

Amazing 中国  
CHINA 中国

8D7N

纵境西北~

兰州 / 宁夏(银川&中卫) / 内蒙古

LANZHOU / NINGXIA (YINCHUAN & ZHONGWEI) /  
INNER MONGOLIA

Singapore ✈ Lanzhou

Tour Code: JCLN

 **Golden**<sup>®</sup>  
Destinations



China  
中国

 **全程无购物站**  
NO SHOPPING STOP



Five Lakes Off-Road Adventure  
五湖穿越



Shapotou Scenic Area  
沙坡头景区



Tonghu Grassland  
通湖草原

Lanzhou Shuimo Danxia Scenic Area  
兰州水墨丹霞景区

行程次序，以当地旅社安排为准。  
Sequences of Itinerary are subject  
to local arrangement.



Helan Mountain Petroglyphs  
贺兰山岩画



Western Xia Imperial Tombs  
西夏王陵



Xiguan Mosque  
西关清真大寺



## 精简行程

第一天 启程 ✈️ 中转城市 ✈️ 兰州 (机上用餐)

☑️ 入住酒店

第二天 兰州 🚗 (约230公里) 中卫 (早/午/晚)

☑️ 兰州水墨丹霞景区 (含电瓶车)

第三天 中卫 (早/午/晚)

☑️ 沙坡头景区 (含电瓶车 + 手扶梯)  
\*游览中卫黄河风情  
☑️ 高庙  
☑️ 通湖草原 - 欣赏内蒙古塞外风光  
\*享受篝火晚会

第四天 中卫 🚗 (约200公里) 银川 (早/午/晚)

☑️ 五湖穿越  
\*乘坐越野车穿越沙漠  
☑️ 览山公园  
\*体验银川风情

第五天 银川 (早/午/晚)

☑️ 沙湖景区 (含游船)  
☑️ 宁夏博物馆

第六天 银川 (早/午/晚)

☑️ 西夏王陵  
☑️ 贺兰山岩画  
☑️ 西关清真大寺

第七天 银川 🚄 兰州 (早/午/晚)

☑️ 搭乘高铁/动车前往兰州 (二等座)  
☑️ 游览黄河风情线  
\*中山铁桥  
\*黄河母亲像  
\*水车园

第八天 兰州 ✈️ 中转城市 ✈️ 抵达 (早餐盒/机上用餐)

## 观光景点:

### 兰州

- ◆ **兰州水墨丹霞景区** - 以壮观的丹霞地貌景观闻名, 经过亿万年的地质演变与风雨侵蚀, 形成层次分明、色彩丰富的山体地貌, 红色岩层与起伏山峦交相辉映。景区内群峰连绵, 沟壑纵横, 远望犹如一幅天然水墨画卷, 因此得名“水墨丹霞”, 兼具观赏价值与地质研究意义。

### 中卫

- ◆ **沙坡头景区** - 沙坡头景区地处腾格里沙漠东南边缘, 是中国具代表性的沙漠景区之一。景区以沙漠与黄河交汇共生的独特景观闻名, 浩瀚沙海与奔流黄河相映成景, 展现出“大漠孤烟、长河落日”的塞上风光。游客不仅可以欣赏壮阔的大漠景色, 还能领略浓郁的黄河风情, 感受西北大漠与母亲河交汇的魅力。

### 银川

- ◆ **五湖穿越** - 位于腾格里沙因沿途穿越五个天然湖泊而得名。腾格里沙漠是中国拥有湖泊数量较多的沙漠之一, 沙海之中点缀着大小不一的天然湖泊, 形成独特的“大漠藏湖”奇观。金色沙丘与碧蓝湖水相互映衬, 呈现出壮阔而独特的沙漠景观。游客可乘坐越野车深入沙漠腹地, 穿越起伏沙丘与湖泊之间, 沿途欣赏“大漠藏湖”的独特景观。
- ◆ **贺兰山岩画** - 中国重要的古代岩画遗址之一。古代北方游牧民族将狩猎、放牧、祭祀及日常生活场景刻绘于岩石之上, 形成内容丰富的岩画群。现存岩画题材多样, 包括人物、动物及各类符号图案, 生动展现了古代先民的生产活动与生活风貌。

### 内蒙古

- ◆ **通湖草原** - 通湖草原位于宁夏与内蒙古交界处, 是一处融合草原、沙漠与湖泊景观的特色景区。广阔草原与连绵沙丘相互映衬, 形成独特的塞外风光。游客可欣赏辽阔的草原景色与沙漠风光, 领略“大漠连草原”的塞外风情。夜晚参加草原篝火晚会, 为草原之旅增添难忘体验。



✓ 7 早餐 / 6 午餐 / 6 晚餐

风味餐:  
九碗十三花  
涮羊肉火锅  
沙湖鱼头风味  
特色农家晚宴  
牛肉面风味



酒店住宿 (7 晚)

- ✓ 兰州智选假日酒店或同级 x 2晚
- ✓ 中卫禹都乐滋酒店或同级 x 2晚
- ✓ 银川立达深航酒店或同级 x 3晚

免责声明: 由于新冠肺炎疫情旅行限制当地/宗教节日, 公众假期, 天气状况, 交通等情况, 自然灾害, 必要时黄金旅程保留对行程进行适当调整 (调整景点游览顺序) 以确保行程顺利进行, 会或否事先通知。

备注: 如果旅游行程受到上述问题的影响, 将不予退款或更换。图片仅供参考。



**Shahu Scenic Area**  
沙湖景区



**Gaomiao Temple**  
高庙



**Lanshan Park**  
览山公园



## SCHEDULE

### D1 DEPARTURE ✈️ TRANSIT CITY ✈️ LANZHOU (MOB)

- ☑ Check in Hotel

### D2 LANZHOU 🚌 (est.230km) ZHONGWEI (B/L/D)

- ☑ Lanzhou Shuimo Danxia Scenic Area (Include Buggy Ride)

### D3 ZHONGWEI (B/L/D)

- ☑ Shapotou Scenic Area (Include Buggy Ride+Escalator)  
\*Enjoy The Scenic Beauty of Yellow River
- ☑ Gaomiao Temple
- ☑ Tonghu Grassland – Experience the Vast Landscapes of Inner Mongolia  
\*Enjoy Bonfire Party

### D4 ZHONGWEI 🚌 (est.200km) YINCHUAN (B/L/D)

- ☑ Five Lakes Off-Road Adventure  
\*Ride an Off-Road Vehicle Across the Desert
- ☑ Lanshan Park  
\*Experience the Charm of Yinchuan

### D5 YINCHUAN (B/L/D)

- ☑ Shahu Scenic Area (Include Boat Cruise)
- ☑ Ningxia Museum

### D6 YINCHUAN (B/L/D)

- ☑ Western Xia Imperial Tombs
- ☑ Helan Mountain Petroglyphs
- ☑ Xiguan Mosque

### D7 YINCHUAN 🚄 LANZHOU (B/L/D)

- ☑ \*Take High-speed Train to Lanzhou (Second-class)
- ☑ Yellow River Scenic Belt  
\*Zhongshan Bridge  
\*Yellow River Mother Sculpture  
\*The Waterwheel Park

### D8 LANZHOU ✈️ TRANSIT CITY ✈️ ARRIVAL (Breakfast Box/ MOB)

## TOURIST ATTRACTIONS:

### LANZHOU

- ◆ **Lanzhou Shuimo Danxia Scenic Area** - Renowned for its spectacular Danxia landforms, the area features layered mountains, vibrant colors, and striking red rock formations shaped by millions of years of geological activity and erosion. With rolling peaks and winding valleys resembling a traditional Chinese ink painting, it is known as "Ink Danxia" and is valued for both its scenic beauty and geological significance.

### ZHONGWEI

- ◆ **Shapotou Scenic Area** - Located on the southeastern edge of the Tengger Desert, Shapotou is one of China's most iconic desert attractions. Renowned for the unique meeting of the desert and the Yellow River, it features sweeping sand dunes and flowing waters that create a striking frontier landscape. Visitors can enjoy the grandeur of the desert while experiencing the unique charm of the Yellow River.

### YINCHUAN

- ◆ **Five Lakes Off-Road Adventure** - Named for its route through five natural lakes in the Tengger Desert, this adventure showcases the unique spectacle of "lakes hidden in the desert." Scattered among vast golden dunes, the lakes create a striking contrast between blue waters and endless sands. Visitors travel deep into the desert by off-road vehicle, crossing rolling dunes and passing tranquil lakes while taking in the breathtaking desert scenery.
- ◆ **Helan Mountain Petroglyphs** - One of China's most important ancient rock art sites. Created by northern nomadic peoples, the carvings depict scenes of hunting, herding, rituals, and daily life, providing insight into the culture and lifestyle of ancient communities.

### INNER MONGOLIA

- ◆ **Tonghu Grassland** - Blending grasslands, deserts, and lakes into one remarkable landscape, Tonghu Grassland showcases the unique scenery of the Ningxia-Inner Mongolia border region. Vast prairies and rolling sand dunes create a distinctive frontier setting. Visitors can enjoy both grassland and desert views, experience the charm of Inner Mongolia, and join a traditional bonfire party in the evening.



✓ 7 Breakfast / 6 Lunch / 6 Dinner

Special Cuisine:

Nine Bowls Thirteen Delicacies  
Lamb Hotpot  
Shahu Steamed Fish Cuisine  
Local Farmhouse Feast  
Beef Noodle Cuisine



HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Lanzhou Holiday Inn Express Hotel or Similar Class x 2 Nights
- ✓ Zhongwei Yudu Lezi Hotel or Similar Class x 2 Nights
- ✓ Yinchuan V-Leader Shenhong International Hotel or Similar Class x 3 Nights

**Disclaimer:** Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.

**Remark:** There will be no refund or replacement if the tour logistic affected by the above issue. All pictures are for illustration purpose only.

# General Information

## . 甘肃 GANSU .



<b>货币</b> Currency 	中国元 - CNY 人民币 - RMB Chinese Yuan - CNY Renminbi - RMB	<b>信用卡</b> Credit Card 	* 致电信用卡中心，以延长你的信用卡额度 * Major credit cards such as Visa and Master card are mostly widely used
<b>货币兑换率</b> Exchange Rate 	10 元 = 马币 6.50 10 CNY = MYR 6.50 <small>*Subject to currency of the day* *以当天汇率为准*</small>	<b>拨号代码</b> Dial Code 	中国 : +86 China : +86
<b>电压</b> Voltage 	Voltage - 220 V 电压 - 220伏特	<b>插座</b> Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type B - 两脚扁型 + 一圆型插头 / 2 flat blade pin + 1 round pin 类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"
<b>时差</b> Time Different 	中国 - 时间与马来西亚时间标准时无相差 China - No time different with Malaysia	<b>行李托运</b> Luggage Allowance 	每人只限携带一件不超过7公斤的手提行李上机，以及托运行李不超过20公斤。 Each individual are entitled to check in 1 luggage of not more than 20 kg and a hand carry bag not more than 7 kg.
<b>气候</b> Weather 	<input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 1°C ~ 19°C <input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 15°C ~ 29°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 3°C ~ 16°C <input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb -12°C ~ 2°C <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
<b>飞机型号</b> Aircraft Type 	B737-8		

Departure Date: 出发日期:	<input type="text"/>	Flight : 航班行程:	<input type="text"/>
Tour Fare: 团费:	<input type="text"/>	Airport Tax & Fuel Surcharge: 机场税及燃油附加费:	<input type="text"/>
Tipping: 小费:	<input type="text"/>	Agent Collection Fee: 旅行社代收费:	<input type="text"/>
Visa: 签证:	<input type="text"/>	Travel Insurance: 旅行保险:	<input type="text"/>
		TOTAL : 总数:	<input type="text"/>



GD Partner: