

HENAN

Stories of history of the Central Plains

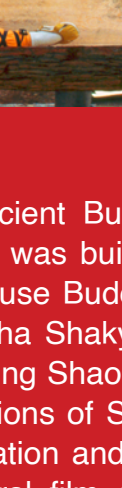


Location of Henan



Henan is located in Central China and is named for the fact that most of the areas are located in the middle and lower reaches of the Yellow River. Henan is rich in agricultural production and is a major grain and cotton producing region in China. With a long history, Henan is historically known as the "Central Plains" and is one of the important birthplaces of the Chinese civilisation. Among the "Eight Ancient Capitals of China", Luoyang, Kaifeng, Anyang and Zhengzhou are located here. These cities with thousands of years of history have played an important role in the development and advancement of Chinese civilization. In every corner of them, there are stories of history.

What's hot



Lijing Gate

Luoyang is an important ancient capital of China. In the 21st century BC, Xia Dynasty, the first dynasty in traditional Chinese historiography, established its capital here, and since then a total of 13 dynasties had built their capitals here. The Lijing Gate was built during the Sui Dynasty and was the western gate of Luoyang. However, the Lijing Gate seen today was rebuilt later on its original site. At Lijing Gate, visitors can climb the gate and enjoy the view, try local snacks, learn about history and culture, and feel the legacy of the ancient capital of Luoyang.

- 📍 233 West Gate, Old Town District, Luoyang City, Henan Province, China
- 🚌 Take bus Route 58, and get off at Lijingmen Jinqiu Stop.
- ☎ +86 379 6350 3777
- 🕒 8am-6:30pm (Apr-Oct), 8am-8pm (Nov-Mar)
- 💰 35RMB
- 🌐 www.lyta.com.cn/index



Shaolin Temple

The Shaolin Temple, famous for its ancient Buddhist culture and Shaolin Kungfu, was built in 495 AD. It was built by Emperor Xiaowen of the Northern Wei Dynasty to house Buddhahadra. In 527 AD, Bodhidharma, the disciple of Buddha Shakyamuni, came to Shaolin Temple and taught Zen, thus making Shaolin Temple the ancestral temple of Zen Buddhism. Generations of Shaolin martial arts monks have been dedicated to the creation and development of Shaolin Kungfu. Since the 1980s, several film and television productions about the Shaolin Temple have attracted many martial arts and Buddhist enthusiasts to visit here.

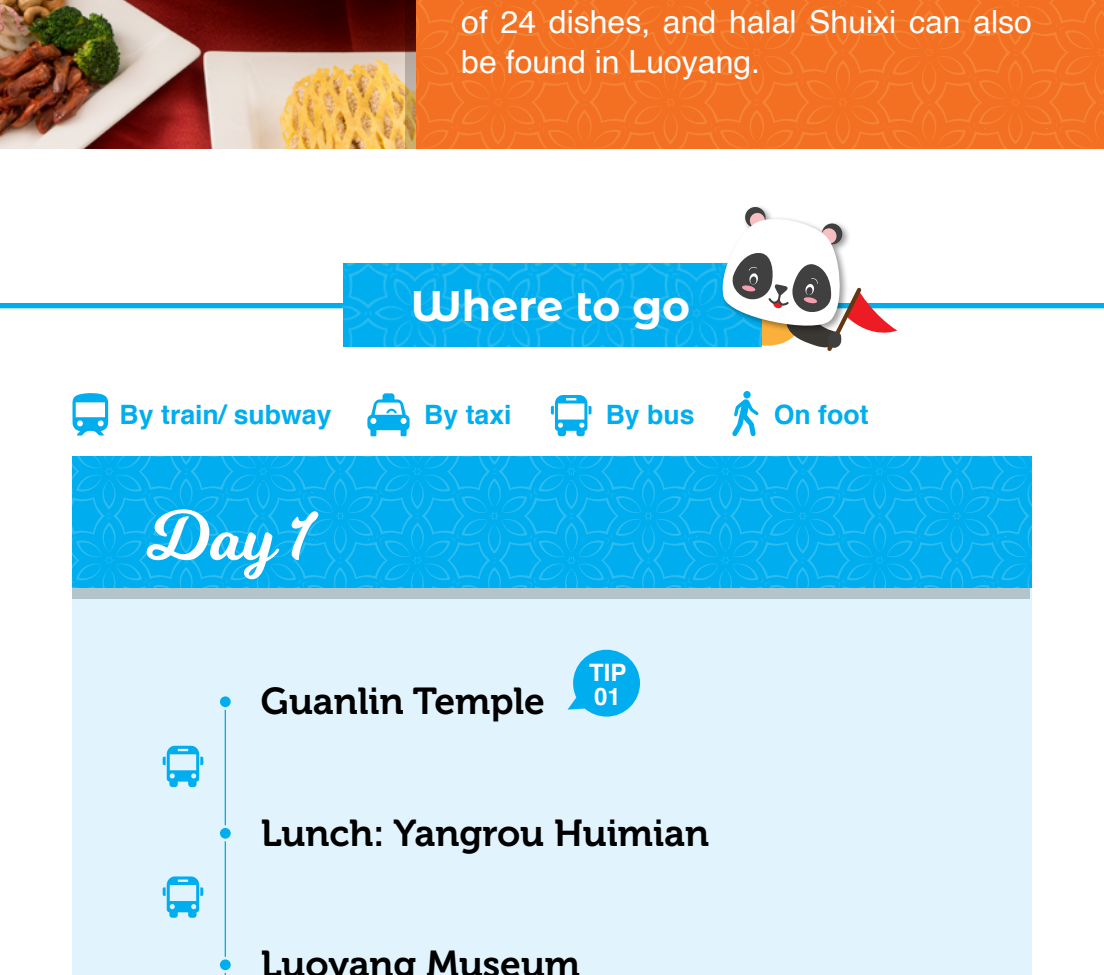
- 📍 Songshan Shaolin Scenic Area, Dengfeng City, Zhengzhou City, Henan Province, China
- 🚌 Take bus Route 8 to Shaolin Temple from Dengfeng West Bus Station. It takes about 30 minutes.
- 🕒 8am-4:30pm, daily
- 💰 80RMB
- 🌐 www.shaolin.org.cn



Luoyang Museum

In addition to recreating 13 archaeological sites, the Luoyang Museum showcases more than 11,000 artefacts that demonstrate the profound history of Luoyang. These artefacts are mainly based on the source of Chinese civilisation and the most representative Heluo Culture. It includes cultural relics from Yangshao and Longshan Cultures, Xia and Shang Dynasties, down to the Ming and Qing Dynasties. The collection includes jade, bronze, stone carvings, Han terracotta figurines, Tang Sancai, etc. "The Civilisation of Heluo" exhibition provides visitors an insight into the main lines of Chinese civilisation.

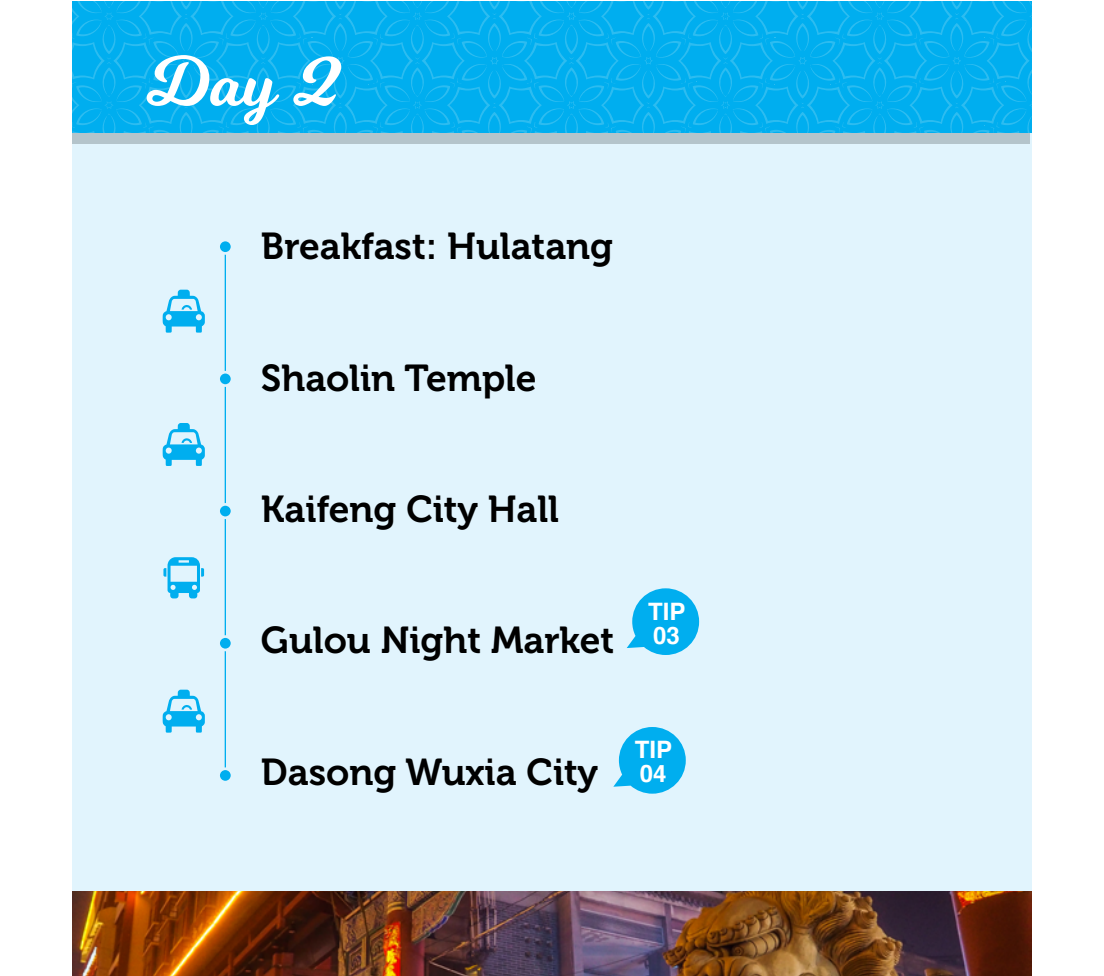
- 📍 Netai Road, Luolou District, Luoyang City, Henan Province, China
- 🚌 Take bus Route 77 and get off at Luoyang Bowuguan Stop.
- 🕒 9am-4:30pm, closed on Monday (except Peony Festival and public holidays)
- 🎫 Free (Tickets available with valid ID)
- 🌐 www.lymuseum.com



Kaifeng City Hall

Kaifeng was the capital of the Northern Song Dynasty, and the Kaifeng City Hall served as the official administrative and judicial office at that time. According to historical records, there were 183 government officials in Kaifeng City Hall. Among them, Bao Zheng (commonly known as Bao Gong) is the most well-known, who was upright and incorruptible. His judgments have been adapted into many film and television works. The reconstructed Kaifeng City Hall is now a site in remembrance of the great man, along with the memorial temple at the west part of Baogong Lake.

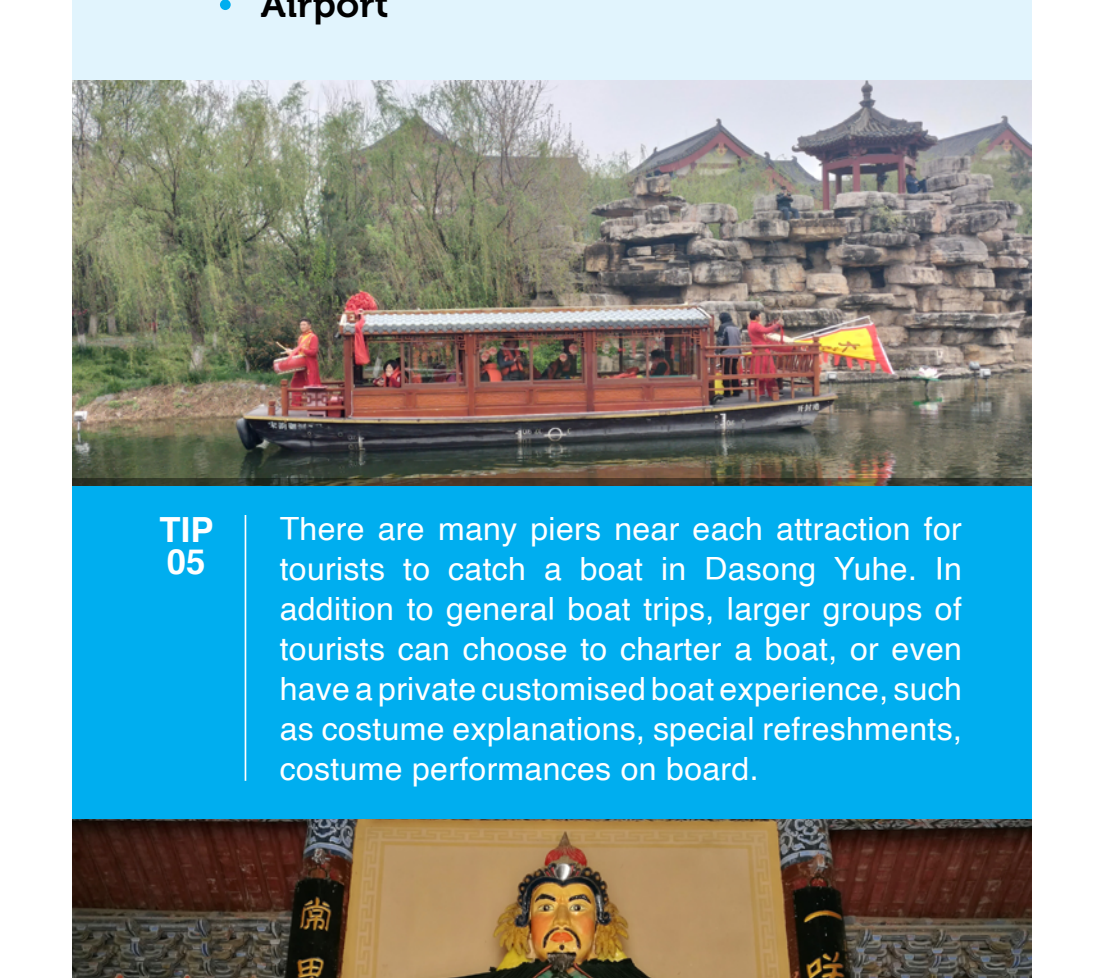
- 📍 Northern Bank of East Part of Baogong Lake, Gulou District, Kaifeng City, Henan Province, China
- 🚌 Take bus Route 1 and get off at Kaifenggu Stop, then walk about 500 metres.
- ☎ +86 371 2396 3159
- 🕒 7:30am-7pm (Spring, Summer, Autumn), 7:30am-5:30pm (Winter)
- 💰 65RMB
- 🌐 www.kaifenggu.cn



Dasong Yuhe

The 2,500-metre-long "Dasong Yuhe", which means Imperial River of the Song Dynasty, runs through the Longting Lake and Baogong Lake in Kaifeng City. It is surrounded by beautiful scenery and connects many of Kaifeng's famous attractions. The palace of the Six Dynasties, a thousand-year-old national treasure is sinking at the bottom of the lake. There are also 11 bridges and 5 gardens, built on the prototype of the famous bridges of the Song Dynasty. Dasong Yuhe has 4 piers, each with its charm for day and night cruises. The boat tours allow one to enjoy as if you were back to the Song Dynasty thousands of years ago.

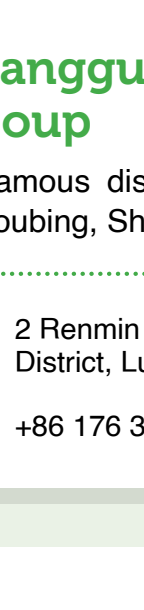
- 📍 Baogongci Pier, (50m south of the Memorial Temple of Lord Bao, Xiangyang Road, Gulou District, Kaifeng City, Henan Province)
- 🚌 Take bus no. 8, 10, 14, 16, 20, 24, 28 or Route 35 and get off at Baogongci Stop.
- ☎ +86 371 2332 2688
- 🕒 9:30am-10pm
- 🎫 Boat tour (day): 35RMB (one way), 50RMB (return); Boat tour (night): 60RMB (one way), 80RMB (return)
- 🌐 www.dasongyuhe.com



Tianbo Yangfu

During the Northern Song Dynasty, the Khitan army invaded from time to time. The Yang family, led by general Yang Ye, fought valiantly and successfully deterred the Khitans. Unfortunately, some of the Yangs died in the battles. Their loyalty has been passed down for thousands of years and has also been reproduced in film and television works. Tianbo Yangfu was the mansion of Yang Ye. It was originally located next to the Jinshui River in the northwestern part of Kaifeng City. The Tianbo Yangfu seen today is an antique garden built by later generations to commemorate the Yang family.

- 📍 14 Longting North Road, Longting District, Kaifeng City, Henan Province, China
- 🚌 Take bus no. 15, 20, 30 or Route 39 in the city and get off at Tianbo Yangfu stop.
- ☎ +86 371 2289 0559
- 🕒 8:30am-6pm (November 1-March 10)
- 💰 40RMB
- 🌐 tianbo.kf.cn

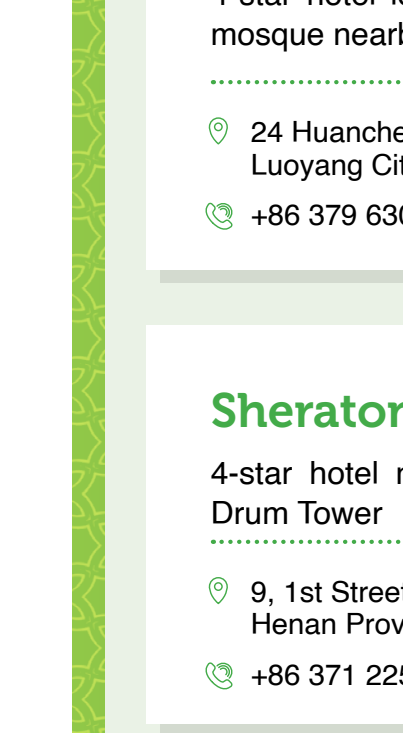


What to eat



Yangrou Huimian

Huimian is a specialty of Henan with a long history. Yangrou Huimian (braised noodle in lamb broth) is popular in the Central Plains for its delicious soup and chewy noodles. It uses high-quality flour as raw material and is supplemented by broth and various side dishes. The broth is made from the finest lamb meat and bones, which are stewed for more than 5 hours, and herbs are added to make it tasty and beneficial to the vital energy and blood.



Hulatang

Hulatang (Hot Pepper Soup) is one of the flavorful snacks of Henan. During the Song Dynasty, it was popular to add pungent, warm and aromatic herbs to food. According to research, Hulatang should be an improved food based on the hot and sour soup and meat porridge. It is made with herbs and bone broth, which makes it rich, viscous, spicy and delicious. Eating Hulatang with Jianbao, pies or Douhua are typical for breakfast in most parts of Henan.



Fried Jelly

Originally known as "Chao Liangfen", Fried Jelly (also known as "Chao Liangfen") is a traditional snack enjoyed by Kaifeng people. There are many different types of jelly ("Liangfen"), by using starch from beans, rice or yams, etc. and diluted into a paste with the right amount of water. It is cooked and condensed into pieces to create crystal clear, tender and refreshing jelly. Stir-fry the jelly with bean paste, spring onions and ginger, then cover it with a lid for a while, and hot, fragrant, tender Fried Jelly is ready to serve.

Luoyang Shuixi

"Luoyang Shuixi" (Luoyang Water Banquet) was popular during the Tang Dynasty. According to the legend, Yuan Tiangang, a famous astrologer, had predicted that Wu Zetian would be crowned emperor in the future, but the heavenly secret could not be revealed, so he designed this banquet to foretell his prediction. The entire banquet consists of 24 dishes, and halal Shuixi can also be found in Luoyang.

Where to go



- 🚆 By train/ subway
- 🚗 By taxi
- 🚌 By bus
- 🚶 On foot

Day 1

- Guanlin Temple **TIP 01**
- Lunch: Yangrou Huimian
- Luoyang Museum
- Dongguan Mosque **TIP 02**
- Dinner: Luoyang Shuixi
- Lijing Gate

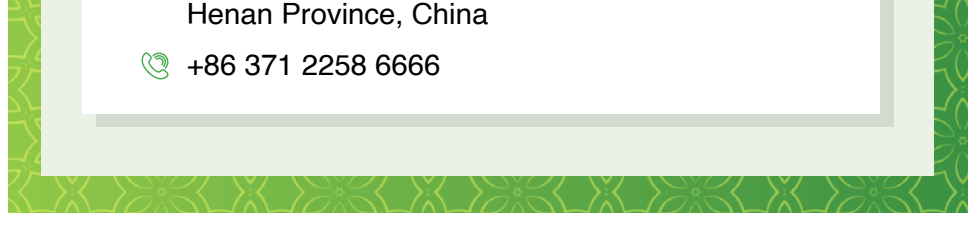


TIP 01 Guan Yu is a famous general of the Three Kingdoms Period, and Guanlin is said to be the place where his head was buried. The Luoyang Ancient Art Museum is also located here.

TIP 02 According to historical records, the eastern starting point of the Silk Road during Eastern Han Dynasty was Luoyang, the trade and commerce brought the Hui people to the Central Plains as early as the Sui and Tang Dynasties. The Dongguan Mosque built in the Ming Dynasty is a derivative of the Hui people that settled in Luoyang.

Day 2

- Breakfast: Hulatang
- Shaolin Temple
- Kaifeng City Hall
- Gulou Night Market **TIP 03**
- Dasong Wuxia City **TIP 04**

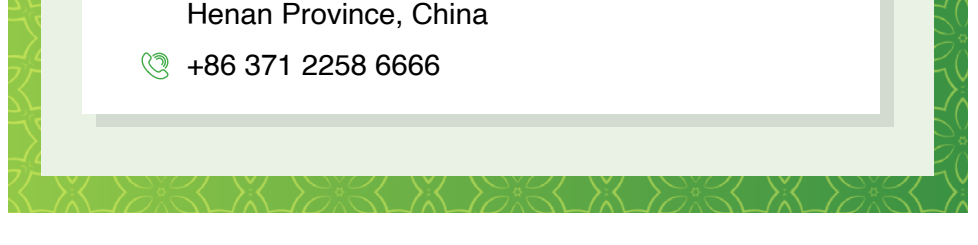


TIP 03 The historic Gulou Night Market is the largest and most spectacular night market in Kaifeng. Many halal snacks can be found here. Among the various delicacies, "Xiaohu Fried Jelly", "Mutton Kangmo", and "Four-flavoured Dishes" are recommended.

TIP 04 The Dasong Wuxia City is a tourist attraction with the Song Dynasty martial arts culture as the characteristic theme. Live-action martial arts performances held in the scenic area allow visitors to experience the splendour of the martial arts. The "Iron Flower" is a must-see folklore performance of Henan at the night.

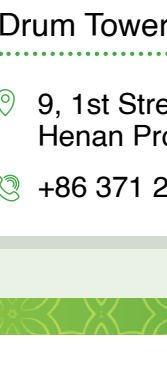
Day 3

- Dasong Yuhe **TIP 05**
- Lunch: Fried Jelly
- Yuefei Temple in Zhuxian Town **TIP 06**
- Airport



TIP 05 There are many piers near each attraction for tourists to catch a boat in Dasong Yuhe. In addition to general boat trips, larger groups of tourists can choose to charter a boat, or even have a private customised boat experience, such as costume explanations, special refreshments, costume performances on board.

TIP 06 The Yuefei Temple in Zhuxian Town was built to commemorate Yue Fei, the hero of the Song Dynasty against the Jurchens. Countless temples are built to pay tribute to Yue Fei and the temple in Zhuxian Town is one of them. It is said that Yue Fei led his troop to defeat the Jurchen army here.



Halal choice

Chinese Cuisine

Xiangji Jia Jia He Halal Huimian Restaurant

Famous dishes: Huimian, tripe, dried bean curd, grilled lamb kebab

- 📍 101 Beida Street, Old Town Area of Luoyang City, Henan Province, China
- ☎ +86 379 6378 7788/6581 7788
- 🕒 11am-10pm, daily

Chinese Cuisine

Yang's Food House

Famous dishes: Shuixi, roasted lamb's trotters, shabu-shabu, Liantang Roupian, Shaobing

- 📍 284 Giming East Road, Chanhe Hui District, Luoyang City, Henan Province, China
- ☎ +86 379 6128 3536
- 🕒 10:30am-9pm, daily

Chinese Cuisine

Fanguangzong Hot Pepper Soup

Famous dishes: Beef Hulatang, spring onion Youbing, Shui Jianbao

- 📍 2 Renmin East Road, Xiaojie Market, Xigong District, Luoyang City, Henan Province, China
- ☎ +86 176 3050 6466
- 🕒 All day

Chinese Cuisine

Xiang Long Zhai Halal Restaurant

Famous dishes: Fried jelly, carp baked noodles, mutton soup dumpling

- 📍 30m north east of the traffic post on Daliang Road (nearby Daliang Gate), Kaifeng City, Henan Province, China
- ☎ +86 378 2366 0828
- 🕒 9:30am-2pm, 5:30pm-9:30pm, daily

Accommodation

Scenery Hotel Luoyang

4-star hotel located in the old town area with mosque nearby

- 📍 24 Huancheng North Road, Chanhe District, Luoyang City, Henan Province, China
- ☎ +86 379 6300 1999

Accommodation

Sheraton Kaifeng

4-star hotel nearby Bianxi Lake and Kaifeng Drum Tower

- 📍 9, 1st Street, Longting District, Kaifeng City, Henan Province, China
- ☎ +86 371 2258 6666