

9 DAYS 7 NIGHTS

MONGOLIA DUO JOURNEY: INNER & OUTER

ULAANBAATAR | TERELJ GRASSLAND |
XILAMUREN GRASSLAND | HOHHOT
| WHISTLING DUNE BAY

乌兰巴托 | 特日勒吉大草原 | 希拉穆仁大草原 |
呼和浩特 | 响沙湾



双
境
穿
行

内
外
蒙
古



Tour code : PAIO

www.goldendestinations.com

EXCLUSIVE EXPLORE 深度专属之旅



Whistling Dune Bay
响沙湾沙漠

WHY IN-DEPTH? 何为深度?



Terelj National Park 特日勒吉国家公园

This is one of the most beautiful nature reserves in Mongolia, featuring unique rock formations. Visitors can also visit a local nomadic family, experience their way of life firsthand, taste Airag (fermented mare's milk) and dairy delicacies, and gain a deeper understanding of Mongolian nomadic culture.

这里有着奇特的岩石地貌，是蒙古最美的自然保护区之一。拜访当地牧民，亲身体验游牧生活，品尝马奶酒、奶制品，深入了解蒙古民族的生活方式。



Zamyn-Uud International Overnight Train Experience 扎门乌德国际列车夜行体验

Take the International Train No. 276 from Ulaanbaatar to Zamyn-Uud and experience a unique cross-border journey. Enjoy a private compartment, immerse yourself in the Soviet-era train atmosphere, and admire the vast grassland scenery along the way.

乘坐从乌兰巴托到扎门乌德的276次国际列车，体验穿越国境的独特旅行方式。享受独立包厢，感受苏联时期风格的列车氛围，观察沿途草原风光。



Naadam Intangible Heritage Experience at Happy Pasture 那达慕非遗体验 - 开心牧场

Here, you can participate in activities like milking cows, shearing sheep, collecting cow dung (traditional Mongolian fuel), creating felt paintings, and learning Mongolian language. Immerse yourself in the daily life and intangible cultural heritage of the Mongolian people.

这里可以参与挤牛奶、剪羊毛、捡牛粪（蒙古族传统燃料）、烫毡画、学蒙语等草原生活体验，深度感受蒙古族的日常文化与非遗技艺。



Whistling Dune Bay and Xiansha Island Extreme Experience 响沙湾仙沙岛极限体验

Not only is this a 5A-rated scenic spot in China, but it is also famous for the "singing sands." Experience thrilling activities such as desert motocross, high-altitude zipline, and desert roller coaster, immersing yourself in the desert culture.

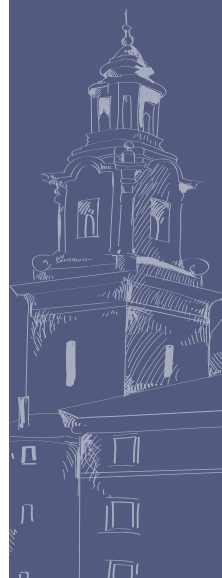
这里不仅是中国5A级景区，还因“沙子会唱歌”而闻名。体验沙漠摩托车、高空滑索、沙漠过山车等项目，沉浸式感受沙漠文化。



Zha Ma Banquet & Mongolian Welcome Ceremony 诈马宴与蒙古族迎宾礼

This is the most ceremonial Mongolian welcome tradition. Guests first drink the "Welcome Wine" as a sign of respect before indulging in the grand Zha Ma Banquet, a feast once reserved to Mongolian nobles. The entire experience immerses you in the rich grassland culture and the warm, bold hospitality of the Mongolian people.

这是最具仪式感的蒙古迎宾方式。宾客需先喝下马酒，随后享用蒙古王公贵族的传统盛宴——诈马宴。整场仪式让你感受浓厚的草原文化和蒙古族人的豪迈热情。





Ulaanbaatar | Terelj Grassland | Xilamuren Grassland | Hohhot | Whistling Dune Bay 乌兰巴托 | 特日勒吉大草原 | 希拉穆仁大草原 | 呼和浩特 | 响沙湾

DAY 1

Kuala Lumpur

- Check-in at KLIA.

DAY 2

Kuala Lumpur ✈️ Ulaanbaatar, Mongolia

(Meal on Board / Lunch / Dinner)

- Arrive in Ulaanbaatar, the Capital of Mongolia.
- City tour: Sukhbaatar Square, Parliament House.
- Visit the **National Museum** of Mongolia, the largest museum in the country, housing over 8,000 artifacts related to the Great Khans of the Mongol Empire and Mongolia's history from the Xiongnu period to the late 20th century.
- In the evening, enjoy a **Mongolian music and dance performance**.

DAY 3

Ulaanbaatar (90KM) Terelj Grassland (90KM) Ulaanbaatar

(Hotel Breakfast / Lunch / Dinner)

- Visiting the **Chinggis Khaan National Museum** to see the world's largest Chinggis Khan statue.
- **Terelj National Park** is one of the most famous national parks in Mongolia, renowned for its stunning mountains, vast grasslands, unique rock formations, and immersive nomadic culture experiences.
- Visit a **nomadic family**, experience their warm hospitality, and enjoy a feast of dairy delicacies and premium Airag.

DAY 4

Ulaanbaatar 🚗 Zamyn-Uud

(Hotel Breakfast / Lunch / Boxed Dinner)

- Visit **Gandan Monastery**, one of the most important Tibetan Buddhist temples in Ulaanbaatar and the spiritual center of Buddhism in Mongolia.
- The **Soviet Memorial Tower** is located on Zaisan Hill in Ulaanbaatar and was built to commemorate the Soviet soldiers who sacrificed their lives during World War II.
- **Take the International Train No. 276** from Ulaanbaatar and arrive in Zamyn-Uud the next morning. (4-berth compartment, exclusively for 2 persons)

DAY 5

Zamyn-Uud (9KM) Erenhot, Inner Mongolia

(350KM) Xilamuren Grassland

(Simple Breakfast / Lunch / Dinner)

- Arrive in Zamyn-Uud, ride an international bus to exit Mongolian customs and enter Chinese customs, arrive in **Erenhot—the hometown of dinosaurs**.
- Drive to **Xilamuren Grassland** to experience the grandest welcoming ceremony of the nomadic people. Mongolian young men & women will present you with **welcome wine**, the highest etiquette of the Mongolian people.
- Enjoy the grand grassland feast—**Zha Ma Banquet** and experience a mesmerizing Mongolian song and dance performance.

DAY 6

Xilamuren Grassland (90KM) Hohhot

(Yurt Breakfast / Lunch / Dinner)

- You can enjoy the magnificent **grassland sunrise** right outside your yurt and plan your time freely.
- Visit a traditional **Mongolian tribe** and meet the warm-hearted local family. Qiqige will guide you to taste dairy delicacies, enjoy a bowl of rich Mongolian milk tea, and uncover the authentic grassland Mongolian culture.
- Head to **Happy Pasture** and enjoy the **Naadam intangible cultural heritage activities**, including: milking cows, sheep shearing, collecting dung, felt painting, learning Mongolian language etc.

DAY 7

Hohhot (160KM) Dalad Banner

(Hotel Breakfast / Lunch / Dinner)

- Visit the **Inner Mongolia Museum**, a national first-class museum.
- Step into **General's Office**, the administrative headquarters of the Suiyuan General, who governed Guihua City, Monan Mongolia, and oversaw troops in Datong and Xuanhua. Built in the style of a first-rank frontier official of the Qing Dynasty, the office complex is constructed with brick and wood, covering an area of 30,000 square meters. (Closed on Mondays due to policy regulations; the visit will be replaced with a tour of Yili Health Valley or Mengniu Dairy.)
- Explore **Dazhao Temple**, one of the most distinctive of the Seven Great Lamaseries in Hohhot.
- Enjoy free time strolling through **Sai Shang Old Street**, a historic street with over 400 years of history.

DAY 8

Dalad Banner (20KM) Whistling Dune Bay (80KM) Ordos

(Hotel Breakfast / Lunch / Dinner)

- (Including round-trip ropeway) Explore **Xiangshawan Desert**, a 5A-rated scenic area in China. Have fun at **Xiansha Island**, where you can enjoy thrilling activities such as desert motorcycles, high-altitude ziplining, desert roller coasters, a children's playground, acrobatics world, and desert tribal dance performances etc.

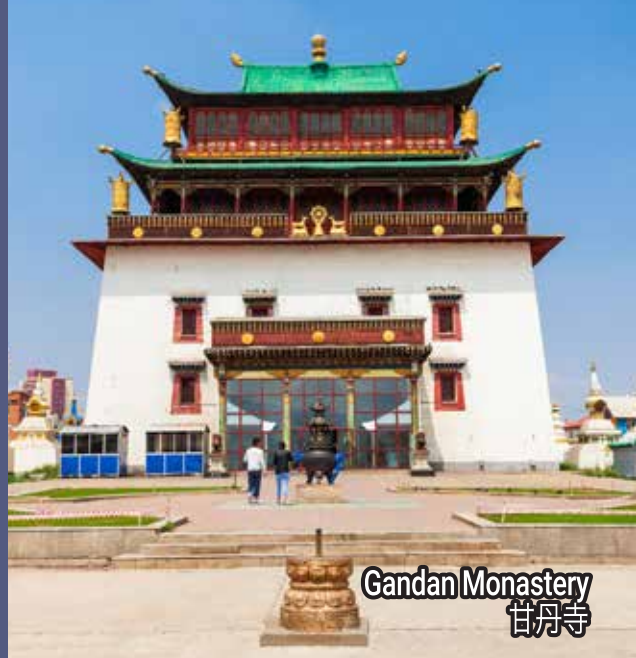
DAY 9

Ordos ✈️ Kuala Lumpur

(Hotel Breakfast / Meal on Board)



Xilamuren Grassland
希拉穆仁大草原



Gandan Monastery
甘丹寺

第1天 吉隆坡

- 在吉隆坡国际机场办理登机手续。

第2天 吉隆坡 ✈️ 乌兰巴托, 蒙古

(机上用餐 / 午餐 / 晚餐)

- 抵达蒙古首都乌兰巴托。
- 市区游: 苏和巴托广场、议会大厦。
- 参观**历史博物馆**, 是蒙古国最大的博物馆, 收藏了8000多件与蒙古帝国大汗和从匈奴到20世纪末的蒙古历史有关的物品。
- 晚上观看**蒙古国特色歌舞表演**。

第3天 乌兰巴托 (90KM) 特日勒吉大草原 (90KM) 乌兰巴托

(酒店早餐 / 午餐 / 晚餐)

- 在**成吉思汗雕像博物馆**看世界最大的成吉思汗雕像。
- 特日勒吉国家公园**是蒙古国最著名的国家公园之一, 以壮丽的山脉、辽阔的草原、奇特的岩石地貌和游牧文化体验闻名。
- 到**牧民家**做客, 感受主人的热情接待, 品尝丰盛的奶食和上等马奶酒。

第4天 乌兰巴托 🚗 扎门乌德

(酒店早餐 / 午餐 / 晚餐盒)

- 到访**甘丹寺**; 是蒙古国乌兰巴托最重要的藏传佛教寺庙之一, 也是该国佛教中心。
- 苏军纪念碑**位于乌兰巴托的扎伊桑山, 是为纪念在二战中牺牲的苏联士兵而建的。
- 从乌兰巴托搭乘**276次国际列车**, 次日早上抵达扎门乌德。 (**4人包厢, 2人独享**)

第5天 扎门乌德 (9KM) 二连浩特, 内蒙古 (350KM) 希拉穆仁大草原

(简单早餐 / 午餐 / 晚餐)

- 抵达蒙古扎门乌德, 乘坐国际大巴出境蒙古海关, 入境中国海关抵达**中国恐龙故乡——二连浩特**。
- 乘车前往**希拉穆仁大草原**感受马背民族最隆重的迎接方式、蒙古族姑娘小伙子为你献上蒙古族最高礼节——**下马酒**。
- 参加草原民族大餐——**诈马宴**以及蒙古族歌舞表演。

第6天 希拉穆仁大草原 (90KM) 呼和浩特

(蒙古包早餐 / 午餐 / 晚餐)

- 蒙古包外就能欣赏壮丽的**草原日出**, 你可自由安排你的时间。
- 到**蒙古部落**拜访最淳朴的蒙古人家, 琪琪格带你品尝奶食、喝上一碗醇香的奶茶, 揭秘地道草原蒙古族文化。
- 赴**开心牧场**玩**那达慕非物质文化遗产娱乐项目**: 挤牛奶、剪羊毛、捡牛粪、烫毡画、学蒙语等。

第7天 呼和浩特 (160KM) 达拉特旗

(酒店早餐 / 午餐 / 晚餐)

- 参观**内蒙古博物院**, 它是国家一级博物院。
- 游览**将军衙署**, 它是绥远将军管辖归化城、漠南蒙古及统领大同、宣化等地驻兵的办公衙门, 按清一品封疆大吏的格式营造, 砖木构置, 占地3万平方米。 (**周一政策性闭馆, 将改为参观伊利健康谷或蒙牛乳业**)
- 游览呼和浩特最有特色的**七大召庙之一——大召寺**。
- 自由闲逛有着四百多年历史的**塞上老街**。

第8天 达拉特旗 (20KM) 响沙湾 (80KM) 鄂尔多斯

(酒店早餐 / 午餐 / 晚餐)

- (含往返索道)游览中国**5A**景区**响沙湾沙漠**, 在**仙沙岛**游玩: 沙漠摩托车、沙漠高空滑索、沙漠过山车、儿童乐园、杂技大世界、沙漠部落舞蹈等项目。

第9天 鄂尔多斯 ✈️ 吉隆坡

(早餐 / 机上用餐)



Inner Mongolia Museum
内蒙古博物院

- * 行程次序以当地旅社安排为准。
- * 行程、膳食、住宿、交通等可能会因不可抗拒因素而更动, 恕不另行通知。
- * 图片仅供参考。

Find Your Direction



Special Arranged by

DAY 天	BREAKFAST 早餐	LUNCH 午餐	DINNER 晚餐	HOTEL 酒店
1	—	—	—	—
2	Meal on Board 机上用餐	Local 道地	Lamb Hot Pot 涮羊肉	Chinggis Khaan Hotel, Ulaanbaatar or similar 乌兰巴托成吉思汗酒店或同级 4★
3	Hotel Breakfast 酒店早餐	Local 道地	Stone-grilled Lamb 石头烤羊肉	
4	Hotel Breakfast 酒店早餐	Korean Flavor 韩式风味	Train Boxed 火车餐盒	Train (4-berth compartment, exclusively for 2 persons) 火车 (四人包厢, 2人独享)
5	Simple Breakfast 简单早餐	Buffet Style 自助式	Zha Ma Banquet 诈马宴	Deluxe Yurt or similar 豪华蒙古包或同级
6	Yurt Breakfast 蒙古包早餐	Grassland Flavor 草原风味	Northwestern Style 西北风味	Holiday Inn Express, Hohhot or similar 呼和浩特智选假日酒店或同级 4★
7	Hotel Breakfast 酒店早餐	Local 道地	Camel Flavor 骆驼肉风味	Hongyuan Hotel, Dalad Banner or similar 达拉特旗弘源煌家盛宴酒店或同级 4★
8	Hotel Breakfast 酒店早餐	Local 道地	Northwestern Style 西北风味	Shuangman International Hotel, Ordos or similar 鄂尔多斯双满国际酒店或同级 4★
9	Hotel Breakfast 酒店早餐	Meal on Board 机上用餐	—	—