

北疆之旅 10 日行程

10-Day Northern Xinjiang Itinerary

行程概要

ITINERARY SUMMARY

天数	行程安排	住宿安排	早餐	午餐	晚餐
D1	乌鲁木齐-接机	乌鲁木齐	—	—	—
D2	乌鲁木齐-天山天池-五江温泉度假村	五江温泉度假	√	√	√
D3	五江温泉-途观乌伦古湖-阿勒泰	阿勒泰	√	√	√
D4	阿勒泰-阿禾公路-禾木村	禾木村	√	√	√
D5	禾木-喀纳斯湖-布尔津	布尔津	√	√	√
D6	布尔津-世界魔鬼城（雅丹国家地质公园）-独山子	独山子	√	√	√
D7	独山子-赛里木湖-伊宁	伊宁	√	√	√
D8	伊宁-那拉提草原	那拉提	√	√	√
D9	那拉提-独库公路-乌鲁木齐	乌鲁木齐	√	√	√
D10	乌鲁木齐~送机	—	√	—	—



simplified itinerary

Day	Itinerary Arrangement	Accommodation Arrangement	Breakfast	Lunch	Dinner
D1	Airport Transfer - Urumqi	Urumqi	—	—	—
D2	Urumqi → Heavenly Lake (Tianchi) → Wujiang Hot Springs Resort	Wujiang	√	√	√
D3	Wujiang Hot Springs → Ulungur Lake → Altay	Altay	√	√	√
D4	Altay → Ahe Highway → Hemu Village	Hemu Village	√	√	√
D5	Hemu → Kanas Lake → Burqin	Burqin	√	√	√
D6	Burqin → Devil's City (Yardang National Geopark) → Dushanzi	Dushanzi	√	√	√
D7	Dushanzi → Sayram Lake → Yining	Yining	√	√	√
D8	Yining → Nalati Grassland	Nalati	√	√	√
D9	Nalati → Duku Highway→ Urumqi	Urumqi	√	√	√
D10	Urumqi Airport Drop-off	—	√	—	—

行程安排

ITINERARY

D1	乌鲁木齐接机 Airport Transfer- Urumqi	乌鲁木齐 Urumqi
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- 抵达乌鲁木齐
- 前往酒店办理入住
- 自由活动
- Arrive in Urumqi.
- Go to the hotel to check in.
- Free activities.



备选酒店：百世昌东泉酒店、绚丽酒店、乌鲁木齐干烊美华酒店或同级
Hotel Options: Baishichang East Spring Hotel/Xuanli Hotel/Urumqi Qianyang Meihua Hotel or equivalent

D2	乌鲁木齐-天山天池-五江温泉度假村 Urumqi - Tianchi - Wujiang Hot Spring	五江温泉度假村 Wujiang Hot Spring
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- **早上：**从乌鲁木齐出发前往天山天池。
- **中午：**在天池附近的餐厅用餐。
- **傍晚：**前往五江温泉酒店办理入住。
- **Morning:**Depart from Urumqi to Tianchi.
- **Noon:**Dine at a restaurant near Tianchi.
- **Evening:**Head to Wujiang Hot Spring and check in.



备选酒店：天山五江温泉城酒店
Hotel Options: Fukang Wujiang Hot Springs Resort

距离：~120KM | 驾车时间：~2.5 小时 Distance: ~120km | Driving time: ~2.5 hrs

D3	五江温泉-途观乌伦古湖-阿勒泰 Wujiang Hot Spring - Ulungur Lake - Altay	阿勒泰 Altay
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- **早上：**离开五江温泉酒店前往乌伦古湖。
- **中午：**游览后乌伦古湖后前往阿勒泰。
- **傍晚：**抵达阿勒泰酒店办理入住。
- **Morning:**Leave Wujiang Hot Spring for Ulungur Lake.
- **Noon:**After visiting Ulungur Lake, proceed to Altay.
- **Evening:**Arrive in Altay and check in.



距离：~380KM | 驾车时间：~6 小时 Distance: ~380 km | Driving time: ~6 hrs

备选酒店：美豪丽致酒店、阿勒泰万达美华酒店、阿勒泰 Melody•班的酒店或同级

Hotel Options: Mehood Lizhi Hotel/Altay Wanda Meihua Hotel/Altay Melody•Ban's Hotel or equivalent

D4

阿勒泰-阿禾公路-禾木村 Altay - Ahe Highway - Hemu

禾木村 Hemu

- **早上:** 从阿勒泰出发, 沿阿禾公路驾车前往禾木。
- **中午:** 在禾木的餐厅用餐。
- **傍晚:** 抵达禾木并办理入住。
- **Morning:** Depart from Altay, drive along Ahe Highway to Hemu.
- **Noon:** Dine at a restaurant in Hemu.
- **Evening:** Arrive in Hemu and check in.



距离: ~180KM | 驾车时间: ~4 小时 Distance: ~180 km | Driving time: ~4 hrs

备选酒店: 禾木西雅客民宿、布尔津沁雅别苑民宿或同级

Hotel Options: Hemu Xiyake Homestay/Burqin Qinya Bieyuan Homestay or equivalent

D5

禾木-喀纳斯湖-布尔津 Hemu - Kanas - Burqin

布尔津 Burqin

- **早上:** 离开禾木前往喀纳斯。
- **上午:** 游览喀纳斯湖。
- **中午:** 在喀纳斯附近午餐。
- **傍晚:** 前往布尔津酒店办理入住。
- **Morning:** Leave Hemu for Kanas.
- **Noon:** Visit Kanas Scenic Area.
- **Afternoon:** Dine at a restaurant near Kanas.
- **Evening:** Head to Burqin and check in.



距离: ~200KM | 驾车时间: ~5 小时 Distance: ~200 km | Driving time: ~5 hrs

备选酒店：格林城大酒店，七月海酒店，湘疆酒店，友谊峰酒店或同级

Hotel Options: Green City Grand Hotel/July Sea Hotel/Xiangjiang Hotel/Friendship Peak Hotel or equivalent

D6

布尔津-世界魔鬼城-独山子 Burqin - Devil's Town - Dushanzi

独山子 Dushanzi

- **早上：**游览魔鬼城。
- **中午：**在魔鬼城附近的餐厅用餐。
- **傍晚：**从魔鬼城出发前往独山子，抵达独山子并办理入住。
- **Morning:** Visit Devil's Town.
- **Afternoon:** Dine at a restaurant near Devil's Town.
- **Evening:** Depart from Devil's Town to Dushanzi, arrive in Dushanzi and check in.



距离：~350KM | 驾车时间：~6 小时 Distance: ~350 km | Driving time: ~6 hrs

备选酒店：西戈玛酒店，西游印象酒店、慧洋万达锦华酒店或同级

Hotel Options: Xinjiang Sigma Hotel / Dushanzi Huiyang Wanda Jinjiang Hotel or equivalent

D7

独山子-赛里木湖-伊宁 Dushanzi - Sayram Lake - Yining

伊宁 Yining

- **早上：**离开独山子前往赛里木湖游览。
- **中午：**在赛里木湖附近用餐。
- **傍晚：**前往伊宁酒店并办理入住。
- **Morning:** Leave Dushanzi for Sayram Lake.
- **Afternoon:** Have meals near Sayram Lake.
- **Evening:** Head to Yining, arrive in Yining and check in.



距离：~500KM | 驾车时间：~7 小时 Distance: ~500 km | Driving time: ~7 hrs

备选酒店：颐家·锦澜酒店、伊宁市景云亚丁酒店、伊宁云端酒店或同级

Hotel Options: Yining Yijia·Jinlan Hotel/Yining City Jingyun Yading Hotel/Yining Yunduan Hotel or equivalent

D8	伊宁-那拉提草原 Yining - Nalati Grassland	那拉提 Nalati
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- **早上：**从伊宁出发前往那拉提。
- **中午：**游览那拉提草原。
- **傍晚：**前往那拉提镇的酒店办理入住。
- **Morning:** Depart from Yining to Nalati.
- **Afternoon:** Visit Nalati Grassland.
- **Evening:** Proceed to the hotel in Nalati Town to check in.



距离：~260KM | 驾车时间：~3.5 小时 Distance: ~260km | Driving time: ~3.5 hrs

备选酒店：那拉提逸仙森·凡镜 Eden 花园酒店、花海那拉提名宿、回家·繁花邸 Floral 度假民宿（那拉提草原店）或同级

Hotel Options: Nalati Yixiansen·Fan Jing Eden Garden Hotel/Huahai Nalati Homestay/Huijia·Fanhua Di Floral Resort Homestay (Nalati Grassland Branch) or equivalent

D9	那拉提-独库公路-乌鲁木齐 Nalati - Duku Highway - Urumqi	乌鲁木齐 Urumqi
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- **早上：**从那拉提出发，沿独库公路驾车前往乌鲁木齐。
- **中午：**在沿途餐厅用餐。
- **晚上：**抵达乌鲁木齐并办理入住。
- **Morning:** Leave Nalati, drive along Duku Highway to Urumqi.
- **Afternoon:** Dine at a restaurant along the way.
- **Evening:** Arrive in Urumqi and check in.



距离：~500KM | 驾车时间：~9 小时 Distance: ~500 km | Driving time: ~9 hrs

备选酒店：百世昌东泉酒店、绚丽酒店、乌鲁木齐干烺美华酒店或同级

Hotel Options: Baishichang East Spring Hotel/Xuanli Hotel/Urumqi Qianyang Meihua Hotel or equivalent

D10

乌鲁木齐送机 Urumqi - Airport Transfer

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根据航班时间前往乌鲁木齐机场，结束愉快的旅程。

Go to Urumqi Airport according to the flight time and end the pleasant journey.

服务项目

SERVICE ITEMS

报价包含 Inclusions

交通 Transportation	34 座 2+1 头等舱 34-seat 2+1 first-class coach
门票 Entrance Fees	景区首道门票及区间车 First-entrance tickets to scenic areas and shuttle buses
酒店 Accommodation	全程携程 4 钻酒店 4-star hotels throughout the journey booked via Ctrip
用餐 Meals	酒店含早餐+16 正餐 Breakfast at the hotel + 16 set lunches and dinners
司机 Driver	包含司机服务费用 Driver service fees included
导游 Tour Guide	配备专业中文导游 Professional Chinese-speaking tour guide provided
保险 Insurance	个人旅游意外险、旅行社责任险 Personal travel accident insurance, travel agency liability insurance
其他 Others	全程配备矿泉水，赠送当季水果 Mineral water provided throughout the journey, seasonal fruits as a gift

报价不含 Exclusions

- 1、自由活动期间交通费、小吃、等私人费用及行程中不含的餐，购物场所内的消费；
- 2、因交通延误、取消等意外事件或战争、罢工、自然灾害等不可抗力导致的额外费用；
- 3、因旅游者违约、自身过错、自身疾病导致的人身财产损失而额外支付的费用；
- 4、不含航空保险、“旅游费用包含”内容以外的所有费用、及行程中未提到的费用；
1. Transportation fees, snacks, and other private expenses during free time, meals not included in the itinerary, and consumption in shopping places;

2. Additional expenses caused by unexpected events such as traffic delays, cancellations, or force majeure factors such as war, strikes, and natural disasters;
3. Additional expenses incurred due to the traveler's breach of contract, personal fault, or personal illness resulting in personal property losses;
4. Aviation insurance is not included, all expenses not included in the "inclusions of travel expenses", and any expenses not mentioned in the itinerary;

温馨提示：

- 1、新疆是属于西北地区，经济较内地有所差别，所以吃住行较内地有所差异。敬请谅解。
- 2、新疆与内地时差两小时，但全疆均使用北京时间作息；新疆休息时间为晚上 12: 00 左右，早上上班时间为 09:30—10: 00 左右（分春秋季节）；
- 3、新疆早晚温差较大，温差最大可在 20 度左右，需带保暖的外衣，晚上睡觉时应将空调开到适度，不要过凉，或睡觉时不盖棉被，造成身体不适；
- 4、因新疆地域辽阔，坐车时间较长，在很多情况下，须旅游者下车行走或亲自体验骑马、骑骆驼的乐趣。所以，一双合适的鞋显得尤为重要。另外，行车时间较长，部分不太适应的客人，建议路上携带零食以作为补充。
- 5、新疆气温虽较内地略低，但因新疆很多地区海拔较高，紫外线照射强烈。所以旅游者应准备充足有效的防晒品，同时配备清热、解渴、滋润的药物或冲剂。要是有晕车的旅客请自备晕车药。部分客人有过敏的情况的话，请自行携带过敏药。
- 6、在新疆旅游，因行程较长，气候差别较大，旅游者一时难以适应，可能会出现水土不服症状，旅游者应携带有关药物及一些常备药物，如创可贴、感冒药或治疗肠胃不适药物等。
- 7、新疆是水果之乡，到新疆吃水果是一大乐事，但千万不要在吃完水果后再喝热茶水，以免引起腹泻。
- 8、新疆是多种少数民族居住地区，宗教色彩浓厚，信仰伊斯兰教的民族不吃猪肉等，这是他们在生活中最大的禁忌，绝对不可以冒犯。
- 9、新疆的大部分地区购卖称重商品时的报价为公斤报价（南疆和田初外），所以购买称重商品时请落实报价是公斤价还是市斤，在巴扎（集市）购买旅游纪念品时，请在确定购买后再进行讨价还价。不严肃的讨价还价行为会招致卖方的不满。如果交易不成，也请注意文明礼貌。最好在购买前先请导游推荐一些购买场所，玉石等贵重物品最好在指定商场购买。

10、新疆阿勒泰、伊犁地区夏季、秋季蚊虫较多，注意防护，以及带一些防蚊虫叮咬的药、喷雾；

Warm Tips:

1. Xinjiang is located in the northwest region of China. There are differences in economic development compared with the inland areas, so there are also differences in food, accommodation, and transportation. Please understand.

2. There is a two-hour time difference between Xinjiang and the inland areas, but Beijing time is used for daily routines throughout Xinjiang. The rest time in Xinjiang is around 12:00 at night, and the working hours in the morning are around 09:30 - 10:00 (varying by spring and autumn seasons).

3. The temperature difference between day and night in Xinjiang is relatively large, with a maximum difference of about 20 degrees Celsius. It is necessary to bring warm outerwear. When sleeping at night, adjust the air conditioner to an appropriate temperature. Do not make it too cold, or avoid sleeping without a quilt to prevent discomfort.

4. Due to the vast territory of Xinjiang, the travel time by car is relatively long. In many cases, travelers need to get off the car and walk or experience the fun of horseback riding and camel riding personally. Therefore, a pair of suitable shoes is particularly important. In addition, since the travel time is long, for some guests who are not used to it, it is recommended to bring snacks for supplementation on the way.

5. Although the temperature in Xinjiang is slightly lower than that in the inland areas, due to the relatively high altitude in many areas of Xinjiang, the ultraviolet radiation is strong. Therefore, travelers should prepare sufficient and effective sunscreen products, and at the same time, bring medications or granules for clearing heat, relieving thirst, and moisturizing. If you are prone to motion sickness, please bring your own motion sickness medicine. If some guests have allergic reactions, please bring your own allergy medicine.

6. When traveling in Xinjiang, due to the long itinerary and significant climate differences, it may be difficult for tourists to adapt immediately, and they may experience symptoms of not being accustomed to the local climate and environment. Tourists should

carry relevant medications and some common medications, such as band - aids, cold medicines, or medications for treating gastrointestinal discomfort.

7. Xinjiang is known as the "home of fruits". Eating fruits in Xinjiang is a great pleasure. However, never drink hot tea after eating fruits to avoid diarrhea.

8. Xinjiang is an area where many ethnic minorities live, with a strong religious atmosphere. Ethnic groups that believe in Islam do not eat pork, etc. This is their biggest taboo in life and must never be offended.

9. In most areas of Xinjiang (except Hotan in southern Xinjiang), the price quotes for weighted goods are based on kilograms. Therefore, when purchasing weighted goods, please confirm whether the quoted price is per kilogram or per catty. When buying tourist souvenirs at the bazaar, please start bargaining after you have decided to buy. Casual bargaining behavior may cause dissatisfaction among sellers. If the transaction fails, please also pay attention to being civilized and polite. It is best to ask the tour guide to recommend some purchasing places before buying. Valuable items such as jade should be purchased at designated shopping malls.

10. In the Altay and Yili regions of Xinjiang, there are many mosquitoes and insects in summer and autumn. Pay attention to protection and bring some mosquito - repellent medications and sprays.