**新疆旅游攻略：探索西域的自然与文化**

**最佳旅游时间**

**春季（4月至5月）：**此时新疆的气温逐渐回暖，万物复苏。天山天池的冰雪开始融化，形成壮观的冰瀑景观，是摄影爱好者的天堂。同时，春季也是赏花的好时节，伊犁的杏花沟和吐鲁番的杏花村都值得一去.

**夏季（6月至8月）：**这是新疆旅游的黄金季节。天气凉爽宜人，草原、湖泊和雪山等自然景观都处于最佳状态。那拉提草原绿草如茵，喀纳斯湖水碧波荡漾，禾木村的木屋错落有致，是避暑和观光的好去处。此外，夏季还可以品尝到新鲜的水果和蔬菜，如哈密瓜、葡萄等.

**秋季（9月至10月）：**秋季的新疆色彩斑斓，是摄影和徒步的最佳季节。塔里木胡杨林的胡杨树叶金黄灿烂，额尔齐斯河谷的白桦林也呈现出迷人的秋色。此时的喀纳斯湖和禾木村也别有一番韵味，适合深度游览和体验当地的民族文化.

**冬季（11月至次年3月）：**虽然冬季寒冷，但新疆的冰雪景观同样令人震撼。天山天池的冰面平整如镜，喀纳斯湖的冰瀑和冰挂也颇具特色。此外，冬季还可以体验滑雪、冰钓等冰雪活动，感受新疆的冬季魅力.

**Spring (April to May):** As temperatures gradually warm up and everything comes back to life, this is the perfect time for photography enthusiasts. The ice and snow at Tianchi of Tianshan begin to melt, forming spectacular ice waterfalls, making it a paradise for photographers. Additionally, spring is an excellent time for flower viewing, with the apricot blossoms in Yili's Apricot Blossom Valley and Turpan's Apricot Blossom Village well worth a visit.

**Summer (June to August):** This is the golden season for traveling in Xinjiang. The weather is cool and pleasant, and natural landscapes such as grasslands, lakes, and snowcapped mountains are at their best. The Nalati Grassland is lush and green, the Kanas Lake is sparkling, and the wooden houses in Hemu Village are picturesque, making it an ideal place for escaping the heat and sightseeing. Moreover, fresh fruits and vegetables like Hami melons and grapes are available during the summer.

**Autumn (September to October):** Xinjiang in autumn is a riot of colors, making it the best season for photography and hiking. The poplar leaves in the Tarim Poplar Forest are golden and splendid, and the birch forest in the Irtysh River Valley also presents a charming autumn scenery. At this time, Kanas Lake and Hemu Village have a unique charm, suitable for indepth exploration and experiencing local culture.

**Winter (November to March of the following year):** Although the winter is cold, the ice and snow landscapes in Xinjiang are equally stunning. The ice surface at Tianchi of Tianshan is smooth like a mirror, and the icefalls and icicles at Kanas Lake are also distinctive. In addition, winter offers the opportunity to experience skiing, ice fishing, and other ice and snow activities, allowing you to feel the charm of Xinjiang's winter.

**行程规划**

**北疆线路（7天）：**

  **第1天：**抵达乌鲁木齐，游览红山公园和大巴扎，感受新疆的风土人情.

  **第2天：**前往天山天池，欣赏雪山、湖泊和森林的壮丽景色，体验天池的神秘与宁静.

  **第3天：**前往那拉提草原，感受草原的辽阔与美丽，晚上可以参加草原上的篝火晚会，体验草原文化的魅力.

  **第4天：**前往喀纳斯湖，游览喀纳斯湖怪传说的神秘湖泊，参观喀纳斯湖怪博物馆，了解当地的传说和文化.

  **第5天：**游览禾木村，感受图瓦人的传统生活方式和自然风光，参观禾木村的木屋和图瓦人博物馆.

  **第6天：**返回乌鲁木齐，途中可以游览乌尔禾魔鬼城，感受大自然的鬼斧神工.

  **第7天：**在乌鲁木齐市区逛逛，购买一些新疆特产作为纪念，如葡萄干、哈密瓜等，然后结束旅程.

 南疆线路（7天）：

  **第1天：**抵达乌鲁木齐，游览红山公园和大巴扎，了解新疆的历史和文化.

  **第2天：**前往吐鲁番，游览火焰山，感受“火焰山下无草木”的奇特景观，参观葡萄沟，品尝当地的葡萄和葡萄酒.

  **第3天：**前往库尔勒，游览塔里木胡杨林，欣赏胡杨树的奇特形态和美丽的秋色，感受“生而千年不死，死而千年不倒，倒而千年不朽”的胡杨精神.

  **第4天：**前往库车，游览库车大峡谷，感受峡谷的壮丽与险峻，参观库车古城遗址，了解古代丝绸之路上的历史.

 **第5天：**前往喀什，游览喀什古城，感受古城的厚重历史和浓郁的民族风情，参观艾提尕尔清真寺，了解当地的宗教文化.

  **第6天：**游览喀什的巴扎，品尝当地的美食和小吃，如烤羊肉串、烤包子等，感受新疆的市井生活.

 **第7天：**在喀什市区逛逛，购买一些当地的手工艺品作为纪念，如艾德莱斯绸、刺绣等，然后结束旅程.

 **Northern Xinjiang Itinerary (7 Days):**

 **Day 1:** Arrive in Urumqi and visit Hongshan Park and the Grand Bazaar to experience the local customs and culture of Xinjiang.

  **Day 2:** Head to Tianchi of Tianshan to admire the magnificent scenery of snowcapped mountains, lakes, and forests, and experience the mystery and tranquility of Tianchi.

  **Day 3:** Go to Nalati Grassland to feel the vastness and beauty of the grassland. In the evening, you can join a bonfire party on the grassland to experience the charm of grassland culture.

  **Day 4:** Visit Kanas Lake, explore the mysterious lake associated with the Kanas Lake Monster legend, and visit the Kanas Lake Monster Museum to learn about local legends and culture.

  **Day 5:** Tour Hemu Village, experience the traditional lifestyle of the Tuvan people and the natural scenery, and visit the wooden houses and Tuvan Museum in Hemu Village.

  **Day 6:** Return to Urumqi, and on the way, visit the Wuerhe Devil City to feel the wonders of nature.

 **Day 7:** Spend some time in the city of Urumqi, buy some Xinjiang specialties as souvenirs, such as raisins and Hami melons, and then end the journey.

 **Southern Xinjiang Itinerary (7 Days):**

  **Day 1:** Arrive in Urumqi and visit Hongshan Park and the Grand Bazaar to learn about the history and culture of Xinjiang.

  **Day 2:** Head to Turpan, visit the Flaming Mountains to experience the unique landscape of "no vegetation under the Flaming Mountains," and visit the Grape Valley to taste local grapes and wine.

 **Day 3:** Go to Korla, visit the Tarim Poplar Forest to appreciate the peculiar shapes of the poplar trees and the beautiful autumn colors, and feel the "live for a thousand years, stand for a thousand years after death, and not decay for a thousand years after falling" spirit of the poplars.

  **Day 4:** Head to Kuche, visit the Kuche Grand Canyon to feel the grandeur and steepness of the canyon, and visit the Kuche Ancient City Ruins to learn about the history of the ancient Silk Road.

  **Day 5:** Go to Kashgar, visit the Kashgar Old City to feel the rich history and strong ethnic characteristics of the ancient city, and visit the Id Kah Mosque to learn about local religious culture.

  **Day 6:** Tour the bazaars of Kashgar, taste local foods and snacks, such as grilled lamb skewers and baked buns, and experience the local life in Xinjiang.

 **Day 7:** Spend some time in the city of Kashgar, buy some local handicrafts as souvenirs, such as Atayi silk and embroidery, and then end the journey.

**住宿建议**

**乌鲁木齐：**可以选择友好或中山路商圈的酒店，交通便利且价格亲民。推荐的酒店有新疆友好国际大饭店、新疆人民大厦等，这些酒店设施齐全，服务周到，是市区住宿的不错选择.

**景区附近：**如喀纳斯和禾木，推荐住景区内的小木屋或民宿，晚上可以欣赏美丽的星空，感受大自然的宁静与美好。喀纳斯湖畔的喀纳斯山庄、禾木村的禾木山庄等都是不错的选择，住宿条件相对舒适，且具有浓郁的民族特色.

**特色体验：**在喀什古城附近可以选择具有当地特色的民宿，如喀什古城客栈、喀什古城精品酒店等，这些民宿装修风格独特，充满民族风情，可以让你更好地融入当地的生活，感受新疆的风土人情.

**Urumqi:** You can choose hotels in the Youhao or Zhongshan Road business districts, which are convenient for transportation and reasonably priced. Recommended hotels include the Xinjiang Youhao International Hotel and Xinjiang People's Building, which offer complete facilities and attentive service, making them a good choice for city accommodation.

**Near Scenic Spots:** For places like Kanas and Hemu, it is recommended to stay in small wooden houses or homestays within the scenic area. At night, you can enjoy the beautiful starry sky and feel the tranquility and beauty of nature. The Kanas Mountain Village by Kanas Lake and the Hemu Mountain Village in Hemu Village are good choices, with relatively comfortable accommodation conditions and a strong ethnic character.

**Unique Experiences:** In the area around Kashgar Old City, you can choose homestays with local characteristics, such as the Kashgar Old City Inn and Kashgar Old City Boutique Hotel. These homestays have unique decoration styles and are full of ethnic charm, allowing you to better integrate into local life and experience the customs and culture of Xinjiang.

**美食推荐**

**大盘鸡：**鸡肉鲜嫩，土豆软糯，搭配宽面，是新疆的招牌菜。推荐去乌鲁木齐的“老城南门大盘鸡”或喀什的“喀什古城大盘鸡”，这些店的菜品味道正宗，分量十足，价格也相对合理.

**手抓饭：**米饭粒粒分明，搭配羊肉、胡萝卜和洋葱，营养丰富。在吐鲁番的“吐鲁番手抓饭”或喀什的“喀什古城手抓饭”都可以品尝到正宗的手抓饭，口感香浓，回味无穷.

**烤羊肉串：**肉质鲜嫩多汁，是来新疆必尝的美食。推荐去乌鲁木齐的“阿布拉的馕”或喀什的“喀什古城烤羊肉串”，这些店的羊肉串选料讲究，烤制工艺精湛，吃起来外焦里嫩，香气四溢.

**酸奶：**口感醇厚，常与蜂蜜和干果一起食用。在新疆的各大超市和便利店都可以购买到当地的酸奶，如“天润酸奶”、“西域春酸奶”等，品牌众多，口味丰富，是旅行中解渴的好选择.

**Dapanji (Big Plate Chicken):** The chicken is tender, the potatoes are soft and glutinous, and it is served with wide noodles, making it a signature dish of Xinjiang. It is recommended to visit "Laocheng Nanmen Dapanji" in Urumqi or "Kashgar Old City Dapanji" in Kashgar, where the dishes are authentic, abundant, and reasonably priced.

**Hand Grasped Rice:** The rice is distinct and served with lamb, carrots, and onions, making it nutritious. You can taste authentic hand grasped rice at "Turpan Hand Grasped Rice" in Turpan or "Kashgar Old City Hand Grasped Rice" in Kashgar, which has a rich flavor and a lingering aftertaste.

**Grilled Lamb Skewers:** The meat is tender and juicy, a musttry delicacy when visiting Xinjiang. It is recommended to visit "Abulah's Nang" in Urumqi or "Kashgar Old City Grilled Lamb Skewers" in Kashgar, where the lamb skewers are carefully selected and skillfully grilled, resulting in a crispy exterior and tender interior with a fragrant aroma.

**Yogurt:** The yogurt has a rich and smooth texture and is often enjoyed with honey and dried fruits. You can find local yogurt in various supermarkets and convenience stores in Xinjiang, such as "Tianrun Yogurt" and "Xiyu Chun Yogurt," with many brands and flavors available, making it a great choice for quenching thirst during your trip.

**注意事项**

**饮食卫生：**注意饮食卫生，避免食用不洁食物。在品尝当地美食时，尽量选择卫生条件较好的餐厅和店铺，注意食物的新鲜度和卫生状况，以免引起肠胃不适.

**尊重当地习俗：**新疆是多民族聚居的地区，要尊重当地的宗教信仰和风俗习惯。在清真餐厅用餐时，不要点猪肉等不符合清真饮食习惯的食物；在参观清真寺等宗教场所时，要遵守当地的礼仪规定，如脱鞋、戴头巾等，以示尊重.

气候与着装：新疆昼夜温差大，需准备厚外套和保暖衣物。夏季白天阳光强烈，需准备防晒霜、太阳镜和遮阳帽等防晒用品；晚上气温较低，需携带厚外套或羽绒服。冬季则需准备羽绒服、棉衣、手套、帽子等保暖衣物，以应对寒冷的天气.

**防晒与防晕车：**由于新疆紫外线强烈，需准备防晒霜、太阳镜和遮阳帽等防晒用品，以防止晒伤。部分路段可能会有晕车情况，建议自备晕车药，如晕车贴、晕车丸等，以备不时之需.

**Dietary Hygiene:** Pay attention to dietary hygiene and avoid consuming unclean food. When trying local delicacies, choose restaurants and shops with good sanitary conditions and pay attention to the freshness and hygiene of the food to prevent gastrointestinal discomfort.

Respect Local Customs: Xinjiang is a multiethnic region, and it is important to respect local religious beliefs and customs. When dining at halal restaurants, avoid ordering pork and other foods that do not conform to halal dietary habits. When visiting religious sites such as mosques, follow local etiquette, such as removing shoes and wearing headscarves, to show respect.

**Climate and Clothing:** The temperature difference between day and night in Xinjiang is large, so prepare thick jackets and warm clothing. In the summer, the sun is strong during the day, so prepare sunscreen, sunglasses, and sun hats for protection; in the evening, the temperature drops, so bring a thick jacket or down jacket. In winter, prepare down jackets, cotton clothes, gloves, and hats to cope with the cold weather.

**Sun Protection and Motion Sickness Prevention:** Due to the strong ultraviolet rays in Xinjiang, prepare sunscreen, sunglasses, and sun hats to prevent sunburn. Some routes may cause motion sickness, so it is recommended to bring motion sickness medication, such as motion sickness patches and pills, for emergencies.