

# 中国



## 8天高原香巴拉<甘南藏区>经典游

甘肃【天水、宕昌、迭部、郎木寺、临夏】西安

### 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

- ✓ 天水: 麦积山石窟<含景区环保车>  
伏羲庙
- ✓ 宕昌: 官鹅沟景区<含景区环保车>  
鹅嫚沟
- ✓ 迭部: 扎尕那村
- ✓ 郎木寺镇: 达仓郎木格尔底寺
- ✓ 夏河: 拉不楞寺, 郭莽湿地
- ✓ 若尔盖: 花湖<含景区环保车>  
黄河九曲第一湾<含上行扶梯>  
甘加秘境<含景区环保车>

### 豪华住宿(特别提升 2 晚准 5 星级酒店)

- ✓ 西安天朗时代酒店  
<https://titan-times.xiancityhotel.com/zh/>

### 精选美食

- ✓ 野菜宴, 陇南九碗三行子  
安多藏区迎宾宴, 牦牛肉汤锅  
特色手抓肉, 陕西八大碗

### 夏河拉不楞寺

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>

西北部海拔落差达约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。



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](mailto:enquiries@hongthai.com.sg)  
[www.hongthai.com.sg](http://www.hongthai.com.sg)

\*订团须知规则,请参阅订单 /  
Tour Booking Form





天数	早餐	午餐	晚餐	城市	LH WX8 4* 酒店 或 同级
	8 天 (7 早、6 午 及 6 晚)				
1	-	-	✱	西安	提升 准 5* 天朗时代酒店
2	酒店	✓	野菜宴	成县	准 4* 如见文化酒店
3	酒店	✓	陇南九碗三行子	宕昌	〈当地最好〉 准 4* 鸿鹄酒店
4	酒店	✓	安多藏区迎宾宴	郎木寺	〈当地最好〉 准 4* 苯日钦牡大酒店
5	酒店	✓	牦牛肉汤锅	若尔盖	〈当地最好〉 准 4* 大藏圣地大酒店
6	酒店	✓	特色手抓肉	临夏	〈当地最好〉 准 4* 河州鸿瑞国际酒店
7	酒店	✓	八大碗	西安	提升 准 5* 天朗时代酒店
8	酒店	✱		结束 8 天精彩行程, 康泰祝您旅途愉快!	

## 第一天 新加坡 ✱ 西安

齐聚樟宜机场, 乘客机飞往十三朝古都**西安**, 与罗马、雅典、开罗并列世界四大文明古都, 也是古代丝绸之路的起点。

## 第二天 西安~(约 1.5 小时高铁)天水~麦积山石窟<含景区环保车>~伏羲庙~(约2.5小时)成县

**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。

**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。

## 第三天 成县~(约3小时)宕昌~(约1.5 小时)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构成了一幅山水画卷, 大面积的原始森林更是一个天然氧吧。

## 第四天 宕昌~(约 2 小时)扎尕那村(海拔 3000 米)~(约 3 小时)郎木寺镇(海拔 3600 米):达仓郎木格尔底寺

**扎尕那村**: 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。

**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。

**达仓郎木格尔底寺**: 位于郎木寺镇的四川部分, 寺内的五世格登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, 只有有佛缘的游客才能见到。

#甘丹赛赤寺寺院后山有座天葬台, 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

## 第五天 郎木寺~(约 1.5 小时)花湖<含景区环保车>~黄河九曲第一湾<含上行扶梯>~(约 2 小时)若尔盖

**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, 秋季红叶竞相争艳。

**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。

## 第六天 若尔盖~途经郭莽湿地~拉不楞寺:转经长廊-晒佛台~甘加秘境<含景区环保车>~(约 4 小时)临夏

**郭莽湿地**: 黄河最大支流洮河的发源地和水源涵养地, 是黑颈鹤等候鸟冬眠的重要栖息地; 著名的唐蕃古道, 茶马古道和丝绸之路的途经之地。

**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。

**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。南北部海拔落差达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。

## 第七天 临夏~(约 6.5小时)天水~(约 1.5 小时高铁) 西安

## 第八天 西安 ✱ 新加坡 8 天 行程至此圆满 结束, 康泰旅行社祝君旅途愉快

生效日期: 4-10 月 2024年

LH WX8\_CN\_18-Jul-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 - 全程8天团 人民币¥320 一两岁之小朋友亦需要缴付
- 附加配套: 人民币 500/人 1) 临夏八坊十三巷; 2) 西安大唐不夜城; 3) 外观西安大雁塔 4) 仿唐歌舞<大唐女皇>



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Tour Booking Form



# CHINA

## 8D Discovery

# Gannan Tibetan Area

Gansu ↓ Tianshui, Dangehang, Diebu, langmusi, linxia ↑ Xi'an

### SMALL JUZHAU 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

- ✓ **Tianshui** Fuxi Temple  
Maijishan Grottoes <Incl Shuttle Bus>
- ✓ **Dangehang** Eman Valley  
Guane Valley National Park <Incl Shuttle Bus>
- ✓ **Diebu** Zhagana
- ✓ **langmusi Town** Kirti Gompa
- ✓ **Xiahe** Labuleng Temple;  
Guomeng Wetland;
- ✓ **Ruoergai** Ganjia Town <Incl Shuttle Bus>  
Flower Lake <Incl Shuttle Bus>  
The 1<sup>st</sup> bend of Yellow River  
<Incl Iway Escalator>

### Accommodations (Upgrade 2N Local 5\* Hotel)

- ✓ **Xian Titan Times Hotel**  
<https://titan-times.xiancityhotel.com/zh/>

### Gourmet Delights

- ✓ Wild Vegetables Meal,
- ✓ Longnan Local Flavors
- ✓ Tibetan Flavors, Yak Meat Soup
- ✓ Boiled Mutton, 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 shooting place 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



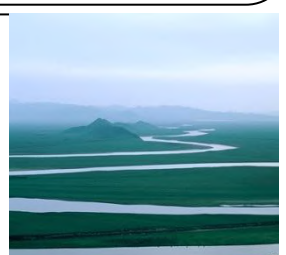
### Ruoergai Flower lake

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.



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# CHINA



Day	BKF	LUNCH	DINNER	City	LHWX8 4* Hotel or similar
	8Days (7B, 6L & 6D)				
1	-	-	✱	Xian	Upgrade Local 5* Titan Times Hotel
2	Hotel	✓	Wild Vegetables Meal	Chengxian	4* Rujian Culture Hotel
3	Hotel	✓	Longnan Local Flavors	Dangchang	<Local Best> Local 4* Honghu Hotel
4	Hotel	✓	Tibetan Flavors	Langmusi	<Local Best> Local 4* Ben Ri Qin Mu Hotel
5	Hotel	✓	Yak Meat Soup	Ruoergai	<Local Best> Local 4* Dazang Shengdi Hotel
6	Hotel	✓	Boiled Mutton	Linxia	<Local Best> 4* Hezhou Hongrui Int'l Hotel
7	Hotel	✓	Shaanxi Traditional Cuisine	Xian	Upgrade Local 5* Titan Times Hotel
8	Hotel	✱	-		Wish you enjoy 8 days holiday with Hong Thai !

## D1 Singapore ✱ Xian

**Xian~(est 1.5hrs High Speed Train) Tianshui~Maijishan Grottoes<Incl Shuttle Bus>~Fuxi**

## D2 Temple ~ (est 2.5hrs) Chengxian

**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

**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.

## D3 Chengxian~(est 3hrs) Dangchang~(est 1.5hrs) 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.

## D4 Dangchang~(est 2hrs) Zhagana~(est 3hrs) Langmsi Town- Kirti Gumpa

**Zhagana** A natural fortress, has a unique cultural and natural landscape featuring Tibetan-style villages, primitive forests and mountains formed during the quaternary glaciation.

**Langmsi 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 Gumpa** :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.

## D5 Langmusi Town ~ Flower Lake <Incl Shuttle Bus>~ The first bend of the Yellow River<Incl 1 way Escalator>~(est 2 hrs) Ruoergai

**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.

**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.

## D6 Ruoergai~pass by Guomang Wetland~Labrang Monastery-Long Corridor of Prayer Wheels~Ganjia Town<Incl Shuttle Bus>~(est 4hrs) Linxia

**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.

**Ganjia Town**: 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..

## D7 Linxia~(est 6.5hrs) Tianshui~(est 1.5hrs High Speed Train) Xi'an

## D8 Xi'an ✱ Singapore Wish you enjoyed 8Days holiday with Hong Thai Travel!

Effective from **Apr-Oct 2024**

**LHWX8\_CN\_17-Jul-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 **8D Total RMB¥320** Adult & Child Same

**Additional Tours RMB500/P.P** 1) Linxia Bafang 13 Lane 2) Xi'an Datang Everbright City  
3) outlook of Xi'an Big Wild Goose Pagoda 4) Tang Dynasty Dancing Show



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