

9天7晚

甘南环线

成都+红原+迭部+若尔盖+阿坝县



团编号

HH/CGN/26


全程无购物站
NO Shopping Stop

全程无需自费
NO Optional Tour

舒适住宿
Comfortable Accommodation

美味餐食
Delicious Meals

精彩娱乐
Exciting Entertainment

专业领队
Professional Tour Leader

独家体验

- 全程4星级酒店住宿
- 特别安排网红打卡景点

风味餐

- 中式合菜 • 理县风味 • 美式风味 • 汤锅风味
- 迭部风味 • 若尔盖风味 • 藏式风味 • 阿坝风味
- 特色川菜 • 红原风味 • 粤菜风味 • 吉布鲁海鲜自助

第一天 出发 > 成都

机上用餐

- 集聚于国际机场搭乘豪华客机飞往中国国宝熊猫的故乡--成都。

第二天 成都 > 甘堡藏寨 (2.5小时) > 理县

早餐, 午餐, 晚餐

- 抵达后, 前往享用早餐。后前往成都**桃坪羌寨** - 是羌族建筑群的典型代表, 寨内一片黄褐色的石屋顺陡峭的山势依坡逐坡上垒, 其间碉堡林立, 被称为最神秘的“东方古堡”。
- **甘堡藏寨** - 是一个典型的嘉绒藏族聚居的大寨子。
- 夜宿于理县古尔沟温泉山庄或同级。

第三天 理县 > 红原 (4小时)

早餐, 午餐, 晚餐

- 前往红原 - 有着中国最大的游牧部落区。
- **俄么塘花海** (含观光车) 位于四川省阿坝州红原县壤口乡, 被誉为“花海中的明珠”和“川西小瑞士”
备注: 6-8月 15日游玩俄么塘花海景区, 8月16日 - 10月则更换为游览月亮湾景区 (具体开放时间以景区实际公告为准)
- **查真梁子** - 为红原南部丘状高原之巅。山势虽无奇绝之处, 却因丘原两侧有二水发源, 一入黄河, 一入长江, 为一大奇观。
- 夜宿于红原戴斯温德姆酒店或同级。

特别景点



莲宝叶则

需符合条款与条款

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

第四天 红原 > 若尔盖 (2.5小时) > 迭部 (2.5小时)

早餐, 午餐, 晚餐

- **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。
- **瓦切塔林 (车观)** - 在藏语是“大帐篷”的意思, 这里似乎是为纪念十世班禅大师颂经祈福而建。
- **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。(含上下行扶梯)
- 后前往**花湖湿地** (含电瓶车) - 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”
- 夜宿于迭部印象扎那那洲酒店或同级。

第五天 迭部 > 郎木寺 (2小时)

早餐, 午餐, 晚餐

- 今天前往**扎那那景区** (含一线天电瓶车) - **仙女山** 潭观景台, 及观看**天然石林**。
- **郎木寺** (含入内参观) - 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教塔、气势轩昂的弥勒殿, 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景点。
- 夜宿于郎木寺国际大酒店或同等级。

第六天 郎木寺 (4.5小时) > 阿坝县

早餐, 午餐, 晚餐

- **阿万仓湿地公园** (含景区观景台, 不含玻璃栈道) - 位于甘肃甘南玛曲县, 是黄河上游重要的水源涵养区与生态屏障 (“黄河之肾”), 拥有562万亩原始湿地。
- **世界之最转经筒: 娘玛寺** 标志性建筑是高约38-42米的巨大藏经转经筒, 旋转总重量超过300吨, 内部藏有约11万册经书, 转经筒外部贴有纯金箔, 该转经筒于2018年获吉尼斯世界纪录认证。
- **各莫寺** - 以其宏大的寺庙建筑、大佛塔和神秘的藏秘修炼而著称。
- 夜宿于阿坝尊格洲悦酒店或同级。



俄么塘花海

第七天 阿坝县 > 红原 (4.5小时)

早餐, 午餐, 晚餐

- **莲宝叶则** (含观光车) 是雄伟的奇峰异石的世界和艺术圣殿, 这里山势雄奇峻伟, 充满阳刚之气; 山体规模宏大, 绵延不绝; 湖泊星罗棋布, 银瀑飞悬。
- 后返回**红原**夜宿。
- 夜宿于红原戴斯温德姆酒店或同级。

第八天 红原 > 成都

早餐, 午餐, 晚餐

- **镰刀坝草原 (车观)** - 位于四川省阿坝州松潘县, 是若尔盖大草原的一部分, 海拔约3280米, 因从空中俯瞰形似“镰刀”而得名。
- 后乘动车返回**成都**。
- 抵达后游览**宽窄巷子**, 由宽巷子、窄巷子、井巷子平行排列组成, 为青黛砖瓦的仿古四合院落, 也是成都遗留下来的较成规模的清朝古街道。
- **成都SKP** - 是位于成都市高新区交子公园商圈的高端奢华购物中心, 2022年底试运营。它以“TOD+公园+购物”模式打造, 是亚洲最大下沉式建筑。
- 夜宿于成都新都豪生life酒店或同级。

第九天 成都 > 回程

早餐, 午餐, 机上用餐

- 早上前往**人民公园** - 是体验当地“慢生活”和茶文化的标志性场所 (含茶和点心)
- 午餐后自由活动至集合时间, 送往机场搭乘豪华客机飞返回国。带着美丽的回忆抵达温馨的家园。

旅程路线



特别景点



娘玛寺

团费

出发日期



9D7N

GANNAN GRAND LOOP

CHENGDU+HONGYUAN+DIEBU+RUOERGA+ABA COUNTY

TOUR CODE
HH/CGN/26



全程无购物站
NO Shopping Stop



全程无需自费
NO Optional Tour



舒适住宿
Comfortable Accommodation



美味餐食
Delicious Meals



精彩娱乐
Exciting Entertainment



专业领队
Professional Tour Leader

EXCLUSIVE EXPERIENCE

- 4 star hotels throughout the trip
- Special arrangements for popular check-in spots

CUISINE

- Chinese Style Dishes • Lixian cuisine
- Qiang cuisine • Hot pot cuisine
- Diebu cuisine • Ruoergai cuisine
- Tibetan cuisine • Aba cuisine
- Special Sichuan cuisine • Hongyuan cuisine
- Cantonese cuisine • Jibulu seafood buffet

DAY 1 DEPARTURE > CHENGDU

MOB

- Assemble at the airport for your departure flight to **Chengdu**.

DAY 2 CHENGDU > GANBAO TIBETAN VILLAGE (2.5 HOURS) > LI COUNTY

Breakfast, Lunch, Dinner

- Upon arrival, enjoy breakfast. Afterwards, proceed to **Chengdu Taoping Qiang Village** - a typical example of Qiang architecture, where brown stone houses are built along the steep mountainside, interspersed with numerous watchtowers, earning it the title of the most mysterious "Oriental Castle."
- **Ganbao Tibetan Village** - a typical large village inhabited by the Jiarong Tibetan people.
- Overnight at Gulgou Hot Spring Resort or similar.

DAY 3 LI COUNTY > HONGYUAN (4 HOURS)

Breakfast, Lunch, Dinner

- Visit **Hongyuan** - home to China's largest nomadic tribal area.
- **Emeitang Flower Sea** (including sightseeing bus) is located in Rangkou Township, Hongyuan County, Aba Prefecture, Sichuan Province, and is known as the "Pearl in the Flower Sea" and "Little Switzerland of Western Sichuan".
Note: From June to August 15th, visit the Emeitang Flower Sea Scenic Area; from August 16th to October, visit the Moon Bay Scenic Area instead (specific opening times are subject to the scenic area's announcement).
- **Chazhen Liangzi** - the summit of the hilly plateau in southern Hongyuan. While the mountain itself is not particularly spectacular, it is uniquely situated with two rivers originating on either side of the plateau, one flowing into the Yellow River and the other into the Yangtze River.
- Overnight at the Hongyuan Dayswyndham Hotel or similar.

SPECIAL ATTRACTIONS



Niangma Temple

DAY 4 HONGYUAN > RUOERGA (2.5 HOURS) > DIEBU (2.5 HOURS)

Breakfast, Lunch, Dinner

- The **Ruoergai Grassland** is located in Hongyuan County and Ruoergai County in the northeastern part of Aba Tibetan and Qiang Autonomous Prefecture. It boasts the largest grassland in Sichuan Province, covering nearly 30,000 square kilometers, and consists of meadow steppe and marshes.
- **Wache Pagoda Forest (car view)** - meaning "large tent" in Tibetan, it appears to have been built to commemorate the 10th Panchen Lama's prayers and blessings.
- **The Yellow River** originates in Qinghai Province and flows eastward. At the junction of Qinghai, Gansu, and Sichuan provinces, it makes a dramatic turn, veering northwest and flowing back into Qinghai Province. After meandering for over 300 kilometers in Qinghai, it finally enters Gansu Province from the northeast. This nearly 180-degree bend at the tri-province junction is known as the "First Bend of the Yellow River," a geographical wonder. (Includes escalator access)
- Afterwards, proceed to **Huahu Wetland** (including electric cart) - an eco-tourism area combining natural scenery and biodiversity. This area is not only an important national wetland reserve, but also an ideal place to observe the black-necked crane, a Class I protected animal in China. **Huahu Lake** is one of the larger lakes within the Ruoergai Wetland. Its waters flow into the Yellow River via the Heihe River, making it a natural reservoir for the Yellow River.
- Overnight stay at the Diebu Impression Zhagana Intercontinental Hotel or similar.

DAY 5 DIEBU > LANGMUSI (2 HOURS)

Breakfast, Lunch, Dinner

- Today we will visit the **Zhagana Scenic Area** (including the electric cart ride) - Fairy Mountain Pool Viewing Platform, and view the natural stone forest.
- **Langmusi Temple** (including admission) - a famous temple located at the border of Gansu and Sichuan provinces. The temple features magnificent Buddhist pagodas, an imposing Maitreya Buddha Hall, and a majestic Great Sutra Hall, among other ancient architectural sites, which constitute the main attractions of Langmusi.
- Overnight stay at Langmusi International Hotel or similar.

DAY 6 LANGMUSI > ABA COUNTY (4.5 HOURS)

Breakfast, Lunch, Dinner

- **Awancang Wetland Park (including the scenic viewing platform, excluding the glass walkway)** - Located in Maqu County, Gannan Prefecture, Gansu Province, it is an important water conservation area and ecological barrier in the upper reaches of the Yellow River ("the kidney of the Yellow River"), boasting 5.62 million mu of pristine wetlands.
- **World's Largest Prayer Wheel:** The iconic structure of **Niangma Temple** is a giant Tibetan prayer wheel, approximately 38-42 meters high, with a total weight exceeding 300 tons. It contains about 110,000 scriptures and is covered in pure gold leaf. This prayer wheel was certified by Guinness World Records in 2018.
- **Gemo Temple** - Renowned for its magnificent temple architecture, large stupa, and mysterious Tibetan esoteric practices
- Overnight stay at Aba Zunge Zhouyue Hotel or similar.

DAY 7 ABA COUNTY > HONGYUAN (4.5 HOURS)

Breakfast, Lunch, Dinner

- **Lianbaoyeze** (including sightseeing bus) is a world of magnificent peaks and strange rocks, and an art sanctuary. The mountains here are majestic and imposing, full of masculine energy; the mountain range is vast and stretches endlessly; lakes are scattered like stars, and silver waterfalls cascade down.
- Then return to **Hongyuan**. Overnight at the Hongyuan Dayswyndham Hotel or similar.

DAY 8 HONGYUAN > CHENGDU

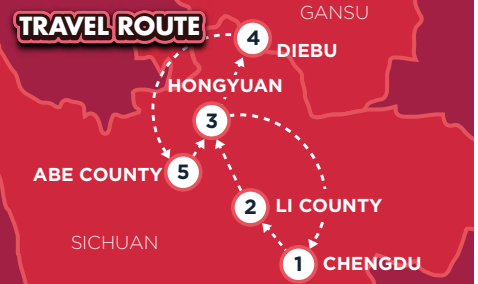
Breakfast, Lunch, Dinner

- **Sickle Dam Grassland (car view)** - Located in Songpan County, Aba Prefecture, Sichuan Province, it is part of the Ruoergai Grassland, at an altitude of approximately 3280 meters. It gets its name from its sickle-like shape when viewed from above.
- Afterwards, take a **high-speed train** back to **Chengdu**.
- Upon arrival, visit **Kuanzhai Alley**, composed of Kuan Alley, Zhai Alley, and Jing Alley, which are parallel alleyways. These are antique-style courtyard houses with blue-gray bricks and tiles, and are among the largest remaining Qing Dynasty-era streets in Chengdu.
- **Chengdu SKP** - A high-end luxury shopping center located in the Jiazi Park commercial district of Chengdu High-tech Zone, it began trial operation at the end of 2022. Built using a "TOD + Park + Shopping" model, it is the largest sunken building in Asia.
- Overnight stay at Howard Johnson Life Chengdu Xindu Hotel or similar.

DAY 9 CHENGDU > HOME

Breakfast, Lunch, MOB

- In the morning, visit **People's Park** - a landmark for experiencing the local "slow life" and tea culture (including tea and snacks).
- After lunch, enjoy free time until the designated meeting time.
- Transfer to the airport for your luxury flight home. Arrive back home with beautiful memories.



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.

TOUR FEES

DEPARTURE DATE