

Yangtze River Cruise

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Yangtze River Cruise Map







⑤ Jiuhua Mountain
九华山



⑥ Tianzhu Mountain
天柱山



⑦ Lushan
庐山



⑧ Tengwang Pavilion
滕王阁



⑨ Yellow Crane Tower
黄鹤楼



⑩ Jingzhou Ancient City
荆州古城



⑪ Three Gorges Dam Tourist Area
三峡大坝旅游区



⑫ Three Gorges Family
三峡人家



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丰都鬼城

Brief

Starting a Yangtze River Three Gorges cruise from Shanghai to Chongqing or vice versa is like stepping into a dreamland that spans mountains, rivers and history. Set sail from the bustling Bund, passing the gentleness of Yangzhou's Slender West Lake, the majesty of Wuhan's Yellow Crane Tower, and then to the Three Gorges. The Qutang Gorge is majestic and steep, the Wu Gorge is deep and beautiful, and the Xiling Gorge has many rapids. Along the way, you can also check in at Fengdu Ghost Town, Baidi City, etc., each of which is a beautiful chapter interwoven with nature and humanity.

Why Go Here

- View the majestic Three Gorges
- Enjoy the river breeze
- Search for poetic and pictorial ideas
- Enjoy the comfort of a cruise
- Enjoy the long scroll of mountains and rivers

Basic info

Time zone: CST (UTC+8)

Area code: +86/021/023/023

Postal code: 200000/400000/443000

Language: Mandarin

Currency: RMB, called "Yuan", "Jiao", "Mao",

10 Jiao = 1 Yuan

Plug:  

Voltage: 220V

Frequency: 50 Hz

Currency conversion:

RMB: ¥

US dollars: 1 USD = 7.2559 RMB

1 RMB = 0.1378 USD



Police: 110

Medical Care: 120

Traffic Accident: 122

Fire Emergency: 119

Sights

International Architecture Expo Group 万国建筑博览群



The Bund International Architecture Complex is located on the west bank of the Huangpu River. 52 historical buildings of different styles are lined up along the 1,800-meter street, including Gothic, Baroque and other styles. It was once the political and financial center of the great powers in Shanghai, and is brightly lit at night.

Address

No. 63, Dianchi Road, Huangpu District,
Shanghai 上海市黄浦区滇池路63号

Recommended play time: 3 hours

Opening Hours

Open all day

Transportation

- Take bus No. 123/135/145/305 to Zhongshan East 1st Road Hankou Road (bus stop) and walk to the destination.

Oriental Pearl Tower 东方明珠塔



The Oriental Pearl Tower stands in Lujiazui, Pudong, Shanghai, 468 meters high. Its 11 spheres are connected in a way that resembles "big and small pearls falling on a jade plate", making it a landmark of Shanghai. The 259-meter-high fully transparent sightseeing

gallery on the tower allows people to "walk in the air", and the 267-meter-high revolving restaurant allows people to enjoy the night view and delicious food. The tower integrates historical exhibitions, VR entertainment, shopping and dining, and has multiple functions.

Address

No. 1 Century Avenue, Pudong New Area, Shanghai 上海市浦东新区世纪大道1号

Recommended play time: 3 hours

Opening Hours

09:00-21:00 (January 1st - December 31st, Monday to Sunday)

Transportation

- ① It is accessible via Metro Line 2 Lujiazui Station;
- ② It is within walking distance from Lujiazui Ring Road Fenghe Road Station by taking Bus No. 82/314.

Slender West Lake 瘦西湖



er West Lake is a famous lakeside garden in Yangzhou. The river is long and narrow, and its beauty lies in its thinness. Willows brush against the bank in spring, accompanied by flowers and trees, and scenic spots such as the Five Pavilion Bridge and the Twenty-Four Bridges are dotted in between, showing the elegance of the south of the Yangtze River. It was once the place where Emperor Qianlong stopped when he went to the south of the Yangtze River, and it is rich in cultural allusions.

Address

No. 28, Dahongqiao Road, Hanjiang District, Yangzhou City 扬州市邗江区大虹桥路28号

Recommended play time: 3 hours

Opening Hours

All year round 06:30-17:30

Transportation

- Take bus No. 17 or No. 23 and get off at the World Animal Window bus stop. It is within walking distance.



Located in Zhongshan Scenic Area, the Sun Yat-sen Mausoleum is the burial place of Dr. Sun Yat-sen. The overall shape of the building is a "warning bell" and it is known as "the first mausoleum in the history of modern Chinese architecture".

The steps in front of the mausoleum are designed with unique visual ingenuity. Make an appointment in advance to visit.

Address

No. 7 Shixiang Road, Xuanwu District, Nanjing City, Jiangsu Province

江苏省南京市玄武区石象路7号

Recommended play time: 3-4 hours

Opening Hours

All year round Tuesday-Sunday 08:00-17:00;

All year round Monday closed all day;

Chinese statutory holidays 08:30-17:00

Transportation

- Take Metro Line 2 and get off at Sun Yat-sen Mausoleum Xiamafang Station. You can transfer to the scenic area sightseeing bus or walk along Boai Road to Sun Yat-sen Mausoleum;
- Take Nanjing Bus No. 34 or No. 201 and get off at Sun Yat-sen Mausoleum Parking Lot Station, which is within walking distance.



Jiuhua Mountain is located in Chizhou, Anhui Province. It echoes Tianzhu Mountain and Huangshan Mountain. The main part is composed of granite fault belt, and the edge is mostly granodiorite fold blocks. As a famous Buddhist mountain, it is the place of practice for Ksitigarbha Bodhisattva. It has many peaks and ancient temples, and it has both natural and cultural beauty.

Address

Jiuhua Street, Jiuhua Town, Qingyang County, Chizhou City, Anhui Province

安徽省池州市青阳县九华镇九华街

Recommended play time: 6 days

Opening Hours

Open all year round; Labor Day 06:00-21:00

Transportation

- ① There are circular buses from Hefei Tourist Bus Station and Hefei South Gate Transfer Center to Jiuhua Mountain. For the specific timetable, please consult the bus station or check the timetable.
- ② You can take a bus or public bus directly from Chizhou Bus Station to Jiuhua Mountain.



Tianzhu Mountain is located in Qianshan, Anhui Province. It is a world geological park and is famous for its majestic peaks, secluded caves, strange pines and rocks.

You can climb Qinglongbei, explore the mysterious valley, admire Tianzhu Peak, and overlook the Liandan Lake. The sea of clouds is also a great sight. It is divided into the East and West Gates, with various ways to play, and it is better to play in spring and summer.

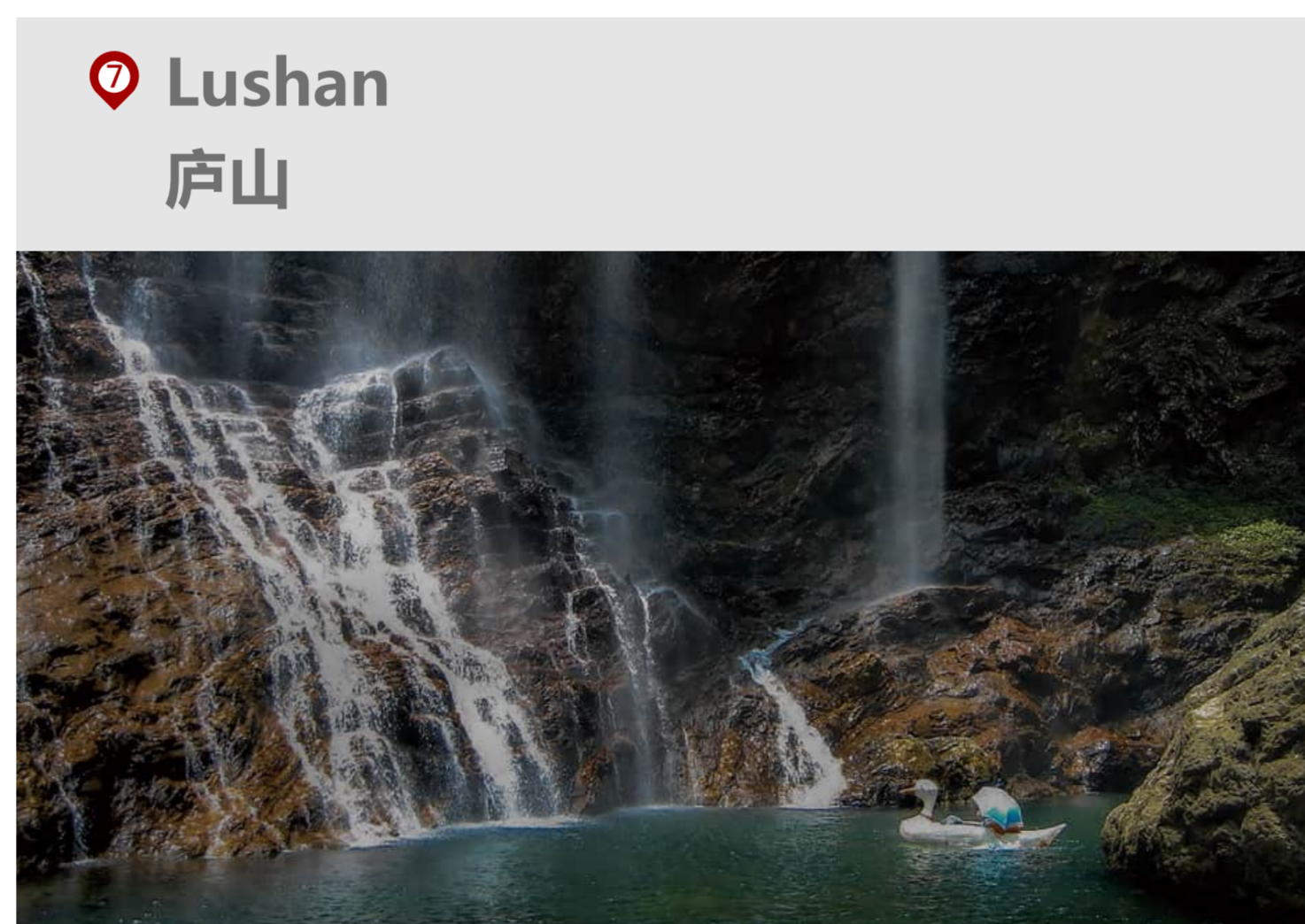
Address

Chazhuang Village, Tianzhushan Town, Qianshan City, Anqing City
安庆市潜山市天柱山镇茶庄村

Recommended play time: 6 days

Opening Hours

07:00-17:00 all year round



Mount Lu stands on the bank of Poyang Lake in Jiujiang. Although it is not as steep as the Five Mountains, it is famous for its profound cultural heritage. Su Shi's famous line "I don't know the true face of Mount Lu" has been sung for thousands of years. Here, green mountains and green waters complement each other, waterfalls hang, and century-old villas are scattered among the forests. The scenery of Qinh Lake, Jinxiu Valley, and Sandiequan is charming, and the "Lushan Love" cinema adds charm. It is a resort that embraces the natural beauty and cultural splendor.

Address

No. 19, Hexi Road, Guling Town, Lushan City, Jiujiang City, Jiangxi Province
江西省九江市庐山市牯岭镇河西路19号

Recommended play time: 9 days

Opening Hours

Open all day

Transportation

- ① There are tourist buses that go directly to Guling, Lushan Mountain at Jiujiang Railway Station Square, which is about 36 kilometers and takes about 50 minutes to arrive.
- ② Jiujiang Long-distance Bus Station, there are minibuses and buses going up the mountain from the long-distance bus station, basically every half an hour, which is very convenient.
- ③ You can take a bus from Jiujiang Railway Station (about 1 yuan/person, the bus station is on the right hand side of the train station), that is, to Jiujiang Long-distance Bus Station.
- ④ There are minibuses to Lushan Mountain next to Jiujiang Passenger Terminal, and there are also "Lushan One-Day Tour" minibuses near Gantang Lake Yanshui Pavilion.

- ⑤ There are buses to Lushan Mountain every day at Nanchang Long-distance Bus Station in Jiangxi Province. Among them, there is a minibus going up the mountain at 08:25 in the morning, and the number of buses will increase during the peak tourist season (the bus can reach the scenic spots and attractions in Jiujiang County, Gongqingcheng, Yongxiu County and the "Peach Blossom Spring" scenic spot in Xingzi County via National Highway 105).
- ⑥ Lushan Bus Station, located in Guling Town, Jiujiang, next to Beishan Road on the way to Lushan Mountain, is the transportation hub in the center of Lushan Scenic Area. There are regular buses to Jiujiang city, as well as some short and long distance buses to various places near Lushan Mountain.

8 Tengwang Pavilion 滕王阁



Tengwang Pavilion is built by the Ganjiang River. It is famous for Wang Bo's "Tengwang Pavilion Preface". It is one of the "Three Famous Pavilions in Jiangnan" and a landmark of Nanchang. The main pavilion has nine floors, with portraits of Jiangxi celebrities from past dynasties and "Tengwang Pavilion Preface" carvings. The fifth floor is a good place for viewing. You can overlook the Ganjiang River and feel the blend of ancient and modern times when you climb the tower.

Address

No. 58, Antique Street, Donghu District, Nanchang City, Jiangxi Province
江西省南昌市东湖区仿古街58号

Recommended play time: 3 hours

Opening Hours

08:00-18:30 all year round

Transportation

- Take bus No. 12/26/38 to Rongmen Road Bus Stop and walk about 162 meters to arrive.



The Yellow Crane Tower stands on the top of Snake Mountain in Wuchang, Wuhan, and is built by the Yangtze River. It was first built in the Three Kingdoms period and was rebuilt many times after being destroyed. It was rebuilt in 1985. As one of the "Three Famous Towers in Jiangnan", it is famous for the

poems of Cui Hao and Li Bai. The five-story building is more than 50 meters high, with yellow tiles and corners that look like a flying yellow crane. You can overlook the Yangtze River and the three towns of Wuhan from the tower. Flowers bloom in the garden all year round, blending the beauty of the past and the present.

Address

No. 1, Sheshanxishanpote, Wuchang District, Wuhan City, Hubei Province

湖北省武汉市武昌区蛇山西山坡特1号

Recommended play time: 4 hours

Opening Hours

8:30-17:00 all year round

Transportation

- Take bus No. 10/61/401/402 to Yellow Crane Tower Bus Stop and walk about 290 meters to arrive



Jingzhou Ancient City is a well-preserved grand ancient city in southern my country. The city wall was first built more than 2,800 years ago and was rebuilt in the early Qing Dynasty. It has a complete defense system and is known as the "Iron City of Jingzhou". You can enjoy the dazzling light and shadow show at night and take a pleasure boat to cruise the moat to appreciate the vicissitudes of the past thousand years and the style of the water town.

Address

No. 2 Zhangjuzheng Street, Jingzhou District, Jingzhou City 荆州市荆州区张居正街2号

Recommended play time: 3 days

Opening Hours

08:00-17:30 all year round

Transportation

- Self-driving: Jingzhou Railway Station - Taihu Port Bridge - East Ring Road - Jingzhou South Road - Inner Ring North Road - the end point.



The Three Gorges Dam tourist area covers an area of 15.28 square kilometers and is a national 5A-level scenic spot. It has three major viewing spots open to the public: Tanziling, Platform 185, and the Interception Memorial Park. Tanziling offers a bird's eye view of

the entire project and the five-level ship locks, Platform 185 is as high as the dam top and offers a close-up view of its majestic appearance, while the Interception Memorial Park allows one to experience the fusion of man and nature, fully demonstrating the stunning charm of this great power.

Address

Jiangxia Avenue, Sanduping Town, Yiling District, Yichang City

宜昌市夷陵区三斗坪镇江峡大道

Recommended play time: 3 days

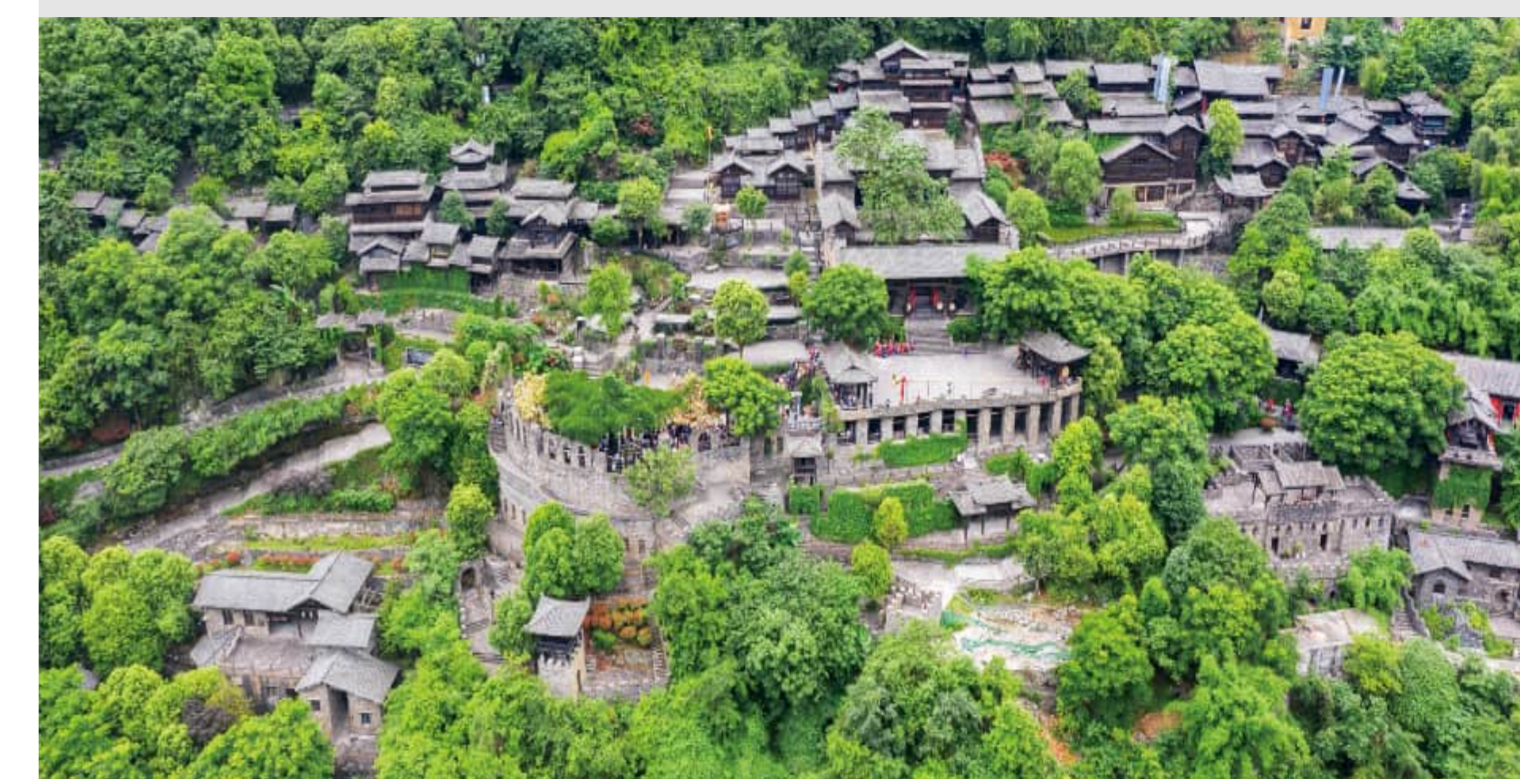
Opening Hours

08:30-16:30 all year round

Transportation

- You can take bus No. 216 and get off at the Tourist Transfer Center station, which is within walking distance.

12 Three Gorges Family 三峡人家



The Three Gorges People's Scenic Area is located in Xiling Gorge and is divided into three areas: on the mountain, on the water, and by the stream. You can take a boat tour or walk to enjoy the original ecological scenery, watch folk performances to experience the Bachu culture, and the cliff lantern shadow stone is a great place for taking photos.

Address

Shipai Village, Sanduping Town, Yiling District, Yichang City, Hubei Province

湖北省宜昌市夷陵区三斗坪镇石牌村

Recommended play time: 3 days

Opening Hours

08:00-17:30 (Monday to Sunday, March 1st to October 31st)

08:30-17:30 (Monday to Sunday, November 1st to December 31st)

08:30-17:30 (Monday to Sunday, January 1st to February 29th)

Transportation

- Cableway: 30 yuan (one way), walk up the mountain for about 1-2 hours

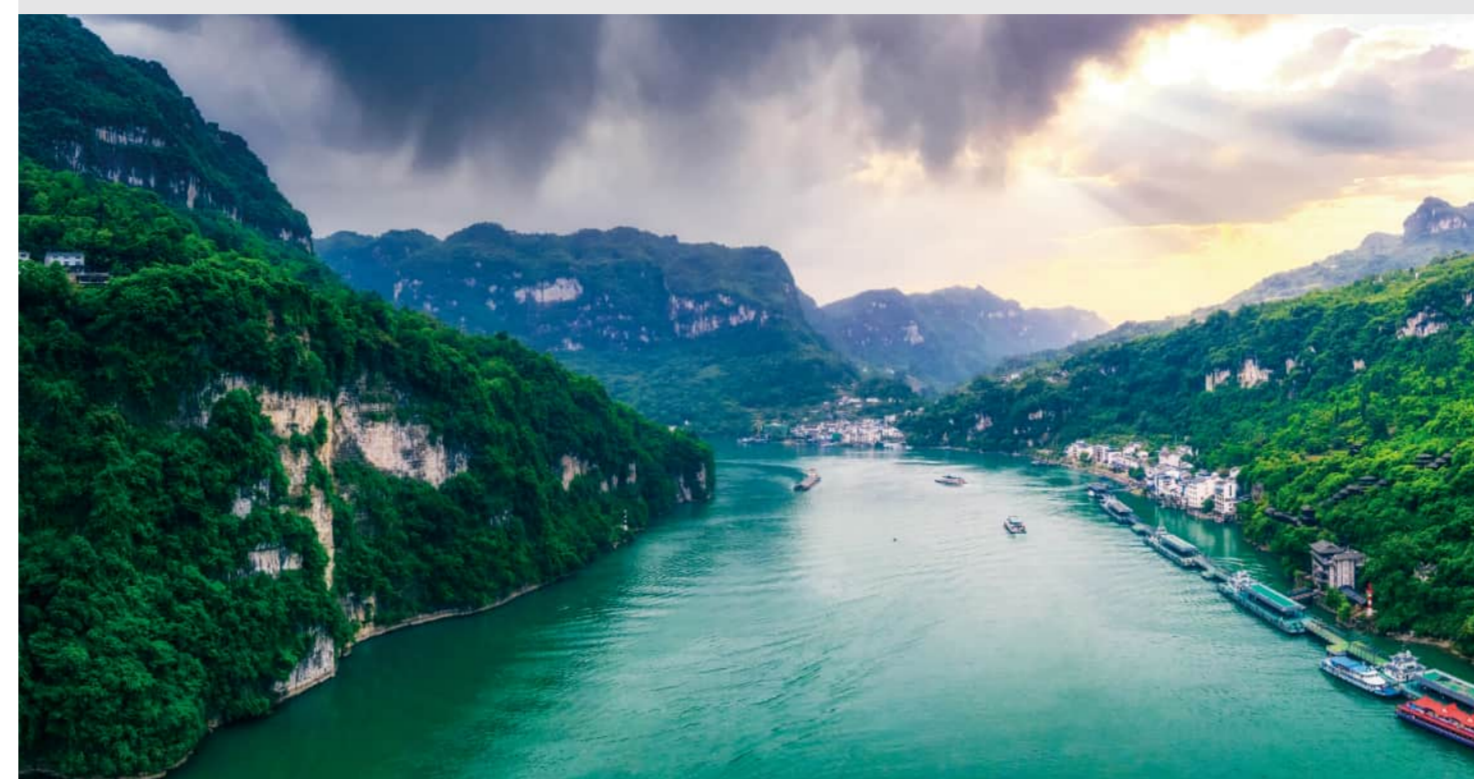
- Ferry

① Hujintan Pier (north bank)-Cableway Station Pier (south bank): Cableway Station Pier, close to the Shanshang People area.

② Jintan Pier (north bank)-Longjinxi Pier (south bank): Longjinxi Pier, close to Xishang People and Shuishang People.

13 Xiling Gorge

西陵峡



Sanxia People's Home is located in Xiling Gorge and consists of three major areas: mountain, water, and stream. Visitors can take a boat ride to enjoy the original ecological scenery, participate in folk performances to experience Bachu culture, and there are also cliff lights and shadows, which is a great place to check in and take photos.

Address

No. 8, Nanjinguang Road, Yiling District, Yichang City

宜昌市夷陵区南津关路8号

Recommended play time: 3 days

Opening Hours

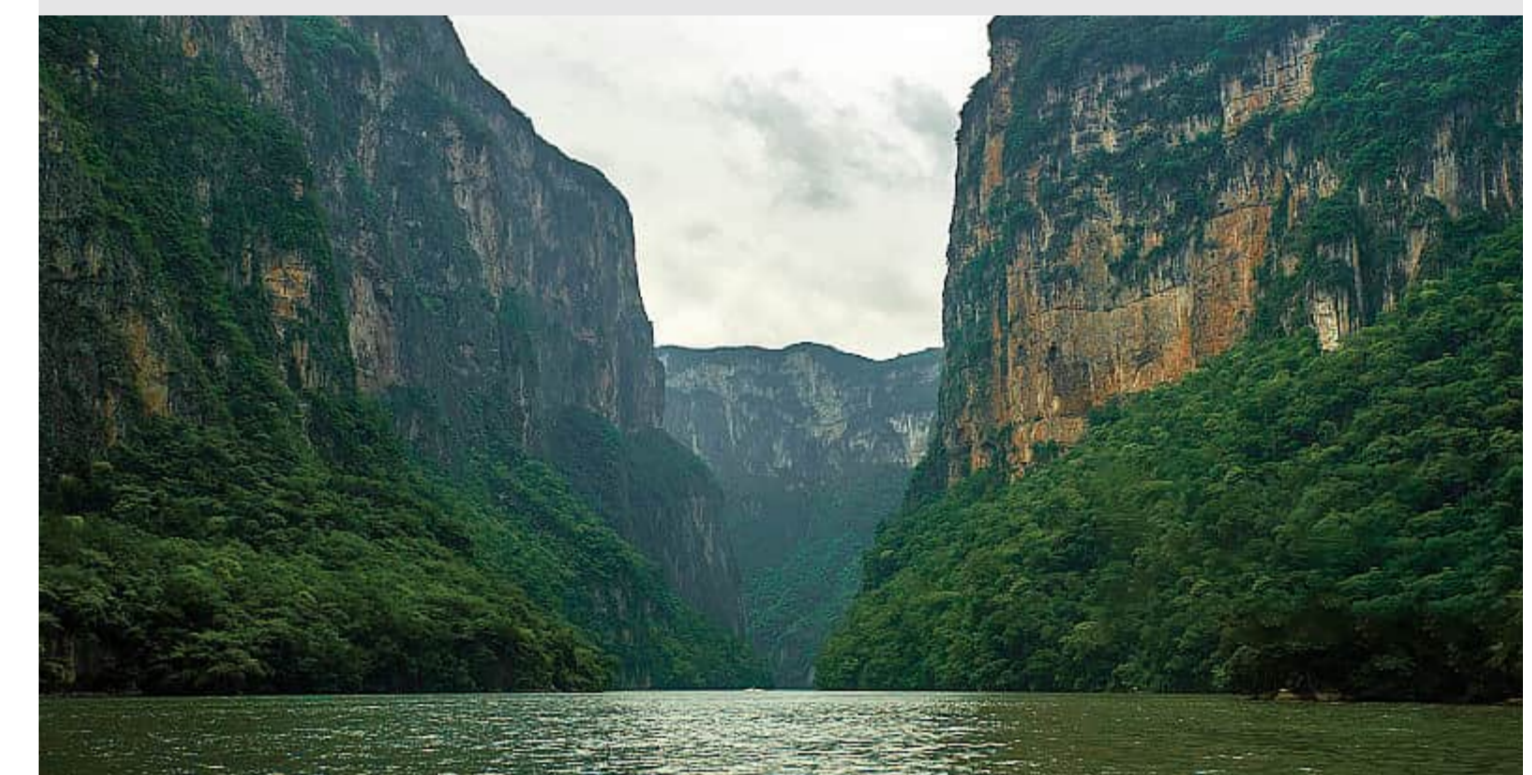
08:30-17:30 (January 1st - December 31st, Monday to Sunday)

Transportation

- Take bus No. 10-1 and get off at Sanxia Houxi (bus stop). It is within walking distance.

14 Goddess Creek

神女溪



Shennvxi Scenic Area is located in the heart of Wu Gorge in the Three Gorges of the Yangtze River, on the opposite bank of Shennv Peak. It is 30 kilometers long and is a unique gorge in the gorge. This is the original virgin valley. Legend has it that seven fairies once bathed here. The gorge is full of twists and turns,

steep cliffs, lush vegetation, secluded caves and beautiful scenery, just like a paradise on earth.

Address

West Entrance of Wu Gorge, Guandu District,
Wushan County, Chongqing
重庆市巫山县官度区巫峡西口

Recommended play time: 2 hours

Opening Hours

All year round 8:30-16:00

Transportation

- Take the train to Wanzhou via the newly opened Chengdu-Dachuan-Wanzhou line, a 2.5-hour drive. Then transfer to the Yangtze River express boat to Wushan Port, a 3-hour journey.
- Take a long-distance bus from Chongqing North Bus Station or Chaotianmen Long-distance Bus Station to Wanzhou, a 2.5-hour drive;

then transfer to a speedboat to Wushan, a 3-hour journey.



Baidicheng and Qutang Gorge Scenic Area is located in Fengjie, Chongqing, covering an area of 6 square kilometers, consisting of Baidicheng and Qutang Gorge. Baidicheng is known as the "Poetry City", and became a green island after the Three Gorges were filled with water; Qutang Gorge is 8 kilometers long, combining grandeur, ruggedness and steepness. Kuimen is the background of the 10-yuan RMB note, and is the starting point of the Three Gorges beauty.

Address

Baidi Town, Fengjie County, Chongqing
重庆市奉节县白帝镇

Recommended play time: 3 hours

Opening Hours

08:30-19:00 all year round

Transportation

- Take a boat from Chongqing Chaotian Wharf (about 7 hours) to Fengjie New County, and then take a bus to Baidi City.



Shibaozhai is located in Shibao Town, Zhong County, Chongqing. It was first built during the Wanli Period of the Ming Dynasty. It is a national key cultural relic protection unit and a national 4A-level scenic spot. Its buildings integrate nature and humanity. The fortress building is the largest existing wooden structure in my country with a number of floors. It displays the superb architectural art of ancient times and is a shining pearl of southern folk architecture.

Address

Shibao Town, Zhong County, Chongqing
重庆市忠县石宝镇

Recommended play time: 3 hours

Opening Hours

08:30-17:30 (January 1st - December 31st,
Monday to Sunday)

Transportation

- Take a long-distance bus from Chongqing Chaotianmen Transportation Square Bus

Station to Zhongxian County, and then transfer to a shuttle bus at Zhongxian Bus Station to Shibaozhai.



Hongyadong Folk Customs Area is located at the intersection of two rivers in Yuzhong District, Chongqing. It is built along the mountain and river with Bayu stilt houses as the main body. It consists of bar street, style street, food street and city balcony. The 11-story buildings are stacked on the cliff. At night, the lights are bright. You can stroll the old street, taste food and enjoy the scenery of the two rivers. It is an iconic check-in place in the mountain city.

Address

No. 88, Jialingjiang Riverside Road, Chaotianmen Street, Yuzhong District, Chongqing
重庆市渝中区朝天门街道嘉陵江滨江路88号

Recommended play time: 3 hours

Opening Hours

All year round 11:00-23:00

Transportation

- Bus: Take bus No. 151, 181, 262, 466, or 0491 (at night) to Hongyadong Station; or take bus No. 111, 114, 135, 401, or 866 and get off at Xiaoshizi Station, cross the road, walk through a small alley, and go straight to the end to reach Hongyadong.
- Subway: Take Line 2 to Linjiangmen Station and walk 500 meters, or take Line 1 to Xiaoshizi Station, or Line 6 to Grand Theater Station and walk across Qiansimen Bridge. Hongyadong is within walking distance of Jiefangbei.

18 Three Gorges Museum 三峡博物馆



The Three Gorges Museum is located on the west side of Chongqing People's Square. It houses thousands of cultural relics such as Bashu bronzes and Han Dynasty sculptures, which bear witness to the development of the mountain city. The "Magnificent Three Gorges" exhibition hall restores the original appearance of the Three Gorges with real objects in the reservoir area. In the four-story building, the 360-degree circular screen movie and the four major displays complement each other. The dome is like a dew tray, which means "water comes from the sky". The blue glass and sandstone exterior walls symbolize mountains and rivers, showing the beauty of humanity and architecture.

Address

No. 236, Renmin Road, Yuzhong District,
Chongqing 重庆市渝中区人民路236号

Recommended play time: 3 hours

Opening Hours

09:00-17:00 (Tuesday to Sunday, January 1st to December 31st) Not open to the public (closed all day)

Transportation

- Subway: Get off at Dalitang Station on Line 10. Exit 4 is an 8-minute walk away.
- Bus: Take bus No. 145, 152, 181, 262, 322, or 829 to Xuetianwan (bus stop), and walk about 400 meters to the destination.

19 Fengdu Ghost Town 丰都鬼城



Fengdu Ghost Town is located on the north bank of the Yangtze River in Fengdu, Chongqing. It is a concentration of China's underworld culture. There are landscapes such as the Naihe Bridge, the Eighteen Levels of Hell, and statues of the Ox-Head and Horse-Faced Gods, which embody the concept of cause and effect. You can also watch the "Stone Brings Fortune" iron and stone performance.

Address

No. 152, Mingshan Road, Mingshan Town,
Fengdu County, Chongqing
重庆市丰都县名山镇名山路152号

Recommended play time: 3 hours

Opening Hours

All year round 07:30-17:20

Transportation

- There are buses to Fengdu every hour from Chongqing Chaotianmen Long-distance Bus Station. Get off at Fengdu New County and transfer to city bus No. 109 to the scenic spot.

- There are ships from Chongqing Chaotianmen Wharf to Fengdu Wharf at any time. It takes six hours to reach Fengdu and dock at Fengdu Old County. The scenic spot is right after you get off the ship.

Eating

Embark on a Yangtze River Three Gorges cruise, starting from Shanghai, and enjoy delicious food along the way. In Shanghai, the pan-fried buns are crispy on the outside and tender on the inside, and the soup overflows the moment you bite them. In Chongqing, the spicy hot pot is hot and sizzling, and the tripe and duck intestines are boiled, and the spicy and spicy flavor blooms on the tip of your tongue. Arriving in Yichang, the fat fish is tender and has few bones, and the fish soup is rich and fragrant, leaving a lingering fragrance.

◆ Shanghai Steamed Dumplings 上海小笼包

Shanghai Xiaolongbao has thin skin and lots of soup, with flower-like wrinkles and sweet meat filling. When eating, first bite through the skin and sip the soup, then dip it in shredded ginger and vinegar to relieve the greasiness.



◆ Pan-fried buns 生煎馒头

The semi-fermented dough is fried until golden and crispy, with juicy meat filling and sprinkled with sesame and chives. There are many styles, such as Da Hu Chun's thick skin without juice and Xiao Yang Sheng Jian's thin skin with juiciness.



◆ Pork Ribs and Rice Cake 排骨年糕

Pork ribs and rice cakes, the pork ribs are coated with flour and fried until crispy, paired with soft and glutinous rice cakes, and then topped with sweet noodle sauce and spicy soy sauce. Sweet, spicy, crispy and tender, it is a classic Shanghai carbohydrate combination.



◆ Fried Shrimp 油爆虾

The main ingredient is river shrimp, which is quickly fried over high heat and then quickly stir-fried with soy sauce, sugar, rice wine and other seasonings. The shrimp shell is crispy and the meat is tender, the sauce is sweet and fresh, and the shrimp brain is fat and can be eaten with the shell.



◆ Yangzhou Fried Rice 扬州炒饭

One of Yangzhou's classic delicacies. The distinctly grained rice, paired with eggs, ham, shrimp, green beans and other ingredients, has an attractive color, fragrant aroma and rich taste. You can taste the deliciousness of a variety of ingredients in every bite.



◆ Yangzhou Lion Head 扬州狮子头

Selected pork with different fat and lean parts is chopped by hand and made into large and round meatballs. The meat is tender and melts in your mouth. The soup is clear when stewed, and the sauce is attractive when braised. Paired with fresh soup and green vegetables, it is fat but not greasy.



◆ Dried shredded vegetables 干丝

The best white dried tofu is cut into thin strips, and then slowly cooked with chicken shreds, ham shreds, shrimp, fungus and other ingredients in chicken or bone broth. The shredded tofu is soft and the broth is rich and delicious, fully reflecting the delicacy and deliciousness of Huaiyang cuisine.



◆ Duck Blood Vermicelli Soup 鸭血粉丝汤

Duck blood vermicelli soup is a Nanjing specialty. It is made with duck soup as the base, and is added with duck blood, duck offal and chewy vermicelli. The soup is fresh and delicious, and is a popular signature snack.



◆ Salted Duck 盐水鸭

Nanjing salted duck has white skin and tender meat, and is salty and fragrant. The duck meat is firm and juicy, with a light salty aroma, fat but not greasy, and has a fresh and tender taste. It is a traditional Nanjing delicacy and is deeply loved by diners.



◆ Beef Pot Stickers 牛肉锅贴

The skin is fried until golden and crispy, and the filling is tender beef. A small hole is left when wrapping to lock in the soup. When you bite it, the skin is crispy and the filling is juicy. It is a delicious snack commonly seen on the streets of Nanjing.



◆ Nanjing Duck 南京板鸭

Nanjing roast duck has crispy skin and tender meat. The marinade is the soul of the duck, which is boiled with a variety of spices until thick. Roasted and sliced, the skin is shiny and crispy, the duck meat is tender and juicy, and the marinade is salty and slightly sweet. It is a classic delicacy on the table of old Nanjing.



◆ Sweet Osmanthus Taro 桂花糖芋苗

Boil taro sprouts until soft, add brown sugar and lotus root powder, and drizzle with sweet osmanthus. It has a dense and sweet taste and overflowing osmanthus fragrance. It is a classic snack to warm the stomach in autumn and winter.



◆ Stinky Mandarin Fish 臭鳜鱼

This is a classic Huizhou dish with a history of more than 200 years. It has a unique fermentation process. Although it smells "stinky", it has a bright red color after cooking, is fragrant and fresh, and the fish meat is crispy and tender.



◆ Huangshan sesame cake 黄山烧饼

Huangshan sesame cakes are shaped like crab shells and are as thin as paper. Dried plums and fresh meat are mixed together and baked over charcoal fire. The outer skin is crispy and the filling is salty and slightly sweet. When you take a bite, you can feel the warmth of the streets of Huizhou.



◆ Hairy tofu 毛豆腐

The outer layer of hairy tofu is covered with white fluff. After fermentation, it becomes bright and shiny. After being fried until golden brown, it is crispy on the outside and tender on the inside, salty and delicious. It is a culinary legend created by the people of Huizhou.



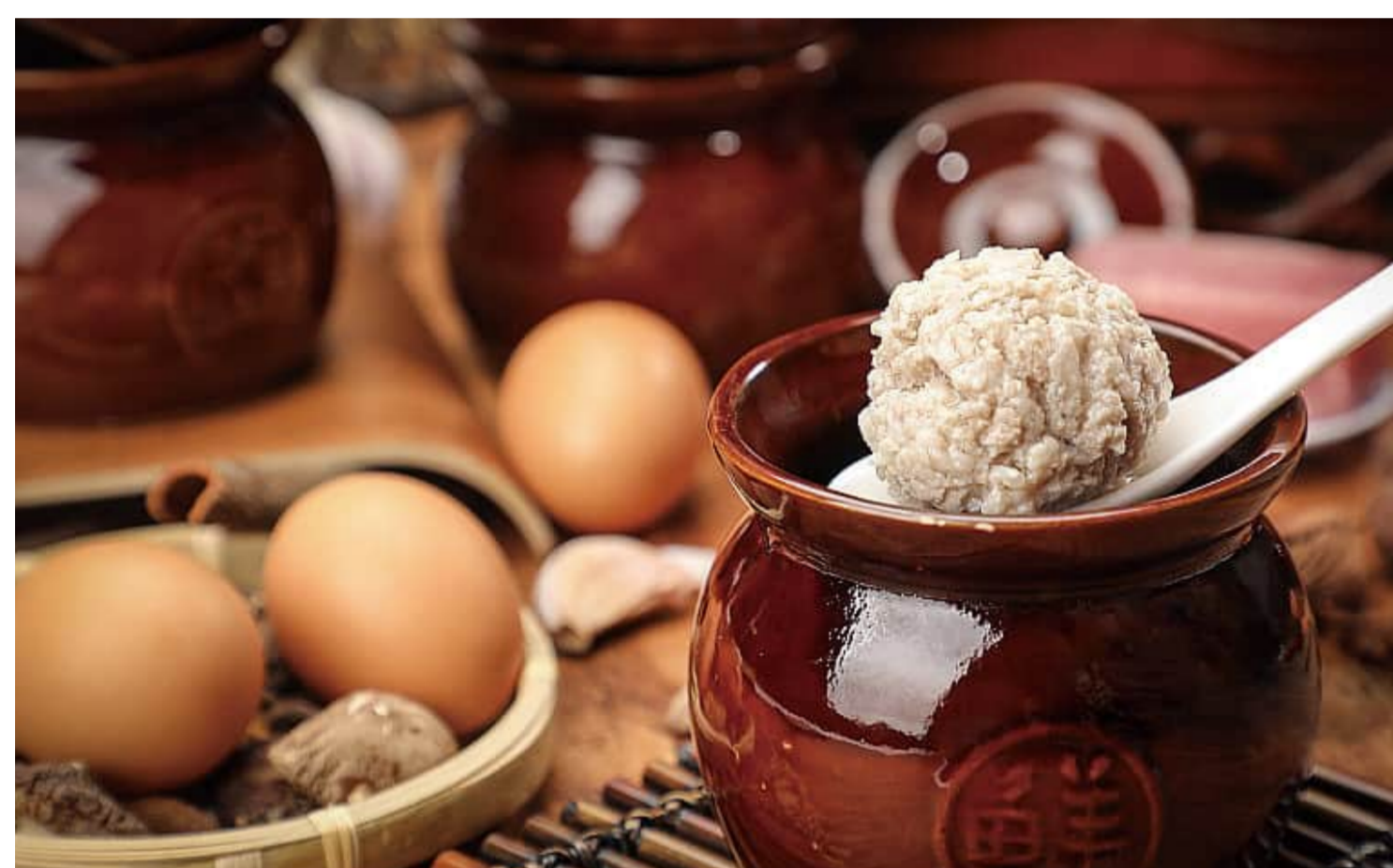
◆ Yipin Hotpot 一品锅

Huangshan Yipin Pot is a local specialty dish. Chicken, duck, fish, meat and other ingredients are stacked in a clay pot in order, and paired with vegetables such as radish and tofu. It is boiled over high heat and simmered over low heat. The dishes are rich, the soup is rich, and the ingredients are well-seasoned, crispy and fragrant. It is the protagonist of rural festivals and family gatherings, symbolizing reunion and happiness. It carries the Huizhou people's love for life and cherishment of gatherings with relatives and friends, and fully demonstrates the warmth of the countryside and the atmosphere of fireworks.



◆ Nanchang Clay Pot Soup 南昌瓦罐汤

The dishes are cooked in a ceramic pot and slowly simmered over a hard charcoal fire. For example, the preserved egg and meat pie soup has a mellow taste, with the preserved egg being crystal clear and the meat pie being tender.



◆ Fried bacon with Artemisia selengensis 藜蒿炒腊肉

The artemisia selengensis from Poyang Lake in spring is fresh, tender and crisp, with a grassy aroma. Stir-fried with golden bacon, the salty aroma of the bacon permeates the artemisia selengensis, making it both tender and chewy, refreshing and delicious.



◆ Ningdu Three Cup Chicken 宁都三杯鸡

Only one cup of tea oil, one cup of rice wine and one cup of soy sauce are used to simmer the chicken. The chicken is full of the aroma of the wine, the skin is smooth and shiny, the meat is tender and juicy, and the bones are full of rich aroma.



◆ Qianjiang Chicken Offal 黔江鸡杂

The main ingredients are local chicken offal, and pickled ginger, pickled radish, etc. Stir-fried over high heat and with heavy oil, the chicken offal is crispy, tender, fresh and fragrant, and the spiciness is so appetizing.



◆ Yichang Original Fatty Fish 宜昌原味肥鱼

Yichang original fat fish, scaleless and boneless, with meat as tender as white jade. The soup is thick like milk, and the fresh fragrance melts on the tip of your tongue, showing the pure taste of the Three Gorges freshwater treasure. Once you have tasted it, you will never forget it.



◆ Steamed Preserved Meat 腊味合蒸

Yichang preserved meat steamed together, selected preserved sausage, preserved pork belly, preserved pork liver and other Tujia flavor ingredients, layered and steamed over high fire. The preserved meat has a strong aroma, the meat is firm and chewy, and the salty fragrance blooms on the tip of the tongue, showing the fireworks of the gorge.



◆ Chongqing Noodles 重庆小面

Pork ribs and rice cakes, the pork ribs are coated with flour and fried until crispy, paired with soft and glutinous rice cakes, and then topped with sweet noodle sauce and spicy soy sauce. Sweet, spicy, crispy and tender, it is a classic Shanghai carbohydrate combination.



◆ Wanzhou grilled fish 万州烤鱼

Wanzhou grilled fish amazes the taste buds with its unique "grill first, then stew" technique. Selected fresh river fish are slowly grilled over charcoal until the skin is crispy and fragrant, while the fish meat inside remains fresh and juicy. Stir-fry with secret sauce and a variety of spices, and then add lotus root slices, bean sprouts and other side dishes and stew together. The bright red soup wraps the crispy fish meat on the outside and tender on the inside, and the spicy and fresh fragrance explodes on the tip of the tongue, with the crispy fragrance and tenderness intertwined, making it soul-stirring.



◆ Rongchang Braised Goose 荣昌卤鹅

We use local goose and stew it slowly with aged sauce. The goose skin is golden and translucent like thin paper, the subcutaneous fat is light, the meat is firm and tender, and the aroma of the sauce penetrates the bones but does not cover the meat flavor. When you bite it, the salty and fresh taste of the sauce and the sweet fragrance of the goose meat blend in your mouth, with a hint of sweetness, fat but not greasy, and full of chewiness. It is a classic stewed food that has been passed down in Rongchang, Chongqing for a hundred years. The fireworks in the streets and alleys are full of this salty and fragrant taste.



Notes

Hospital

● Zhongshan Hospital, Fudan University

复旦大学附属中山医院

Address: No. 180 Fenglin Road, Xuhui District, Shanghai

Tel: 021 - 64041990

Website: <https://www.zshospital.com>

Opening hours: 24 hours

● Ruijin Hospital, Shanghai Jiao Tong University School of Medicine

上海交通大学医学院附属瑞金医院

Tel: 021-64370045

Address: No. 197, Ruijin 2nd Road, Huangpu District, Shanghai

Website: <http://www.rjh.com.cn/>

Opening hours: 24 hours

● Huashan Hospital, Fudan University

复旦大学附属华山医院

Address: No. 12, Wulumuqi Middle Road, Jing'an District, Shanghai

Tel: 021-52889999

Website: <http://www.huashan.org.cn>

Opening hours: 24 hours

● Renji Hospital, Shanghai Jiao Tong University School of Medicine

上海交通大学医学院附属仁济医院

Tel: 021-58752345

Address: No. 1630 Dongfang Road, Pudong New Area, Shanghai

Website: <http://www.renji.com>

Opening hours: 24 hours

● First Affiliated Hospital of Nanjing Medical University, Jiangsu Provincial

People's Hospital 江苏省人民医院 (南京医科大学第一附属医院)

Address: Address: No. 300 Guangzhou Road, Nanjing

Tel: 025 - 83714511

Website: <http://www.jsph.net>

Opening hours: 24 hours

● **Nanjing Drum Tower Hospital, The Affiliated Hospital of Nanjing University Medical School**

南京大学医学院附属鼓楼医院

Address: No. 321, Zhongshan Road, Nanjing

Tel: 025-83106666

Website: <http://www.njglyy.com>

Opening hours: 24 hours

● **The First Affiliated Hospital of Soochow University 苏州大学附属第一医院**

Tel: 0512-65223637

Address: No. 188, Shizi Street, Gusu District, Suzhou

Website: <http://www.sdfyy.cn>

Opening hours: 24 hours

● **Zhongda Hospital, Southeast University 东南大学附属中大医院**

Tel: 025-83272114

Address: No. 87 Dingjiaqiao, Gulou District, Nanjing

Website: <http://www.njzdyy.com>

Opening hours: 24 hours

● **The First Affiliated Hospital of Anhui Medical University**

安徽医科大学第一附属医院

Tel: 0551-62922114

Address: No. 218, Jixi Road, Hefei

Website: <https://www.ayfy.com/>

Opening hours: 24 hours

● **The First Affiliated Hospital of University of Science and Technology of China (Anhui Provincial Hospital) 中国科学技术大学附属第一医院 (安徽省立医院)**

Address: No. 17 Lujiang Road, Hefei

Tel: 0551-62283114

Website: <http://www.ahslyy.com.cn>

Opening hours: 24 hours

● **The First Affiliated Hospital of Nanchang University 南昌大学第一附属医院**

Address: No. 17, Yongwaizheng Street, Donghu District, Nanchang City (Donghu Campus)

Tel: 0791-88603000

Website: <https://www.cdyfy.com>

Opening hours: 24 hours

● **Tongji Hospital, Tongji Medical College, Huazhong University of Science and Technology**

华中科技大学同济医学院附属同济医院

Address: No. 1095, Jiefang Avenue, Qiaokou District, Wuhan

Tel: 027-83662688

Website: <https://www.tjh.com.cn>

Opening hours: 24 hours

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