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China National Tourism Administration www.travelchina.gov.cn

### Recommended Tourist Itineraries

- A Tour of Scenic Spots and Historic Sites**  
wonderful mountains is a national geological park. Mount Wuyang in Jiyuan City is the place where the fable "The foolish old man moves the mountains" took place. Xinyang is the location of the beautiful Jigong Mountain.  
Route: Gongyi - Luoyang - Mianchi - Sanmenxia  
Sight: Visit imperial mausoleums of the Northern Song Dynasty and the Kang Bai-Wan's Mansions in Gongyi City, the Longmen Grottoes and the White Horse Temple in Luoyang City, and the famous Yangshao cultural relics and the Alignment Terrace of the Qin and Zhao Kingdoms in Mianchi County.
- A Tour of Ancient Capitals and Cities**  
Route: Kaifeng - Shangqiu - Zhoukou  
Sight: Kaifeng, known as "the capital of seven dynasties", was the Eastern capital of the Northern Song Dynasty. Located here are the Baogong Memorial Hall, Daxiangguo Temple, Dragon Pavilion, Iron Tower and other scenic spots. Shangqiu was the auxiliary capital of the Northern Song Dynasty. In Zhoukou City, the Guandi Temple, Nvva City, Taobao Tomb and other relics can be found.
- A Tour of Landscape**  
Route: Jiaozuo - Jiyuan - Xinyang  
Sight: The famous Yuntai Mountains in Jiaozuo with

## Henan Overview

Henan Province, "Yu" for short, is located in the middle and lower reaches of the Yellow River. It was named Henan (literally "south of the river") because most part of the province is located south of the Yellow River. Henan is the birthplace of the Chinese civilization and the Chinese nation, as well as a historical Chinese cultural center.

The province has complex topography with a terrain that descends from west to east. The Taihang Mountains are located in the north, while branches of the Qinling Mountains are in the west. The Dabie Mountains and Tongbai Mountains are in the south. The Yellow River flows through the province from east to west with the vast North China Plain located in the east.

Henan has a typical temperate monsoon climate with four distinct seasons, characterized by simultaneous rain and heat. The weather is pleasant in spring, while the sky is high and the weather fine in autumn, the two best seasons for traveling.

Henan enjoys a long history and has been China's political, economic, cultural and transportation center for 5,000 years. The province is also the home of Luoyang, Kaifeng, Anyang, Zhengzhou and other world-famous ancient Chinese capitals.

Website: www.hnta.cn

<b>Area and Population</b>	<b>Administrative Divisions</b>
167,000 square kilometers. By the end of 2012, the permanent population was 94.06 million.	Henan Province comprises 17 prefecture-level cities, including Zhengzhou, Sanmenxia, Luoyang, Jiaozuo, Xinxiang, Hebi, Anyang, Pingdingshan, Nanyang, Xinyang, Zhoukou and Zhumadian.

## South Taihang Mountains

Along the South Taihang Mountains, there are numerous splendid peaks and valleys. Unique topography, landforms and rare animal and plant resources create the most exotic natural scenery found at the Taihang Grand Canyon.

**Linzhou Red Flag Canal**  
The Red Flag Canal is a hydro project dug out of the cliffs in the Taihang Mountains, and known as the "Artificial Milky Way". It is over 1,500 km long, known as the "Eighth Wonder of the World".  
Website: www.sns.cn

**Qinyang Shennong Mountain**  
Shennong Mountain is a famous cultural mountain in the Confucian, Taoist and Buddhist traditions, and the place where Lao Zi, the founder of Taoism, was enlightened and became immortal. The mountain is known as "the center of Taoism and holy land of Buddhism".  
Website: www.sns.cn

**Boai Qingting River**  
The Qingting River has magical green mountains with gorgeous scenery along it. In the scenic area, there are seven excursion areas including Big Spring Lake, Sangu Spring, Buddha Ears Gorge, and Yueshan Temple. It enjoys a reputation of "Northern Three Gorges".  
Website: www.qingtian.cn

## South Taihang Mountains

Along the Yuntai Mountain there are 36 peaks, more than 20 natural karst caves, and innumerable springs, pools, streams and waterfalls. It is said that there is a spring every three steps, a waterfall every five steps and a pool every ten steps.  
Website: www.yuntaihan.cn

**Zhuyu Peak**  
Zhuyu Peak, commonly known as Small North Peak, is the location of the Temple of Mysterious Heavenly Upper Emperor, the Sky Bridge, the Cloud Ladder and other attractions. In the middle of the peak is the King of Medicine Cave with an ancient yew at its entrance. The yew is estimated to be 1,000 years old.

**Quanbao Gorge**  
Quanbao Gorge, about 3 km long, is solemn and magnificent, with towering peaks on both sides. At its deepest point, the Yuntai Sky Waterfall falls to a depth of 314 meters.

**Hongshi Gorge**  
Hongshi Gorge, hailed as a "boutique gallery of nature", is home to springs, waterfalls, streams, pools, ravines and other spectacles, and emanates a mighty, precipitous, rare and secluded beauty. The valley is cool and pleasant in summer, while mosses, flowers and grass keep it green during winter.

## Zhengzhou

Zhengzhou is one of the eight ancient capitals of China, a major birthplace of Chinese civilization and the Chinese nation, as well as the capital of the Youseung State led by Huangdi, the first ancestor of the Chinese. The Xia Dynasty, the Shang Dynasty, Guan State, Zheng State, and Han State also had their capitals here.  
Website: info.zhengzhou.gov.cn

**Henan Museum**  
Henan Museum has magnificent appearance and a rich collection of cultural relics in its exhibition halls. Characteristic collection pieces include prehistoric artifacts, Shang and Zhou bronzes, ancient ceramics and jade artifacts.

**Kang Bai-Wan's Mansions**  
In the Kang Bai-Wan's Mansions, there are buildings, caves, bulwarks, and piens near rivers. It is representative of the feudal fortress architecture of the Loess Plateau.

**Huangdi's Hometown**  
Located in Beiguan, Xinxing, Huangdi's hometown is a sacred place for Chinese people at home and abroad to seek their roots and worship their ancestors. During the Han Dynasty, Huangdi's Hometown Ancestral Hall was built in front of Xuanyuan Hill. A sitting statue of Huangdi is enshrined within the hall.

**Map of Mount Song**

## Historical Sites

**Mianchi Yangshao Village Site**  
Yangshao Village Site is a Neolithic site in the Yellow River basin which includes four ancient culture sites: the mid Yangshao culture, the late Yangshao culture, the early Longshan culture and the late Longshan culture.

**Xinzheng Ancestor Mountain**  
The Ancestor Mountain is thought to many Huangdi cultural sites throughout its mountains and hills, including sites such as the Huangdi Worshipping Boy Huangdi Ancestral Hall, the Xuanyuan Pavilion, the Fenghou Ancestral Hall, the Leizu Temple, the Huangdi Great Ancestral Hall, the Black Dragon Pool and the White Dragon Pool.

**Neixiang Local Magistrate's Office**  
Neixiang Local Magistrate's Office is China's best-preserved feudal county-level government office as well as the first feudal government office museum in China. At Neixiang Local Magistrate's Office, there are extensive exhibits which reproduce authentic old county-level government offices.

## Ancient Towns

**Anyang Yinxu**  
Yinxu is the site of the capital of the late Shang Dynasty, the first confirmed capital in Chinese history. It is made up there sites, namely, a mausoleum, a palace and ancestral temple, and the Huanbei Shang City. The famous Simuwu Cauldron was also unearthed here.  
Website: www.yxjy.com

**Suiyang Shanguo Ancient Town**  
The Shanguo Ancient Town was the Guide Prefecture City during the Ming and Qing dynasties. The ancient city is spherical and the inside, like the ancient Chinese coins, boasting unique architecture. Within the city, Nanhu Park, Yinking Academy, Suren Mausoleum, Fire God Platform and other attractions can be found.  
Website: www.sqta.gov.cn

**Nanyang**  
Nanyang has a history of over 2,700 years, known as "the hometown of five sages and the Chinese medical capital". The Medical Sage Shrine, Neixiang Local Magistrate's Office and other relics are located here. This city is also where Emperor Guangwu of the Eastern Han Dynasty rose to power.  
Website: www.hnmyta.com

## Famous Mountains

**Xinyang Jigong Mountain**  
The Jigong Mountain is hailed as the "World Architecture Museum". It looks like a rooster raising its head and spreading its wings. In the scenic area, there are many towers, platforms, and pavilions in different styles, and natural wonders such as broken speck, sea of clouds, and rime can be seen.  
Website: www.jgscn.com.cn

**Song County Baiyun Mountain**  
Baiyun Mountain National Forest Park is a primitive forest hinterland in Mount Funiu. In the forest park, there are 2,000 acres of virgin forest, including the Tang Dynasty ginkgo forest, Wild Peony Garden, Red Birch Forest, Bai River Grand Canyon and other attractions.  
Website: www.chinabym.com

**Neixiang Baolianman**  
In Baotianman, known as "the jewel of the Central Plain", there is unique scenery and virgin forests, as well as many wild animals and plants.  
Website: www.baotianman.cn

## Luoyang

Luoyang, Xi'an, Nanjing and Beijing are ranked as the four great ancient capitals of China. In Luoyang, the Longmen Grottoes, White Horse Temple and other historical sites are located, and peonies here are world famous.  
Website: www.lyta.com.cn

**White Horse Temple**  
The White Horse Temple, built during the Eastern Han Dynasty, is known as "China's Number One Ancient Temple". It faces the south and has a rectangular courtyard.

**Guanlin**  
Legend has it that Guanlin is the place where the famous general Guan Yu from the Three Kingdoms period was buried. It is the only ancient architectural complex that includes a mound, a temple and a forest. There is an ancestral temple in front of Guanlin and a burial mound at the back with luxurious incense, magnificent temple rooms, grand tombs and giant steles.

**Peony Park**  
The Luoyang peony is world-famous. The Peony Park covers a planting area of over 100 acres, including a Peony Viewing Garden that is divided into South and North parks, with hundreds of domestic and foreign varieties of peonies and hundreds of thousands of peonies in total.

## Luoyang

**Middle Binyang Cave**  
Middle Binyang Cave was built by Emperor Xuanwu of the Northern Wei Dynasty for his father Emperor Xiaowen. Within the grotto, there is a horseshoe-shaped plane, a dome roof, and a lotus ceremonial canopy at the center carved with multi-pedaled lotus flowers and surrounded by 8 medical apparatuses and 2 attending apparatuses.  
Website: www.lmsk.cn

**Vairocana Buddha**  
The Longmen Grottoes' Vairocana Buddha is of the highest artistic level and is the largest of its kind. Empress Wu Zetian was the model for his design. Built on an open-air precipice, it is immense with the height of 17.14 meters.

**Cave of Ten Thousand Buddhas**  
The Cave of Ten Thousand Buddhas got its name from the 15,000 neatly arranged small Buddha sculptures carved inside the south and north sides of the cave. The cave is built with a front and back chamber structure and has the most complete sculpture arrangement in the Longmen Grottoes.

## Accommodations & Travel Services

Name	Star-rate	Add	Tel
Ramada Plaza Zhengzhou	5	No.11 Wei 3rd Rd., Zhengzhou	371-69170666
Dabe Jijiang Hotel	4	No.66 Huiyuan Rd., Zhengzhou	371-65929999
Tianhe Grand Hotel	3	No.110 Eng Rd., Zhengzhou	371-46228503
Zhengzhou International Hotel	5	No.57 Jialang Rd., Kaifeng	378-22318888
Kaifeng Hotel	3	No.66 Mid section of Ziyun Rd., Kaifeng	371-25955399
Huangji Plaza International Hotel	4	No.88 Kaishan W. Rd., Luoyang	378-65588123
Luoyang Grand Hotel	4	No.1 Zhoushan Rd., Luoyang	379-64363888
Rose Garden Hotel	4	No.636 Jiaozuo Rd., Jiaozuo	391-26188888
The Red Flag Canal Hotel	5	Mid. Section of 1st Main Canal Sightseeing Ave., Linzhou	372-42866666
Huangji Jijiang Hotel	5	No.466 Xiangze Ave., Anyang	372-33399999

Name	Add	Tel
Chinese International Travel Agency in Henan Province	16 <sup>th</sup> floor, West Section of Yubo Building, No.1 Agricultural Rd., Zhengzhou	371-65822339
China Travel Service in Henan Province	19 <sup>th</sup> floor, Lujing Building, No.14 Business Wuhuan Rd., Zhengzhou	371-6582620
Henan Comfort International Travel Agency	5 <sup>th</sup> floor, Huayi Building, No.94 Chengong Rd., Zhengzhou	371-68263665
Henan Tourism Group	7 <sup>th</sup> floor, Haitian Hotel, No.288 Chengong Rd., Zhengzhou	371-65938668
Henan Zhongyuan International Travel Service	No.115 Jinshui Rd., Zhengzhou	371-65928805

## Dining and Shopping

**● Dining**  
Famous Henan dishes include Xiao's Three Delicacies braised noodles, Kaifeng soup dumplings, Moxing bucket chicken. Ge's raised cake, Luoyang no-lum soup, Luoyang soup banquet, soup with pepper, carp jumping over dragon gate, Four Treasures Set, braised fish, steamed small meat dumplings in a basket, steamed cake with mutton and fried jelly, to name but a few.

**● Shopping**  
Special Henan products include Yuzhou Jun Porcelain, Nanyang jade carvings, Hua County pointed tin pots, Jiyuan plate inkstones and other crafts, as well as Luanchuan fungus, Xinyang Maojian tea, Lingbao jujube, Fengqi pomegranate, Yellow River carp, the four major herbal medicines of Northern Henan and other specialties.

## Kaifeng

Kaifeng, known as "the Capital of Seven Dynasties", is the only capital city in the world whose central axis has never been changed. The City-above-City Site is unique in world histories of archeology and capitals.  
Website: www.kfta.cn

**Baogong Memorial Hall**  
Located by the Baogong Lake, Kaifeng Baogong Memorial Hall was built to commemorate the famous honest official Bao Zheng. Kaifeng Baogong Memorial Hall is an enclosed three-section courtyard with white walls and grey tiles. Surrounded by water, it is solemn and serene.

**Kaifeng Prefecture Office**  
Kaifeng Prefecture Office used to be the capital of the Northern Song Dynasty. The current buildings, built according to the architectural style of that dynasty, are magnificent and majestic with 9 exhibition areas including Prefecture Government Culture and Prison Culture.

**Tianbo Yang Mansion**  
Tianbo Yang Mansion is the residence of the famous general Yang Ye of the Northern Song Dynasty. The mansion holds statues of the generals from the Yang family, the Shetajuan Temple, Yang family weapons and many other artifacts.

## Kaifeng

**Qingming Riverside Park**  
Qingming Riverside Park is a large amusement park themed on the folk customs of the Song Dynasty, based on the famous painting "Riverside Scene at Qingming Festival", painted by the Song Dynasty's Zhang Zeduan. The park reproduces the 1,000 years of wonderful scenery from the world-famous ancient capital Bianjing.  
Website: www.qingmings.com

**Fuyun Pavilion**  
Fuyun Pavilion, 31.99 meters high, is the tallest building in the park. Containing four visible and three hidden rooms, it is a place for storing important court documents, traditional Chinese paintings and books. Grand and dignified, it is the best place in the area to access to grand views of the surroundings.

**Xuande Hall and Xuanhe Hall**  
These two halls were built in the same style and have been integrated into one. They look like gate towers from afar and imperial palaces up close. Within them there are colored drawings. Fantastic royal shadow plays and chime bell dances are performed in these two halls.

**Dongjing Delicacy Street**  
On Dongjing Delicacy Street, one can enjoy specialties of the ancient capital Kaifeng: steamed small meat dumplings in a basket, bucket chicken, First Building steamed buns, Huang's steamed buns, speed sheep's hoof, diced chicken with pickled cucumber and so on.