

- ☑ 无购物系列 纯玩品质游 | 全宿 4 钻+5 钻甄选酒店
- ☑ 丝绸之路上的第一座黄河石窟---炳灵寺石窟
- ☑ 藏传佛教六大寺院之一、“世界藏学府”---拉卜楞寺
- ☑ 世界旅游组织评定的“世界最佳旅游乡村”---扎尕那
- ☑ 云在脚下飘，花在掌心开、现实版绿野仙踪---花湖
- ☑ 黄河首曲的信仰灯塔、世界最大转经筒---宁玛寺
- ☑ 草原上的宝石、藏族风情圣地---莲宝叶则
- ☑ 格萨尔王烟祭铸神、赛马称王的地方---桑科草原
- ☑ 探访可爱的大熊猫、动物王国畅游---兰州野生动物园



11 天 9 晚走进神秘甘南 | 藏域之路自然之旅

兰州/临夏/夏河/阿坝/若尔盖/迭部/宕昌/炳灵寺石窟/拉卜楞寺/扎尕那/莲宝叶则/官鹅沟/野生动物园

CN11RN 行程从 2026 年 5 月起适用

第一天 吉隆坡-兰州-黄河风情线-黄河边喝茶观景-大众巷夜市（机上用餐/午餐） 酒店:5 钻兰州茂御酒店或同级
抵达兰州后，品尝西北风味宴，小憩之后前往市区游览**黄河风情线——中山桥、黄河母亲雕塑、水车园**，之后在**黄河边品尝当地特色茶饮-三炮台**，感受本地生活的惬意，傍晚时前往兰州必打卡夜市**大众巷夜市**，晚餐在夜市自理，之后返回酒店休息。



温馨提示:

- 1.西北属于内陆不发达地区，各方面条件较为艰苦，与内地游一定的差距。
- 2.西部地区干燥日照强，注意多饮水防晒。进入河西走廊，河西地区干燥，紫外线强，注意饮水和防晒。

第二天 兰州-黄洮交汇-炳灵寺石窟-宿永靖（早/午/晚） 酒店：5 钻永靖公航旅黄河明珠或同级
早餐后乘车前往永靖，在这里参观**黄洮交汇（含首道门票+区间车）**观看黄河与洮河交汇的鸳鸯锅奇景，之后前往**炳灵寺石窟（含首道门票）**在“黄河三峡”的簇拥下，十万佛洲次第展开，成就了丝绸之路上的第一座黄河石窟。第171龕唐代石胎泥塑弥勒大佛——炳灵寺的标志，始建于公元731年，炳灵寺弥勒大佛位列世界第九大佛、中国第五大佛、甘肃第三大。大佛面朝黄河，正襟危坐于大山怀抱中，令人肃然起敬。



黄洮交汇、炳灵寺石窟

第三天 永靖-拉卜楞寺-桑科草原-篝火晚会-宿夏河（早/午/晚） 酒店：4 钻夏河天珠国际店或同级
早餐后乘车前往**拉卜楞寺（含首道门票）**拉卜楞寺藏语全称为：“噶丹夏珠达尔吉扎西益苏奇具琅”，简称扎西奇寺，一般称为拉卜楞寺。是藏传佛教格鲁派六大寺院之一，被世界誉为“世界藏学府”。之后前往**桑科草原（含首道门票）**，这里是青藏高原最原始风貌的草原之一，大夏河水从南到北流过，水草丰茂，藏族风情浓厚。晚上在草原上参加**篝火晚会**，点起篝火，与藏族人民一起跳锅庄舞，感受祝福与欢乐。



拉卜楞寺、桑科草原

第四天 夏河-郭莽湿地-宁玛寺-宿阿坝（早/午/晚） 酒店：4 钻阿坝生升洲际酒店或同级
早餐后乘车前往**郭莽湿地**游览，这里地势平坦开阔，河流纵横交错，湖泊星罗棋布，水草丰美茂盛。一望无际的绿色草地仿佛一块巨大的绿色绒毯，一直延伸到天边。这里还栖息着黑颈鹤、灰鹤、天鹅、斑头雁等多种候鸟，是许多珍稀动物的家园。随后前往**宁玛寺**，该寺创建于公元1834年，属藏传佛教宁玛派（红教）寺院。该寺以世界最大藏经转经筒为核心标志性建筑，转经筒高42.38米，采用60公斤黄金装饰，内藏11万册佛教经典。



郭莽湿地、宁玛寺

第五天 阿坝-莲宝叶则--宿若尔盖（早/午/晚）

酒店：4 钻若尔盖瑞吉梵凰酒店或同级

早餐后前往《中国国家地理》笔下“东方的魔幻世界”-莲宝叶则（含首道门票+区间车），它藏在群山褶皱里，是青藏高原东南部最野性的心跳，这里没有温柔的青山绿水，只有亿万年地质运动雕琢出的花岗岩刀锋群峰；这里没有喧嚣的人潮，只有星罗棋布的圣湖，在海拔 4000 米的高原上，静静映照着雪山与流云。“莲宝叶则”在藏语里意为“尊严的玉石之峰”，民间又称“石头城堡”。这里曾是格萨尔王征战的古战场，至今仍流传着山神与精灵的传说。



莲宝叶则

第六天 若尔盖-九曲黄河第一湾-花湖-宿迭部（早/午/晚）

酒店：4 钻迭部印象扎尕那洲际酒店或同级

早餐后乘车前往九曲黄河第一湾（含首道门票+上行扶梯）这里不同于壶口瀑布段黄河的汹涌澎湃，也不像下游平原地区黄河的宽阔平缓，黄河在此摆脱峡谷束缚，在平坦的若尔盖草原上蜿蜒曲折，形成“S”型河曲，宛如一条银色丝带镶嵌在绿色草原上。之后前往花湖（含首道门票+区间车），若尔盖草原中间有 3 个相邻的天然海子，最小的叫错尔干，最大的叫错热哈，花湖居中。花湖水面 300 余亩，其名源于夏天花湖中的水草开出芳香的花。湖中与沼泽中多水禽，时不时飞过。



九曲黄河第一湾、花湖

第七天 迭部-扎尕那-宿宕昌（早/午/晚）

酒店：4 钻宕昌新官鹅大酒店或同级

早餐后前往扎尕那（含首道门票+区间车）“扎尕那”意为“石匣子”或“石城”，因四周被灰白色岩壁环绕，形似天然岩壁构筑的古城堡而得名。当地传说中，扎尕那是山神涅甘达娃用大拇指摁开的神奇之地，象征自然与神灵的馈赠。地形既像一座规模宏大的巨型宫殿，又似天然岩壁构筑。藏寨内游牧、农耕、狩猎和樵采等多种生产活动合理搭配和互补融合，成为人与自然和谐相处的一个典范。此处我们进行藏族家访，与藏族同胞一起载歌载舞、品尝酥油茶、体验糌粑制作过程。



扎尕那

第八天 宕昌-官鹅沟-兰州老街-宿兰州（早/午/-）

酒店：4 钻兰州老街凡里而美酒店或同级

早餐后乘车前往宕昌，游览**官鹅沟（含首道门票+区间车）**，相传古代氐羌部落首领“官珠”与“鹅嫚”为爱殉情，化作山水相守，故得名“官鹅沟”。沟内水系发达，瀑布如链，藏语中“官鹅”亦有“峡谷秘境”之意。分东西两沟，官珠沟以险峻峡谷、飞瀑流泉为主，鹅嫚沟以高山草甸、原始森林见长。官珠沟内瀑布密集，如官鹅天瀑、龙涎瀑、九叠瀑，雨季水声轰鸣，气势磅礴。到达兰州后游览**兰州老街**，这里依托当地悠久人文历史，以明清建筑为蓝本，打造出瓦屋楼阁、回廊凉亭错落有致的八百米人文风情街，传统古建文化与时尚潮流对撞，此处我们自由活动，在这里来一次奇妙的城市漫步。



官鹅沟、兰州老街

第九天 兰州自由活动（早）

酒店：4 钻兰州老街凡里而美酒店或同级

早餐后，在兰州老街及周边区域开启一整天的自由探索时光，深度感受这座西北古城的烟火气息与人文魅力。坊穿梭于老街的街巷里弄，探寻街角巷尾的小众景致，或是在街区中心的戏台前驻足，偶遇一场地道的西北秦腔表演；午餐时段，推荐您在老街内品尝兰州特色美食，从热气腾腾的牛肉拉面、软糯香甜的灰豆子，到外酥里嫩的甜醅子奶茶、风味独特的酿皮子，用舌尖感受兰州的烟火滋味。



第十天 兰州-兰州野生动物园·看熊猫-送机兰州新区-吉隆坡（早/午/机上用餐）

早餐后乘车前往**兰州市野生动物园**，兰州野生动物园位于安宁区忠和镇，占地约 5358 亩，是西北地区规模最大的野生动物园之一。这里不仅有“国宝”大熊猫，还能体验乘车看猛兽的刺激。园内现有五只大熊猫“鸿禧”“曼兰”“家宝”“满满”“曼兰仔”。参观结束后前往兰州新区机场并办理值机。

第十一天 抵达吉隆坡

自费项目：《风起大汉》特色演出+宴席（RMB299）这是以汉文化为根、陇原文化为源、丝路文化为魂，讲述汉朝与陇原大地的故事，展现丝绸之路的繁荣景象。街区构筑五大沉浸式主题空间，以六大原创特色演艺为轴心，每日呈现百余场演出。设有“金城关”“陇春山”“千佛窟”等特色区域，有“龙门客栈”等场景。多名专业演员穿梭其间，游客可与 NPC 互动，参与对诗、祈福、卜卦等几十种体验.....参观完毕后品尝丰盛宴席，其中更有甘肃各地特色小吃等您品尝。

备注：行程制定

行程若更改，需受公司的条款与细则所约束。顾客需注意以下事项：在公司无法控制的情况下行程可能更改。

指定城市的住宿需视客房供应情况而定。行程顺序可能更改。不同团体可能合并成一团。

若有更改不被接受，需遵守条款与细则中的退款规定。

11D9N Mysterious Gannan| Tibetan Realm Nature Discovery Journey

Lanzhou/Linxia/Xiahe/Aba Prefecture/Ruoergai/Diebu/Dangchang/Bingling Temple Grottoes/Labrang Monastery/Zhagana/Lianbaoyeze/Guan'e Valley/Gannan Wildlife Park

CN11RN | Itinerary valid for June 2026

DAY 1: KUALA LUMPUR- LANZHOU- YELLOW RIVER SCENIC LINE- TEA EXPERIENCE BY THE YELLOW RIVER- DAZHONG LANE NIGHT MARKET (MOB/L)

Assemble at Kuala Lumpur International Airport for your flight to Lanzhou via Kunming. Upon arrival in Lanzhou, enjoy a Northwest-style welcome meal. After a short rest, proceed to explore the famous **Yellow River Scenic Line**, including visits to Zhongshan Bridge, the iconic Yellow River Mother Sculpture, and Waterwheel Garden. After sightseeing, enjoy a relaxing tea experience by the Yellow River, where you will taste the local specialty tea known as **Sanpaotai**, and immerse yourself in the leisurely pace of local life. In the evening, head to Lanzhou's popular **Dazhong Lane Night Market**, a must-visit food street where dinner is at your own expense. After exploring the vibrant night market, return to the hotel for rest.

DAY 2: LANZHOU-YELLOW & TAO RIVER CONFLUENCE- BINGLING TEMPLE GROTTOES- YONGJING COUNTY (B/L/D)

After breakfast, travel by coach to Yongjing. Upon arrival, visit the **Yellow & Tao River Confluence (include entrance ticket and shuttle bus)**, where you can witness the spectacular "yin-yang" phenomenon of the Yellow River and Tao River merging—often described as a natural "two-flavor hot pot." Afterwards, proceed to the **Bingling Temple Grottoes (include entrance ticket)**. Nestled among the dramatic landscapes of the Yellow River Three Gorges, this ancient site is regarded as the first Yellow River grotto temple along the Silk Road. The highlight is the Maitreya Buddha in Cave 171, a Tang Dynasty clay sculpture built in 731 AD. This majestic statue is ranked as the 9th largest Buddha in the world, 5th in China, and 3rd in Gansu Province. Facing the Yellow River and seated solemnly against the mountain backdrop, the grand figure inspires awe and reverence among visitors.

DAY 3: YONGJING COUNTY- LABRANG MONASTERY- SANGKE GRASSLAND- BONFIRE PARTY- XIAHE (B/L/D)

After breakfast, travel by coach to visit **Labrang Monastery (include entrance ticket)**. Known in Tibetan as Ganden Shartse Tashi Tsuklakhang, Labrang Monastery is one of the six major monasteries of the Gelug school of Tibetan Buddhism and is widely regarded as the "World Center of Tibetan Studies." The monastery features grand halls, golden rooftops, and the longest corridor of prayer wheels, offering a deep insight into Tibetan religious culture. Afterwards, proceed to **Sangke Grassland (include entrance ticket)**, one of the most pristine grasslands on the Qinghai-Tibet Plateau. The Daxia River flows gently through the plains from south to north, nourishing lush pastures and creating a landscape rich in Tibetan cultural atmosphere. In the evening, enjoy a **lively bonfire party on the grassland**. Gather around the fire, join the local Tibetan people in traditional Guozhuang dancing, and immerse yourself in a night filled with joy, music, and blessings.

DAY 4: XIAHE-GUOMANG WETLAND- NYINGMA MONASTERY- ABA PREFECTURE (B/L/D)

After breakfast, travel by coach to **Guomang Wetland** for sightseeing. The area features vast, open terrain with crisscrossing rivers and scattered lakes, surrounded by lush vegetation. Endless green grasslands stretch like a giant carpet toward the horizon. The wetland is also home to a variety of migratory birds, including black-necked cranes, grey cranes, swans, and bar-headed geese, making it a haven for wildlife and nature lovers. Afterwards, proceed to **Nyingma Monastery**, founded in 1834 and belonging to the Nyingma (Red Hat) school of Tibetan Buddhism. The monastery is famous for housing the world's largest prayer wheel, standing at 42.38 meters high and adorned with approximately 60 kilograms of gold. Inside, it enshrines over 110,000 volumes of Buddhist scriptures, making it a remarkable spiritual and architectural landmark.

DAY 5: ABA PREFECTURE- LIANBAOYEZE- RUOERGAI (B/L/D)

After breakfast, proceed to **Lianbaoyeze (include entrance ticket and shuttle bus)**, a destination described by China National Geographic as the "**Fantasy World of the East.**" Hidden deep within the folds of towering mountains, it represents one of the wildest and most untouched landscapes in the southeastern Qinghai-Tibet Plateau. Unlike the gentle scenery of typical green hills and rivers, Lianbaoyeze showcases dramatic granite peaks sculpted by millions of years of geological movement. There are no bustling crowds—only sacred alpine lakes scattered across the highland, quietly reflecting snow-capped mountains and drifting clouds at an elevation of around 4,000 meters. In Tibetan, "Lianbaoyeze" means "**The Majestic Jade Peaks,**" and it is also known as the "Stone Castle." Legend has it that this area was once an ancient battlefield of King Gesar, and stories of mountain spirits and mystical beings are still passed down to this day, adding a sense of mystery and wonder to this extraordinary landscape.

DAY 6: RUOERGAI- FIRST BEND OF THE YELLOW RIVER- HUAHU LAKE- DIEBU (B/L/D)

After breakfast, travel to the **First Bend of the Yellow River (include entrance ticket and uphill escalator)**. Unlike the roaring currents at Hukou Waterfall or the broad, calm stretches downstream, the Yellow River here flows freely across the vast Ruoergai Grassland, winding into an elegant “S”-shaped curve. From above, it resembles a silver ribbon gracefully laid across a sea of green pasture. Afterwards, proceed to **Huahu Lake (include entrance ticket and shuttle bus)**. Located within the Ruoergai Grassland, this area consists of three natural lakes—Cuoergan (the smallest), Cuoreha (the largest), and Huahu in between. Covering over 300 acres, Huahu Lake gets its name from the blooming aquatic plants that flower during summer, filling the air with a gentle fragrance. The lake and surrounding wetlands are home to various waterfowl, often seen gliding or flying across the tranquil landscape, creating a peaceful and picturesque scene.

DAY 7: DIEBU- ZHAGANA- DANGCHANG (B/L/D)

After breakfast, proceed to **Zhagana (include entrance ticket and shuttle bus)**. The name “Zhagana” means **“Stone Box” or “Stone Fortress,”** as it is surrounded by towering grey-white cliffs that resemble a natural fortress built of rock. According to local legend, Zhagana was created when a mountain deity pressed the land open with his thumb, symbolizing a sacred gift from nature. The terrain resembles both a grand natural palace and a fortress carved by nature. Within the Tibetan village, traditional lifestyles such as herding, farming, hunting, and wood gathering coexist harmoniously, representing a perfect example of balance between humans and nature. Here, can enjoy **Tibetan home visit**, where can interact with local villagers, join in traditional singing and dancing, taste butter tea, and experience the process of making tsampa, offering a deeper insight into authentic Tibetan culture.

DAY 8: DANGCHANG- GUAN'E VALLEY- LANZHOU OLD STREET- LANZHOU (B/L/-)

After breakfast, travel by coach to visit **Guan'e Valley (include entrance ticket and shuttle bus)**. According to legend, the valley is named after an ancient love story between tribal leaders Guan Zhu and Eman, who sacrificed themselves for love and were transformed into the surrounding mountains and waters. In Tibetan, “Guan'e” also implies a “hidden canyon paradise.” The valley consists of two main sections: **Guanzhu Valley**, known for its dramatic gorges, cascading waterfalls, and rushing streams; and **Eman Valley**, famous for its alpine meadows and pristine forests. Numerous waterfalls can be found throughout the valley, such as Guane Heavenly Waterfall, Longxian Waterfall, and Jiudie Waterfall. During the rainy season, the powerful flow of water creates a magnificent and thunderous natural spectacle. After arriving in Lanzhou, proceed to explore **Lanzhou Old Street**, a cultural district inspired by traditional Ming and Qing architectural styles. The 800-meter-long street features tiled-roof buildings, pavilions, corridors, and courtyards, blending historical charm with modern lifestyle elements. Enjoy free time here for a leisurely stroll and immerse yourself in the vibrant atmosphere of this unique cultural street.

DAY 9: LANZHOU (B)

After breakfast, enjoy a full day of free time to explore Lanzhou at your own pace. Spend the day wandering around **Lanzhou Old Street** and its surrounding areas, immersing yourself in the local culture and vibrant atmosphere of this historic northwestern city. **(Free and easy)**

DAY 10: LANZHOU- LANZHOU WILDLIFE PARK- KUALA LUMPUR (B/L/MOB)

After breakfast, proceed to visit **Lanzhou Wildlife Park**, located in Zhonghe Town, Anning District. Covering approximately 5,358 acres, it is one of the largest wildlife parks in Northwest China. Here, you will have the opportunity to see the national treasure — giant pandas, as well as enjoy an exciting safari experience by vehicle to observe wild animals up close. The park is currently home to five giant pandas: Hongxi, Manlan, Jiabao, Manman, and Manlan Zai. After the visit, transfer to Lanzhou New Area Airport for check-in and your flight back to Kuala Lumpur.

DAY 11: ARRIVED KUALA LUMPUR

Optional Tour: The Rise of the Great Han Cultural Performance + Banquet (RMB 299)

Remarks.

Revisions, if any, in itinerary are subject to the Company's Terms and Conditions.

Itinerary may be subject to change due to circumstances beyond the Company's control.

Accommodation in designated cities is subject to room availability. Sequence of itinerary may be subject to change. Different tour groups may be merged. Proposed changes, if any, that are not accepted will be subject to the refund provisions set out in the Terms and Conditions.

In the event of any discrepancy between the English and Chinese itineraries, the Chinese itinerary shall prevail.