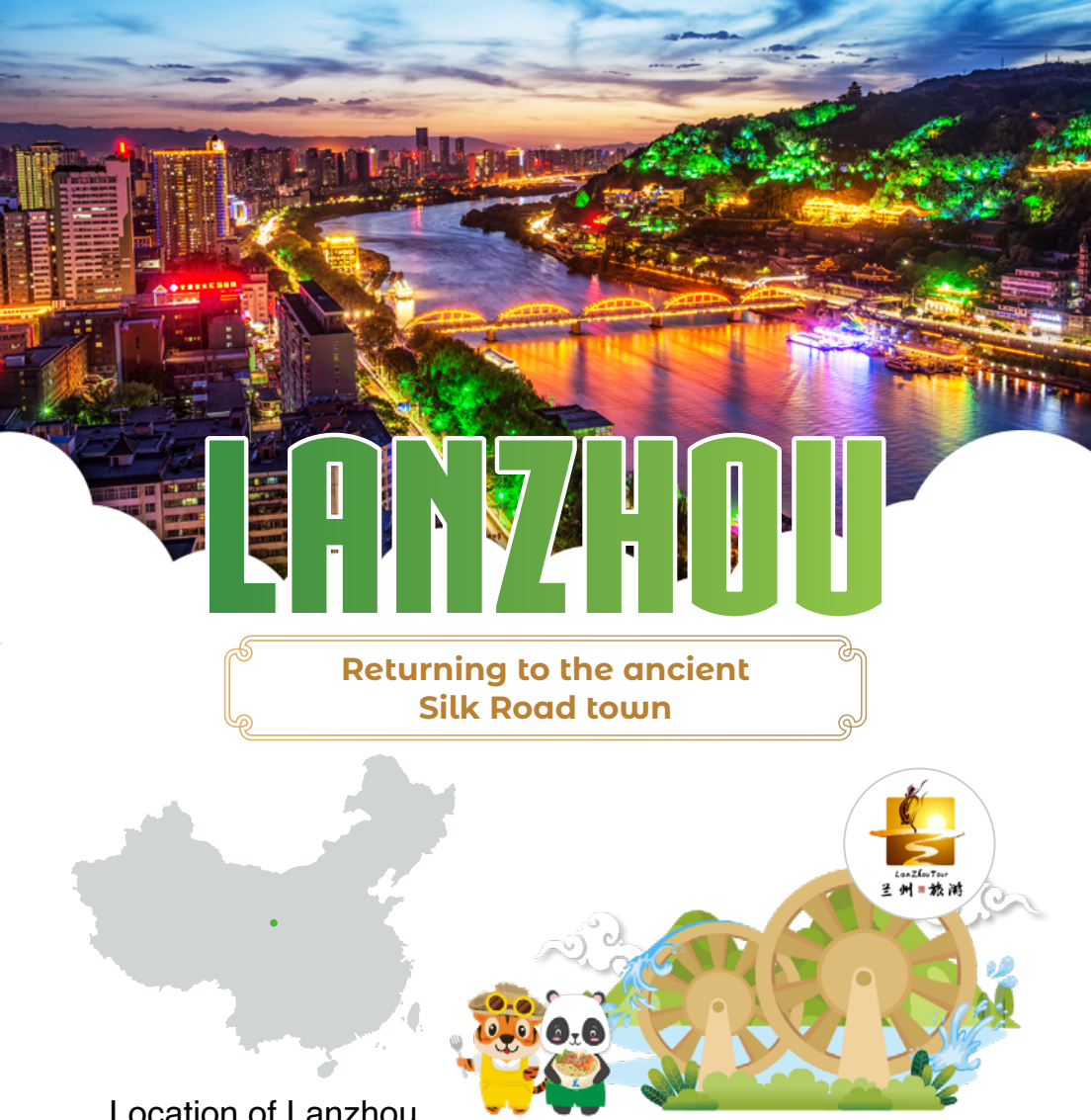
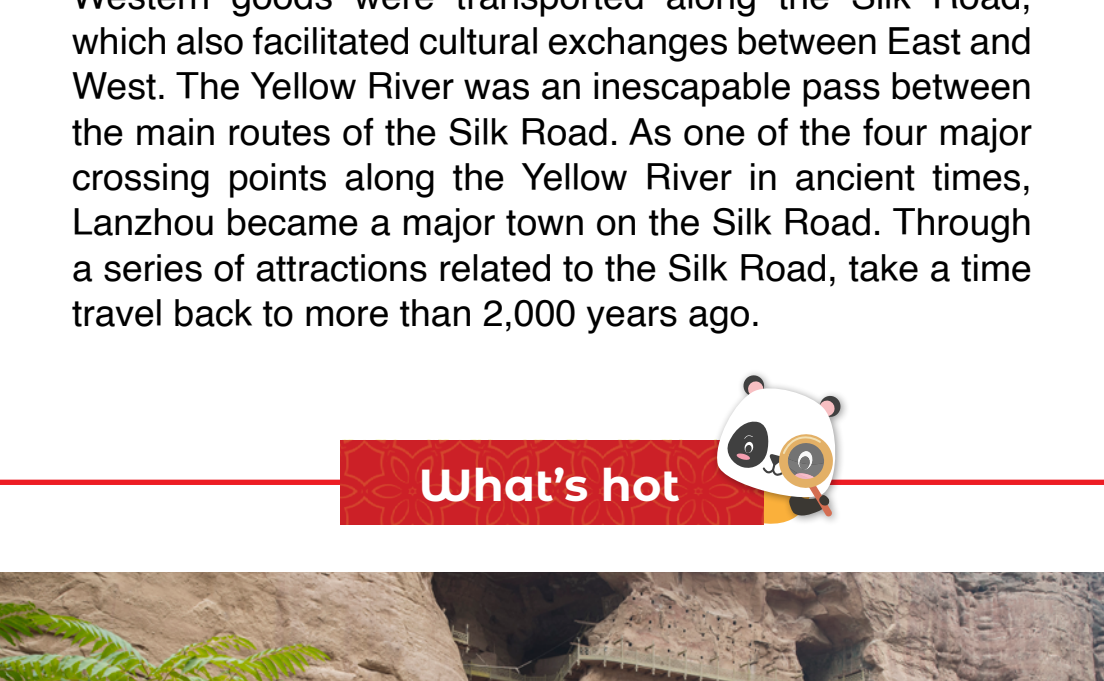




LANZHOU

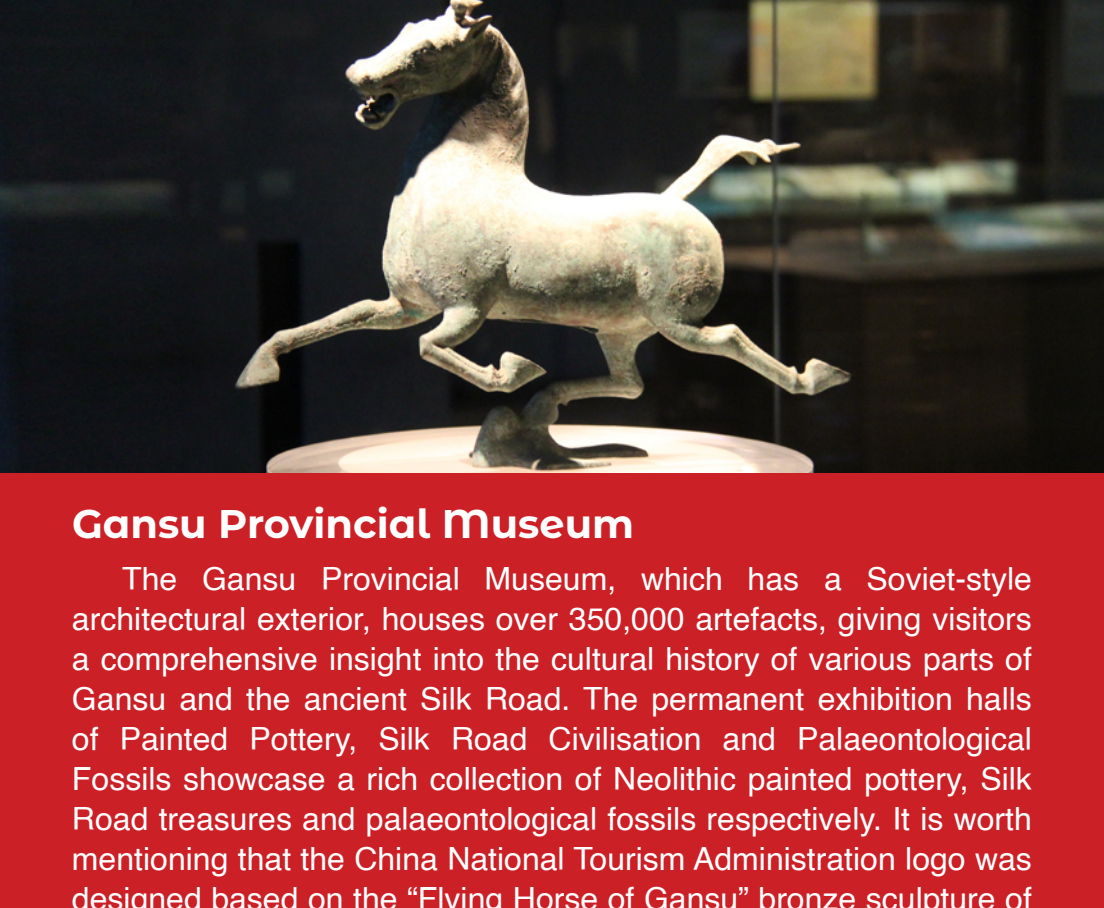
Returning to the ancient Silk Road town



Location of Lanzhou

Ancient China blazed a route from Chang'an (today's Xi'an) in the east to Rome in the west, linking Asia, Europe and Africa. A large number of Chinese silk products and Western goods were transported along the Silk Road, which also facilitated cultural exchanges between East and West. The Yellow River was an inescapable pass between the main routes of the Silk Road. As one of the four major crossing points along the Yellow River in ancient times, Lanzhou became a major town on the Silk Road. Through a series of attractions related to the Silk Road, take a time travel back to more than 2,000 years ago.

What's hot



Bingling Temple

Known as the "Encyclopaedia of Chinese Caves", the Bingling Temple has a history of over 1,600 years and preserves a wide range of wall paintings and stone carvings from different periods of the Chinese caves. As Buddhism was increasingly brought to China through the Silk Road, monasteries and grottoes were built along the route, including the Bingling Temple on the southern Silk Road. As the construction of the Bingling Temple Grottoes spanned several dynasties, they provide a glimpse into the cultures and costumes of various periods and are evidence of the cultural contact between China and the West.

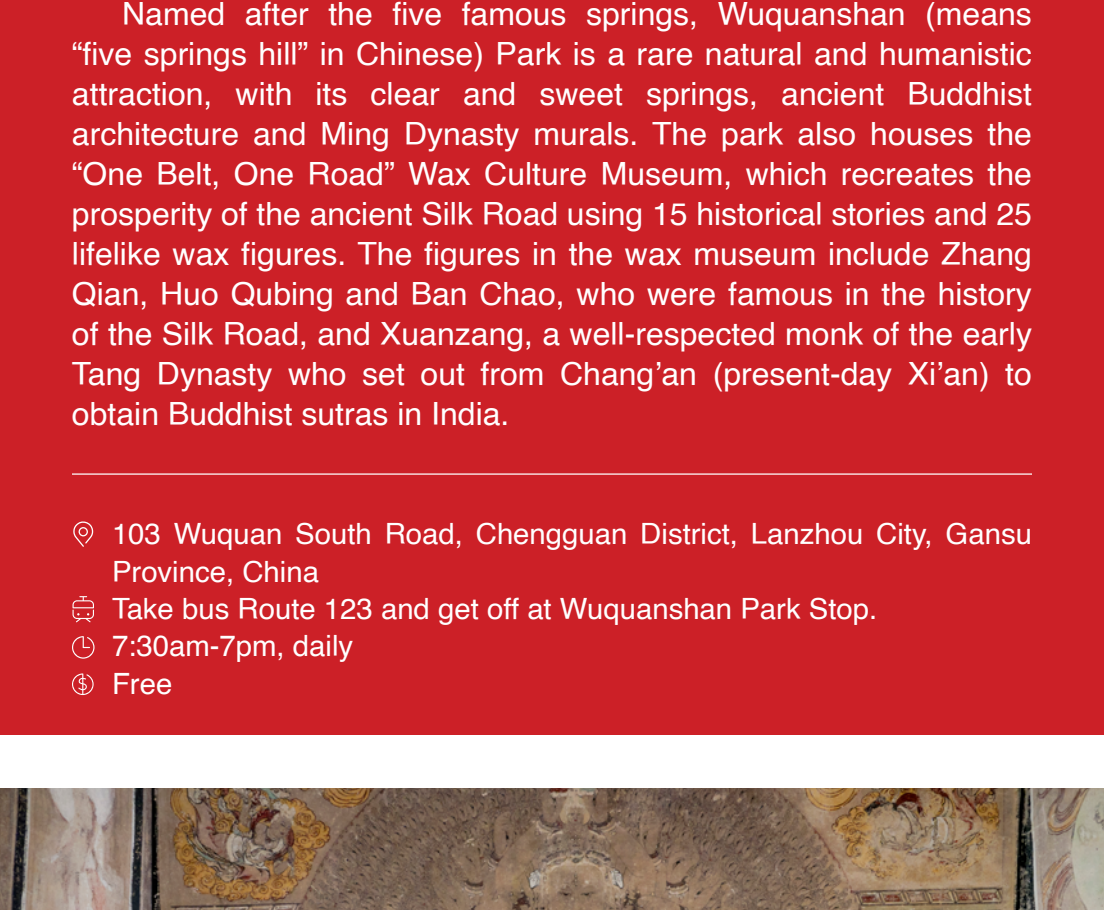
- 35km south of Yongjing County, Linxia Hui Autonomous Prefecture, Gansu Province, China
- 75km by car from Lanzhou to Liujiaxia Hydropower Dam for a yacht transfer
- 8am-5:30pm, daily
- 50RMB
- www.gsyjzhwl.com



Gansu Provincial Museum

The Gansu Provincial Museum, which has a Soviet-style architectural exterior, houses over 350,000 artefacts, giving visitors a comprehensive insight into the cultural history of various parts of Gansu and the ancient Silk Road. The permanent exhibition halls of Painted Pottery, Silk Road Civilisation and Palaeontological Fossils showcase a rich collection of Neolithic painted pottery, Silk Road treasures and palaeontological fossils respectively. It is worth mentioning that the China National Tourism Administration logo was designed based on the "Flying Horse of Gansu" bronze sculpture of the Han Dynasty in the collection of the museum.

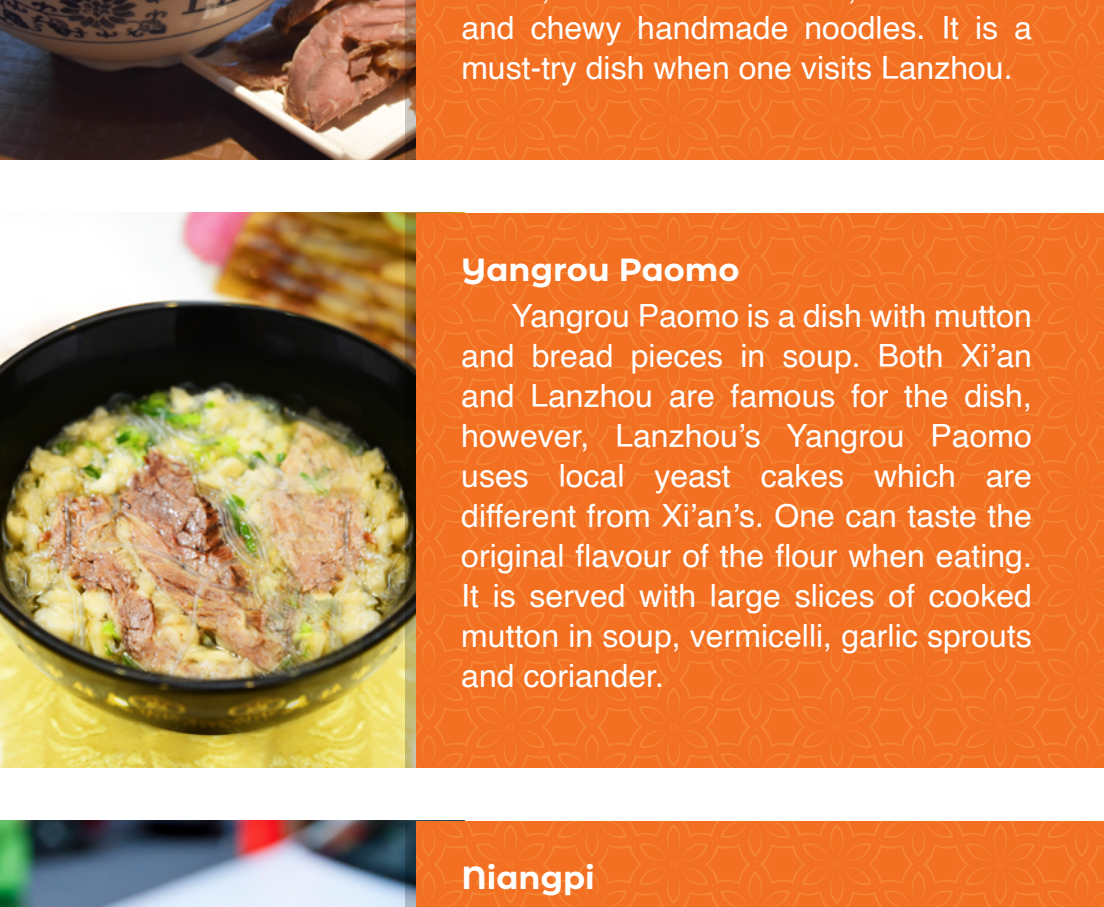
- 3 Xijin West Road, Qilihe District, Lanzhou City, Gansu Province, China
- Take bus Route 1, Route 31, Route 53, Route 106, or Route 158 and get off at Qiliheqiao Stop, then walk west for about 100 metres.
- 9am-6pm (last entry by 4pm), closed on Monday
- Free
- www.gansumuseum.com



Qingcheng Ancient Town

The Qingcheng Ancient Town, about 100 km from downtown Lanzhou, was an important water terminal along the ancient Silk Road post route and the Yellow River section of Lanzhou. It is also a military fortress during the Tang, Song and Ming Dynasties, making it a major traffic, commercial and military town. There are more than 50 well-preserved ancient houses from the Ming and Qing Dynasties, as well as the Gao Ancestral Hall, the Luo Family Courtyard, the Qingcheng Academy and the City God Temple, which are valuable for the study of north-western residential style and folk customs.

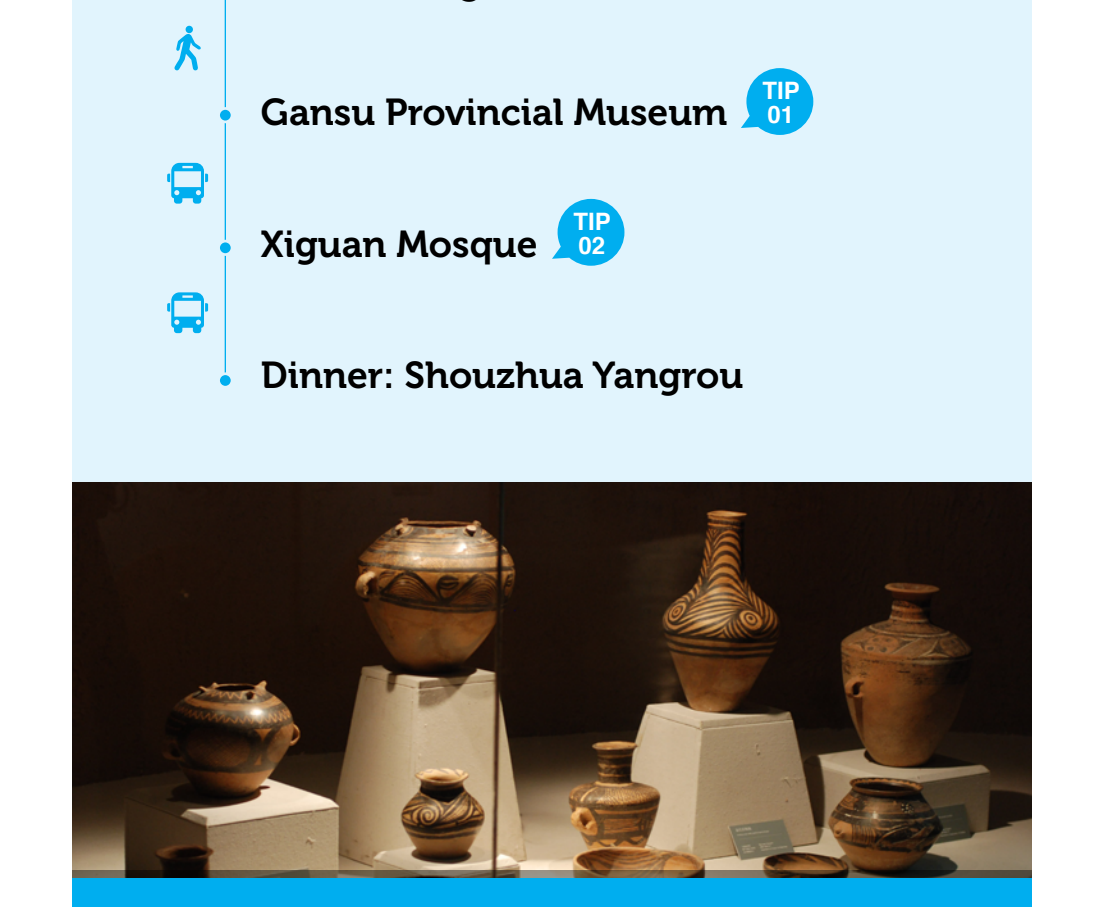
- Qingcheng Town, Yuzhong County, Lanzhou City, Gansu Province, China
- Take a bus to Qingcheng Ancient Town from Yuzhong County
- 8am-6pm (Apr-Oct), 9am-5:30pm (Nov-Mar)
- 35RMB



Lanzhou Beilin

The Lanzhou Beilin is a showcase of the glorious history of the Yellow River culture, Silk Road culture and western ethnic culture, combining regional culture with the art of calligraphy. Various calligraphic styles and masterpieces of calligraphers from all generations are hidden in the five-storey main building of Lanzhou Beilin, providing an insight into the history of Chinese literature and calligraphy. In addition, there are symbolic potteries from the Dadiwan culture, which dates from the Neolithic period. It's like travel through 8,000 years of history when you visiting here.

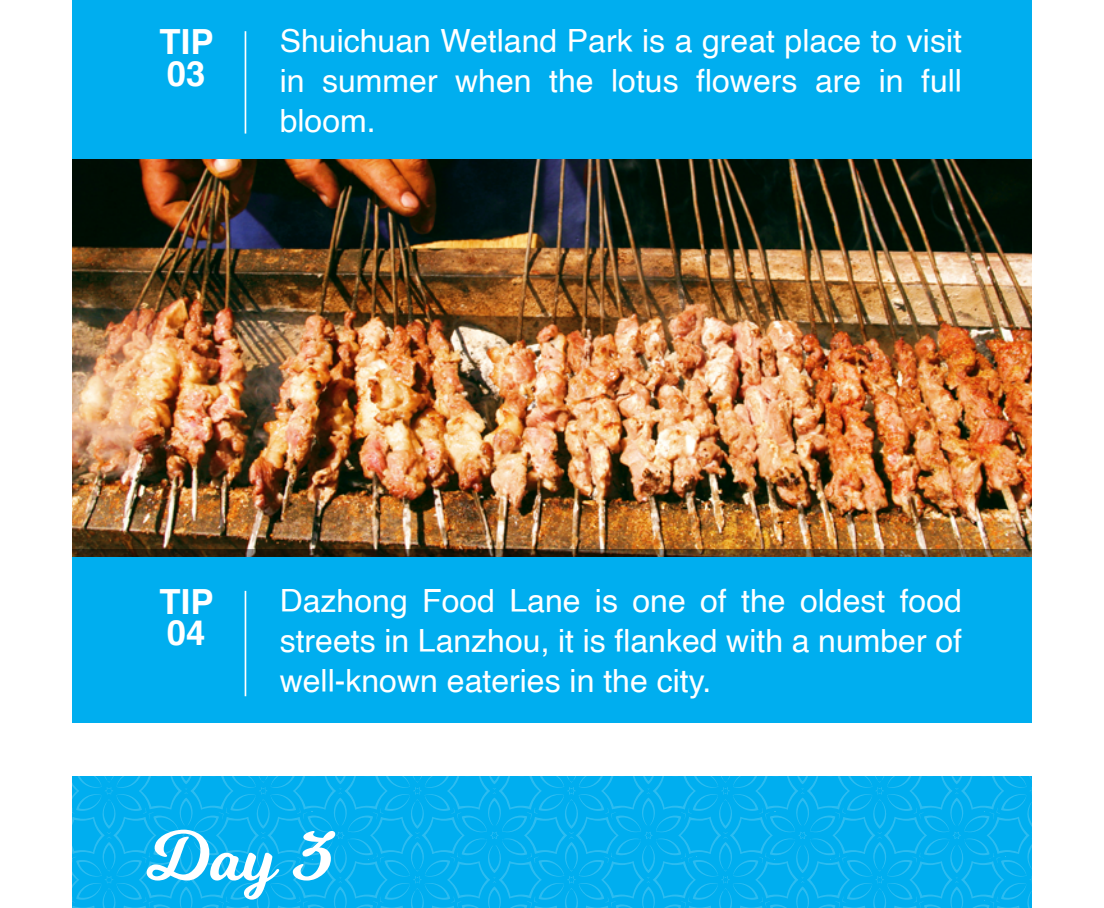
- 452 Beibinhe Road, Chengguan District, Lanzhou City, Gansu Province, China
- Take bus Route 53 and get off at Jinchengguan Stop, then walk about 1.5km.
- 9am-5pm, closed on Monday
- Free



Wuquanshan Park

Named after the five famous springs, Wuquanshan (means "five springs hill" in Chinese) Park is a rare natural and humanistic attraction, with its clear and sweet springs, ancient Buddhist architecture and Ming Dynasty murals. The park also houses the "One Belt, One Road" Wax Culture Museum, which recreates the prosperity of the ancient Silk Road using 15 historical stories and 25 lifelike wax figures. The figures in the wax museum include Zhang Qian, Huo Qubing and Ban Chao, who were famous in the history of the Silk Road, and Xuanzang, a well-respected monk of the early Tang Dynasty who set out from Chang'an (present-day Xi'an) to obtain Buddhist sutras in India.

- 103 Wuquan South Road, Chengguan District, Lanzhou City, Gansu Province, China
- Take bus Route 123 and get off at Wuquanshan Park Stop.
- 7:30am-7pm, daily
- Free



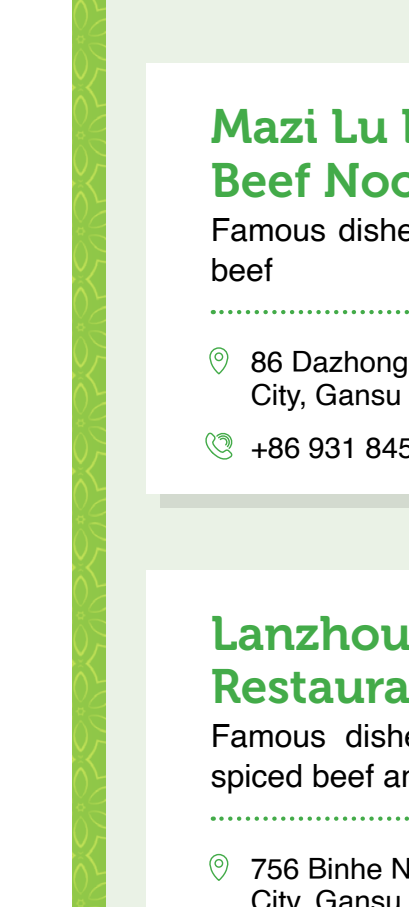
Dunhuang Art Gallery

Located on the throat of the ancient Silk Road, Dunhuang is famous for its caves and frescoes. No need to take a long journey to Dunhuang now, one can go to the Dunhuang Art Gallery in Lanzhou instead. At the Dunhuang Art Gallery, you'd be amazed by the variety of 1:1 scale replicas of Dunhuang's caves, murals and sculptures. The replicas are made with 3D printing and other high-tech methods, which make one feels like being inside a Dunhuang cave. It's worth noting that the gallery is free to visit and sparsely populated, making it ideal for a quiet experience of Dunhuang art.

- 522 Nanbinhe East Road, Lanzhou City, Gansu Province, China
- Take bus Route 53 to Gansu International Exhibition Centre Stop, then walk about 870 metres.
- 9am-4pm, closed on Monday
- Free

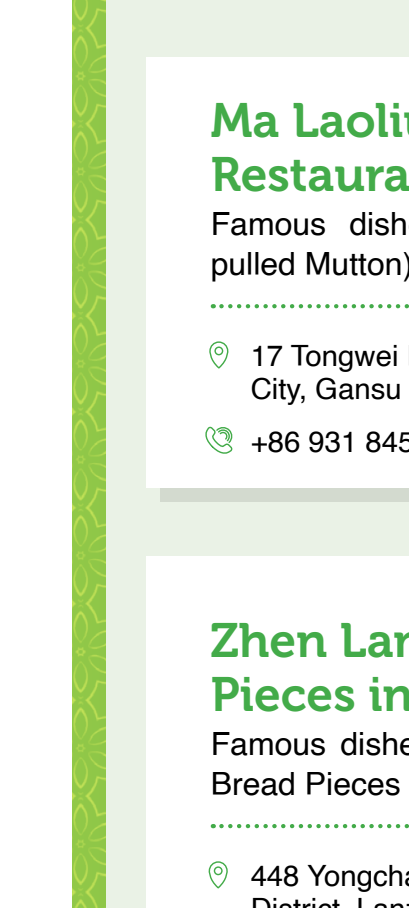


What to eat



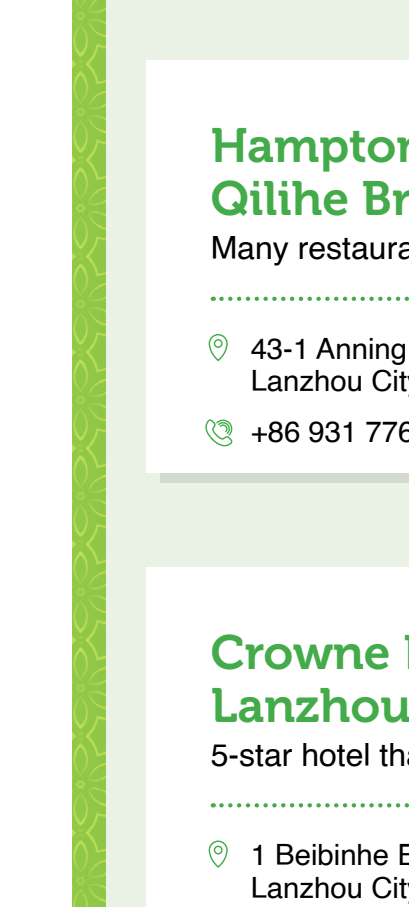
Lanzhou Beef Noodle

Lanzhou Beef Noodle is a common noodle dish and famous traditional food of Lanzhou. For many locals, beef noodles are an integral part of their lives, a daily necessity and the start of the day. Lanzhou Beef Noodle consists of a clear broth, shaved beef, Chinese radish slices, cilantro and scallion, red chilli oil and chewy handmade noodles. It is a must-try dish when one visits Lanzhou.



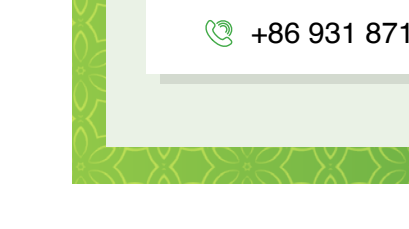
Yangrou Paomo

Yangrou Paomo is a dish with mutton and bread pieces in soup. Both Xi'an and Lanzhou are famous for the dish, however, Lanzhou's Yangrou Paomo uses local yeast cakes which are different from Xi'an's. One can taste the original flavour of the flour when eating. It is served with large slices of cooked mutton in soup, vermicelli, garlic sprouts and coriander.



Niangpi

Niangpi is a famous local snack in Lanzhou. It is served cold, which makes it popular in summer. Niangpi can be seen everywhere in Lanzhou during hot days. The main ingredient of the dish is noodle-like strips that are translucent like jade, which is made of rice flour or mung bean flour. It is usually eaten with cucumber slices and sesame sauce, vinegar, salt, sesame oil, and chilli oil as seasonings.



Shouzhua Yangrou

Shouzhua Yangrou means "Hand-pulled Mutton", literally mutton eaten by hands. It is a traditional dish loved by Mongolian, Tibetan, Hui, Uyghur and Kazakh peoples, which is said to have a history of nearly 1,000 years. Shouzhua Yangrou is primarily made with lamb loin meat and salt as the main ingredients, stewed mutton would be pulled or cut from the bone when eating.

Where to go

- By train/ subway
- By taxi
- By bus
- On foot

Day 1

- Dunhuang Art Gallery
- Lunch: Yangrou Paomo
- Gansu Provincial Museum
- Xiguan Mosque
- Dinner: Shouzhua Yangrou

TIP 01

Although the museum is free entry, admission is limited in the morning and afternoon.

TIP 02

Xiguan Mosque is known as one of the "Ten Most Beautiful Mosques in China", it is only 4km from the Gansu Provincial Museum. It looks like a castle with its white facade in the sunlight.

Day 2

- QingCheng Ancient Town
- Shuichuan Wetland Park
- Lunch: Lanzhou Beef Noodle
- Wuquanshan Park
- Dinner: Dazhong Food Lane

TIP 03

Shuichuan Wetland Park is a great place to visit in summer when the lotus flowers are in full bloom.

TIP 04

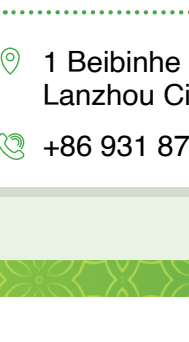
Dazhong Food Lane is one of the oldest food streets in Lanzhou, it is flanked with a number of well-known eateries in the city.

Day 3

- Bingling Temple
- Lunch: Niang Pi
- Binhe Road Greenery Corridor
- Lanzhou Beilin
- Airport

TIP 05

Many attractions including the statue of the Mother Yellow River, Zhongshan Bridge and Waterwheel Expo Park are located along Binhe Road Greenery Corridor.



Halal choice

Chinese Cuisine

Mazi Lu Lanzhou Beef Noodle (Da Zhong Xiang)

Famous dishes: Lanzhou beef noodle, stewed beef

- 86 Dazhong Alley, Chengguan District, Lanzhou City, Gansu Province, China
- +86 931 845 0505
- 6:30am-2:30pm

Chinese Cuisine

Lanzhou Anboer Restaurant (Binhe Road North)

Famous dishes: House-made mutton chops, spiced beef and snow pear soup

- 756 Binhe North Road, Qilihe District, Lanzhou City, Gansu Province, China
- +86 931 835 3333
- 6am-9pm

Chinese Cuisine

Ma Laoliu Halal Restaurant (Tongwei Road)

Famous dishes: Shouzhua Yangrou (Hand-pulled Mutton), stew beef and Niangpi

- 17 Tongwei Road, Chengguan District, Lanzhou City, Gansu Province, China
- +86 931 845 8333
- 11am-10:30pm

Chinese Cuisine

Zhen Lan Mutton and Bread Pieces in Soup Restaurant

Famous dishes: Yangrou Paomo (Mutton and Bread Pieces in Soup)

- 448 Yongchang North Road, Chengguan District, Lanzhou, Gansu Province, China
- 10:30am-10pm, daily

Accommodation

Hampton by Hilton Lanzhou Qilihe Bridge

Many restaurants and sites are nearby

- 43-1 Anning East Road, Anning District, Lanzhou City, Gansu Province, China
- +86 931 776 2999
- www.hilton.com

Accommodation

Crowne Plaza Hotel Lanzhou

5-star hotel that offers luxury amenities

- 1 Beibinhe East Road, Chengguan District, Lanzhou City, Gansu Province, China
- +86 931 871 1111
- www.ihg.com/crowneplaza