





Hunan

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① Zhangjiajie National Forest Park
张家界国家森林公园



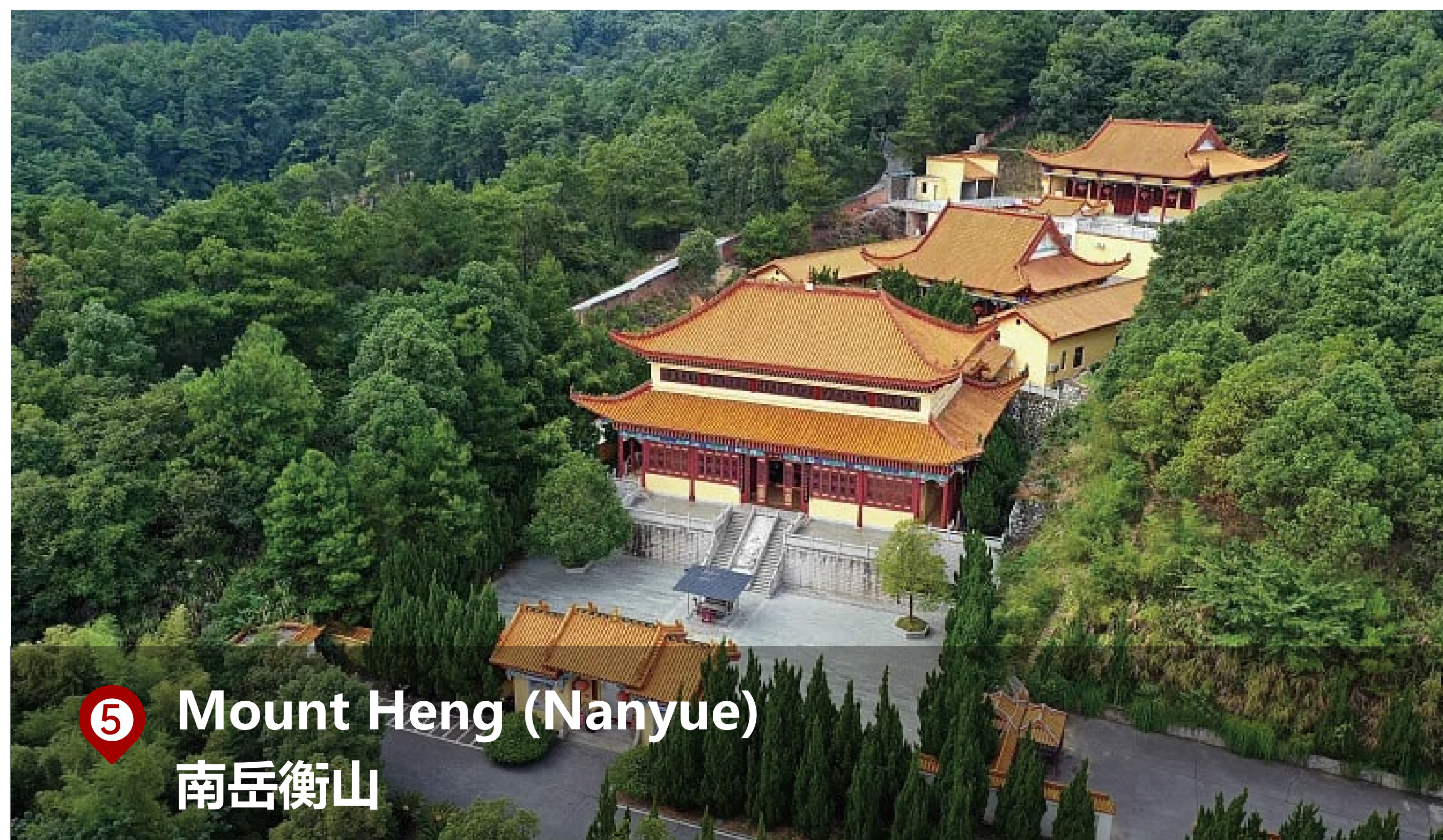
② Tianmen Mountain National Forest Park
天门山国家森林公园



③ Fenghuang Ancient Town
凤凰古城



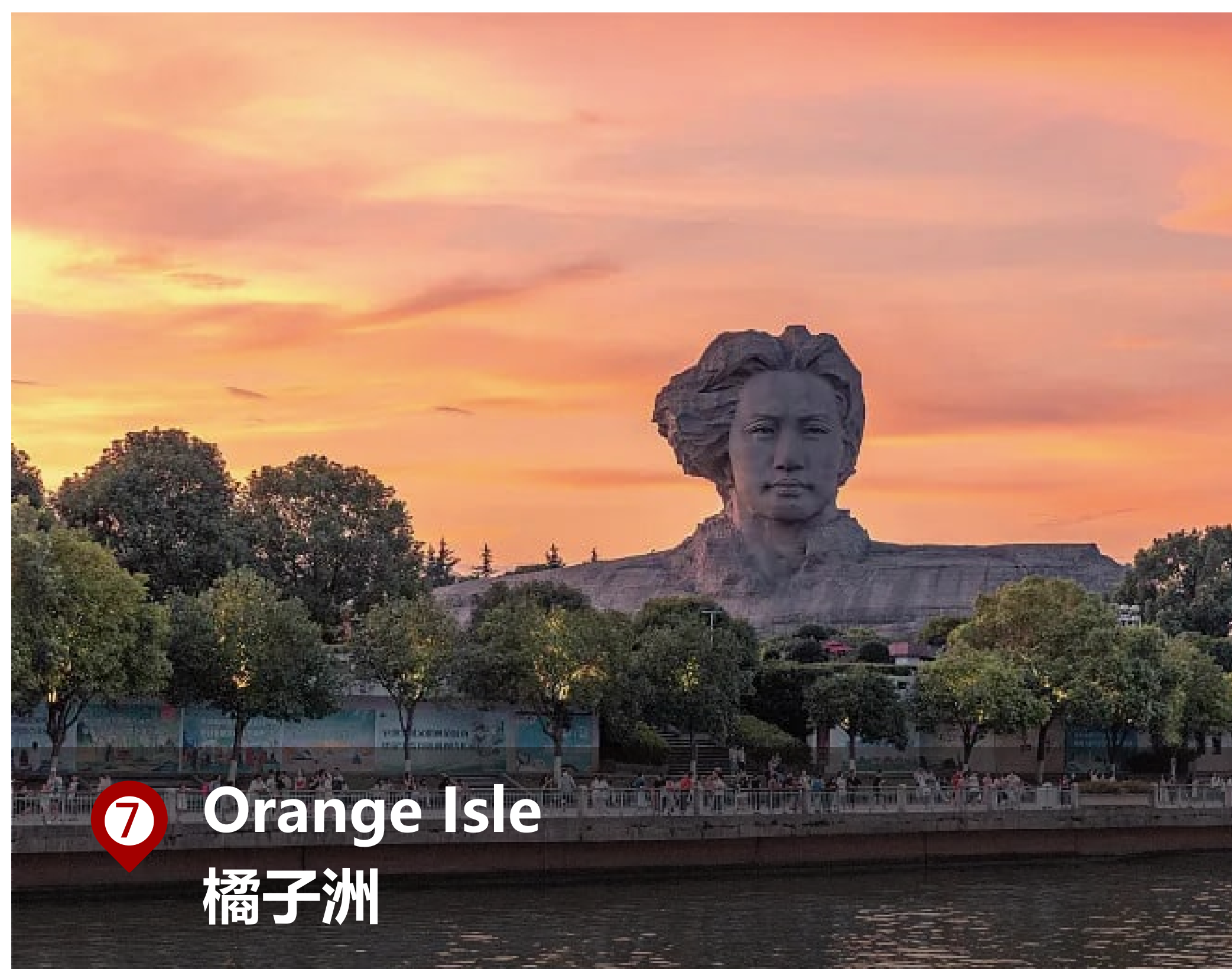
④ Yueyang Tower
岳阳楼



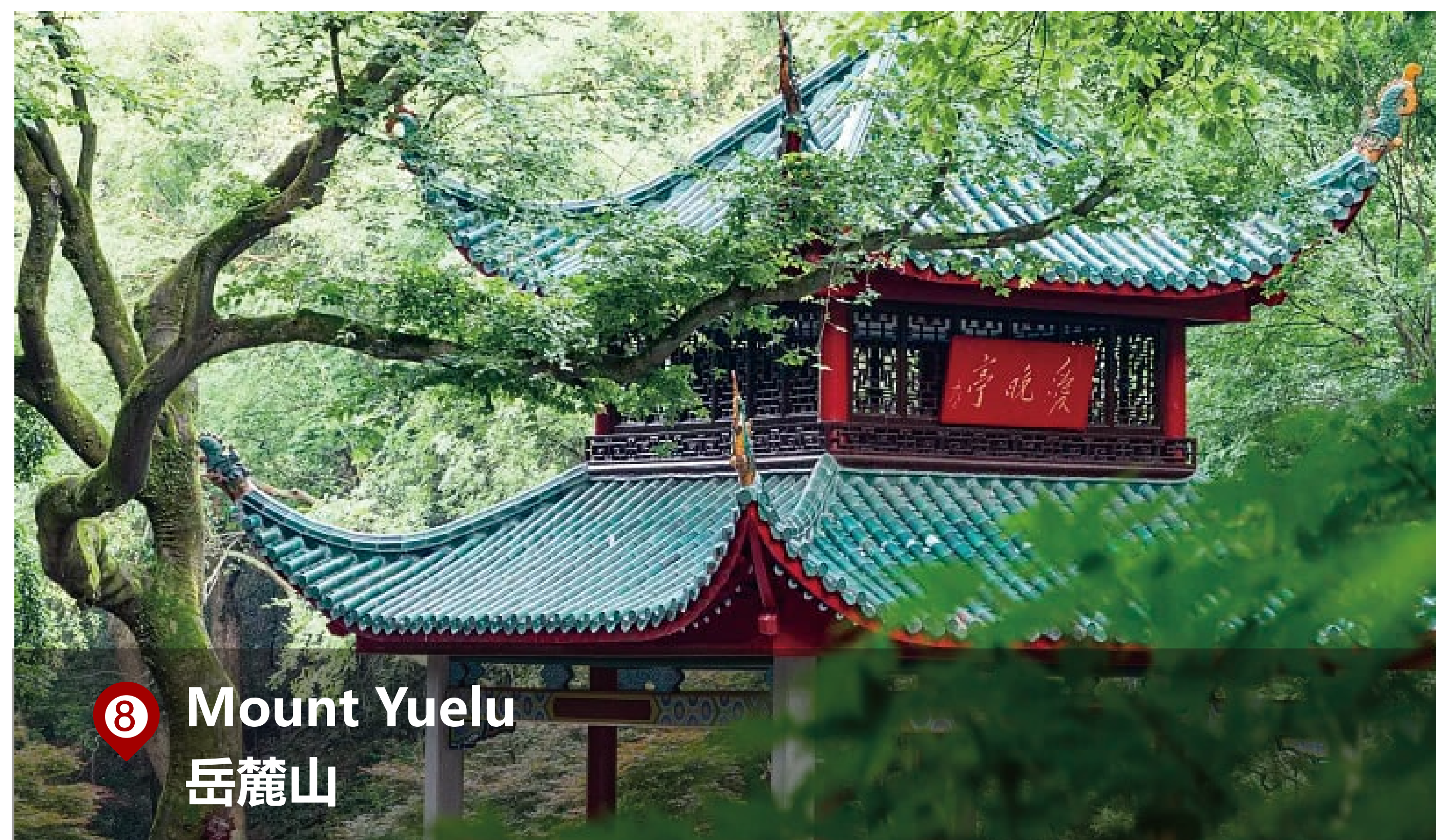
⑤ Mount Heng (Nanyue)
南岳衡山



⑥ Langshan National Scenic Area
崀山国家级风景区



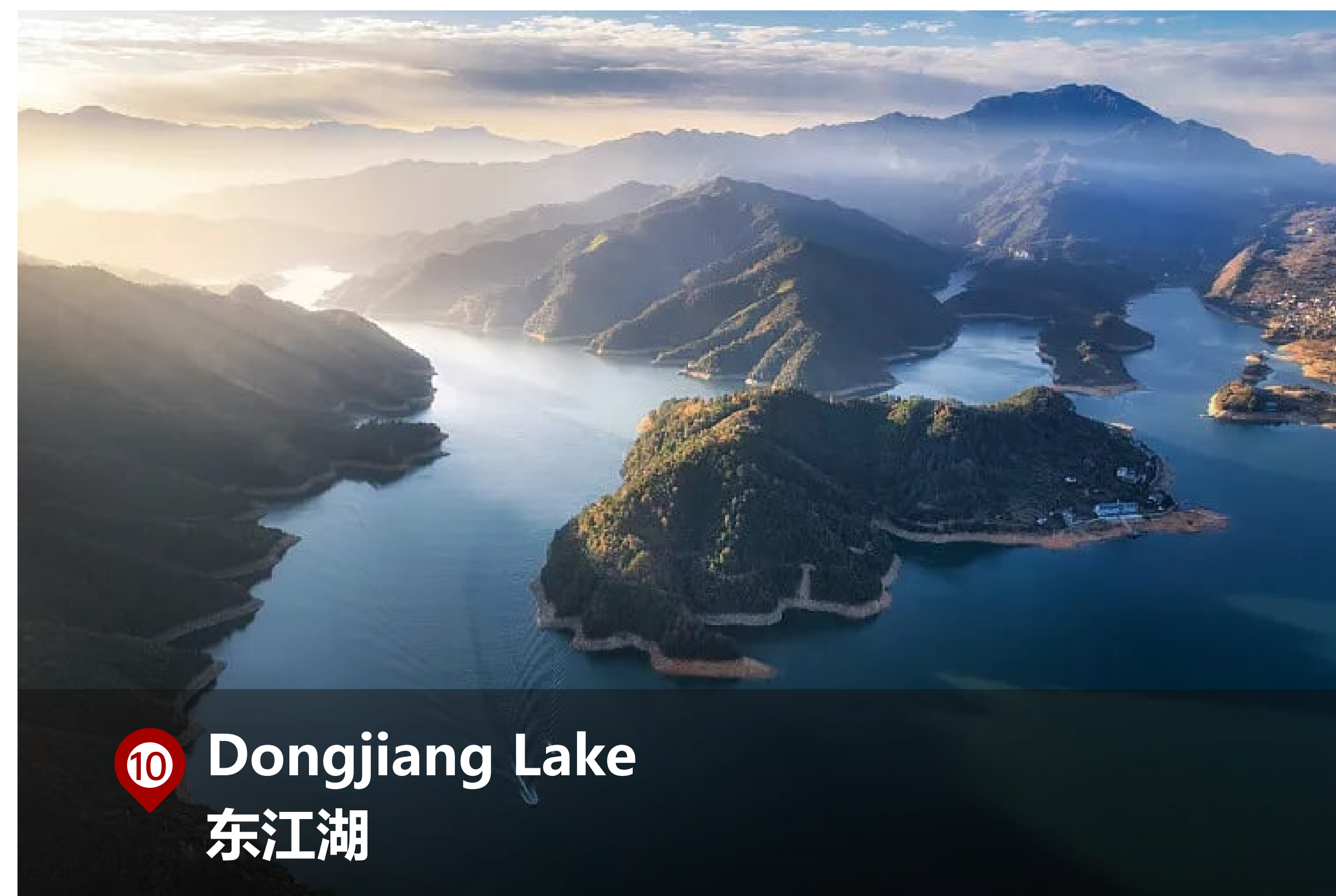
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Brief

In the land of hibiscus, the rivers and lakes of Hunan nurture a unique charm. This is the heartland of Hunan culture, where the Yuelu Academy's cultural heritage continues, the Huagu Opera's melodious tunes resonate, and the exquisite needlework of Xiang embroidery is captivating. A love of spicy food prevails, with its fresh, spicy, and sour flavors painting a vivid picture of everyday life. Folk customs are diverse and vibrant, from the Miao village's Baishou dance to the Jiaohong women's script, all exuding charm. The people of Hunan, with their unwavering enthusiasm and sense of responsibility, leave behind a unique and captivating story in every corner.

Why Go Here

- Stunning peaks embrace a fairyland
- Spicy flavors tantalize the taste buds
- Long-standing cultural tradition
- Folk customs are diverse

Basic info

Time zone: CST (UTC+8)

Area code: +86/ 0731

Postal code: 410000

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

Zhangjiajie National Forest Park 张家界国家森林公园



Wulingyuan, comprised of four scenic areas including Zhangjiajie National Forest Park, is a World Natural Heritage site established in 1992. Centered around three thousand unique quartz sandstone peaks, it boasts lush forests and rare species, earning it the reputation of a "fairyland." It served as a filming location for movies such as *Avatar* and *Journey to the West*. In 2010, the "Zhangjiajie Landform" was officially named, and attractions like Yuanjiajie and Tianzi Mountain each possess unique, rugged, and beautiful characteristics.

Address

No. 279, Jinbian Road, Wulingyuan District, Zhangjiajie City 张家界市武陵源区金鞭路279号

Recommended play time: 9-12 days

Opening Hours

Open year-round from 07:30 to 18:00

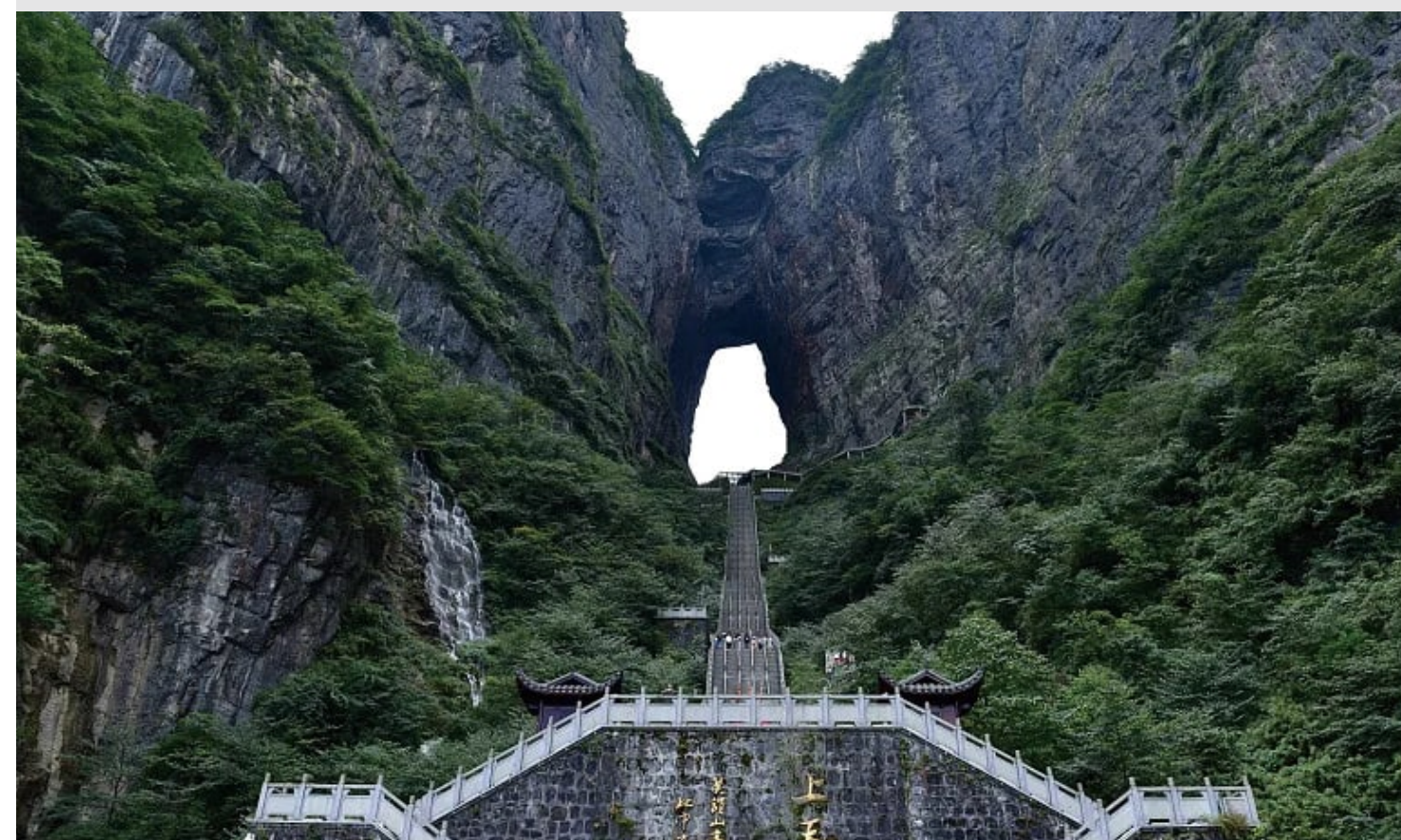
Transportation

- By car: The bus station located at the intersection of Huilong Road and Renmin Road in Zhangjiajie city center has numerous daily departures directly to the National Forest Park. The journey is approximately 32km and takes about 40 minutes.
- By taxi: You can take a taxi directly to the scenic area from the airport or train station.

Travel Season

☉ The best time to visit Zhangjiajie National Forest Park is during spring and autumn, with April and October being particularly beautiful. Spring offers opportunities for stream tracing and cave exploration, while autumn brings vibrant colors and fragrant fruits. Summer and winter are less comfortable.

☉ Tianmen Mountain National Forest Park 天门山国家森林公园



Tianmen Mountain National Forest Park, centered around Tianmen Cave, is located near Zhangjiajie city and offers multiple tour routes. The glass walkway is thrilling, and Tianmen Mountain Temple is steeped in legend. Some areas are closed in winter, requiring a day trip. Restaurants are available within the park, and the "Tianmen Fox Fairy" live performance can be seen near the lower cable car station.

Address

The lower station of Tianmen Mountain Cableway Company on Dayong Road, Yongding District, Zhangjiajie City 张家界市永定区大庸路天门山索道公司下站

Recommended play time: 3 days

Opening Hours

7:30-19:00 (July 17th, Thursday)

7:30-19:00 (September 1st - December 31st, Monday - Sunday)

7:00-19:00 (July 18th - August 31st, Monday - Sunday)

Transportation

- Purchasing tickets at the City Garden Cableway Station in downtown Zhangjiajie and then taking the Tianmen Mountain Cableway up the mountain is the most convenient and unique way to visit Tianmen Mountain.
- By bus: Take bus route 5 in the city to Tianmen Mountain.

Travel Season

☉ It is suitable for all seasons, each with its own unique characteristics.

③ Fenghuang Ancient Town 凤凰古城



Fenghuang Ancient Town is located in southwestern Hunan Province and was built during the Kangxi period of the Qing Dynasty. It is nestled against the mountains and beside the river, with the Tuojiang River flowing through the town. The red sandstone city walls, blue-stone streets, and stilted buildings fully demonstrate the charm of western Hunan. Attractions such as the former residence of Shen Congwen are worth visiting.

Address

Tuojiang Town, Fenghuang County, Xiangxi Tujia and Miao Autonomous Prefecture, Hunan Province 湖南省湘西土家族苗族自治州凤凰县沱江镇

Recommended play time: 3-6 days

Opening Hours

All day

Transportation

- After arriving in Fenghuang County, take bus route 1 or 3 outside the station to Huananmen Station, which will take you to the ancient city area. A taxi from the North Station to Hongqiao will cost approximately 10-15 yuan (taxis generally negotiate prices and do not use meters).

- Cars are prohibited from entering or leaving the ancient city.

Travel Season

- ◎ Western Hunan is a great place to visit all year round. In July and September, you can attend the Miao ethnic song festival and the Autumn Festival. In spring, you can enjoy the misty Tuojiang River and experience the local customs in Fenghuang. In winter, there are fewer people, but it is colder.

④ Yueyang Tower 岳阳楼



Yueyang Tower is famous for the essay "Yueyang Tower Inscription" and is one of the three most famous towers in Jiangnan. Its unique structure features no iron nails on the beams and a helmet-shaped roof. From the tower, one can overlook Dongting Lake. The scenic area includes attractions such as the Five Dynasties Tower and the Iron Shackles, and visitors can also take a boat to Junshan Island. It is adjacent to Baling Square and Bianhe Street.

Address

Dongting North Road, Yueyanglou District, Yueyang City 岳阳市岳阳楼区洞庭北路

Recommended play time: 3 hours

Opening Hours

Peak season (May 1st - September 30th): 7:00-18:30; Off-season (October 1st - April 30th of the following year): 7:30-18:00;

Main building opening hours: Off-season (October 1st - April 30th): 7:30-17:45; Peak season (May 1st - September 30th): 7:00-18:15.

Transportation

- By public transport:

① Take bus routes 15/Tourist 15, 19, or 22 and get off at the No. 1 Middle School stop. The tower is within walking distance.

② Take bus routes 10, 15/Tourist 15, 19, 22, 31/Tourist 31, 50, or Tourist 21 and get off at the Yueyang Tower Scenic Area stop. The tower is within walking distance.

Travel Season

☉ May to October is a great time to visit Yueyang.

📍 Hengshan Mountain (Nanyue) 南岳衡山



Zhurong Peak, the main peak of Mount Heng in Nanyue, is about 1,300 meters above sea level and is known as the "most beautiful of the Five Sacred Mountains." The "Southern Mountain" in the phrase "May you live as long as Mount Heng" refers to Mount Heng. The scenic area includes the central scenic area and the Nanyue Grand Temple, combining Buddhist and Taoist culture with the significance of commemorating the War of Resistance against Japan.

Address

Nanyue Town, Nanyue District, Hengyang City, Hunan Province 湖南省衡阳市南岳区南岳镇

Recommended play time: 6 days

Opening Hours

Monday to Friday 7:30-17:30, Saturday and Sunday 7:00-18:00; public holidays and summer vacation 5:00-17:30.

Transportation

- To reach Mount Heng (Nanyue Hengshan), you can take the high-speed rail to Hengyang East Station and transfer to a tourist bus; or take a train to Hengyang Station and transfer to a bus/minibus; or take a direct bus from Hengyang Central Bus Station and then transfer to a free public bus.

- By car: Take the Beijing-Hong Kong-Macau Expressway, Tanheng Expressway, Henggui Expressway, Hengshao Expressway, Hengkun Expressway, or Hengyan Expressway, then take the Nanyue Expressway directly to the Mount Heng Scenic Area.

- By bus: Take bus routes 2, 3, or 6 to Hengshan.

Travel Season

☉ The best time to visit Hengshan is late summer and early autumn, when the scenery is beautiful and the weather is cool.

⑥ Langshan National Scenic Area 崀山国家级风景区



Langshan is a typical Danxia landform, divided into six scenic areas. The "Six Wonders of Langshan" are considered world wonders. Within the scenic area, clear waters and red cliffs complement each other, and there are many rare plants and animals, making it an ecologically superior place. There are also ancient fossils, ruins and other cultural landscapes, and the area is home to many ethnic groups, creating a rich cultural atmosphere.

Address

West side of Langshan Avenue, Langshan Town, Xinning County, Shaoyang City, Hunan Province 湖南省邵阳市新宁县崀山镇崀山大道西侧

Recommended play time: 6 days

Opening Hours

07:30-17:30 (April 1st - October 31st, Monday - Sunday)

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

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

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

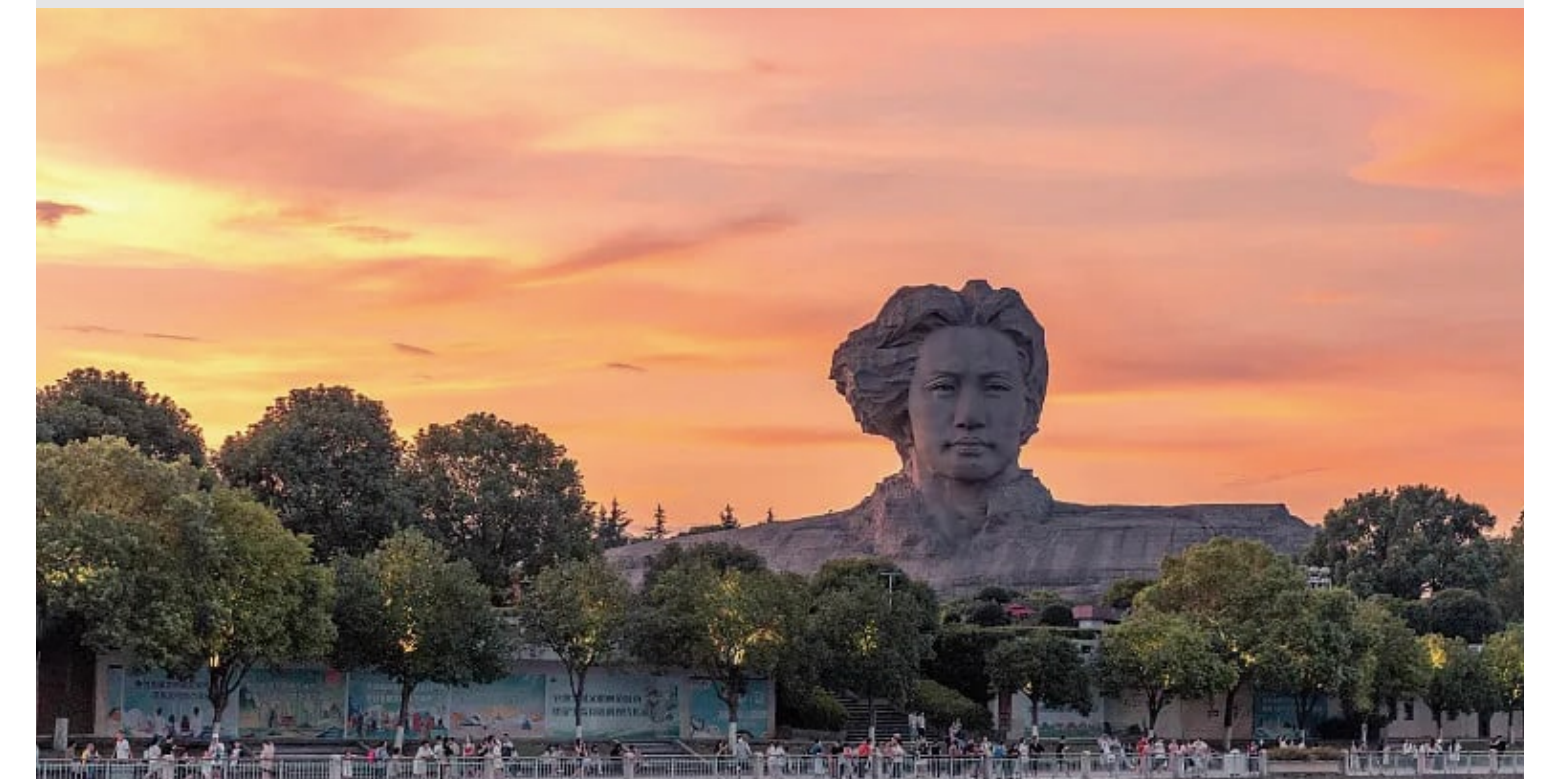
Transportation

● By bus: Take Xinning Bus Route 2 or 6 in Xinning County and get off at Beidamen Station. Walk about 400 meters to reach the destination.

Travel Season

◎ The best time to visit Langshan is during spring, summer, and autumn, when the vegetation is lush, home to many rare and precious species, the forest coverage rate exceeds 70%, the climate is pleasant, and the ecological environment is excellent.

⑦ Orange Isle 橘子洲



Orange Isle is a famous island in the Xiangjiang River and a core element of Changsha's "mountains, water, island, and city" landscape. It is a classic site for red tourism. The scenic area is divided into old and new sections, encompassing numerous cultural and ecological attractions such as the Bronze Statue Square, the Asking Heaven Terrace, and a hundred-acre orange grove.

Address

No. 2, Orange Isle, Yuelu District, Changsha City, Hunan Province 湖南省长沙市岳麓区橘子洲头2号

Recommended play time: 4-5 hours

Opening Hours

07:00-22:00 (January 1st - December 31st,
Monday-Sunday)

Transportation

- By bus: Take bus route 3 to the Orange Isle Scenic Area bus stop, then walk approximately 107 meters to reach the destination;
- By subway: Take subway line 2 to Orange Isle subway station, then walk approximately 120 meters to reach the destination.

Travel Season

⊙ In 2019, there were only four fireworks displays at Orange Isle in Changsha throughout the year, on January 1 (New Year's Day), February 19 (Lantern Festival), May 1 (Labor Day), and October 1 (National Day).

Fireworks are set off at Orange Isle during holidays, and the best viewing spot is near Du Fu Pavilion.

Yuelu Mountain

岳麓山



Yuelu Mountain is a landmark of Changsha, with two entrances, south and east. Most of the cultural attractions are near the south gate, including Yuelu Academy, Aiwan Pavilion, and the cemetery of revolutionary martyrs. The mountain is rich in ancient and famous trees, making it like a "botanical museum".

Address

No. 58 Denggao Road, Yuelu District, Changsha City, Hunan Province 湖南省长沙市岳麓区登高路58号

Recommended play time: 4 hours - 3 days

Opening Hours

Open year-round from 07:00 to 22:00

Transportation

- By bus: Take bus routes 17, 68, 205, 207, 418, 909, or 909 West Line to Simaoping Station and walk from there.

Tips

- ① Late November to early December is the best time to view the autumn foliage at Yuelu Mountain. This may occur slightly earlier or later depending on seasonal temperature variations.
- ② Aiwan Pavilion is the best spot for viewing the autumn leaves. Alternatively, you can take the cable car.
- ③ Yuelu Mountain is free to enter, but parking is charged. Parking can be difficult to find when the maple leaves are at their peak.

9 Furong Town 芙蓉镇



Furong Town, originally named Wangcun, has a history of over 2,000 years. It was renamed after being used as a filming location for the movie "Furong Town" and is located about 50 kilometers from Yongshun County. The town's entrance and other facilities are concentrated at one end, and visitors can stroll along the old bluestone streets to explore the rustic houses with wooden plank walls.

Address

Furong Road, Yongshun County, Xiangxi Tujia and Miao Autonomous Prefecture, Hunan Province 湖南省湘西土家族苗族自治州永顺县芙蓉路

Recommended play time: 3 days

Opening Hours

8:00-19:00

Transportation

- There are several ways to get to Furong Town by bus: From Zhangjiajie Bus Station, take a direct bus (approximately 1.5 hours); from Jishou New Bus Station, take a direct bus (approximately 2 hours);

- Alternatively, take a bus from Fenghuang Ancient Town Bus Station bound for Zhangjiajie, stopping at Furong Town (approximately 2.5 to 3 hours).

Tips

Mountain climates can be unpredictable, so remember to check the weather forecast before you go out and pack appropriate clothing.

Keep your personal belongings safe, especially your phone and wallet.

10 Dongjiang Lake 东江湖



Dongjiang Lake is located in Dongjiang Town, Zixing City. With its clear waters, it boasts numerous scenic spots, including the misty Xiaodongjiang River and the Dongjiang Dam. The scenic area offers a variety of activities such as rafting and water sports, as well as boat tours for sightseeing. Local delicacies, such as fresh lake salmon, are also worth trying.

Address

No. 88, Yingbin Road, Dongjiang, Zixing City, Chenzhou City, Hunan Province 湖南省郴州市资兴市东江迎宾路88号

Recommended play time: 3-6 days

Opening Hours

08:10-17:30 (November 1st - April 19th of the following year, Monday-Sunday)

06:00-18:00 (April 20th - October 31st, Monday-Sunday)

Transportation

- By public transport: Take Zixing Bus Route 1, 2, 4, or 5 to Sanxiang Sishui Station, then walk to the scenic area.

- By car: There are three routes to Dongjiang Lake: you can take the Beijing-Hong Kong-Macau Expressway to the Chenzhou or Wulipai exit, or take the Xiamen-Rongcheng Expressway to the Rucheng Lingxiu exit and follow Hengling Highway to the scenic area.

Tips

- ☉ Best time to view the fog over Xiaodongjiang River: Mid-April to mid-October each year, in the mornings and evenings.

11 Huaminglou, Changsha 长沙花明楼



The Liu Shaoqi Memorial Hall opened on November 24, 1988. Covering an area of over 2,700 square meters, it is a Jiangnan-style garden building with a large collection of cultural relics and materials. It is a biographical museum that systematically introduces his life and achievements. In 2018, on the occasion of the 120th anniversary of his birth, it underwent a quality upgrade and re-exhibition, presenting his illustrious life, thoughts, and great achievements in a "biography plus special topics" format. It is now a national first-class museum, providing high-quality services such as smart guided tours.

Address

Huaminglou Scenic Area, Huaminglou Town, Ningxiang City, Changsha 长沙市宁乡市花明楼镇花明楼景区

Recommended play time: 3 hours

Opening Hours

Open all year round, Tuesday-Sunday 09:00-17:00; Closed all day Monday.

Transportation

- By car: The Liu Shaoqi Memorial Hall in Huaminglou is located on Xingfu Avenue in Huaminglou Town, Ningxiang County.

- By public transport: Take a bus from Changsha West Bus Station to Ningxiang, then take bus route 901 from Ningxiang East Bus Station (bus stop) to Huaminglou Scenic Area (bus stop). It is within walking distance.

12 Yandi Mausoleum, Zhuzhou 株洲炎帝陵



The Mausoleum of Emperor Yan, located in Yanling County, Zhuzhou, is the final resting place of Emperor Yan, Shennong. Ancient trees reach for the sky, and sacrificial activities have continued for millennia. The scenic area is distributed along a north-south central axis. The main hall, the Mausoleum of Emperor Yan, is a Qing Dynasty-style building, solemn and dignified, with a long history of sacrificial rites.

Address

Luyuanbei, Luyuan Town, Yanling County, Zhuzhou City
株洲市炎陵县鹿原镇鹿原陂

Recommended play time: 2 hours

Opening Hours

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

08:00-17:30 (January 1st - December 31st, Monday - Sunday)
January 1st - February 29th, Monday - Sunday)

Transportation

- By car: There are buses departing from Zhuzhou Central Bus Station to Yanling County every day from 7:10 to 17:00. The ticket price is about 70 yuan. After arriving in Yanling County, you can transfer to another bus to Yandi Mausoleum.

13 Dehang Grand Canyon 德夯大峡谷



Dehang Grand Canyon, located near Jishou City, is a limestone karst landscape renowned for its beauty. It features attractions such as Tianwen Terrace, Pangu Peak, and Liusha Waterfall, as well as the Aizhai Bridge and a scenic highway. Dehang Miao Village offers free daytime performances and paid evening shows; guests are advised to bring their own toiletries.

Address

Dehang Miao Village, Jishou City, Xiangxi Tujia and Miao Autonomous Prefecture, Hunan Province
湖南省湘西土家族苗族自治州吉首市德夯苗寨

Recommended play time: 3-6 days

Opening Hours

9:00-17:30

Transportation

- By car: There are direct buses from Jishou Railway Station to Dehang.

● By car:

① Changsha - G5513 - G56 - G209 - Jishou - Dehang.

② Zhangjiajie - S306 - S228 - G319 - G56 - G209 - Jishou - Dehang.



Junshan Island is an island in Dongting Lake, facing Yueyang Tower. It can be reached by boat or bus, and the island can be explored on foot or by sightseeing bus. The island is lush with greenery and has extensive wetlands. The eastern part is rich in historical sites, such as the Xiangfei Temple, the Tomb of the Two Consorts, and Liu Yi Well, all of which are associated with myths and legends. You can also enjoy tea and relax there.

Address

Dongting Lake, Liulinzhou Subdistrict, Junshan District, Yueyang City 岳阳市君山区柳林洲街道洞庭湖

Recommended play time: 3 hours

Opening Hours

08:30-17:30 (May 1st - September 30th, Monday-Sunday)

08:30-17:30 (October 1st - April 30th of the following year, Monday-Sunday)

Transportation

● By bus: Take bus route 15 from the train station or Yueyang Tower to Junshan Island Scenic Area, then walk from there.

● By boat: Take a ferry from Yueyang Tower; the round trip costs approximately 80 yuan.

Eating

Hunan, known as the "Land of Hibiscus," boasts unique charm in its cuisine and local customs. Hunan cuisine, one of the eight major culinary traditions of China, is characterized by its sour, spicy, and savory flavors. Classic dishes such as chopped chili fish head, stir-fried pork with chili, and cured pork are renowned throughout the country. Established restaurants like Huogongdian (Fire Palace) preserve the flavors of everyday life. In terms of folk customs, the Huagu Opera and Hunan embroidery have a long and rich history, while the Baishou Dance of the Miao villages in western Hunan and the Tujia New Year celebrations are uniquely charming. Dragon boat racing and the Double Ninth Festival climbing have been passed down for thousands of years. Ancient sites such as Yueyang Tower and the Mausoleum of Emperor Yan, set against the backdrop of mountains and rivers, showcase the profound and vibrant culture of Hunan.

◆ Spicy Steamed Fish Head 剁椒鱼头

Steamed fish head with chopped chili is a classic Hunan dish, made primarily with big-head carp head and steamed with chopped chili. It has a bright red color, is fresh, spicy, and flavorful, with a rich aroma.



◆ Changsha Stinky Tofu 长沙臭豆腐

Changsha stinky tofu is a signature snack of Changsha, made using a unique fermentation process. It has a crispy outer layer and a soft, tender interior, drizzled with a secret sauce and chopped chili peppers. It smells pungent but tastes delicious, with a tangy and spicy flavor that whets the appetite, making it a popular street food.



◆ Spicy Crayfish 麻辣小龙虾

Spicy crayfish is a popular choice in Hunan's late-night snack scene, made with fresh crayfish and spices such as chili peppers and Sichuan peppercorns. It boasts an enticing bright red color, firm and springy meat, and a delightful blend of spicy, numbing, and savory flavors, leaving a lingering and unforgettable taste with every bite.



◆ Sugar-coated Fried Rice Cake 糖油粑粑

Sugar-coated glutinous rice cakes are a classic street snack in Changsha. They are made by kneading glutinous rice flour into a dough, deep-frying it until golden brown, and then coating it with a thick sugar syrup. Crispy on the outside and chewy on the inside, sweet but not greasy, they are a local flavor that the people of old Changsha fondly remember.



◆ Mao's Braised Pork 毛氏红烧肉

Mao's Braised Pork Belly is a classic dish of Hunan cuisine. It is made by selecting pork belly with skin and simmering it in a sauce until thickened. It has an enticing reddish-brown color, and the meat is fatty but not greasy, tender and sweet. It is a delicacy that combines flavor and nostalgia.



◆ Steamed Assorted Preserved Meats 腊味合蒸

Steamed Assorted Cured Meats is a classic Hunan dish, featuring carefully selected cured pork, cured chicken, and cured fish steamed together. The dish boasts a rich and mellow aroma of cured meats, tender and juicy textures, and a savory flavor that perfectly showcases the unique taste of Hunan-style cured meats.



◆ Yongzhou Blood Duck 永州血鸭

Yongzhou Blood Duck is a famous specialty dish from southern Hunan, made by stir-frying local young ducks with duck blood and chili peppers. It has a bright reddish-brown color, firm and flavorful duck meat, and a fragrant and spicy aroma.



◆ Dong'an Chicken 东安鸡

Dong'an Chicken is a classic dish from southern Hunan, made by stir-frying tender young chicken with rice vinegar and chili peppers. It boasts a bright and appealing color, tender and smooth meat, and a harmonious blend of sour, spicy, and savory flavors, making it a representative Hunan dish that whets the appetite and goes well with rice.



◆ Stir-fried Pork with Chili 辣椒炒肉

Stir-fried pork with chili peppers is a popular Hunan home-style dish and a must-order signature dish in Hunan restaurants. It features carefully selected pork belly with skin, stir-fried with local green peppers. The pork belly is first rendered to release its fat and develop a caramelized aroma, then the green peppers are added and stir-fried quickly over high heat until just cooked through. Seasoning only requires simple soy sauce and salt to bring out the natural flavors of the ingredients. The finished dish is glossy, with a rich pork aroma, crisp green peppers, and a fresh, spicy, and appetizing taste.



◆ Grandma's Vegetables 外婆菜

Grandma's Pickles from Western Hunan is a specialty dish from Western Hunan, made by pickling and stir-frying dried radish, dried vegetables, and other ingredients. It is salty, fragrant, crisp, spicy, and appetizing, making it a traditional farmhouse delicacy to accompany rice or porridge.



Notes

Hospital

● Xiangya Hospital, Central South University 中南大学湘雅医院

Address: No. 87 Xiangya Road, Kaifu District, Changsha, Hunan Province, China

Tel: 0731-84328888

Website: [www.xy3yy.com.cn](http://www.xy3yy.com)

Opening hours: 24 hours

● The Second Xiangya Hospital of Central South University 中南大学湘雅二医院

Address: No. 139, Renmin Middle Road, Furong District, Changsha City, Hunan Province

Tel: 0731-85295888

Website: www.xy2yy.com

Opening hours: 24 hours

● Xiangya Third Hospital, Central South University 中南大学湘雅三医院

Address: No. 138, Tongzipo Road, Yuelu District, Changsha City, Hunan Province

Tel: 0731-88618888

Website: www.xy3yy.com

Opening hours: 24 hours

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Hunan Attractions Map

