

# 茶和天下

主题精品旅游线路

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TEA FOR HARMONY

RECOMMENDED TEA-THEMED TOURS



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## 活动介绍

### Introduction

中国是茶的故乡，茶与中国文化相伴相融已有数千年的漫长历史。2022年11月29日，“中国传统制茶技艺及其相关习俗”被列入联合国教科文组织人类非物质文化遗产代表作名录。为了向全世界游客展现中国丰富多彩的茶和茶文化，我们为此推荐了精品旅游线路，邀您共赴一场茶乡盛宴！

China is the home of tea. For thousands of years, tea has held a special place in Chinese culture. On November 29, 2022, “Traditional tea processing techniques and associated social practices in China” was added to the UNESCO Representative List of the Intangible Cultural Heritage of Humanity. To showcase to tourists worldwide the richness and diversity of Chinese tea and tea culture, we have specially recommended tours, inviting you to join us in a celebration of tea!





“茶和天下”主题精品旅游线路(排名不分先后)

"Tea for Harmony" Recommended Tea-themed Tours

(In no particular order)

01. 产品名称：武夷山国家公园“茶乡疗愈”精品线路.....01

Product Name：Wuyishan National Park "Tea Resort Healing" Boutique Tour Route

武夷山市文化体育和旅游局

Wuyishan Municipal Bureau of Cultural Sports and Tourism

02. 产品名称：安徽黄山、茶韵天下之黄山毛峰线路.....11

Product Name：Anhui's Huangshan and the Huangshan Maofeng Tea Route

黄山中国国际旅行社有限公司

Huangshan China International Travel Service

03. 产品名称：壮美广西·茶和天下.....17

Product Name：Splendors of Guangxi · Tea for Harmony

桂林中国国际旅行社有限责任公司

China International Travel Service Guilin Co.,Ltd

04. 产品名称：翠影流香——贵州茶韵与非遗民俗康养之美.....23

Product Name：Emerald Shadow and Flowing Fragrance

The Beauty of Tea Customs and ICH Wellness in Guizhou, China

贵州省中国青年旅行社有限公司

China Youth Travel Service.Guizhou Co.,Ltd

05. 产品名称：茶和天下——湖南黑茶品茶之旅.....35

Product Name：Tea for Harmony - A Journey of Tasting Dark Tea in Hunan

湖南省中国旅行社有限公司

China Travel Service Hunan Co.,Ltd

06. 产品名称：惠山古镇茶韵之旅.....41

Product Name：Huishan Ancient Town Tea Tour

无锡市惠山古镇文化旅游发展有限公司

Wuxi Ancient Town Of Huishan Cultural Tourism Development Co.Ltd

07. 产品名称：泡茶馆,逛胡同,做一天地道的北京人.....47

Product Name：Take a day to soak in the tea house atmosphere, wander through the hutongs, and experience what it' s like to be a true Beijinger.

北京千乘假期国际旅行社有限公司

Beijing Glory International Travel Service Co., Ltd

08. 产品名称：信阳茶路毛尖之旅.....53

Product Name：Xinyang Maojian, from the ancient tea route to modern tea tour

北京大品管理咨询有限公司

Beijing Dapin Management Consulting Co., Ltd

09. 产品名称：茶味岭南——探寻一个离不开茶的地方.....61

Product Name：Tea of Southern China - Exploring a Place Inseparable from Tea

广州广之旅国际旅行社股份有限公司

GZL International Travel Service Ltd

10. 产品名称：丝绸之路上的“黑金”——陕西官茶·泾阳茯茶.....65

Product Name：The Black Gold on the Silk Road Jingyang "Fu Tea"

西安中国国际旅行社集团有限责任公司

Xi'an China International Travel Service Group Co., Ltd

11. 产品名称：人间天堂,茶会杭州.....71

Product Name：“Heaven on Earth” Tea Party in Hangzhou

杭州梵客国际旅行社有限公司

Hangzhou Fanke international travel Ltd

12. 产品名称：茶和天下·滇藏茶马古道之旅.....77

Product Name：Harmony between Tea and Heaven

Following the Footprints of Ancient Tea and Horse Caravan

云南之路国际旅行社有限公司

Yunnan Road Travel Company Limited

13. 产品名称：茶韵·四川——一杯川式·一切巴适.....83

Product Name：Tea and Sichuan - A cup of Sichuan tea · Enjoy a leisurely life

成都简悦国际旅行社有限公司

Chengdu Delight Tour&Events Limited company

14. 产品名称：海丝茶源·福建安溪铁观音探秘之旅.....89

Product Name：The Origin of Tea on the Maritime Silk Road

Exploring Tieguanyin Tea in Anxi County, Fujian Province

厦门建发国旅集团

C&D Global Tourism Group



## 武夷山国家公园“茶乡疗愈”精品线路

### Wuyishan National Park "Tea Resort Healing" Boutique Tour Route

#### 线路背景 Background of Tour Route

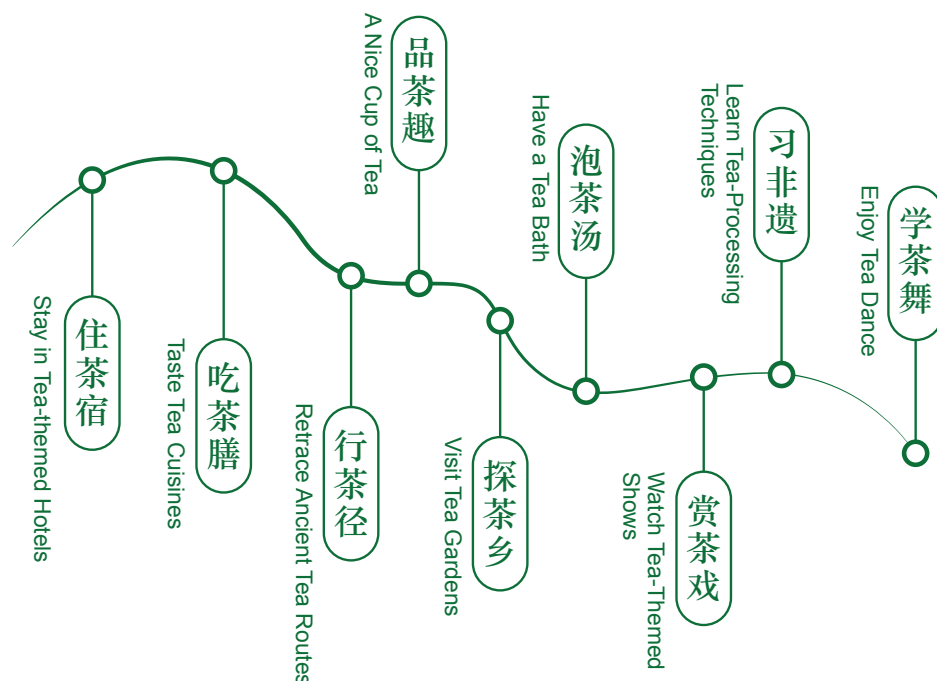
武夷山是世界乌龙茶和红茶的发源地，中国茶文化艺术之乡，拥有同纬度保存最完好的生态系统。2022年11月29日，武夷岩茶(大红袍)制作技艺列入人类非物质文化遗产代表作名录。武夷山有着天然的茶旅资源，来武夷山“住茶宿、吃茶膳、行茶径、品茶趣、探茶乡、泡茶汤、赏茶戏、习非遗、学茶舞”，体验“茶乡疗愈九式”主题旅游产品，有助愉悦身心、调节性情、助力康复。

Wuyishan, renowned as the birthplace of oolong tea and black tea and the Hometown of Chinese Tea Culture and Art, boasts the best-preserved ecosystem along its latitude. On November 29, 2022, the Wuyi Rock Tea (Dahongpao) processing technique was added to UNESCO's Representative List of the Intangible Cultural Heritage of Humanity. Blessed with rich tea tourism resources, Wuyishan offers a wide range of tea experiences including staying in tea-themed hotels, tasting tea cuisines, retracing ancient tea routes, savoring tea, visiting tea towns, having a tea bath, watching tea-themed shows, learning tea-processing techniques, and enjoying tea dance. Embark on a healing journey to Mount Wuyi, where you can dispel worries, restore emotional balance and rejuvenate yourself completely.

#### 线路行程 Itinerary 时长建议：2天 Suggested Duration: 2 days

茶香疗愈九式：愉悦身心/调节性情/助力康复

Nine Delightful Tea Experiences in Mount Wuyi: Better Mood, Temper and Health





第一天 上午：行茶径

Day 1 Morning: Retrace Ancient Tea Routes

武夷山分布众多茶古道，古道上茶花香扑鼻、负氧离子高，适合漫步慢游、清心洗肺。

With the aroma of tea blossoms and the abundance of negative ions, ancient tea trails in Wuyishan are ideal for leisurely strolls and lung-cleansing walks.

春天里，百花盛开，漫山的茶树发起新芽，桃花、樱花、油菜花、山里不知名的野花洒满在茶山之间，择一条茶古道漫步，感受这份独属于春天的幸福感。

In spring, flowers are in full bloom, and new buds sprout on the tea trees in the mountains. The tea mountains are dotted with peach blossoms, cherry blossoms, rapeseed flowers and other unknown wildflowers. Take a leisurely walk along one of the ancient tea routes, and embrace the springtime bliss.

体验点推荐

Recommended Routes

01 岩骨花香慢游道

Route A: Rock Tea Walkway

水帘洞口→天车架→慧苑→流香涧→母树大红袍→大红袍停车场

Water Curtain Cave→Heaven Cart Rail→Huiyuan Temple →Fragrance Ravine→Dahongpao Mother Trees→Dahongpao Stop

02 洞天仙府慢游道

Route B: Dongtian Xianfu Walkway

大红袍停车场→马头岩→磊石精舍→悟源涧→胡麻涧→天游峰顶→中正公园→桃源洞→云窝→天游停车场

Dahongpao Stop→Matouyan Peak→Leishi Taoist Temple→Wuyuan Ravine→Huma Falls→Tianyou Peak→Zhongzheng Park→Taoyuan Cave→Yunwo→Tianyou Peak Stop

03 岸上九曲慢游道

Route C: Nine-Bend Stream Walkway

星村渡头→道院洲→鼓楼坑口→桃源洞路口→云窝→武夷精舍→天游停车场

Xingcun Ferry Dock→Daoyuanzhou→Guloukeng Valley→yuan Cave→Yunwo--Wuyi Academy→Tianyou Peak Stop



下午：习非遗

Afternoon: Learn Tea-Processing Techniques

武夷岩茶传统手工制作技艺，历史悠久，凝聚武夷山先民集体智慧。在体验过程中，能够增强手、眼、心的专力，既增进人体机能的协调性，又陶冶性情。

The time-honored traditional processing technique of Wuyi Rock Tea represents the collective wisdom of our forefathers in Wuyishan. When experiencing this traditional technique, you can sharpen your focus of mind, improve hand-eye coordination, and cultivate your temperament.

五月，是武夷山采茶、做茶最繁忙的季节，山间都是茶人们忙碌的身影，此时是来武夷山体验武夷岩茶传统手工制作技艺的最佳时间，体验从亲手采摘茶到制成一泡茶的手作时光。

May is the busiest season for tea picking and making in Wuyishan. This is the best time to experience the traditional processing techniques of Wuyi Rock Tea, from picking tea leaves to brewing a perfect cup of tea.



体验点推荐

Recommended Routes

茶言精舍  
Chayan Jingshe Tea Garden

瑞泉岩茶博物馆  
Ruiquan Rock Tea Museum

福莲茶庄园  
Fulian Tea Plantation

陶渊茗非遗体验馆  
Taoyuanming Intangible Cultural Heritage Experience Center

皇龙袍茶庄园  
Huanglongpao Tea Plantation

武夷星茶文化博物馆  
Wuyistar Tea Culture Museum

骏德正山小种红茶文化体验馆  
Junde Lapsang Souchong Black Tea Experience Center

香江茗苑  
Xiangjiang Tea House



下午：品茶趣

Afternoon：A Nice Cup of Tea

茶叶中含有丰富的钾、钙、镁、锰等矿物质，大量的咖啡碱，具有提神醒脑的功效，通过在茶庄园中品茗，能够增强身体机能，缓解疲劳。

Tea leaves are rich in minerals, including potassium, calcium, magnesium, manganese, and a large amount of caffeine that helps refresh our minds. Have a nice cup of tea in the, you may recharge your energy and relieve fatigue.

伴着午后暖阳，既可围炉煮茶，在袅袅茶香中敞开心扉，共谋发展；也可择一处静地，远离城市喧嚣，回到山野里解锁露营喝茶的乐趣。

Basking in the warm afternoon sunshine, you can either sit around the stove and chat freely over hot tea, or go camping and enjoy tea in the serene mountains or fields away from the hustle and bustle of the city.

体验点推荐

Recommended Routes

福莲茶庄园 Fulian Tea Garden	正山堂茶庄园 Zhengshantang Tea Garden	九龙湾贡袍大众茶馆 Jiulongwan Gongpao Public Tea House
武夷星·茶之旅茶庄园 Wuyistar Tea Garden	宋街大众茶馆 Songjie Public Tea House	印象建州大众茶馆 Jianzhou Impression Public Tea House
武夷香江名苑 Wuyi Xiangjiang Tea House	香甘厚大众茶馆 Xiangganhou Public Tea House	
茶言精舍茶庄园 Chayan Jingshe Tea Garden	皇龙袍大众茶馆 Huanglongpao Public Tea House	壶光山舍大众茶馆 Huguang Shanshe Public Tea House

晚上：吃茶膳

Evening：Taste Tea Cuisines

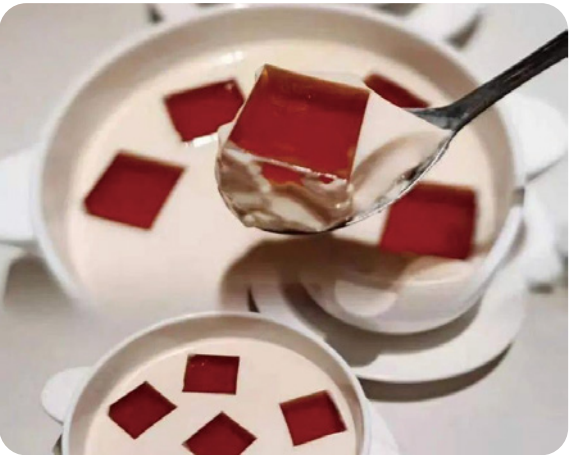
武夷茶膳以茶入菜，有着养阴润肺健脾等功效。茶品包括: 大红袍茶叶蛋、红袍三味花蝶、大红袍奶茶、牛栏坑肉桂炖牛肉、老机水仙炖水鸭、铁罗汉酿笋尖、水金龟蒸红眼鱼、岩骨花香烤羊排、白茶菌菇炖条排、山茶油炒三蔬、茶香高汤小刀面、正山红茶小汤圆等。

Incorporating tea into the dishes, Wuyi tea cuisines are known for the health benefits of nourishing the lungs and invigorating the spleen. Delight in a variety of tea-flavored delicacies, such as Dahongpao tea eggs, tea jelly, tea-favored appetizers (chicken, mushroom and shrimp), Dahongpao milk tea, stewed beef in cinnamon tea, stewed duck in old fir narcissus tea, brewed bamboo shoots in oolong tea, steamed carp (rock tea flavor), roasted lamb chops, stewed spare ribs with mushroom (white tea flavor), stir-fried vegetables with camellia oil, handmade noodles in tea soup, and small rice balls in tea soup.

体验点推荐

Recommended Routes

福莲茶庄园 Fulian Tea Garden	泓林大酒店 Honglin Hotel	望峰花园酒店 Wangfeng Hotel
悦华酒店 C&D Resort Wuyi Mountain	武夷山庄 Wuyishan Villa	佰翔花园酒店 Fliport Garden Hotel Wuyishan
太伟风景酒店 Taiwei Scenic Hotel	崇阳溪山庄 Chongyangxi Mountain Villa	武夷·椿泊度假酒店 Haloyon Villa Wuyi
嘉元千禧度假酒店 Jiayuan Millennium Hotels and Resorts	青竹山庄 Qingzhu Mountain Villa	中维海晟国际大酒店 Zhongwei Mount Wuyihashare Hotel





晚上：住茶宿

Evening：Stay at Tea-Themed Hotels

武夷山的茶宿，有茶香、茶空间、泡茶水、茶点、茶洗浴用品、围炉煮茶等规范配置，栖居山谷间、茶园里、水边边的茶民宿，体验接触自然、回归自然的宁静。

The tea-themed accommodations in Wuyishan offer amenities and space for tea brewing and tea drinking, along with delectable tea snacks, tea-infused toiletries and tea stoves. Nestled amidst the valleys, tea gardens and rivers, the tea-themed hotels provide a serene retreat, allowing you to reconnect with nature.



第二天 上午：探茶乡

Day 2 Morning：Visit Tea Towns

武夷山是著名的茶乡,是世界乌龙茶和红茶的发源地，拥有良好的生态环境，在茶园里打卡，让忙碌的身心尽情放松，尽享山水养眼、清爽养肺、运动养身、文化养心之福。

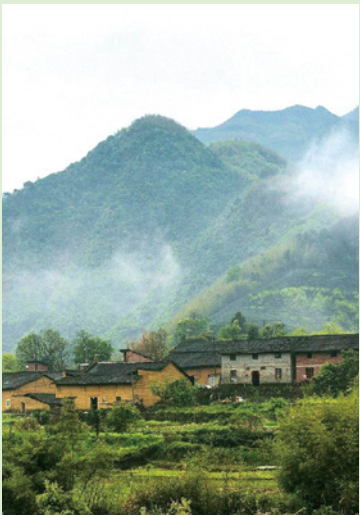
Blessed with a sound environment, Wuyishan is a world-renowned tea producing region and the birthplace of oolong tea and black tea. Wandering around tea gardens, you may unwind amidst the picturesque landscapes, breathe in the fresh air, do some exerciser, and appreciate the culture, finding ultimate relaxation for your body and mind out of the busy schedule.

万里茶道起点——下海村  
Xiamei Village: The starting point of the Ten Thousand Li Tea Route

正山小种的发源地——桐木村  
Tongmu Village: The birthplace of Lapsang Souchong

武夷岩茶第一镇——星村镇  
Xingcun Town: The hub of Wuyi rock tea

老枞之乡——浆溪村吴三地  
Wusandi, Jiangxi Village: The home of old fir narcissus tea



生态茶园 Ecological tea gardens

燕子窠生态茶园 Yanzike ecological tea garden	旗山生态茶园 Qishan ecological tea garden	大坪洲生态茶园 Dapingzhou ecological tea garden	半月山生态茶园 Banyueshan ecological tea garden	南源岭生态茶园 Nanyuanling ecological tea garden	桐木生态茶园 Tongmu ecological tea garden
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上午：学茶舞

Morning：Enjoy Tea Dance

武夷茶舞全套共四组动作，融入采茶、挑茶、摇青、冲泡、敬茶、品茶等姿态，是集武夷山传统茶文化、制茶技艺为一体的健身舞蹈。通过练习可以改善心肺功能，增强身体稳定性、灵活性，达到有氧练习的同时愉悦身心。

Wuyi tea dance consists of four sets of movements that incorporate the postures of picking and screening tea leaves, and tossing, brewing, serving and tasting tea, integrating the traditional tea culture and tea-making techniques of Mount Wuyi. Through practicing the dance, you can improve cardiopulmonary function, and enhance body stability and flexibility, experiencing the joy of aerobic workout while rejuvenating your mind and body.

体验点推荐

Recommended Routes

景区南入口 South Entrance of Mount Wuyi Scenic Area	苏闽广场 Sumin Square	茶博园 Wuyi Tea Exhibition Garden
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下午：泡茶汤

Afternoon：Have a Tea Bath

茶叶中含有茶多酚、茶碱等物质，能有效缓解心脏的负担。在温泉中加入茶叶，用茶叶泡澡可以提高身体的新陈代谢，具有行气、活血、舒筋、通络、止痛等功效。

Polyphenols and theophylline in tea can effectively reduce the risks of cardiovascular diseases. Soaking in the tea-infused hot springs can speed up your metabolism, activate blood circulation, relax muscles, unblock meridian channels, and relieve pain.

体验点推荐

Recommended Routes

印象·泰自然茶汤温泉酒店 Impression Thainatural Chatang Hotspring Hotel	且慢山居温泉民宿 Qieman Shanju Hotspring Guesthouse
温德姆花园酒店 Wyndham Garden Wuyishan	印主题温泉别墅客栈 Impression-themed Hotspring Villa
一曲相思·矮胡 Yiqu Xiangsi Aihu Resort Hotel	美凯温泉酒店 Meikai Hotspring Hotel



### 晚上：赏茶戏

#### Evening: Watch Tea-Themed Shows

在置身于山水中，观看一场实景表演，能够放松心情，刺激脑神经，活跃大脑，有助于嗅觉、味觉、视觉等感观认知功能的恢复。

Immerse yourself in the beautiful landscapes and watch a live performance in a natural setting. You will be able to invigorate your brain, and stimulate your senses of smell, taste, and vision.

### 体验点推荐

#### Recommended Routes

印象大红袍山水实景演出  
Impression Dahongpao Show

“三茶问韵”演艺  
Tea Culture Performance



武夷山市文化体育和旅游局

Wuyishan Municipal Bureau of Cultural Sports and Tourism

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more details



武夷山旅游  
公众号  
Wuyishan  
Tourism WeChat  
public account



## 安徽黄山、茶韵天下之黄山毛峰线路

### Anhui's Huangshan and the Huangshan Maofeng Tea Route

#### 线路背景 Background of Tour Route

1915年巴拿马万国博览会将黄山毛峰列为中国十大名茶之一。作为黄山毛峰的发源地，我们希望通过景点+茶文化的线路将中国名茶推广至全球，并通过一系列的采摘体验及参观茶文化博物馆的活动让游客更加深入了解黄山毛峰的历史；安徽黄山现为世界文化与自然双重遗产，世界地质公园，国家AAAAA级旅游景区。此线路旨在引领全球游客在领略安徽黄山秀美风景的同时可以感受中国名茶的独特魅力！

The Panama World Expo in 1915 recognized Huangshan Maofeng as one of China's top ten famous teas. As the birthplace of Huangshan Maofeng, we aim to promote Chinese famous teas globally through a combination of scenic spots and tea culture. Through a series of activities such as tea picking experiences and visit to the Tea Culture Museum, we aim to provide visitors with a deeper understanding of the history of Huangshan Maofeng. Anhui's Huangshan is now a UNESCO World Heritage Site, a World Geopark, and a National 5A Tourist Attraction. This route aims to enable global tourists to appreciate the beautiful scenery of Huangshan in Anhui while experiencing the unique charm of Chinese famous teas!

#### 茶园体验流程

#### Tea Garden Experience Process

采茶：走进生态茶园，背上小竹篓，感受亲手採茶的乐趣；

Tea picking: walking into an ecological tea garden, carrying small bamboo vines on your back, and experiencing the joy of picking tea with your own hands;

制茶：观摩学习非遗制茶工艺；

Tea making: observing and learning tea-making techniques, an intangible cultural heritage;

参观：参观谢裕大茶文化博物馆，了解徽茶文化；

Visit: Visit the Xieyuda Tea Culture Museum to learn about Huizhou tea culture;

品茶：了解茶叶相关知识，学习茶叶冲泡，保存方法及相关礼仪。

Tea tasting: understand tea-related knowledge, learn tea brewing and preservation methods, and associated practices.



线路行程 Itinerary 时长建议：4天 Suggested Duration: 4 days

第一天：黄山市

Day 1: Huangshan City

晚餐享用徽商故里迎宾宴，餐后游览被誉为流动的“清明上河图”的屯溪老街。长约一公里的古街上，鳞次栉比地排列着由不同年代建成的300余幢徽派建筑。这些店铺的格局多为“前店后坊”，经营当地的土特产，如茶叶，香菇冬笋，文房四宝，各色小吃等。斑驳的马头墙在各式灯笼的掩映下，有一种别样的趣味，此时游客熙熙攘攘，正是休闲购物或摄影的最佳时段。紧邻着的是最新落成的屯溪河街，河街科学布局四大版块，分别为盛世徽梦、屯溪新韵、滨江秀场、寻味穿越。不仅有黄山本地的非遗小吃，还将网罗全国名小吃，而盛世徽梦则将做一些品牌以及本地文化品牌的孵化。河街凭借独有的亲水资源，现代的灯光设计，时尚的内容植入，成为屯溪滨江夜游网红打卡地。

晚餐：徽商故里 / 住宿：黄山市区酒店

Enjoy a welcome dinner in Huishang Guli Restaurant. Then you will have a chance to visit Tunxi Old Street, reminiscent of the famous Chinese painting "Along the River During the Qingming Festival". There are more than 300 Hui-style buildings built in different eras. The layout of the stores is mostly "store at the front and workshop at the back", selling local specialties such as tea, shiitake mushrooms and winter bamboo shoots, the four treasures of study, and various snacks. The mottled horse-head wall, under the cover of various lanterns, has a special style of its own. Adjacent to it is the newly completed Tunxi River Street. There are not only local intangible cultural heritage snacks, but also national famous snacks. With its unique waterfront resources, modern lighting design, and fashionable style, the River Street has become a popular spot for night tours along the Tunxi River.

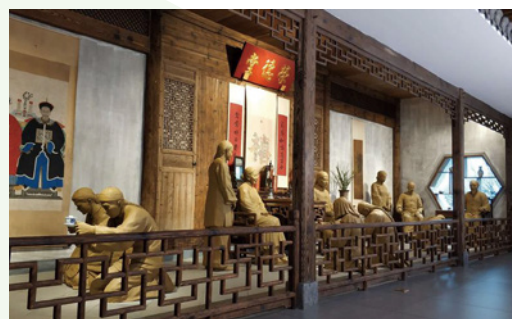
Dinner: Huishang Guli Restaurant / Accommodations: Hotel in downtown Huangshan



第二天：屯溪-谢裕大茶文化博物馆-夜游新安江

Day 2: Xieyuda Tea Culture Museum, Xin'an River waterfront tourist area

乘车前往谢裕大茶文化博物馆，茶博物馆集实物陈列、茶艺表演、品茗、制茶非遗技艺体验、茶学研究和茶文化学术活动为一体，以宣传徽州文化和茶文化为主题，通过丰富详实的收藏展品和历史文献、文物，运用符合现代人审美意识的陈列形式与手段，借助历史文物、茶书、茶经、茶画、茶技、茶艺的综合展示，挖掘中国茶文化之精髓，提炼徽商商道之内涵，让到访者有如亲身游历徽茶文化发展之历史长河，切身感受徽茶文化发展之壮丽辉煌，在徽州茶文化博物馆，你可以更深入地了解徽州茶文化的源远流长，感受到徽州人对茶的热爱和执着追求。无论是对茶文化感兴趣的人，还是喜欢品茶的人，都能在这里找到自己的乐趣。参观后返回屯溪市区用晚餐。晚餐后游览新安江滨水旅游区，紧邻新安江畔，沿袭徽州古典特色，有林廊清影、徽州照壁浮雕、摩崖石



刻、湖边水利枢纽、湖边古村落、古牌坊等。

早餐：酒店内 / 中餐：徽州特色茶宴 / 晚餐：徽菜特色臭鳊鱼+毛豆腐

住宿：市区酒店

Take the bus to the Xieyuda Tea Culture Museum. The museum integrates physical displays, tea ceremonies, tea tasting, intangible cultural heritage experiences in tea-making, tea studies, and academic activities on tea culture. Its theme revolves around promoting Huizhou culture and tea culture. Through rich collections, historical documents, and artifacts, it employs modern aesthetic-conscious display methods to showcase the essence of Chinese tea culture. By utilizing historical relics, tea literature, tea scriptures, tea paintings, tea techniques, and tea ceremonies, the museum explores the essence of Chinese tea culture and the connotations of Huizhou merchants' business ethics, and allows visitors to personally experience the historical development of Huizhou tea culture. At the Huizhou Tea Culture Museum, you can gain a deeper understanding of the long-standing Huizhou tea culture and feel the love and dedication of the Huizhou people towards tea. Whether you are interested in tea culture or simply enjoy tea tasting, you can find your joy here. After the visit, return to Tunxi urban area for dinner. After dinner, tour the Xin'an River waterfront tourist area, adjacent to the Xin'an River. Here, immerse yourself in the classical features of Huizhou, where you'll encounter shady corridors, Huizhou carved murals, cliff carvings, lakeside water conservancy hubs, ancient lakeside villages, and historic archways.

breakfast: Within the hotel / Lunch: Hui-style Tea Banquet / Dinner: Huizhou Cuisine

Accommodations: Downtown hotel







第三天：屯溪-黄山风景区-屯溪  
Day 3: Tunxi-Mt. Huangshan-Tunxi

乘车前往世界文化与自然遗产地——【黄山风景区】（车程约50分钟），游狮子峰、梦笔生花、石猴观海、散花坞、始信峰景区、黑虎松、龙爪松、十八罗汉朝南海、童子拜观音等美景后乘坐云谷缆车下山，随后乘景区交通至换乘中心，返回屯溪市区。

早餐：酒店内 / 中餐：山顶自助餐 / 晚餐：徽菜风味

住宿：市区酒店



Take the bus to Mount Huangshan Scenic Area, a world cultural and natural heritage site (about 50 minutes' drive). On the way, we will be able to visit the Lotus Peak, Turtle Peak, the Bright Summit, the Lion Peak, the Stone Monkey Watching the Sea, the flower valley, the Writing-brush Peak, the Black Tiger Pine, the Dragon Claw Pine, the Beginning-to-believe Peak, the Eighteen Arhat Peaks. We will descend the mountain by Yungu Cable Car from the eastern side. Then take the bus back to downtown.

Breakfast: Within the hotel / Lunch: Buffet on mountain top / Dinner: Huizhou Cuisine

Accommodations: Downtown hotel

第四天：屯溪-返程  
Day 4: Tunxi-Return



黄山中国国际旅行社有限公司  
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## 壮美广西·茶和天下

### Splendors of Guangxi · Tea for Harmony

#### 线路背景 Background of Tour Route

在广西多元的自然地貌里，在这绵延的十万大山之中，孕育着中国古老而又经久不衰的饮品体系——茶。山脉一线变换，人间烟火各异。在广西，茶不仅是一种饮品，也不止于人间烟火，它还能唤醒你存在于记忆中，萌芽于想象里的各种美好画面。可以是秀甲天下的山水，可以是丰富多彩的少数民族风情，更可以是那传唱千年的采茶歌。

Amidst the diverse natural landscapes of Guangxi, nestled within its sprawling mountain ranges, flourishes China's ancient and enduring tradition of tea. As the mountainous terrain shifts, so too do the myriad human activities. In Guangxi, tea transcends its role as a mere beverage; it awakens memories and inspires a myriad of beautiful imagery in one's mind. It could be the majestic scenery unique to this region, the rich tapestry of ethnic minority cultures, or even the timeless tea-picking songs that have echoed through the ages.

#### 出入境方式 Entry and exit

桂林入境  
Entry from Guilin



南宁出境  
Exit from Nanning

#### 国内交通 Domestic transportation

全程豪华旅游大巴  
Luxury tour coach for the whole journey

茶文化分享交流会  
Tea culture sharing meeting

非遗制茶、茶器体验  
Intangible cultural heritage  
tea making, tea ware experience

自然山水景观  
Natural Landscape

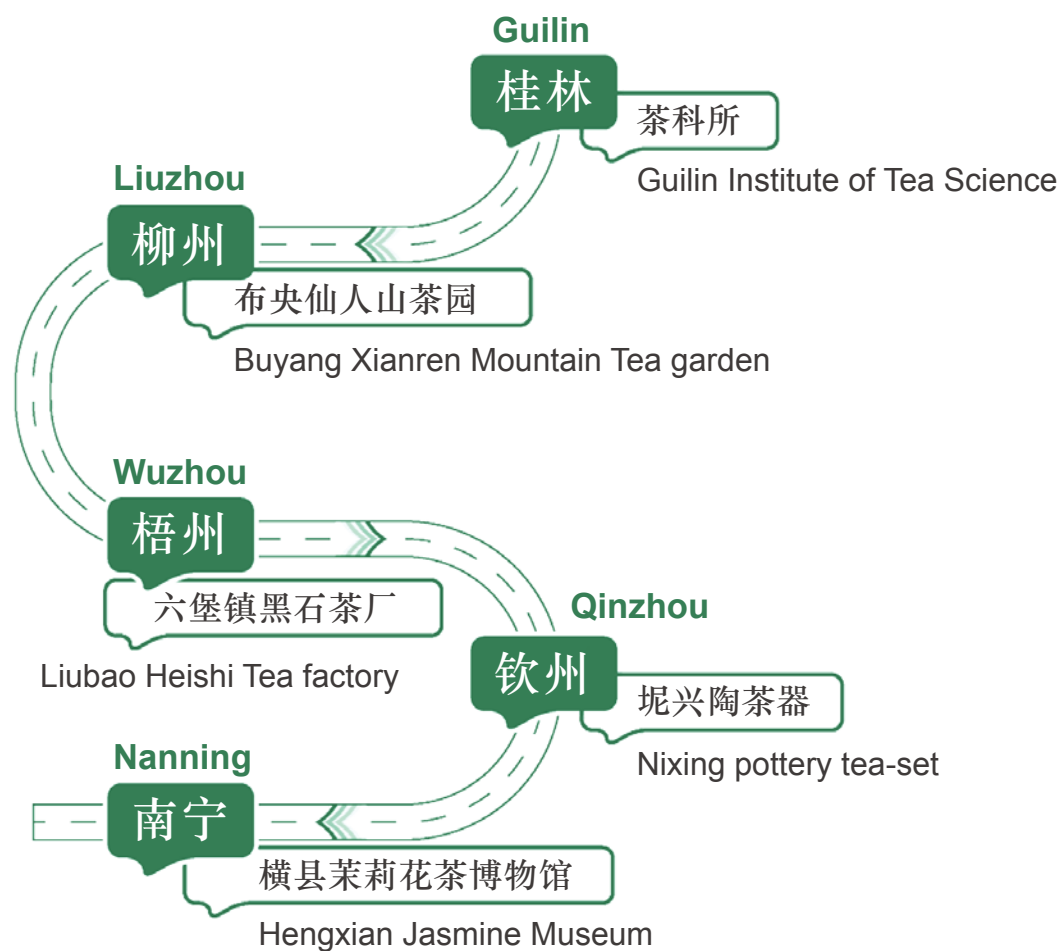
行程特色  
Itinerary Features

非遗美食油茶宴  
Intangible cultural heritage:  
Oil tea banquet

少数民族风情  
Customs of ethnic minority groups



线路行程 Itinerary 时长建议：7天 Suggested Duration: 7 days



第一天：桂林入境  
Day 1: Entry from Guilin

特色体验 Unique Experiences

桂北特色饮食体验打油茶  
Oil Tea: Specialty of North Guilin

办理入境需准备好相关证件及签证  
Relevant documents and visas should be prepared for entry.



第二天：布央仙人山 / 程阳八寨  
Day 2: Buyang Xianren Mountain scenic area, Chengyang Eight Villages

特色体验 Unique Experiences

百家宴采茶  
Community Feast and Tea Picking



桂林大巴出发 [三江布央仙人山茶园] 采茶，与茶农交流当地生活；午餐后前往 [程阳八寨]，体验农家制茶工艺，参观世界四大古桥之一——程阳永济桥；晚餐品尝侗族最高待客之道——百家宴；随后返回桂林连住。

Take tour bus from Guilin to [Sanjiang Buyang Xianren Mountain Tea Garden] to pick tea, interact with local tea farmers; after lunch, proceed to [Chengyang Eight Villages] to experience the rural tea-making craftsmanship, visit one of the world's four major ancient bridges—Chengyang Yongji Bridge; enjoy dinner with the highest level of hospitality in the Dong ethnic group—Baijia Banquet; then return to Guilin for overnight stay.

第三天：桂林茶科所 / 六堡茶馆  
Day 3: BGuilin Institute of Tea Science / Liubao Teahouse

特色体验 Unique Experiences

六堡茶品鉴 / 茶树品种辨别  
Liubao Tea Appreciation,  
Identification of Tea Plant Varieties



前往 [桂林茶科所] 了解现代茶园种植等相关研究成果；午餐后乘坐大巴前往梧州；前往 [六堡茶馆] 感受两广饮茶习俗；宿梧州。

Depart for [Guilin Institute of Tea Science]. Learn about modern tea garden planting and related research achievements. Take the tour bus to Wuzhou after lunch. Leave for [Liubao Teahouse] to experience the customs of tea drinking in Guangdong and Guangxi areas. Accommodation in Wuzhou.



○ 第四天：黑石茶厂 / 六堡茶博物馆  
Day 4: Heishi Tea Factory / Liubao Tea Museum

特色体验 Unique Experiences

茶船古道，在种茶、制茶、易茶、品茶等诸多环节中，体现着各民族交往交流交融的历史。  
The ancient Tea Boat Road embodies the history of exchanges and integration of various ethnic groups in many processes such as planting tea, making tea, trading tea and tasting tea.



前往[六堡镇黑石茶厂]了解六堡茶现代化制茶工艺，制茶标准，探秘茶船古道。

Go to [Liubao Heishi Tea Factory]. Learn about Liubao tea modern tea making technology, tea making standards, explore the secret of the ancient Tea Boat Road.

以六堡镇为起点的茶船古道，是一条跨越山海的贸易之路、文化之路，密切了不同地域、不同民族的经济往来与文化交流，成为传承中华文化的重要载体。

The Tea Boat Road, which starts at Liubao Town. It serves as a trade route and cultural corridor traversing mountains and seas, fostering close economic and cultural exchanges among various regions and ethnic groups. It has evolved into a significant conduit for preserving Chinese culture.

○ 第五天：坭兴陶产业园 / 采茶戏曲  
Day 5: Nixing pottery Industrial Park / Tea picking opera

特色体验 Unique Experiences

前往钦州，听传统茶戏曲，亲手体验坭兴陶茶器制作，住宿钦州。  
Depart for Qinzhou. Enjoy traditional tea opera and experience Nixing pottery tea-set making. Accommodation in Qinzhou.



○ 第六天：茉莉花茶博物馆 / 南宁  
Day 6: The Jasmine Museum / Nanning

特色体验 Unique Experiences

[茉莉花茶博物馆]体验花茶制作工艺  
Depart for Nanning Hengxian County, [The Jasmine Tea Museum]



○ 第七天：南宁出境  
Day 7: Exit from Nanning

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## 翠影流香——贵州茶韵与非遗民俗康养之美

### **Emerald Shadow and Flowing Fragrance**

### **The Beauty of Tea Customs and ICH Wellness in Guizhou, China**

#### 线路背景 Background of Tour Route

茶文化：茶文化是本线路的核心，都匀毛尖茶作为中国的历史名茶，其从采摘到炒制再到品饮的全过程，不仅展示了茶艺，也体现了生活的艺术。游客将有机会在品茶的同时，体验水书、马尾绣等非遗文化，感受贵州的民族风情。

线路主题：以“翠影流香”为主题，象征茶的翠绿和香气，以及贵州山水的清新和康养。游客将体验茶的全过程，从茶园到茶杯，感受茶与自然、文化、康养的和谐统一。建议游客在适宜的气候条件下出行。

重点区域：涵盖都匀毛尖茶的主要产区、非遗工坊、民俗村落和康养瑶浴等，这些都是精心设计的，根据气候适时调整，以确保游客能够全面深入地体验都匀的茶文化和民俗风情。

设计理念：着重“自然、文化、和谐、康养”四大元素，旨在让游客在欣赏自然美景的同时，深入了解贵州的茶文化和非物质文化遗产，实现身心的放松和康养。

Tea Culture: Tea culture is the core of this route, with Duyun Maojian Tea being a historical Chinese famous tea. The entire process from picking, roasting, to drinking tea not only demonstrates the art of tea-making but also reflects the art of life. Visitors will have the opportunity to experience intangible cultural heritage such as water calligraphy and horse-tail embroidery while enjoying tea, immersing themselves in the ethnic charm of Guizhou.

Route theme: The theme of "Emerald Shadow and Flowing Fragrance" symbolizes the greenery and fragrance of tea, as well as the freshness and health of Guizhou's mountains and rivers. Visitors will experience the whole process of tea, from tea garden to tea cup, and enjoy the harmony and unity of tea, nature, culture and health. Visitors are advised to travel under suitable conditions.

Key areas: Covering the main tea-producing areas of Duyun Maojian Tea, intangible cultural heritage workshops, folk villages, and Yao ethnic bath experiences, these are carefully designed and adjusted according to seasonal changes to ensure that visitors can fully immerse themselves in Duyun's tea culture and folk customs.

Design concept: Focusing on the four elements of "nature, culture, harmony and health", this tour route aims to allow tourists to have an in-depth understanding of Guizhou's tea culture and intangible cultural heritage while enjoying the natural beauty, achieving physical and mental relaxation and wellness.



线路行程 Itinerary 时长建议：7天 Suggested Duration: 7 days

第一天 Day1

入境贵阳  
Enter Guiyang

第二天 Day 2

贵阳-都匀(车程约2H)茶文化初体验 游览中华茶文化博览园  
Guiyang - Duyun (approximately 2-hour drive) - Experience Tea Culture with a visit to the China Tea Culture Expo Park

第三天 Day 3

影视与茶旅交融 都匀螺丝壳风景区、都匀秦汉影视城  
Fusion of Film and Tea-themed Tourism - Visit the Luosike Scenic Area in Duyun and the Duyun Qinhan Film and Television City.

第四天 Day 4

都匀-三都(车程约1.5H)-荔波(车程约1.5H)水族文化博物馆、非遗技艺体验  
Duyun-Sandu (about 1.5-hour drive)-Libo (about 1.5h drive) Visit Shui Ethnic Culture Museum, experience ICH.

第五天 Day 5

荔波-小七孔(车程约1H)-瑶山古寨(车程约0.5H)荔波山水与瑶族风情深度体验  
Libo-Seven Small Arches (about 1-hour drive)-Yaoshan Ancient Village (about 0.5-hour drive) Experience Libo landscape and Yao customs.

第六天 Day 6

荔波-独山(车程约2.5H)-都匀(车程约2H)天洞探秘、净心谷景区修养身心  
Libo-Dushan (about 2.5-hour drive)-Duyun (about 2-hour drive)  
Explore Tiandong and Jingxin Valley Scenic Area.

第七天 Day 7

都匀-贵州绿博园(车程约0.5H)-出境贵阳(车程约2H)  
Duyun-Guizhou Green Expo Garden (about 0.5-hour drive)-  
Exit Guiyang (about 2H drive).





## 贵州文化体验 Experiencing of Guizhou Culture

第一天：欢迎来到贵州的省会贵阳

**Day 1: Welcome to Guiyang, the capital of Guizhou.**

## 茶园探秘：采茶的乐趣 Exploring Tea Garden: Joy of Tea Picking

第二天：抵达黔南州首府都匀市

游览中华茶文化博览园：踏入翠绿茶园，轻触嫩叶，体验从土地到茗杯的第一步。这是与自然亲密的旅程，感受茶的生命力，收获喜悦。了解中国茶文化发展历程，观赏茶艺表演，参加茶道互动体验课，学习茶礼与泡茶技艺。

**DAY 2: Arrive in Duyun City, the capital of Qiannan Prefecture**

Visit the Chinese Tea Culture Expo Park: Step into the green tea garden, touch the tender leaves and experience the whole process from tea picking to the tea cup. This is a journey of intimacy with nature, feeling the vitality of tea and harvesting joy. Understand the development of tea culture in China, watch tea performances, and take part in interactive tea ceremony workshops and learn associated practices.



## 影视与茶旅交融 Blending Film Culture with Tea Tours

第三天：抵达黔南州首府都匀市

参观都匀螺丝壳风景区，感受生态茶园的魅力：探访著名的都匀毛尖茶产区，了解其种植历史、制作工艺，并亲身体验采茶乐趣。

游玩都匀秦汉影视城：身临其境体验古代秦汉时期的建筑风貌，换装体验茶文化穿越之旅

影视城内的茶文化体验：在影视城内的茶坊歇脚，品尝剧组同款茶饮，了解影视作品中茶文化的展现。

**DAY 3: Arrive in Duyun City, the capital of Qiannan Prefecture**

Visit Duyun Luosike Scenic Spot and feel the charm of ecological tea garden: Visit the famous Duyun Maojian tea producing area, learn about planting history and production technology, and enjoy the hands-on fun of picking tea.

Visit Duyun Qin and Han Film and Television City: Experience the architectural style of Qin and Han dynasties and ancient costume customs.

Tea culture experience in the film and television city: Stop at the tea house in the film and television city, taste the same tea with the crew, and learn about the tea culture in film and television works.



## 健康活动：在茶香中寻求平衡 Wellness Activities: Seeking Balance in Tea Fragrance

第四天：抵达三都

在非遗工坊中，每一道工艺都是对传统的致敬。亲手制作，体悟匠人心得，感怀历经岁月洗礼依旧传承至今的非凡技艺。

水族文化博物馆：前往三都水族自治县，游览贵州水族文化博物馆，深入了解水族的历史、民俗及水书文化。

非遗技艺体验：近距离接触并学习水族独特的非物质文化遗产——马尾绣技艺，了解这一古老刺绣艺术的魅力。

**DAY 4: Arrive in Sandu**

In the ICH workshop, every craft is a tribute to tradition. Hands-on creation allows one to grasp the wisdom of artisans, appreciating the extraordinary skills passed down through the years.

Shui Ethnic Culture Museum: Go to Sandu County, visit Guizhou Shui Ethnic Culture Museum, and learn about the history, folk customs and calligraphy culture of the Shui Ethnic Group.

Experience of ICH skills: Get up close and personal with the unique intangible cultural heritage of the Shui people – the Mawei embroidery technique. Learn about the charm of this ancient embroidery art.



## 荔波山水与瑶族风情深度体验 Libo Landscape and Yao Customs

第五天：抵达荔波县城

寻觅“地球绿宝石”，游览荔波小七孔景区，欣赏世界自然遗产地的秀美山水

瑶山古寨探访：深入了解瑶族传统文化，参观古寨的原始建筑，体验瑶族人民的生活方式。在此，可以参与到瑶族特色茶饮的制作与品尝中，感受瑶族茶文化的独特韵味。

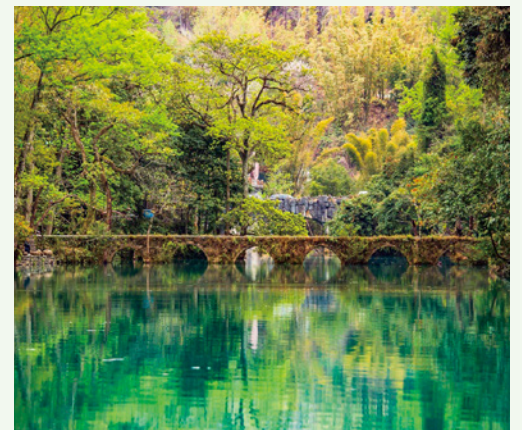
瑶浴体验：在瑶山古寨体验传统的瑶族药浴，这种独特的康养方式深受游客喜爱，药材多来源于当地山林，有益于身体健康，是不可错过的民族康养体验。

**DAY 5: Arrive in Libo County**

Seek "Emerald of the Earth", visit Libo Seven Small Arches Scenic Area and enjoy the beautiful landscape of this world natural heritage site.

Visit to Yaoshan Ancient Village: Learn about Yao traditional culture, visit the original buildings of the ancient village and experience the lifestyle of the Yao people. Here, you can participate in the production of and taste Yao's characteristic tea and feel the unique charm of the local tea culture.

Yao Bath: Experience the traditional Yao medicinal bath in the ancient village of Yaoshan. This unique wellness practice is deeply loved by tourists. Most of the medicinal materials come from local mountains and forests, contributing to overall well-being.





## 探索自然，在茶香中寻求平衡 Exploring Nature and Seek Balance in Tea Fragrance

### 第六天：独山天洞景区探索

在独山的山水间，让茶香引领你进入康养世界。瑜伽、温泉、静心，都是对身心平衡的追求，让生活的节奏减速，享受平和。

**天洞探秘：**游览独山天洞景区，欣赏大自然的鬼斧神工，感受天地间的大美。

**净心谷景区修养身心：**在独山净心谷景区参与禅修、冥想等活动，感受自然静谧，实现身心灵的深度调养。

**自然茶会：**在净心谷优美环境中举行户外茶会，赏景品茗，体会天人合一的茶道境界。



### DAY 6: Exploration of Dushan Tiandong Scenic Area

In the mountains and rivers of Dushan, let the fragrance of tea lead you into the world of wellness. Yoga, hot springs and meditation are all pursuits of physical and mental balance, allowing life's rhythm to slow down and embracing tranquility.

**Exploring Tiandong:** Visit the Tiandong Scenic Area in Dushan, appreciate the wonders of nature and feel the great beauty between heaven and earth.

**Self-cultivation in Jingxin Valley Scenic Area:** Take part in meditation and other activities in Dushan Jingxin Valley Scenic Area to feel the natural tranquility and realize the deep recuperation of body and mind.

**Natural tea party:** Hold an outdoor tea party in the beautiful environment of Jingxin Valley, where you can admire the scenery, savor tea, and experience the harmonious unity of nature and humanity in the art of tea.

## 结束黔南茶韵养生之旅 Concluding the Tour of Tea and Wellness in Qiannan

### 第七天：返程贵阳

**贵州黔南绿博园：**这是集国内外绿化成果展示、生态文明教育和休闲旅游为一体的大型公园。在这里，可以领略到不同地域的植物文化和园林艺术，并关注其中可能包含的茶树品种以及茶文化的多元表达。

中餐后返贵阳，或自由参观市徽甲秀楼，翠微小院品茗赏景，或送机飞返，圆满收官黔南茶韵康养之旅。



### DAY 7: Return to Guiyang

**Green Expo Garden in Qiannan, Guizhou:** This large park combines domestic and international displays of greening achievements, ecological education, and leisure tourism. Here, visitors can appreciate the botanical cultures and garden arts of different regions, and learn about the diverse varieties of tea trees and expressions of tea culture.

After lunch, return to Guiyang. Optionally, guests may choose to explore the emblematic Jiaxiu Tower and enjoy tea and scenery at the Cuiwei Courtyard, or depart for the airport for their return flight.

## 线路特色 Unique Features

### 茶韵与非遗的交响

#### Symphony of Tea Charm and Intangible Cultural Heritage

### 世界级文化遗产“都匀毛尖茶制作技艺”

#### World-class Cultural Heritage: "Duyun Maojian Tea Making Techniques"

一千年来，天地以灵气浇灌茶树，茶匠以智慧革新技艺，二者互为激发，令这淡淡毛尖茶有了香溢世界的魔力。都匀毛尖的制作技艺不断蜕变升华，每每令人沉迷于优雅香醇中不能自拔。这便是都匀毛尖制茶技艺作为世界级非遗文化的底蕴。

For millennial years, heaven and earth have irrigated tea trees with spiritual energy, while tea craftsmen have innovated their skills with wisdom. The two inspirations endow this light Maojian tea a magical fragrance that permeate the world. Duyun Maojian's production techniques continue to change and sublimates by indulging in the elegant aroma. This is the heritage of Duyun Maojian tea making technique as a world-class intangible cultural heritage.

### 茶与水书“千年故事的对话”

#### Tea and Shui Script "A Dialogue Across Millennia"

水族水书，传承四千年历久且弥新，天文、地理、宗教、民俗、伦理、哲学、美学、法学无一不包无一不藏，恰如毛尖之灵韵，一叶一世界，一字一传奇，交织成一曲往复千年的对话，回响着历史之深处，如诗行般温柔，如故事般深凝练。

Shui script is the unique written word of the Shui ethnic group. It has been passed down for four thousand years and encapsulates the realms of astronomy, geography, religion, folk customs, ethics, philosophy, aesthetics and law—much like the ethereal charm of tea leaves, where each leaf represents a world, each character a legend. Woven together, they form a timeless dialogue echoing through the depths of history, gentle as poetry, profound as stories.



## 茶与马尾绣“绣出多彩民族情”

### Tea and Mawei Embroidery: "Weaving Colorful Ethnic Sentiments"

传承1400余年的水族马尾绣，刺绣“活化石”，以极其繁琐的工艺著称于世，奢华瑰丽令人称奇。赏析马尾绣的绚烂色彩，感味毛尖茶的香馨淡雅，一时间心旷神怡。如浪漫诗行，绣针下的每一幅图案都向往美好生活，都赞颂着自然和谐。

The Shui embroidery, which has been passed down for more than 1400 years, is known as the "living fossil" of embroidery, renowned for its intricate craftsmanship and astonishing luxury. Marveling at the vibrant hues of Shui embroidery while relishing Maojian tea, one's spirit is instantly uplifted. Like verses of romantic poetry, each meticulously stitched pattern reflects an aspiration for a life of beauty and celebrates the harmony of nature.

## 上春山“传统与现代的交融”

### Tea Ceremony: "Blending of Tradition and Modernity"

展示都匀茶艺，传统茶道相遇现代审美，如跨越时空的对话。茶，不仅是一种饮品，更是生活艺术。品茶者能在诗意与深刻中，启迪、慰藉心灵。

Showcasing Duyun's tea art, where traditional tea ceremonies meet modern aesthetics, is akin to a dialogue transcending time and space. Tea is not merely a beverage but also an art of living. Those who partake in tea tasting find enlightenment and solace amidst its poetic and profound essence.

## 茶香与民族风情的画卷

### A Scroll Painting of Tea Fragrance and Ethnic Customs

都匀茶山下，茶香袅袅升起，与布依民族风情交织成生动画卷；每一道茶都有其特立独行，每一种仪式都有其文化的不传之秘。

Beneath the tea mountains of Duyun, the fragrance of tea rises and intertwines with the vibrant customs of the Buyi people. Each cup of tea has a unique character, and every ceremony holds the secrets of culture.

## 拦门茶：布依族的热忱相邀

### Lanmen Tea: The Buyi People's Warm Invitation

一杯香茗，一份诚挚邀请。门内设茶，以茶代酒，传递着布依族人的热情与好客，每一口都能有家的温暖和族群的羁绊。

A cup of Buyi Lanmen tea sends a sincere invitation. Serving tea at the door as a substitute for wine conveys Buyi people's warmth and hospitality, with every sip offering the warmth of home and the strong ties of the community.



## 竹竿舞：茶香中的欢快脚步

### Bamboo Pole Dance: Joyful Steps in the Fragrance of Tea

随着翠竹节奏跳动，布依竹竿舞于茶香中绽放。舞者轻盈的步履如茶叶翻飞于杯中，欢快的舞姿展现着茶乡人对生活的热爱和对自然的崇敬。

Keeping rhythm with the green bamboo, the Buyi bamboo pole dance blossoms amidst the fragrance of tea. The dancers' light steps are like tea leaves fluttering in a cup, their cheerful dance movements showing their passion for life and reverence for nature.



## 茶节庆典：多彩民俗的盛宴

### Tea Festival & Celebration: A Feast of Diverse Folk Customs

每年茶节，是都匀最热闹的时刻。各族人民同襄盛举，以茶会友、歌舞传情。茶节不仅是对茶的赞颂，更是多彩民俗和传统技艺的盛宴，人们在欢声笑语中领悟着民族文化的魅力。

The annual Tea Festival marks the liveliest time in Duyun. People from various ethnicities join hands in celebration, using tea as a medium to forge friendships and express emotions through song and dance. More than just a homage to tea, the festival embodies a vibrant showcase of diverse folk traditions and time-honored skills. Amidst the laughter and merriment, people immerse themselves in the enchanting allure of their cultural heritage.

## 特色美食

### Specialty Cuisine



都匀毛尖茶宴【云上毛尖(芙蓉鱼片)】  
Duyun Maojian Tea Banquet  
[Yunshang Maojian Tea (Fish Slices)]



水族特色餐饮：糟辣酸汤鱼等  
Special Dish of Shui Ethnic Group:  
Fish in Spicy and Sour Soup, etc.



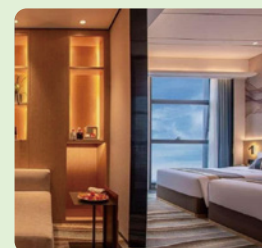
独山烤乳猪  
Dushan Roast  
Suckling Pork





都匀毛尖精品度假酒店位于都凯大道茶博园内，尽享茶博园绿茶的芬芳，5A级景区“毛尖小镇”带您穿梭时空返回心中的乌托邦。

**Duyun Maojian Boutique Resort Hotel** is located in the Tea Expo Park of Dukai Avenue, where guests can immerse themselves in the aroma of green tea. Adjacent to the 5A-level scenic spot "Maojian Town", this destination offers a journey through time and space to a utopian paradise.



星河湾酒店座落于美丽的“中国桥城”~贵州黔南州都匀市市中心。外观气势恢宏、现代简约与欧陆经典、豪华气派与优雅自然完美融合！环境优雅，交通便利！

**The Star River Bay Hotel** is located in the beautiful "China Bridge City" ~ the center of Duyun City, Qiannan Prefecture, Guizhou Province. Magnificent appearance, modern simplicity and European classics, luxury style and elegance are perfectly integrated Here. Enjoy the nice environment and convenient transportation.



瑶山古寨民宿.感受原汁原味的瑶族生活体验，还可以参与篝火晚会，伴随着瑶族歌舞，共同品鉴瑶家茶，增进彼此交流，深刻感受瑶族人家的热情好客。

**Yaoshan Ancient Village B&B**, offers an authentic experience of Yao ethnic life. Guests can also join bonfire gatherings, accompanied by traditional Yao songs and dances, while savoring Yao family tea. This provides an opportunity to experience the hospitality of the Yao people.

## 入境方式建议

### Suggestions on entry model

无直飞国家建议直飞香港或成都、重庆，转高铁动车组从贵阳入境。如：东南亚国家直飞贵阳或中老铁路转高铁动车组从贵阳入境。国内交通：公路及铁路到都匀，全程旅游巴士接送服务。

For countries without direct flights, it is recommended to fly directly to Hong Kong, Chengdu, or Chongqing, then transfer to high-speed trains to enter Guiyang. For example, travelers from Southeast Asian countries can fly directly to Guiyang or transfer from the China-Laos Railway to high-speed trains to enter Guiyang. Domestic transportation: Access Duyun by highway and railway, with full-service tourist buses available for transportation throughout the journey.

贵州省中国青年旅行社有限公司

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## 茶和天下——湖南黑茶品茶之旅

### Tea for Harmony - A Journey of Tasting Dark Tea in Hunan

#### 线路背景 Background of Tour Route

黑茶是一种历史悠久的后发酵茶，其起源可以追溯到汉朝的四川，当时由于交通不便，茶叶在运输过程中经历了干湿变化，导致微生物发酵，产生了不同于原茶的独特品质，这就是黑茶的由来。

Dark Tea has a long history as a post-fermented tea, with its origin tracing back to Sichuan during the Han Dynasty (BC 206 - AD 220). At that time, due to the challenges of transportation, tea leaves would undergo changes in humidity during transit, leading to microbial fermentation and resulting in unique qualities distinct from the original tea.

黑茶通过传奇的茶马古道进行远距离贸易，运送到中国西藏和西北地区，由于当地居民以肉食为主，黑茶有助于消化，因此被视为战略物资。黑茶的制作工艺主要包括杀青、揉捻、渥堆和干燥等步骤。其中，渥堆是形成黑茶独特风味的关键工序。

Dark tea was traded over long distances via the legendary Tea-horse Road, reaching reaching northwest region and Tibet of China. In these regions, it was regarded as a strategic material due to the meat-heavy diet of the local population, with dark tea aiding digestion. The production process of dark tea mainly includes the steps of fixation, rolling, piling and drying. Among these steps, piling is the key process to form the unique flavor of dark tea.

黑茶博物馆  
Dark Tea Museum

永锡桥  
Yongxi Bridge

关山峡谷景区  
Guanshan Canyon Scenic Area

真武观  
Zhenwuguan (temple)

白沙古井  
Baisha Ancient Wells

左宗棠纪念馆  
Zuo Zongtang Memorial Hall





线路行程 Itinerary 时长建议：4天 Suggested Duration: 4 days

第一天

Day1

长沙市  
Changsha City



第二天

Day 2

乘车前往安化游览黑茶博物馆、【永锡桥】览茶马古道——  
【关山峡谷景区】入住安化

Travel by bus to Anhua to visit the Dark Tea Museum,  
[Yongxi Bridge]  
visit the Ancient Tea Horse Road - [Guanshan Canyon  
Scenic Area] stay in Anhua



第三天

Day 3

游览真武观后赴湘阴，参观左宗棠纪念馆、入住湘阴  
Visit Zhenwuguan (temple), then proceed to Xiangyin, visit  
Zuo Zongtang Memorial Hall, and stay in Xiangyin



第四天

Day 4

乘车返长沙，游览白沙古井

Travel by bus back to Changsha, and visit Baisha Ancient Wells



景点介绍

Attractions



历史名城

Famous historical city

山水洲城

A city with rivers, islands, and mountains

中国黑茶博物馆，通过讲述黑茶“溯源→新纪元→探索→传奇→坚持→崛起”的足迹，结合安化黑茶历史人文故事，清两江总督陶澍与安化黑茶的故事，白沙溪茶厂创始人，“黑茶理论之父”美誉的彭先泽风貌，清代云贵总督罗绕典、书法大家黄自元的故事，让人民深刻了解黑茶历史。

China Dark Tea Museum, traces the history of dark tea through the following stages: "Dark Tea Origin→ New Era → Exploration→ Legend→ Persistence→ Rise", it combines the historical and cultural stories of Anhua Dark Tea, the story of Tao Shu, the Governor of the Two Rivers in the Qing Dynasty (AD 1644 - AD 1911), and the story of Anhua Dark Tea, the legend of Peng Xianze, the founder of Baishaxi Tea Factory, renowned as "the father of the theory of Dark Tea". It also tells the story of Luo Raodian, the Governor of Yunnan and Guizhou in the Qing Dynasty, and the story of Huang Ziyuan, a great calligrapher in the Qing Dynasty.

永锡桥，位于湖南省安化县江南镇锡潭村麻溪河上，南北向横跨麻溪。永锡桥是湖南安化县规模最大，且保存最为完好的（清代）木构风雨廊桥，建于清光绪四年（1878年），为全国重点文物保护单位。

Yongxi Bridge, located on the Maxi River in Xitan Village, Jiangnan Town, Anhua County, Hunan Province, spans the river from north to south. It is the largest and best-preserved wooden covered bridge (dating back to the Qing Dynasty, AD 1644 - AD 1911) in Anhua County, Hunan Province. Built in the fourth year during the reign of Emperor Guangxu (1878), it is designated as a key cultural relic under national protection.

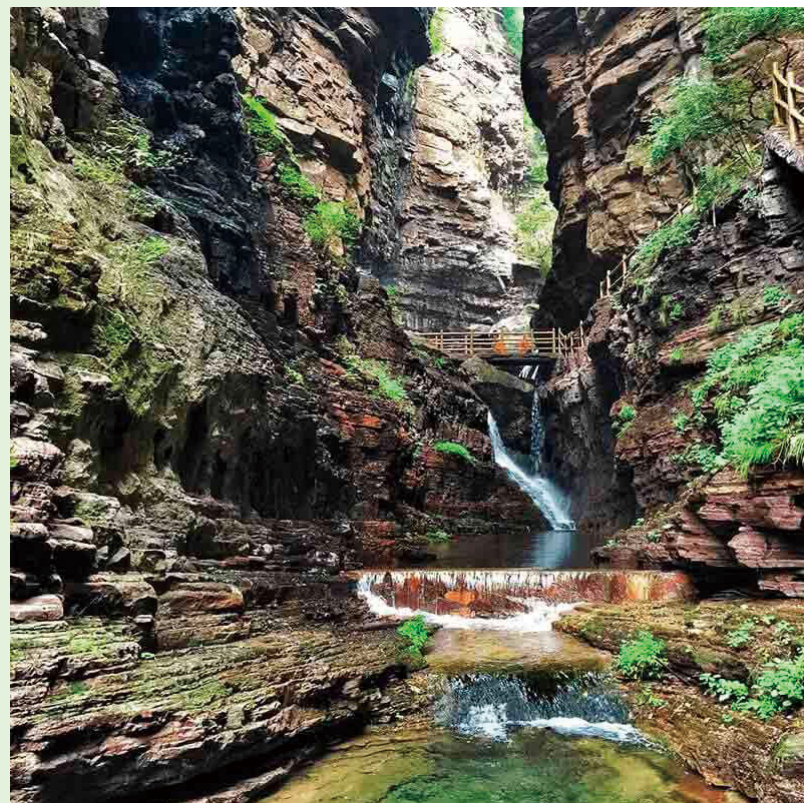






关山峡谷是安化茶马古道风景区，峡谷两岸多是断壁悬崖，刀削斧劈一般，岩壁上长有许多灌木、藤蔓、苔藓等各类植物，一年四季，色彩斑斓，鸟语花香；崖顶上参天古木枝繁叶茂，郁郁葱葱，抬头仰望，天空只留下窄窄的一线。

**Guanshan Canyon** is part of the Anhua Tea-horse Ancient Road Scenic Area. The canyon is flanked by sheer cliffs, rugged and steep, adorned with numerous shrubs, vines, moss, and other plants. Throughout the year, it displays a colorful array, filled with birdsong and fragrant flowers. At the cliff tops, ancient trees flourish, creating a lush canopy. Looking up, only a narrow strip of sky remains visible.



安化真武观是一座气势恢宏，历史悠久的道观，登上高楼，可以俯瞰周围的风景。

**Anhua Zhenwu Guan** is an imposing and historic Taoist temple. From the top of the tower, one can overlook the surrounding scenery.



左宗棠纪念馆是为纪念左宗棠修建的，左宗棠是中国近代历史的传奇人员。作为军人，他带兵收复新疆；作为官员，他参与发起学习西方先进工业技术的运动，奠定了中国近代工业的基础。

**Zuo Zongtang Memorial Hall** was built in honor of Zuo Zongtang, a legendary figure in China's modern history. As a soldier, he led the troops to recapture Xinjiang; as an official, he participated in launching a campaign to learn advanced industrial technology from the West, laying the foundation of China's modern industry.



白沙古井是江南著名的泉水之一，以其清澈透明、甘甜可口的泉水而闻名，古井水配古茶，为旅途划上完美的句号。

**Baisha Ancient Well** is one of the famous springs in the south of the Yangtze River, famous for its clear, transparent, sweet and tasty water. Paired with ancient tea, the water from the ancient wells marks the perfect conclusion to the journey.



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## 惠山古镇茶韵之旅

### Huishan Ancient Town Tea Tour

#### 线路背景 Background of Tour Route

#### 古镇的地理位置与历史背景

##### Geographic location and historical background of the ancient town

惠山古镇景区地处无锡城区惠泉山麓，是喧嚣闹市之中的一处人文静土和世外桃源。景区占地面积3.5平方公里，核心游览区域1.09平方公里，涵盖历史文化街区、文物古迹区、锡惠名胜区和山林保护区，是一个完美的天然氧吧和体验慢生活的好去处。景区内文物古迹众多、山水林泉俱佳，有风景名胜景点200多处，从古老的唐朝延续至今，穿越1000多年，是国家级重点风景名胜区、中国历史文化名街，更是集儒、释、道三家文化于一体，在静心游玩的同时，又能体会心灵上的澄净。

Huishan Ancient Town Scenic Spot is located at the foot of Huiquan Mountain in Wuxi City, offering a serene retreat from the hustle and bustle of urban life. Covering an area of 3.5 square kilometers, with a core tour area of 1.09 square kilometers, it encompasses historical and cultural districts, cultural relics and monuments area, Xihui scenic spots and mountain forests protection area. It is a perfect natural oxygen bar and a good place to experience a slower pace of life. There are many cultural relics and monuments in the scenic area, and the mountains, waters, forests and springs are all excellent. With more than 200 scenic spots spanning a history of more than 1,000 years from the ancient Tang Dynasty (AD 618 - AD 907) to the present day, it has been designated as a national key scenic spot and a renowned historical and cultural street in China. It is also a place witnessing the convergence of Confucianism, Buddhism, and Taoism, providing visitors with an opportunity to experience spiritual tranquility while immersing themselves in the serenity of the surroundings.

#### 古镇的建筑风格与园林特色

##### The architectural style and garden features of the ancient town

惠山古镇的建筑风格与园林特色独具魅力。古镇建筑古朴典雅，多采用传统的江南水乡建筑风格，白墙黛瓦，飞檐翘角，展现出一种宁静而优雅的美感。园内布局精巧，小桥流水、曲径通幽，营造出一种淡泊宁静的氛围。同时，古镇内的园林设计巧妙地将自然景色与人文景观融为一体，既有山水相依的壮丽景色，又有古木参天、花香四溢的清幽之地。漫步其中，仿佛置身于一幅精美的江南水墨画中，让人流连忘返。

The architectural style and garden features of Huishan Ancient Town are unique and charming. The buildings of the ancient town are simple and elegant, mostly adopting the traditional Jiangnan water town architectural style, with white walls and tiles, flying eaves and warped corners, showing a serene and elegant beauty. The layout of the garden is exquisite, with small bridges and flowing rivers and winding paths, creating an atmosphere of calmness and serenity. At the same time, the garden design in the ancient town skillfully integrates natural scenery with humanistic landscape, offering magnificent views of mountains and water, as well as secluded areas adorned with ancient trees and fragrant flowers. Strolling through this picturesque setting feels akin to wandering within an exquisite ink painting of Jiangnan, where time seems to stand still.

#### 古镇与茶文化的深厚渊源

##### The ancient town and its deep connections with tea culture

惠山古镇与茶文化有着深厚的历史渊源。自古以来，这里便是茶文化的重要发源地之一。古镇内，茶馆林立，茶香四溢，吸引了无数茶客前来品茗。这里的茶不仅口感醇厚，更蕴含着深厚的文化底蕴。古镇的建筑风格与园林特色也与茶文化相得益彰，白墙黛瓦、小桥流水间，茶香与古韵交织，形成了一道独特的风景线。在这里，游客不仅可以品味到香醇的茶水，更能感受到茶文化的独特魅力，体验到一种宁静、雅致的生活方式。

The ancient town of Huishan has a deep historical connection with tea culture. Since ancient times, it has been one of the important birthplaces of tea culture. In the ancient town, there are many tea houses exuding the aroma of tea, attracting countless tea enthusiasts. The tea here is not only rich in flavor, but also steeped in cultural heritage. The architectural style and garden characteristics of the ancient town complement the tea culture, with whitewashed walls, bridges over waterways, and an ancient charm intertwined with the aroma of tea. These elements form a unique landscape. Here, visitors can not only taste the fragrant tea, but also feel the unique charm of tea culture and experience a peaceful and elegant lifestyle.



线路行程 Itinerary 时长建议：1天 Suggested Duration: 1 days

古镇茶文化的体验之旅

An immersive journey into the Tea Culture of the Ancient Town



参观惠山古镇内寄畅园、天下第二泉、陆子祠、大石山房等景点  
Visit attractions in Huishan Ancient Town, including Jichang Garden, the Second Spring in the World, Lu's Ancestral Hall, and Dashi Shanfang.

品尝惠山金莲，了解其制作工艺与特色  
Taste the Huishan Golden Lotus and learn about its production process and characteristics

观看茶艺表演，体验泡茶、品茶之雅致  
Watch the tea ceremony and experience the elegance of tea brewing and tasting.

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无锡有江南第一山惠山，在惠山脚下有天下第二泉“惠山泉”。天下第二泉是惠山泉茶文化的发源地，是历代文人墨客的风雅之处。唐代茶圣陆羽走遍大江南北，将适宜煮茶的水分为二十等，陆羽根据水质认为排名第二的就是无锡的惠山泉。另一位唐代评水专家刘伯刍也把惠山泉评为了天下第二。真是英雄所见略同！而二泉水作为皇家贡品也确实实至名归，从唐代至今多少文人墨客都在二泉留下了足迹和笔墨，宋代苏轼曾题诗“独携天上小团月，来试人间第二泉”，明代江南四大才子之一的文徵明，更是以一副“惠山茶会图”让惠山品二泉的盛况流传至今。清代乾隆皇帝六下江南，多次驻足惠山，品茗论道，更将惠山泉封为“天下第二泉”，使得惠山古镇的茶文化名扬四海。

Wuxi is home to Mount Huishan, the first mountain south of the Yangtze Rive. At the foot of Mount Huishan is Huishan Spring", known as the "Second Spring in the World". It is the birthplace of Huishan Spring tea culture, and has attracted writers and artists throughout the ages. Lu Yu, the Tea Sage of the Tang Dynasty (AD 618 - AD 907), extensively traveled across the Yangtze River region and classified water suitable for tea-making into twenty categories. He ranked Huishan Spring in Wuxi as the second-best water source for tea. Another Tang Dynasty water expert, Liu Bochu, also rated Huishan Spring as second-best globally. This consensus among experts underscores the significance of Huishan Spring. Over the centuries, countless literati have visited the spring, leaving behind their footprints and literary works. Su Shi of the Song Dynasty famously wrote a poem about visiting the "Second Spring in the World" under the moonlight. Wen Zhengming, one of the four great geniuses of Jiangnan in the Ming Dynasty, even depicted a "Huishan Tea Party" in a painting, immortalizing the tradition of tasting the spring water. During the Qing Dynasty, Emperor Qianlong made multiple trips to the south of the Yangtze River, frequently stopping at Huishan to indulge in tea tasting and philosophical discussions. He officially bestowed the title of "Second Spring in the World" upon Huishan Spring, elevating the tea culture of Huishan Ancient Town to global prominence.

品尝惠山金莲，了解其制作工艺与特色

Taste the Huishan Golden Lotus and learn about its production process and characteristics

惠山金莲，色如金黄，形如莲花，是惠山古镇的特色名茶。其制作工艺精湛，选用优质茶叶，经精细加工而成。品饮时，茶香浓郁，口感醇厚，回甘悠长。云金莲不仅是品味之选，更承载着古镇深厚的历史文化底蕴，是品味惠山风情的绝佳伴侣。

Huishan Golden Lotus, with its golden color resembling a lotus flower, is a distinctive specialty tea of Huishan Ancient Town. Crafted with exquisite techniques and selected premium tea leaves, it exudes a rich aroma and offers a smooth and mellow taste with a lingering sweet aftertaste. Huishan Golden Lotus is not only a choice for tea connoisseurs but also carries the profound historical and cultural heritage of the ancient town, making it an excellent companion for experiencing the charm of Huishan.

观看茶艺表演，体验泡茶、品茶之雅致

Watch the tea ceremony and experience the elegance of tea brewing and tasting.

看茶艺表演，仿佛置身于一幅流动的画卷。茶艺师手法娴熟，泡茶、倒茶一气呵成，茶香四溢。体验泡茶、品茶，感受那份沉静与雅致，让人忘却尘世纷扰。茶水入口，回味无穷，仿佛与自然、历史、文化融为一体，陶醉其中。

Watching the tea ceremony is like being in a flowing scroll of painting. The tea master's deft movements infuse the air with fragrance. Experiencing the tea ceremony evokes a feeling of serenity, offering an escape from the chaos of daily life. Each sip leaves a lingering taste that blends with nature, history, and culture.





## 景点介绍

### Attractions

参观惠山古镇，必游之处莫过于寄畅园、天下第二泉、陆子祠和大石山房等景点。寄畅园山水相依，古木参天，展现了江南园林的精致与和谐。天下第二泉水质清冽，是品茗论道的绝佳之地，传为茶圣陆羽所品，更添一份文化底蕴。陆子祠古朴典雅，是对茶圣陆羽的敬仰之所，这是为了纪念茶圣陆羽而建的祠堂，内部陈列着陆羽的生平事迹和茶文化遗产，让人对茶文化有更深入的了解。另外，大石山房也是一处品茗赏景的绝佳之地，这里的环境清幽雅致，是放松心情的好去处。大石山房则以其独特的清幽环境，让人流连忘返。每一处景点都充满了历史与文化的厚重感，让人在欣赏美景的同时，也能深刻感受到中华文化的博大精深。

寄畅园，又称秦园。无锡秦氏，是名门望族，为北宋词人秦观的后裔。明嘉靖年间，名臣秦金告老还乡，买下惠山寺僧舍，建造了一座饶有野趣的园林，取名“凤谷行窝”。秦金将园址选定在“山林地”中，它有别于江南城市中的宅园，实为独树一帜的特色。同时，园林依惠山山势，聚土石为假山，又借景锡山，形成了真山假山浑然一体的特色。

惠山古镇是一座充满魅力的古镇，无论是白天还是夜晚，都有着丰富的活动和景点等待着游客去探索。在这里，你可以感受到江南的韵味和茶文化的深厚底蕴，让你的旅行更加难忘。



When you visit Huishan Ancient Town, there are no more must-see places than the Paradise Garden, the Second Spring in the World, Lu's Ancestral Hall and Dashi Shanfang. The garden is surrounded by mountains and water, with ancient trees, showing the delicacy and harmony of Jiangnan-style gardens. The Second Spring of the World boasts pristine water quality and is an excellent place for tea tasting and philosophical discussions, famously frequented by the Tea Sage Lu Yu, adding to its cultural significance. Lu's Ancestral Hall, with its simple yet elegant architecture, pays homage to Lu Yu and houses exhibitions on his life and tea culture, providing deeper insights into tea culture. Additionally, Dashi Shanfang offers a serene and picturesque setting for tea tasting and relaxation, allowing visitors to unwind amidst its tranquil surroundings. Each of these attractions exudes a profound sense of history and culture, providing a rich experience that allows visitors to appreciate the beauty of Huishan Ancient Town and delve into the depth of Chinese culture.

Jichang Garden, also known as Qinyuan, was established during the Ming Dynasty (AD 1368 - AD 1644) by the Qin family, descendants of the renowned Northern Song Dynasty poet Qin Guan. During the reign of Emperor Jiajing (1522-1566) of the Ming Dynasty, Qin Jin, a famous minister, returned to his hometown and bought the monk's residence of Huishan Temple, transforming it into an enchanting garden known as "Fenggu Xingwu". Located amidst mountains and forests, unlike typical urban gardens in Jiangnan, it stands out for its unique features. The garden, nestled against the slopes of Mount Huishan, features artificial hills constructed from soil and rocks, complemented by views of Xishan Mountain, creating a seamless blend of natural and man-made landscapes.

Huishan Ancient Town is a charming ancient destination with a wealth of activities and attractions waiting to be explored by visitors, both during the day and at night. It provides an opportunity to immerse in the allure of Jiangnan and delve into the rich heritage of tea culture, ensuring an unforgettable journey.

## 出入境方式与国内交通

### Mode of entry and exit and domestic transportation

来惠山古镇，入境方式可选择飞机落地苏南硕放机场，国内游客可选地铁、公交或自驾。若乘坐地铁，可搭乘4号线至惠山古镇站，出站即达。自驾游客沿梁溪路向西，过惠山隧道后右转即入景区，但请注意古镇内道路狭窄，驾驶需谨慎。

为确保行程安全与舒适，建议游客避开人流高峰，选择早晨或傍晚游览，享受宁静的古镇风情。同时，携带足够水分与轻便零食以防不时之需。在古镇内，可品尝当地特色美食，但需注意饮食卫生与个人过敏情况。住宿方面，选择有特色的客栈或民宿，确保住宿环境干净整洁，提升旅行舒适度。

Visiting Huishan Ancient Town, with various entry options available. For those arriving by plane, Sunan Shuofang Airport in southern Suzhou is the closest, while domestic tourists can choose from subway, bus, or self-driving options. If taking the subway, travelers can board Line 4 to Huishan Ancient Town Station, which is just a short walk from the exit. For self-driving visitors, head west along Liangxi Road, pass through Huishan Tunnel, then turn right to enter the scenic area. However, please note that roads within the ancient town are narrow, so driving cautiously is advised.

To ensure the safety and comfort of the trip, visitors are advised to avoid peak hours and opt for morning or evening visits to enjoy the tranquility of the ancient town. Additionally, bring an adequate supply of water and lightweight snacks for any unexpected needs. While in the town, savor the local delicacies, but be mindful of food hygiene and personal allergies. When it comes to accommodation, choose unique guesthouses or homestays with clean and tidy environments to enhance your travel experience.



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## 泡茶馆, 逛胡同, 做一天地道的北京人

Take a day to soak in the tea house atmosphere, wander through the hutongs, and experience what it's like to be a true Beijinger.

### 线路背景 Background of Tour Route

在北京的茶馆里品味传统茶文化, 北京茶馆在清代开始兴起, 是北京城里的一道独特风景线, 走进北京老茶馆, 品味茶馆的传统茶点, 在这里人们品茶会友, 感受北京独特的茶文化氛围。往胡同深处走去, 远离了城市的喧嚣, 在这里追逐着幸福安宁的美好事物, 了解北京人的生活。

Beijing's tea houses are a perfect place for one to savor the traditional tea culture. They emerged during the Qing Dynasty (AD 1644 - AD 1911) and offer a unique aspect of Beijing's cityscape. Visit an old Beijing tea house, and you can taste traditional tea snacks, sip tea, and mingle while immersing yourself in the unique tea culture of Beijing. Walk into a hutong, and you can escape the city's hustle and bustle, discovering the simple joys of life and learning about the lifestyle of Beijingers.



### 线路行程 Itinerary 时长建议: 5天 Suggested Duration: 5 days

#### 第一天: 天坛公园→老舍茶馆

Day 1: Temple of Heaven Park → Lao She Teahouse

天坛是中国现存最大的古代祭祀性建筑群。人们在天坛公园抖空竹, 唱京剧, 下象棋...让您深入了解北京人文特色。老舍茶馆建于1988年, 在这可以欣赏到曲艺、戏剧名流的精彩表演, 同时品用名茶、宫廷细点和应季北京风味小吃。

The Temple of Heaven Park is China's largest ancient sacrificial building complex. Visitors can experience Beijing's cultural features through activities like playing diabolo, singing Peking opera, and playing chess. Lao She Tea House, established in 1988, offers performances by famous opera and theater artists while guests enjoy famous teas, palace-style snacks, and seasonal Beijing specialties.





○ 第二天：天安门广场→故宫博物院→什刹海→胡同游

Day 2: Tiananmen Square → Forbidden City Museum → Shichahai → Hutong Tour

故宫也称“紫禁城”，是明清两代的皇宫，也是中国现存最大最完整的皇家古建筑群，被誉为世界五大宫之首。北京的胡同是北京普通老百姓生活的场所，胡同院落中可以了解北京市民的生活。

The Forbidden City, also known as the “Imperial Palace”, was the royal palace of the Ming (AD 1368 - AD 1644) and Qing (AD 1644 - AD 1911) dynasties. It is the largest and most complete ancient royal architectural complex in China, ranking first among the world’s top five palaces. Hutongs are the living spaces of Beijing residents, and visitors to the courtyards of hutongs can learn about Beijingers’ daily lives.



○ 第三天：金丝珐琅画→颐和园（体验老北京茶文化）→毽子手工体验

Day 3: Gold Enamel Painting → Summer Palace (Experience Traditional Beijing Tea Culture) → huttlecock Handicraft Experience

体验制作中国非物质文化遗产——金丝珐琅画，在颐和园进行一场跨越时空的对话，煮水烹茶，齿颊留香，倾听颐和园讲述自己的故事。

Experience the creation of the intangible cultural heritage of gold enamel painting, and engage in a dialogue across time at the Summer Palace, brewing tea, savoring its lingering fragrance, and listening to the stories of the Summer Palace.



○ 第四天：八达岭长城→奥林匹克公园→茶铺

Day 4: Badaling Great Wall → Olympic Park → Tea Shop

八达岭长城，位于北京市延庆区军都山关沟古道北口。是中国古代伟大的防御工程万里长城的重要组成部分，是明长城的一个隘口。下午畅游奥林匹克公园，这是2008年北京奥运会的主要场馆之一，之后逛茶铺，可品茶买茶。

Badaling Great Wall is located at the north exit of Guangou Ancient Road in Jundu Mountain, Yanqing District, Beijing. As an important section of the Great Wall, it is a great defense project in ancient China, and a pass in the Ming Dynasty (AD 1368 - AD 1644). In the afternoon, take a leisurely stroll through the Olympic Green, which served as a key venue for the 2008 Beijing Olympics, followed by a visit to tea houses where you can taste and purchase tea.



○ 第五天：雍和宫→品尝花茶冰激凌

Day 5: Lama Temple (Yonghe Palace) → Tasting Flower Tea-Flavored Ice Cream

游北京雍和宫，一样的香火、不一样的体验，品尝花茶冰激凌，每份冰激凌上面还能看到茶叶粉末，茶香四溢。

Visit Beijing’s Lama Temple for a unique incense-offering experience and taste flower tea-flavored tea ice cream, with tea powder sprinkled on each serving, exuding a fragrant aroma.





## 线路特色 Unique Features

### 北京烤鸭 Peking Duck

选用优质肉食鸭为原料，经数道工序后烤制而成。成品金黄油亮、干松酥嫩，食用时，用烙好的薄荷叶饼抹上甜面酱，加京葱段儿，卷成筒状，一口咬下去，香、酥、嫩同时涌心间。



Peking Duck, crafted from premium duck meat, undergoes meticulous preparation before being roasted to perfection, resulting in a glistening, golden exterior and tender succulence. To enjoy Peking Duck, wrap some slices in freshly baked pancakes, garnished with scallions, and coated with sweet bean sauce. With each bite, revel in the harmonious blend of fragrance, crispness, and tenderness.

### 北京小吃 Beijing Snacks

北京小吃特点很独特，与其它地区小吃最大的不同在于，除了来自民间以外，另有部分取自民间，后又被皇家选中，作为宫廷小吃，然后，又从宫廷散落到民间，这个过程很独特。



Beijing Snacks are truly one-of-a-kind. While many of these delicacies originated from the common folk, some started as street food, only to be elevated to royal status as palace snacks before returning to the people. This distinctive journey sets Beijing's snacks apart from those of other regions.

### 掐丝珐琅 Cloisonné Enamel

掐丝珐琅工艺作为燕京八绝之一，起源于元代，金丝珐琅画使掐丝工艺与多种绘画形式（工笔画、传统吉祥图案、唐卡、装饰画、现代插画卡通等）相融合，作品内涵丰富厚重。



Renowned as one of the Eight Wonders of Beijing, Cloisonné Enamel craftsmanship traces its origins to the Yuan Dynasty (AD 1271 - AD 1368). This art form skillfully intertwines filigree techniques with various painting styles, including meticulous brushwork, traditional auspicious motifs, Thangka art, decorative paintings, and modern cartoon illustrations, imbuing each piece with rich symbolism.

### 毽子手工体验 Jianzi (Shuttlecock) Handcrafting Experience

了解毽子的历史文化，制作工艺等知识，并展示貂毛毽的制作过程，亲自动手参与其中。



Delve into the rich history, culture, and craftsmanship behind jianzi (shuttlecock) through interactive demonstrations on creating fur jianzi, and gain a hands-on experience of the artistry and skill of this traditional craft.

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## 信阳茶路毛尖之旅

### Xinyang Maojian, from the ancient tea route to modern tea tour

#### 线路背景 Background of Tour Route

名茶风采——信阳毛尖是中国十大名茶之一，1915年，信阳毛尖荣获巴拿马万国博览会金奖，被誉为“绿茶之王”。

制茶非遗——信阳毛尖制茶技艺，以生锅杀青和熟锅理条为特色，共十余道工序，列入联合国教科文组织《人类非物质文化遗产代表作名录》中“中国传统制茶技艺极其相关习俗”。

信阳茶路——源于西周，唐宋煎茶，明清泡茶，近代延续，信阳茶文化和茶路文脉延绵不绝。

品质源头——鸡公山大茶沟现存有唐宋遗珠千年古茶树，茶文化深邃厚重。“五云两潭一寨”的八大名茶山头，是信阳毛尖核心中的核心。

信阳毛尖产区“八大名茶山头”，从茶树种植、叶片采摘、茶叶制作、泡茶工艺等都具有深厚的历史底蕴。鸡公山大茶沟山区，拥有唐宋遗株60棵，最大古茶树根部周长88.8厘米，树高4.2米，是信阳茶历史的活化石。

以“信阳毛尖”茶为串联线路的核心，线路以展示万亩茶园风光、传播千年茶史底蕴、凸显百里茶廊特色为目的，传承发扬“中国茶”非遗文化，做好文化出海的重要载体。

Famous Tea: Xinyang Maojian tea is one of the ten most famous types of tea in China. It won the gold award in the Panama Pacific International Exposition, and is known as the “king of green tea” .

The Intangible Heritage of Tea Processing: The item "traditional tea processing techniques and associated social practices in China" passed the examination at the 17th session of the UNESCO Intergovernmental Committee for the Safeguarding of the Intangible Cultural Heritage, and "Xinyang Maojian tea processing techniques" is an important part of the item.

Xinyang Tea Road: Regardless of Origins from Western Zhou Dynasty (BC 1046 - BC 771), or frying tea in Tang and Song dynasties (AD 618—AD 1279), or brewing tea in Ming and Qing dynasties (AD 1368 - AD 1911), or development in modern times, the Xinyang tea culture represented by the Xinyang tea road has persisted to this day.

Source of Quality Tea: There are ancient tea trees with a history dating back to Tang and Song dynasties (AD 618—AD 1279) in Dachagou Vally, Ki Kungshan Mountain area. The eight tea hills known as “Five ‘Yun’ , Two ‘Tan’ and One ‘Zhai’” constitute the core of Maojian tea zone.

Xinyang Maojian tea producing areas such as the “eight famous tea hills” , which has a profound history of techniques, are used in tea planting, leaf picking, tea processing and tea-boiling. There are 60 ancient tea trees that have survived from the Tang and Song Dynasties in the Dachagou mountain area of Kikungshan. The largest of these ancient tea trees has a girth of 88.8 centimeters and reaches a height of 4.2 meters, serving as a living fossil of tea history in Xinyang City.

With Xinyang Maojian tea as its core, the tourism route aims to showcase nearly 1647 acres of tea gardens, spanning several thousand years of history, and highlight the cultural significance of the tea corridor stretching for hundreds of miles. It also seeks to inherit and develop the intangible heritage culture of “Chinese tea” and play a significant role in international cultural communication.

#### 线路行程 Itinerary 时长建议：3天（每条线路） Suggested Duration: 3 days (Each route)

##### 茶景非遗线 Scenic Area & Intangible Heritage Route

- 鸡公山景区  
Ki Kungshan Scenic Area
- 两潭（黑龙潭、白龙潭）  
Two “Tan” : Heilongtan, Bailongtan
- 一寨（何家寨露营基地）  
One “Zhai” : Hejiazhai Camping Resort
- 五云（云雾、集云、连云、天云、车云）  
Five “Yun” : Mountains including Yunwu, Jiyun, Lianyun, Tianyun, Cheyun
- 万里茶道河南段  
Henan Section of the “Tea Road”

##### 深度茶旅线 Immersive Tea Experience Route

- 睡仙桥茶旅体验  
Shuixianqiao Tea Culture Tourism Experience
- 何家寨露营基地  
Hejiazhai Camping Resort
- 文新茶村  
Wen Xin Tea Village
- 茶旅研学  
Tea Field Trip Tour
- 鸡公山景区  
Ki Kungshan Scenic Area



## 线路特色 Unique Features

### 万里茶道河南段 Henan Section of the "Tea Road"

万里茶道自湖北沿唐白河进入河南，遗留下古道、古桥、茶庄、等类型丰富的相关文物遗存，组成了一条魅力独具的文化遗产线路。是见证茶叶贸易中南北经济、文化交流和融合的重要节点。

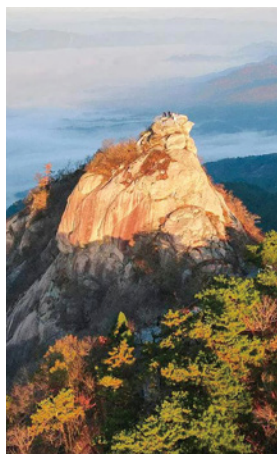
The "Tea Road" stretches from Hubei to Henan province along the Tang Bai River, remaining a lot of ancient roads, ancient bridges, tea houses, and other types of rich cultural relics, forming a cultural heritage line of unique charm. The Henan Section of the "Tea Road" is an important section that witnesses the North-South economic and cultural exchanges in tea trade.



### 鸡公山景区 Ki Kungshan Scenic Area

鸡公山景区，被誉为“避暑胜地”，青分楚豫，气压嵩衡，蜚声中外。位于河南省信阳市境内，是中国四大避暑胜地之一，5A级旅游景区，国家级自然保护区。区内森林茂密、生物资源丰富，有国家重点保护动植物大鲵、长尾雉、香果树等，是重要的农林、师范、医药等高校教学和科研基地。

Ki Kungshan Scenic Area, as a typical summer resort and ecological barrier between two provinces, is widely known at home and abroad. Located in Xinyang city, Henan province, it is one of the 4 most famous summer resorts in China, an AAAAAA tourism attraction and a National Natural Conservation Area. It has dense forests and abundant biological resources and becomes teaching and scientific research base for universities in agriculture, forestry, normal education and medicine.



### 何家寨露营基地 Xinyang Hejiazhai Camping Resort

何家寨露营基地，包含会议中心、研学中心、商业天街、无边泳池、云崖古寨、大型亲水娱乐设施等业态建筑，拥有中原地区体量最大的野奢帐篷集群，景区与南湾湖为邻，景区内群山环抱，自然风光优美，在茶山之巅可以俯瞰整个信阳市。

The Hejiazhai camping resort encompasses a conference center, study tour center, commercial street, infinity pools, Yunya ancient village, large-scale water park and other kinds of tourism facilities. It is the largest wild luxury tent community in the central plains of China, adjacent to Nanwan Lake Scenic Area, surrounding by mountains. From the top of tea mountain nearby you can take an overlook of entire Xinyang city.



### 文新茶村 Wen Xin Tea Village

信阳文新茶村地处于信阳市浉河港镇白龙潭村，有茶主题美食、茶非遗体验、采茶制茶、亲子游乐、禅茶度假、茶文化研学等丰富的旅游产品。

Wen Xin Tea Village is located in Bailongtan village, Shihegang town, Xinyang city. The tourism products of this attraction includes tea tasting and cuisine, tea intangible heritage experience, parent-child amusement, tea spa, and tea field trip.



### 睡仙桥茶旅体验馆 Shuixianqiao Tea themed Resort

睡仙桥茶文旅体验馆位于浉河区董家河镇睡仙桥村，周边环南湾湖茶旅融合环境优美，古村有千年历史多为豫南徽派四合院，是具有茶文化传播、采茶制茶体验、茶主题研学、观光旅游的特色茶庄园和茶文化博物馆。

Shuixianqiao Tea-themed Resort is located in Shuixianqiao village, Dongjiahe town, Shihe district. Nestled amidst the picturesque blend of tea and travel that surrounds Nanwan Lake, the ancient village boasts a millennium-old heritage, characterized by traditional Huizhou-style quadrangle houses. It stands as a one-of-a-kind tea estate and museum, offering a rich tapestry of experiences including tea culture dissemination, hands-on tea picking and processing, tea-themed study tours, and scenic sightseeing.



### 睡仙桥茶旅业态 Tea Culture Tourism Attractions



### 五云两潭一寨 Five "Yun" , Two "Tan" and One "Zhai"

车云山、集云山、云雾山、天云山、连云山、黑龙潭、白龙潭、何家寨是信阳毛尖著名的产区，俗称“五云两潭一寨”。

There are a series of famous Maojian tea producing areas in Shihe district, Xinyang city, including Cheyun mountain, Jiyun mountain, Yunwu mountain, Tianyun mountain, Lianyun mountain, Heilongtan, Bailongtan, Hejiazhai, commonly known as "Five 'Yun' , Two 'Tan' and One 'Zhai'".



车云山又名仰天窝，海拔647米，有茶园3000余亩，风景秀丽。因清乾隆年间申州人拔贡程梯者隐居于山中，见山上常有风云翻滚，状如车轮，遂名曰：“车云山”，作诗云：“云在青山上，云来青山白。白云只在山，常伴山中客”。

Chengyun Mountain, also known as Yuantianwo, stands at an elevation of 647 meters. It boasts over 3,000 acres of tea gardens and is renowned for its picturesque scenery. During the reign of Emperor Qianlong (AD 1736 - AD 1796) in the Qing Dynasty, one hermit named Ba Gong lived in the mountain. He often saw clouds rolling with wind in the mountains, shaped like wheels, so he renamed the mountain as “Cheyun” , which means “wheel-shaped cloud” in Chinese.



天云山位于董家河镇西部塔耳湾村境内，由于山高雾多，土质肥沃，茶叶品质优良，是信阳毛尖茶中精品，茶园景观优美，令人流连忘返。

Tianyun mountain is located in Ta'erwan village, which is the western part of Dongjiahe town, due to foggy weather and fertile soil, the tea produced here is of high quality and has become a representative product of Xinyang Maojian tea.



连云山又名连界寺山，旧时山上有一座古庙，横跨豫、鄂两省，以此为界，故名连界寺，后因其山势连绵，青山白云相互映衬，又名连云山。

Lianyun Mountain, also known as Lianjie Temple Mountain, derives its name from the continuous hills and the surrounding clouds that seem to intertwine. The name “Lianjie Temple” was given due to the presence of an ancient temple on the mountain in the past, which served as a boundary between Henan and Hubei provinces.



集云山最高峰狮子头海拔736米，因山峰耸立，常有云雾集聚，故名集云山。集云山风景秀丽、景色迷人，被誉为“深山明珠”。

Jiyun mountain is 736 meters high at the highest peak named lion head peak. It got its name “Jiyun” due to towering hills and gathering clouds. The scenery is so enchanting that it has earned the reputation of “pearls of the mountain deep” .



云雾山南与四望山相连，境内峰峦叠嶂，常有云雾缭绕，故名云雾山。现有茶园面积2500亩，最高峰鹰嘴石海拔800.2米，为董家河镇境内最高峰。

Yunwu mountain connects with Siwang mountain in the south. It got the name for its overlapping peaks often decorated with a veil of mist. The existing tea gardens cover an area of 2,500 mu, and the highest peak, Yingzui Shi (Eagle Beak Stone), reaches an elevation of 800.2 meters, making it the highest peak within Dongjiahe Town.



何家寨是浉河区最古老的名茶山头之一，登顶远眺，碧波万顷、洲岛错落的南湾湖尽收眼底。

Hejiazhai is one of the oldest tea hills in Shihe district. The highest point is 803 meters high. At the top, you can have a panoramic view of Nanwan Lake.



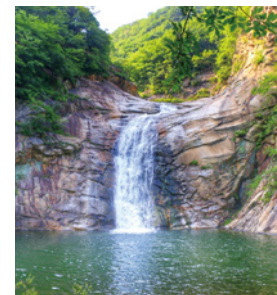
白龙潭峡谷上下4公里，瀑布悬流数十米。早在清代乾隆年间就被列为信阳古八景之一，素有豫南第一泉之称。

Bailongtan Canyon is 4 kilometers in length with several waterfalls. As early as the reign of Emperor Qianlong (AD 1736 - AD 1796) in the Qing Dynasty, it was listed as one of the 8 most famous ancient scenery in Xinyang, known as the first-rated spring in southern Henan.



黑龙潭瀑布由上中下三个瀑布组成。明代大文学家何景明曾夜酌黑龙潭：“川流一曲抱，峭壁万年开；白石传杯子坐，青天送月来；蛟龙亦自舞，鸥鹭岂相猜；谁识仙潭上，天留此钓台”。

Heilongtan Waterfall consists of three separate waterfalls: upper, middle, and lower. During the Ming Dynasty (AD 1368 - AD 1644), the great literary figure He Jingming once enjoyed a nighttime drink at the Heilongtan Waterfall, and composed a poem to describe the enchanting scenery.



## 舌尖美味

### Local Specialty

#### 养生信阳菜，生态好食材 Natural ingredients, healthy cuisine

信阳菜历史悠久，具有较好的资源条件、品牌基础和市场影响力，有“豫菜的旗帜”之美誉，是特色名片。信阳菜主要采用炖菜工艺，选用天然食材，使用低温烹饪，形成了具有浓郁地方特色的菜系。

信阳菜发端于商，完善于20世纪80年代。受历史上人口迁徙和不同的地域文化影响，信阳菜兼收并蓄，融合各家之长，自成体系。推出圆房酒喜筵、司马光家筵、信阳茶筵等历史文化筵席。成功创建“河南传统餐饮历史文化名城”“河南茶筵之乡”“中国炖菜之乡”和“康养美食地标城市”，信阳菜品牌逐渐叫响全国。

The culinary tradition of Xinyang is rich in history, boasting a strong foundation in resources, branding, and market influence. It is hailed as "the name card of Henan cuisine". Xinyang cuisine is characterized by its stewing techniques, using natural ingredients and employing a low-temperature cooking method, which has resulted in a unique culinary style with a strong local flavor.

The cuisine of Xinyang originated in the Shang Dynasty (circa BC 1600 - BC 1046) and was refined in the 1980s. Influenced by historical population migrations and diverse regional cultures, Xinyang cuisine has assimilated various culinary traditions, forming its own distinctive system. It has introduced historical banquets such as the “Wedding Banquet of Round Room,” “Sima Guang’s Family Banquet,” and “Xinyang Tea Banquet.” It has been awarded with such honorary titles as “Henan Historical and Cultural City in Traditional Catering” “Town of Henan Tea Feast” “Town of Chinese Stew” , and “Wellness Cuisine Landmark City” , making Xinyang cuisine famous nationwide.





## 主题美宿

### Themed Hotel & Resort

#### 星级茶庄园，品质茶文旅 Tea Resorts for Travelling

以茶主题餐饮、采茶制茶体验、茶非遗展示、茶主题民宿为特色的茶庄园，是信阳独具特色的住宿设施，能给游客提供高品质的茶旅体验。

The tea resorts, featuring tea-themed dining, tea picking and processing experiences, displays of intangible tea heritage, and tea-themed homestays, are unique accommodations in Xinyang that offer tourists a high-quality travel experience.



孔雀岛露营地  
Peacock Island Campsite



归拙园民宿  
Guizhuo Tea Guesthouse



云上枕溪秘境民宿  
Yunshang Zhenxi Tea Resort



何家寨露营基地  
Hejiazhai Camping Resort



文新茶村度假酒店  
Wen Xin Resort

## 研学体验

### Field Trip Activities

信阳毛尖非遗文化丰富，茶园提供了丰富的茶主题研学旅游产品、研学旅行营地（基地）和精品研学课。

The intangible cultural heritage of Xinyang Maojian is rich, and the tea gardens offer a variety of tea-themed educational and travel products, study travel camps (bases), and boutique study courses.



“从你的茶园走过——茶农的一天”茶主题研学活动

“One-day Tea Garden Visit—Being a Tea Farmer” Themed Study Tour

北京大品管理咨询有限公司  
Beijing Dapin Management Consulting Co., Ltd

联系人：葛婕  
Contact Person: Ge Jie

☎ 18610957305  
✉ zoey.ge@pinchain.com



## 茶味岭南——探寻一个离不开茶的地方

"Tea of Southern China - Exploring a Place Inseparable from Tea"

### 线路背景 Background of Tour Route

广东茶文化的形成可以追溯到明清时期，尤其是明朝以来，岭南地区的茶文化开始绽放。广州的“茶市”和潮州的“工夫茶”是广东茶文化的两朵奇葩。

潮汕地区是历史上最早盛行饮茶的地区之一。潮汕工夫茶，即潮汕的茶道，是国内现存茶道中最精致和讲究的，被誉为中国茶道的“活化石”。

广府早茶是广东地区特色的民间饮食风俗，广府人有“得闲饮茶”的习惯，早茶风气最盛。广府早茶不仅仅是品茶，更是一种社交和消遣的方式。

广东特色茶宴也是一场精彩的美食盛会，展示了广东茶传统的多样性和丰富性，不仅是味蕾的盛宴，也是一场感官的体验，因为它将精致的沏茶艺术与精致的粤菜相结合。

The formation of Guangdong tea culture can be dated back to the Ming (AD 1368 - AD 1644) and Qing (AD 1644 - AD 1911) dynasties. Especially since the Ming Dynasty, tea culture in southern China began to flourish. The "teahouse" in Guangzhou and the "Kongfu tea" in Chaozhou are two unique aspects of Guangdong tea culture.

The Chaoshan region is one of the earliest regions in history where tea drinking was popular. Chaoshan Kongfu tea, also known as Chaoshan tea ceremony, is the most elegant and exquisite existing tea ceremony in China, and is known as the "living fossil" of Chinese tea ceremony.

Guangfu morning tea is a unique folk dietary custom in Guangdong region. This custom is deeply ingrained in Guangfu culture, serving not only as a time for tea appreciation but also as an opportunity for socializing and leisure.

The Guangdong Special Tea Banquet is a splendid culinary event that showcases the diversity and richness of Guangdong's tea traditions. It goes beyond a gastronomic experience, blending the intricate art of tea brewing with the refined flavors of Cantonese cuisine.





### 潮安县凤凰镇 Fenghuang Town in Chao'an County

这里是单丛茶的代表产地  
Fenghuang Town in Chao'an County is a representative production area of Dancong tea

### 凤凰单丛茶 Fenghuang Dancong tea

独特的自然花香和醇厚甘爽的滋味闻名  
The Fenghuang Dancong tea here is famous for its unique natural floral aroma and mellow and sweet taste

### 英德红茶 Yingde black tea

是英德茶区的主要茶类  
Yingde black tea is the main tea category in the Yingde tea region

### 红旗茶厂 Hongqi Tea Factory

了解英德红茶的历史和制作过程并品尝独特的茶汤  
Visit the Hongqi Tea Factory, learn about the history and production process of Yingde black tea, and taste its unique tea soup

## 线路行程 Itinerary 时长建议：5天 Suggested Duration: 5 days

### 第一天 潮州

Day 1 Chaozhou

载阳茶馆 · 体验原味潮式生活  
Zaiyang Teahouse and listen to the opera - experience the original Chaozhou life.



### 第二天 潮州

Day 2 Chaozhou

凤凰山 · 单丛茶的产地  
Phoenix Mountain - where is the origin of Dancong tea  
单丛的故里 · 乌岽村  
Hometown of Dancong - Wudong Village to taste farmhouse cuisine



### 第三天 潮州-广州

Day 3 Chaozhou-Guangzhou

广济桥 牌坊街  
Guangji Bridge & Paifang Street



### 第四天 广州-英德

Day 4 Guangzhou-Yingde

红旗茶厂 · 中国英德红茶的摇篮  
Hongqi tea factory, the cradle of Chinese Yingde black tea

在茶场体验采茶和手工炒茶  
Experience tea picking and roasting at the tea plantation

特色茶叶宴  
Special tea banquet



### 第五天 广州

Day 5 Guangzhou

芳村南方茶叶市场 · 全国最大的茶叶专业批发市场和集散地  
Fangcun Southern tea market, the largest professional wholesale and distribution center for tea in China



茶味岭南

Tea of Southern China

开启您的茶文化之旅

Welcome to embark on your journey of tea culture

广州广之旅国际旅行社股份有限公司  
GZL International Travel Service Ltd

联系人：方方  
Contact Person: Frank Fang

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✉ frankfang@gzl.com.cn



## 丝绸之路上的“黑金”——陕西官茶·泾阳茯茶

### The Black Gold on the Silk Road Jingyang "Fu Tea"

#### 线路背景 Background of Tour Route

自古岭北不产茶，但在关中腹地咸阳泾阳县却有着千年的制茶史所制之茶是游牧民族不可或缺的生命之茶茯茶以湖南优质黑毛茶为原料，在泾阳手工筑制故称为“湖茶”“泾阳砖”后又因在伏天制成，故又称为“伏茶”其药效似土茯苓，因此有“茶”或“福砖”的美称得益于独特的泾渭水质及气候环境茯茶经发酵和发花工艺产生有益菌：冠突散囊菌俗称“金花”，以其“红浓、醇、香”的特质而饮誉天下。

Tea is not traditionally grown in north China, but in Jingyang County, Xianyang, there is a thousand-year-old tea-making tradition. Fu tea, crafted from high-quality black tea leaves from Hunan, is essential for nomadic peoples. Handcrafted with care, it is known as "Hu tea" or "Jingyang tea brick", and it is called "Fu tea" because it is made during the hottest days of summer. Thanks to the unique water quality and climate of the Jing and Wei Rivers, Fu tea's fermentation process produces beneficial bacteria, nicknamed "golden flowers". Loved for its rich color, mellowness, and delightful aroma, Fu tea enjoys global acclaim.

西安，位于中国西北部，是一座拥有着悠久历史和丰富文化的古城。这里曾是古代丝绸之路的起点，也是中华民族的摇篮之一，拥有着众多令人瞩目的风景名胜和人文地理特色。

Xi 'an, located in the northwest of China, is an ancient city with a long history and rich culture. It was once the starting point of the ancient Silk Road and one of the cradles of the Chinese nation, with many striking scenic spots and human and geographical features.

西安，中国历史文化名城，十三朝古都，古迹众多，被称为“天然的历史博物馆”。

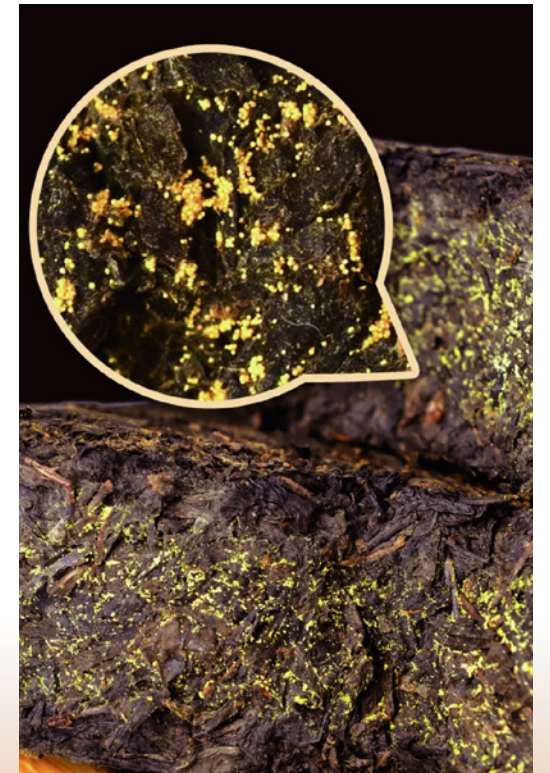
Xi 'an, a famous historical and cultural city in China ,the ancient capital of thirteen dynasties, has many historic sites and is known as the "natural history museum".

#### 茯茶介绍

#### "Fu" tea introduction

陕西茯茶出自于陕西咸阳泾阳，距今已有六百多年历史。茯茶约在公元1368年(明朝初期)问世，采用陕西泾阳黑毛茶为原料，手工筑制，称“泾阳砖”；因在伏天加工，故又称“伏茶”。由于系用官引制造，清代前期须在兰州府缴纳三成至五成砖茶作为税金，这批茶交给官府销售，又叫“官茶”“府茶”。其余的砖茶由茶商按照政府指令在指定的销区销售，故称为“附茶”。

The "Fu" tea originated in Jingyang, Xianyang, Shaanxi Province, with a history of more than 600 years. It emerged around AD 1368 during the early Ming Dynasty, using Shaanxi Jingyang black tea as its raw material and crafted by hand, hence known as "Jingyang tea brick". As it was processed during the summer months, it earned the name "Fu tea". In the early years of the Qing Dynasty (AD 1644 - AD 1911), "Fu tea" became an official commodity, with local tea producers required to hand over 30% to 50% of their production as tax paid to government, which was sold as "official tea". The remaining tea was sold in designated sales areas by tea merchants according to government instructions, so it was called "additional tea" .



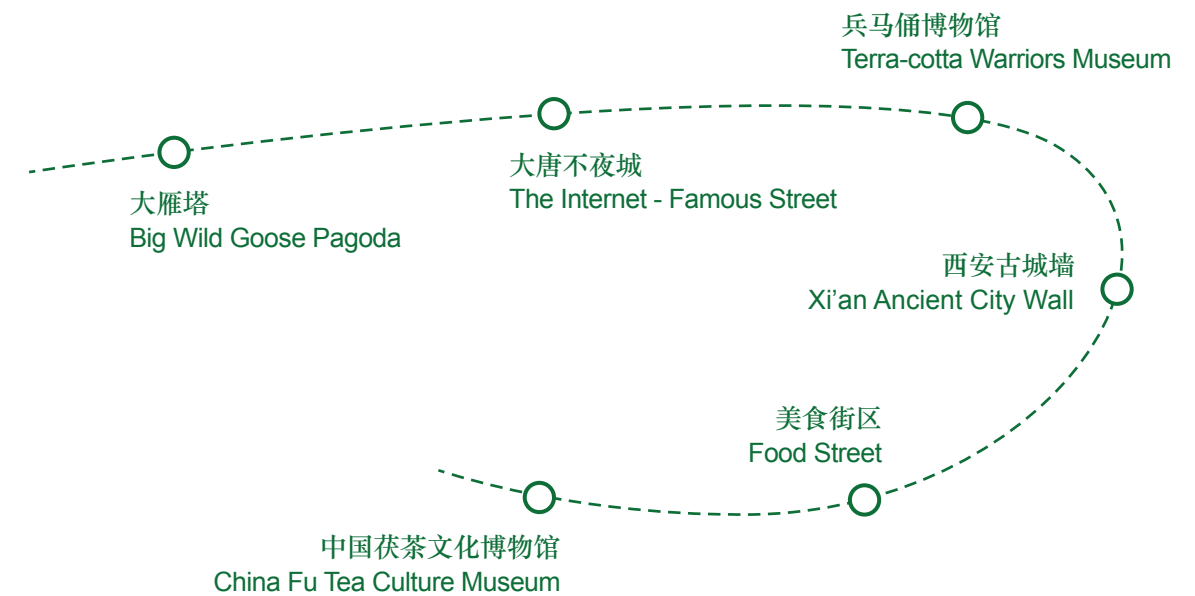


## 茶马古道上的“黑色黄金”

### “Black Gold” Along the Ancient Tea Horse Road

早在公元1368，也就是明代洪武年元年，陕西泾阳就开始制作这样的茯砖茶作为和游牧民族交换马匹的重要物资之一，在中国古代，战马被认为是非常重要的战略资源，而养马最好的地区就是草原，那边的饮食是已肉食为主，缺乏蔬菜，就正好需要砖茶中的微量元素来提供营养帮助助消化。在当时西北的游牧民族中，特别已泾阳的金花黑砖茶为贵，一度被称为丝绸之路上的‘黑色黄金’过去我们茶马古道，以茶易马，就是用泾阳茯砖茶去换取关中非常稀缺的战马资源。

As early as AD 1368, the first year of the Hongwu era of the Ming Dynasty (AD1368), Jingyang in Shaanxi Province began producing a special type of “Fu tea” as one of the most important commodities for trading with the nomads, particularly for horses. In ancient China, warhorses were considered a crucial strategic resource, and the best breeders of these horses were the nomadic tribes who owned the vast grasslands. The diet of the nomads was predominantly meat-based and lacked vegetables, so they relied on the nutrients in the tea brick to supplement their diet and aid digestion. At that time, among the nomads in the Northwest, “Fu tea” held exceptional value and was once referred to as “black gold”.





线路行程 Itinerary 时长建议：3天 Suggested Duration: 3 days

三千年来，无数人从西安出发，去追一个梦；无数人为了抵达西安而选择出发，来实现一个梦。如果你还没去过西安，西安欢迎您！。

For three thousand years, countless people have set out from Xi' an in pursuit of their dreams; countless more have chosen to embark on a journey to reach this ancient city. Xi' an is undoubtedly a destination that should be on everyone' s list!

第一天

Day 1

抵达西安，丝绸之路的东端和中国古都。

参观西安的标志性建筑——大雁塔，感受最受欢迎的网红街——大唐不夜城。

入住酒店

Arrive in Xian, the eastern terminus of the Silk Road and Ancient Chinese Capital.

Visit the symbolic structure of Xi'an—Big Wild Goose Pagoda, stroll at Grand Tang Mall—the internet-famous street.

Check-in at hotel



第二天

Day 2

上午驱车前往临潼区，参观兵马俑博物馆(包括电瓶车和耳机)，2200多年来，兵马俑一直守护着中国的第一位皇帝。

下午返回市区参观古城墙，在城墙上骑自行车。欣赏城市不同地区的景色，包括历史悠久的名牌商店和繁忙的酒吧街。探索美食街区，品味西安当地美食。

In the morning, head to Lintong district by bus, and visit the Terra-cotta Warriors Museum (battery-powered vehicle and earphones available). For over 2,200 years, the Terra-cotta Warriors have been guarding the first Emperor of China, and still stand in battle formation in giant exhibition halls erected around the pits where they were discovered in the 1970s. In the afternoon, head back downtown to visit Ancient City Wall. You can also choose to ride a bike on the city wall. From the top, you can enjoy views of the different areas of the city, including areas with time-honored brand-name shops and busy bar streets.

Exploring the food street, where an array of local delicacies are found here.



第三天

Day 3

前往茯茶小镇：

参观中国茯茶文化博物馆，

了解茯茶文化历史。

参与茯茶手筑，亲自动手做一块茯茶。

品茶。

Head to Fu Tea Town;

Visit the China Fu Tea Culture Museum;

Learn about the history of Fu tea culture;

Participate in the hands-on experience of crafting a Fu tea brick;

Indulge in tea tasting along the Fu Tea Old Street.



西安中国国际旅行社集团有限责任公司

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## 人间天堂，茶会杭州 “Heaven on Earth” Tea Party in Hangzhou

### 线路背景 Background of Tour Route

杭州位于浙江省西北部，是浙江省省会，是“丝绸之路经济带”和“21世纪海上丝绸之路”的延伸交点和“网上丝绸之路”战略枢纽城市。2016年杭州G20峰会期间，习近平总书记赋予杭州“历史文化名城、创新活力之城、生态文明之都”的城市定位。

Hangzhou, the capital city of Zhejiang, is located in the northwest of the province. It lies at the intersection of the "Silk Road Economic Belt" and the "21st Century Maritime Silk Road", and is also a national hub city along the "Digital Silk Road". In a speech presented by Chinese President Xi Jinping during the G20 Summit in 2016, Hangzhou was described as "a renowned historic and cultural city, an innovative and vibrant metropolis and a leader in ecological progress".



#### 春天 In spring

花下赴约，寺中祈福  
Meet beneath the blossoms,  
seek blessings within the temple.



#### 夏季 In summer

晚风作酒，秉烛夜游  
Drinking to the evening breeze,  
we roam by candlelight at night.



#### 秋日 In autumn

桂雨披身，山间郊游  
Clad in the mist of laurel rain,  
we embark on a mountain hike.



#### 三冬时节 In winter

酱货与寒梅，雅俗共赏  
Local delicacies and plum blossoms,  
enjoyed by all.

### 中国茶都 China Tea Capital

杭州是“中国茶都”。龙井茶园含烟带雾的清晨，径山茶宴煎汤煮茶、行盏分茶的仪式感，千百年来，这里的茶景、茶韵、茶香、茶学和悠久的茶业早已融入到了杭城人的生活里，如影随形。

Hangzhou is the "Tea Capital of China". The misty mornings of Longjing Tea Garden, with its rituals of boiling water and serving tea at the Jingshan Tea Banquet, have for thousands of years been a part of life in Hangzhou. The scenery, aroma, flavor, knowledge, and ancient tea industry are all intertwined with the lives of Hangzhou's residents, as constant as shadows.

2022年11月，“中国传统制茶技艺及相关习俗”被列入人类非物质文化遗产代表作名录，杭州的西湖龙井、径山茶宴是重要组成部分。

In November 2022, the item "Traditional tea processing techniques and associated social practices in China" was added to UNESCO's Representative List of the Intangible Cultural Heritage of Humanity, with the West Lake Longjing and Jingshan Tea Banquets in Hangzhou being important components.



## 龙井茶的概况

### Overview of Longjing Tea

龙井茶是一种产于中国浙江省杭州市西湖一带的著名绿茶，以其“色绿、香郁、味甘、形美”四绝而闻名于世，被誉为“茶中之王”。

Longjing tea is a famous green tea produced in the West Lake area of Hangzhou. It is famous for its four unique qualities of "green color, fragrant aroma, sweet taste, and beautiful shape" and is known as the "King of Tea".

西湖龙井的代表是“狮、龙、云、虎、梅”，这些环西湖地区土壤肥沃，三面环山，既能阻挡北面寒流，又能截住南面暖流，再加上优质水源，自然条件得天独厚。

The best-known West Lake Longjing brand names are those from Shifeng, Longjing, Yunqi, Hupao and Meijiawu, all areas around the West Lake. With fertile lands and mountains on three sides, the area stops chilly winds from the north while retaining warm air currents from the south. These favorable geographical features, along with superior local water quality, helps to produce a great tea.

## 龙井茶的历史

### History of Longjing Tea

西湖地区的制茶历史可以追溯到唐朝（618-907）。这可以追溯到该地区有文字记载的茶的历史超过1500年。到明代（1368-1644），龙井被列为中国顶级茶之一。它在清朝（1644-1911年）位居榜首，尤其是因为得到了乾隆皇帝的认可。

The history of Longjing tea making in the West Lake area dates back to the Tang Dynasty (618-907). This dates the written history of tea in the area to more than 1,500 years. By the Ming Dynasty (1368-1644), Longjing was listed among the top Chinese teas. It reached the top of the list during the Qing Dynasty (1644-1911), especially because of recognition from Emperor Qianlong.

历史记载，乾隆帝在61年统治生涯中，六下江南，据说有四次巡视龙井茶事。期间这位多才的皇帝不仅写下了多首茶诗，还将狮峰山胡公庙前的18棵龙井茶树封为“御茶”。自此，龙井茶成为贡品，也是国礼。

According to historical records, during his 61-year reign, Emperor Qianlong visited Jiangnan six times and reportedly conducted four inspections of Longjing tea. During this period, the talented emperor not only wrote many tea poems, but also honored the 18 Longjing tea trees in front of the Hugong Temple on Shifeng Mountain as "imperial tea trees". From then on, Longjing tea became a tribute. In fact, in modern times, Longjing tea is also a national gift.

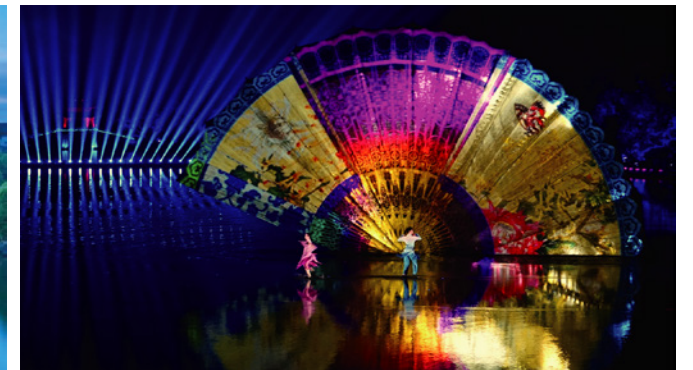


## 线路行程 Itinerary

时长建议：4天 Suggested Duration: 4 days

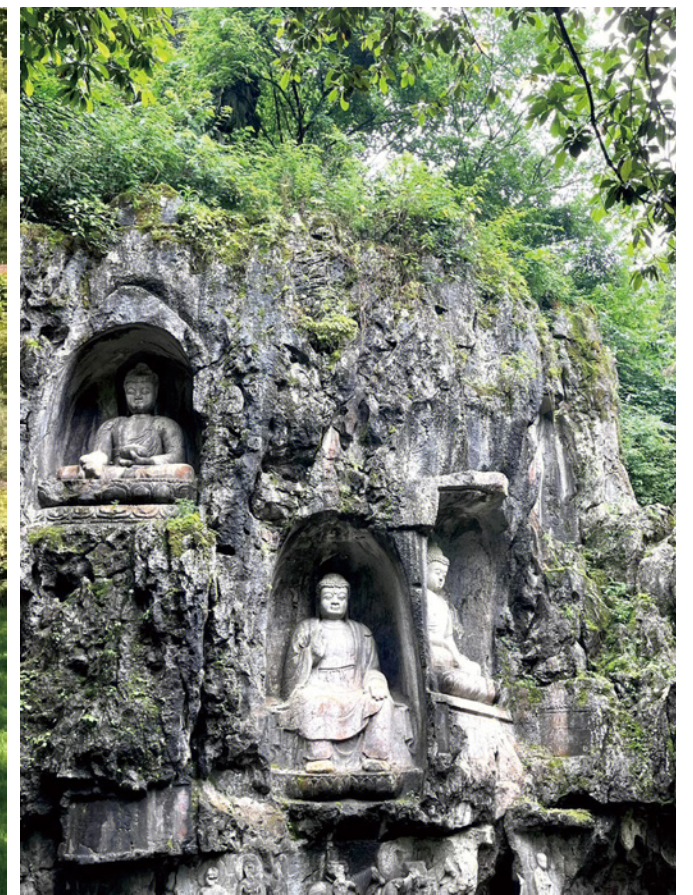
第一天：抵达杭州→西湖徒步→船游西湖→晚上观看《最忆是杭州》

Day 1: Arriving in Hangzhou → hiking on West Lake → boat tour of West Lake → watching "Memories of Hangzhou" in the evening



第二天：灵隐飞来峰--茶叶博物馆--茶文化体验（赏茶园风光、龙井茶采摘体验、了解炒茶技艺、学习冲泡龙井茶、品西湖龙井、尝茶点、吃农家饭）

Day 2: Arriving in Hangzhou → hiking on West Lake → boat tour of West Lake → watching "Memories of Hangzhou" in the evening





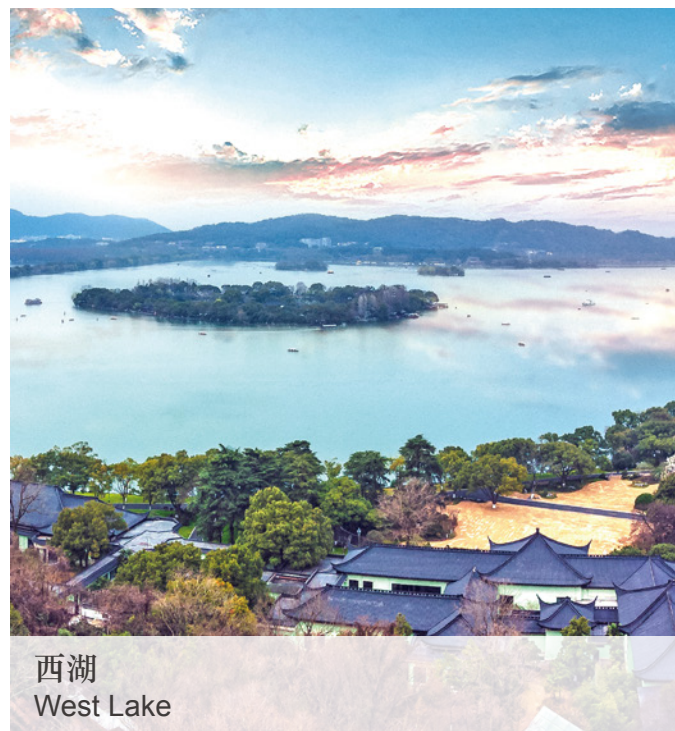
- 第三天：漫步京杭大运河→运河博物馆→体验非遗手工技艺→胡雪岩故居→河坊街→胡庆余堂感受中医药文化的独特魅力

Day 3: Strolling along the Grand Canal → Canal Museum → Experiencing Intangible Cultural Heritage Handicrafts → Hu Xueyan's Former Residence → He Fang Street → Experiencing the Unique Charm of Traditional Chinese Medicine Culture at Huqingyutang Chinese Pharmacy



- 第四天：返程  
Day 4: Return

### 景点介绍 Attractions



西湖  
West Lake



灵隐寺  
Linyin Temple



京杭大运河杭州段  
Grand Canal Beijing – Hangzhou



### 飞来峰 Peak Flying From Afar

在飞来峰的崖壁上，有340多尊五代至宋元石窟的佛教精品，是晚唐以来石窟艺术的杰作。

On the cliff of the Peak Flying From Afar, there are over 340 fine Buddhist statues in grottoes dating from the Five Dynasties (907-960) to the Song (960-1279) and Yuan (1271-1368) Dynasties. They are masterpieces of grotto arts since the late Tang Dynasty (618-907).



### 中国茶叶博物馆 China Tea Museum

这是一座没有围墙的江南园林式博物馆，六个展厅生动地展示了古老而灿烂的中国茶文化。在这里，游客可以了解与茶有关的一切，还可以观看茶艺表演、品茶。

This is a Jiangnan garden-style museum without walls. The six exhibition halls vividly present age-old and splendid Chinese tea culture in detail. Here, visitors can learn about everything related to tea as well as watch tea art performances and taste tea.



### 清河坊 Qinghefang Historic Block

清河坊古街是位于杭州吴山北麓的鹤坊街段。它离美丽的西湖只有几百米远。这条街道占地13公顷，是古城唯一保存完好的部分。作为城市悠久历史的缩影，它是体现杭州历史文化特色的最佳场所。

Qinghefang Ancient Street is a section of Hefang Street which is located at the northern foot of Wushan Hill in Hangzhou. It is just a few hundred meters away from the beautiful West Lake. Covering an area of 13 hectares (32 acres), the street is the only well-preserved part of the ancient city. As a miniature of the city's long history, it is the best place to embody the historical and cultural character of Hangzhou.

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## 茶和天下·滇藏茶马古道之旅

Harmony between Tea and Heaven

Following the Footprints of Ancient Tea and Horse Caravan

### 线路背景 Background of Tour Route

在中国西南的深山峡谷间，隐藏着一条历史久远、蜿蜒曲折的商贸通道——茶马古道，它形成于公元6世纪时的茶马互市，起于普洱茶主产地易武，经大理、丽江、香格里拉至锡金、不丹、印度，再延伸至西亚、北非、欧洲……

In the deep mountain canyons of southwestern China, there lies a long and winding trade route: the ancient Tea Horse Road. It emerged in the 6th century AD as a result of the tea horse trade, starting from Yiwu, the primary production area of Pu'er tea, and passing through Dali, Lijiang, Shangri-La to Sikkim, Bhutan, India, and further extending to West Asia, North Africa, and even Europe...

### 线路行程 Itinerary 时长建议：17天 Suggested Duration: 17 days

#### 第一天 Day 1

抵达昆明，根据航班抵达时间适当安排游览。

Arrival in Kunming followed by city sightseeing according to your flight schedule. Overnight in Kunming, 1 night.

#### 第二天 Day 2

昆明-普洱。乘车沿国际大通道昆磨公路赴普洱茶的重要产地和集散地：普洱市，途中参观茶马古道上的重镇：碧溪古镇。明时的城楼、飞檐流丹的魁阁、古朴庄重的庾家老宅把我们带回古镇辉煌的过往，时光仿佛在这里停滞。抵普洱后参观银生普洱茶庄园，从茶山顶沿茶园间小路缓缓而下，茶树的嫩芽在夕阳下绿得透亮，山脚的茶坊里飘来阵阵茶香。

Overland drive of 420 kilometers, or 6.5 hours, along highway to Pu'er, an important origin and distribution center of Pu'er tea in Yunnan. En route, we will stop to visit the Bixi Old Town. Upon arrival in Pu'er, visit the Yinsheng Pu'er Tea Manor.



#### 第三天 Day 3

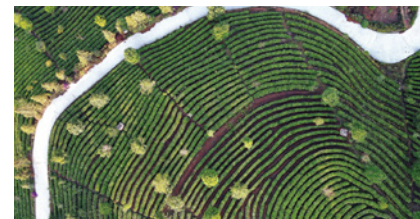
普洱。上午参观茶马古道的一颗明珠：那柯里，来到普洱，那柯里是茶马古道上不可或缺的一站，作为这条黄金商道上的门户，古时南下普洱茶源地或北上进京的商贾们无一例外的要夜宿于此，小镇上的荣发马店似乎还回响着马铃声和马锅头的吆喝声。下午参观云南著名茶山之一：困鹿山古茶园，困鹿山属无量山支脉，因拥有上万亩半栽培型千年古茶树群落而被称为“茶之博物馆”，相传清代为皇家茶园。



In the morning, visit the Nakeli Old Town, once an important post along the ancient Tea Horse Road. In the afternoon, visit the ancient tea plantations on the Kunlun Mountains.

#### 第四天 Day 4

普洱-景洪。上午漫步中华普洱茶博览苑，在万亩生态茶园中立体探悉和了解普洱的相关知识。下午沿热带雨林间的最美公路前往西双版纳州府：景洪，途中参观大渡岗万亩生态台地茶园，晚漫步澜沧江畔东南亚最大的夜市：告庄西双景湄公河夜市，璀璨的灯光、独特的边疆民族风情让人仿佛置身于异域泰乡、留恋往返。



In the morning, take an easy stroll in China Pu'er Tea Expo Park to learn about Pu'er tea. In the afternoon, embark on a 140-kilometer, 2.5-hour overland drive to Jinghong, the prefectural capital of Xishuangbanna, with a stop to visit the ecological terrace tea plantations at Dadugang. In the evening, visit the night market along the Mekong River.

#### 第五天 Day 5

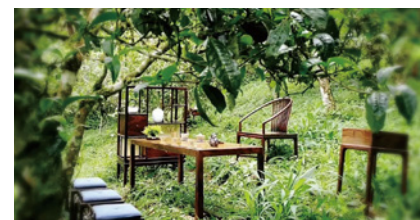
景洪-勐仑-易武-景洪。乘车赴勐仑，参观中国最大、物种最丰富的西双版纳热带植物园，走进植物王国、走进物种知识的海洋、聆听植物界的奇闻轶事。午餐后赴易武参观茶马古道起点：易武古镇，“班章王，易武后”，悠悠古道上千百年来被马蹄磨得光亮的青石板和瑞贡天朝的霸气牌匾诉说着“贡茶之乡”辉煌的过往和繁荣的今昔。



In the morning, visit the Tropical Botanic Garden at Menglun Town. Then, continue to visit Yiwu Old Town, the starting point of the Ancient Tea Horse Road.

#### 第六天 Day 6

景洪-南糯山-勐海。沐浴着清晨和煦的阳光，我们漫步于傣王的御花园-曼听公园、拜谒南传佛教第一寺：西双版纳总佛寺，领略不一样的佛教氛围、学习小乘佛教知识。车赴南糯山参观古茶园，从丫口哈尼老寨出发，沿古茶林间的小道缓缓而下，聆听泉水叮咚、茶农欢歌，瞻仰茶王树和茶后树的伟岸身姿，抵山腰的半坡老寨后乘车赴勐海。



Visit the Manting Park, once the royal garden of the Dai Kings. Continue with an overland drive of 40 kilometers, approximately 1 hour, to the Nannuoshan Mountains. Here, enjoy a leisurely trek along trails in ancient tea plantations to visit the King and Queen of ancient tea trees. Then, proceed with another overland drive of 35 kilometers, about 45 minutes, to Menghai.



## ○ 第七天 Day 7

勐海-布朗山-勐海。迎着清晨的袅袅炊烟，走进曼召傣寨，参观傣族千年古法手工造纸。遨游布朗古茶山、领略“班章茶王”的风彩和布朗民族风情。

Visit paper-making workshops at Dai minority village Man Zhao. Then, take an excursion to visit ancient tea plantations as well as the Bulang minority villages at the Bulang Mountains.



## ○ 第八天 Day 8

勐海-景迈山-沿风景秀丽的214国道赴景迈山，途中参观西双版纳小乘佛教三大古建筑之一的景真八角亭，继续前往景迈山，参观“被神灵遗落在大山里的明珠”：糯岗傣族古寨、翁基布朗古寨，傣语“糯岗”为“鹿饮水之地”，一排排干栏式木屋沿寨心小河两岸而建，寨里家家做茶、户户品茗，布朗语“翁基”意为“算卦”，布朗先民到达今翁基之址，小憩卜卦，方觉足下乃风水宝地，始动土建寨种茶，至今已历近千年，寨里人们遵循布朗古俗，男人照看小孩，女人劳作做茶。

Visit the Octagonal Pavilion before an overland drive of 100 kilometers, or 3 hours, to Jingmaishan Mountains, newly enlisted as UNESCO Cultural Heritage in September 2023. On the Mountains, we will visit the Dai minority village Nuogang, and the Bulang minority village Wengji.



## ○ 第九天 Day 9

景迈山-孟连-澜沧，晨熙里漫步世界遗产景迈山大坪掌千年古茶园、欣赏珍贵的“世界罕见的大面积栽培古茶博物馆”，沿石板铺就的古道而下，欣赏景迈傣寨风情和古佛寺。乘车赴“中国维也纳音乐小镇”-老达保拉祜古村，见识拉祜村民“有腿就会跳舞、有嘴就会唱歌、有手就会弹琴”的神奇本领。继续前往边城孟连，参观傣族古都-娜允古镇、游览保存最完整的土司衙门之一：宣抚司署，了解傣王土司昔日的生活和办公场景。乘车返澜沧。

Get up early in the morning for a light trek in the ancient tea plantations at Dapingzhang. Then, overland drive of 50 kilometers, or 1.5 hours, to the Lahu minority village Laodabao, nicknamed as the Music Town, where all villagers may play well with musical instruments. Continue to overland drive of 80 kilometers, or 2 hours, to Menglian. Visit the Nayun Old Town with the government office buildings of the local Dai Kings back to the Ming and Qing Dynasties. Then, proceed with an overland drive of 50 kilometers, roughly 1 hour, to Lancang.



## ○ 第十天 Day 10

澜沧-沧源。乘车沿小黑江畔赴沧源，瞻仰中国最古老的崖画-沧源崖画，一幅幅绘于海拔2000米山崖上粗犷古朴稚真的画面向我们讲述着远古先民艰辛的生活场景。走进翁丁佤族原始部落，探悉古时人头祭祀的神迷瓦族部落。



Overland drive of 240 kilometers, or 4.5 hours, along the bank of the Xiaoheijiang River to Cangyuan. Visit the Cangyuan Cliff Paintings, the oldest of all in China, and the primitive tribe at Wa minority village Wengding.

## ○ 第十一天 Day 11

沧源-临沧。乘车赴临沧，途中参观普洱茶另一大主产区：双江县勐库镇冰岛村，冰岛大叶种茶为普洱茶的一种，据传乃明代当地土司引入培植，茶味以回甘持久、甜味浓厚细腻著称。

Overland drive of 190 kilometers, or 3.5 hours, to Lincang. En route, visit the Bingdao Village, mainly inhabited by the Lahu minority and Han Chinese, known as a significant center for Pu'er tea production in Yunnan.



## ○ 第十二天 Day 12

临沧-巍山。乘车继续北上，参观中国十三座道教名山之一、古南诏国发祥地：巍宝山，松涛声中拾级而上，一座座庄严古朴的道观古刹呈现在眼前：土主庙、文昌宫、青霞宫……悠扬的钟磬声和颂经声涤荡着尘俗凡念、使心灵归于宁静。

Overland drive of 300 kilometers, or 4 hours, to Weishan. Visit the Taoist temples and buildings on the Weibaoshan Mountains, one of the 13 Taoist Mountains in China, as well as the birthplace of the Dali Nanzhao Kingdom.



## ○ 第十三天 Day 13

巍山-大理。漫步于宁静古朴的南诏古都-巍山古城，明清时的古宅、屋檐下的鸟笼、晨熙里悠然而行的人们仿佛又把我们带回了南诏故国。拱辰门、星拱楼展示着这一茶马古道重镇威严和繁盛的过往。乘车赴大理，途中参观东莲花回族古村，清代中国传统建筑风格和阿拉伯伊斯兰美学相结合的清真寺、庄严古朴精美的马家大院、小巧丰富的马帮博物馆生动的再现了当年这一“茶马古道上小上海”的繁华和马帮人的生活场景。抵大理后参观三塔，大理古城。大理曾经是滇藏茶马古道上最大的紧压茶加工中心、茶叶集散地，在唐宋时期，这里是南诏及大理国的中心。大理古城城墙是明代遗迹，古城南门、北门依然保留完好。漫步在古城的石板路上，南城、天主教堂、五华楼、红龙井、文庙、武庙、洋人街，等等耳熟能详的景点一一展现在眼前。三塔修建于唐宋时期，是大理的象征，1000多年来，“永镇山川”，护佑大理。崇圣寺目前是大理地区最大的佛教寺院，一共九级院落沿苍山麓逐级向上，在苍山和阳光的映衬下，辉煌灿烂。

In the morning, take a leisurely stroll in Weishan Old Town which served as an important post along the Tea Horse Road. Then, overland drive of 80 kilometers, or 2 hours, to Dali Old Town. En route, we will take a stop at the Muslim village of Donglianhua to visit its Chinese-style mosque, the former residence of a caravan leader, and the caravan museum. Upon arrival in Dali, visit the Three Pagodas before taking a guided stroll in Dali Old Town to visit the South Gate, local Catholic Church, and the Foreigners' Street.





## 第十四天 Day 14

大理-诺邓-沙溪。上午乘车赴诺邓，这一千多年来以盐业出名的古村至今还保留着众多明清古民居和村子上方山顶的玉皇阁道教古建筑群，村子倚山而建，山脚是保存完好的古盐井和明代五井盐课提举司衙门旧址，沿村中红沙岩石板铺就的小巷拾级而上，两边是错落有致的古民居，至山顶的玉皇阁，整个村子的全貌一览无遗。下午沿泚江而上经兰坪赴沙溪，小小的泚江之上堪称“古桥梁博物馆”：彩凤桥、通京桥、藤桥……



In the morning, embark on an overland drive of 140 kilometers, or 2.5 hours, to the Bai minority village Nuodeng, famous for its well salt for thousand years. Visit old residential and Taoist buildings dating back to the Ming and Qing Dynasties. In the afternoon, continue with another overland drive of 210 kilometers, or 4.5 hours, along the Bijiang River to the Shaxi Old Town. En route, we may make several stops to visit ancient bridges on the Bijiang River.

## 第十五天 Day 15

沙溪-剑川-虎跳峡-丽江。早晨参观沙溪古镇，沙溪是茶马古道上的重要驿站和集市，被世界建筑基金会（WMF）列为101个世界濒危建筑保护名录。寺登街是沙溪的灵魂与核心，是一个集寺庙、古戏台、商铺、马店、开阔的红砂石板街面、百年古树、古巷道、寨门于一身、功能齐备的千年古集市。参观石宝山石窟，云南现存规模最大、保存较完好的石窟群，共有16窟浮雕造像139躯，为南诏、大理国时期的艺术瑰宝，距今已有一千多年历史。下午参观剑川古城，作为茶马古道上的重镇，始建于元代的剑川城至今还保留着众多明清古建筑如昭忠祠、景风阁、文庙、北岳庙等，剑川乃中国木雕之乡，剑川木雕和石雕被誉为滇中双绝。参观虎跳峡，虎跳峡位于长江上游金沙江段，是世界最险峻的峡谷之一，两岸是海拔5500多米的哈巴雪山与玉龙雪山，与江面形成3500多米的高差。在30多米宽的江水里，一块巨石横卧江心，传说一只猛虎于此跃过江面，逃避了猎人的追击。沿石阶下至江边，汹涌的江水拍打巨石，给人无比震撼的感觉。游览结束后，前往丽江。

Visit the Shaxi Old Town, an important post and marketplace along the Tea Horse Road, and named one of the 101 most endangered architectural sites in the world by World Monuments Fund. At the core of Shaxi Old Town, the Sideng Street is a marketplace with temples, theatre stage, shops, and caravansary. Visit the Shizhong Temple on the Shibaoshan Mountains with grottoes dating back to the Tang Dynasty. Then, drive to Jianchuan (35 kilometers, or 1 hour) to visit wooden sculpture workshops and old residential buildings. Continue with an overland drive of 100 kilometers, or 1.5 hours, to visit the Tiger Leaping Gorge. Then, proceed with an overland drive of 90 kilometers, or 2 hours, to Lijiang.



## 第十六天 Day 16

丽江。上午步行游览丽江古城。

丽江古城是联合国教科文组织世界文化遗产，著名的高原江南。居住在丽江的纳西族人民，运用他们的聪明智慧，将泉水引入古城，形成家家垂柳、户户小桥的江南景色。丽江古城完好保存了纳西族传统民居的建筑风格。忠义市场是丽江古城内最大的农贸市场，每天熙熙攘攘，人们在这里购买日常的蔬菜食品。

黑龙潭是欣赏玉龙雪山的最佳地点，远处的雪山倒影在潭水中，近处是亭台楼阁。地下泉水汇集成黑龙潭，再通过人工渠道引入丽江古城，滋养了这个高原小城。黑龙潭旁边就是东巴博物馆，东巴是纳西族传统宗教、象形文字的名称，东巴象形文字至今仍在使用，是人类文字初期的样式，堪称文字的活化石。

下午游览丽江周边纳西村寨。

白沙曾经是丽江木氏土司的统治中心，现存的大宝积宫内还有绘制于明代的珍贵壁画。今天的白沙安静祥和，时光在这里也放慢了脚步。玉湖村古称雪嵩，玉龙雪山脚下的纳西族小村庄，村里的房屋全用当地的毛石而建，1922-1949年，美籍奥地利植物学家、探险家约瑟夫·洛克曾长居于此。

In the morning, take a guided stroll in the Dayan Old Town, an UNESCO Cultural Heritage, to the Zhongyi Grocery Market, the Black Dragon Pond, and the Dongba Museum. In the afternoon, visit the Naxi minority villages Yuhu with the former residence of Dr. Joseph Locke, and Baisha with frescos dating back to the Ming and Qing Dynasties.



## 第十七天 Day 17

动车或飞机赴昆明，昆明转机离开，精彩的滇藏茶马古道之行旅程结束。

Take speed train or flight back to Kunming for your onward/return journey.

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## 茶韵·四川

### Tea and Sichuan

#### 一杯川式·一切巴适

A cup of Sichuan tea · Enjoy a leisurely life

### 线路背景 Background of Tour Route

唐代以来，为顺应当地人民需求，在中国西南和西北地区，以茶叶和马匹为主要交易内容，以马帮为主要运输工具的商品贸易通道，是中国西南民族经济文化交流的走廊。茶马古道是以川藏道、滇藏道与青藏道(甘青道)三条大道为主线，辅以众多的支线、附线，构成的一个庞大的交通网络。地跨陕、甘、贵、川、滇、青、藏，外延达南亚、西亚、中亚和东南亚各国。

The Tea Horse Road, a crucial trade route in China, connects Yunnan with Tibet, India, and Nepal. Originating in the Tang Dynasty, it primarily transported tea and horses, evolving into a corridor for goods, knowledge, and cultural exchange. The route comprises the Sichuan-Tibet, Yunnan-Tibet, and Qinghai-Tibet routes, supported by various branches. It covers regions in multiple provinces and extends to South, West, Central, and Southeast Asia.



茶马古道线路图 Map of the ancient Tea Horse Road

四川省是中国茶叶的主要产区之一，以其独特的地理环境和气候条件培育出了多种优质的茶叶品种。四川茶叶的种类丰富，包括绿茶、红茶、黄茶、花茶等，其中尤以绿茶和红茶最为著名。以下是四川部分茶叶的介绍：

峨眉竹叶青。产于峨眉山，以其扁平光滑的外形和翠绿的色泽而闻名。

蒙顶甘露。产于蒙顶山，是四川最古老的名茶之一，以细腻、嫩绿的外观和清新的香气著称。

川红工夫。产于四川宜宾等地，是中国著名的红茶品种之一，以其条索紧实、金毫显露和醇厚的口感而知名。

文君绿茶。产于邛崃县，以嫩绿油润的外观和清新的香气为特点。

雅安藏茶。属于黑茶类，是红茶的鼻祖，以其独特的发酵过程和收藏价值而受到重视。

Sichuan Province is one of the major producing areas of tea in China, and has cultivated a variety of high-quality tea varieties with its unique geographical environment and climatic conditions. There are many kinds of tea in Sichuan, including green tea, black tea, yellow tea and scented tea, among which green tea and black tea are the most famous. The following is a detailed introduction to major tea varieties from Sichuan:

Emei bamboo leaf green tea is produced in Mount Emei, renowned for its flat and smooth leaves that are a vibrant green color.

Mengding green tea originates from Mengding Mountain and is one of the oldest famous teas in Sichuan, celebrated for its delicate, pale green appearance and refreshing aroma.

Sichuan Gongfu black tea, also known as Yibin red tea, is produced in Yibin, Sichuan, among other locations. It is a celebrated variety of black tea in China, noted for its tight strings, exposed gold tips, and a rich, mellow taste.

Wenjun green tea hails from Qionglai County. It is distinguished by its bright green and glossy appearance, as well as its pleasing, fresh aroma.

Ya'an Tibetan tea, considered the ancestor of black tea, is highly valued for its unique fermentation process and considerable collection value.



峨眉竹叶青  
Emei bamboo leaf green tea



蒙顶甘露  
Mengding green tea



川红工夫  
Sichuan Gongfu black tea



文君绿茶  
Wenjun green tea



雅安藏茶  
Ya'an Tibetan tea



## 线路行程 Itinerary 时长建议: 6天 Suggested Duration: 6 days

### 第一天 Day 1

抵达成都，接机

乘车前往人民公园鹤鸣茶舍来一杯成都人的盖碗茶

饮茶、歇息之后，前往宽窄巷子，看看清朝遗留下来的古街道，青黛砖瓦的四合院

晚餐享用地道的四川火锅，感受四川火锅深厚的底蕴，品味四川火锅的魅力，感受四川人民的风情

用餐后返回酒店

Arrive in Chengdu. Experience local customs with a relaxing session of Chengdu-style covered-bowl tea in the afternoon. Later, explore the historic Wide and Narrow Alleys. Enjoy dinner with an authentic Sichuan hotpot. Return to the hotel after dinner.



### 第二天 Day 2

早晨从成都启程，踏上了通往雅安蒙顶山的旅程

跟随非遗传承人去了解中国茶的历史，亲身体验采摘茶叶的喜悦，亲手制作茶叶的技艺，以及品尝茶

In the morning, leave Chengdu and embark on a journey to Mengding Mountain in Ya'an. There, you will join an intangible cultural heritage inheritor to delve into the history of Chinese tea. The experience includes the joy of hand-picking tea, the art of hand-making tea, and the pleasure of tasting the final product.



### 第三天 Day 3

早晨从雅安出发，乘车前往乐山夹江天福茶园，参观茶博物馆，观看茶道表演

游览后，前往乐山乌尤寺码头，乘坐游船于三江之上近观乐山大佛，感受它的宁静与祥和

晚餐在四川之味的乐山，品尝各类特色美食

In the morning from Ya'an, embark on a journey to Leshan Jiajiang Tianfu Tea Garden, where you can explore the tea museum and witness a captivating tea ceremony performance.

Following the tour, head to Leshan Wuyou Temple pier and embark on a cruise boat to admire the majestic Leshan Giant Buddha. In the evening, indulge in a Sichuan-style meal in Leshan, sampling a variety of local delicacies.





#### ○ 第四天 Day 4

前往峨眉山脚下——第一山亭前，体验太极或峨眉武术

登上峨眉山金顶游览，金顶的佛光，犹如天降神光，让人心生敬畏。在阳光的照耀下，佛光四溢，给峨眉山更增添了一份神秘和庄严

下山后，参观峨眉雪芽生产基地

乘车返回成都

In the morning from Ya' an, drive to Leshan Jiajiang Tianfu Tea Garden, where you can visit the tea museum and watch a tea ceremony performance. Following the tour, head to Leshan Wuyou Temple pier and embark on a cruise boat to see the Leshan Giant Buddha. In the evening, enjoy a delicious Sichuan-style meal in Leshan, savoring a variety of local specialties.



#### ○ 第五天 Day 5

乘车前往成都大熊猫繁育研究基地，参观憨态可掬、圆圆滚滚的大熊猫

离开大熊猫繁育研究基地后，前往“长江文明之源”的三星堆，这里出土了高大的青铜面具、奇特的青铜神树、精美的玉器等，充满了原始的神秘气息，展现了古蜀人民丰富多彩的精神世界

晚餐后，观赏四川非遗文化表演：变脸、吐火、茶艺表演等

Drive to the Chengdu Research Base of Giant Panda Breeding to witness the giant pandas in their natural habitat. Following your visit to the panda base, proceed to Sanxingdui to immerse yourself in the mystique of ancient Shu culture. After dinner, enjoy the vibrant Sichuan intangible cultural performance, featuring the mesmerizing art of face-changing, spellbinding fire-spitting displays, and the graceful tea art.



#### ○ 第六天 Day 6

返程

Return



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## 海丝茶源 · 福建安溪铁观音探秘之旅

The Origin of Tea on the Maritime Silk Road  
Exploring Tieguanyin Tea in Anxi County, Fujian Province

### 线路背景 Background of Tour Route

“安溪 · 清明踏青 · 畚寨风情 · 茶乡人家”

从安溪的茶园开始，在溪边日落里，在山水鸟鸣间，在茶山环绕处，在慵懒微风里，品味春天里的第一杯茶，陶醉在潋滟春色里，一起走进中国茶都——安溪，探寻畚寨风情，感受茶乡之美。

“Anxi County · Outing during the Qingming Festival · Charm of She Village · Tea Village Life”

Starting from the Tea Garden in Anxi, In the sunset by the stream, among the mountains, and the birds' singing, Surrounded by tea mountains in the gentle breeze, Savor the first cup of spring tea, Revel in the radiant spring scenery, Walk into the chinese tea capital- Anxi, Explore the charm of She Village, Enjoy the beauty of Tea Land.



### 第一天 上午：厦门-安溪

Day 1 Morning: Xiamen - Anxi

早餐后前往安溪

参观聚丰家居文化艺术馆（展馆生动展示了藤铁工艺从改革开放以来，走过一条“竹编—藤编—藤铁工艺—家居工艺”的创新蜕变之路。各种竹编、藤编、竹藤编结合的藤铁工艺品、实木家具产品造型多样、创意纷呈，堪称科技创造与传统工艺的完美结合）。

竹藤编铁艺产品：通过竹藤编织，以纵向的线条称之为“经”，横向的线条称之为“纬”，在相互作挑和压的交织中完成的，由此引伸出变化多端的编织花样来形成各种具有艺术性的工艺品。并且由此基础上形成的藤铁相结合的产品更是兼具工艺性与实用性，产品远销东南亚及欧洲。

Depart for Anxi County from Xiamen after breakfast

Visit Ju Feng Home Furnishing Culture and Art Museum (The exhibition hall vividly showcases the innovative transformation of rattan iron crafts since the Reform and Opening Up, evolving from "bamboo weaving - rattan weaving - rattan iron process - furnishing technology". Various rattan iron crafts and solid wood furniture products, combined with bamboo and rattan, display diverse shapes and creativity, epitomizing the perfect combination of scientific innovation and traditional craftsmanship.)

Bamboo and rattan woven iron products: Through the weaving of bamboo and rattan, the longitudinal lines are called "warp" and the horizontal lines are called "weft". This interweaving creates various artistic patterns, forming a range of artistic crafts. The combination of rattan and iron results in products that are both artistic and practical, widely sold in Southeast Asia and Europe.





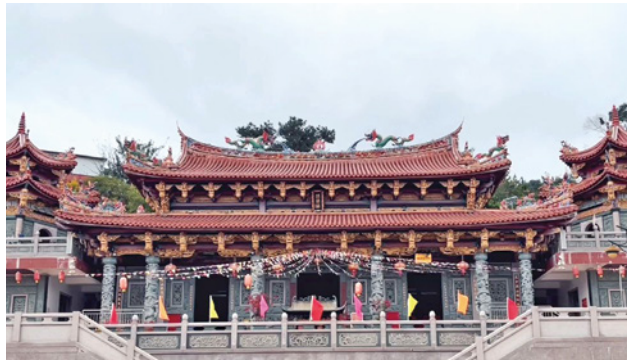
## 下午：安溪

Afternoon: Anxi

前往善坛畲族村

善坛村是少数民族畲族聚集地，生态环境优美，文化底蕴深厚，是省级旅游村。畲家寨、二世祖祠、易安居、井泉居、瑞兴居等接连成片的古民居保留了古建筑特色，其中的善坛妈祖庙被中国文化部定为是“中国妈祖文化重点保护单位”。妈祖信俗、畲族文化、汉族文化多文化交融，形成特别的乡村文化。每年农历三月三举办畲族文化节，独特的畲家服饰、美食、文字吸引众多游客，让游客感受传统畲家生活。

Enjoying the reputation as a provincial tourism village, Shantan Village is home to the She ethnic minority, with a beautiful ecological environment and profound cultural heritage. A series of ancient houses such as She Village, Second Ancestral Temple, Yi Anju, Jing Quan Ju, and Ruixing Ju have retained their ancient architectural features. Among these, Shantan Mazu Temple has been designated as a "Key Protection Unit of Chinese Mazu Culture" by the Ministry of Culture and Tourism of China. The multi-cultural integration of Mazu faith, She culture, and Han culture cultivates a special rural culture. The She Culture Festival is held every year on March 3 of the lunar calendar. The unique She costumes, food, and characters attract many tourists, allowing them to experience traditional She life.



## 第二天 上午：安溪

Day 2 Morning: Anxi

参观安溪铁观音集团（原国营安溪茶厂）

福建省旅游观光工厂，前身是创建于1952年的国营安溪茶厂，厂内保存传统茶叶生产车间、自主研发茶机械、陈茶仓库、烘焙灶等工业遗产。谷雨至立夏时节是铁观音春茶采摘上市的时间，整个厂区茶香弥漫，是体验铁观音制作工艺，观摩独特的茶叶烘焙、贮藏技术，品一茶三香的好时节。



Visit the Anxi Tiekuanyin Group (formerly the state-owned Anxi Tea Factory)

Fujian Tourism Factory, the predecessor of the state-owned Anxi Tea Factory founded in 1952, preserves traditional tea production workshops, independently developed tea machinery, an aged tea warehouse, baking ovens, and other industrial heritage. In accordance with the Chinese solar terms, the transition from Grain Rain to the Beginning of Summer heralds the season for harvesting and trading Tieguanyin spring tea. During this time, the entire factory is imbued with the enchanting aroma of tea, providing an exceptional opportunity to immerse oneself in the Tieguanyin production process. It is a time to witness distinctive techniques in tea baking and storage, and to savor a tea renowned for its trifold of fragrances.

## 下午：安溪-厦门

Afternoon: Anxi - Xiamen

前往云岭茶庄园

云岭茶庄园由安溪最早的国营茶场改造建设而成，有樱花茶园美景，是天然氧吧，是会议、休闲、度假，尽享茶香氧吧的多功能一体化度假区。谷雨至立夏时节，春茶正采摘，最是体验茶园采茶、制茶，沉浸式体验茶文化的好地方。

Depart for Yunling Tea Manor

Yunling Tea Manor, transformed from Anxi's earliest state-owned tea plantation, boasts picturesque cherry blossom tea gardens, serving as a natural oxygen oasis. It functions as a versatile integrated resort, offering amenities for meetings, leisure, and vacations, where guests can fully immerse themselves in the aromatic ambiance of tea. From the Grain Rain to the Beginning of Summer, the prime season for harvesting spring tea, visitors can partake in tea picking and processing, enjoying an immersive experience in tea culture.



厦门建发国旅集团  
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# 茶和天下

主题精品旅游线路

**Tea for Harmony**

Recommended Tea-themed Tours

