

# 9天7夜 大美青海

## 9D7N MAGNIFICENT QINGHAI

CN09QH | 01 Apr 2026 - 31 Oct 2026

无购物  
无自费团  
No Shopping and  
Compulsory Tour

Chaka Salt Lake

## 行程亮点 Highlights

- **塔尔寺** – 是藏传佛教格鲁派六大著名寺院之一，也是青海省最大的佛教丛林
- **茶卡盐湖** – 被称为“天空之镜”，户外大型盐雕艺术由茶卡盐湖首创，堪称一绝!
- **坎布拉** – 青藏高原上的神秘仙境
- **青海湖景区** – 青藏高原的蓝宝石、有陆心之海美誉
- **贵德国家地质公园** – 是一处以丹霞地貌为主体的自然景观。
- **阿什贡七彩峰丛景区** – 七彩丹霞地貌鬼斧神工，惟妙惟肖，气势磅礴，美轮美奂。
- **纳顿土族庄园** – 青海最美的土族庄园!一个有酒有故事的地方。

• **Ta'er (Kumbum) Monastery** – One of the six famous monasteries of the Gelug school of Tibetan Buddhism and the largest Buddhist monastic complex in Qinghai Province.

• **Chaka Salt Lake** – Known as the “Mirror of the Sky,”

• **Longyangxia & Cliff Scenic Area** – A mysterious fairyland on the Qinghai-Tibet Plateau.

• **Qinghai Lake Scenic Area** – Known as the “Sapphire of the Qinghai-Tibet Plateau” and the “Sea in the Heart of the Land.”

• **Guide National Geopark** – A natural scenic area dominated by Danxia landforms.

• **Ashigong Seven** - Color Peaks Scenic Area

• **Nadun Tu Ethnic Manor** – The most beautiful Tu ethnic manor in Qinghai! A place full of wine and stories.

## 特别餐 Special Meals

- 炕锅肉风味
- 土火锅风味+风味奶茶
- 虫草花土鸡煲
- 辣藏餐风味
- 青稞饼
- 丰盛自助晚餐
- Kangguo-style meat
- Tu ethnic hotpot + specialty butter tea
- Cordyceps-flower Tibetan chicken stew
- Spicy Tibetan-style cuisine
- Barley cakes
- Buffet Dinner

## 餐食 Meals 🍴

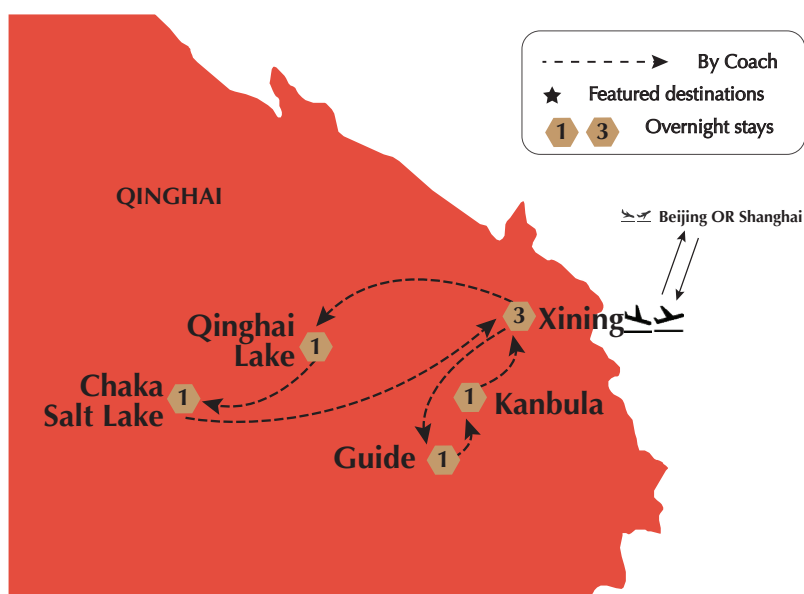
- 8 顿早餐，7 顿午餐，7 顿晚餐
- 8 Breakfasts | 7 Lunches | 7 Dinners

## 住宿 Accommodation 🏨

- 全程当地 4+ 5\* 标准酒店
- Local 4+ 5\* Hotel or similar

## 特别提升 Star Upgrade

- 免费升级为 SVIP 2+1航空座椅
- Free Upgrade 2+1 VIP coach





塔尔寺

## 01 新加坡 ✈️ 北京或上海

机上用餐

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北京或上海。

## 02 北京或上海 ✈️ 西宁

午餐，晚餐

• 乘飞机飞往青海省会西宁。

• **东关清真寺** – 这座承载着深厚历史与文化底蘊的宏伟建筑，不仅是青海省內规模最大的伊斯兰教寺院，更是西北地区四大清真寺之一，与西安化觉寺、兰州桥门寺、新疆喀什艾提卡尔清真寺齐名。距今已有六百多年的历史，见证了无数信仰者的虔诚与坚韧。

住宿:5\*三渝酒店或同级



青海湖

## 03 西宁 – 青海湖 (2.5H)

早餐，午餐，晚餐

• **青海湖私家牧场活动(特色迎宾礼，迎宾哈达，下马酒，藏服体验，骑马拍照，篝火晚会)**

(如遇雨天，户外活动取消，换藏香制作或唐卡制作)

• 远观日月山

住宿:4\* 观湖维景酒店或同级

## 04 青海湖 – 茶卡盐湖 (2.5H)

早餐，午餐，晚餐

• **青海湖景区(游船配套自费项目)** – 青藏高原的蓝宝石、有陆心之海美誉。中国最大的内陆湖泊，也是中国最大的咸水湖，被誉为“措温布”，即藏语中“青色的海”。

• **七月是青海最美的一个季节。**成片的油菜花在高原怒放，最明亮的鲜黄。最纯粹的蓝天，棉花一样的云朵，水天一色的天际线，无论哪个角度都是一幅优美的画卷。**最佳花期是7月10日至20日**

注:青海湖游船 5月-10月未开放时，换小火车

住宿:4\* 金恒基酒店或锦天世纪酒店或同级

## 05 茶卡盐湖 – 西宁 (4H)

早餐，午餐，晚餐

• **茶卡盐湖(小火车配套自费项目)** – 湖面海拔 3059 米，湖面面积 105 平方公里，湖面具有强烈的镜面反射能力，形成“水映天、天接地、人在湖间走，宛如画中游”的景观，这样的美景在国内罕见，被称为“天空之镜”。最佳拍摄时间为风和日丽之日，早晨 10 点之前和下午 4 点之后。在国内，户外大型盐雕艺术由茶卡盐湖首创，堪称一绝!茶卡盐湖最吸引人的地方是它那条通往湖心的铁轨，是目前存世较少且仍在使用的“寸轨”。

• 赠送茶卡盐湖旅拍(视天气情况而定)

住宿:5\* 三渝酒店或同级

## 06 西宁 — 贵德 (2H)

早餐, 午餐, 晚餐

- **塔尔寺(含区间车+耳麦)** – 是中国藏传佛教格鲁派(俗称黄教)创始人宗喀巴大师的诞生地, 是藏传佛教格鲁派六大著名寺院之一, 也是青海省最大的佛教丛林。塔尔寺以其精湛的艺术品闻名, 其中酥油花、壁画和堆绣被誉为“艺术三绝”, 具有极高的艺术价值。
- 前往贵德
- **贵德国家地质公园** – 是一处以丹霞地貌为主体的自然景观, 景区内丹霞地貌悠久奇特, 山峰突兀林立, 地质造型古怪, 土文化与石文化, 罕见的自然奇观。
- **阿什贡七彩峰丛景区(含区间车)** – 是贵德国家地质公园的核心景区。景区占地面积 158 平方公里, 以自然地貌景观和地质遗迹为主要特征, 多姿多彩, 秀丽壮美;七彩丹霞地貌鬼斧神工, 惟妙惟肖, 气势磅礴, 美轮美奂。
- **贵德清清黄河水车广场**

住宿:4\* 景悦阁酒店或金河源国际酒店或同级



## 07 贵德 — 坎布拉 (5H)

早餐, 午餐, 晚餐

- **坎布拉景区(含区间车+游船)** – 4A 级景区, 2025 年 4 月获批联合国教科文组织“世界地址公园”称号。坎布拉国家森林公园以奇特“丹霞”地貌、茂密的森林植被、古老的宗教文化、雄伟的电站大坝、绮丽的峡谷库区及独特的藏族风情所构成, 集自然景观和人文景观于一身。
- **中华福运轮** – 经轮主体高 42 米, 其中经筒高度 26.3 米, 直径为 10.22 米, 底座高 15 米, 为世界上最大的转经轮
- **热贡艺术博物馆** – 该博物馆以收藏和展示热贡艺术闻名, 包括唐卡、堆绣、雕塑等多种艺术形式。热贡艺术是藏传佛教艺术的重要流派。

住宿:4\* 坎布拉国际酒店或同级



## 08 坎布拉 — 西宁 (3H)

早餐, 午餐, 晚餐

- **纳顿土族庄园** – 青海最美的土族庄园!一个有酒有故事的地方。观看被列入国家级非物质文化遗产的**民族婚礼, 民俗演艺**
- 返回西宁
- **唐道 637 步行街(自费项目)**

住宿:5\*三榆酒店或同级

## 09 西宁 ✈ 北京或上海 ✈ 新加坡

早餐, 机上用餐

早餐后, 于指定时间集合, 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。

### 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。

### • 必须参加自费行程(RMB650/每人):

- o 青海湖二郎剑景区游船+茶卡盐湖小火车+唐道 637 步行街 + 自助晚餐

### 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 ✈ Beijing OR Shanghai

Meals on Board

Assemble at Singapore Changi Airport, take international flight to Beijing OR Shanghai.

## 02 Beijing OR Shanghai ✈ Xining

Lunch, Dinner

- Take domestic flight to Xining, the captital of Qinghai.
- **Dongguan Mosque** – This magnificent structure, rich in history and cultural heritage, is not only the largest Islamic mosque in Qinghai Province, but also one of the four major mosques in Northwest China, standing alongside Xi'an Huajue Mosque, Lanzhou Qiaomen Mosque, and Kashgar Id Kah Mosque in Xinjiang. With a history of more than 600 years, it has witnessed generations of believers' devotion and resilience.

*Accommodation: 5\* Sanyu Hotel or similar*

## 03 Xining - Qinghai Lake (2.5H)

Breakfast, Lunch, Dinner

- **Qinghai Lake Private Ranch Activities (Traditional welcome ceremony, greeting with Hada, welcome wine, Tibetan costume experience, horseback riding photography, bonfire party)**

In case of rain, outdoor activities will be cancelled and replaced with Tibetan incense making or Thangka painting workshops

- Distant view of **Riyue Mountain (Sun & Moon Mountain)**

*Accommodation: 4\* Qinghai Lake View International Hotel or similar*

## 04 Qinghai Lake - Chaka Salt Lake (2.5H)

Breakfast, Lunch, Dinner

- **Qinghai Lake Scenic Area (Boat ride – Compulsory Tour)** – Known as the “Sapphire of the Qinghai–Tibet Plateau” and the “Sea in the Heart of the Land,” it is China’s largest inland lake as well as the largest saltwater lake in the country. It is also called “Tso Ngönpo,” meaning “the blue sea” in Tibetan.

- **July is the most beautiful season in Qinghai. The best blooming period is 10-20July.**

**Note:** If the Qinghai Lake boat ride is not available from May to October, it will be replaced with the small sightseeing train.

*Accommodation: 4\* Jinhengji Hotel or Jintian Century Hotel or similar*



Chaka Salt Lake



Aishigong

## 05 Chaka Salt Lake - Xining (4H)

Breakfast, Lunch, Dinner

- **Chaka Salt Lake (small train ride is Compulsory )** – The lake sits at an elevation of 3,059 meters and covers an area of 105 square kilometers. Its highly reflective surface creates a stunning mirror effect, forming scenery described as “water reflecting the sky, sky meeting the earth, and people walking as if inside a painting.” Such beauty is rare in China, also known as “Mirror of the Sky.” **The best time for photography is on clear, calm days—before 10:00am and after 4:00pm.**

o Chaka Salt Lake is also the birthplace of large outdoor salt sculptures in China, making it a truly unique attraction.

o One of the lake's most captivating features is the railway track leading to the center of the lake—an exceptionally rare narrow-gauge ‘inch track’ that is still in operation today.

- Complimentary professional photoshoot at Chaka Salt Lake (subject to weather conditions)

*Accommodation: 5\* Sanyue Hotel or similar*

## 06 Xining - Guide (2H)

Breakfast, Lunch, Dinner

- **Ta'er Monastery (including shuttle bus + audio guide)** – It is the birthplace of Tsongkhapa, the founder of the Gelug school of Tibetan Buddhism (commonly known as the Yellow Hat sect). As one of the six most renowned Gelug monasteries of Tibetan Buddhism, it is also the largest Buddhist monastic complex in Qinghai Province. Ta'er Monastery is famous for its exquisite artworks, among which **the butter sculptures, murals, and barbola (embroidered appliqué) are known as the “Three Art Treasures,” highly valued for their remarkable artistic craftsmanship.**

- Proceed to Guide

- **Guide National Geopark** – A natural scenic area featuring Danxia landforms as its main highlight.

- **Ashigong Seven - Color Peaks Scenic Area (including shuttle bus)** – This is the core scenic zone of Guide National Geopark. Covering an area of 158 square kilometers, it is distinguished by its vibrant natural landforms and remarkable geological relics. The multicolored Danxia formations are masterpieces of nature—magnificent, vivid, and breathtakingly beautiful, displaying grandeur and exquisite detail.

- **Guide Qingqing Yellow River Waterwheel Square**

*• Accommodation: 4\* Jingyuege Hotel or Jinheyuan International Hotel or similar*

## 07 Guide - Kanbula (5H)

Breakfast, Lunch, Dinner

• **Kanbula Scenic Area (including shuttle bus + boat ride)** – A 4A attraction that was approved in April 2025 as a **UNESCO Global Geopark**. Kanbula National Forest Park features striking Danxia landforms, lush forest vegetation, ancient religious culture, grand hydropower dam landscapes, beautiful canyon reservoirs, and unique Tibetan customs. It is a destination that seamlessly blends natural scenery with cultural heritage.

• **The China Fortune Prayer Wheel** – The main structure stands 42 meters tall, with the prayer cylinder itself measuring 26.3 meters in height and 10.22 meters in diameter, atop a 15-meter base. It is recognized as the largest prayer wheel in the world.

• **Re-gong Art Museum** – This museum is renowned for collecting and exhibiting Re-gong art, including Thangka paintings, applique embroidery, sculptures, and other forms of art. Re-gong art is an important branch of **Tibetan Buddhist art**.

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



Kanbula Scenic Area

## 08 Kanbula - Xining (3H)

Breakfast, Lunch, Dinner

• **Nadun Tu Ethnic Manor** – The most beautiful Tu ethnic manor in Qinghai! A place full of wine and stories. Watch a traditional ethnic wedding listed as a national intangible cultural heritage, along with folk performances.

• Return to Xining

• **Tangdao 637 Pedestrian Street (Compulsory Tour)**

*Accommodation: 5\* Sanyu Hotel or similar*

## 09 Xining ✈ Beijing OR Shanghai ✈ Singapore

Breakfast, Meals on Board

After breakfast, heading to the airport for your flight back to 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.

### • Compulsory Tour (RMB 650 per person):

Qinghai Lake Erlangjian Scenic Area boat ride + Chaka Salt Lake sightseeing train + Tangdao 637 Pedestrian Street + buffet dinner.

## Service Fees

Guide and driver - **RMB270** per person

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