

Henan

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Brief

Henan, nurtured by the fertile land of the Central Plains, is steeped in millennia of cultural heritage and the warmth of everyday life. Here, you'll find the elegance of Luoyang peonies, the brilliance of Queshan iron flowers, and the enduring spirit of folk traditions through events like the Majie Book Fair and Junxian Shehuo. Its cuisine is rich in authentic flavors: Daokou roast chicken and braised carp noodles are fragrant and delicious, while the heartwarming "Lan Guo Cai" (a type of stew) warms the soul. From the solemnity of the Yellow Emperor's ancestral worship to the simple, warm hospitality of everyday life, Henan showcases the unique charm of the Central Plains through its intangible cultural heritage, delicious food, and hospitable spirit.

Why Go Here

- Seeking the cultural heritage of China
- Enjoy the scenery of mountains and rivers
- Taste the flavors of Central China

Basic info

Time zone: CST (UTC+8)

Area code: +86/ 0371

Postal code: 450000

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

Longmen Grottoes 龙门石窟



The Longmen Grottoes, a World Cultural Heritage site, are located on the banks of the Yi River in Luoyang. Divided into east and west mountains, the grottoes were built over 400 years across seven dynasties. They contain 2,345 caves and niches, and more than 100,000 statues. The Vairocana Buddha and the "Twenty Pieces of Longmen" in the western grottoes are considered the finest examples. Here, visitors can appreciate the stone carvings, admire the magnificent landscape, and offer sincere prayers. A boat trip on the Yi River provides an even more breathtaking view of the scenery on both banks.

Address

No. 13, Longmen Middle Street, Luolong District, Luoyang City, Henan Province 河南省洛阳市洛龙区龙门中街13号

Recommended play time: 5 hours

Opening Hours

08:00-18:00

Ticket sales stop at 16:30

Last entry at 17:00

Transportation

- Take the Baiyuan-Longmen Grottoes bus to the Baiyuan stop, then walk for about 1 minute.
- Take bus 89 to the Zhanggou stop, then walk for about 2 minutes.
- Take bus 167, 53, K53, 60, K60, 71, 81, K81, 99, K99, V9, or the Luoyang-Miaoshui bus to the Longmen Grottoes stop, then walk for about 5 minutes.

② Laojun Mountain 老君山



Laojun Mountain, the main peak of the Funiu Mountains, is said to be the place where Laozi, the founder of Taoism, lived and cultivated in seclusion, and has been a sacred site of Taoism since ancient times. At an altitude of over 2,000 meters, temples and monasteries are scattered among the mountains, and the statues of Laozi riding an ox and Taishang Laojun (the Supreme Lord Lao) shine brightly, fully displaying the divine charm of the sacred mountain.

Address

Group 21, Qiliping Village, Luanchuan County, Luoyang City, Henan Province 河南省洛阳市栾川县七里坪村21组

Recommended play time: 3 days

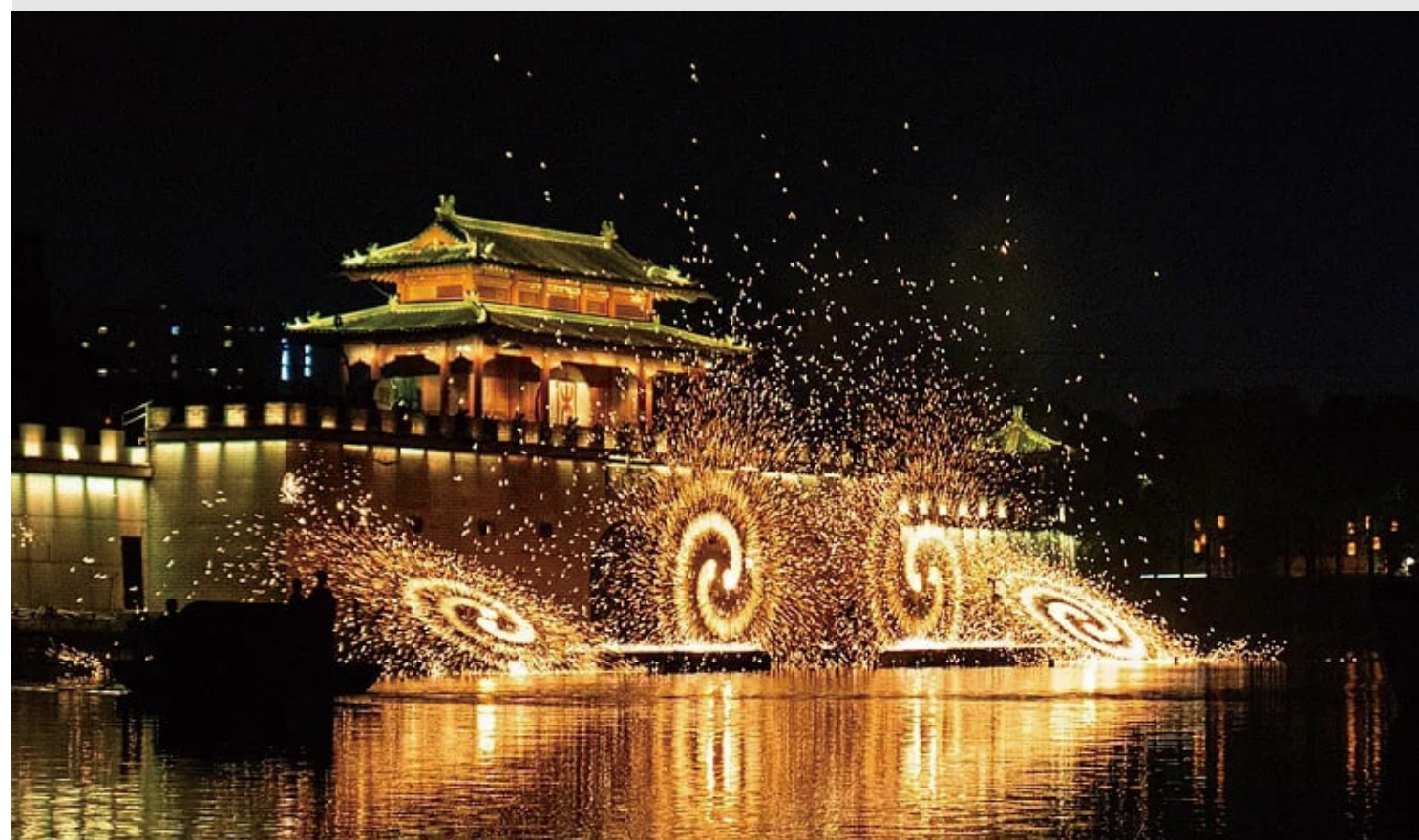
Opening Hours

Open all year round, 24 hours a day

Transportation

- By Bus: Take a bus from Longmen Passenger Transport Center (west of Luoyang Longmen Station) to Luanchuan County. Tell the driver you want to get off at "Yangzikou". The journey takes approximately 2 hours.
- By Car: From Luoyang City, head south onto the "Luo-Luan Expressway". Drive for 140 kilometers to "Heyu Town" on National Highway 311. Continue west on National Highway 311 for about 10 kilometers until you see a billboard for the "Yangzigou" Scenic Area in Luanchuan County. Turn south and drive 5 kilometers to enter the "Yangzigou" Scenic Area, where you can begin hiking.

③ Qingming Riverside Landscape Garden 清明上河园



Based on the famous painting "Along the River During the Qingming Festival," the park recreates the bustling city life of Bianliang (Kaifeng) during the Northern Song Dynasty. The park features numerous Song Dynasty-style buildings, staff dressed in Song Dynasty attire, and folk performances and games. At night, there is a live-action show, lantern displays, and opportunities to sample Kaifeng cuisine and purchase intangible cultural heritage handicrafts.

Address

No. 5, Longting West Road, Longting District, Kaifeng City 开封市龙亭区龙亭西路5号

Recommended play time: 3 days

Opening Hours

08:30-22:00 year-round

Transportation

- Take bus route 51 to Qingming Riverside Park bus stop, then walk approximately 251 meters to reach the destination.

④ Yuntai Mountain 云台山



Yuntai Mountain in Jiaozuo, Henan Province, is a 5A-level scenic area and a world geopark. It is characterized by its canyon landscape, waterfalls, and springs, with eight natural attractions offering different scenery in each season. The scenic area offers fun activities such as rock climbing and a glass walkway, and its nighttime light show creates a vibrant

atmosphere. Visitors can also sample local delicacies and participate in study tours and team building activities, combining natural wonders with diverse recreational experiences.

Recommended play time: 9 days

Opening Hours

07:00-17:30 (March 1st - November 30th, Monday - Sunday)

07:00-17:30 (December 1st - December 31st, Monday - Sunday)

07:00-17:30 (January 1st - February 29th, Monday - Sunday)

Transportation

- Jiaozuo Railway Station: Direct shuttle bus to the scenic area, bus route 3.
- Taxi: You can take a motorcycle taxi or a regular taxi from opposite the county's telecommunications bureau.

Travel Season

- ⊙ The temperature is moderate from May to October, making it the best time to travel.

⑤ Songshan Shaolin Temple 嵩山少林寺



As the ancestral home of Zen Buddhism and the birthplace of Shaolin Kung Fu, Shaolin Temple on Mount Song is a must-visit holy site for tourists from home and abroad. Here, visitors can tour the temple complex, the solemn Pagoda Forest, explore the Bodhidharma Cave, watch authentic Shaolin Kung Fu performances, and experience tours ranging from half a day to two days.

Address

G207 Songshan Shaolin Scenic Area, Dengfeng City, Zhengzhou, Henan Province
河南省郑州市登封市G207嵩山少林风景区

Recommended play time: 3 days

Opening Hours

Open year-round from 08:00 to 16:30

Transportation

- ① Zhengzhou - Shaolin Temple: Buses depart daily from Zhengzhou Bus Terminal to Shaolin Temple, taking approximately 2 hours.
- ② Luoyang - Shaolin Temple: Take a bus from Luoyang Long-Distance Bus Station to Dengfeng or Xuchang; the journey takes about 1.5 hours to reach the entrance to Shaolin Temple. Purchase tickets upon arrival.
- ③ Dengfeng - Shaolin Temple: From Dengfeng West Bus Station, take bus route 8 to Shaolin Temple; the journey takes approximately 30 minutes.

Travel Season

☉ Spring and autumn are the best seasons for tourism, with clear skies, crisp air, and blooming flowers.

⑥ Red Flag Canal 红旗渠



The Hongqi Canal is a water conservancy miracle built by 100,000 pioneers over ten years in the 1960s, embodying the spirit of "self-reliance and hard work." The scenic area includes a memorial hall and the Youth Cave, combining stunning natural scenery with profound cultural heritage, making it a classic example of red tourism and a testament to the development of the people who built the Hongqi Canal.

Address

G234, Linzhou City, Anyang City, Henan Province
河南省安阳市林州市G234

Recommended play time: 3 days

Opening Hours

08:00-17:30 (January 1st - December 31st,
Monday-Sunday)



Taihang Grand Canyon in Anyang, Henan Province, is a national 5A-level scenic area and geological park, covering a total area of 89 square kilometers. It includes four core attractions: Peach Blossom Valley, Taihang Sky Road, and others. With its unique peaks, secluded valleys, cascading waterfalls, and flowing springs, the canyon offers different scenery in each season, combining magnificent landscapes with rich cultural heritage, making it an excellent place to experience the majestic scenery of northern China.

Address

Linshi Line, Shibān'yan Township, Linzhou City, Anyang 安阳市林州市石板岩乡林石线

Recommended play time: 6 days

Opening Hours

08:00-17:30 (January 1st - December 31st,
Monday-Sunday)

Transportation

- Public Transportation: Take the Linshi Special Tourist Bus to Taohuagu Parking Lot, then walk from there.

Travel Season

- ☉ Spring and summer.



Baoquan Tourist Area in Xinxiang, Henan Province, covers a total area of 110 square kilometers and includes two parks: the Grand Canyon and Cliff World, connected by a cable car and elevator. With a forest coverage rate of 98% and a pleasant climate, the Grand Canyon boasts stunning scenery, including the "Thousand Waterfalls Valley," while Cliff World offers thrilling cliffside attractions. With a variety of activities throughout the year, it is a popular destination for sightseeing, summer retreats, and social media influencers.

Address

Beibaoxia Road, Xishenzhuang Village, Baobi Town, Huixian City, Xinxiang 新乡市辉县市薄壁镇西沈庄村北宝下路

Recommended play time: 3 days

Opening Hours

Open year-round from 08:00 to 20:00

Transportation

- It is recommended to drive there.

9 **Baligou Scenic Area**
八里沟景区



Baligou Scenic Area in Huixian County, Xinxiang, is located in the Shimen Valley of the Taihang Mountains. With its dense forests and clear streams, it is a natural oxygen bar and a summer resort. The scenic area comprises five major areas, including Peach Blossom Bay and One-Line Sky, boasting over a hundred waterfalls and a macaque area where visitors can interact with the monkeys. It combines natural beauty with leisure and fun.

Address

Hesi'an Village, Shangbali Town, Huixian City, Xinxiang City, Henan Province 河南省新乡市辉县市上八里镇和寺庵村

Recommended play time: 3 days

Opening Hours

Open year-round from 08:00 to 18:00

10 **Zhongyuan Buddha**
中原大佛



The Central Plains Buddha at Yaoshan Foquan Temple in Lushan County, Pingdingshan City, Henan Province, is a national 5A scenic spot and the world's tallest Buddhist statue. Standing 208 meters tall, it was cast using 3,300 tons of copper and 108 kilograms of gold. Within the scenic area is the 116-ton Tianrui Jixiang Golden Bell, a Guinness World Record holder for the largest externally struck bronze bell, exuding solemnity and grandeur.

Address

Shangtang Village, Zhaocun Township, Lushan County, Pingdingshan City, Henan Province 河南省平顶山市鲁山县赵村乡上汤村

Recommended play time: 2 hours

Opening Hours

Open year-round from 08:00 to 18:00

Transportation

- Internal Transportation: Minibuses are available for going up and down the mountain.
- By Air: Fly to Zhengzhou Xinzheng International Airport, then take a bus to Zhengzhou (or Pingdingshan), and then transfer to a public bus to Yaoshan Scenic Area.
- By Car: Take the Zhengzhou-Yaoshan Expressway, exit at the Yaoshan exit, and follow the signs to Yaoshan Scenic Area.

11 Shangqiu Ancient City Scenic Area 商丘古城景区



Built in the sixth year of the Zhengde reign of the Ming Dynasty, Shangqiu Ancient City is a well-preserved model of a prefectural city, characterized by its outer circle and inner square, and its integration of city walls, lake, and moat. The scenic area centers on the ancient city and integrates four major areas, including Yingtian Academy and Huoshentai, bringing together Ming and Qing Dynasty architectural complexes, former residences of famous figures, and historical sites. The 8,000-mu moat lake boasts beautiful scenery.

Address

Zhongshan Street, Suiyang District, Shangqiu City 商丘市睢阳区中山大街

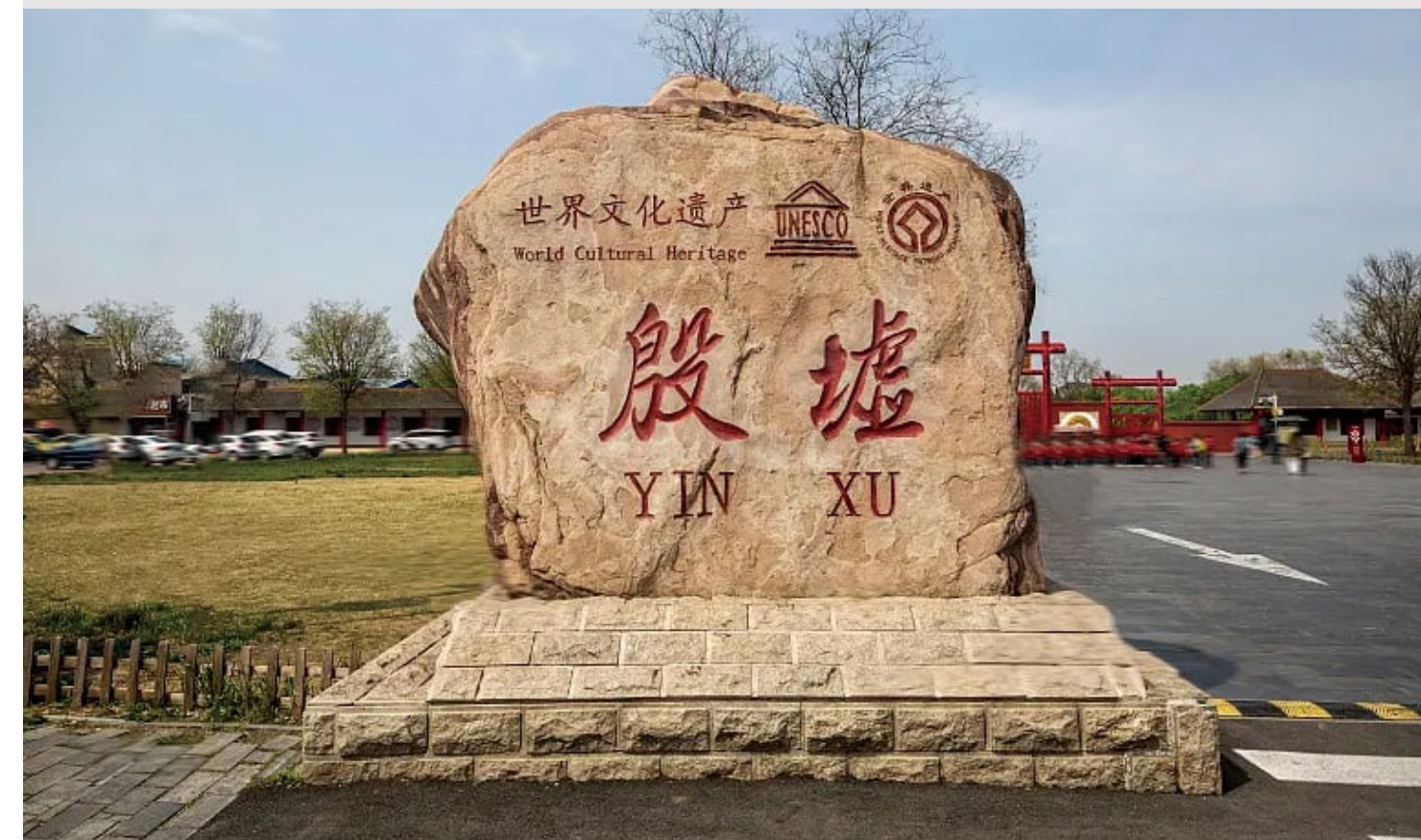
Recommended play time: 5 hours

Opening Hours

Winter hours: 8:30-17:30;

Summer hours: 8:30-18:00

12 Yinxu Scenic Area 殷墟景区



Yinxu, located in Yindu District of Anyang, is China's first archaeologically confirmed capital city site from the late Shang Dynasty, covering a total area of 24 square kilometers. The unearthed oracle bone inscriptions (the precursor to Chinese characters) push back China's recorded history to the Shang Dynasty. Other precious artifacts include the 875-kilogram Simuwu Ding (some originals have been moved to the National Museum of China or the Henan Museum; replicas are displayed in the new museum).

The core tourist area includes the new museum, the royal tombs (13 large royal tombs and numerous sacrificial pits), and the palace and temple ruins (over 80 building foundations and the complete tomb of Fu Hao). The scenic area is clearly marked, and the oracle bone stele forest in the eastern part allows visitors to appreciate oracle bone inscriptions, showcasing the rich civilization of the Shang Dynasty.

Address

No. 1 Yinxu Road, Yindu District, Anyang City, Henan Province 河南省安阳市殷都区殷墟路1号

Recommended play time: 4 hours

Opening Hours

Open year-round from 08:00 to 17:00

Transportation

● By bus: Take bus routes 1, 5, 18, 34, 39, or 41 to [Yinxu Station], then walk for 15 minutes.

Eating

Henan cuisine embodies a thousand years of history and local flavors. Kaifeng's braised carp with noodles is sweet and sour, its intangible cultural heritage illuminating the dining table; Anyang's Daokou roast chicken is rich in five-spice flavor, its meat tender and falling off the bone; Lushan's "Lan Guo Cai" (a stew of meat and vegetables) is a warm broth that evokes the taste of family reunion. There's also Xingyang's "Duozi Rou" (braised pork belly) – mellow yet not greasy; Xinyang's "Men Guan Rou" (braised pork in a pot) – fragrant, firm, and flavorful; and Hebi's "Chan Si" (shredded duck eggs) – their textures as amber. From classic Henan dishes to rustic flavors, every bite is a fusion of ingredients and time, possessing both the refinement of ancient capitals and the simplicity of rural life, allowing the palate to understand the depth and warmth of Henan.

◆ Henan-style braised noodles 河南烩面

The bone broth, simmered for centuries, exudes a rich, aged aroma, while wide noodles are wrapped around fresh and flavorful side dishes. Henan-style braised noodles are smooth and chewy, with tender lamb, vermicelli soaking up the broth, and a spoonful of chili oil as the finishing touch, making for a warm and comforting meal.



◆ Spicy soup 胡辣汤

Henan-style spicy soup, a rich broth with a numbing and spicy flavor. Tofu skin, wood ear mushrooms, and beef balls are coated in the thick soup, a mouthful that is soul-satisfying, warming the stomach and refreshing the mind, a breakfast ritual etched into the DNA of the people of Central China.



◆ Daokou roast chicken 道口烧鸡

Daokou Roasted Chicken from Huaxian County, Henan Province, is made using a 300-year-old braising technique, slow-cooked with eight spices and a rich broth. It boasts a glossy golden color, tender, fall-off-the-bone meat, and a savory, mellow, and sweet flavor, making it a renowned Central Plains delicacy enjoyed throughout China.



◆ Kaifeng soup dumplings 开封灌汤包

Kaifeng soup dumplings have a thin, cicada-wing-like skin and are filled with fresh, savory meat juices. The delicate pleats allow you to bite into them and sip the broth, where the aroma of meat blends perfectly with the flavorful soup, creating a delicious and not-too-greasy treat.



◆ Luoyang Water Banquet 洛阳水席

Luoyang Water Banquet, a classic Henan cuisine and a thousand-year-old intangible cultural heritage. With soup as its soul, twenty-four dishes are presented in a traditional manner, with a blend of sour, spicy, and savory flavors, and an exquisite combination of meat and vegetables.



◆ Stir-fried mung bean jelly 炒凉粉

Kaifeng night market's signature stir-fried mung bean jelly is slowly fried on an iron griddle until it reaches a golden-brown crust. Crispy on the outside and soft on the inside, it's coated in the aroma of garlic and sesame oil, savory, slightly spicy, and bursting with the warmth and comfort of everyday life in the heart of Central China with every bite.



◆ Lamb stewed flatbread 羊肉烩饼

Lamb bone broth is slowly simmered with shredded unleavened flatbread, which is then wrapped around tender lamb and fragrant mushrooms and vegetables. The flatbread is soft yet chewy, and the broth is rich and flavorful, warming the body and soul with every bite.



◆ Jiangmian noodles 浆面条

Henan-style fermented noodle soup, with its tangy and mellow flavor, embodies the everyday life of ordinary people. The fermented liquid gives it a unique flavor, and when paired with soybeans and celery, the noodles are soft, smooth, and flavorful, offering a refreshing and cleansing taste.



◆ Bucket chicken 桶子鸡

Kaifeng Bucket Chicken is made by slow-cooking fresh chicken in a rich, aged braising liquid. The skin is as thin as paper and has an amber color. The meat is tender and firm, juicy and not dry when torn apart, with a savory and sweet aftertaste that lingers. It is a classic Henan-style braised dish, embodying the rustic charm of the ancient city.



Notes

Hospital

● The First Affiliated Hospital of Zhengzhou University 郑州大学第一附属医院

Address: No. 1, Jianshe East Road, Erqi District, Zhengzhou (Main Campus)

Tel: 0371-66913114 (General Line)

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

Opening hours: 24 hours

● Henan Provincial People's Hospital 河南省人民医院

Address: No. 7, Weiwu Road, Jinshui District, Zhengzhou City

Tel: 0371-96195 (General Line)

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

Opening hours: 24 hours

● Henan Provincial Cancer Hospital 河南省肿瘤医院

Address: No. 127 Dongming Road, Zhengzhou City

Tel: 0371-65587123 (General Line)

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

Opening hours: 24 hours

Contact Us



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Henan Attractions Map

