

甘肅.四川.青海環線深度遊 15 日

【炳靈寺、官鵝溝、紮尕那、郎木寺、花湖、若爾蓋、同仁、坎布拉、青海湖、茶卡鹽湖、祁連、門源、黃河石林】



目的地介紹:

紮尕那石城: 在甘肅省甘南藏族自治州的迭部縣有一塊山間盆地，這裡農業、林業及牧業多種生產方式並存，造就了一個自給自足的生活空間，宛如陶淵明筆下的桃花源。在攝影家眼中，這裡的景色猶如仙境般美好……這個讓許多人嚮往地方，就是紮尕那。

官鵝溝國家森林公園: 景区内 13 個大小不等、形態各異的湖泊，尤如一串綠色的珍珠鑲嵌在溝內，湖水清澈透底，隨湖底地貌高低呈不同顏色，那些倒映在湖中的古樹象一條條巨龍臥在湖底。

——心靈與視覺的饗宴——

【線路優勢】此線路行程相對輕鬆，將甘肅、四川、青海三省环线有機結合在一起，美輪美奐……

【特別贈送】礦泉水無限量供應、苦蕎茶水、紅景天養生茶、鋼瓶氧氣罐、氧氣瓶。

【行程購物】絕不安排旅遊購物商店。

【推薦特產】土特產品。

Gansu. Sichuan. Qinghai Circle Line in-depth travel 15 Days

[Bingling Temple、Guan'e Valley、Zhagana、Langmu Temple、Huahu、Zoige Prairie、Tongren、Kanbula、Qinghai Lake、Chaka Salt Lake、Qilian、Menyuan、Yellow River stone forest]

Destination description:

Zhagana Stone City: There is an intermountain basin in Diebu County of Gannan Tibetan Autonomous Prefecture in Gansu Province, where a variety of production methods of agriculture, forestry and animal husbandry coexist, creating a self-sufficient living space, just like Tao Yuanming's Peach Blossom Spring. In the eyes of photographers, the scenery here is like a fairyland... This makes many people yearn for, this place is Zhagana.

Guan'e Valley National Forest Park: There are 13 lakes of different sizes and shapes in the Scenic Spot, especially like a string of green pearls inlaid in the ditch, the water of the lake is clear and transparent with different colors depending on the topography of the bottom of the lake, the ancient trees reflected in the lake are like dragons lying at the bottom.

——Spiritual and visual feast——

[Route advantage] This line is relatively relaxed, it combines Gansu, Sichuan and Qinghai Provinces to form a circle line, beautiful and fantastic.....

[Special gift] Unlimited supply of mineral water, buckwheat tea, rhodiola healthy tea, oxygen supply equipment, oxygen bottle.

[Trip shopping] No shopping.

[Recommend local products] Native products.

簡略行程:

- | | |
|--|-----------------------------|
| D1: 蘭州中川機場接機→入住酒店 | 宿: 蘭州甘肅國際大酒店同級 (掛 4) |
| D2: 蘭州→劉家峽水庫→炳靈寺石窟→蘭州 | 宿: 蘭州甘肅國際大酒店同級 (掛 4) |
| D3: 蘭州→宕昌→官鵝溝 | 宿: 宕昌龍海大酒店同級 (准 4) |
| D4: 宕昌→鵝嫺溝→紮尕那 | 宿: 紮尕那石城大酒店同級 (農家樂) |
| D5: 人間伊甸園·紮尕那晨曦→郎木寺 | 宿: 郎木寺國際大酒店同級 (准 4) |
| D6: 郎木寺→花湖→若爾蓋大草原→唐克 (觀黃河九曲第一灣夕陽) | 宿: 唐克王府大酒店同級 (准四) |
| D7: 唐克→瑪曲→尕海→合作→夏河 (路程稍長) | 宿: 夏河灸盛國際飯店同級 (准 4) |
| D8: 夏河→拉蔔楞寺→同仁地區 (熱貢)→尖紮 | 宿: 尖紮假日賓館同級 (標間) |
| D9: 尖紮→坎布拉風景區→貴德黃河清濕地公園→塔爾寺→西寧 | 宿: 西寧海悅酒店同級 (掛 4) |
| D10: 西寧→沿青海湖畔遊覽→茶卡鹽湖→黑馬河 | 宿: 黑馬河璀璨星辰酒店同級 (准 3) |
| D11: 黑馬河 (觀青海湖日出)→剛察→祁連 (卓爾山) | 宿: 祁連盛唐翠光大酒店同級 (准 3) |
| D12: 祁連→崗什卡雪峰→門源→蘭州 | 宿: 蘭州甘肅國際大酒店同級 (掛 4) |
| D13: 蘭州→白銀市 | 宿: 白銀如意陽光大酒店同級 (3 星) |
| D14: 黃河石林→永泰古城 | 宿: 中川機場旁甘肅民航雲美旅精品酒店同級 (准 3) |
| D15: 蘭州送機→乘機返程結束愉快之旅 | |

Brief itinerary:

Day 1: Pick up at Lanzhou Zhongchuan Airport → Hotel

Accommodation: Lanzhou Gansu International Hotel or equivalent

Day 2: Lanzhou → Liujiaxia Reservoir → Bingling Cave-Temple → Lanzhou

Accommodation: Lanzhou Gansu International Hotel or equivalent

Day 3: Lanzhou → Tanchang → Guanegou

Accommodation: Tanchang Longhai Hotel or equivalent

Day 4: Tanchang → Emangou → Zhagana

Accommodation: Zhagana Shicheng Hotel or equivalent

Day 5: Paradise on earth • The early morning in Zhagana → Langmusi

Accommodation: Langmusi International Hotel or equivalent

Day 6: Langmusi → Huahu → Zoige Prairie → Tangke • Watch the sunset of Yellow River First Beach

Accommodation: Tangke Palace Hotel or equivalent

Day 7: Tangke → Maqu → Gahai Lake → Hezuo → Xiahe (longer distance)

Accommodation: Xiahe Jiusheng International Hotel or equivalent

Day 8: Xiahe → Labrang Monastery → Tongren Region (Regong) → Jainca County

Accommodation: Jainca Holiday Hotel or equivalent

Day 9: Jainca County → Kanbula National Forest Park → Guide Huangheqing National Wetland Park → Kumbum

Monastery → Xining

Accommodation: Xining Haiyue Hotel or equivalent

Day 10: Xining → Tour along the Qinghai Lake → Chaka Salt Lake (Caka Salt Lake) → Heima River

Accommodation: Cuican Xingcheng Hotel or equivalent

Day 11: Heima River → Watch the sunrise of Qinghai Lake → Gangca → Qilian (Zhuo'er mountain)

Accommodation: Qilian Shengtang Cuiguang Hotel or equivalent

Day 12: Qilian → Gangshika Snow Mountain → Menyuan → Lanzhou

Accommodation: Lanzhou Gansu International Hotel or equivalent

Day 13: Lanzhou → Baiyin City

Accommodation: Baiyin Ruyi Yangguang Hotel or equivalent

Day 14: Yellow River Stone Park → Yongtai Ancient City

Accommodation: Gansu Civil Aviation Yunmei Hotel or equivalent (near the Zhongchuan Airport)

Day 15: Lanzhou Airport Drop-off → Take the flight home and end the pleasant journey

詳細行程/Detailed itinerary:

D1: 蘭州中川機場接機→入住酒店

蘭州（中川國際機場）接團，乘車前往酒店，入住休息。

行進順序：（機場 71KM 酒店）

公里數及行車時間：（71KM）。高速路+城區路。行車約 1 小時。 住地海拔：蘭州市 1500 米。

用餐：午餐*** 晚餐***

住宿：蘭州甘肅國際大酒店同級（掛 4）

Day 1: Pick up at Lanzhou Zhongchuan Airport → Hotel

Pick up at Lanzhou Zhongchuan Airport, drive to the hotel, check in hotel and have a rest.

Specific line: Airport 71KM Hotel

Kilometres and driving time: 71KM. Urban road + Highway, driving about 1 hour. Residential elevation: Lanzhou city 1500M

Dining: Lunch *** Dinner ***

Accommodation: Lanzhou Gansu International Hotel or equivalent

D2: 蘭州→劉家峽水庫→炳靈寺石窟→蘭州

【劉家峽水庫】乘坐快艇遊覽，劉家峽水庫位於黃河上游，有許多峽谷和川地相間出現。河水穿過千岩壁立的深邃峽谷，水勢有如萬馬奔騰，景色十分壯觀。

【炳靈寺石窟】建立於西秦建弘元年（420 年），上下四層。最早稱為唐述窟，是羌語“鬼窟”之意，唐代稱龍興寺，宋代稱靈岩寺，明朝永樂年後稱炳靈寺，今炳靈寺之名來自藏語，音譯“仙巴炳靈”，意為“十萬彌勒佛洲”。

行進順序：（蘭州 85KM 刘家峡水库 48KM 炳靈寺石窟 150KM 兰州）

公里數及行車時間：（283KM）。柏油路。行車約 6 小時。

住地海拔：蘭州市 1500 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）。

住宿：蘭州甘肅國際大酒店同級（掛 4）

Day 2: Lanzhou → Liujiaxia Reservoir → Bingling Cave-Temple → Lanzhou

[Liujiaxia Reservoir] Take a speedboat tour, the Liujiaxia Reservoir is located in the upper reaches of the Yellow River, there are many valleys that alternate with the land. The river runs through a deep valley with walls of thousands of rocks, the water here is like ten thousand horses galloping, the scenery is very spectacular.

[Bingling Cave-Temple] Built in the first year of the Western Qin Dynasty (420A.D), there are four levels up and down. It was first named as Tangshu Caves, which means "Ghost Caves" in Proto-Qiang, it was named Longxing Temple in Tang Dynasty, Lingyan Temple in Song Dynasty, and Bingling Temple in Ming Dynasty after Ming Dynasty Yongle, the name of Bingling Temple comes from the Tibetan language, transliterated as "Xianba Bingling", which means "the place where one hundred thousand maitreya lived".

Specific line: Lanzhou 85KM Liujiaxia Reservoir 48KM Bingling Cave-Temple 150KM Lanzhou

Kilometres and driving time: 283KM. Asphalt road, driving about 6 hours. Residential elevation: Lanzhou city 1500M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Lanzhou Gansu International Hotel or equivalent

D3: 蘭州→宕昌→官鵝溝

【官鵝溝國家森林公園景區】由官珠溝、鵝嫺溝、木隆溝、廟溝等景區組成，集森林景觀、草原景觀、地貌景觀、水體景觀等自然景觀和人文景觀於一體，生態環境優美，自然景觀奇特。

行進順序：（兰州 315KM 官鵝溝 4KM 宕昌）

公里數及行車時間：（319KM）。高速路+柏油路。行車約 6 小時。

住地海拔：宕昌縣 1900 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）。

住宿：宕昌龍海大酒店同級（准 4）

Day 3: Lanzhou → Tanchang → Guanegou

[Guanegou National Forest Park] Composed of Guanzhugou, Emangou, Mulonggou, Miaogou and other scenic spots, it combines forest landscape, prairie landscape, landform landscape, water landscape and other natural landscape and humanity landscape, with beautiful ecological environment and unique natural landscape.

Specific line: Lanzhou 315KM Guanegou 4KM Tanchang

Kilometres and driving time: 319KM. Urban road + Highway, driving about 6 hours. Residential elevation: Tanchang County 1900M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Tanchang Longhai Hotel or equivalent

D4: 宕昌→鵝嫚溝→紮尕那

【鵝嫚溝風景區】景區內山清水秀，鳥語花香，大面積的原始森林是一個天然氧吧，海拔 4153 米的雷古山，是隴南最高峰，山頂是終年不化的積雪，雪線以下是雲霧繚繞的茫茫林海，既有黃山之雄偉，又有華山之奇險。

【紮尕那】四周群山環繞的紮尕那，宛如陶淵明筆下的桃花源，在當地藏民的眼中，這是神仙創造的地方。山勢奇峻、雲霧繚繞、景色優美，宛如仙境般美好。

行進順序：（宕昌 5KM 鵝嫚溝風景區 229KM 扎尕那）

公里數及行車時間：（234KM）。高速路+柏油路。行車約 5 小時。

住地海拔：紮尕那 3000 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）。

住宿：紮尕那石城大酒店同級（農家樂）

Day 4: Tanchang → Emangou → Zhagana

[Emangou Scenic Spot] Within the Scenic area are beautiful mountains and clear waters, birds' twitter and fragrance of flowers, a large area of the old-growth forest are a natural oxygen bar, Leigu mountain, 4153 meters above sea level, is the highest peak of Longnan, the top of the mountain is the permanent snow, the snow line below is a sea of misty forests, both Huangshan majestic, and Huashan grotesque.

[Zhagana] Zhagana is surrounded by mountains, just like Tao Yuanming's Peach Blossom Spring, in the eyes of the local Tibetan people, this is the place created by the gods. The mountains are so steep, the clouds are so misty, the scenery is so beautiful, just like a fairyland.

Specific line: Tanchang 5KM Emangou Scenic Spot 229KM Zhagana

Kilometres and driving time: 234KM. Urban road + Highway, driving about 5 hours. Residential elevation: Zhagana 3000M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Zhagana Shicheng Hotel or equivalent

D5: 人間伊甸園·紮尕那晨曦→郎木寺

【紮尕那晨曦】早晨拍紮尕那晨曦……美麗的村莊，悠閒的生活，勤勞樸實的藏族同胞。

【郎木寺】位于四川、甘肅兩省交界之處，號稱為微縮版的“香格里拉”，自古就是四川、甘肅、青海各族民众朝拜黑虎女神的圣地。小溪“白龍江”穿鎮而過，兩座寺院隔河相望，甘肅的是賽赤寺，四川的是格爾底寺。

行進順序：（扎尕那 95KM 郎木寺）

公里數及行車時間：（95KM）。柏油路。行車約 2 小時。

住地海拔：郎木寺鎮 3320 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）

住宿：郎木寺國際大酒店同級（准 4）

Day 5: Paradise on earth·The early morning in Zhagana → Langmusi

[The early morning in Zhagana] In the morning, take photos of the morning light in Zhagana.....the beautiful villages, the leisurely life in there, and the hard-working and simple Tibetan compatriots.

[Langmusi] It located at the provincial border of Sichuan Province and Gansu Province, known as a miniature version of Shangri-La, it has been a sacred place for people of all ethnic groups in Sichuan, Gansu and Qinghai to worship the black tiger goddess since ancient times. The brook "Bailong River" crosses the town and the two monasteries face each other across the river, in Gansu is the Sertri Monastery or as some call it, the Gansu Monastery; in Sichuan is Kirti Monastery.

Specific line: Zhagana 95KM Langmusi

Kilometres and driving time: 95KM. Urban road, driving about 2 hours. Residential elevation: Langmusi Town 3320M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Langmusi International Hotel or equivalent

D6: 郎木寺→花湖→若爾蓋→唐克（觀黃河九曲第一灣夕陽）

【**花湖**】是若尔盖大草原上的一個天然湖泊，花湖最美的时间是在五六月份，湖畔五彩缤纷，好像云霞委地，而湖中则开满了水妖一样的绚丽花朵。

【**黄河九曲第一湾**】發源于巴顏喀拉山的黄河滾滾向東，自甘肅而來在四川邊上輕輕撫了一下又轉身飄回青海，形成一連串大大的S。在九曲黄河第一湾這裏，清澈的河流水势平缓，蓝天白云，绿草繁花，帐篷炊烟，牛羊骏马，盘旋的雄鹰，如诗如画，气象万千。

行進順序：（郎木寺 37KM 花湖 105KM 唐克）

公里數及行車時間：（142KM）。柏油路。行車約 3 小时。

住地海拔：唐克鎮 3500 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）

住宿：唐克王府大酒店同級（准四）

Day 6: Langmusi → Huahu → Zoige Prairie → Tangke·Watch the sunset of Yellow River First Beach

[Huahu], it is a natural lake on the Zoige Prairie, the most beautiful time of Huahu is in May and June, the lake is colorful, as if the clouds are falling on the lake, and the lake is full of beautiful flowers like Water faery demon.

[Yellow River First Beach] Originating in the Bayan Har Mountain, the Yellow River rolls eastward from Gansu, gently caresses the edge of Sichuan and then turns and floats back to Qinghai, forming a series of large "S". Here in the Yellow River First Beach, the clear river is smooth, blue sky and white clouds, green grass and flowers, tents and smoke, cattle、sheep and horses, hovering eagle, picturesque and magnificent.

Specific line: Langmusi 37KM Huahu 105KM Tangke

Kilometres and driving time: 142KM. Urban road, driving about 3 hours. Residential elevation: Tangke Town 3500M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (In Hotel 50)

Accommodation: Tangke Palace Hotel or equivalent

D7: 唐克→瑪曲→尕海→合作→夏河（路程稍長）

【**瑪曲**】在藏語中就是黃河的意思。因此，瑪曲便成為全國唯一一個用黃河命名的縣級城市。

【**尕海**】甘南第一大淡水湖，被譽為高原上的一顆明珠。尕海湖水草豐茂，許多南遷北返的珍稀鳥類在此落腳和繁殖，黑頸鶴，灰鶴，天鵝等珍禽遍佈湖邊草灘。

行進順序：（唐克 145KM 瑪曲 54KM 尕海 151KM 夏河）

公里數及行車時間：（350KM）。柏油路。行車約 7.5 小時。

住地海拔：夏河縣 2800 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）

住宿：夏河灸盛國際飯店同級（准 4）

Day 7: Tangke → Maqu → Gahai Lake → Hezuo → Xiahe (longer distance)

[Maqu] In Tibetan, it means Yellow River. Therefore, Maqu became the only county-level city named after the Yellow River.

[Gahai Lake] The largest freshwater lake in Gannan, it is known as a pearl on the plateau. The aquatic plant of Gahai Lake are luxuriant, many rare birds returning from south to north settle and breed here, black-neck crane, grey crane, swan and other rare birds are all over the the lake.

Specific line: Tangke 145KM Maqu 54KM Gahai Lake 151KM Xiahe

Kilometres and driving time: 350KM. Urban road, driving about 7.5 hours. Residential elevation: Xiahe County 2800M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (In Hotel 50)

Accommodation: Xiahe Jiusheng International Hotel or equivalent

D8: 夏河→拉蔔楞寺→同仁地區（熱貢）→尖紮

【**拉蔔楞寺**】是藏傳佛教格魯派六大寺院之一，鼎盛時期，僧侶達到 4000 餘人，寺廟保留有全國最好的藏傳佛教教學體系。被世界譽為“世界藏學府”。

行進順序：（夏河 135KM 尖紮）

公里數及行車時間：（135KM）。柏油路。行車約 3.5 小時。

住地海拔：尖紮縣 2480 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）

住宿：尖紮假日賓館同級（標間）

Day 8: Xiahe → Labrang Monastery → Tongren Region (Regong) → Jainca County

[Labrang Monastery] It is one of the six big monasteries of Gelug sects of Tibetan Buddhism, in its heyday, there were more than 4,000 monks and the temple maintained the best teaching system of Tibetan Buddhism in China. Known as the "World Tibetan Institutions".

Specific line: Xiahe 135KM Jainca County

Kilometres and driving time: 135KM. Urban road, driving about 3.5 hours. Residential elevation: Jainca County 2480M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (In Hotel 50)

Accommodation: Jainca Holiday Hotel or equivalent

D9: 尖紮→坎布拉風景區→貴德（黃河清濕地公園或阿什貢七彩峰景區）→塔爾寺→西寧（逛夜市）

【坎布拉國家森林公園】景區為典型丹霞地貌，森林植被、宗教文化、電站大壩、峽谷庫區及藏族風情所構成，集自然景觀和人文景觀於一身。

【貴德縣黃河清濕地公園】“天下黃河貴德清”是對貴德的著名讚譽，素有高原“小江南”之稱。

【阿什貢七彩峰景區】以自然地貌景觀和地質跡為主要特徵，景色秀麗壯美；多種多樣的地質遺跡記錄了黃河的發育史和貴德自然環境的變遷。

【塔爾寺】中國西北地區藏傳佛教的活動中心，在中國及東南亞享有盛名，是中國藏傳佛教格魯派（黃教）六大寺院之一。

行進順序：（尖紮 38KM 坎布拉 63KM 貴德 56KM 塔爾寺 32KM 西寧）

公里數及行車時間：（189KM）。柏油路。行車約 4.5 小時。

住地海拔：西寧市 2260 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）

住宿：西寧海悅酒店同級（掛 4）

Day 9: Jainca County→Kanbula National Forest Park→Guide (Huangheqing National Wetland Park or Ashgang Colorful Peaks Scenic Area) → Kumbum Monastery → Xining (night market)

[Kanbula National Forest Park] The scenic spot is a typical Danxia landform, it is composed of forest vegetation, religious culture, power station dam, canyon reservoir area and Tibetan customs, integrating natural landscape and human landscape.

[Guide Huangheqing National Wetland Park] "The Yellow River is the clearest in Guide" is the famous praise of Guide, and it known as the plateau "small Jiangnan".

[Ashgang Colorful Peaks Scenic Area] With natural landform landscape and geological trace as the main feature, the scenery is beautiful and magnificent; A variety of geological remains record the development history of the Yellow River and changes in the natural environment of Guide.

[Kumbum Monastery] The center of Tibetan Buddhism in northwest China, enjoying a good reputation in China and southeast Asia, is one of the six monasteries of Gelug sect (yellow sect) of Tibetan Buddhism in China.

Specific line: Jainca County 38KM Kanbula 63KM Guide 56KM Kumbum Monastery 32KM Xining

Kilometres and driving time: 189KM. Urban road, driving about 4.5 hours. Residential elevation: Jainca County 2260M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (In Hotel 50)

Accommodation: Xining Haiyue Hotel or equivalent

D10: 西寧→沿青海湖畔遊覽→茶卡鹽湖→黑馬河

【青海湖】三面環山，風景壯麗、是我國最大的鹹水湖。景區以高原湖泊為主體，兼有草原、雪山、沙漠等景觀。

【茶卡鹽湖】“茶卡”是藏語，意即鹽池，也就是青鹽的海，被旅行者們稱為中國“天空之鏡”，被國家旅遊地理雜誌評為“人一生必去的 55 個地方”之一。

行進順序：（西寧 155KM 青海湖 152KM 茶卡鹽湖 84KM 黑馬河）

公里數及行車時間：（391KM）。柏油路。行車約 7 小時。

住地海拔：黑馬河鎮 3230 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）

住宿：黑馬河璀璨星辰酒店同級（准 3）

Day 10: Xining → Tour along the Qinghai Lake → Chaka Salt Lake (Caka Salt Lake) → Heima River

[Qinghai Lake] Surrounded by mountains on three sides, it is the largest saltwater lake in China. The scenic area is mainly composed of plateaus and lakes, as well as grassland, snow mountain, desert and other landscape.

[Chaka Salt Lake] "Chaka" means salt pool in Tibetan, which is the sea of green salt, has been dubbed "China's mirror in the sky" by travelers and it was named one of the "55 places you must visit in your lifetime" by National Travel Geography Magazine.

Specific line: Xining 155KM Qinghai Lake 152KM Chaka Salt Lake 84KM Heima River

Kilometres and driving time: 391KM. Urban road, driving about 7 hours.

Residential elevation: Heima River Town 3230M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (In Hotel 50)

Accommodation: Heima Cuican Xingcheng Hotel or equivalent

D11: 黑馬河 (觀青海湖日出) → 剛察 → 祁連 (卓爾山)

【青海湖日出】青海湖的早晨寧靜祥和，太陽升起來時東方一片亮麗的紅色。倒映在水中的光芒被風吹亂，就好似一幅美麗的油彩畫。

【祁連卓爾山】屬於丹霞地貌，由紅色砂岩、礫岩組成。站在卓兒山頂視野極度開闊，四周沒有任何遮攔，處處美景，宛如仙境，令人心曠神怡。

行進順序：（黑馬河 119KM 剛察 193KM 祁連）

公里數及行車時間：（312KM）。柏油路。行車約 4.5 小時。

住地海拔：祁連縣 2800 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）

住宿：祁連盛唐翠光大酒店同級（准 3）

Day 11: Heima River(Watch the sunrise of Qinghai Lake) → Gangca → Qilian (Zhuo'er mountain)

[the sunrise of Qinghai Lake] The morning of Qinghai Lake is quiet and peaceful, when the sun rises a bright red light in the east. The reflected light in the water is blown by the wind, like a beautiful painting.

[Qilian Zhuo'er mountain] Belongs to the Danxia landform, consists of red sandstone and conglomerate. Standing on the top of Zhuo'er mountain the vision is extremely broad, there is no cover around, everywhere is the beautiful scenery, just like a fairyland, it is very relaxing.

Specific line: Heima River 119KM Gangca 193KM Qilian

Kilometres and driving time: 312KM. Urban road, driving about 4.5 hours.

Residential elevation: Qilian County 2800M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (In Hotel 50)

Accommodation: Qilian Shengtang Cuiguang Hotel or equivalent

D12: 祁連 → 崗什卡雪峰 → 門源 → 西寧 (市區逛街遊覽, 亦可選擇夜宿蘭州)

【經崗什卡雪峰】海拔 5254.5 米，是祁連山脈東段的最高峰，峰頂常年白雪皚皚，銀光熠熠。

行進順序：（祁連 144KM 崗什卡雪峰 54KM 門源 345KM 蘭州）

公里數及行車時間：（543KM）。柏油路。行車約 9 小時。

住地海拔：蘭州市 1500 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）

住宿：蘭州甘肅國際大酒店同級（掛 4）

Day 12: Qilian → Gangshika Snow Mountain → Menyuan → Lanzhou

[Gangshika Snow Mountain] With an altitude of 5,254.5 meters, it is the highest peak in the eastern section of the Qilian Mountains, the peaks of the snow-capped mountains are white and silver all year round.

Specific line: Qilian 144KM Gangshika Snow Mountain 54KM Menyuan 345KM Lanzhou

Kilometres and driving time: 543KM. Urban road, driving about 9 hours.

Residential elevation: Lanzhou City 1500M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (In Hotel 50)

Accommodation: Lanzhou Gansu International Hotel or equivalent

D13: 蘭州 ~ 白銀市

【甘肅博物館】館內珍藏了眾多珍貴的文物珍寶，精彩和豐富程度在全國的博物館中排名前列，是遊玩蘭州市區的一個必去之地。由於甘肅地處絲綢之路，同時又是漢藏地域的交界地，所以能反映西域、中原、藏區文化的文物都有大量的出土展示，使博物館中的文物豐富多彩又別具風格，非常值得參觀。

行進順序：（蘭州 135KM 白銀市）

公里數及行車時間：（135KM）。柏油路。行車約 3.5 小時。

住地海拔：白銀市 1920 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）

住宿：白銀如意陽光大酒店同級（3 星）

Day 13: Lanzhou → Baiyin City

[Gansu Provincial Museum] The museum treasures many precious cultural relics and treasures, it ranks among the top among museums in the country in terms of its magnificence and richness, here is a place you must go to visit in Lanzhou city. As Gansu province is located on the silk road and the boundary of the Han and Tibetan areas, therefore, a large number of cultural relics reflecting the culture of the western regions, central plains and Tibetan areas have been unearthed and displayed, which makes the cultural relics in the museum colorful and unique, it is very worth visiting.

Specific line: Lanzhou 135KM Baiyin City

Kilometres and driving time: 135KM. Urban road, driving about 3.5 hours.

Residential elevation: Baiyin City 1920M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (In Hotel 50)

Accommodation: Baiyin Ruyi Yangguang Hotel or equivalent

D14: 遊覽黃河石林→永泰古城→中川機場附近

【黃河石林景區】群山環抱，石林景觀與黃河流山水相依，陡崖凌空，景象萬千。

【永泰古城】距今已有 400 多年的歷史，是明政府為防禦北方的少數民族入侵而修建。建成後即成為軍事要塞，古城由於鳥瞰形如金龜，故又稱“永泰龜城”。

行進順序：（白銀市 60KM 黃河石林 83KM 永泰古城 122KM 中川機場）

公里數及行車時間：（265KM）。柏油路。行車約 5.5 小時。

住地海拔：蘭州市 1500 米。

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）

住宿：甘肅民航雲美旅精品酒店同級（准 3）

Day 14: Yellow River Stone Park → Yongtai Ancient City → Near Zhongchuan Airport

[Yellow River Stone Park Scenic Area] Surrounded by mountains, stone forest landscape and the Yellow River flow landscape depend on each other, The steep cliffs soared into the sky, magnificent and varied.

[Yongtai Ancient City] It has a history of more than 400 years and was built by the Ming government to defend against the invasion of northern minorities. After the completion of the military fortress, the ancient city as a bird's eye view, such as tortoise, so also known as "Yongtai tortoise city."

Specific line: Baiyin City 60KM Yellow River Stone Park 83KM Yongtai Ancient City 122KM Zhongchuan Airport

Kilometres and driving time: 135KM. Urban road, driving about 3.5 hours.

Residential elevation: Lanzhou City 1500M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (In Hotel 50)

Accommodation: Gansu Civil Aviation Yunmei Hotel or equivalent (near the Zhongchuan Airport)

D15: 蘭州送機→乘機返程結束愉快之旅

前往蘭州（中川國際機場），乘機返程結束愉快之旅！

行進順序：（酒店 1.5KM 機場）

公里數及行車時間：（1.5KM）。行車約 5 分钟

用餐：早餐（酒店內） 午餐***

Day 15: Lanzhou Airport Drop-off → Take the flight home and end the pleasant journey

Go to the Lanzhou Zhongchuan Airport and end the pleasant journey.

Specific line: Hotel 1.5KM Airport

Kilometers and driving time: 1.5KM. Driving about 5 minutes.

Dining: Breakfast (in the hotel) lunch: ***

頌：旅途愉快！收穫滿滿！

——Have a nice trip! Full of harvest!——