces of Chinese civilization and an important place for emperors and generals of the past dynasties to offer sacrifices to heaven and for eminent monks and Taoists to preach doctrines. Here, you will visit Shaolin Temple. Included as a UNESCO's World Heritage Site in 2010, the temple is the cradle of Chinese Zen Buddhism and Shaolin Martial Arts. Founded in the 5th century, the monastery is long famous for its association with Shaolin Kung Fu, and is the Mahayana Buddhist monastery perhaps best known to the Western world. Here you will tour the Pagoda Forest, which is a concentration of tomb pagodas for eminent monks and abbots of the temple. A rough count shows more than 240 tomb pagodas of various sizes from the Tang, Song, Jin, Yuan, Ming and Qing dynasties (618-1911), making it the biggest pagoda forest in China. Most of the Pagoda Forest is stone and brick structures, ranging from one to seven storey high. The Pagoda Forest is a rare treasure for later generations to study the history of Chinese ancient architecture, carving, calligraphy, art and religion. Thereafter, enjoy a Shaolin Martial Arts performance.</p> <p>In the afternoon, travel back to Zhengzhou and shop at own leisure. Thereafter, tour Zhengdong New District by coach and view the external façade of Zhengzhou International Convention and Exhibition Centre and Henan Art Center. At night, head to Xinzheng and check into the airport hotel.</p>	Breakfast Lunch Dinner
8	<p>Zhengzhou  Singapore</p> <p>After breakfast, transfer to airport for your flight back to Singapore with wonderful memories of Henan!</p>	Breakfast