



8天7晚 甘南秘境 新行程

天水+宕昌+迭部+若尔盖+夏河

全程无购物站
NO Shopping Stop

全程无需自费
NO Optional Tour

独家体验

- 全程4/5 *星级酒店住宿
- 特别安排网红打卡景点
- 包含旅游保险 (乐龄人士另加收费)

风味餐

- 中式合菜·蕨麻猪风味·陇东风味·川菜风味
- 青稞风味·陇菜风味

第一天 出发 > 中转 > 兰州

机上用餐

- 集聚于国际机场, 乘搭客机飞赴兰州-甘肃。
- 抵达后入住酒店。夜宿于建兰智选假日酒店或同级。

第二天 兰州 > 天水 (5小时)

早餐, 午餐, 晚餐

- 麥積山石窟 - (含电瓶车) 是麥積山風景名勝區重要景點。
- 麥積山石窟為中國四大石窟之一, 被譽為"東方雕塑館", 其他三窟為:龍門石窟、雲岡石窟和敦煌莫高窟。
- 夜宿于天水公航旅麦积明珠酒店或同级。

第三天 天水 > 宕昌 (4.5小时)

早餐, 午餐, 晚餐

- 官鹅沟森林公园 (含区间车) - 在甘肃省宕昌县境内官鹅沟紧靠县城, 全长32公里, 总面积约17637公顷, 森林覆盖率为75.1%, 沟内前14公里为13个色彩斑斓的湖泊, 后18公里为松柏茂密的原始森林, 有9道高耸入云的险峻峡谷, 有11处从山顶或半山悬崖上直泻而下的瀑布, 有60余处令人赞叹的景点, 最深处于高山草甸和终年不化的雪山。
- 夜宿于宕昌佳豪国际酒店或同级。

第四天 宕昌 > 迭部 (3.5小时)

早餐, 午餐, 晚餐

- 早餐后前往**扎那那** (含区间车) - 位於甘肅省迭部縣益哇鄉。是一座完整的天然"石城"俗有"閻王殿"之稱。地形既像一座規模宏大的巨型宮殿, 又似天然岩壁構築的一座完整的古城。正北是巍峨恢弘、雄偉壯觀、璀璨生輝的光蓋山石峰, 古稱"石鏡山"因灰白色岩石易反光而有其名;東邊聳峙壁立的俊俏岩壁, 凌空入雲, 雲霧繚繞;南邊兩座石峰拔地而起, 相峙並立成石門;再南至東哇、納加一帶, 峭壁矗立, 清流跌宕, 水磨飛輪, 流轉不息。山勢奇峻、景色優美, 猶如一座規模宏大的石頭宮殿, 這片世外桃源雖然早在近百年前就被洛克譽為亞當和夏娃的誕生地, 但至今仍是一塊處女地。
- 夜宿于迭部賽銀大酒店或同级。

第五天 迭部 > 若尔盖 (3小时)

早餐, 午餐, 晚餐

- 今天前往**花湖** (含区间车) - 是一处集自然风光与生物多样性于一体的生态旅游区。这里不仅是国家重要的湿地保护区, 也是观赏国家一级保护动物黑颈鹤的理想之地。花湖是若尔盖湿地范围内较大的湖泊之一, 花湖之水经黑河汇入黄河干流, 是黄河的天然"蓄水池"。
- 若尔盖大草原位于阿坝藏族羌族自治州东北部的红原县和若尔盖县境内。这里有四川省最大的草原, 面积近3万平方公里, 由草甸草原和沼泽组成。
- 黄河发源于青海省后往东流, 在流至青海、甘肃和四川三省交界处时, 原本是往东的流向, 神奇似地突然大转弯, 转向西北方向又流回青海省, 在青海省绕了300多公里后, 才从东北方进入甘肃省。黄河在青甘川三省交界处形成的这个近180度的大转弯, 被称为"黄河九曲第一湾", 是地理上的一大奇观。(含上行扶梯)
- 夜宿于若尔盖唐古特酒店或同等级。

第六天 若尔盖 > 夏河 (5小时)

早餐, 午餐, 晚餐

- 郎木寺 - 是甘肃、四川两省交界处的一座著名寺庙。现在郎木寺内存有的特色建筑有宏伟的佛塔、气势轩昂的弥勒佛殿, 还有威严的大经堂等诸多古代建筑景点, 这些则构成了郎木寺最主要的参观点。
- 郭莽湿地 - 海拔3562千米, 无垠的草原, 漫山遍野的各色小花, 还有那仿佛伸手可探的白云, 让人沉醉不知归路, 郭莽湿地是黄河最大的支流洮河的发源地和水源涵养地, 也是黑颈鹤的栖息地。夏季的郭莽湿地美的就像一幅画, 让人有一种来了就不想走的感觉。夜宿于天珠國際大酒店或同级。

第七天 夏河 > 兰州 (3.5小时)

早餐, 午餐, 晚餐

- 拉卜楞寺位於甘南地區夏河縣, 是藏傳佛教格魯派的六大寺之一, 寺院規模宏大地位崇高, 是甘南地區寺院的代表, 也是遊客來到甘南的必去之地。這裡有恢宏的寺院建築群, 而且大多金碧輝煌, 行走其中或是在高處拍攝全景都十分壯觀。寺院內供奉著無數的巨大佛像和各種精美的雕塑、壁畫、法器, 內容十分豐富。另外, 拉卜楞寺的轉經長廊也是全世界最長的, 可以在這裡轉經一圈積累功德, 為親友祈福。
- 桑科草原 - 于甘肃夏河县城西南1公里处, 是桑科乡达久滩 ("跑马滩"之意) 草原的一部分, 为四周群山环抱, 中间开阔平坦的高山草原。桑科草原有大夏河水从南到北徐徐流过, 水草丰茂, 风景优雅, 蓝天白云下牛羊成群, 一派自然田园风光。
- 随后返回兰州。夜宿于建兰智选假日酒店或同等级。

第八天 兰州 > 中转 > 回程

早餐, 机上用餐

- 自由活动至集合时间, 送往机场乘搭豪华客机飞返回国。
- 带着美丽的回忆抵达温馨的家。

旅程路线



需符合条款与条规

最后确认的行程将以旅行团抵达各地后接待社安排为准, 在不可预知的情况之下, 我社保留删改行程内容的权力, 恕不预先通知。*图片仅供参考。



团费

出发日期



8D7N GANNAN SECRET REALM

TIANSHUI+DANGCHANG+DIEBU+RUOERGAI+XIAHE

TOUR CODE
HH/CGN/26

NEW ITINERARY



全程无购物站
NO Shopping Stop



全程无需自费
NO Optional Tour

EXCLUSIVE EXPERIENCE

- 4/5* star hotels throughout the trip
- Special arrangements for popular check-in spots
- Included Travel Insurance (Senior citizen additional charges)

CUISINE

- Chinese Style Dishes • Fern & Pork Flavor
- Longdong Flavor • Sichuan Cuisine
- Highland Barley Flavor • Long Dishes

DAY 1 DEPARTURE > TRANSIT > LANZHOU

MOB

- Assemble at Airport for your departure flight to **Lanzhou (Gansu)**.
- Upon arrival, check in to your hotel.
- Overnight at Holiday Inn Express Jianlan Hotel or similar.

DAY 2 LANZHOU > TIANSHUI (5 HOURS)

Breakfast, Lunch, Dinner

- **Maijishan Grottoes** (including electric cart) is a key attraction in the Maijishan Scenic Area. Maijishan Grottoes is one of China's four major grottoes, known as the "Oriental Sculpture Gallery." The others are Longmen Grottoes, Yungang Grottoes, and the Mogao Grottoes in Dunhuang.
- Overnight at Tianshui Gonghang Hotel or similar.

DAY 3 TIANSHUI > DANGCHANG (4.5 HOURS)

Breakfast, Lunch, Dinner

- **Guan'egou Forest Park** (including shuttle bus) - Located in Dangchang County, Gansu Province. It is 32 kilometers long and covers a total area of approximately 17,637 hectares, with a forest coverage rate of 75.1%. The first 14 kilometers of the gully are surrounded by 13 colorful lakes, and the last 18 kilometers are covered by dense primeval forests of pine and cypress. There are nine towering and precipitous canyons, 11 large and small waterfalls cascading from mountaintops or mid-mountain cliffs, and more than 60 amazing scenic spots. The deepest part is covered by alpine meadows and perpetual snow-capped mountains.
- Overnight at Dangchang Jiahao International Hotel or similar.

TERMS & CONDITIONS APPLIED

The order of itinerary is subject to the final discretion of local land operator, we reserve right to amend the itinerary due to the unforeseen circumstances without prior notice. * All pictures shown are for illustration purpose only.



DAY 4 DANGCHANG > DIEBU (3.5 HOURS)

Breakfast, Lunch, Dinner

- After breakfast, proceed to **Zhagana** (including shuttle bus) It is a complete natural "stone city," also known as the "**Palace of the King of Hell**". The terrain resembles both a grand palace and a complete ancient city built of natural rock walls. With its rugged mountains and beautiful scenery, resembling a grand stone palace, this paradise, though praised by Joseph Rock nearly a century ago as the birthplace of Adam and Eve, remains largely untouched.
- Overnight at Diebu Saiyin Hotel or similar.

DAY 5 DIEBU > RUOERGAI (3.5 HOURS)

Breakfast, Lunch, Dinner

- Today, travel to **Huahu Lake** (including shuttle bus) - an ecotourism destination that blends natural beauty and biodiversity. **Huahu Lake** is one of the larger lakes within the Zoige Wetland. Its waters flow through the Heihe River into the mainstream of the Yellow River, forming a natural reservoir for the Yellow River.
- **Ruergai Grassland** is the largest grassland in Sichuan Province, covering nearly 30,000 square kilometers and consisting of meadows, steppes, and marshes.
- The **Yellow River** originates in Qinghai Province and flows eastward. At the border of Qinghai, Gansu, and Sichuan, it miraculously makes a sharp turn, turning northwest and returning to Qinghai Province. This nearly 180-degree bend at the border of Qinghai, Gansu, and Sichuan is known as the "**First Bend of the Nine Bends of the Yellow River**" and is a remarkable geographical wonder. (Includes ascending escalator)
- Overnight at Ruergai Tangut Hotel or similar.

DAY 6 RUOERGAI > XIAHE (5 HOURS)

Breakfast, Lunch, Dinner

- **Langmusi Temple** is a famous temple located on the border of Gansu and Sichuan provinces. Its main attractions include the magnificent pagoda, the imposing Maitreya Buddha Hall, the majestic Sutra Hall, and many other ancient architectural attractions.
- **Guomang Wetland** - the vast grasslands, the vibrant flowers that blanket the mountains, and the seemingly unobstructed white clouds are enchanting and captivating. It is the source and water conservation area of the Tao River, the largest tributary of the Yellow River, and a habitat for black-necked cranes.
- Overnight at Dzi International Hotel or similar.



DAY 7 XIAHE > LANZHOU (5 HOURS)

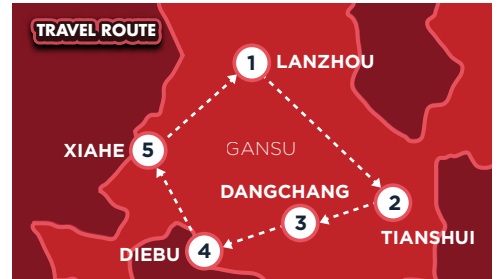
Breakfast, Lunch, Dinner

- **Labrang Monastery** - The magnificent monastic complex, many of which is adorned with golden splendor, is a truly spectacular experience, whether walking through it or taking panoramic photos from its vantage point. The monastery houses numerous colossal Buddha statues, exquisite sculptures, murals, and ritual implements, creating a rich tapestry of offerings. Furthermore, Labrang Monastery boasts the world's longest prayer corridor, where visitors can circumambulate the monastery to accumulate merit and pray for their loved ones.
- **Sangke Grassland** - it forms part of the Dajiutan (meaning "horse racing beach") grassland in Sangke Township. Surrounded by mountains, it offers a vast, flat alpine grassland. With the Daxia River flowing gently from south to north, Sangke Grassland boasts lush grass and elegant scenery. Herds of cattle and sheep roam beneath a blue sky, creating a natural, pastoral scene.
- Then return to Lanzhou. Overnight at Holiday Inn Express Jianlan or similar.

DAY 8 LANZHOU > TRANSIT > HOME

Breakfast, MOB

- After breakfast, transfer to the airport for your departure flight back to home.



TOUR FEES

DEPARTURE DATE