

慕田峪长城入境游客一日游攻略

Mutianyu Great Wall: A One-Day Itinerary Guide for International Visitors

慕田峪长城距北京市区约 70 公里，是明长城保存最完好的段落之一，以城墙雄伟、敌楼密集、植被覆盖率高著称，也是接待入境游客最成熟的长城景区之一。

景区支持护照购票、外卡支付、多语言服务，并配有摆渡车、缆车等多种登城方式，适合不同体力与时间的游客。本攻略按“抵达—购票—登城—游览—用餐—购物—返程”顺序整理，帮助您从落地北京起即可清晰规划一日行程。

Mutianyu Great Wall lies approximately 70 km from downtown Beijing. It is one of the best-preserved sections of the Ming Dynasty Great Wall, renowned for its majestic ramparts, dense concentration of watchtowers, and rich vegetation. It is also one of the most established Great Wall sites for receiving international visitors. The scenic area supports passport-based ticketing, foreign bank card payments, and multilingual services, and offers several ways to ascend the Great Wall—including shuttle buses and cable cars—suited to visitors of varying fitness levels and time constraints. This guide is organized in the order of arrival, ticketing, ascent, sightseeing, dining, shopping, and return, helping you plan a clear one-day itinerary from the moment you land in Beijing.

从落地北京开始，怎么前往慕田峪长城？

Getting to Mutianyu Great Wall After Arriving in Beijing

推荐：长城礼遇产品

“长城礼遇”是慕田峪景区官方推出的 VIP 服务产品，可从市区五环内酒店或首都机场专属车辆接驳直达，包含全程管家服务、专业讲解、VIP 快速通道（门票+摆渡车+缆车一站式票务），无需单独购票排队。

Recommended: The Great Wall Privilege Package

“Great Wall Privilege” is the official VIP service product offered by the Mutianyu scenic area. It provides direct private transfer from hotels within Beijing’s 5th Ring Road or from Beijing Capital International Airport, and includes full-time concierge service, professional guiding, and a VIP fast-track lane (one-stop ticketing covering admission, shuttle bus, and cable car), so there is no need to queue for separate tickets.

长城礼遇臻享版（1680 元/人，2 人起订）：含专属接驳服务、VIP 快速通关、贵宾休息室、茶歇/简餐二选一、XR 沉浸式体验《龙腾万里》、专属伴手礼，另享长城酒店、翼松楼餐厅及官方文创店消费 8 折优惠。

Great Wall Privilege Premium Edition (RMB 1,680 per person, minimum 2 guests): includes private transfer, VIP fast-track clearance, a VIP lounge, a choice of tea break or light meal, the immersive XR experience “The Epic of the Great Wall”, and the exclusive souvenir. Guests also enjoy a 20% discount at the Great Wall Hotel, Yisonglou Restaurant, and official souvenir shops.

从机场出发：首都机场建议预留至少 14 小时转机时间；大兴机场建议预留至少 16 小时。

From the airport: if you are visiting on a connecting layover, allow at least 14 hours at Beijing Capital International Airport and at least 16 hours at Beijing Daxing International Airport to fit in a Great Wall excursion.

已在北京市内？多条直达线路任您选择

Already in downtown Beijing? Choose from several direct bus services.

前门旅游专线：前门大街北口集散中心出发，去程 7:30/8:30/9:30/10:30，返程 14:30/15:30/16:30。咨询电话：86-10-83531111

Qianmen Tourist Line: departs from the North Entrance on Qianmen Street of Beijing Hub of Tour Dispatch. Departures: 7:30 / 8:30 / 9:30 / 10:30; return: 14:30 / 15:30 /

16:30. Tel: +86-10-8353 1111.

赞巴士：上车点位于灯市口站（地铁 5 号线）丽晶酒店停车场，8:00/9:00/10:00 发车，15:30/16:30 返程，终点雍和宫地铁站，车上配英语导游。咨询电话：86-10-64448622

Zan Bus: boarding point at the Regent Hotel parking lot, Dengshikou Station (Subway Line 5). Departs 8:00 / 9:00 / 10:00; returns 15:30 / 16:30, terminating at Yonghegong Lama Temple subway station. An English-speaking guide is on board. Tel: +86-10-6444 8622.

巴士达：集合点为和平西桥地铁站 B 口（8:00/9:00/10:00/12:00）或东四地铁站 E 口（7:30/8:30/9:30/12:00），免费赠送景区摆渡车票。咨询电话：86-13051039503

Busda: assembly points at Exit B of Heping Xiqiao subway station (8:00 / 9:00 / 10:00 / 12:00) or Exit E of Dongsu subway station (7:30 / 8:30 / 9:30 / 12:00). A free scenic-area shuttle bus ticket is included. Tel: +86-13051039503.

慕巴士：每日多班次（7:30-13:00），提供英/西/俄语导游，含免排队购票及免费行李寄存。咨询电话：86-10-4006603560

Mu Bus: multiple daily departures (7:30–13:00). Guides in English, Spanish, and Russian; queue-free ticketing and free luggage storage. Tel: +86-10-4006603560.

打车约 1.5 小时，导航“慕田峪长城 P1 停车场”。

By taxi: the ride takes approximately 1.5 hours. Set your navigation to “慕田峪长城 P1 停车场” (Mutianyu Great Wall Parking Lot P1).

购票：提前一步预约，轻松省下排队时间

强烈建议提前购票，门票实行实名制，可提前 1-30 天预约，外籍游客用护照即

可预约，入园、乘车出示护照原件。

Ticketing: Reserve in Advance to Save Queuing Time

Advance booking is strongly recommended. Tickets are issued under a real-name policy and can be reserved 1–30 days ahead. Foreign visitors may book with a passport; please present your original passport when entering the site and boarding vehicles.

官方渠道：官网 en.mutianyugreatwall.com，或微信公众号“慕田峪长城”。

海外 OTA：携程 Trip、官网 en.mutianyugreatwall.com、triplabo、traveloka、pelago、interpark、myrealtrip、Gmarket、tourvis、TRIPLE、PRIVIA、kkday、veltra、CHANGI、viator、日本乐天等。

Official channels: the official website at en.mutianyugreatwall.com, or the WeChat official account “慕田峪长城”. Overseas OTAs: Ctrip/Trip.com, en.mutianyugreatwall.com, triplabo, traveloka, pelago, interpark, myrealtrip, Gmarket, tourvis, TRIPLE, PRIVIA, kkday, veltra, CHANGI, Viator, Rakuten (Japan), and others.

参考价格：基础门票 40 元；明信片门票 45 元；摆渡车往返 15 元（建议购买，检票口到长城脚约 3 公里）；缆车往返 140 元。推荐套票：门票+摆渡车+缆车约 180-200 元；1.2 米以下儿童免票。

Reference prices: basic admission ticket RMB 40; postcard-admission ticket RMB 45; round-trip shuttle bus RMB 15 (recommended—about 3 km from the ticket checkpoint to the foot of the Great Wall); round-trip cable car RMB 140. Recommended package: admission + shuttle + cable car, approximately RMB 180–200. Children under 1.2 m enter free.

支付与便利：景区支持 Visa/MasterCard 外卡支付、支付宝、微信支付。持护照可直接刷证入园，无需换票。

Payment and convenience: the scenic area accepts Visa/MasterCard foreign cards, Alipay, and WeChat Pay. Passport holders can scan their passport directly for entry—no ticket exchange required.

路线规划+登城方式：玩转全程不迷路

上山方式：封闭式缆车（推荐首次到访）直达 14 号敌楼，全封闭车厢，适合家庭及恐高者。步行登城，直至 6 号/8 号/10 号敌楼，适合徒步爱好者。

Route Planning and Ways Up the Wall

Ways up: the enclosed cable car (recommended for first-time visitors) goes directly to No. 14 Watchtower, with fully enclosed cabins suitable for families and those afraid of heights. Hiking up to the wall reaches No. 6 / 8 / 10 Watchtowers, ideal for hiking enthusiasts.

推荐游览路线一：极限挑战路线

北检票口-北登城步道至 10 号敌台-游览至 20 号敌台-到达 1 号敌台-返回 6 号敌台-南登城步道下-乘坐摆渡车返回注:游览时间 4 小时以上。

Recommended Route 1: Extreme Challenge Route

North Ticket Checkpoint → Trek up the Northern Wall Pathway to the No. 10 Watchtower → Explore until you reach No. 20 Watchtower → Proceed to No. 1 Watchtower → Return to No. 6 Watchtower → Descend via the Southern Wall Pathway → Take the shuttle bus back. Note: allow at least 4 hours for this route.

推荐游览路线二：元首接待路线

北检票口-乘坐缆车上-元首打卡地:缆车平台-登长城游览至 16 号敌台-返回 14 号敌台-乘坐缆车下-乘坐摆渡车返回。

Recommended Route 2: Head of State Reception Route

North Ticket Checkpoint → Take the cable car up → Photo spot used by visiting

heads of state: Cable Car Downhill Station Platform → Ascend the Great Wall to No. 16 Watchtower → Return to No. 14 Watchtower → Take the cable car down → Take the shuttle bus back.

特色体验：贴心服务，一站尽享

Featured Experiences: Thoughtful Services, All in One Place

NFC 智能票根：与支付宝联名推出，手机“碰一碰”即可解锁电子地图、AI 伴游讲解、消费折扣，既是门票也是纪念品。

NFC Smart Ticket Stub: developed jointly with Alipay. Simply tap your phone to unlock an electronic map, an AI audio guide, and shopping discounts. It serves as both your ticket and a souvenir.

速行助力外骨骼：南检票口提供租赁，实时感知动作意图，为下肢提供助力，爬坡省力，平衡系统降低摔倒风险。

Speed-Assist Exoskeleton: available for rent at the South Ticket Checkpoint. Sensors read your movements in real time to provide lower-limb support, making climbing easier, while the balancing system reduces the risk of falls.

夜游长城 (暑期限定)：17:30-21:00，票价 200 元，夜游期间缆车无限次乘坐，开放 10-15 号敌楼段，光影沉浸式体验。

Great Wall Night Tour (summer limited): 17:30-21:00, admission RMB 200. Unlimited cable car rides during the night tour; No. 10-15 Watchtowers are open, with an immersive light-and-shadow experience.

XR 影片《龙腾万里》：中英双语，沉浸式体验，穿越长城历史。

XR Film “The Epic of the Great Wall”: a bilingual (Chinese/English) immersive journey through Great Wall history.

便利化与适老化措施

Convenience Features and Accessibility for Senior Visitors

便利化：AI 多语言助手在线解答购票、路线问题；智能支付系统支持多币种；护照一站式入园。

Convenience: an AI multilingual assistant answers questions on ticketing and routes online; the smart payment system supports multiple currencies; one-stop passport-based entry.

适老化：游客服务中心设老年人服务专区，提供轮椅、拐杖、老花镜、放大镜、AED 等。无障碍坡道，停车场至缆车入口轮椅可通行。缆车下站设休息室，配饮水设备与应急充电。工作人员遍布景区，可随时协助操作手机购票、引导路线。

Senior-friendly: the Visitor Service Center has a senior service area offering wheelchairs, canes, reading glasses, magnifiers, and AED units. Accessible ramps allow wheelchair passage from the parking lot to the cable car entrance. A lounge at the cable car downhill station is equipped with drinking water and emergency charging points. Staff are stationed throughout the scenic area and can assist at any time with mobile ticketing and route guidance.

用餐、购物及住宿：吃好买好住好，一站满足

Dining, Shopping & Accommodation: Eat, Shop and Stay Well, All in One Place

景区内用餐：

Dining on site

翼松楼餐厅：位于长城脚下，提供怀柔本地特色菜与家常风味，环境古朴，可提供自助餐及团队餐，适合登城前后用餐。咨询电话：86-10-61626814

Yisonglou Restaurant: located at the foot of the Great Wall, serving Huairou local

specialties and home-style dishes in a rustic setting. Offers buffets and group meals, suitable for dining before or after the climb. Tel: +86-10-6162 6814.

长城酒店：设中西式餐厅，可提供自助餐及团队餐，部分菜品可提前预约素食、清真选项，可提供自助餐及团队餐。咨询电话：86-10-60691906

Great Wall Hotel: features Chinese and Western restaurants offering buffets and group meals. Vegetarian and halal options can be pre-ordered for selected dishes. Tel: +86-10-6069 1906.

慕田峪长城咖啡：位于北检票口沿线，登城前或下山后可顺路小坐。招牌“正关‘栗’系特调”选用怀柔本地板栗，栗香醇厚；另有长城主题慕斯蛋糕、国风冰淇淋及简餐，适合登城前补充能量或下山后休憩。86-10-61626814

Mutianyu Great Wall Coffee: located along the North Ticket Checkpoint route, a convenient stop before ascending or after descending. The signature “Zhengguan Chestnut Special” uses local Huairou chestnuts for a rich, nutty aroma. It also offers Great Wall-themed mousse cake, Chinese-style ice cream, and light meals—ideal for an energy boost before climbing or a rest afterward. Tel: +86-10-6162 6814.

下山后商业街：多国风味齐聚

景区配套国际化商业街步行可达，汇聚不同国家美食。亦有星巴克、瑞幸、沪上阿姨等饮品相伴。

Commercial Street After Descending: International Flavors in One Place

The internationally themed commercial street is within walking distance and offers cuisines from around the world, along with Starbucks, Luckin Coffee, Auntea Jenny, and other beverage outlets.

西贡班觅越南菜：越南法棍是招牌，外壳酥脆内芯绵软，搭配鸡肉或牛肉搭配。

Saigon Ban Mi Vietnamese Restaurant: the Vietnamese baguette (bánh mì) is the signature-crisp outside, soft inside, served with chicken or beef.

汉堡王及精致西餐厅：商业街内从经典简餐到氛围感西餐均可寻得。

Burger King and fine Western dining: from classic quick bites to atmospheric Western restaurants, the commercial street has it all.

老北京特色餐厅：馅老满，主打老北京手工饺子与京味家常菜，招牌“老满饺子”馅满汁足、皮薄馅丰。

Authentic Old Beijing Restaurant: Xianlaoman Restaurant, specializing in handmade Old Beijing dumplings and Beijing-style home cooking. The signature “Laoman Dumplings” are generously filled, juicy, and wrapped in thin dough.

老北京炸酱面馆：经典京味面食，地道炸酱配手擀面。

Old Beijing Zhajiangmian Noodle Shop: classic Beijing-style noodles with authentic soybean paste and hand-pulled noodles.

购物与退税：慕英文创旗舰店、慕田峪长城文创店、北京礼物慕田峪长城店均汇聚冰箱贴、文创纪念品等多种文创好物；主题邮局可寄明信片。景区自营文创商店已获批“离境退税商店”，支持现场“即买即退”，购物后询问店员办理即可。

Shopping and tax refund: Mu Ying Cultural and Creative Flagship Store, Mutianyu Great Wall Cultural and Creative Store, and Beijing Gifts (Mutianyu Great Wall) Store offer fridge magnets, souvenirs, and other cultural-creative products. The themed post office can mail postcards. The scenic area’s official souvenir shops have been certified as “Departure Tax Refund Shops”, supporting instant on-site refunds; after shopping, simply ask the staff to process it.

慕田峪长城酒店住宿：酒店紧邻检票口，步行几分钟即达长城，住客可清晨独享长城、傍晚静赏日落，夜游结束后也无需赶路。房型涵盖山景房、家庭房、亲子套房，部分房间推窗即可远眺长城。咨询电话：86-10-60631118

Mutianyu Great Wall Hotel: the hotel is adjacent to the ticket checkpoint, just a few minutes’ walk from the wall. Guests can enjoy the Great Wall exclusively in the early morning, admire the sunset in the evening, and avoid rushing after the night tour.

Room types include mountain-view rooms, family rooms, and family suites; some rooms overlook the Great Wall from the window. Tel: +86-10-6063 1118.

实用信息速查指南

Practical Information

景区开放时间：旺季：周一至周五 7:30-18:00，周六日 7:30-18:30；淡季：

8:00-17:30；提前一小时停止售票，提前半小时停止检票

Opening hours: peak season, Mon-Fri 7:30-18:00, Sat-Sun 7:30-18:30; off-season 8:00-17:30. Ticket sales stop one hour before closing, and ticket checking stops 30 minutes before closing.

暑期夜长城：7:00-21:00（以实际为准）

Summer Great Wall Night Tour: 7:00-21:00 (subject to actual arrangements).

地址：北京市怀柔区慕田峪长城

Address: Mutianyu Great Wall, Huairou District, Beijing, China.

官方英文网站：en.mutianyugreatwall.com

Official English website: en.mutianyugreatwall.com

咨询热线：86-10-61626022

Inquiry hotline: +86-10-6162 6022