

# Welcome to Hubei

Situated in the central part of China and the middle reaches of the Yangtze River, Hubei Province connects the south with the north, linking the eastern and the western regions. The provincial capital city, Wuhan, is located at the confluence of the Yangtze River and the Han River, the longest tributary of the Yangtze River. Wuhan was known as "the intersection of nine provinces" in ancient times and is now an important transportation hub of water, land and air in China. With a long history and splendid culture, Hubei is an important source of Chinese civilization, and is also the birthplace and prosperous area of Chu Culture. With its unique scenery, Hubei displays the magnificent style of famous mountains and great rivers and the charming vitality of "the province of a thousand lakes". Here, the world's most typical high mountain canyon, the Three Gorges of the Yangtze River and the most majestic hydroelectric dam have been built up, where the most mysterious and magical Shennongjia is also located .

Accompanied with the charm of "Great River, Great Lakes and Great Wuhan" in modern cities, it also has the folk customs of Tujia and Miao ethnic groups complementing each other with 800-li(400 kilometres) the beauty of Qingjiang Gallery scenic spot.

Not only was the Chinese ancestor Emperor Yan-Shennong born here, but the following famous predecessors were all born here. They are Qu Yuan, one of the world's four cultural celebrities, Wang Zhaojun, one of the four ancient Chinese beauties and Liu Xiu, the founding emperor of the Eastern Han Dynasty.

Here remain the great achievements of Chinese ancient buildings. They are the ancient building group in Wudang Mountain with the mysterious and ethereal Wudang martial arts, and the reconstruction of the Yellow Crane Tower, the representative works of the Chinese pavilion tower,.

Here is the most important battlefield during the Three Kingdoms, and it echoes the beautiful melody played by the chime-bells which were made more than two thousand years ago.

Here, people can enjoy the romantic cherry blossoms in Wuhan University in early spring, experience the passionate drift of Dabie Mountains in midsummer, wander the ginkgo valley of Dahong Mountains in late autumn, and ski on the snow and ice of Shennongjia in midwinter.

Everywhere is marvelous in Hubei. The hospitable people here are looking forward to your arrival!

## P01 Prologue · Welcome to Hubei



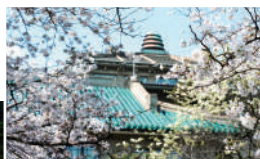
Nightscape at the confluence of the Yangtze and Hanjiang Rivers in Wuhan (Photo by He Xiaobai)

## CONTENTS

### P04 Colorful Hubei

P06 Spring and Autumn Memories

P20 Day and Night Attractions



Cherry blossoms in Wuhan University  
(Photo by Xu Zhiqiang)



Wudang Tai Chi (Photo by Ying Wen)

### P28 Wonderful Mountains and Waters

- P30 Yellow Crane Tower Park
- P31 East Lake Scenic Area
- P32 Huangpi Mulan Culture Ecological Tourism Zone
- P33 Three Gorges Dam—Qu Yuan's Hometown Tourist Area
- P34 Tribe of the Three Gorges Scenic Area
- P35 Changyang Qingjiang Gallery Scenic Area
- P36 Enshi Grand Canyon
- P37 Shennong Stream Tracker Culture Tourist Attraction
- P38 Wudang Mountain Scenic Area
- P39 Shennongjia Ecotourism Area
- P40 Chibi Ancient Battlefield of the Three Kingdoms
- P41 Longzhong Scenic Spot

### P42 A Journey in Hubei

#### P44 Themed Tourism Brands

- P44 The Yangtze River Culture
- P46 World Cultural Heritage
- P48 Culture of the Three Kingdoms
- P49 Romantic Chu Culture
- P50 Tujia and Miao Ethnic Culture
- P52 Mysterious Shennongjia
- P53 Culture of Ancestor Emperor Yan
- P54 Health and Regimen Culture

#### P94 Recommended Travel Routes

- P96 A Tour to Wuhan Metropolitan Area
- P97 A Tour to the Three Gorges of the Yangtze River
- P98 A Tour to Wudang Mountain
- P99 A Tour to Shennongjia
- P100 A Tour of the Three Kingdoms Culture
- P101 A Tour of Tujia Ethnic Culture
- P102 A Tour of Chu Culture
- P103 A Tour to the Hometown of Emperor Yan

#### P56 Selected Tourist Destinations

- P58 Wuhan: A City with New Fashion and Old Streets
- P64 Yichang: Deep Within the Three Gorges Are Residences
- P70 Xiangyang: Hidden in the Most Beautiful Tang Poetry
- P76 Shiyan: A Chance Encounter with the Beautiful Waters at Fairy Mountains
- P82 Jingzhou: Threading Between Antiquity and Reality
- P88 Enshi: Walking Through the Mysterious "Tusi Dynasty"

### P104 A Taste of Hubei

#### P106 Basic Information of The Province

#### P110 Delicacies

#### P116 Souvenirs

Cover Photo: Zheng Kun



An aerial photograph of a small, irregularly shaped island in the middle of a large body of water. The island is covered in green grass and various trees, some with pink blossoms. A winding path leads from the mainland to the island. In the center of the island is a large, octagonal pavilion with a green roof. A small boat is visible on the water to the left of the island, leaving a white wake.

## CHAPTER ONE

# Colorful Hubei

As the saying goes “Seeing is believing.” Take a journey through the four seasons of Hubei’s hot spots. Experience their splendor and beauty in the rain, snow, wind and shine. Put the most popular scenic areas of the province in you under your belt as you make your way through a veritable montage of spectacle, and fall in love with the style and flavor of the Jingchu culture you encounter for the first time.

### Spring and Autumn Memories

A different surprise awaits you each time you travel in Hubei.

### Day and Night Attractions

The absolute beauty of vistas in shadows and light shooting across the mountains and waters of Hubei.

### Wonderful Mountains and Waters

A Glimpse at Hubei’s 12 National 5A Scenic Areas.



## Spring and Autumn Memories

The four seasons of Hubei are tinted with different colors and emotions. The joys and felicitations of the Lunar New Year, the buds and blossoms of spring, the freshness and greenery of summer, the golds and yellows of autumn and the glistening whites of winter. A different surprise awaits you no matter in which season you visit Hubei.



Wild wintersweet in Baokang County (Photo by Wang Bo)



Cherry blossoms in Wuhan University (Photo by Li Kang)



## January to February

Soon after New Year's Day, Hubei enters the coldest season. The colder it is, the later in the year as it turns to spring. During this season, the locals make it a point to enjoy the beauty of the plum blossoms, to ski and to bathe in hot springs. The Chinese people look forward to their reunion with family as the Spring Festival draws near.

### New Year's Eve Countdown

As the New Year is rung in and the old year fades to memory, lovers hug and greet the New Year's bell with a countdown of 5, 4, 3, 2, 1. Just at that moment, the "Yangtze River Light Show" in Wuhan showers its two rivers and four shores with a dazzling light show, letting its residents and visitors alike enjoy themselves so much that they don't want to leave.



Dragon lantern dance during the Spring Festival (Photo by Zhang Faxi)



Mountain skiing in Shennongjia (Photo by Shi Jianwen)

### The Perfect Season to Enjoy the Wintersweet

Wild Wintersweet has survived as a "living fossil" in the plum park in Baokang County, Xiangyang from the Quaternary glacier. So, the locals regard appreciating the beauty of the flower as a noble pursuit worthy of the intellectuals. As the "Wuhan Plum Blossom Festival" is held annually during the period of the Chinese New Year, the residents meet at the East Lake to enjoy the flowers on a spring outing.

### Skiing the Snows and Soaking in the Hot Springs

The ski resorts in Shennongjia, Jiugong Mountain in Xianning, Bailihuang in Yichang and Taohuachong in Huanggang are waiting for you, if you have a yearning for the sport of skiing. If you love hot springs, go bathe in Xianning. There is a wealth of famous hot springs there. After warming your body, you can satisfy your stomach by having a bowl of chicken soup at Heshengqiao Town near Wuhan.

### Watching the Lanterns and Molten Iron Fireworks

During the Chinese New Year, it is a custom for people in many places of Hubei to watch the beautiful lanterns, attend the temple fairs, puzzle over lantern riddles, and view the dragon dances and lion dances. Fire dragon dance, the folk stunt, is performed in many places over the city of Shiyang. These vigorous and powerful dances express people's good-luck wishes for the coming year.



The Strawberry Music Festival in Wuhan (Photo by Zhou Hui)

## March to April

The Jiangnan Plain flaunts a scene of pastoral splendor: canola flowers, peach blossoms, plum blossoms, all in full bloom whispering to the residents and visitors like sirens whose sweet song drifts through the air, enrapturing them with the fragrant warmth of the young spring. Meanwhile, in April, the Wuhan Marathon captivates millions of spectators.

### Wuhan Marathon

Hailed as “China’s most beautiful track,” the Wuhan Marathon track spans across two rivers—the Yangtze and the Hanjiang Rivers—passing by five lakes, namely the Moon, Lotus, Shahu, Fruit and East Lakes. Every area along the track exudes a pictorial allure.

### Strawberry Music Festival

The Wuhan Strawberry Music Festival is a veritable carnival of revelry among independent musicians, turning the music scene in Wuhan explosive.

### Wuhan Cherry Blossom Festival

March in Wuhan is beautiful and romantic. For both residents and visitors alike, the hottest thing to do in spring is enjoying the cherry blossoms on the campus of Wuhan University and in the cherry blossom garden of the East Lake Scenic Area.

### Canolas and Azaleas

In “China’s agricultural valley,” the city of Jingmen in Hubei, hundreds of square kilometers of shimmering golden canola blossoms amaze visitors. In Guifeng Mountain in the city of Macheng, Hubei, a sea of enrapturing azaleas, covering an area of about ten square kilometers, sway gently in the breeze like rosy clouds floating in the sunset.

### Leaf Mustard Cakes in Huangmei

The residents in Huangmei County and its neighboring regions make leaf mustard cakes on the third day of lunar March.

The locals believe that eating these cakes can prevent disease and bring them well-being by using them in prayer, and to commemorate Daoxin, the Fourth Zen Patriarch.

### Wudang Temple Fair

Going for a spring hike, mountain climbing and attending a temple fair in the Wudang Mountain comprise the traditional folk customs on the third day of lunar March each year. Devout Taoist followers celebrate them with the greatest attention to rites and rituals and with grand and sweeping ceremony.

### Zhongxiang Blessing Festival

With highest hopes in their hearts, the residents in Zhongxiang may go to the Xianling Mausoleum and Yuanyou Palace constructed in the Ming Dynasty (1368–1644), and pray for peace, happiness and prosperity in the coming new year.



Guifeng Mountain Sea of Azalea Flowers in Macheng (Photo by Zhou Zhong)



## May to June

As the weather gets warm, barbecue comes to the forefront in the world of Wuhan's late-night meal traditions. During the Dragon Boat Festival, the traditional Chinese customs include making Chinese tamales called Zongzi, hanging mugwort and racing dragon boats, customs which have been passed down for over 1000 years. The festive air becomes more strongly palpable in Zigui County, where the famous ancient poet Qu Yuan (340 BC–278 BC) was born. The dragon boat races are all the more fiercely competitive there.

### The Great Dragon Boat Festival

Among the three Dragon Boat Festivals, namely the First, the Great, and the Final Dragon Boat Festivals, the Great Dragon Boat Festival is celebrated in Zigui County on May 15th of the lunar calendar. The locals commemorate Qu Yuan, the great poet, in their unique way by dragon boat races, making Chinese tamales, and swimming across the river to commemorate the spirits of the dead.



A dragon boat race in Zigui (Photo by Zheng Jiayu)

### Eating Crayfish in Qianjiang

As it turns warmer, crayfish dishes take center stage as signature dishes in both the restaurants and the food stalls in Qianjiang City. Every June the city holds the Crayfish Festival, where you may savor dishes like braised crayfish, curried crayfish, steamed crayfish or garlic-fried crayfish.

### The Season of Mugwort Harvest in Qichun

Qichun County, Hubei is renowned for its hometown hero, Li Shizhen (1518–1593) the medical sage. It has a kind of herb known as Chinese mugwort, or Qi' ai in Chinese.



Mugwort being hung during the Dragon Boat Festival (Photo by Zheng Jiayu)

This herb is much more fragrant than the ordinary mugwort, and is endowed with a much more powerful curative effect. During and after the Dragon Boat Festival in China is prime time for the local people to harvest Chinese mugwort and reap its many benefits.

### Seeking for Roots and Paying Homage to the Primogenitor in Suizhou

During and after April 26th of the lunar calendar, the “World Chinese Root Seeking Festival” is celebrated in Shennong's hometown—Suizhou City, Hubei. During the course of this festival, the Chinese people gather here from all over the world and pay homage to Shennong, the Emperor Yan and primogenitor of the Chinese people.



"Cooling Jump into the East Lake" is a summertime fest for the youth (Photo by Huang Wenrui)

## July to August

In midsummer, the weather turns hotter. But if you are in Shennongjia, the Wudang Mountain, Lichuan, Tiantangzhai in Luotian, or the Jiugong Mountain in Tongshan, pleasant, crisp breezes there will help cool and your body and improve your mood. As people suffer from oppressive heat in the cities, in these mountainous areas people can cool off in invigorating repose. The climactic difference between the city and the wilderness is self-evident.

## River Crossing Festival

"River Crossing" is called "playing with water" by the Wuhan locals. On July 16th every year, men and women, old and young, form teams to make Yangtze River crossings through wind and waves.

## Enjoying Lotus Flowers

Getting deeper into summer, vast pools of the new leaves of the lotus stretch far off into the horizon. Exquisite locations are many, such as the Lantian Ecotourism Area in Honghu, Futou Lake in Jiayu and Red Lotus Lake in Ezhou, Moshan Lotus Garden at the Wuhan East Lake Scenic Area, and Shahu Park in Wuhan, where the magnificence of the lotus may be enjoyed at one's leisure.

## Rafting

As the dog days of summer grow increasingly torrid, a raft excursion under the cooling river spray becomes a necessity. With the abundance of rivers in Hubei, rafting activities in places like Huanggang, Xianning, Yichang, Badong and Suizhou are popular and thrilling.

## Finding Summer Resorts in western Hubei

Due to the abundance of vegetation, the high altitude and the cooler climate, places like Shennongjia in western Hubei, Sumadang in Lichuan and Mount Wudang in Shiyan have literally become resorts to beat the heat.

## Qixi Festival in Yunxi

On the night of July 7th of the lunar calendar,

the eve of the Double Seventh Festival, young men and women in Yunxi County, Shiyan place fruit on tables and pray to the moon for their felicitous love and blissful marriage. They make their wishes by floating water lanterns on the river.

## Releasing flood waters at Three Gorges Dam

flood season of the Yangtze River draws near, deeply constructed outlets for flood discharge on the Three Gorges Dam open wide, giving rise to a spectacular scene.

## Cooling Jump into the East Lake

High temperature and intense heat notwithstanding, the Wuhan locals show their deep love for their city by taking a refreshing dip into the East Lake.



Honghu Ecotourism Scenic Area (Photo by Wang Xin)



## September to October

The autumn sky is clear and the air is crisp. A lot of exciting and wonderful activities have injected new vitality into Hubei. The one-million sweet-scented Osmanthus flowers are in full bloom, their delicate bouquet filling the air with its spice. Upon approaching the flowers, each breath will tickle your nose with an olfactory delight.

### Wuhan International Acrobatic Art Festival

In more than 20 years, the Wuhan International Acrobatic Art Festival has been hailed as one of the most influential festivals in the world. It has enjoyed equal popularity as three others: The Monte Carlo International Circus Festival in Monaco, World Festival of the Circus of Tomorrow in Paris, France, and China Wujiao International Circus Festival.

The Aviclub Flight Carnival in Jingmen (Photo by Chen Feng)



Rain of Osmanthus petals in Xianning(Photo by Zhang Dale)

### Wuhan International Horse Racing Festival

The participation of the worlds' top riders in horse racing and equestrian events energizes the city of Wuhan.

### The Wuhan Open

The Wuhan Open, one of the three top tennis tournaments in China, is held in the end of September each year.

### Liangzi Lake Fishing Festival

Fishermen hold a grand fishing festival by the Liangzi Lake in the city of Ezhou on the last day of the fishing off season.

### Sweet Osmanthus in Xianning

During the blossoming season, visitors are welcomed to the city of Xianning that is brimming with sweet-scented Osmanthus. The most famous spot for enjoying the flowers is located in Guihua Town in Xian' an District.

### Qintai Music Festival

The Qintai Music Festival in Wuhan, held each October, now has become a world-class international music festival. And there are all kinds of performances and art activities that take place during the festival.





Under a ginkgo tree (Photo by Li Wenjun)

### Ginkgo Season

In late autumn, the maidenhair trees turn golden yellow. The resplendent adornment of these ancient trees makes the place like a fairyland. Their leaves scatter in the Ginkgo Valley at Luoyang Town in Suizhou City, in the Dahong Mountain Scenic Area, and at Qianchong Ancient Ginkgo Forest Park in the city of Anlu.

### Autumn Leaves at the Three Gorges

November and December is prime time to take in the autumn colors at the Three Gorges, where you can walk along the ancient plank road, and pick the navel oranges in Zigui.

### Autumn Scenery in the Dabie Mountains

In late autumn, the richly pigmented groves on the Dabie Mountains are alive with color. After penetrating into the deep recesses of the woodlands one can pick persimmons and dig up sweet potatoes by the wayside. Later, a trip back to nature in Luotian County, Dawu County and the city of Macheng to view the bright golds, crimsons and oranges of the fall colors will leave you breathless.

### November to December

Autumn in Hubei is like heaven. But what do fall colors look like on earth? Gold? Red? Actually, there is a whole host of dazzling colors just waiting to be seen in Hubei apart from the brilliant yellow of the Maidenhair trees and fiery red leaves on other trees.



Red leaves floating on the water in Luotian (Photo by Hua Ren)



## Day and Night Attractions

Hubei has a distinctive look and character. The awe-inspiring juxtapositions between day and night, and the jaw-dropping beauty of shadows and light playing over scenes of nature can often make a person feel small in comparison. The incarnadine sun peeking its face out from the Baodao Peak in Luotian, the iridescent clouds surging and flowing over the Three Gorges, the incandescent sunset glowing over the Honghu Lake, and the refulgent lamp lights along the banks of the Yangtze River in Wuhan, draw visitors to Hubei like moths to a flame. We invite you to check out the following pictures and follow us at “24-hour Hubei” to gain a bit of insight into the brilliance of Jingchu history and culture.



Sea of clouds over the Wu Gorge in Badong (Photo by Wu Yihong)



The banks at the Yangtze River in Wuhan ablaze with lights (Photos by Zhou Hui)



## Sunrise



One Incense Pillar, iconic landscape of the Enshi Grand Canyon (Photo by Chen Nianshu)



Sunrise at the Wudang Mountain (Photo by Guo Lianhua)



Sunrise in Bodao Peak (Courtesy of Luotian County Culture and Tourism Bureau)



## Light and Shadow



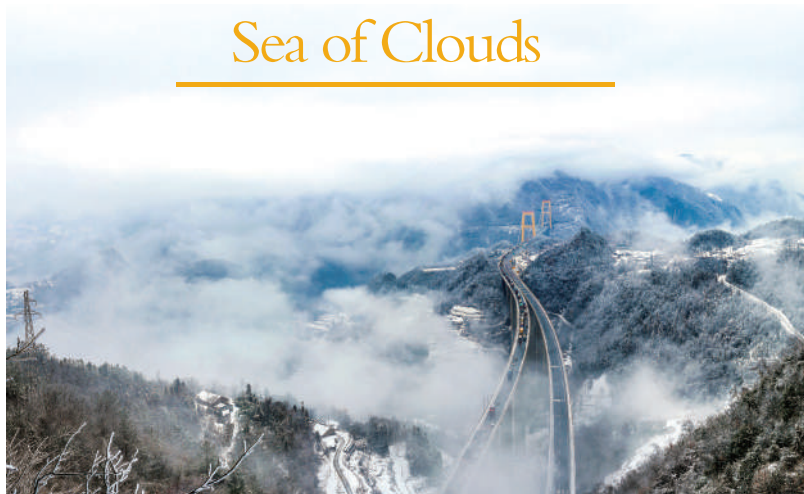
Colorful waterfall over the Xiangshui River, Nanzhang County (Photo by Zhao Liqun)

\*Camping by starlight in Jianshi County, Enshi (Photo by Zhu Pei)





## Sea of Clouds



Sidu River Bridge in Badong County, Enshi (Photo by Wu Yihong)



Sunshine Peaking Through the Rain in the Jingmen Botanical Garden (Photo by Wang Liying)



Prince Mountain Pass in Shennongjia (Photo by Chen Jinwu)





Glass Skywalk over Fairy Island Lake (Photo by Yuan Ping)



The "Eye on East Lake" Ferris Wheel (Photo by Qiao Hui)

The pastoral countryside, the placid waters and lakes of Hubei; its flatlands and hillsides, and its towering peaks and lofty ridges. With its long history and profound cultural background, and renowned as the birthplace of the revered poet Qu Yuan and the famous beauty Wang Zhaojun, the province has shown its own charm and grace. It has hundreds of tourist attractions above national A level and 12 National 5A tourist attractions, which inspire in the tourist an even greater longing for poetry and romantic faraway locales.

## Wonderful Mountains and Waters





## 01 Yellow Crane Tower Park

Yellow Crane Tower Park (Photo by Wang Changqing)

Perched atop the Snake Mountain in Wuchang District of Wuhan, the Yellow Crane Tower lifts its crest into the sky, overlooking on the Yangtze River with great magnificence and grand splendor. Lauded as the gold-standard of China's classical architecture, it has been a landmark in Wuhan and a superlative scenic spot since the ancient times. The tower has five floors with a spire on top and multi-leveled cornices. From each corner of the tower, you will be satisfied with the view of the park. Other buildings like White Cloud Pavilion, Shengxiang Pagoda, the stele passageway, and the mountain gate are good supplements to the great tower in the park.

## 02 East Lake Scenic Area

Hailed as the world-class “green heart” of Wuhan, the famous East Lake Scenic Area is nestled in the urban center with a total area of 81.68 square kilometers. It is one of China's largest lakes in any urban area, with a total water area of 33 square kilometers. The whole scenic area is composed of five parts: Tingtao, Mo Hill, Luoyan, Chuidi and Hubei Provincial Museum. With a greenway of 101.98 kilometers, the East Lake Scenic Area has become all the more picturesque and ecologically rich.

The East Lake Greenway (Photo by Lao Bai)



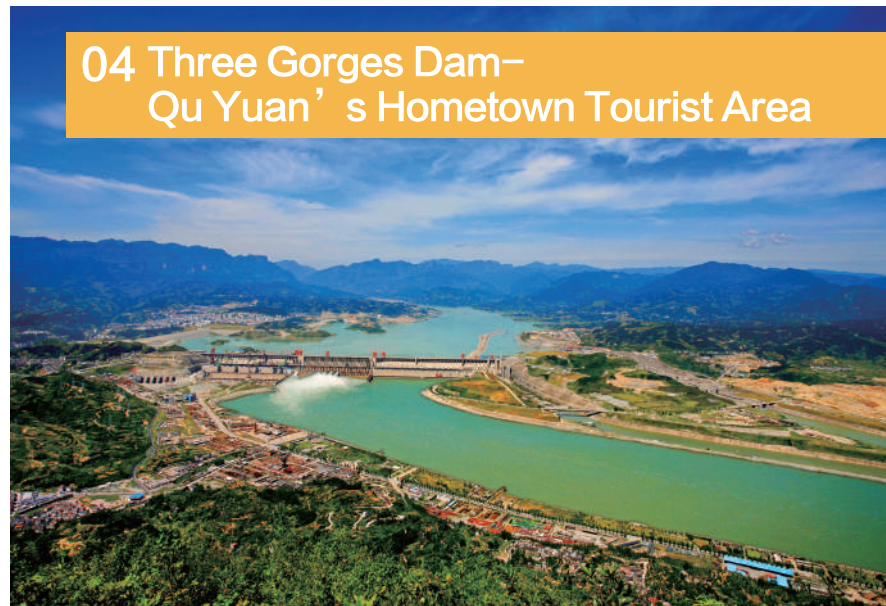


### 03 Huangpi Mulan Culture Ecological Tourism Zone

Mulan Prairie (Courtesy of Huangpi Mulan Cultural and Ecological Tourism Office)

Located in Huangpi District of Wuhan, the Huangpi Mulan Cultural and Ecological Tourism Area is made up of four parts—Mulan Prairie, Mulan Hill, Mulan Tianchi (Heaven Lake) and Mulan Yunwu Mountain, featuring the cultural motif of the ancient Chinese heroine Hua Mulan. With an abundance of fresh air, green hills and clear water, it is the back garden for the Wuhan locals to relax and enjoy their holidays. The “Four Destinations” tour bus can take you to any of the four spots, as the Huangpi Tourist Distributing Center has opened its fast and convenient special bus lines.

### 04 Three Gorges Dam—Qu Yuan’s Hometown Tourist Area



Three Gorges Dam (Photo by Fu Jianjun)

The Three Gorges Dam is currently the world’s largest hydroelectric dam, located in the middle part of the Xiling Gorge in Hubei’s Yichang City. The Dam’s scenic area puts the engineering and hydraulic prowess on full display, organically combining modern engineering with the natural and cultural landscapes.

The Cultural Tourist Area of Qu Yuan’s Hometown lies in Zigui County of Yichang, Hubei. Its main scenic area is the Qu Yuan Temple opposite to the Three Gorges Dam. The tourist area is composed of the mountain gate, the stele passageway, the front hall, the dance hall, the main hall and the tomb of Qu Yuan.



Qu Yuan Memorial Temple in Zigui (Photo by Wang Gang)





## 05 Tribe of the Three Gorges Scenic Area

Tribe of the Three Gorges Scenic Area (Photo by Wang Weidong)

Located in the Xiling Gorge section, between the Three Gorges Dam and Gezhou Dam in Yichang City, Hubei, the scenic area covers 14 square kilometers. Famous for its “turbulent meanders, rare stones, tranquil valleys, unique caves and clear springs,” the area is divided into seven parts: the Dragon into the Creek, the Fourth Spring Under Heaven, the Lamp Shadow Cave, the Stone Tablet, the Stone Tablet Ancient Town, the Tribe of the Three Gorges, and Anti-Japanese War Memorial Hall.

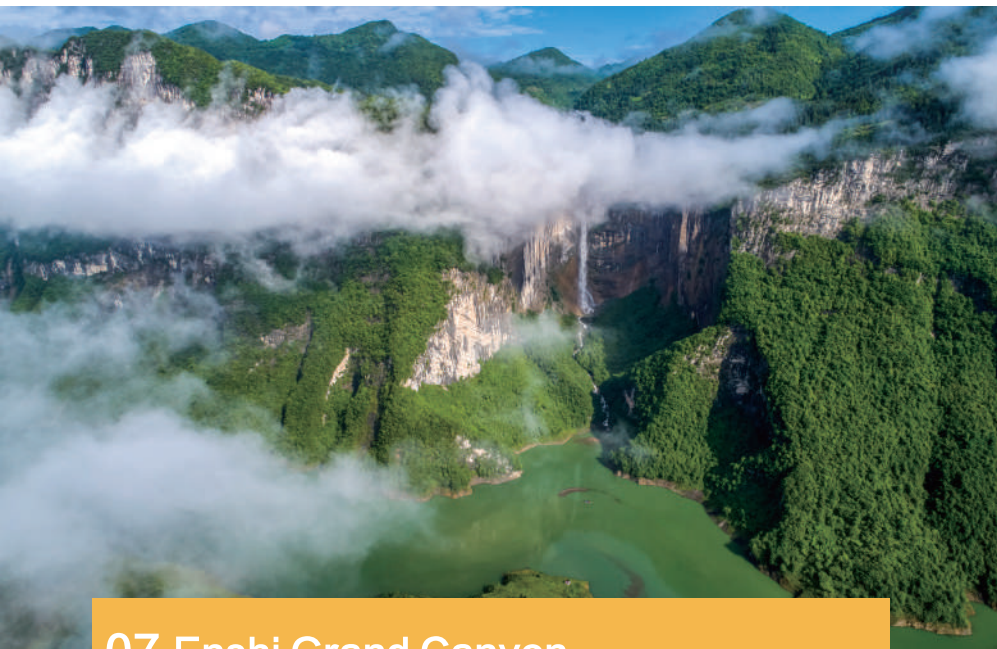
## 06 Changyang Qingjiang Gallery Scenic Area



Qingjiang Gallery (Photo by Wang Shuangyue)

The Qingjiang Gallery Scenic Area is one of the most beautiful sections of the 400-kilometer Qiangjiang River, located in Changyang County of Yichang, Hubei. It is formed by the building of the hydraulic dam and stretches from the Geheyuan Dam to the Shuibuya Salty Spring along the Qingjiang River. Thanks to its green mountains and hills and clear water, the area is highly reputed as a “Landscape Gallery.” The main scenic spots include the Inverted Image Gorge, Fairy Village, and Wuluozhongli Hill.





## 07 Enshi Grand Canyon

Cliff-side Waterfall (Photo by Wen Lin)



Guest-greeting Pines in the Rosy Clouds (Photo by Chen Nianshu)

The Enshi Grand Canyon Scenic Area located in Enshi, Hubei is a natural museum, the only one in the world which features a geo-fracture, karst ravine and rock columns in a polygenetic karst landform. Its Yunlong (cloud-dragon) Crevice is considered to be “the most beautiful scar on the planet.” Its iconic landscape, One Incense Pillar, has recently been chosen by foreign media as one of the 40 most beautiful attractions in China.



## 08 Shennong Stream Tracker Culture Tourist Attraction

Parrot Gorge of Shennong Stream (Photo by Wu Yihong)

Originated from the southern foothills of Shennongjia, the Shennong Stream converges into the Yangtze River at the mouth of the Wu Gorge of the Three Gorges. With a length of 60 kilometers, it is made up of the four natural sections including the Longchang, Yingwu (Parrot), Mianzhu, and Shennong Gorges. The peaks on the riverbanks are odd and harsh with numerous sheer cliffs, waterfalls, hanging coffins and macaques. Shennong Stream is considered the only stream that preserves the “remnants of the barge haulers at the Yangtze River and the Three Gorges.”

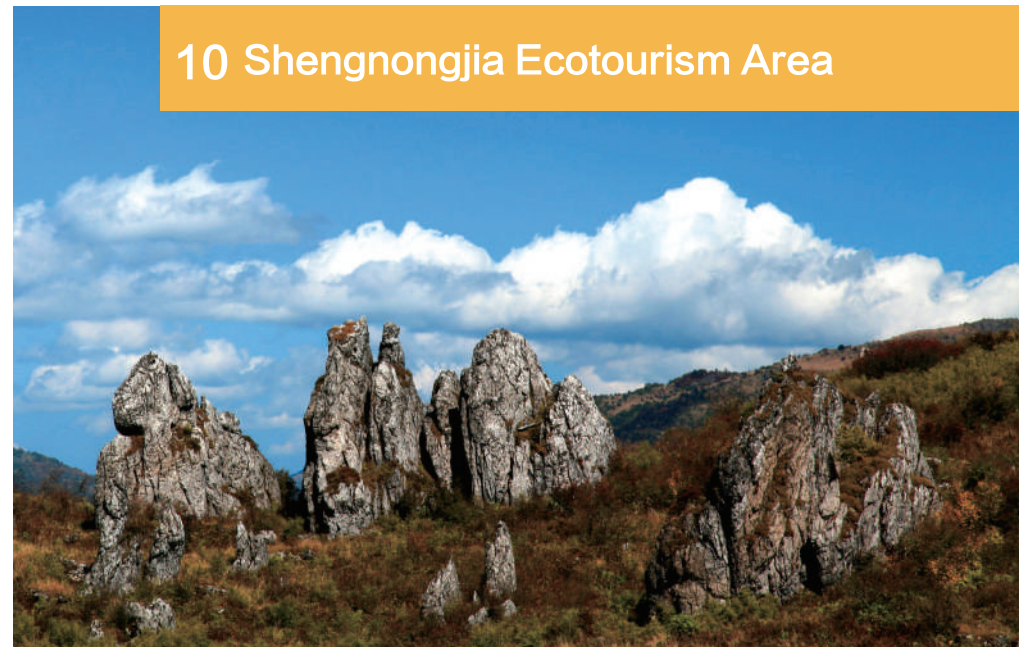




## 09 Wudang Mountain Scenic Area

Summer Charm of the Wudang Mountain (Photo by Zhao Guangliang)

Located in the city of Shiyan in northwestern Hubei Province, the Wudang Mountain Scenic Area is a famous Taoist holy land in China, and an important destination for religious pilgrimages. Covering an area of 312 square kilometers, the grand and jaw-dropping Wudang Mountain are reputed as “a place of most unparalleled beauty and the holiest mountains in China.” The ancient structures located in Wudang are listed as World Cultural Heritage sites, and the Wudang Martial Arts are included as part of China’s intangible cultural heritage. There are six main attractions: Golden Summit Scenic Spot, Purple Heaven Scenic Spot, Wulong Scenic Spot, Nanyan (South Rock) Scenic Spot, Taizipo (Prince Slope) Scenic Spot and Laoying Scenic Spot.



Stone Forest at Banbi Rock in Shennongjia Forest District (Courtesy of Shennongjia Forest District Culture and Tourism Bureau)

Located in western Hubei Province, Shennongjia Forestry District, comprised by a range of towering mountains, is generally thought to have been named after Shennong, the Emperor Yan who first raised a ladder to pick up the medicinal herbs there. With an elevation of 3106 meters (about 10190 feet), the tallest peak, Shennongding, is regarded as “the Roof of Central China.” The area reserves the most integrated natural ecology in the mid-latitude region, and is highly celebrated for its ancient virgin forests, mysterious legendary “wild men” and strange albino animals.



Dreamy Dajiu Lake (Photo by Ran Chao)



## 11 Chibi Ancient Battlefield of the Three Kingdoms



Wind and Cloud at Red Cliff (Photo by Xu Hanyang)

Situated in the city of Chibi, the Three-Kingdom Red Cliff Battlefield Scenic Area is the best-preserved among fields of the seven major battles between David and Goliath in ancient China, those “defeating the many with the few and winning from a position of weakness.” The major scenic spots at Chibi have cliff carvings, the statue of General Zhou Yu (175–210), Baifeng (literally “worship the wind”) Terrace, Fengchu (or Young Phoenix, the nickname of Pang Tong (179–214), an adviser to the warlord Liu Bei) Temple, Yijiang (Wing and River) Pavilion, the Battle of Red Cliff Exhibition Hall, Red Cliff Stele Corridor, Millennium Ginkgo Trees and the Sculpture Garden of the Three Kingdoms.



## 12 Longzhong Scenic Spot

Snowscape of the Memorial Gate at Ancient Longzhong Scenic Area (Photo by Wei Dongling)

The Ancient Longzhong in Xiangyang was the residence of Zhuge Liang (181–234), a celebrated statesman and strategist who also served as prime minister of the Kingdom of Shu in the period of the Three Kingdoms (220–265). In this place where Zhuge Liang once farmed, Liu Bei, the warlord who later became the founding emperor of Shu, visited Zhuge at his thatched cottage three times in person to invite him to join and assist Liu. At Liu’s third visit, Zhuge presented the universally acclaimed “Longzhong Plan,” which formed the basis for the Shu Han State to come into existence. The entire Ancient Longzhong Scenic Area covers an area of 23 square kilometers, consisting of four major spots including the Ancient Longzhong, Guangde Temple, Thatched Cottage Theater and Botanical Garden. The large-scale stage play—The Thatched Cottage: Zhuge Liang is performed at the massive Thatched Cottage Theater.



## CHAPTER TWO

# A Journey in Hubei

Overflowing with marvelous mountains and remarkable rivers to see, Hubei also has an inexhaustible reservoir of ancient antiquities and historic sites. Thus, a journey in Hubei is a chance to embrace nature and experience history.

### Themed Tourism Brands

Eight themed tourism brands help you learn about the themes, features and highlights of Hubei travels.

### Selected Tourist Destinations

A hands-on guide to “Food, lodging, transportation, tours, purchases and entertainment”.

### Recommended Travel Routes

Eight tourist routes for your trip to the mountains and across the rivers in Hubei.



the Zhiyin cruise ship in Wuhan (Photo by Zhang Bin)



## Themed Tourism Brands

01

The Yangtze River  
Culture

Hubei lies in the middle range of the Yangtze River. Wuhan, the provincial capital is located at the confluence of the Yangtze River and its largest tributary, the Hanjiang River. The Yangtze runs through the provincial area at a length of 1061 kilometers. Since ancient times, the boats have gathered on the waters of the Yangtze River and now Yangtze tourism is becoming popular. You may go to the Yangtze River Bridge in Wuhan to view the Yellow Crane Tower, or take a trip back in time on the Zhiyin (Bosom Friend) cruise ship. You may enter into Hubu Lane to taste the local specialties, and to view the “Three Towns of Wuhan” at the confluence of the Yangtze and Hanjiang Rivers, and to feel the charm of the metropolitan city of Wuhan.

The Three Gorges area by the Yangtze River is known as a “Landscape Gallery of Mountains and Rivers.” Its stately peaks pierced by an arrow of azure waters is the ultimate paragon of grandeur in the world, which offers the Three Gorges a breathtaking view.



The Shennong Stream Burlaks (Photos by Qi Jianhua)



Six Bridges Over the Yangtze River (Photo by Chen Zhuo)

Besides the natural scenery, one can find marvels nearly everywhere here. The Three Gorges Dam is regarded as the largest power station in the world. The Tribe of the Three Gorges Scenic Area displays exotic customs of the locality. The Shennong Stream preserves, in its wonderful mountains and waters, the barge hauler culture with a history of thousands of years.





Xianling Mausoleum of the Ming Dynasty in Zhongxiang (Photo by Huang Shaoqing)



Site of Tangya Tusi Domain in Xianfeng County  
(Photo by Wen Lin)

In Hubei, there are three sites listed as World Cultural Heritage: the Wudang Mountain in Shiyan, the Xianling Mausoleum of the Ming Dynasty (1368–1644) in Zhongxiang, and the Site of Tangya Tusi Domain in Xianfeng County, Enshi.

The ancient building complex in the Wudang Mountain embodies the architectural achievements brought about from the Yuan (1271–1368), the Ming and the Qing (1636–1912) Dynasties. Wudang Kung Fu is the quintessential Chinese Martial Art.

The grand architecture of the Xianling Mausoleum is peculiar. The abundance of ancient Chinese Feng Shui wisdom it carries makes it stunning amongst all royal mausoleums in the Chinese history.

The Site of Tangya Tusi Domain is the best-preserved with the most distinct structure, up to now, amongst all Tusi (literally “Aboriginal Office”) sites found in ethnic regions in Hunan, Hubei, Sichuan and Guizhou Provinces in China.

Other important historic sites, such as the Mining and Metallurgy Complex in Huangshi, Panlongcheng, a city-site that dates from the early Shang Dynasty (approx. 1600 BC–1046 BC), and the old tea industry sites on the Ten-Thousand-Li Tea Route also tell the long history and rich culture in Hubei Province.



# 03

## Culture of the Three Kingdoms

Hubei, a province featuring vast, fertile land and a large quantity of natural resources, has been a hotly contested spot for military strategists since the ancient times. In the 120 chapters of Romance of the Three Kingdoms, a 14th-century historical novel known as one of the Four Great Classical Novels of Chinese literature, more than 70 chapters took place in this province. 181 relics related to the Three Kingdoms have been found in Hubei, including the Ancient Longzhong in Xiangyang, Ancient Jingzhou City, the Red Cliff Battlefield, the Tomb of General Guan Yu (160 – 220) in Dangyang, and the Wu Kingdom Capital in Ezhou.

The story of the three visits that Liu Bei (161–223) made to the thatched cottage of Zhuge Liang (181–234) to solicit his help occurred in the Ancient Longzhong in Xiangyang, Hubei. Depicted in the story of “Guan Yu carelessly losing Jingzhou,” the city of Jingzhou has well-protected ancient city walls, equally as famous as the other three ancient city walls of Xi’ an in Shaanxi Province, Xingcheng in Liaoning Province and Pingyao in Shanxi Province.

With the two characters of “Red Cliff” carved on the precipice in the ancient battlefield in Chibi, Xianning is a place to feel the glamour of cold-steel weapons from the Three Kingdoms Period.



Passing Through Ancient Jingzhou City (Photo by Zhao Guangliang)

# 04

## Romantic Chu Culture



Chime Bell Dance (Photo by Li Xingjie)

Hubei is the birthplace of the Chu culture and the place where it has thrived. With an extended history of 800 years, the Chu State (1030 BC–223 BC) produced plenty of brilliant achievements of human civilization. The unparalleled bronze ware casting technology, the extraordinary lacquer arts, the amazing silk embroidery craftsmanship, and the artistic music with numerous modes and movements, are all treasures of the Chinese culture.

Visitors can appreciate the chime bell (unearthed from the Tomb of Marquis Yi of the Zeng State in Suizhou) music and dance performance in Hubei Provincial Museum and watch the Chu palace dance performance in Jingzhou Museum.

The site of Chu State capital is now located in the Jinan Cultural Tourism Area in Jingzhou. For more than 400 years, 20 kings emerged and ascended the throne in Jinan, influencing almost half of the ancient China when they declared it the center of their kingdom. Zhanghuatai, the provisional palace for the King of the Chu State which was built by the entire population of the kingdom over a number of years, represents the epitome of Chu palace and terrace construction.



Ehou Fanglei, a wine vessel of the lord of E State exhibited in Suizhou Museum





Tujia bride (Photo by Wang Feng)



Yumu Village in Lichuan



Tujia folk dance "roulianxiang" (Photo by Wen Lin)

The Qingjiang River snaking from southwestern Hubei is the mother river of the Tujia ethnic group. The region gathers ethnic groups such as the Tujia, Miao, Dong, and Qiang, their colorful folk customs set against the backdrop of the breathtaking natural landscape.

"The Dragon Boat Tune," an excellent folk song, has become popular both in China and across the world. Commonly known as the Valentine's Day in the East, the Blind Date of Tujia Girls reflects the Tujia youth's pursuit of an open marriage.

The Tujia waving dance, the Miao ethnic costumes, the Dong Wind and Rain Bridge, and the Qiang stockaded villages evolved into the richly multivariate colors and textures of the local ethnic culture.

Moreover, one can easily marvel at the natural wonders they bump into in this region, e.g., the Tenglong Cave, the largest karst cave in China; the Enshi Grand Canyon, sister of the Colorado Grand Canyon; the Suobuya Stone Forest, the world's first Ordovician stone forest; and the 400-kilometer Qingjiang River Landscape Gallery.



# 06

## Mysterious Shennongjia



Dynamic Ski Resort (Photo by Xiong Xudong)

Shennongjia in northwestern Hubei Province is made up of a range of tall mountains. It was named after the legendary Emperor Shennong and the legend that Shennong used the jia (ladder) to pick herbs up and down the mountains here.

Shennongjia is on the first list of National Parks in China, as well as the first-class ecotourism area. Various tourist attractions, like the Shennongding (Shennong Peak) which is regarded as “Roof of Central China,” the Banbi Rock where the wild men’s footprints were found, the Dajiuhe Wetland Park, the Tianmenya Sea of Clouds, the Jinhouling Virgin Forest, and the Hongping 5-kilometer Landscape Gallery together create the mysterious Shennongjia-themed tourism brand.



Dajiuhe Lake, a fairyland on earth (Photo by Li Jitang)

# 07

## Culture of Ancestor Emperor Yan



Shennong Altar at Shennongjia (Photo by Yi Jiangao)

The birthplace and purlieu of Shennong the Emperor Yan is Hubei, where a great quantity of relics and legends have remained over the years. The birthplace of the Emperor Yan is the Lieshan Hill in Suizhou, the location of the Shennong Cave and some other relics. Now the Shennong Memorial Hall, Shennong Stele, and the statue of Shennong tasting all kinds of herbs are set up on the hill.

The Shennong Altar was built in Shennongjia, which is regarded as the place where he picked herbs. Grain Town where he planted five cereal crops, and around Xieshan Hill there are the relics of Shennong Cave, Shennong Village, Baicao (Hundred Herb) Garden and Five Grain Garden.

Zaoyang is taken as the capital city of the Shennong clan. The site of Dragon Carved Stone Tablet in Zaoyang is one of the well-preserved places in the Neolithic Age at the confluence of the Yangtze and the Yellow River basins.



Hometown of the Emperor Yan (Photo by Li Wenjun)





Girls who collect Chinese mugwort in Qichun (Photo by Zhang Qi)



Hot spring at the Women's Kingdom of the Journey to the West Park in Suizhou (Courtesy of the Journey to the West Park)

In Hubei lies the hometown of Li Shizhen (1518–1593), known as the medical sage in China, featuring abundant traditional Chinese medicine (TCM) resources and profound Chinese medicine culture. The TCM culture-themed routes covering traditional Chinese medicine, acupuncture, Kung fu regimen, physical therapy and rehabilitation with the traditional medicine, as well as diet care, combined with meditation, spa therapy, leisure in the forest, and mountain and river trips, make up the base of the Hubei Health and Well-Being Culture brand.

In this regard, trips such as the meditation tour to Huangmei County and Dahong Mountain, the Kung fu tour to the Wudang Mountain in Shiyan, the selenium health tour to Enshi, the Yekaitai TCM culture tour to Wuhan, the Chinese mugwort health tour to Qichun, the forest health tour to Yingshan, and the spa tour to Xianning have risen up and become favored by visitors both from home and abroad.



## Selected Tourist Destinations

/Wuhan/  
/Yichang/  
/Xiangyang/  
/Shiyan/  
/Jingzhou/  
/Enshi/



High Mountain Tea Garden in Enshi (Photo by Wen Lin)



## Wuhan: A City with New Fashion and Old Streets



The illuminated city of Wuhan (Photo by Lu Qingguo)

Lying in the eastern Jiangnan Plain, at the confluence of the Yangtze River and its largest tributary, the Hanjiang River, Wuhan is known as a “Thoroughfare to Nine Provinces” owing to the fact that it is a complete transportation hub. It is the capital of Hubei Province and one of the nine National Central Cities of China. The city is composed of Wuchang, Hankou and Hanyang Districts, collectively known as the “Three Towns of Wuhan.” As a national historic and cultural city and an important origin of the Chu culture, Wuhan has been a place

for human prosperity since ancient times, with numerous places of historical interest. In modern times, in this megalopolis only second to Shanghai in size, the Wuchang Uprising took place in 1911, and the introduction of Western culture met with traditional Chinese culture, all of which led to a great number of historical remnants. In addition, Wuhan is one of the most famous commercial centers and an important industrial base of China, while being home to multiple notable institutes of higher education and scientific research.



## A Landscape of Two Rivers and Four Shores A Blend of the Old and the Modern

The great rivers and lakes form the charming metropolis of Wuhan. Over the years, more than 10 bridges have been constructed spanning over the Yangtze River in this city which has been divided into three towns by the two rivers, Yangtze and Hanjiang. If you take a walk on the Wuhan Yangtze River Bridge and wander about the three towns, relishing the city of bridges, you'll feel everything so fantastic.

You can see the ancient Yellow Crane Tower by the side of modern speed trains and take a photo of them together through the lens of your camera. Or you may focus on the exclusive scenery of the confluence at the Yangtze and Hanjiang Rivers at Nan'anzui (literally "mouth of the southern bank") of Hanyang. From the Museum of Zhang Zhidong in Wuhan to the Zhiyin cruise ship, it would be a travel through time and space, making every step of yours poetic and dreamy.

The most leisurely and romantic way for you to reach Jiangnan Road at Hankou from Wuchang is to take a river ferry at the Zhonghua Road Pier of Wuchang. Be sure to go upstairs and take a seat on the second floor, where you can savor the scenery of the city's two rivers and four shores as you lean out over the handrail!



Live performance in the Zhiyin cruise ship (Photo by Hanjiang 168)

### Transportation Guide

Bus Route: Take bus number 30, 531, 532, 535, 553, 559, 561, 711, or 803, and get off at Lianhuahu (Lotus Lake) Road by Qingchuan Avenue, and from there reach the Hanyang end of the Yangtze River Bridge in Wuhan.



## A Chance Meeting with Charming Wuhan The Old Streets with Art and Marketplace

### Tanhualin

Tanhualin, a historic street block in Wuchang filled with many European architecture and Chinese dwellings that have been standing next to each other for over 100 years, has now become a gathering place for the young people who love culture and art in Wuhan.

Dotted with coffee shops, milk tea shops, and art galleries, it is an old street that you can lounge around for a whole afternoon in quiet comfort. Remember to check out characteristic stores like Dashui's Shop, the Old Street Post Office, and the Rongyuan Coffee.

After finishing hanging out in Tanhualin, do not forget to visit the Liangdao Street nearby. In this paradise for foodies in Wuchang, Master Zhao's shop is a must visit for its famous local snack, shao-mai in deep-fried dough cake.

### Li Huangpi Road

On the Yanjiang Avenue along the Yangtze River, you may see the nameplate of "Li Huangpi Road Street Museum." The road is the epitome of the Old Hankou as a leased territory. Walking slowly along this road dotted with small characteristic stores and coffee shops, you may have a better idea of the elegance and glamour of the old times in Hankou.



A Glimpse of Tanhualin (Photo by Liang Ziwei)



## Wandering About Fashion Streets Where Art Meets Trend



Street view of Chu River Han Street (Photo by He Xiaobai)

### Optics Valley Pedestrian Street

The “Galaxy” statue erected at Optics Valley Plaza in Hongshan District, Wuhan is the largest steel public art structure in China. The pedestrian street is planned into sections from west to east including Modern Style Street, Spanish Style Street, Italian Style Street, German Style Street, French Style Street and etc.

### Chu River Han Street

The Chu River Han Street in Wuhan built along the Chu River covers a total length of 1.5 kilometers. It is one of the longest commercial pedestrian streets in China up to the present. The style of the street is typical 1920s architecture interspersed with some fashionable modern buildings and European style houses, as tradition and modernity intermingle harmoniously.



International Horse Racing Festival at the East Racecourse of Wuhan (Photo by Chen lian)



What to eat?

### Breakfast

“Guo Zao” , is the phrase for “breakfast” in the Wuhan dialect. As the first lane of Wuhan snacks, Hubu Lane collects almost all varieties of food and snacks worth trying for breakfast within a length of 150 meters—hot dry noodles with sesame paste, doupi (literally “toufu skin” ), rice noodles in paste, Chinese doughnuts and steamed mincemeat bun, to name but a few.

### TIPS Hubu Lane Food Street

**Address:** Simenkou, Jiefang Road, Wuchang District, Wuhan

### Night Snack

The Jiqing Street Night Market in Jiang’ an District is the “Midnight Canteen” for many local people in Wuhan. There are so many cheap but sumptuous foods and snacks in the time-honored brand stores and restaurants here. You can taste the hot dry noodles in the Cailinji restaurant, the doupi in Laotongcheng, the soup dumplings in Sijimei, the rice noodles in Fuqinghe, the plum syrup in Laowancheng, and many more.

### TIPS Jiqing Street Night Market

**Address:** Dazhi Road, Jiang’ an District, Wuhan



Doupi, a famous breakfast dish in Wuhan (Photo by Zhang Jun)



## Yichang: Deep Within the Three Gorges Are Residences

Lying in the western part of Hubei and at the junction of the upper and middle sections of the Yangtze River, Yichang was named Yiling in the ancient times, meaning “a place fit for prosperity.” It is reputed as the “Gateway to the Three Gorges” and “the link between Sichuan and Hubei Provinces.” It is one of the areas richest in water resources in the whole of China and even the world, hailed as the world capital of hydro-electric power, with the hydro power complex having been established in the city, e.g., the Three Gorges and Gezhou Dams. It is the starting point of the Three Gorges and the area where the stories of the Three Kingdoms took place. As the birthplace of Qu Yuan, an eminent poet, and Wang Zhaojun, one of China’s four most famous beauties, Yichang is also a prominent tourist city of China.



Zhijiang Greenway Cycling in Yichang (Photo by Zhang Daoqing)

### Taking a Ride in Yichang

The greenway bicycle route along the riverside stretches about five kilometers through the city of Yichang. Cyclists may start out from the Yichang–Wanzhou Railway Yichang Yangtze River Bridge, through the Nature Tower, the New Bund Building, Wanda Plaza, the Three Gorges Visitor Center, Yiling Yangtze River Bridge, the Riverside Park and Zhenjiang Pavilion, finally arriving at the Gezhou Dam Park.

During your ride, you might try stopping off at the Zhenjiang Pavilion to admire the gorgeous scenery of the Gezhou Dam and the Yangtze River from the top floor. In addition, the East City Park, Canal Greenway and Guanzhuang Village in Yiling District may appeal to cyclists on different levels.



The Golden Three Gorges  
(Photo by Xiao Jiafa)





Sea of Clouds over the Three Gorges Dam (Photo by Zheng Yuhai)

## The Sea of Clouds over Three Gorges

If you travel in Yichang, the first order of business is to see the Three Gorges. You can depart from Terminal 9 of the Yichang Port or the Three Gorges Visitor Center, and take a cruise to enjoy the beauty of the virgin landscape at Three Gorges. Along the way, you might take a short detour over the Yiling Bridge, and through the Riverside and Zhenjiang Parks. When the cruise launches down at the Gezhou Dam and runs through the ship lock, the ship lock can be seen opening and shutting, and the water being drained off so the cruise ship can exit the ship lock. This is when the deeper meaning of the phrase, “When the river rises, the boat floats high” might just strike you.

There are currently three scenic spots available to visitors, like Tanzi Ridge, Platform 185 and the Yangtze River Closure Memorial Park. If you want to capture a full panorama of the Three Gorges Dam on digital, the Memorial Park would be your first choice.

## Under the Hawthorn Tree

When departing from Yichang via Duijiahe, Dianziya, Hanmagang, Luojiangzhou in Yiling District, you may take a ride to Longquan, then ride up the mountains the Baili Huang tourist area and its cyclorama of lush landscapes, placid pools and vast vistas swathed in enchanting rolling hills. What makes it all the more satisfying is the sparse population and automobiles. The higher the elevation you climb, the closer to unspoiled nature you can be.

Once you step on the High Mountain Grassland Tourist Area of Baili Huang, you will feel as though you have just stepped into a paradise of outdoor adventure. With an average temperature of 28 °C in summer and an average altitude of 1200 meters, it is very cool and has become a summer resort near the city of Yichang. Known as “The Grasslands of Southern China,” it has a chain of high mountains, grasslands, canyons and valleys, seas of clouds, a plethora of peculiar pines and scads of singular stones. So, it is fit for groups of visitors to go camping and exploring. The most popular activities are grass skiing, horse racing and snow skiing in winter. This is where Chinese director par excellence, Zhang Yimou shot his film Under the Hawthorn Tree. The wild Hawthorn Tree featured in the film that symbolized the romance is sturdy and vigorous and has been turned into a must-see destination for internet savvy hipsters.



Baili Huang High Mountain Grassland Tourist Area (Photo by Wang Zuoxin)

### TIPS Baili Huang High Mountain Grassland Tourist Area

**Address:** Fenxiang Town, Yiling District, Yichang, Hubei

**Transportation:** The tourist area is 50 kilometers away from the city of Yichang, and 70 kilometers from the Three Gorges Dam. If you drive, you may search for “Visitor Center of Baili Huang High Mountain Grassland Tourist Area at the North Gate” on your GPS, and you’re there with the press of a button.





Autumn Scenery at the Chaibu Creek (Photo by Ji Weimin)



What to buy?

The following special local products are worth buying as you wrap up your tour in Yichang: the yam chips from Three Gorges, navel oranges and kiwi from Zigui, the green tea from Deng Village, the handmade fabric shoes from Zhijiang, Lotus Brand tribute rice from Yuan' an, and the Chinese pears from Bailizhou.



What to eat?

The diet of Yichang is much influenced by the neighboring Sichuan Province and Chongqing Municipality, featuring fresh and savory, hot and spicy food such as Tujia-style hot pot with preserved trotters, "Taigezi" (a kind of ethnic Tujia food similar to steamed meat with pumpkin, potato and radish), wheat flapjacks (a kind of drop scone made of wheat), and Houuttuynia (a kind of herb) salad. There are some other special snacks like noodles in red oil, wontons, radish dumplings, and Osmanthus jelly in Yichang.

## TIPS

### Transportation Guide

Yichang has a convenient and well-integrated transportation system, and 20 domestic airlines have been open at the Three Gorges Airport. It is 26-kilometers away from the urban district. You may take an airport shuttle bus to the downtown of Yichang, or you may take a train to Yichang Station or Yichang East Station.



## Cycling Puts You in Touch with the Beauty of the Mountains and Plains

No matter whether the cyclist chooses the path with the beautiful riverscape or the one with the winding road they will be a great time to be had. A reprieve from the stress of the concrete jungle to the serenity of a natural setting can relax you, body, mind and soul. The Shiyang-Yichang route is a classic bike route for cyclists in Hubei and a main route to take through Shennongjia, which is suitable for experienced cyclists. You may appreciate the lake emerging above the Three Gorges and enjoy all varieties of geological features of the area.

If you visit Yichang in summer, experiencing the rafting adventure down the Jiuwanxi Stream, acclaimed the best along the Three Gorges, is wholeheartedly recommended.

## TIPS

### The Shiyang-Yichang Cycling Route

**Route:** Shiyang – Fangxian – Shennongjia – Xingshan – Yichang

**Course:** The entire route is about 438 kilometers long. The Shiyang City-Fangxian County section is 88 kilometers long, the Fangxian County-Hongping Town section is 89 kilometers long, the Hongping Town-Gaoyang Town section is 102 kilometers long, the Gaoyang Town-Zigui County section is 99.8 kilometers long, and the Zigui County-Yichang City section is 58.9 kilometers long.



Tea Village in Wufeng County (Photo by Li Ming)



## Xiangyang: Hidden in the Most Beautiful Tang Poetry

Lying in the northwest of Hubei and in the middle range of the Hanjiang River, Xiangyang is the central city of the Hanjiang River basin. Established in the early Han Dynasty, Xiangyang has been a vital and strategic economic and military location, known as “the first city in China” and “a hotly-contested spot of key military strategy” since ancient times. Xiangyang is a famous historical and cultural city in China for it is the birthplace of the Chu culture and a place rich in the Three Kingdoms culture and the Hanjiang River culture. It has long been a fortress in Chinese history, well-known for its convenient transportation and reputed as the “Thoroughfare of Seven Provinces” where people could “go to the South by ship and North by horse.” It is now a water, air and land transportation hub for provinces and cities in the vicinity including Hubei, Henan, Shaanxi, as well as the municipality of Chongqing.



Night view of Tang City, Xiangyang  
(Photo by Zhao Liqun)



## Intoxicating Days in Xiangyang

There is a saying that goes, “This one city of Xiangyang is imbued with half of Chinese history and culture.” The city was once the site of great warfare—of troops of men brandishing golden spears and horses clad in iron armor; of ministers and eunuchs scheming behind the scenes, of kings and lords jockeying for political power. This city was once home to dynamic heroes and brilliant sages—of great men lying in wait to rise up and save the nation in its time of peril.

A tour of Xiangyang’s multitude of historical sites reveals a well-kept secret imbued with the flavor, color and culture of the Three Kingdoms Period. Ancient Longzhong, a national 5A-level tourist attraction and the Xiangyang Ancient City Wall are two must-see destinations.

After visiting Ancient Longzhong, you can walk along the Xiangyang Ancient City Wall which originally had six city gates. At the end of the North Street, there is a small gate called the Small North Gate, which has survived even until today. Outside the Small North Gate, you can take a ferry across the Hanjiang River. The river breeze caressing your face is refreshing, while the captivating views of the banks gripping your gaze are intoxicating.

Upon finishing your time at the Ancient City Wall, a jaunt to the city moat would very much be in order. The reflection of the ancient city wall on the purported, largest and longest moat reflecting sketches out a graceful image along the water line. If you have more free time during your visit, it is strongly recommended that you see the Royal Palace of King Xiang from the Ming Dynasty (1368–1644) at the east end of Green Screen Wall Lane, not far away from the Ancient City Wall. If you like Chinese painting and calligraphy, you will be sure to love the Migong Temple built in honor of Mi Fu (1051–1107), the great calligrapher and painter born in the Northern Song Dynasty (960–1127). Numerous ink paintings and stone inscriptions by Mi Fu and some other Song Dynasty calligraphers from the era have been well preserved.



Hanjiang, the mother river of Xiangyang (Photo by Zhang Daijing)

## A Three-Hundred-Year-Old Recipe for Beef Noodles

The story goes that there are two different breakfasts for the people of Xiangyang—beef noodles and the rest. Xiangyangers begin their day with a steaming bowl of beef noodles and end it with a bowl of hot and spicy beef noodles. Dating back to the Kangxi Era (1654–1722), the dish has been a staple food to Xiangyangers, who never seem to tire of its sumptuous flavor. The local recipe is made with stretchy ramen noodles and a secret combination of succulent local spices. It is fragrant, peppery and spicy. One whiff and your mouth starts watering, one taste and your tongue starts tingling. The flavor and feeling have to be experienced to be believed. The people of Xiangyang have tried to preserve its unique flavor by continuing and developing the recipe that has been passed down through the generations.



Xiangyang Beef Noodles  
(Photo by Wei Dongling)



What to eat?

Xiangyangers are open and hospitable, simple and honest. Their eating habits are typical of both the North and the South of China. They have their own breakfasts like beef noodles in red sauce and hot and sour noodle soup, along with special dishes like pickled kohlrabi, a dish invented by Zhuge Liang and nicknamed after his courtesy name Kongming, “magic tofu” made from a special type of leaves, white mugwort tofu and steamed meat with rice and sugar.

## TIPS

### Transportation Guide

The Xiangyang Airport is home to more than 20 domestic routes. And its shuttle bus K02 offers transportation services between the airport and Xiangyang East Station, covering a length of 45 kilometers. There are special bus-lines set at Xiangyang Station and Xiangyang East Station. After arriving at Xiangyang East Station by high-speed rail, visitors can take the special tourist bus-lines to the Tang City, Xijia Pond and Ancient Longzhong.







Dancing in Tang City, Xiangyang (Photo by Zhao Liqun)

## In Search of the Legend of the Han and Tang Dynasties

### Sunrise at the Lumen Mountain

Night life within the city began in the Song Dynasty. Before that, people tended to seek out amusement outside the confines of the city walls.

In Xiangyang circa the Tang Dynasty (618–907), the season of springtime blossoms is when people would go for a country stroll in the Lumen Mountain. It is widely known that Pang De, the legendary hermit from the Eastern Han Dynasty (25–220) and Meng Haoran (689–740), a distinguished poet from the Tang Dynasty once lived in seclusion here. In Meng Haoran's poems about Xiangyang, "Sonnet of a Nocturnal Return to Lumen" and "Reminiscing the Lumen Mountain Climb" are popular to Chinese readers.

Imagine that you are woken up by the birds twittering early in the morning and you scale the Lumen Mountain to wait for the sunrise in peaceful seclusion. You suddenly hearken back to the poem written by Meng Haoran, "From blissful repose I awake one spring morn, the birds song greets me at the silver light of dawn." What a poetic moment that would be!

### Night Tours in Tang City

The most fitting thing to do in Xiangyang is to wear traditional Han Chinese clothing, then step back in time a thousand years at the Tang Dynasty Village. If you have ever seen the Chinese costume dramas, Legend of the Demon Cat or Nirvana in Fire 2, you will most certainly recognize the Tang City facades in Xiangyang, where these series are shot. The village, which is a faithful recreation of Tang Dynasty architecture right down to the finest details, is the largest collection of Tang-style buildings in China. Each and every structure brings the once brilliant and prosperous dynasty to life. The city lights up like a Christmas tree at night, and as you make your way through it amidst the blazing lights and the Tang-esque atmosphere, you will almost feel like you have been suddenly transported back to the Tang Dynasty.

### Hometown of Emperor Guangwu in the Eastern Han Dynasty

The city of Zaoyang is the hometown of Emperor Guangwu, Liu Xiu (6 BC–57 CE) of the Eastern Han Dynasty. In the city there is a film base called Han City which was restored according to the ruins of an Eastern Han Dynasty capital city. It shows to the world that Zaoyang has a long history and owns a broad and profound foundation of the Han culture. Centered on the solemn and magnificent Han Palace, Han City, displays the royal, marketplace, and folk cultures in the Han Dynasty and represents the prosperous times of the Resurgence of Guangwu in full view. You may enjoy the performances like The Enthronement of Guangwu and Review on the Military Drill Ground. Sometimes, you may come across some film stars when the crew shoot a movie at Han City.



Han City, Zaoyang (Courtesy of Zaoyang Culture and Tourism Bureau)



## Shiyan: A Chance Encounter with the Beautiful Waters at Fairy Mountains

Located in the northwest of Hubei province, there are three calling cards to ShiYan City that makes the city literally world-class: the spiritual mountains, the magnificent rivers, and the auto city. The Wudang Mountain, a World Cultural Heritage site, are the holy destination for Taoist pilgrimages. Danjiangkou Reservoir is regarded as the “water city of the world and the mountain lake of Asia,” being that it is the source of the Middle Route Scheme of the South–North Water Diversion Project in China.

## Preaching the Tao at the Wudang Mountain

Watching the Hollywood movie Man of Tai Chi, would likely elicit high praise for the Chinese Kung fu and Tai chi culture. In Chinese martial arts circles, it has been said that “Northern China Worships Shaolin, Southern China Worships Wudang.” For thousands of years, the Wudang heroes and swordsmen have been renowned all over the world.

Covered with heavy clouds and mists all year around, the Wudang Mountain look like a paradise on earth. If your soul is longing for some downtime far away from the madding crowds, the Wudang Mountain are the place for you. Here you can drift off to a peaceful sleep at night and dream of the swashbuckling heroes and swordsmen from Kung fu novels.



Golden Summit of the Wudang Mountain  
(Photo by Lu Guoqing)





Wudang followers practice Kung fu at Purple Heaven Palace (Photo by Zhu Weimin)



Wudang Taoist Tea (Photo by Peng Tao)

### South Rock and Golden Summit

The main attractions of the Wudang Mountain Scenic Area form a circle. You are recommended to experience the joys of the entire journey climbing so long as you have the time and energy. There are certain must-see destinations, like: Prince Slope, Carefree Valley, Purple Heaven Palace, South Rock and Golden Hall. Of course, the South Rock is considered to be the most beautiful one among the 36 rocks erected at the Wudang Mountain.

The famous Dragon Head Incense is just at the South Rock Temple, whose incense burner goes straight to the Golden Summit.

Tianzhu Peak, the main peak with the highest altitude on Mount Wudang, is the site of the Taihe Palace. The most famous Golden Summit erected at the top of the Tianzhu Peak was built at the peak of the royal architecture, with exquisite technology.

The Golden Hall was constructed in its entirety without a single nail. It was first cast at the foot of the mountains and then carried up to the mountain top. All the tenon and mortise joints of the hall are close, integrated and amazing. So, when you visit it, you will never find where the casting traces are.



## Taichi IS as Free as It Can Be

### The Exquisite Purple Heaven Palace

On the way from South Rock to Prince Slope, there is a stop called Purple Heaven Palace, where several Chinese TV series are shot. You can have a break there and watch Taichi performances at the palace.

It is one of the best-preserved palaces in the Wudang Mountain and was conferred the title of "Purple Heaven" by Emperor Yongle (1360–1424) who reined during the Ming Dynasty (1368–1644), as it carried the meaning of the purple altar in the center of heaven and earth from Taoism. Most impressive is its Grand Hall, which is the only pavilion with double-eave roofs and wood structures in the Wudang Mountain. It is also a place for worshipping the statue of the Taoist God Zhenwu, and the seated statues of many other gods and bodhisattvas. The wooden hall represents the beauty of exquisite architectural design from the Ming and Qing Dynasties. Around the palace, there are many guest houses in the remote mountain which you may choose for your stay. Just open the windows wide and you will be blown away by the awesome and eye-popping mountainous vistas!



What to eat?

Specialty dishes from the city of Shiyan are Zhuxi steamed pot, Yunxi flower-shaped bread, bean jelly noodles with spicy sauce, yam noodle soup with sliced beef and dumplings, yunyang-style hot and sour noodle soup, yunyang eight-course feast, and other delicacies.

Luckily, you can taste the Taoist vegetarian cuisine at the Purple Heaven Palace and Taihe Palace.



Where to stay?

The city of Shiyan can provide you with all classes of hotels. Generally speaking, accommodations in the hotels or guesthouses at South Rock Temple, Purple Heaven Palace or West God Road in the Wudang Mountain are a bit more expensive than those in the city. If you would like to sample the spiritist vibe, spending one night at a Taoist temple in the mountain may be another option.

## TIPS

### Transportation Guide:

Now Shiyan City has Wudang Airport with more than 10 domestic flight routes to major cities like, Beijing, Shanghai, Chengdu, Wuhan, Guangzhou. Whats more, Shiyan Station is a mere 38 kilometers away from the Wudang Mountain Scenic Area Gate, and Wudang Mountain Station is only 18 kilometers away from the gate of the Wudang Mountain Scenic Area.



## Cheer up with Aquatic Sports

### Beautiful Taichi Lake at the Foot of the Wudang Mountain

The Taichi Lake at the foot of the Wudang Mountain has an ethereal beauty. Its waters are clear and translucent but appear with a chartreuse sheen over the surface broken up intermittently by gentle, undulating ripples. It is a perfect location for those who love to frolic in the water to escape the summer heat in the city.

The sense that the surface of the lake is literally alive with motion is the first thing that will strike you upon your arrival at the Taichi Lake.

The Taichi Lake Water Tour Project helps you plan two tour routes that both start at the wharf. One is the "Massif Tour," starting out at Wudang Wharf that goes to the Exhibition Center and White Egret Island and returns along the same route. The whole journey takes just one hour.

The other one is "Embracing the Wind Tour," starting at the Wudang Wharf and going to the Ruyi Wharf and the Forest Park and returning in a circuit. The whole journey takes just half an hour.

In the shallow water of the lake, there is all manner of water sports like water bicycles, aqua Zorb balls, and jet skis for you to select, letting you feel the speed and the passion of aquatic sports.

Fighting through the wind and waves  
( Photo by Hu Wenbo )



Lying in the middle range of the Yangtze River and the hinterland of the Jiangnan Plain, Jingzhou is regarded as the cradle of the Chu culture. “Jing” is another name for the ancient State of Chu, and that is why Jing and Chu have been interchangeable since ancient times. This is a place steeped in Three Kingdoms culture and the Yangtze River water-conservationist culture. As a famous historical and cultural city in China, Jingzhou has a very long history dating back to the 20 Chu State kings who made the city their capital. Lasting for hundreds of years brilliant and singular Chu culture has left its mark on Chinese culture for all posterity. The Jingzhou Ancient City Wall, constructed in the period of the Three Kingdoms, is now well preserved one of the four corners in China. It is said to be, “King Yu divides China into nine states, and Jing State or Chu State comes into being.” You may feel that the ancient culture and modern civilization add the city’s radiance and beauty.

## Jingzhou: Threading Between Antiquity and Reality

East Gate of the Ancient Jingzhou City (Courtesy of Jingzhou Tourism Group)



## A low-profile Ancient Capital in Southern China

A Real Place Behind the Three Kingdoms Stories

Jingzhou is taken as an important city along the southern silk road. With a long history of over 800 years of ancient Chu State, 20 Chu State kings successively established their capital in the Ancient Jinan City of Jingzhou, lasting for 411 years. On January 11, 1982, the earliest and the best preserved silk embroidered crafts in the middle and late Warring States period were unearthed in Jingzhou. You can imagine that wearing those silk embroidered fabrics by those noble men and women in the palace of the Chu State must be very awesome and beautiful.

During the period of the Three Kingdoms, Jingzhou was the key military location for Wei, Shu and Wu kingdoms. In the famous Chinese classic work—“Romance of Three Kingdoms”, with a total of 120 chapters, the stories of more than 10 chapters occurred in Jingzhou of Hubei. Especially, some vivid and interesting stories, centered on “Lending Jingzhou, Keeping Jingzhou and Losing Jingzhou”, make Jingzhou a very popular city among the visitors both in China and around the world.

Jingzhou Light Show (Courtesy of Jingzhou Tourism Group)



If you want your children to learn more about the culture of the Three Kingdoms, the East Gate of Jingzhou simply cannot be missed. After entering into the Binyang pagoda, you will be treated to a host of stately statues of the important Three Kingdoms figures, Liu Bei (161–223), Guan Yu (161–219), Zhang Fei (?–221), Zhao Yun (?–229 年) and Zhuge Liang (181–234). Before too long, you may just get the feeling you’ve been transported back to the Three Kingdoms battlefield with Guan Yu holding his Green Dragon Crescent Blade ready to take down enemy troops. You may understand clearly the high aspirations of Guan Yu from this poem written by the great poet Li Bai (701–762), “If one man guards the pass, ten thousand cannot get it through.”

So, the next stop you must see is going to visit the Temple of Guan Yu. The legend of the “Oath of the Peach Garden” occurred in its Hall of Righteousness and Loyalty. Their true friendship that Liu Bei, Guan Yu and Zhang Fei shared can help young readers understand the power of the team work. Besides, the two stories about Guan Yu—Scraping the Poison off the Bone and Riding Along for Thousands of Miles, can elicit potential courage from children.



Guandi Temple in Jingzhou  
( Courtesy of Jingzhou Tourism Group)

### TIPS Temple of Guan Yu

**Address:** Guan Gong House, Aimin Road, Jingzhou District, Jingzhou, Hubei

### TIPS Jingzhou Museum

**Address:** 166 Jingzhong Road, Jingzhou, Hubei



## The Ocean of Joy is Waiting for You

### The Fun of Movement

The Jingzhou Fangtawild Oriental Heritage theme park offers a panoramic view displaying the 5000-year history and civilization of China. Youths come in droves, intrigued by the appeal of hi-technology. Things like, laser multimedia, three-dimensional effects, miniatures and models and reality shows, all of which add up to the perfect choice for families. Bring your children and parents along for the experience of a lifetime!

By the way, there is a small peculiar place in Jingzhou, called the Jingchu Intangible Cultural Heritage Skill Inheritance Institute. For those of you who have a would-be child prodigy with skilled hands, we invite you to pick up some new skills from notable inheritors, and making some art projects, which will let them express their ideas and have fun at the same time.

### TIPS

#### Transportation Guide

Jingzhou Fangtawild Oriental Heritage is about 8 kilometers away from Jingzhou High Speed Railway Station. You can take a high-speed train to Jingzhou Railway Station. Also, there are the highways through Jingzhou linking Shanghai, Chongqing, Wuhan, Yichang, and other major cities.



Scene from the Stage Play Qu Yuan Performed at the Phantom Theatre (Courtesy of Jingzhou Fangtawild Oriental Heritage)



Joyous and Adventurous Amusement Items (Courtesy of Jingzhou Fangtawild Oriental Heritage)

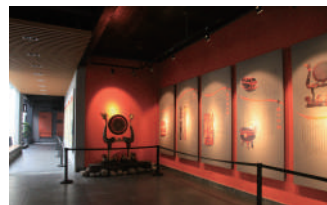
#### TIPS Jingzhou Fantawild Oriental Heritage

**Address:** Phoenix Office, Jinan Ecotourism and Culture Area in Jingzhou District, Jingzhou, Hubei

#### TIPS Jingchu Intangible Cultural Heritage

##### Skill Inheritance Institute

**Address:** No.1 Beijing East Road, Jingzhou, Hubei



Jingchu Intangible Cultural Heritage Skill Inheritance Institute (Courtesy of Jinan Ecotourism and Culture Area)



## 📍 Enshi: Walking Through the Mysterious “Tusi Dynasty”

Located in the southwestern part of Hubei province, China, Enshi Tujia and Miao Autonomous Prefecture is the only of its kind for ethnic minorities in Hubei, home to the Han people and 28 ethnic minority groups including Tujia, Miao, Dong, and the like. Enshi is the cradle of the ancient Ba culture and also the melting pot of the Central China Han Culture and other ethnic minority cultures in southwest China. So Enshi has a profound foundation rich in ethnic culture. What's more, Enshi has a plenty of marvelous scenes and landscapes, and the most famous tourist spots are the Enshi Grand Canyon, the Tenglong Cave and the Shennong Stream. In addition, the city is hailed as “the Selenium Capital of the World” thanks to its rare repository of selenium resources.

Butterfly Rock at Qingjiang River  
(Photo by Chen Nianshu)



## “The Oriental Valentine’ s Day”

### Courtship of Tujia Girls

Remember, when you travel in Enshi, the special local cuisine absolutely cannot be missed.

As a multi-cultural area, Enshi cuisine features both the pungent and spicy flavors from Sichuan and Chongqing cuisine and the hot and savory flavors from Hunan dishes. The locals call potatoes “Yang Yu.” These potatoes are very small but highly endowed with water and fit for eating by roasting them in fiery heat. Your eyes may be drawn to the small potatoes if you stroll around in any lane of Enshi. They are quite pungent and spicy, and you can finish eating one with each mouthful! The Zhangguan Hezha Restaurant specializes in a kind of Tofu hot pot named after a small town Zhangguan in Xuan’ en County, Enshi. We recommend that you taste the famous dish at the franchise store tucked away in Girl’ s Town upon your arrival. As it warms you all over, you will feel calm, relaxed and ready to go window shopping in the town.

Enshi Girl’ s Town, dotted with Tujia-style houses built on stilts epitomizes the Tujia Ethnic customs. It is said that the town is also the venue of the Tujia Girl’ s romances—the Oriental Valentine’s Day. In the town, you may wear the traditional costumes, or watch the mysterious Nuo Opera and a performance of the Xilankapu (Tujia brocade) weaving technique, or take part in “wine glass smashing” after a toast, or you may help the locals making a sticky rice cake called Ciba. You will truly feel their diligence and wisdom after you experience the daily life of the Tujia people in Enshi.



Tujia People Make Ciba to Celebrate the Spring Festival (Photo by Chen Xiaolin)



Enshi Girl’ s Town  
(Photo by Lu Jian)





Hand-Waving Dance in Front of Tenglong Cave (Photo by Chen Xiaolin)

### Tenglong Cave in Lichuan

The biggest limestone caves in Asia and one of the special caves in the world, the Tenglong Cave Scenic Spot in Lichuan City, has the largest original and ecological cave theatre in China. The theatre is highly praised by the viewers because it represents to them a very interesting and wonderful laser show which is integrated with sound, light, power, water and fog.

### TIPS

#### Tenglong Cave Scenic Spot

**Address:** Downtown of Lichuan, Enshi, Hubei Province

**Transportation Guide:** You can take a two-hour bus ride to the City of Lichuan from Enshi. Then you can take a bus at the East Gate or the West Gate of Lichuan City to the Tenglong Cave Scenic Zone.



What to eat?

Delicious local food like baked potatoes, Chinese bacon, potato paste, spicy chicken cooked in chillies, Hezha hot pot, and Tujia sesame cakes are worth a try when traveling in Enshi.



What to buy?

You may choose to buy some local specialties like Xilankapu (Tujia brocade), Tujia camellia soup, Boyang dried bean curd of Lichuan City, Fobaoshan water shield, Guankou grapes of Jianshi County and crested ginger of Laifeng County after you finish your tour to Enshi.



Where to stay?

There is every kind of lodging under the sun available to you during your stay in Enshi, but to better experience the unique atmosphere of the place, you might want to try staying in guest house in Lichuan City.

### China's Semporna

Gorgeous Pingshan Grand Canyon

In Hefeng County of Enshi, Hubei, there is a place called the Pingshan Grand Canyon, where the terrain is steep and precipitous and the road is rough and difficult to access, but the scenery is extraordinary, making the tough journey to get there all worth it. The water is crystal clear, so lucid in fact that at noon on a sunny day you can see right down to the bottom of the river that cuts through the canyon, and the leaves that look like miniature boats that appear to be sailing in mid-air. It is like something out of a dream. It is for this reason that the Pingshan Scenic Area is regarded by netizens as "China's Semporna—a seaside tourism center in Malaysia. Do remember to go to the Pingshan Grand Canyon on a nice day as the ampler the sunshine is, the clearer the water is, so high noon is high time to take the best photos. However, if you by chance do get rained on, the affect it will have on your pictures might dampen your spirits as well as your clothes.

### TIPS Pingshan Scenic Area in Hefeng County, Enshi

**Address:** Rongmei Town, Hefeng County, Enshi, Hubei

#### Transportation:

You can take a straight bus at Enshi Airport, the Girls' Town, and nearby Enshi Tourist Distributing Center to the Pingshan Grand Canyon. The Pingshan Grand Canyon is 165 kilometers away from Enshi Station. Getting there by car takes 2.5 hours.

### TIPS

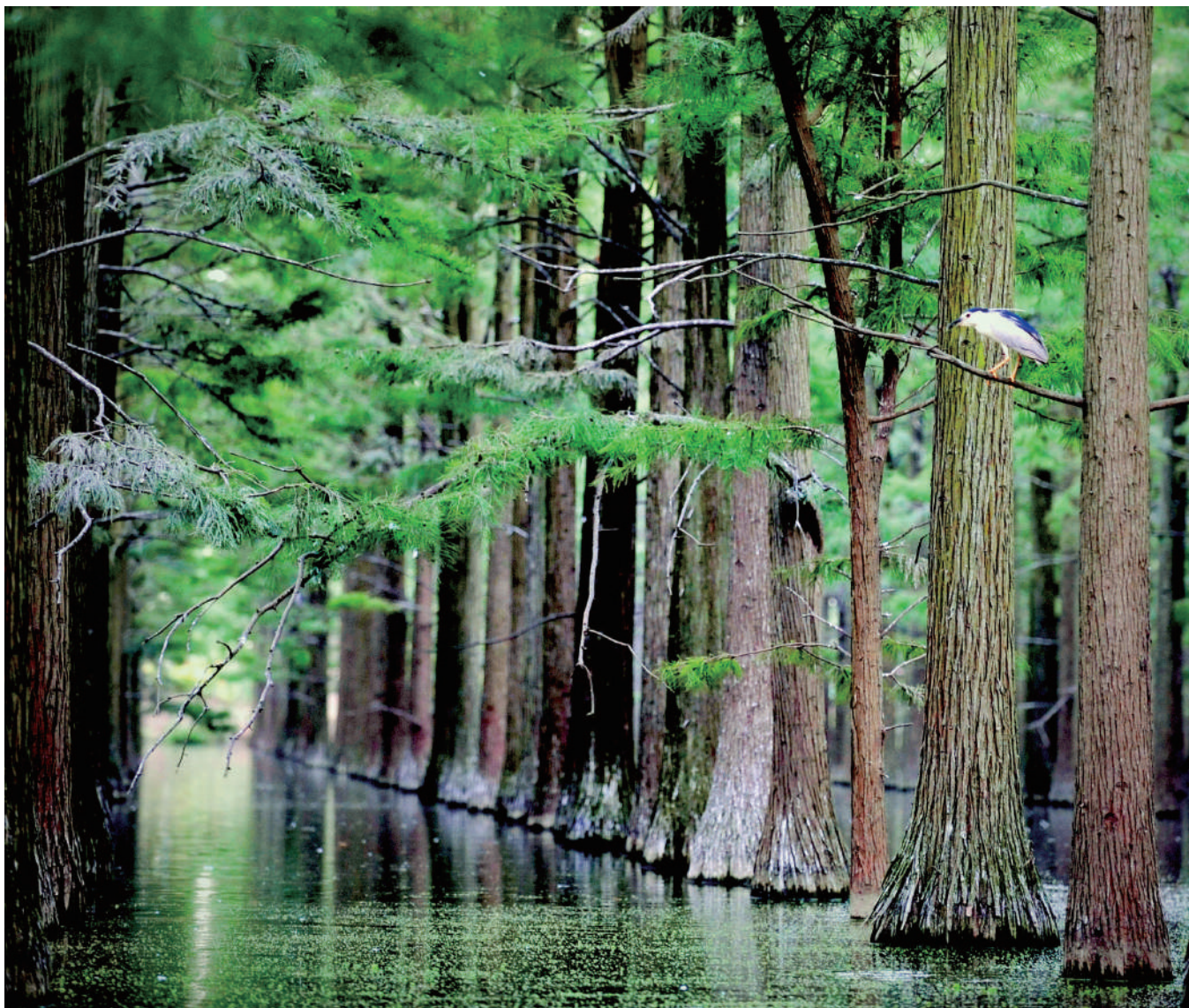
#### Transportation Guide

Enshi Airport has opened a number of domestic flight routes including a direct flight to Macao SAR. And it has also opened some international airlines since it is now the third airport as to Wuhan Tianhe Airport and Yichang Three Gorges Airport in Hubei. You can arrive in Enshi City either by air in one hour or by bullet train in 4 hours.



Gorgeous Pingshan Grand Canyon (Photo by Hou Gangfeng)





Chinese Fir Forest in Zhangdu Lake in Xinzhou District, Wuhan (Photo by Shen Leiping)



Stars Over the Three Gorges (Photo by Wei Qiyang)

For your travels in Hubei, numerous surprises are in store for you, the first of which is the enchanting scenery. You can ascend to the Yellow Crane Tower to have 360° panoramic view of Wuhan, or shuttle back and forth in the thousands of mountains and ravines of the Three Gorges or go into the remote Shennongjia forest to explore the mystery of the savages.

If you are fond of this kind of immersive trip while walking, one of the following eight recommended travel routes might just be for you.

## Recommended Travel Routes





Jiangnan Customs House (Photo by Zhao Guangliang)

## 01 A Tour to Wuhan Metropolitan Area (Wuhan—Ezhou—Huangshi—Xianning)

The leisure tourist route, featuring the urban seasons and charms, starts at Wuhan, linking to Ezhou, Huangshi and Xianning cities. The major scenic areas in the tourist circle are the East Lake and Hankou River Beach in Wuhan, the Zhiyin Cruise Night Tour in the Yangtze River, Liangzi Lake in Ezhou, Hot Springs in Xianning and Yangloudong Ancient Street in Chibi.

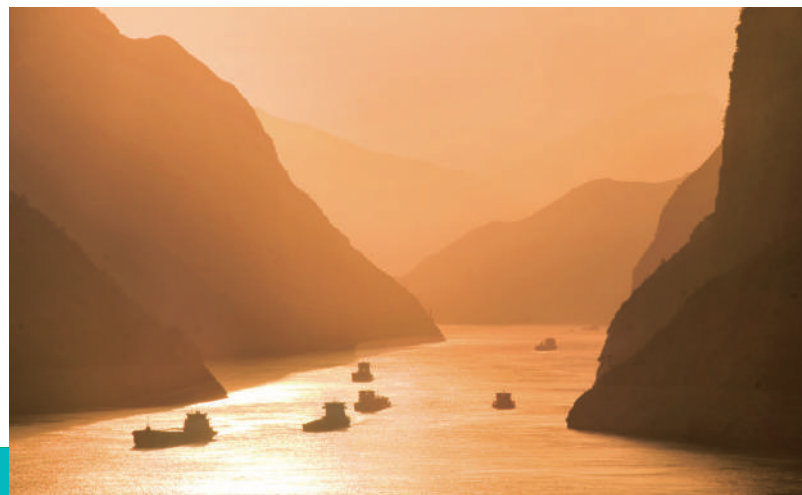
### Travel Route:

Wuhan (Wuhan Grand Bridge of the Yangtze River, Yellow Crane Tower, East Lake, Mulan Ecological and Cultural Tourist Area and Zhiyin Cruise Night Tour in the Yangtze River) → Ezhou (Liangzi Lake) → Huangshi (National Mine Park) → Xianning (Hot Springs Health) → Chibi (Yangloudong Ancient Street)



## 02 A Tour to the Three Gorges of the Yangtze River

(Yichang—Zigui—Badong—Chongqing)

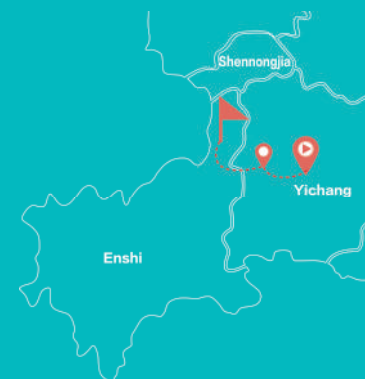


Xiling Gorge (Photo by Zheng Kun)

The route, featuring the high mountains, steep ravines and deep valleys, starts at Yichang, passes by Badong to Chongqing along the Yangtze River westward. The main scenic areas are the Three Gorges Waterfall, the Gezhou Dam, the Three Gorges Dam, the Hometown of Qu Yuan, the Xiling Gorge, the Tribe of the Three Gorges, the Shennong Stream and the Wu Gorge.

### Travel Route:

Yichang (Three Gorges Dam, Gezhou Dam, Tribe of the Three Gorges and Three Gorges Waterfall) → Zigui (Xiling Gorge and Hometown of Qu Yuan) → Badong (Wu Gorge and Shennong Stream).





## 03 A Tour to Wudang Mountain

(Wuhan—Zhongxiang—Xiangyang—Shiyan)



Wudang Kungfu (Photo by Ying Wen)

Featuring the world culture heritage of Hubei, the route starts at Wuhan, linking Wuhan to Zhongxiang, Xiangyang and Shiyan cities. The major scenic areas are the Museum of Hubei Province, Xianling Mausoleum of the Ming Dynasty, the Tang City, Xiangyang Ancient Town, Gulongzhong, the Wudang Mountain and the Taichi Lake.

### Travel Route:

Wuhan (Hubei Provincial Museum) → Zhongxiang (Xianling Mausoleum of the Ming Dynasty and Mochou Village) → Xiangyang (Xiangyang Ancient Town, Gulongzhong and Tang City) → Shiyan (Wudang Mountain and Taichi Lake).



## 04 A Tour to Shennongjia

(Yichang—Xingshan—Shennongjia)



Dajiu Lake in Shennongjia (Photo by Lu Qingguo)

The ecotourism route, features gorges and rivers and holy mountains finely complementing one another, starts at the Ecotourism Highway in Yichang or the Xiangxi Creek at the Three Gorges. The main scenic areas are the Sanyoudong Cave, the Xiling Gorge, the Xiangxi Creek, the Hometown of Wang Zhaojun, the Shennong Peak, the Banbiyan Rock and the Dajiu Lake.

### Travel Route:

Yichang (Sanyou Cave and Xiling Gorge) → Xingshan (Xiangxi Creek and Hometown of Wang Zhaojun) → Shennongjia (Shennong Peak, Banbiyan Rock, Dajiu Lake, Guanmen Mountain, Tianyan Scenic Zone, Tiansheng Bridge and High Mountain Skiing).





## 05 A Tour of the Three Kingdoms Culture

(Xiangyang-Jingzhou-Yichang)

Tang City in Xiangyang (Photo by Huo Guojun)

The route related to the abundant Three Kingdoms cultural resources connects the main cities in Hubei province like Xiangyang, Jingzhou and Yichang. The major scenic areas are Xiangyang Ancient Town, Tang City, Jingzhou Ancient Town, Guangdi Temple in Jingzhou, Xiaoting Ancient Battlefield in Yichang and the Tomb of Guan Yu in Dangyang.

### Travel Route:

Xiangyang (Xiangyang Ancient Town, Gulongzhong, Lumen Temple and Mi Fu Memorial Hall) → Jingzhou (Jingzhou Ancient Town, Jingzhou Fangtawild Oriental Heritage and Guandi Temple) → Yichang (Xiaoting Ancient Battlefield) → Dangyang (Tomb of Guan Yu).



## 06 A Tour of Tujia Ethnic Culture

(Yichang-Changyang-Jianshi-Enshi-Lichuan)

The leisure tourist route, featuring the cultural charm of the Tujia ethnic group and the art gallery that is the picturesque mountains and rivers of the area, starts at Yichang, and is forked by the Qingjiang River. The main scenic areas are the Three Gorges Dam, the Gezhou Dam, the Tribe of the Three Gorges, the Gallery of the Qingjiang River in Changyang, Yesanxia Scenic Area in Jianshi, the Enshi Grand Canyon and the Tenglong Cave in Lichuan.

### Travel Route:

Yichang (Three Gorges Dam, Gezhou Dam and the Tribe of the Three Gorges ) → Changyang (Qingjiang River Gallery) → Jianshi (Yesanxia Scenic Area) → Enshi (Enshi Grand Canyon and Tujia Girls Town) → Lichuan (Tenglong Cave).



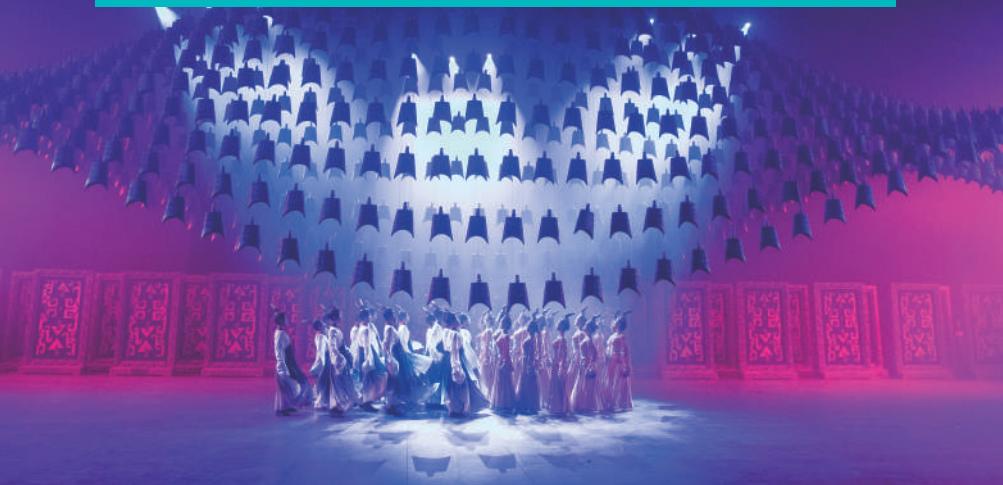
Stage Photo of the Live Show "Dragon Boat Tune" at Enshi Grand Canyon (Photo by Wen Lin)





## 07 A Tour of Chu Culture

(Wuhan—Qianjiang—Jingzhou—Yichang)



A Large-scaled Theatre Performance "Chu Music" (Courtesy of Jingzhou Fangte Oriental Heritage)

The Chu Cultural Tourist Route connects the main cities in Hubei province like Wuhan, Qianjiang, Jingzhou and Yichang. The most impressive scenic areas are the Chu State Town at the East Lake and Yellow Crane Tower Park in Wuhan, Longwan Archaeological Site Park in Qianjiang, Jingzhou Museum, Jingzhou Ancient Town, Jingzhou Fangte Oriental Heritage and Qu Yuan Memorial Temple.

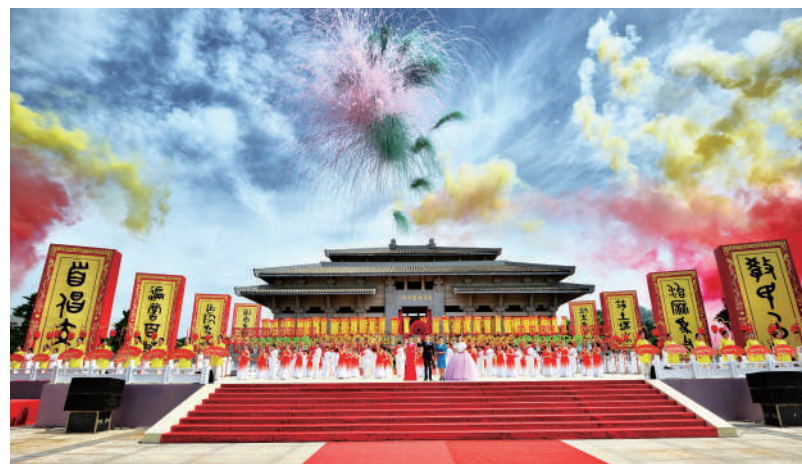
### Travel Route:

Wuhan (Hubei Provincial Museum, Chu State Town at the East Lake and Yellow Crane Tower) → Qianjiang (Longwan Archaeological Site Park) → Jingzhou (Jingzhou Museum, Jingzhou Ancient Town and Jingzhou Fangtawild Oriental Heritage) → Zigui (Hometown of Qu Yuan).



## 08 A Tour to the Hometown of Emperor Yan

(Wuhan—Anlu—Suizhou)



World Chinese Root Seeking Festival in the hometown of the Emperor Yan (Photo by Li Wenjun)

The special tourist route, featuring the relics of the Emperor Yan, one of the earliest ancestors of the Chinese people, combines with some other scenic spots, linking to Wuhan, Anlu and Suizhou cities. The most important scenic areas are Hubei Provincial Museum, Ginkgo Valley, Hometown of the Emperor Yan and Leigudun Archaeological Site Museum in Suizhou.

### Travel Route:

Wuhan (Hubei Provincial Museum and East Lake) → Anlu (Qianchong Ginkgo Valley) → Suizhou (Leigudun Archaeological Site Museum, Hometown of the Emperor Yan and Luoyang Ginkgo Valley).







## CHAPTER THREE

# A Taste of Hubei

Welcome to Hubei, where the authentic special sumptuous local food will please your stomach, and the fine goods and one-of-a-kind souvenirs will capture your heart!

### Basic Information of Hubei Province

Here is a “resume” of Hubei.

### Delicacies

The Hubei delicacies that you will never forget.

### Souvenirs

The special souvenirs that you will enjoy.

Dajiu Lake Showscape in Shennongjia  
(Photo by Lin Xiuzhen)



# Basic Information of the Province

## Geographic Location

Hubei Province lies in the central part of the People's Republic of China. Its officially abbreviated name “鄂” (E) is another name for Hubei Province. Covering from 108° 21' 42" to 116° 07' 50" in the East Longitude and from 29° 01' 53" to 33° 6' 47" in the North Latitude, the province borders the provinces of Anhui to the east, Jiangxi and Hunan to the south, Henan to the north, Shaanxi to the northwest, linking to Chongqing Municipality to western China. With a total area of 1859,000 square kilometers, it accounts for 1.94 percent of China's total area.

The province is surrounded by mountains on three directions (east, west and north), stretching the Wuling Mountains, the Wushan Mountain, the Wudang Mountain and the Dabie Mountains in a northwestern orientation. Its central and southern part is the Jiangnan Plain, extending into Hunan Province, and then linking the Dongting Lake Plain up together.

Wuhan Tianhe Airport T3 Buildings (Photo by Li Shengyun)



Wuhan Railway Station (Photo by He Yi)

## Administrative Division

Hubei Province governs 12 municipalities, one autonomous prefecture, three cities directly under the provincial government, one county-level forest region and 103 county-level administrative division units with Wuhan as its provincial capital.

## Transportation

The high-speed railways, multi-lane freeways and pristine waterways, along with domestic and international airlines collectively form a well-integrated and cutting-edge transportation system that has been built in Hubei Province. Moreover, Wuhan now has direct flights to London, Paris, New York and Tokyo, and has also opened international flights to many other cities around the world. So the “4-hour air transportation circle” between Wuhan and Southeast Asia has grown to a “12-hour air traffic circle” between Wuhan and major cities around the world.



## History

Hubei Province is one of the areas of the most historicism significant to the glorious and brilliant Chinese culture. As the origin of the Chu culture, the earliest representative is the Qujialing Site discovered in the 1950s in Hubei's Jingshan County, located in the Jiangnan Plains. A large quantity of Neolithic stoneware and pottery have been unearthed at the Site, of which eggshell porcelain, pot-shaped vessels, terracotta buildings with grain chaffs and others are of important research value. During the Xia Dynasty (2070 B.C.–1600 B.C.), Xia culture had influenced the Yangtze River areas, then in Shang Dynasty (1600 B.C.–1046 B.C.) Hubei had been incorporated into its territory. The Northern Panlongcheng Ruins Site in Wuhan was explored, and a large number of mid-Shang Dynasty era bronze-ware were unearthed in Hubei various cities and counties, showing that the influence of the Shang Dynasty had spread far and wide to the vast areas both along the Hanjiang River and the Yangtze River.

## Science and Education

Hubei Province is one of the most well-developed provinces in education and scientific research in China, and it leads the nation in both the number of higher learning institutions and university enrollment. With some 2000 scientific research institutions and more than 8000 new tech firms, Hubei has become a central hub of creativity and scientific innovation. Wuhan Optics Valley has become one of the most dynamic regions of China in terms of science and innovation.

## Economy and Opening Up

With its overall conditions ripe for opening up Hubei Province has become the nerve center that controls the interplay between the Yangtze River Economic Zone and "the Belt and Road" initiative. Located within its borders are a Free Trade Zone, 12 state-level high-tech industrial development zones, 5 state open ports and 5 bonded logistics centers. Hubei has economic and trade contacts with over 200 countries and regions in the world and nearly two thirds of the world's fortune 500 companies have set an established presence in Hubei Province.



Future Technology City at Wuhan Optics Valley (Photo by Jiang Tao)



## Delicacies

Hubei is endowed with a pleasing environment and palatable specialties. A great variety of unique ingredients contribute to its gourmet cuisine. Come to Hubei and let your taste buds tell you why the must-try Top 10 Hubei snacks are one-in-a-million!



(Drawn by Yang Huyue & Liu Yuanyuan)



Wuchang Steamed Fish

### TOP1 Hot Dry Noodles— The Gourmet Treat with a Touch of Wuhan Affection

Hot Dry Noodles with Sesame Paste typify Wuhan cuisine. In their heart, Hot Dry Noodles are of more importance to Wuhan people than any other breakfast food. The dish is a sumptuous golden color and simply melts in your mouth. Most impressive of all is that every plump noodle is cooked to perfection.

Where to eat?

Hubu Lane, nestled at Minzhu Road of Wuchang District in Wuhan, is honored as “The Restaurant Row of Wuhan-style snacks.” Here you can taste the authentic Hot Dry Noodles at Cailinji Restaurant, Steamed Mincemeat Buns, Chinese Doughnuts and Doupi when strolling through the lane.

### TOP2 Steamed Wuchang Fish —The Calling Card of Hubei Cuisine

A famous line from a poem by the late, great Chairman Mao Zedong (1893–1976) “A sip of Changsha water, a bite of Wuchang fish,” elevated the status of Wuchang Steamed Fish both domestically and internationally. The dish is famous in Hubei for its tender, fatty meat. If you would like to sample its succulence for yourself, the best way to cook it at home is to steam.

Where to eat?

Wuchang Steamed Fish is available in almost all the restaurants or hotels in Wuhan, such as The Hujin Restaurant and The Sunny Restaurant.



### TOP3 Fangxian County Yellow Rice Wine— The Joy of Drink with Bowls

In Fangxian County, Hubei, there is a local ditty that goes, “No feast can commence without yellow wine, heed not the better wine let it stay in cask,” It has been customary for the local people to make yellow rice wine since time immemorial. This wine is ready all the year around for parties, weddings and funerals, not to mention Spring Festival celebrations.

Come to Fangxian to feel the joys of a carafe of wine and a healthy slice of meat!

Where to eat?

Yellow rice wine is available for sample or purchase at the Fangxian County Guesthouse Cultural Village.

### TOP4 Qianjiang Braised Crayfish in Red Oil— An Irresistible Red Temptation



Qianjiang Braised Crayfish in Red Oil are made in a typical way of oil braising fresh jumbo crayfish from the Jiangnan Plains. These crayfish dishes are brightly colored, hot and spicy, and of course sumptuous.

You can go to a restaurant or food stall on a balmy summer night to taste braised crayfish with a bottle of beer and Qianjiang-style snacks. After such a tasty and satisfying meal, you will feel that all is right with the world.

Where to eat?

Qianjiang Crayfish Street and Qianjiang Crayfish Town have the largest concentration of vendors serving Braised crayfish in Red Oil.



Traditional Luotian Hanging Hotpot (Photo by Wu Aping)

### TOP5 Xiaogan Rice Drink— An Unforgettable Aroma

Xiaogan Rice Drink has been a traditional liquor in Hubei for over 500 years. It is made with choice ingredients and authentic processes. Xiaogan Rice Drink is smooth and tasty with an unmistakable aroma. Just one taste will lift your spirits and warm your stomach.

Where to eat?

Xiaogan Rice Drink products are available at the Xiaogan Rice Drink Restaurant at Chengzhan Road, Xiaogan City or at most grocery stores and supermarkets in Hubei.

### TOP6 Luotian Hanging Hotpot— A Heartwarming Dabie Mountain Delicacy

The local people in Luotian County, Hubei have a special custom, they eat hotpot from an iron pot suspended over a charcoal stove. As the icy wind blusters outside and the winter snows pile into drifts, the simmering pot brimming with fresh and flavorful meats and vegetables is surrounded by cheery guests toasting and making merry long into the cold winter's night.

Where to eat?

You are recommended to taste the hanging hotpot at Shengli Hanging Hotpot Town, and gourmet shops at the streets and lanes of Huanggang City, Luotian County.





Mianyang Three—Steamers (Photo by Wu Feng)

### TOP7 Mianyang Three Steamed Dishes— One of Top 10 Hubei Cuisines

If you travel in Xiantao City — originally known as Mianyang in Hubei Province, you will find that almost every dish is made by way of steam. The well-known Mianyang Three Steamed Dishes includes seafood, poultry and vegetables, and is the most special of them all. The foods are tasty and the meat lean, the fish is tender and fresh, and the vegetables are mild but flavorful. The cuisine of Xiantao plays an important role in Hubei and China as it is one of the showpieces of Chinese steamed dishes.

Where to eat?

Mianyang Three—Steamers are available at Huayuan Hotel, Tianyi Grand Hotel and Chuyuan Farmyard in Xiantao City.

### TOP8 Panlong Dish— The Famous Chinese Meatless Meat Dish

Commonly known as chopped vegetables or “Juanqie,” the Panlong dish (dragon-shaped dish) is a special dish from Zhongxiang City, Hubei that originated from the imperial dishes of the Ming Dynasty. It is currently listed as one of the most famous dishes in The Chinese Recipes. There have been various ways to eat it have been passed down through the ages. You can steam it, pan-fry it, stir-fry it, put the ingredients into a hot pot, or mix them into noodles or soups. It is as versatile as it is delicious.

Where to eat?

The Panlong dish is available at all Zhongxiang stores and supermarkets.

### TOP9 Lotus Root Soup With Pork Ribs— A Unique Hubei Flavor

Hubei residents like to treat guests with a bowl of louts root soup with pork ribs, showing their deep sense of hospitality. The lotus roots must first be selected from Honghu Lake in Jingzhou, a place with abundant water. The dish, with succulent pork ribs, select Honghu lotus roots and fresh ginger is put into an earthen pot and slow cooked for hours until the ribs and roots are tender. Before you take the dish to the table, remember to put some chopped green onions into the soup. The dish is tasty and tender with just a hint of sweetness.

Where to eat?

Lotus Root Soup with Pork Ribs is available at most of the hotels and restaurants in Hubei.



Lotus Root Soup With Pork Ribs (Photo by Wu Aping)

### TOP10 Yunmeng Fish Noodles— The Perfect Fusion of Fish and Noodles

Yunmeng county, Hubei is located along the banks of the Mengze of the ancient Chu State, which is overflowing with fish and prawns. Fish is a regular dish on the table of the locals. They combined fish and flour to create a kind of new food called, “fish noodles.” This dry food has become a premium product of Hubei Province. It has been honored as the “longevity noodle.”

Where to eat?

Yunmeng Fish Noodles are available at all stores and supermarkets in Yunmeng County, Xiaogan City.



Now the only questions remains, how to relive those wonderful memories of your trip again and again? Of course, a unique souvenir or two would definitely be in order.

Once your tour of Hubei is complete, the gift shops are waiting for you with special and unique souvenirs that can be used as gifts for your family members or friends, or just as a memento for yourself to commemorate your amazing vacation!



Shiyan Zhushan Turquoise Carving  
(Photo by Huang Puying)

## Zhushan Turquoise

Turquoise resources are rare in China and their reserves are the least among China's four most famous jades (the other three: Hetian Jade in Xinjiang, Nanyang Jade in Henan and Xiuyan Jade in Liaoning). Zhushan County in Shiyan, Hubei is a rare area rich in turquoise, with reserves that account for 70 percent of the nation. The Zhushan turquoise is highly regarded both in China and in the world thanks to its high degree of purity, high quality, pure color and luster, and ease of carving and sculpting.

## Xilankapu-Tujia Brocade

Xilankapu is a traditional Tujia ethnic brocade, and also one of China's five famous types of brocades. "Xilan" in the Tujia language means "bedspread" and "Kapu" means "flower," together meaning "a flower-brocaded bedspread."

According to the Tujia ethnic customs, the young Tujia girls had to weave the beautiful "Xilankapu" on the weaving machines before they got married. Xilankapu is hand woven on a narrow lathe loom with red, blue, black, white, yellow and purple silk yarns as warp and woof. Now Xilankapu has also been fashioned into quilt covers, bedspreads, curtains, table clothes, cushion covers and cloth wrappers, artistic wall hanging and bags.

The color contrast is strong and the patterns are simple in design but highly ornate, and all the brocades, representing Tujia ethnic customs and culture, are filled with a sense of the simple joys of daily life.



Tang Hongxiang, the Hubei Province craft master, introduces Xilankapu (Tujia brocade) to the tourists.



## Wood Carved Boat Model

Hubei is a province of thousands of lakes and it has convenient access to waterways. The special geographical location of Hubei has given rise to its flourishing wood carved boat culture. Throughout the ages, all variety of ships and boats shuttling in the rivers and lakes were carpentered with an unending supply of materials for the wood carved boat art. Many wood carved boats for display have been made by the artists from all parts of Hubei Province.

They usually select the fine and firm trees like cedar, boxwood and mahogany as raw materials and combine mortise and tenon, cross-dying and stitching techniques in addition to carving in the round, relief carving and open-work carving techniques. Especially given the fact that they lay much emphasis to the floral motif and hollowing-out flowers. So the wood carved boat model looks highly exaggerated and decorated, with palpable local feature of Hubei Province.



Wood Carved Boat Model—The Chinese Dragon (Courtesy of Wuhan Intangible Cultural Heritage Communication Company, LTD.)



The Imitation Ornaments of Chime Bells of Marquis Yi (Photo by Wu Aping)

## Chime Bells of Marquis Yi (Miniature Ornaments)

The bronze Chime Bells are the quintessential relics unearthed from the tomb of Marquis Yi in the ancient Zeng State in the City of Suizhou, Hubei. Suspended on a huge bell frame, the whole 65 pieces of flat-to-round Chime Bells are arranged in different sizes in order from high to low pitch, with a range covering five and a half octaves and twelve semitones. Because each bell has its own tones, the Chime Bells can bring visitors beautiful music while being played according to the acoustic range. As the most precious treasure of Hubei Provincial Museum, the Chime Bells of Marquis Yi are the collections of the Chu State culture. Replica ornaments are a memorable choice for you to present to your family members or your friends.

## Chu-style Lacquer Ware

The Chu-style Lacquer Ware is the acme of China's lacquer arts. Generally, a base coat of black paint is applied and lines drawn with red paint or colored paints. Other colors like black, red, gold, yellow, green and blue are commonly seen on the decorations of the lacquer wares. There have been over 200 pieces of the lacquer ware unearthed from the Tomb of Marquis Yi, who resided in the ancient Zeng State of the Spring and Autumn and the Warring States periods of China. In addition to their exquisite appearance, Chu-style lacquer ware products are of a high collector's value.





Han Embroidery Folding Screen for Display  
(Courtesy of Wuhan Intangible Cultural Heritage Communication Company, LTD.)

## Han Embroidery in Hubei

The Han embroidery in Hubei is one of the Han-style embroidery techniques. It is based on the Chu embroidery style, combining the advantages of embroidery techniques from the Northern and Southern Chinese schools to form a new embroidery technique that is included as a national intangible cultural heritage.

There is a whole set of embroidery techniques that includes: flatting, knitting, spacing, pressing, blending, knotting, matting and buttoning. The main form is focused on “flattening gold and pressing embroidery,” layer by layer, and breaking the colors. So the gradation is distinct and the contrast is very strong. The embroidery can be presented as broad and splendid colors by the way of branches being added onto the flowers, and then flowers added onto leaves and then leaves added onto branches.