



NINGXIA

Provincial Information

Located in Northwest China, Ningxia is one of the five ethnic minority autonomous region in China. Ningxia Hui Autonomous Region is it's full name and among it's population of 5.62 million, one third are Hui minority people. The capital city of Ningxia is Yinchuan. Situated by the upper reaches of the Yellow River, and borders three provinces with Shaanxi to the east, Inner Mongolia to the west and north, and Gansu to the south. The most typical feature in Ningxia is the big difference in temperature between day and night. In most places of Ningxia, the difference can range up to 14° C (57° F). Because of this, travelers intending to visit Ningxia are still advised to bring with them several warm clothes.

Food

The local cuisine features Muslin characteristics but still carries the advantages of Chinese cooking. The mouth-filling flavor can be found in meat dishes, pastries, appetizers and main courses. The unique natural conditions in the dry and warm area have made local water and grass full of minerals. A special breed of sheep called Mudflat Sheep grazes on this special grass, and as a result is tender, refined and all natural in taste. There are many staple soups, stir-frys and many other methods of cooking fresh locally produced dishes found in the Ningxia region.



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Additional Resources

<https://www.chinahighlights.com/ningxia/>

http://www.foreignercn.com/index.php?option=com_content&view=article&id=8059:special-food-in-ningxia&catid=117:travel-in-ningxia&Itemid=269

<https://www.britannica.com/place/Ningxia>

Sample Itinerary

Sunday

Airport/Train Station Pick Up

Monday

Gotcha Day

Tuesday

Adoption Registration

Wednesday/Thursday

Notary Office/ Sightseeing and Shopping

Friday

Passport Application Pick-Up/Travel to
Guangzhou.