

Tour code: CGSL89



★ 行程亮点

- 黄河铁桥
- 大佛寺
- 雷台汉墓
- 七彩丹霞
- 嘉峪关城楼
- 鸣沙山月牙泉
- 莫高窟
- 茶卡天空壹号盐湖
- 青海湖
- 塔尔寺



8/9天

华戎古道甘肃

探索华夏之文明，世界遗产

8D7N GANSU HUARONG ANCIENT ROAD EXPLORE CHINESE CIVILIZATION AND WORLD HERITAGE

探索丝路，寻踪未知，那未曾领略的古国文化那未曾踏上戈壁大漠、那厚重的历史尘烟、那绚烂瑰丽的石窟艺术这些你总要体验过，才算得上圆满。中国向来就不缺乏奇珍异宝，这960万平方公里的土地，总是会给我们出其不意的惊喜

Explore the Silk Road, seek the unknown, the ancient culture you have never experienced, the Gobi Desert you have never set foot on, the heavy historical dust, the gorgeous and magnificent cave art. You must experience these to be considered complete. China has never lacked rare treasures. This 9.6 million square kilometers of land always gives us unexpected surprises

餐食

8早餐 | 7午餐 | 8晚餐

特色餐：

兰州阿西亚烤羊腿特色 / 三套车风味 / 西北大菜宴 / 甘州排骨 / 汽锅鸡风味 / 雪山驼掌 / 高端沙漠晚宴 / 大漠风沙鸡 / 炕锅肉风味 / 炖牦牛大骨汤 / 青海铜火锅 / 欢送宴西北特色 + 青海酸奶

酒店住宿

- 黄河隐然酒店或同级5★
- 张掖千玺丝路酒店或同级4★
- 嘉峪关远东华伦酒店或同级4★
- 敦煌鹿野国际酒店或同级4★
- 格尔莱卡酒店或同级4★
- 茶卡金恒基酒店或同级4★
- 西宁三榆国际酒店或同级5★
- 兰州新区皇冠假日酒店或同级5★



高端沙漠晚宴



*Photos for illustration only



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01 新加坡✈兰州

机上用餐 | 晚餐

- 集合于新加坡樟宜机场，搭乘豪华客机飞往美丽兰州。
- **黄河铁桥**：有“天下黄河第一桥”之称，是兰州市内标志性建筑之一。
- **水车园**：古兰州用来灌溉田地的水车，为明代「段续」所造，外形酷似古式车轮。
- **黄河母亲像**：有东方女性的形象，给人秀丽和温柔的美感，象征中国人民在黄河哺育之下欣欣向荣。
- **兰州老街夜市**：位于兰州市中心城区，是集传统文化、民俗体验、美食娱乐于一体的文化旅游街区。它在保留兰州老城风貌的基础上进行了复古式改造，被誉为“兰州人的城市记忆缩影”。

酒店：黄河隐然酒店或同级5★



02 兰州🚗武威🚗张掖

早餐 | 午餐 | 晚餐

- **雷台汉墓**：景区中最著名的当属汉墓而汉墓中最广为人知的就是青铜仪仗队，而仪仗队中的最家喻户晓的就是那“马踏飞燕”，因为它已经成为中国国家旅游标志。汉墓气势雄伟，铜车马阵列威武，战马膘肥体壮，昂首嘶鸣，声传于里！
- **鸠摩罗什寺**：为纪念中国佛教四大译经家之一的鸠摩罗什大师而建。鸠摩罗什是东晋时期著名的佛教学者、翻译家，他一生致力于佛经汉译，对中国佛教的发展具有深远影响。
- **张掖夜市**：融合了西北风味美食、地方小吃、民俗文化及市井生活，是体验张掖地方风情的重要窗口。

酒店：张掖千玺丝路酒店或同级4★

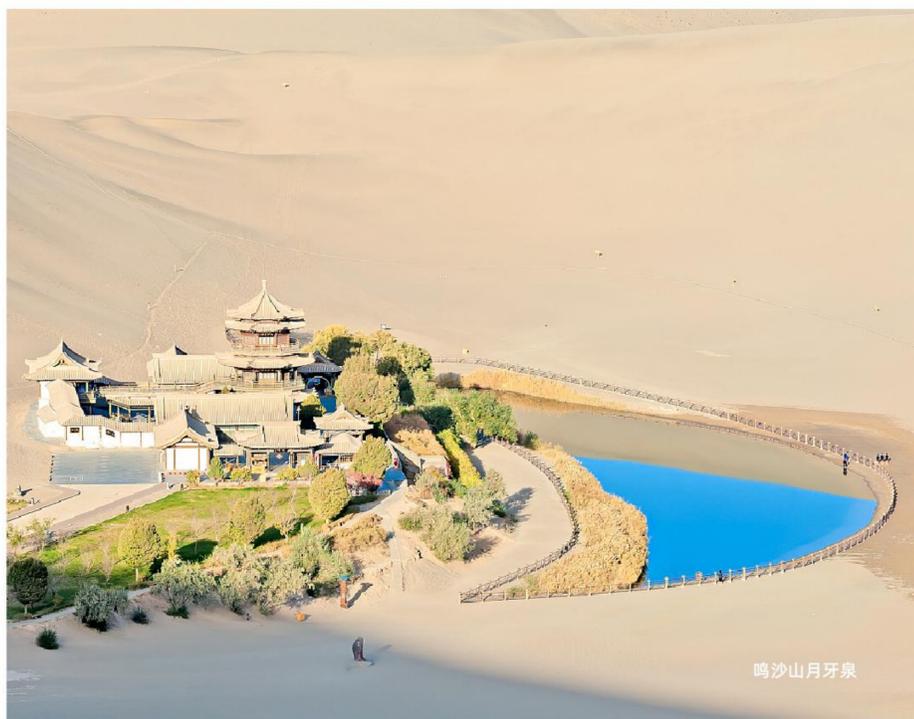


03 张掖🚗嘉峪关

早餐 | 午餐 | 晚餐

- **七彩丹霞（含区间车）**：有造型奇特，色彩斑斓，气势磅礴的丹霞地貌，这里的丹霞地貌发育于距今约200万年的前侏罗纪至第三纪，具有很强的观赏性和很高的科考价值。
- **嘉峪关城楼（含电瓶车）**：万里长城最西端的城楼，也是中国古代中西方经济，“丝绸之路”上中国历代军事上的重要据点，自古以来被称为“天下第一雄关”。
- **长城博物馆**：长城博物馆以万里长城为主题，全面反映长城历史和现状的专题性博物馆，为仿古式烽火台连体建筑。

酒店：嘉峪关远东华伦酒店或同级4★

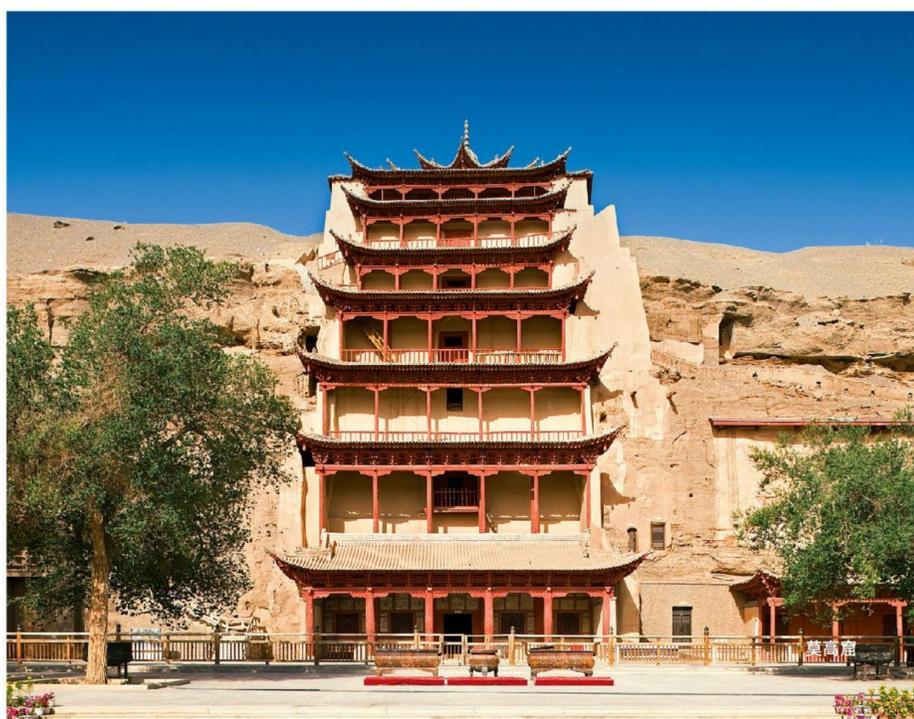


04 嘉峪关🚗敦煌

早餐 | 午餐 | 晚餐

- **大地之子**：甘肃省瓜州县戈壁滩上的雕塑，就这样，恬适于茫茫戈壁之上，也安枕于漫漫历史文化的脉络之中。
- **莫高窟（含区间车+环幕影院+实体洞窟）**：沙漠体验：沙漠越野摩托冲沙（无限次），激情滑沙（无限次），登山观赏日落，篝火晚会，专属烟花，舞台演唱会，观赏沙漠秘境星空！莫高窟它不但是古代丝路上的一颗文物明珠，也是中国四大石窟之首、中国石窟艺术的宝库，俗称“千佛洞”，至今任保留492石窟，有壁画2500多尊色塑像，如沙漠中的天然画廊。外部的莫高窟平平无奇，寥寥树影，漫漫黄沙，而洞窟内的奇景，这一千多年前的匠人工艺，精美绝伦的佛像，飘逸洒脱的飞天，神秘的九色鹿传说，经历史变迁，随着丝绸之路的繁荣、衰败、摧残，又经世人的努力，重现光明。晚餐后前往酒店休息。

酒店：敦煌鹿野国际酒店或同级4★



05 敦煌🚗格尔木

早餐 | 午餐 | 晚餐

- **鸣沙山月牙泉（含骑骆驼+电瓶车+鞋套）**：鸣沙山是座神奇的山，当你登上峰顶，往下滑动，便可听到奇妙的古乐之声。月牙泉因形似半月而得名。到了鸣沙山下，安排您乘沙漠之舟骆驼直达月牙泉畔。

酒店：格尔莱卡酒店或同级4★



茶卡天空壹号盐湖

06 格尔木 茶卡

早餐 | 午餐 | 晚餐

- **昆仑山门**：公路两边矗立着两座高大的纪念石碑。碑石上刻着“万山之祖”、“巍巍昆仑”，人称昆仑山门纪念碑。
- **茶卡天空壹号盐湖（含小火车）**：乘车前往被誉为“天空之镜”的茶卡天空壹号。天然结晶盐湖，现有存盐储量4.5亿吨足够全国人民食用80年。被国家旅游地理杂志评为“人一生必去的55个地方之一”。这里的景色与玻利维亚乌尤尼盐沼相媲美，在这里低头便可以看到天堂盐湖雪峰同辉的壮丽景色。仿佛触碰到另一个世界的自己。蓝云白天，雪山映入湖中，如诗如画，四周有雪山环绕。形成“湖水长天一色”。

酒店：茶卡金恒基酒店或同级4★

07 茶卡 青海湖 西宁

早餐 | 午餐 | 晚餐

- **青海湖（含小火车）**：早餐后，乘车前往青海湖。途径倒淌河，远观日月山，之后抵达中国最大内陆咸水湖青海湖。在藏语里喻为“青色的海”是中国第一大内陆湖泊。7，8月碧波万顷的湛蓝外围散布着金灿灿的油菜花，远处青黛的山峦辉映着高山牧场五彩缤纷的野花，如绸似棉，仿佛一不小心变成了画中人。纯净圣洁的高原圣湖，有着梦幻般的色彩，目之所及全是湛蓝的天空，风轻云淡云卷云舒，这一抹蓝足以治愈一切。午餐后便前往茶卡，沿途欣赏独特美景。抵达后享用晚餐，入住酒店。可以在这里欣赏日落。
- **莫家街夜市**：莫家街在今天的西宁人和外地游客眼中就是一个青海美食集中区，青海的酿皮、炒凉粉、酸奶、油炸糕、面片、抓面等这里应有尽有。

酒店：西宁三榆国际酒店或同级5★

8天行程如下：

08 西宁 兰州 新加坡

早餐 | 午餐

- **塔尔寺（含区间车+讲解）**：乘车前往中国藏传佛教格鲁派的六大寺院之一的塔尔寺。这里是中国藏传佛教格鲁派的创始人宗喀巴大师的诞生地。抵达后，先参观白塔，尔后有寺。在红衣僧人的眼眸中，顺着转经筒前行，触摸超越尘世的经络，只为在某一个时刻与你相见。塔尔寺殿宇高低错落，交相辉映，气势壮观。位于寺中心的大金瓦殿，绿墙金瓦，灿烂辉煌，是该寺的主建筑，它与小金瓦殿（护法神殿）、大经堂、弥勒殿、释迦殿、依怙殿、文殊菩萨殿、大拉让宫（吉祥宫）、四

- 大经院（显宗经院、密宗经院、医明经院、时轮经院）和酥油花院、跳神舞院、活佛府邸、如来八塔、菩提塔、过门塔、时轮塔、僧舍等建筑形成了错落有致、布局严谨、风格独特、集汉藏技术于一体的建筑群。酥油花，壁画，堆绣组合的“艺术三绝”享誉国内外！兰州送机返回温暖家园！

9天行程如下：

08 西宁 兰州

早餐 | 午餐 | 晚餐

- **塔尔寺（含区间车+讲解）**：乘车前往中国藏传佛教格鲁派的六大寺院之一的塔尔寺。

酒店：兰州新区皇冠假日酒店或同级5★

09 兰州 新加坡

早餐

- 早餐后，兰州送机返回温暖家园！

导游和司机小费：RMB ¥ 30 每天/每人

备注：

- 甘肃酒店标准比南方城市偏低，请旅游者提前做好心理准备。如遇旺季酒店资源紧张或政府临时征用等特殊情况，我社有权调整为同等级标准酒店。
- 如遇人力不可抗拒因素（台风、暴雨、检修等）或政策性调整导致无法游览的景点和项目，我社有权取消或更换为其他等价景点或项目，赠送景点和项目费用不退，并有权将景点及住宿顺序做相应调整；出游过程中如产生退费情况，以退费项目旅行社折扣价为依据，均不以挂牌价为准。青海，甘肃部分景区及酒店为方便旅游者有自设的商场及购物场所，并非我社安排的旅游购物店，此类投诉我社无法受理，敬请谅解。
- 西北地区海拔较高，请尽量避免剧烈运动，如稍有不妥，请尽快告知导游，我们会根据客人身体情况做相应处理，旅游需尽量穿旅游鞋，应避免穿皮鞋、高跟鞋。为防止旅途中水土不服，建议旅游者应自备晕车、头痛的药或冲剂等常用药品以备不时之需，切勿随意服用他人提供的药品。
- 请避免离团活动，如确有需要，请提前以短信或书面方式通报导游，并在约定时间内准时归队。对于存在安全隐患，治安不理想的地区，请游客避免前往。自由活动期间请结伴而行，避免单独行动。非本公司组织安排的游览活动，旅游者自行承担风险。由此发生的损失及纠纷，由旅游者自行承担和解决，旅行社不承担任何责任。夜间或自由活动期间结伴而行并告知导游，记好导游手机号备用，注意人身和财物安全。贵重物品可寄存于酒店前台保险柜，下榻的酒店名称位置也要记牢，不要随便相信陌生人，特别是三轮摩托车、街头发小广告者，天下没有免费的午餐。
- 文明旅游、文明出行，自觉爱护景区的花草树木和文物古迹，不随意在景区、古迹上乱涂乱画、不乱丢垃圾、尊重当地少数民族风俗等。很多景区和酒店周边有小摊小贩，如无意购买请不要与其讲价还价，一旦讲好价格不购买的话容易产生矛盾。出游请保持平常的心态，遇事切勿急躁，大家互相体谅、互相帮助。
- 请配合导游如实填写当地《旅客意见书》，游客的投诉诉求以在青海，甘肃当地，旅游者自行填写的意见单为主要依据。不填或虚填者归来后的投诉将不予受理，如在行程进行中对旅行社的服务标准有异议，请尽量在当地解决。如在旅游期间在当地解决不了，可在当地备案，**提醒：旅游投诉时效为返回出发地起30天内有效。**

01 SINGAPORE ✈ LANZHOU

Meal on Board | Dinner

- Gather at Singapore Changi Airport and take a luxury plane to beautiful Lanzhou.
- **Yellow River Iron Bridge:** Known as the "No. 1 Yellow River Bridge in the World", it is one of the landmark buildings in Lanzhou.
- **Waterwheel Park:** The waterwheel used to irrigate fields in ancient Lanzhou was built by "Duan Xu" in the Ming Dynasty, and its appearance resembles an ancient wheel.
- **The Yellow River Mother Statue:** It has the image of an oriental woman, giving people a beautiful and gentle beauty, symbolizing that the Chinese people are thriving under the nourishment of the Yellow River.
- **Lanzhou Old Street Night Market:** Located in the central urban area of Lanzhou, it is a cultural tourism district integrating traditional culture, folk experience, food and entertainment.
Hotel: Yellow River Yinran Hotel or similar 5★

02 LANZHOU 🚌 WUWEI 🚌 ZHANGYE

Breakfast | Lunch | Dinner

- **Leitai Han Tomb:** The most famous in the scenic area is the Han Tomb and the most well-known thing in the Han Tomb is the bronze guard of honor.
- **Kumarajiva Temple:** Built to commemorate Master Kumarajiva, one of the four great translators of Chinese Buddhism.
- **Zhangye Night Market:** It combines Northwest cuisine, local snacks, folk culture and market life, and is an important window to experience the local customs of Zhangye.
Hotel: Zhangye Qianxi Silk Road Hotel or similar 4★

03 ZHANGYE 🚌 JIAYUGUAN

Breakfast | Lunch | Dinner

- **Colorful Danxia (including shuttle bus):** Danxia landforms with unique shapes, colorful colors and magnificent momentum developed from the pre-Jurassic to the Tertiary period about 2 million years ago, with strong ornamental and scientific research value.
- **Jiayuguan Tower (including battery car):** The tower at the westernmost end of the Great Wall, also an important military stronghold of ancient China's Sino-Western economy and the "Silk Road" in China, has been known as the "No. 1 Pass in the World" since ancient times.
- **Great Wall Museum:** The Great Wall Museum is a thematic museum with the theme of the Great Wall, which fully reflects the history and current situation of the Great Wall.
Hotel: Jiayuguan Far East Warren Hotel or similar 4★

04 JIAYUGUAN 🚌 DUNHUANG

Breakfast | Lunch | Dinner

- **Sons of the Earth:** Sculptures on the Gobi Desert in Guazhou County, Gansu Province, just like this, peacefully on the vast Gobi Desert, and also resting in the context of long history and culture.
- **Mogao Grottoes (including shuttle bus + screen cinema + physical caves):** Desert Experience: Desert off-road motorcycle sand rushing (unlimited times), passionate sand sliding (unlimited times), mountain climbing to watch the sunset, bonfire party, exclusive fireworks, stage concert, and watching the secret desert starry sky!
Hotel: Dunhuang Luye International Hotel or similar 4★

05 DUNHUANG 🚌 GOLMUD

Breakfast | Lunch | Dinner

- **Mingsha Mountain and Crescent Lake (including camel riding + battery car + shoe covers):** Mingsha Mountain is a magical mountain. When you climb to the top and slide down, you can hear the wonderful sound of ancient music. Crescent Lake is named because of its half-moon shape. When you arrive at the foot of Mingsha Mountain, you can take a camel, the ship of the desert, directly to the Crescent Lake.
Hotel: Geerleika Hotel or similar 4★

06 GOLMUD 🚌 CHAKA

Breakfast | Lunch | Dinner

- **Kunlun Mountain Gate:** Two tall memorial stone tablets stand on both sides of the road. The tablets are engraved with "The Ancestor of Ten Thousand Mountains" and "Mountain Kunlun", and are known as the Kunlun Mountain Gate Monument.
- **Chaka Sky No. 1 Salt Lake (including small train):** Take a car to Chaka Sky No. 1, which is known as the "Mirror of the Sky". A natural crystalline salt lake, the current salt reserve is 450 million tons, enough for the people of the whole country to consume for 80 years.
Hotel: Chaka Jinhengji Hotel or similar 4★

07 CHAKA 🚌 QINGHAI 🚌 LAKE XINING

Breakfast | Lunch | Dinner

- **Qinghai Lake (including small train):** After breakfast, take a bus to Qinghai Lake. Passing the Daotang River, which is known as "all water in the world flows east, only this river flows west", you can see the Sun and Moon Mountain from afar, and then arrive at Qinghai Lake, the largest inland saltwater lake in China.
- **Mojia Street Night Market:** In the eyes of Xining people and foreign tourists today, Mojia Street is a concentration area of Qinghai delicacies.
Hotel: Xining Sanyu International Hotel or similar 5★

8D Itinerary:

08 XINING 🚌 LANZHOU ✈ SINGAPORE

Breakfast | Lunch

- **Ta'er Monastery (with shuttle bus + explanation):** Take a bus to Ta'er Monastery, one of the six major monasteries of the Gelug Sect of Tibetan Buddhism in China. We will send you to Lanzhou airport and return to your warm home!

9D Itinerary:

08 XINING 🚌 LANZHOU

Breakfast | Lunch | Dinner

- **Ta'er Monastery (with shuttle bus + explanation):** Take a bus to Ta'er Monastery, one of the six major monasteries of the Gelug Sect of Tibetan Buddhism in China.
Hotel: Crowne Plaza Lanzhou New District or similar 5★

09 LANZHOU ✈ SINGAPORE

Breakfast

- After breakfast, we will send you to Lanzhou airport and return to your warm home!

Guide & Driver Services Fee: RMB ¥30/day/pax

Notes:

- Hotel standards in Gansu are generally lower than those in southern cities. Please prepare accordingly. In case of peak seasons, hotel shortages, or government requisitions, our agency reserves the right to adjust to hotels of the same standard.
- If force majeure events (such as typhoons, heavy rain, maintenance, etc.) or policy changes result in an inability to visit certain attractions or engage in scheduled activities, our agency reserves the right to cancel or replace them with equivalent attractions or activities. No refunds will be provided for complimentary attractions or activities. We also reserve the right to adjust the order of visits and accommodation. If there are any refunds during the tour, the refund will be based on the agency's discounted price for the affected activities, not the published price. Some scenic spots and hotels in Qinghai and Gansu may have their own shopping areas, which are not arranged by our agency. We cannot accept complaints regarding these places. We appreciate your understanding.
- The altitude in the northwest region is relatively high. Please avoid intense physical activities. If you feel unwell, inform the tour guide promptly, and we will take appropriate measures based on your health condition. Comfortable walking shoes are recommended, and avoid wearing leather shoes or high heels. To prevent altitude sickness, travelers are advised to bring common medications such as motion sickness tablets, pain relievers, or powder for headaches. Do not take medication from others without consulting a medical professional.
- Please avoid leaving the group without prior notice. If it is necessary, inform the tour guide via SMS or in writing, and return to the group at the agreed time. For areas with safety concerns or poor public security, please avoid going there. During free time, travel in pairs and avoid going alone. Any sightseeing activities not arranged by our company are at your own risk. Any loss or disputes arising from these activities will be the sole responsibility of the traveler. The agency is not liable for any related issues. During the night or free activities, please go in groups and inform your guide. Keep the guide's contact number handy and ensure your safety. Valuable items should be stored in the hotel safe. Remember the hotel name and location, and avoid trusting strangers, especially tricycle drivers or street vendors. Remember: there's no such thing as a free lunch.
- Practice responsible and respectful tourism. Be mindful of the environment by protecting the plants, trees, and cultural relics in the scenic areas. Do not deface monuments or litter. Respect the local minority customs. Many scenic spots and hotels have street vendors nearby. If you do not intend to make a purchase, avoid bargaining with them. If you settle on a price and choose not to buy, it may cause conflicts. Maintain a calm attitude during your trip and try to understand and help each other.
- Please cooperate with the tour guide in filling out the local "Guest Feedback Form" truthfully. Any complaints or demands will be based on this form, filled out by the traveler in Qinghai or Gansu. Complaints will not be accepted if the form is not filled out or is filled out incorrectly. If you have any concerns regarding the service standards of the travel agency during the trip, please try to resolve them locally. If issues cannot be resolved during the tour, they can be recorded on-site. **Note: Travel complaints must be submitted within 30 days from the return to the departure location.**