

10天9晚

大美西北

甘南秘境·藏地风情

拉卜楞寺/郎木寺/娘玛寺
莲宝叶则/九曲黄河第一湾/扎尕那



DAY 1

兰州中川国际酒店或同级 (准5星)

新加坡→兰州

机上简餐

●HU460 16:35/01:00

●乘机飞往兰州, 当地导游接机、返酒店休息

DAY 2

夏河玖盛国际饭店或同级 (4星)

兰州→夏河

酒店自助/中式合菜/糌粑风味

●八坊十三巷: 临夏历史文化核心区, 古巷纵横, 集中展现回族民居建筑与民俗风情。

●拉卜楞寺: 藏传佛教格鲁派六大寺院之一, 规模宏大, 是了解藏族宗教与艺术文化的重要圣地。

DAY 3

郎木寺国际酒店或同级 (4星)

夏河→郎木寺

酒店自助/中式合菜/藏餐风味

●桑科草原风光: 高原草甸辽阔平坦, 蓝天白云相映, 尽览典型甘南草原风光。

●郭莽湿地: 甘南重要高原湿地生态区, 水草丰茂, 是候鸟栖息与摄影胜地。

●尕斯湖: 甘南最大的天然淡水湖, 湖光草色相连, 被誉为“高原明珠”。

DAY 4

阿坝安德喜纳酒店或同级 (4星)

郎木寺→阿坝

酒店自助/中式合菜/川菜风味

●郎木寺: 横跨甘肃与四川的藏传佛教小镇, 寺院、峡谷与藏寨交融, 风光静谧独特。

●阿万仓湿地: 黄河上游重要湿地草原, 河汉纵横, 水草丰美, 尽显高原生态之美。

●娘玛寺(世界上最大的藏地转经筒): 以世界最大的藏地转经筒闻名, 是藏民朝圣祈福的重要宗教圣地。

DAY 5

若尔盖尊悦·瑞田酒店或同级 (准5星)

阿坝→唐克

酒店自助/中式合菜/酒店晚餐

●莲宝叶则景区(含电瓶车): 奇峰怪石与雪山湖泊交织, 被誉为“东方魔幻世界”的高原秘境。

●月亮湾(途径): 河湾如月, 水草相依, 是草原上极具代表性的自然景观。

●红原大草原(车览): 一望无际的高原草甸, 牛羊成群, 尽览川西草原壮美风光。

DAY 6

迭部赛银酒店或同级 (4星)

唐克→迭部

酒店自助/中式合菜/酒店晚餐

●九曲黄河第一湾(含单程大扶梯): 黄河在草原上形成壮阔回湾,

登高俯瞰, 气势恢宏。

●若尔盖花海(途径): 季节性高原花海绽放, 草原色彩斑斓, 沿途尽览自然之美。

DAY 7

合作颐和大酒店或同级 (4星)

迭部→合作

酒店自助/中式合菜/合作风味

●扎尕那景区(含区间车): 群峰环绕的高山藏寨景区, 石城地貌壮丽, 被誉为“东方石城”。

●百年藏寨: 保留完整传统藏式民居, 展现原生态高原生活与民俗风情。

●米拉日佛阁: 为纪念藏传佛教重要人物米拉日巴而建的宗教建筑, 庄严肃穆。

DAY 8

兰州中川国际酒店或同级 (准5星)

合作→兰州

酒店自助/中式合菜/金城暖锅

●水车园: 黄河文化代表景点, 展示传统水车技艺与兰州农耕文明。

●中山桥: 百年黄河铁桥, 兰州城市地标, 见证黄河与城市发展历史。

●黄河母亲像: 象征黄河文明与母爱精神的城市雕塑, 兰州标志性景观。

●甘肃博物馆(周一闭馆): 馆藏丰富, 集中展示甘肃历史文化与丝路文明精华。

DAY 9

兰州中川国际酒店或同级 (准5星)

兰州→景泰→兰州

酒店自助/中式合菜/—

●景泰黄河石林(含全景观光车+往返游轮): 黄色砂砾岩峰林与蜿蜒黄河交相辉映, 奇峰怪石直耸云霄, 原生态乡俗与荒凉震撼美景尽收眼底, 曾是多部影视作品的取景地。

●正宁路夜市(自理晚餐): 自由品尝兰州特色小吃, 感受城市夜间烟火气息。

DAY 10

兰州→新加坡

打包早/机上简餐

●HU459 07:05/15:30

●指定航班时刻安排送机



TRAVEL AGENT

团费包含: 往返机票+税费+23公斤行李额, 9晚酒店住宿(双人/三人标准间)含早餐, 行程中所列午餐和晚餐, 行程用车, 中文导游服务+基本小费, 景点门票。

团费不含: 可选项目, 行李小费, 个人消费以及未提及的其他旅游或活动。

10D9N

Magnificent Northwest of China

Gannan Secrets & Tibetan Culture

Labrang Monastery/Langmusi (Langmu Temple)/Nyima Monastery/
Lianbaoyeze Scenic Area/First Bend of the Yellow River/
Zhagana Scenic Area



DAY 1 Hotel: Zhongchuan International Hotel, Lanzhou or similar (Local 5★)

SINGAPORE→LANZHOU



●HU460 16:35/01:00

●Arrive at Lanzhou and pick up by professional guide

DAY 2 Hotel: Jiusheng International Hotel, Xiahe or similar (4★)

LANZHOU→XIAHE



●**Bafang Shisan Xiang (Eight Lanes & Thirteen Alleys)**: The historic core of Linxia, featuring a network of ancient alleys that showcase Hui-style architecture and local folk culture.

●**Labrang Monastery**: One of the six major Tibetan Gelugpa monasteries, grand in scale and a key site to experience Tibetan religious and artistic culture.

DAY 3 Hotel: Langmusi International Hotel or similar (4★)

XIAHE→LANGMUSI



●**Sangke Grassland Scenery**: Vast and flat highland meadows under blue skies and white clouds, offering a quintessential Gannan grassland experience.

●**Guomang Wetland**: An important highland wetland in Gannan, rich in flora, a haven for migratory birds, and a perfect spot for photography.

●**Gahai Lake**: The largest natural freshwater lake in Gannan, where lake and grasslands meet, known as the "Jewel of the Plateau."

DAY 4 Hotel: Aba Ande Xina Hotel or similar (4★)

LANGMUSI→ABA



●**Langmusi**: A Tibetan Buddhist town straddling Gansu and Sichuan, where monasteries, river valleys, and Tibetan villages blend, offering tranquil and unique scenery.

●**Awancang Wetland**: An important upper Yellow River highland wetland, with winding river channels and lush vegetation, showcasing the beauty of plateau ecology.

●**Nyima Monastery (The World's Largest Tibetan Prayer Wheel)**: Famous for the world's largest Tibetan prayer wheel, a major pilgrimage site where Tibetans come to pray and make offerings.

DAY 5 Hotel: Zoergai Zunyue Ruitian Hotel or similar (Local 5★)

ABA→TANGKE



●**Lianbaoyeze Scenic Area (Buggy Cart Included)**: A highland wonderland of snow-capped peaks, lakes, and dramatic rock formations, known as the "Eastern Magical Land."

●**Moon Bay (Pass-Through)**: A crescent-shaped river bend surrounded by lush grasslands, a quintessential plateau natural view.

●**Hongyuan Grassland (Drive-Through)**: Endless highland meadows dotted with grazing cattle and sheep, showcasing the majestic beauty of western Sichuan grasslands.

DAY 6

Hotel: Diebu Saiyin Hotel or similar (4★)

TANGKE→DIEBU



●**First Bend of the Yellow River (One-way Escalator Included)**: A dramatic horseshoe bend of the Yellow River across the grasslands, offering breathtaking panoramic views from above.

●**Ruo'ergai Flower Sea (Pass-Through)**: Seasonal highland flower fields in full bloom, coloring the grasslands and offering scenic beauty along the route.

DAY 7

Hotel: Yihe Hotel, Hezuo or similar (4★)

DIEBU→HEZUO



●**Zhagana Scenic Area (Shuttle Bus Included)**: A highland Tibetan village surrounded by towering peaks, featuring dramatic stone fortress formations, known as the "Eastern Stone City."

●**Centuries-old Tibetan Village**: Preserves traditional Tibetan-style houses, offering an authentic glimpse into plateau life and folk culture.

●**Mirazh Buddhist Pagoda**: Built to commemorate the important Tibetan Buddhist figure Milarepa, this religious site is solemn and majestic.

DAY 8

Hotel: Zhongchuan International Hotel, Lanzhou or similar (Local 5★)

HEZUO→LANZHOU



●**Lanzhou Waterwheel Park**: It's an important scene on the Binhe Road tourism line, there are two-wheeled waterwheels in the park, which reproduce the features of the ancient irrigation tool waterwheel and show the wisdom of the ancient people.

●**Zhongshan Bridge**: "The world's first Yellow River bridge" reputation.

●**Yellow River Mother Sculpture**: Symbolizing the river's spirit and nurturing role.

●**Gansu Provincial Museum (Closed on Mondays)**: Houses rich collections that showcase Gansu's history, culture, and Silk Road heritage.

DAY 9

Hotel: Zhongchuan International Hotel, Lanzhou or similar (Local 5★)

LANZHOU→JINGTAI→LANZHOU



●**Jingtai Yellow River Stone Forest (with sightseeing bus & round-trip cruise)**: Dramatic yellow rock peaks rise along the winding Yellow River, with authentic local culture and stunning, cinematic scenery.

●**Lanzhou Night Market (Dinner on Your Own)**: Enjoy local street food freely and experience the city's lively night atmosphere.

DAY 10

LANZHOU→SINGAPORE



●HU459 07:05/15:30

●Airport transfer with designated flight schedule

Tour Fare Include: Round-trip airfare + taxes + 23kg baggage, 9-night hotel stay (twin/triple sharing) with breakfast, lunches and dinners as listed, transportation, Chinese-speaking guide + basic tips, entrance fees.

Tour Fare Exclude: Optional activities, luggage tips, personal expenses, and other travel or activities not mentioned.