

# 9天7晚 人间仙境九色甘南

## 9D7N MYSTIC NINE COLORED GANNAN

CN9LGN | 01 Apr 2026 - 31 Oct 2026

没有必加项目及  
强制付费项目  
No shopping and  
Compulsory Tour

Guomang Wetland

## 行程亮点 Highlights

### 隆重推出：甘南藏族自治州

- 被誉为“中国的小西藏，甘肃的后花园”
- 甘南不是甘肃南部的简称，它是一个行政区，位于甘肃省西南部，地处甘、青、川三省交界处。
- 九色甘南被最具权威的旅游杂志《视野》、《探险》评为“让生命感受自由、纯天然的户外天堂，是人们触摸历史、品味文化、游山玩水、感受风情的旅游圣地。”
- 甘南平均海拔3000米，是最“平易近人”的藏区，一般是不会出现高原反应

### NEW! Gannan Tibetan Autonomous Prefecture

- Known as “China’s Little Tibet” and “the Backyard of Gansu,”
- Gannan is an administrative prefecture located in the southwest of Gansu Province, at the junction of Gansu, Qinghai, and Sichuan.
- Renowned travel magazines Vision and Exploration have rated “Nine-Colored Gannan” as “a natural outdoor paradise of freedom and purity, a sacred destination where one can touch history, savor culture, enjoy mountains and waters, and experience local customs.”
- Gannan is considered the most “accessible” Tibetan region with an average altitude of 3,000 meters, where visitors generally do not suffer from altitude sickness.

- 夏河 – 拉卜楞寺，桑科草原
- 兰州 – 兰州老街，中山铁桥，正宁路小吃街
- 碌曲 – 郎木寺，郭莽湿地
- 若尔盖 – 若尔盖草原，花湖，黄河九曲第一湾
- 迭部 – 扎尔那
- 宕昌 – 官鹅沟森林公园
- 天水 – 麦积山石窟

### • XIAHE

- Labrang Monastery, Sangke Grassland
- **LANZHOU** – Lanzhou Old Street, Zhongshan Iron Bridge, Zhengning Road Snack Street
- **LUQU** – Langmu Monastery, Guomang Wetland
- **RUOERGAI** – Ruoergai Grassland, Flower Lake, Nine Bends of the Yellow River
- **DIEBU** – Zhagana
- **DANGCHANG** – Guan'egou Forest Park
- **TIANSHUI** – Majijshan Grottoes

## 特别餐 Special Meals

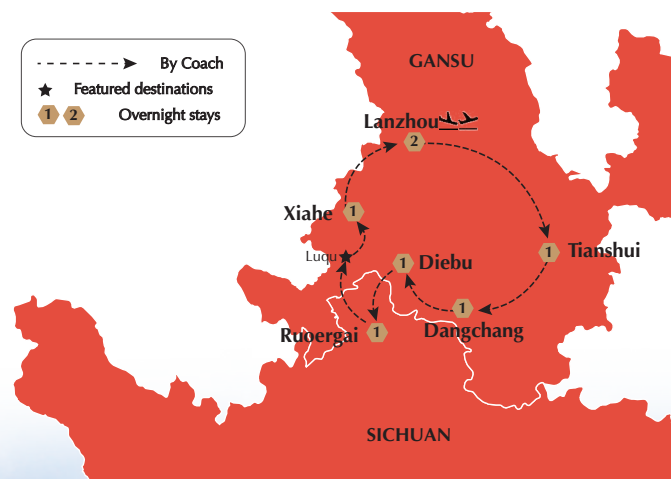
- 陇东风味
- 川菜风味
- 蕨麻猪风味
- 青稞风味
- 陇菜风味
- Longdong Cuisine
- Sichuan Cuisine
- Fern-Root Pig Cuisine
- Highland Barley Cuisine
- Long Cuisine (Local Gansu Cuisine)

## 餐食 Meals 🍴

- 7 顿早餐，6 顿午餐，6 顿晚餐
- 7 Breakfasts | 6 Lunches | 6 Dinners

## 住宿 Accommodation 🏠

- 当地 4+5\* 酒店或同级，免费提升 2 晚兰州 5\*国际酒店
- Local 4+5\* Hotel or similar, Free upgrade 2N International 5\* hotel in Lanzhou



Nine Bends of Yellow River



麦积山石窟

## 01 新加坡 ✈️ 兰州

机上无餐食(HU)

• 在樟宜机场的指定柜台集合，并与我们的机场代表会面。办理离境手续后就启程前往兰州。

• 打卡网红正宁路小吃街夜市

注:如若中午 1 点前抵达,则包含午餐

注:乘搭海南航空(HU)将经停海口后飞往兰州。(不用转机,机上无餐食),

注:此行程可以从西安进出

住宿:国际 5\*众邦喜来登酒店或同级

## 02 兰州 - 天水 (5H)

早餐, 午餐, 晚餐

• 麦积山石窟(含电瓶车) - 高 142 米, 因山形似麦垛而得名。麦积山石窟始建于 384-417 年, 存 221 座洞窟、10632 身泥塑石雕、1300 余平方米壁画, 被誉为东方雕塑艺术陈列馆。是丝绸之路黄金旅游线上的一颗耀眼的艺术明珠和最具潜力的旅游胜地。

◇ 世界文化遗产, 国家 5A 旅游景区, 国家重点风景名胜, 国家森林公园, 国家地质公园, 中国重点文物保护单位, 中国四大石窟之一。2018 中国西北旅游营销大会暨旅游装备展上, 入围“神奇西北 100 景”榜单。

住宿:准 5\*公航旅麦积明珠酒店或同级

## 03 天水 - 宕昌 (4.5H)

早餐, 午餐, 晚餐

• 官鹅沟森林公园(区间车) - 总面积 500 平方公里, 国道 212 线贯穿通过。官鹅沟风景区为高山草甸和终年不化的雪山。沟内山岭重叠, 幽谷纵横, 青山碧水, 奇峰怪石, 瀑布飞溅, 草甸雪山, 湖泊激流, 古木参天, 沟两边的悬崖峭壁上有许多形态各异, 妙趣横生的岩石构造, 被专家誉为最有观赏价值的“地质公园”。被誉为“小九寨”, 是摄影家热门取景地。

住宿:4\*佳豪国际酒店或同级

## 04 宕昌 - 迭部 (3.5H)

早餐, 午餐, 晚餐

• 扎尕那 - 天然的石头城, 被《国家地理杂志》推荐一生必去的地方之一。地形既像一座规模宏大的巨型宫殿, 又似天然岩壁构筑的一座完整的古城。山势奇峻、景色优美, 犹如一座规模宏大的石头宫殿, 这片世外桃源虽然早在近百年前就被洛克誉为亚当和夏娃的诞生地, 但至今仍是一块处女地。

住宿:4\*赛银大酒店或同级

温馨小提示:扎尕那游览有几个村庄, 距离也比较远, 游览时间长, 而且没有电瓶车, 客人需要步行, 虽然当地村民的马可以骑, 但是不建议骑马, 因为马没有经过正规的训练, 收费 也高。



扎尕那

## 05 迭部 - 若尔盖 (3H)

早餐, 午餐, 晚餐

• **花湖(含区间车)** - 是热尔大坝草原上的一个天然海子, 也是中国仅次于呼伦贝尔草原的第二大草原, 是镶嵌在草原上的蓝宝石。此外, 这里还是观看国家一级保护动物黑颈鹤的最佳去处, 2005 年被授予“黑颈鹤之乡”。

• **若尔盖草原**

• **黄河九曲第一湾(上行扶梯)** - 是四川、青海、甘肃三省交界处。从若尔盖驱车大约 61 公里, 到达黄河九曲第一湾, 登上一座小山包, **黄河九曲第一湾**的美丽景象跃入眼底。天下黄河九十九道弯, 最美的自然景观要数**第一弯和壶口瀑布**。这两处景观被誉为神奇的九曲黄河立体大乾坤地图, 它是黄河流经这两处景观时形成的一个 S 形大弯道。

住宿: 4\* 唐古特酒店或同级

## 06 若尔盖 - 碌曲 (2.5H) - 夏河 (2.5H)

早餐, 午餐, 晚餐

• **东方小瑞士郎木寺镇** - 是一个地名, 一条宽不足 2m 的小溪从镇中流过, 却有一个很气派的名字“白龙江”, 清澈见底的白龙江水把小镇一分为二。江北是赛赤寺, 江南是格尔底寺, 均属藏传佛教格鲁派寺庙。

• **郎木寺(甘肃寺)** - 依山而建, 以金顶最为壮观, 可登高远观, 俗称东方小瑞士

• **郭莽湿地** - 是黄河上游的重要水源地之一, 也是黄河最大支流洮河的源头。它紧邻 213 国道, 是尕斯库勒国家级自然保护区的核心区域, 也是黑颈鹤等候鸟的重要栖息地。



花湖

## 07 夏河 - 兰州 (3.5H)

早餐, 午餐, 晚餐

• **拉卜楞寺** - 位于夏河县, 拉卜楞寺是藏语“拉章”的变音, 意思是活佛大师的府邸。是藏传佛教格鲁派六大寺院之一, 被誉为“世界藏学府”。鼎盛时期, 僧侣达到 4000 余人, 1980 年对外开放旅游。是甘南地区的政教中心, 拉卜楞寺保留有中国最好的藏传佛教教学体系。整个寺庙现存最古老也是唯一的**第一世嘉木样活佛时期所建的佛殿**, 是位于大经堂旁的下续部学院的佛殿。

• **桑科草原** - 作为甘南藏族自治州的主要草原之一, 桑科草原景色壮丽, 是进行草原活动和骑马的绝佳场所。

• **八坊十三巷** - 是一座具有浓厚历史文化的街区, 四周环绕着古色古香的民居。是摄影爱好者的绝佳去处。

住宿: 国际 5\* 众邦喜来登酒店或同级



中山铁桥

## 08 兰州 - 新加坡

早餐, 机上无餐(HU)

• **兰州老街** - 以明清时期兰州古建筑风格为基调, 打造出八百米人文风情街, 突出明清风格的仿古建筑群。

• **中山铁桥**

• 于指定时间在集合, 由专车送往机场办理出境手续返回新加坡。希望您同南和旅行社有个美好的旅程与回忆, 期盼下一次您的参与。

## 09 抵达新加坡

抵达新加坡

### 备注

1. 10名旅客方可成行。领队安排将视航班及其他运营因素而定。
2. 确认行程最迟于出发前两(2)周最终确定。
3. 若中英文行程存在差异, 请以**中文版本为准**, 除非特别说明。所有团队将安排华语导游服务。
4. 旅客须确保提供的全名与护照条形码完全一致, 且护照有效期自返程日起至少6个月。
5. 强烈建议旅客在出发前自行购买旅行保险。
6. 搭乘不同航班的旅客抵达后可能合并为同一团队。
7. 团体座位安排完全由航空公司决定, 无法保证特定座位要求且超出我方控制范围。
8. 行程顺序、航班时刻及酒店住宿可能因突发状况变更, 恕不另行通知。
9. 机场/港口税、燃油附加费、签证费, 小费(含领队、境外导游及司机), 保证自费项目, 推荐自费项目均不包含在行程费用内。签证要求及小费金额由旅客自行负责, 请遵循提供的指导原则。
10. 酒店/度假村评级基于当地标准。若指定酒店无法提供住宿, 将以同等级酒店替代。三人间住宿时, 中国境内酒店仅提供额外折叠床。特殊要求或附加服务可能产生管理费。完整预订细则请参阅 NH 条款与细则。
11. 本公司对于因不可抗力因素所造成的任何损失概不负责, 包括但不限于目的地发生的自然灾害、恶劣天气状况或政治因素等, 亦不承担任何赔偿或替代责任。有关完整的预订条款与细则, 请参阅 NH 条款与条件。

### 服务费

导游及司机服务费 - RMB270/人

如有领队服务费 - SGD\$45/人

## 01 Singapore ✈ Lanzhou

No Meals on Board (HU)

- Assemble at Singapore Changi Airport for your flight to Lanzhou.
- **Zhengning Road Snack Street Night Market.**

**Note: If arrival is before 1:00PM, lunch will be included.**

**Note: With Hainan Airlines (HU), will stop in Haikou before continuing to Lanzhou (no need to change planes, No meal provided).**

**Note: This itinerary allows entry and exit from Xi'an.**

*Accommodation: 5\* Sheraton Zhongbang Hotel or similar*



Langmu Temple

## 02 Lanzhou - Tianshui (5H)

Breakfast, Lunch, Dinner

• **Maijishan Grottoes (including EV)** - 142 meters high, it named "Maijishan" because the mountain resembles a wheat stack. Built between 384 and 417, they boast 221 caves, 10,632 clay and stone sculptures, and over 1,300 square meters of murals. Known as an oriental sculpture museum, they are a dazzling artistic gem and a highly anticipated tourist destination along the Golden Route of the Ancient Silk Road.

- ◇ **World Cultural Heritage Site**, National 5A Tourist Attraction, National Key Scenic Spot, National Forest Park, National Geopark, Key Cultural Relic Protection Unit of China, and one of China's Four Major Grottoes.
- ◇ In 2018, at the China Northwest Tourism Marketing Conference and Tourism Equipment Expo, **it was listed among the "100 Magical Scenic Spots of Northwest China."**

*Accommodation: equivalent 5\* Gonghanglv Maiji Pearl Hotel or similar*



Guan'egou Falls

## 03 Tianshui - Dangcang (4.5H)

Breakfast, Lunch, Dinner

• **Guan'egou Forest Park (Shuttle Bus)** – Covering a total area of 500 square kilometers, the park is traversed by National Highway 212. Gu'egou Scenic Area features alpine meadows and snow-capped mountains that remain year-round. Known as "**Little Jiuzhaigou**," it is a popular destination for photographers.

*Accommodation: 4\* Dangcang Jiahao International Hotel or similar*

## 04 Dangcang - Diebu (3.5H)

Breakfast, Lunch, Dinner

• **Zhagana** – a natural stone city, recommended by National Geographic as one of the must-visit places in a lifetime. Although this paradise was described nearly a century ago by Rock as the birthplace of Adam and Eve, it remains an untouched land to this day.

*Accommodation: 4\* Saiyin Grand Hotel or equivalent*

**Tips: The Zhagana area includes several villages that are quite far apart. Touring takes a long time, and there are no electric carts, so visitors need to walk. While local villagers offer horseback rides, it is not recommended as the horses are not professionally trained and the fees are high.**



Sangke Grassland

## 05 Diebu - Ruo'ergai (3H)

Breakfast, Lunch, Dinner

• **Zhagana (including shuttle ride)** – A natural lake on the Rer Da Dam Grassland, **Huahu Lake is the second largest grassland in China after the Hulunbuir Grassland**, often called the "blue sapphire" embedded in the grassland. It is also the best place to observe the nationally protected black-necked crane. In 2005, it was officially designated the "Hometown of the Black-necked Crane."

• **Ruo'ergai Grassland**

• **First Bend of the Yellow River (uphill escalator)** – you reach the **First Bend of the Yellow River**. Climbing a small hill, the breathtaking view of the bend unfolds before your eyes. Among the ninety-nine bends of the Yellow River, **the First Bend and Hukou Waterfall** are regarded as the most beautiful natural landscapes.

*Accommodation: 4\* Tangute Hotel or similar*

## 09 Singapore

Arrival Singapore. We hope you enjoyed your trip.

### Notes

1. A minimum of 10 passengers is required for the tour to proceed. The appointment of a tour leader is subject to flight arrangements and other operational considerations.
2. Tour confirmation will be finalized no later than two (2) weeks before departure.
3. All group tours are conducted in Mandarin unless otherwise stated. In the event of any discrepancy between the English and Chinese itineraries, the **Chinese version shall prevail**.
4. Travellers must ensure that the full name provided matches exactly with the passport barcode, and that passports are valid for at least 6 months from the return date.
5. Travellers are strongly encouraged to purchase their own travel insurance prior to departure.
6. Travellers departing on different flights may be combined and operated as a single group upon arrival.
7. Group seating arrangements are assigned solely by the airline. Requests for specific seats are not guaranteed and are beyond our control.
8. The itinerary sequence, flight schedules, and hotel accommodations are subject to change without prior notice due to unforeseen circumstances.
9. Airport/port taxes, fuel surcharges, visa fees, and gratuities (for tour leader, overseas guide(s), and driver), compulsory tour and optional tour are not included in the tour fare. Visa requirements and gratuity amounts are the traveller's responsibility and should follow the provided guidelines.
10. Hotel/resort ratings are based on local standards. In the event that accommodation in the stated hotel is unavailable, it will be replaced by another hotel of similar standards. For Triple sharing, hotels in China will only provide an extra folding bed. An administrative fee may apply for special requests or additional services. For full booking details, please refer to NH Terms and Conditions.
11. The company shall not be liable for any loss arising from force majeure events, such as natural disasters, adverse weather conditions, or political issues occurring at the destination, nor shall it bear any responsibility for compensation or replacement. For full booking details, please refer to NH Terms and Conditions.

### Service Fees

Guide and driver - **RMB270** per person

Tour Leader (if any) – **SGD\$45** per person



Labrang Monastery

## 06 Ruo'ergai - Luqu (2.5h) - Xiahe (2.5h)

Breakfast, Lunch, Dinner

• **Langmu Temple – Known as “Oriental Little Switzerland.”** Built along the mountainside, with its magnificent golden rooftops. You can climb up for a panoramic view;

• **Guomang Wetland** – One of the important water sources of the upper Yellow River and the origin of Tao River, the largest tributary of the Yellow River. It lies at the core area of Gahai-Zecha National Nature Reserve and serves as an important habitat for migratory birds such as the black-necked crane.

*Accommodation: 4\* Tianzhu International Hotel or similar*

## 07 Xiahe - Lanzhou (3.5H)

Breakfast, Lunch, Dinner

• **Labrang Monastery** – It is one of the six major monasteries of the Gelug school of Tibetan Buddhism and is globally recognized as a “world center for Tibetan studies.” It opened to tourists in 1980 and serves as the political and religious center of the Gannan region. Labrang Monastery preserves China's most complete system of Tibetan Buddhist education. The oldest and only surviving temple built during the time of the 1st Jamyang Zhabdrung, located next to the Great Sutra Hall, remains part of the Lower College.

• **Sangke Grassland** – One of the main grasslands of Gannan Tibetan Autonomous Prefecture.

• **Bafang Thirteen Lanes** – A historic and culturally rich neighborhood, surrounded by quaint traditional residences. **It is a perfect destination for photography enthusiasts.**

*Accommodation: 5\* Sheraton Zhongbang Hotel or similar*

## 08 Lanzhou ✈ Singapore

Breakfast, No Meals on Board(HU)

• **Lanzhou Old Street** – Featuring architectural styles from the Ming and Qing dynasties, this 800-meter cultural street highlights a cluster of traditional-style buildings reflecting the aesthetics of that era.

• **Zhongshan Iron Bridge**

• Heading to the airport for your flight back to Singapore



Lanzhou Old Street