

中国



8天高原香巴拉<甘南藏区>经典游

【夏河、郎木寺、若尔盖、迭部、宕昌、天水、兰州】

甘南小九寨

宕昌官鹅沟景区

一条长约三十多公里的峡谷，内有二十多个颜色深浅不一的碧绿湖泊，湖水清澈，还有老树等盘桓水中，是摄影家眼中的“小九寨”。峡谷两侧山势陡峭，山崖上有很多瀑布飞流直下，景观众多。



天空之城

迭部扎尕那村寨

一座完整的天然石城，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。峭丽岩壁围绕下沿山而建的藏族古村，随处放眼都有如画美景；是整个甘南藏区风光最为优美的地方之一。

本团特色全程无购物

- ✓ 夏河：拉卜楞寺-转经长廊
甘加秘境<含景区环保车>
- ✓ 郎木寺镇：达仓郎木格尔底寺
纳摩大峡谷轻徒步
- ✓ 若尔盖：花湖<含景区环保车>
黄河九曲第一湾<含上行扶梯>
- ✓ 迭部：扎尕那村<含景区环保车>
- ✓ 宕昌：官鹅沟景区<含景区环保车>
鹅嫚沟
- ✓ 天水：麦积山石窟<含景区环保车>
伏羲庙

豪华住宿(特别提升2晚5星级酒店)

- ✓ 宕昌官鹅寨生温泉酒店
- ✓ 兰州众邦喜来登酒店

精选美食

土火锅，兰州拉面
陇南搅团特色餐，陕西八大碗，



夏河拉卜楞寺

被誉为“世界藏学府”，规模仅次于布达拉宫；有着6大学院，48座佛殿和活佛住所，500多座僧院的庞大建筑群，列居中国格鲁派(黄教)六大寺院之一。



甘加秘境<含景区环保车>

南北部海拔落差达约1300米，八角古城、作海寺、白石崖寺、丹尼索瓦人遗址溶洞是这里深厚历史文化底蕴的印迹。莲花生大师、宗喀巴大师等高僧大德都曾在此修行传道。



郎木寺镇

一座小镇，在四川和甘肃两省的交界处；周围被草原、树林、山丘、红色的石崖围绕，环境优美，有“东方小瑞士”之称。

若尔盖花湖

<含景区环保车>

夏秋季的草坝上各色野花竞相开放，肥美的牛羊成群，牧民的藏包到处可见。清新的空气和最灿烂的阳光让人流连忘返。



黄河九曲第一湾

黄河与白河在这里汇流，见识一下黄河九曲的第一个180度大转弯；这里也是黄河九十九道弯中最美的一弯。<含上行扶梯>



康泰旅行社 6533 1788

#02-121, #04-25/26 珍珠坊
电邮订位服务: enquiries@hongthai.com.sg
www.hongthai.com.sg

*订团须知规则，请参阅订单 /
Tour Booking Form

中国



天数	早餐	午餐	晚餐	城市	LHWL8
	8 天 (7 早、6 午 及 6 晚)				4* 酒店 或 同级
1	-	✱	✓	兰州	4* 铂苑酒店 或 海鸿假日酒店
2	酒店	✓	✓	合作	<当地最好> 4* 颐和大酒店
3	酒店	✓	土火锅风味	若尔盖	4* 途缘天际酒店
4	酒店	✓	✕	迭部	<当地最好> 4* 印象扎尕那洲际酒店
5	酒店	✓	陇南搅团特色餐	宕昌	提升 5* 官鹅豪生温泉酒店
6	酒店	✓	八大碗	天水	4* 维也纳酒店
7	酒店	✓	兰州拉面风味	兰州	提升 5* 众邦喜来登酒店
8	酒店	✱		结束 8 天精彩行程。康泰祝您旅途愉快!	

生效日期: 4-10 月 2026年 LHWL8_CN_3-Oct-25

- 若航班时间及行程次序如有任何更改, 以航空公司及当地接待单位安排为准。
- 沿途部份住宿及餐厅因条件所限, 食物及环境设施仍欠水准, 本社已尽量安排当地较佳, 请各位团友留意!
- 中国各地酒店的三人间提供的是折叠加床, 请各位团友留意!
- 酒店标明, 仅供参考; 若中英文行程版本出现不符之处, 将以中文版本为依据。
- 导游司机服务费: 人民币¥40/天/人 一两岁之小朋友亦需要缴付
- 附加配套: 人民币 600/人
 - 1) 夏河桑科草原; 2) 天水古城
 - 3) 迭部藏猪猪特色餐 4) 扎尕那航拍

第一天 新加坡 ✕ 兰州~正宁路夜市

正宁路夜市: 因一杯牛奶鸡蛋醪糟被捧红的夜市, 这里汇聚了西北特色美食, 小吃, 排挡, 面食, 只有你想不到的美食, 没有正宁路没有的美食。

第二天 兰州~(约 3.5 小时)夏河(海拔 3000 米)~甘加秘境-八角古城栈道徒步<含景区环保车>

~拉卜楞寺(海拔 3200 米)-转经长廊-晒佛台~桑科草原(海拔 3000 米)<附加配套>~(约 1.5 小时)合作

甘加秘境: 甘南最完整的古代城郭, 甘南最神秘的存在: 八角古城、作海寺、白石崖寺等多个千年藏传佛教古寺, 簇成了甘加的历史文化积淀。南部海拔落差达 1300 米, 独特的地质构造使得其蕴藏了崖壁、草原、高原湖泊、石林、峡谷、史前溶洞、河流等多种地质资源在内的青藏高原所有的景致特征。

转经长廊: 拥有世界上最长的转经长廊, 共有 1700 多个, 环绕整个寺院, 绵延 3.5 公里长, 很是壮观。要转完所有的转经筒, 需一个多小时。

桑科草原: 以其优良的草场和历史上多在此举行盛大的藏传佛教佛事活动, 而享誉西北藏区。夏季的桑科绿草如茵, 野花争妍, 绚丽悦目, 似一块天然地毯铺展于天际。

第三天 合作~(约 3 小时)郎木寺镇(海拔 3300 米)-达仓郎木格底寺-纳摩大峡谷轻徒步~(约 1.5 小时)若尔盖花湖(海拔 3400 米)<含景区环保车>

郎木寺镇: 四川甘肃两省交界线横穿小镇, 镇中心马路两段铺设了不同颜色的石板, 两种石板间便是省界, 在此可体验一步跨省的神奇体验。

达仓郎木格底寺: 位于郎木寺镇的四川部分, 寺内的五世格丹活佛肉身殿是郎木寺景点中的精华; 供奉着圆寂后几百年都不腐坏的活佛肉身, 但不过肉身殿并不能随时看到, 属不定期开放, 只有有缘的游客才能见到。

#甘丹赛赤寺寺院后有座天葬台, 天葬只有在当地人去世的时候才有, 这种家属为逝者丧葬的场面不建议以猎奇心理前往观看

纳摩大峡谷: 以壮丽地貌与丰富生态闻名的自然景区。峡谷内岩壁巍峨、地形多样, 沿着步道健行, 两侧高耸的峡谷与清澈的溪流相映成趣, 途中更有机会邂逅野生动物, 感受大自然的宁静与壮丽。

若尔盖花湖: 黄河大草原上的一个天然海子, 海拔 3468 米; 被评为“中国最美的湿地”。以草原、沼泽和湖泊为主要地形, 夏季格桑花海漫山遍野, 秋季红红黄黄竞相争艳。

第四天 若尔盖~(约 1.5 小时)黄河九曲第一湾(海拔 3500 米)<<含上行扶梯>>~(约 3 小时)迭部~扎尕那(海拔 2600 米)<含景区环保车>-无人机航拍体验<附加配套>

黄河九曲第一湾: 在这里, 黄河与白河汇合, 形成九曲第一大转弯。天下黄河九曲十八弯, 最美的自然景观是第一湾。站在观景台上瞭望, 黄河之水从天上而降, 一路迂回曲折, 流向蜿蜒崎岖的远方, 形成九曲十八弯的壮观景象尽收眼底。

扎尕那: 以三面秀峰环拱, 苍松翠柏如高峻浑厚, 坚不可摧的城墙, 把四村一寺围在城中; 村中古老的木制藏居沿山而建, 藏民们安静淳朴的劳作在山坡河水之间, 构成美妙的田园风光。这里是《爸爸去哪儿》第 5 季拍摄地, 在 2009 年就被《中国国家地理》评选为中国十大非著名山峰。

无人机航拍体验: 跟随航拍镜头, 穿梭云雾间, 俯瞰村落全貌, 一起探寻这片隐藏的“世外桃源”。

第五天 迭部~(约 4 小时)宕昌~官鹅沟景区<含景区环保车>-通天门-九叠瀑-官鹅天瀑~鹅嫚沟

官鹅沟: 由通天门服务中心开始到官鹅天瀑景点为主景区, 只能步行。这一段以瀑布和峡谷风光为主; 有众多形态各异的峡谷奇观, 还有龙涎瀑、九叠瀑等大小长短不一的瀑布点缀其间, 其中官鹅天瀑又叫官鹅飞天大瀑布, 瀑布高几十米, 水量很大, 非常壮观。

鹅嫚沟: 集森林景观、草原景观、地貌景观、水体景观、天象景观等自然景观和人文景观于一体; 大面积的原始森林更是一个天然氧吧。

第六天 宕昌~(约 4.5 小时)天水~麦积山石窟<含景区环保车>~天水古城<附加配套>

麦积山石窟: 石窟所在的麦积山是一座岩壁陡峭、绿植环抱的孤山; 登上山崖上的悬空栈道, 既可以观赏佛教艺术, 又能欣赏周围的景色, 还能体验到脚下隧道的惊险刺激。

天水古城: 是西部地区现存规模较大、保存较完整的明清时期古民居建筑群落; 号称一街十一巷, 是一个秦风氛围浓厚的市井文化生活古城。

第七天 天水~伏羲庙~(约 4.5 小时)水墨丹霞地质公园(含景区环保车)~(约 1 小时)兰州

伏羲庙: 是目前中国规模最宏大的纪念伏羲氏的明代建筑群, 素有“中华第一庙”之誉。

水墨丹霞地质公园: 以红山湾地貌为主, 同时包含丹霞崖壁、孤峰、幽谷、一线天等多种奇特地貌景观, 色彩斑斓如画卷, 丹霞地貌独步天下。

第八天 兰州 ✕ 新加坡 8 天行程至此圆满结束, 康泰旅行社祝君旅途愉快



康泰旅行社 6533 1788

#02-121, #04-25/26 珍珠坊
电邮订位服务: enquiries@hongtai.com.sg
www.hongtai.com.sg

*订团须知规则, 请参阅订单 /
Tour Booking Form

CHINA



8D Discovery

Gannan Tibetan Area

[Xiahe、langmusi、Ruergai、Diebu、Tangchang、Tianshui、Lanzhou]

SMALL JUZHAI VALLEY GUANE VALLEY

It integrates natural landscapes such as forest, grassland, geomorphological landscape, waterscape and astronomical phenomena with cultural landscape. It has glistening lakes, narrow canyons and beautiful cascades. It has a diverse flora and fauna, creating a stunning ecological environment and a unique natural landscape.



CASTLE IN THE SKY ZHAGANA

Which is fitting as it is surrounded by large rocky spires on all sides. Lush, verdant villages fill the space between the mountains. The stunning landscape, primitive forest, local Tibetan villages and unique culture will make you feel you never want to leave.

Highlights

- ✓ **Xiahe** Labrang Monastery;
Ganjia Mijing<Incl Shuttle Bus>;
- ✓ **langmusi Town** Kirti Gumpa
Namo Grand Canyon
- ✓ **Ruergai** Flower Lake <Incl Shuttle Bus>
The 1st bend of Yellow River<Incl Iway Escalator>
- ✓ **Diebu** Zhagana<Incl Shuttle Bus>
- ✓ **Tangchang** Eman Valley
Guane Valley National Park<Incl Shuttle Bus>
- ✓ **Tianshui** Fuxi Temple
Maijishan Grottoes<Incl Shuttle Bus>

Accommodations(Upgrade 2N 5* Hotel)

- ✓ **Tangchang Howard Johnson Guan'E Springs Hotel**
- ✓ **Lanzhou Sheraton Anning Hotel**

Gourmet Delights

- ✓ Local Hotpot Flavor
- ✓ Longnan Potato Recipe
- ✓ Lanzhou Ramen,
- ✓ Shaanxi Traditional Cuisine

NO SHOPPING STOPS

labrang Monastery

It is one of the six great monasteries of the Gelug school of Tibetan Buddhism, which has become known to visitors as the film's shootingplace of "World Without Thieves". Witness the monks studying and debating about Buddhism in the monastery.



Maijishan Grottoes

<Incl Shuttle Bus>

It is one of the four famous Grottoes in China, There are a group of 194 caves cut in the side of the hill of Maijishan.



langmusi Town

A small and intriguing town standing at the border of Sichuan Province and Gansu Province. See the amazing landscape and learn about its history and culture



Ruergai Flower lake

The most beautiful wetland in China by "National Geographic". The wonderland gently emerges from the carpet of green grass on the horizon, making you feel like you were in a dream."



first bend of Yellow River

A giant S-shape which is the first among the ninety-nine winding bends of the meandering Yellow River. It flows through a wonderful landscape of valleys, meadows, wild flowers and blue sky.



康泰旅行社 6533 1788

#02-121, #04-25/26 珍珠坊
电邮订位服务: enquiries@hongthai.com.sg
www.hongthai.com.sg

*订团须知规则, 请参阅订单 /
Tour Booking Form

CHINA



	BKF	LUNCH	DINNER		
Day	8Days (7B, 6L & 6D)			City	LHWL8 4* Hotel or similar
1	-	✈	✓	Lanzhou	4* Parkside Hotel Hotel
2	Hotel	✓	✓	Hezuo	<Local Best> 4* Yihe Hotel
3	Hotel	✓	Local Hotpot Flavor	Ruoergai	4* Sky Line Hotel
4	Hotel	✓	✕	Diebu	4 * Impression Zhagana Int'l Hotel
5	Hotel	✓	Longnan Potato Recipe	Tanchang	Upgrade 5* Howard Johnson Guan'E Springs Hotel
6	Hotel	✓	Shaanxi Traditional Cuisine	Tianshui	4* Vienna Hotel
7	Hotel	✓	Lanzhou Ramen	Lanzhou	Upgrade 5* Sheraton Anning
8	Hotel	✈	-	Wish you enjoy 8 days holiday with Hong Thai!	

Effective from Apr'26 LHWL8_CN_3-Oct-25

- Tour Sequence and Flight Schedule subject to local agent and airline's final confirmation.
- Your understanding on the limited conditions of some restaurants in Gansu is very much appreciated.
- Please note that only rollaway bed will be provided in most China Hotels for triple sharing room.
- In the event of any discrepancy between the English and Chinese itineraries, the Chinese version shall prevail
- Tipping for local guide and driver RMB¥40/D/P Adult & Child Same

Additional Tours RMB600/P.P 1) Xiehe Sangke Grassland 2) Tianshui Ancient City 3) Diebu Tibetan Pork Recipe 4) Aerial drone experience over Zhagana

- D1 Singapore ✈ Lanzhou ~ MaijishanZhengning Road Night Market**
Zhengning Road Night Market: It is a paradise for foodies, almost synonymous with Lanzhou cuisine in the eyes of tourists. There are many snacks there, most of which feature the style of the North China.
- D2 Lanzhou~(est 3.5hrs)Xiahe~ Ganjia Mijing<Incl Shuttle Bus>~ Labrang Monastery-Long Corridor of Prayer Wheels ~Sangke Grassland(own expense) ~(est 1.5hrs)Hezuo**
Ganjia Mijing: has the double advantage of ancient relics and fascinating natural landscape. With a backdrop of scenic mountains and a landscape of flowering grasslands, it is an idyllic place. Enjoy a beautiful panoramic view of the village, the wall, and the rolling grasslands, the White Cliff Mountains in the distance, and the Labrang Monastery nearby.
Labrang Monastery: boasts the longest corridor of prayer wheels over the world, with over 1,700 scripture wheels. The whole monastery is encircled by the corridor, stretching as long as 3.5km. Walking to the end of the corridor takes more than an hour.
Sangke Grassland: a vast highland meadow surrounded by mountains. In summer, the grassland forms a natural green carpet extending to the far horizon.
- D3 Hezuo~(est 3hrs)Langmusi Town-Kirti Gompa-Namo Grand Canyon~ (est 1.5hrs)Ruoergai Flower Lake<Incl Shuttle Bus>**
Langmusi Town: a small village located in the joint region of Sichuan Province and Luqu County of Gansu Province. The intriguing mixture of Tibetans, Hans and Muslims
Kirti Gompa: A Tibetan Buddhist monastery founded in 1472 and located in China's Sichuan Province. It is speckled with incredible statues and structures. One of the famous structures is the 98 foot tall chorten that houses various chapels on several different floors dedicated to Shakyamuni Buddha, Mahakarunika, and the Three Deities of Longevity.
Namo Grand Canyon
Ruoergai Flower Lake: a magnificent wetland featured for flowers, grasslands, swamps and lakes, it was once rated as the most beautiful wetland in China by "National Geographic". During the summer, the lake is full of flowers while red leaves add to its beauty in autumn.
- D4 Ruoergai~(est 1.5 hrs)The first bend of the Yellow River<Incl 1 way Escalator>~(est 3hrs)Diebu ~Zhagana<Incl Shuttle Bus>- Aerial drone experience over Zhagana (own expense)**
The first bend of the Yellow River: where the Yellow River meets with White River, a giant S-shape and the magnificent First Bend of Yellow River are shaped. The water here is clear and slow, passing through the vast sea of grass, cattle, and sheep strolling by the river; it is the most beautiful bend in the Yellow River's ninety-nine bends.
Zhagana: A natural fortress, has a unique cultural and natural landscape featuring Tibetan-style villages, primitive forests and mountains formed during the quaternary glaciation.
Aerial drone experience: Tour guide equipped with a drone to create aerial photography for you based on the scenery of Zhagana Village, showcasing the unique landscape in this remote, stunning mountain valley.
- D5 Diebu~(est 4hrs)Tangchang~Guan'E Valley Scenic Area<Incl.Shuttle Bus>~Eman Valley**
Guan'E Valley National Forest Park: a national geological park filled with beautiful waterfalls, streams, and forests. It is located on the eastern edge of the Qinghai-Tibet Plateau.
Eman Valley is famed for its pleasant climate and breathtaking scenery of vales, peaks, snow mountains, meadows, flowers and waterfalls. The forest coverage rate reaches 75%, making it a rare resort for health.
- D6 Tanchang~(est 4hrs)Tianshui~Maijishan Grottoes<Incl Shuttle Bus>~Tianshui Ancient City(own Expense)**
Maijishan Grottoes: This example of rock cut architecture contains over 7,200 Buddhist sculptures and over 1,000 square meters of murals. Construction began in the Later Qin era
Tianshui Ancient City: a large-scale and well-preserved residential courtyard group from the Ming and Qing Dynasties, known as "One Street and Eleven Lanes".
- D7 Tianshui~Fuxi Temple~(est 4.5hrs)Shuimo Danxia Landform<Incl Shuttle Bus> ~ (est 1hr)Lanzhou**
Fuxi Temple: is a large and well preserved Ming Dynasty architectural complex. It was built about the year 1490 to worship the god Fuxi who was believed to be one of the ancestors of all Chinese.
Shuimo Danxia Landform: a large, 150-million-year-old Danxia landform, known for its stunning, colorful sandstone cliffs and unique geological features that resemble an "overturned palette of nature" or "ink paintings".
- D8 Lanzhou ✈ Singapore Wish you enjoyed 8Days holiday with Hong Thai Travel!**

