

Amazing CHINA 中国

8D7N

逐光秘境高原 · 甘南+青海

DISCOVER THE HIDDEN PLATEAU · GANNAN+QINGHAI

Singapore ✈ Lanzhou

Tour Code: JCLD-4



China
中国

全程无购物站
NO SHOPPING STOP



Labrang Monastery
拉卜楞寺



Zhagana
茶卡盐湖



Sangke Grassland
桑科草原

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

First Bend of Yellow River
黄河九曲第一湾



Qinghai Lake
青海湖



Riyue Mountain
日月山



Zhagana
扎尕那



精简行程

第二天 启程 ✈️ 中转城市 ✈️ 兰州 (机上用餐)

☑️ 入住酒店

第二天 兰州 🚗 (约250公里) 西宁 🚗 (约150公里) 青海 🚗 (约150公里) 茶卡 (早/午/晚)

☑️ 青海湖
☑️ 车游日月山+倒淌河

第三天 茶卡 🚗 (约300公里) 西宁 (早/午/晚)

☑️ 茶卡盐湖 (含区间车+鞋套+小火车+赠送航拍)
☑️ 莫家街夜市

第四天 西宁 🚗 (约250公里) 夏河 (早/午/晚)

☑️ 拉卜楞寺 (含旅拍体验+头饰, 不含装造)
☑️ 桑科草原

第五天 夏河 🚗 (约190公里) 郎木寺 🚗 (约100公里) 扎尕那 🚗 (约30公里) 迭部 (早/午/晚)

☑️ 郎木寺 (含解说)
☑️ 扎尕那 (含藏族家访)

第六天 迭部 🚗 (约100公里) 花湖风景区 🚗 (约130公里) 若尔盖 (早/午/晚)

☑️ 花湖风景区 (含区间车)
☑️ 黄河九曲第一湾 (含电梯)

第七天 若尔盖 🚗 (约120公里) 尕斯库勒湖 🚗 (约50公里) 碌曲 🚗 (约370公里) 兰州 (早/午/晚)

☑️ 尕斯库勒湖 (含区间车)

第八天 兰州 ✈️ 中转城市 ✈️ 抵达 (早餐盒/机上用餐)

观光景点:

青海

◆ **青海湖** - 青海湖位于青藏高原东北部, 是中国最大的内陆咸水湖, 也是最具魅力的高原湖泊之一。湖面辽阔如海, 碧波荡漾, 四周雪山环抱, 景色壮丽如画。每到夏季, 湖畔金黄的油菜花与湛蓝的湖水交相辉映, 湖中鸟岛栖息着成千上万的候鸟, 铺展出高原最绚烂的色彩。

茶卡

◆ **茶卡盐湖** - 是中国著名的内陆盐湖, 被誉为“天空之镜”。湖面如镜般平静, 天空、白云与雪山在水中倒映, 仿若置身梦幻仙境。湖区海拔3059米, 四周群山环抱, 洁白的盐层在阳光下晶莹剔透, 如钻石般夺目。这里曾是古丝绸之路的重要驿站, 因盛产优质“大青盐”而闻名。

夏河

◆ **拉卜楞寺** - 拉卜楞寺始建于清康熙四十八年(1709年), 是藏传佛教格鲁派六大寺院之一。寺院体系完整, 设有显、密等六大学院, 是西藏以外格鲁派的重要中心和西北地区著名佛教学府。殿宇庄严、转经长廊绵延, 朝圣者络绎不绝, 展现浓厚的藏传佛教文化氛围。

迭部

◆ **扎尕那** - 扎尕那海拔约3000米, 近年来荣获联合国世界旅游组织“最佳旅游乡村”称号, 是一处隐匿于群山之间的藏族古村落。“扎尕那”在藏语中意为“石匣子”, 生动描绘了群峰如墙、岩石环合的独特地貌。这里四周石峰耸立, 峡谷幽深, 云雾缭绕, 原始森林、草甸与村寨层层铺展。藏式石屋依山而建, 经幡随风飘扬, 牧歌回荡山谷, 高原自然景观与藏族传统生活方式相互交融。

◆ **花湖** - 花湖是高原草甸湿地孕育而成的天然湖泊。每年5—6月, 湖畔草甸返青, 湖水清澈, 野花初放, 呈现清新宁静的高原初夏景象; 7—9月盛夏时节, 花湖进入最绚烂的季节, 各色野花遍布湿地, 水草丰茂, 生机盎然; 10月则草甸渐染金黄, 湖水映衬秋色, 景致静谧而富有层次, 展现高原湿地随季节更替的独特韵律。

若尔盖

◆ **黄河九曲第一湾** - 黄河九曲第一湾黄河流经高原形成的标志性弯曲河段, 因此得名“九曲第一湾”。河流蜿蜒曲折, 形成九道连续大弯, 是黄河上游最具代表性的河曲地貌。水流穿行于群山之间, 波光粼粼, 晨雾与夕阳映衬下, 宛如一条金色玉带盘绕高原, 景致独特而雄伟。



✓ 7早餐/6午餐/5晚餐

风味餐:

手抓羊肉风味 特色暖锅风味
木桶鱼风味 牛肉面风味



酒店住宿 (7晚)

- ✓ 兰州新区悦蔓酒店或同级 x1晚
- ✓ 茶卡晚枫酒店或同级 x1晚
- ✓ 西宁万悦戴斯酒店或同级 x1晚
- ✓ 夏河天珠国际酒店或同级 x1晚
- ✓ 迭部塞银酒店或同级 x1晚
- ✓ 若尔盖尊悦·瑞田酒店或同级 x1晚
- ✓ 兰州中川饭店或同级 x1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。



Gahai Lake
尕斯库勒湖



Lhamo Monastery
郎木寺



Huahu Scenic Area
花湖风景区

SCHEDULE

TOURIST ATTRACTIONS:

QINGHAI

- ◆ **Qinghai Lake** - Located on the northeastern Qinghai-Tibet Plateau, Qinghai Lake is China's largest inland saltwater lake. Surrounded by snow-capped mountains, it offers stunning scenery year-round. In summer, golden rapeseed flowers and flocks of migratory birds create a vivid contrast against the lake's deep blue waters.

CHAKA

- ◆ **Chaka Salt Lake** - A renowned inland Salt Lake in China, celebrated as the "Mirror of the Sky." Its tranquil surface perfectly reflects the sky, clouds, and surrounding snow-capped mountains, creating breathtaking mirror-like scenery. Situated at an elevation of 3,059 meters, the lake is encircled by mountains and glistens with crystal-white salt.

XIAHE

- ◆ **Labrang Monastery** - Founded in 1709 during the Kangxi reign of the Qing Dynasty, Labrang is one of the six major Gelug monasteries of Tibetan Buddhism. With a complete monastic system comprising six colleges, making it a key Gelug center outside Tibet and a renowned Buddhist institution in Northwest China. Majestic halls, long prayer corridors, and a steady flow of pilgrims create a deeply immersive Tibetan Buddhist atmosphere.

TEWO

- ◆ **Zhagana** - Situated at an altitude of around 3,000 meters, Zhagana is a hidden Tibetan village recently recognized by the UN as a "Best Tourism Village." Its name, meaning "Stone Box" in Tibetan, vividly describes the unique landscape of peaks rising like walls and rocks enclosing the valley. Towering stone peaks, deep gorges, and drifting clouds surround the village, where Tibetan stone houses, fluttering prayer flags, and echoing pastoral songs blend natural scenery with traditional life.
- ◆ **Huahu Scenic Area** - Formed from highland meadow wetlands, Hua Lake is a natural plateau lake. From May to June, the meadows turn green, the water is clear, and early wildflowers bloom, creating a fresh and tranquil early summer scene. In July to September, the lake reaches its most vibrant period, with colorful wildflowers and lush vegetation. By October, the meadows turn golden, the water reflects the autumn hues, and the scenery becomes serene and layered, showcasing the unique seasonal rhythm of the plateau wetlands.

ZOIGE

- ◆ **First Bend of Yellow River** - Famous for its iconic curve on the plateau, the First Bend features nine consecutive meanders, making it the most representative bend in the upper Yellow River. Flowing through the mountains, the sparkling waters, morning mist, and sunset light create the image of a golden ribbon coiling across the plateau, presenting a uniquely majestic scenery.



✓ 7 Breakfast / 6 Lunch / 5 Dinner

Special Cuisine:

Hand-grabbed Mutton Cuisine

Hotpot Cuisine

Fish Steamboat Cuisine

Beef Noodle Cuisine



HOTEL OR SIMILAR (7 NIGHTS)

✓ Lanzhou Yueman Hotel or Similar Class

x1 Night

✓ Chaka Wan Feng Hotel or Similar Class

x1 Night

✓ Xining Wan Yue Days International Hotel or Similar Class

x1 Night

✓ Xiahe Tianzhu International Hotel or Similar Class

x1 Night

✓ Diebu Saiyin Hotel or Similar Class

x1 Night

✓ Zeogai Zunyue Ruitian Hotel or Similar Class

x1 Night

✓ Lanzhou Zhongchuan Hotel or Similar Class

x1 Night

D1 DEPARTURE ✈️ TRANSIT CITY ✈️ LANZHOU (MOB)

- ☑ Check in Hotel

D2 LANZHOU (est.250km) XINING (est.150km) QINGHAI (est.150km) CHAKA (B/L/D)

- ☑ Qinghai Lake
- ☑ Riyue Mountain + Dao Tang River

D3 CHAKA (est.300km) XINING (B/L/-)

- ☑ Chaka Salt Lake (Include Shuttle Ride + Shoes Cover + Mini Train+ Drone Shot)
- ☑ Mojia Street Night Market

D4 XINING (est.250km) XIAHE (B/L/D)

- ☑ Labrang Monastery (Include Travel Photography Headwear, Exclude Make-up)
- ☑ Sangke Grassland

D5 XIAHE (est.190km) LHAMO MONASTERY (est.100km) ZHAGANA (est.30km) TEWO (B/L/D)

- ☑ Lhamo Monastery (Include Guided Commentary)
- ☑ Zhagana (Include Tibet Home Visit)

D6 TEWO (est.100km) HUAHU SCENIC AREA (est.130km) ZOIGE (B/L/D)

- ☑ Huahu Scenic Area (Include Shuttle Ride)
- ☑ First Bend of Yellow River (Include Escalator)

D7 ZOIGE (est.120km) GAHAI LAKE (est.50km) LUQU (est.50km) LANZHOU (B/L/D)

- ☑ Gahai Lake (Include Shuttle Ride)

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

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 .



货币 Currency 	中国元 - CNY 人民币 - RMB Chinese Yuan - CNY Renminbi - RMB	信用卡 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
货币兑换率 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>	拨号代码 Dial Code 	中国 : +86 China : +86
电压 Voltage 	Voltage - 220 V 电压 - 220伏特	插座 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"
时差 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	行李托运 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.
气候 Weather 	<input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 22°C ~ 10°C <input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 30°C ~ 20°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 24°C ~ 10°C <input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb -30°C ~ 15°C <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
飞机型号 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: