

CHGNIMH-3U

9天
Days
7晚
Nights

草原在风里，甘南在心里

CHENGDU GANNAN
IN MY HEART

成都 / 理县 / 红原 / 迭部 / 郎木寺 / 阿坝县

Chengdu / Lixian / Hongyuan / Diebu / Langmusi / Aba County

单程动车 ONE WAY TRAIN



特色安排

SPECIAL ARRANGEMENT

- 全程不入购物店 Zero Shopping Shop
- 赠送藏服体验 Gift Tibetan Costume Experience
- 季节性 - 龙泉驿摘水蜜桃 Seasonal - Longquanyi Peach Picking Experience



行程特点 ITINERARY HIGHLIGHTS

- 高原的绿洲花海《俄么塘·花海》**TICKET**
The Highland Oasis of Blossoms <Emotang Flower Sea>
- 宏大的巨型宫殿《扎尕那景区》**TICKET**
Magnificent palace <Za Ga Na Scenic Area>
- 藏区著名的神山《莲宝叶则》**TICKET**
The Famous Sacred Mountain in Tibet <Lianbaoyeze>
- 中国最美的五大草原湿地《阿万仓湿地》**TICKET**
China's Top 5 Grassland Wetlands <Awancang Wetland>
- 世界上最大的转经筒《娘玛寺》**TICKET**
The Site of the Largest Prayer Wheel in the World <Niangma Monastery>

* **TICKET** 含票 Include Ticket

膳食 MEALS

- 蕨麻猪风味 Fern Pig Cuisine
- 海鲜自助 Seafood Buffet
- 阿坝风味 Aba Cuisine
- 藏式风味 Tibetan Cuisine
- 迭部风味 Diebu Cuisine
- 红原风味 Hongyuan Cuisine
- 羌族风味 Qiang Cuisine
- 川菜风味 Sichuan Cuisine



酒店特色 HOTEL HIGHLIGHTS

- 住宿当地4+5星级酒店 Stay At Local 4+5 Stars Hotel



乐趣购物 FUN SHOPPING

- 宽窄巷子 Kuan-Zhai Alley
- 成都SKP Chengdu SKP



飞机 Flight

往 Toward

地点 Destination

过夜 Overnight

注：以上的行程地图仅供参考，
如突发状况我们会保留更改行程的权利。
Remark: Route are subject to change
based on any circumstances.

四川航空 / Sichuan Airlines:

D2	KUL/TFU	3U 3994	0020/0450
D9	TFU/KUL	3U 3993	1835/2305

风景印象

——·遇见山河之美·感受自然子韵·——



莲宝叶则 Lianbaoyeze

又名石头山(藏名:叶尔精扎拉),地处青藏高原东南部,总面积约800余平方千米,四川阿坝境内面积约500余平方千米,青海境内称年宝玉则,又叫果洛山。

Also known as Stone Mountain (Tibetan name: Yerjingzhala), it has a total area of about 800 square kilometers, of which about 500 square kilometers are within Aba, Sichuan [6], and it is called Nianbaoyuze in Qinghai, also known as Guoluo Mountain.



俄么塘花海景区 Emotang Flower Sea Scenic Area

“俄么塘”的名称源于一个名为“俄么峨玛措”的海子,其中“俄么”是一种可入药的灌木,“峨玛”在藏语中代表红色的山坡,“措”意为海或湖泊,“塘”意为草原。

The name "Emotang" originates from a lake called "Eme Ema Tso". "Eme" is a kind of medicinal shrub, "Ema" means red hillside in Tibetan, "Tso" means sea or lake, and "Tang" means grassland.

花湖湿地 Huahu Wetland

地处热尔大坝草原腹地,海拔3468米,由错尔干、错热哈三个海子组成,属若尔盖湿地国家级自然保护区核心区。

Located in the heart of the Ruoergai Grassland, at an altitude of 3,468 meters, it consists of three lakes: Cuoergan, Cuoreha, and belongs to the core area of the Ruoergai Wetland National Nature Reserve.





黄河九曲第一湾 The First Bend of Yellow River

位于若尔盖草原，是黄河在上游形成的一个标志性大转弯。这里地势开阔，河道蜿蜒曲折，从高处观景台可以看到河水如“S”形层层展开，非常壮观。

Located on the Ruorgai Grassland, this is a landmark bend in the upper reaches of the Yellow River. The terrain here is open, and the river meanders, offering a spectacular view from a high observation deck where the river unfolds in a layered "S" shape.



扎尕那 Zhagana

扎尕那四周是巍峨恢弘、雄伟壮观的石峰群，山势奇峻、景色优美，犹如一座规模宏大的石头宫殿，又似天然岩壁构筑的一座天然而完整的“古城”。

Zhagana is surrounded by majestic and magnificent stone peaks. The mountains are steep and the scenery is beautiful. It is like a grand stone palace or a natural and complete "ancient city" built by natural rock walls.



娘玛寺

Niangma Monastery

阿万仓娘玛寺藏语全称图丹祥德林，又称阿万仓召岱娘玛寺，寺院地处扎西贡色滩中心区域，拥有世界上最大的藏经转经筒，其内珍藏约11万册经书，该转经筒于2018年8月31日获吉尼斯世界纪录认证。

Awancang Niangma Monastery, whose full Tibetan name is Thubten Sangdeling, also known as Awancang Zhaodai Niangma Monastery, is located in the central area of Zhaxigongse Beach. It has the world's largest Tibetan prayer wheel, which contains about 110,000 scriptures. The prayer wheel was certified by Guinness World Records on August 31, 2018.

各莫寺

Gemo Monastery

是黄教六大寺之拉卜楞寺的分寺之一，各莫寺以其宏大的寺庙建筑、大佛塔和神秘的藏秘修炼而著称。

It is a branch monastery of Labrang Monastery, one of the six major monasteries of the Gelug school of Tibetan Buddhism. Gemo Monastery is renowned for its magnificent temple architecture, large stupa, and mysterious Tibetan esoteric practices. It is 13 kilometers from the county seat.



阿万苍湿地

Awancang Wetland

该湿地是黄河源区的关键水源涵养地，对维持区域生态平衡、调节气候与保护生物多样性具有重要意义。

This wetland is a key water conservation area in the source region of the Yellow River, and it is of great significance for maintaining regional ecological balance, regulating climate and protecting biodiversity.

第1天 出境 ✈️ 成都 机上用餐

集合于国际机场，乘搭国际航班飞往成都。

第2天 成都 230km 理县 早午晚

抵达后，送住入住酒店

甘堡藏寨: 是嘉绒藏族聚居地，被誉为“坡上的村落”。寨子依山而建，石屋层叠，宛如一座石头城堡，尽显嘉绒藏族的建筑智慧与古朴民风。

桃坪羌寨: 黄褐色的石屋依山而建，巷道错综复杂，是现存最完好的羌族建筑群活化石，承载着古老的羌族历史与非凡智慧。

第3天 理县 195km 红原 早午晚

俄么塘花海景区(含门票+观光车): 高原草原与花海相结合的自然景区，以辽阔的草甸、季节性花海和藏族风情闻名。

查针梁子: 查针梁子是黄河与长江两大水系的分水岭。垭口立有标志牌，登临此处可“一脚踏两流域”，眺望草原与山峦交织的壮丽景观，感受地理分野的神奇。

备注: 6-8月 15日游玩俄么塘·花海景区，8月16日-10月则更换为游览月亮湾景区（具体开放时间以景区实际公告为准）

第4天 红原 260km 迭部 早午晚

瓦切塔林(车观): 位于四川红原县瓦切镇，是为纪念十世班禅大师颂经祈福之地而建。百余座大小佛塔与连绵的经幡群交相辉映，经幡海洋如巨轮扬帆，在草原苍穹下肃穆壮丽，是信仰与草原风光的震撼融合。

花湖湿地(含电瓶车): 该湖为黄河上游重要水源涵养地，年补水量达44亿立方米，承担着黄河流域生态屏障功能。完美诠释了“中国最美湿地”的空灵与辽阔，是黄河无声而丰沛的呼吸。

九曲黄河第一湾(含上下扶梯): 是黄河上游的一处著名自然景观，以其河流蜿蜒如弯月而闻名，被誉为“黄河第一湾”。

第5天 迭部 110km 郎木寺 早午晚

扎尕那: 藏语意为“石匣子”，是隐藏在甘肃甘南的石头秘境。四座山峦环抱藏寨，宛如天然岩壁构筑的巍峨城堡。村寨、梯田与云雾交织，日出时金光沐顶，宛如世外仙境。这里是徒步者的天堂，也是感受安多藏族原生态生活的纯净之地，被誉为“神仙居住地方”。

郎木寺: 是藏传佛教圣地，两座寺庙历史悠久，宗教文化底蕴深厚。这里僧众多，经幡飘扬，诵经声不绝于耳，能让游客深切感受到藏传佛教的庄严与神圣。

第6天 郎木寺 228km 阿坝县 早午晚

阿万仓湿地: 黄河首曲的生态瑰宝。这里水网如脉，草原无垠，形成了壮观秀美的“贡赛尔喀木道”湿地景观。天地开阔，牧歌悠扬，是黄河上游重要的水源涵养地，被誉为“地球之肾”，展现着原始尔雄浑的高原湿地风貌。

娘玛寺: 位于甘肃玛曲阿万仓湿地深处，拥有世界最大的转经筒。其建筑金顶辉煌，与辽阔草原和蜿蜒黄河相映衬。寺院宁静庄严，转经筒承载着无数虔诚祈愿，是湿地之中一处重要的精神地表

各莫寺: 全称“各莫寺慧园宝塔”。以其恢宏的藏汉结合建筑与高耸入云的八层法喜苑而闻名，内供中国最高的室内弥勒佛坐像。寺庙不仅是重要的佛学院，其博物馆更珍藏无数圣物，堪称安多藏区规模宏大、融合佛法、艺术与文明的璀璨圣地。

第7天 阿坝县 342km 红原 早午晚

莲宝叶则: 藏语意为“尊严的玉石之峰”，是位于川甘青交界处的神秘石头山群。这里峰峦如剑，直插云霄，数百个冰川湖泊如翡翠般散落山间，扎尕那措湖面映照着眼峭怪石，景色壮丽而魔幻。它不仅是格萨尔王传说中的古战场，更是徒步者与摄影师追寻的秘境，被誉为“现实版的魔兽世界”，展现着青藏高原最原始野性的地质奇观。

第8天 红原 293.5H 成都 早午晚

镰刀坝草原(车观): 其名源于草原上一道形似镰刀的优美弯曲河湾。这里水草丰美，牛羊成群，夏季野花如海，拥有开阔壮丽的典型高原湿地草甸风光，是体验游牧文化与自然之美的宁静之地。

宽窄巷子: 由宽巷子、窄巷子、井巷子三条平行巷弄组成，青黛砖瓦的清代院落与时尚元素巧妙融合。

成都SKP: 坐落于成都城南繁华的高新商圈，是亚洲旗舰级奢侈品百货。它以“公园+购物”的独特理念，将奢华零售、艺术策展与地下公园景观完美融合，打造出一座前所未有的立体式时尚艺术空间。生机之塔是成都SKP地面公园的绝对视觉核心，它不是传统的雕塑，而是一组巨大的功能性艺术装置。

备注: 1.) 九黄车站由领队和导游协助客人自行拿行李上动车，抵达成都东站后安排小红帽帮客人拿一件行李

第9天 成都 ✈️ 入境 早午/机上用餐

人民公园: 成都的百年地标与市井生活的缩影。鹤鸣茶社人声鼎沸，是老成都“摆龙门阵”的中心；少城苑内盆景雅致，辛亥秋保路死事纪念碑巍然矗立。划船、采耳、赏花、在此可深度沉浸于蜀都最悠闲、真实的市民文化生活之中。

备注: 1.) 水果采摘期结束则更换为游览人民公园（包含茶+六宫格点心）
2.) 6-8月为水果采摘季，应季水果：水蜜桃，李子，葡萄等，安排一种水果采摘，以农场实际为准。

旅程结束，送往机场乘搭客机飞返美丽的家园。
鸿运期待与您再次出发！



Day 1

Depart✈ Chengdu

MOB

Assemble at international airport, departure international flight to Chengdu.

Day 2

Chengdu 230km Li Xian

BLD

Upon arrival, transfer to check-in hotel.

Ganbao Tibetan Village: A settlement primarily inhabited by the Jiarong Tibetans, known as the “Village on the Slope.” Built along the mountainside, its stone houses rise in layers like a stone fortress, showcasing the architectural ingenuity and rustic traditions of the Jiarong Tibetan people.

Taoping Qiang Village: Featuring yellow-brown stone houses constructed along the hillside, with winding and intricate alleys, it is the best-preserved living fossil of Qiang architecture, carrying the ancient history and remarkable wisdom of the Qiang people.

Day 3

Li Xian 195km Hongyuan

BLD

Emotang Flower Sea Scenic Area(Include Ticket + Shuttle): A natural scenic area combining highland grasslands and flower seas, renowned for its vast meadows, seasonal blooms, and Tibetan cultural charm.

Chazhen Liangzi: Chazhen Liangzi is the watershed dividing the Yellow River and the Yangtze River basins. A marker stands at the mountain pass, where visitors can symbolically “step into two river systems at once.” From here, one can gaze upon the magnificent scenery of grasslands intertwined with rolling mountains and experience the wonder of this natural geographical divide.

Note: From June to August 15, visits will be to the E'metang Flower Sea Scenic Area. From August 16 to October, this will be replaced by a visit to Moon Bay Scenic Area (subject to the scenic area's official opening announcements).

Day 4

Hongyuan 260km Diebu

BLD

Wache Pagoda Forest(On car view): Located in Wache Town, Hongyuan County, Sichuan, this pagoda forest was built to commemorate the chanting and blessing ceremonies of the Tenth Panchen Lama. More than a hundred pagodas of varying sizes stand alongside vast stretches of prayer flags. The sea of fluttering flags resembles a giant vessel setting sail, creating a solemn and magnificent scene beneath the grassland sky—an awe-inspiring fusion of faith and prairie landscape.

Huahu Wetland(Included Buggy): An important water conservation area in the upper reaches of the Yellow River, Huahu Wetland replenishes approximately 4.4 billion cubic meters of water annually and serves as a vital ecological barrier for the Yellow River basin. It perfectly embodies the ethereal beauty and vast openness of “China's Most Beautiful Wetland,” standing as the Yellow River's silent yet abundant breath.

The First Bend of The Yellow River(Include Escalators): A famous natural landscape in the upper reaches of the Yellow River, renowned for its river winding like a crescent moon, and hailed as the “First Bend of the Yellow River.”

Day 5

Diebu 110km Langmusi

BLD

Zhagana Scenic Area: In Tibetan, it means “Stone Box.” Hidden in Gannan, Gansu, it is a secret stone realm. Four mountains surround the Tibetan village, resembling a majestic fortress naturally built from cliffs. The village, terraced fields, and mist intertwine; at sunrise, golden light bathes the landscape, creating a scene that seems otherworldly. It is a paradise for hikers and a pure place to experience the authentic life of the Amdo Tibetans, earning it the reputation of “a place where immortals reside.”

Langmusi: A sacred site of Tibetan Buddhism, it consists of two ancient temples with profound religious and cultural heritage. Here, monks are abundant, prayer flags flutter in the wind, and the continuous chanting creates an atmosphere of solemnity and sanctity, allowing visitors to deeply feel the reverence of Tibetan Buddhism.

Day 6

Langmusi 228km Ngawa County

BLD

Awancang Wetland: An ecological gem at the first bend of the Yellow River. Here, waterways thread through boundless grasslands, forming the spectacular and picturesque “Gongsai Erkamu Dao” wetland landscape. With vast skies and rolling plains, and the melodious sound of pastoral songs, it serves as an important water conservation area for the upper reaches of the Yellow River. Known as “the kidney of the Earth,” it showcases the raw, majestic beauty of highland wetlands.

Niangma Monastery: Located deep within the Awancang Wetland in Maqu, Gansu, it houses the world's largest prayer wheel. The temple's golden roof gleams magnificently, harmonizing with the expansive grasslands and the winding Yellow River.

Gemo Monastery: Officially named “Gemo Temple Huiyuan Pagoda,” it is renowned for its grand architecture blending Tibetan and Han styles and its eight-story Faxi Tower that soars into the clouds. Inside, it houses China's tallest indoor Maitreya Buddha statue. The temple is not only an important Buddhist academy but also a museum preserving countless sacred relics, making it a magnificent center of religion, art, and culture in the Amdo Tibetan region.

Day 7

Ngawa County 342km Hongyuan

BLD

Lianbaoyeze: In Tibetan, it means “The Dignified Jade Peak.” This mysterious mountain cluster lies at the junction of Sichuan, Gansu, and Qinghai. The peaks rise like swords, piercing the clouds, while hundreds of glacial lakes, emerald-green like jewels, are scattered among the mountains. The waters of Zhagana Lake mirror the jagged, bizarre rocks, creating a landscape both magnificent and surreal. Not only is it the ancient battlefield of the legendary King Gesar, but it is also a secret paradise sought by hikers and photographers.

Day 8

Hongyuan 354km Chengdu

BLD

Lian Dao Ba Grassland(On car view): Composed of Wide Alley, Narrow Alley, and Well Alley, it blends Qing Dynasty courtyards with modern elements in blue-gray brick architecture.

Kuanzhai Alleys: Comprising three parallel lanes—Wide Alley, Narrow Alley, and Well Alley—this historic district blends Qing Dynasty brick-and-tile courtyards with modern fashion elements, creating a harmonious mix of tradition and contemporary style.

Chengdu SKP: Located in the bustling southern high-tech district of Chengdu, it is Asia's flagship luxury department store. With its unique “park + shopping” concept, it seamlessly integrates luxury retail, art curation, and underground park landscapes, creating an unprecedented three-dimensional fashion and art space.

Note: 1) At Jiuhuang Station, the tour leader and guide will assist guests in loading their luggage onto the high-speed train. Upon arrival at Chengdu East Station, a “Little Red Hat” assistant will help guests retrieve one piece of luggage.

Day 9

Chengdu ✈ Return

BL/MOB

People's Park: A century-old landmark in Chengdu and a microcosm of local life. The Heming Teahouse buzzes with lively chatter and serves as the heart of the old Chengdu tradition of “bai longmen zhan” (friendly, casual storytelling). In Shaocheng, the Wannei Bonsai Garden offers elegant displays, and the memorial plaque commemorating the 1911 Autumn Revolution stands solemnly. Visitors can row boats, enjoy ear-picking services, admire flowers, and fully immerse themselves in the most leisurely and authentic aspects of Sichuanese urban culture.

Note: 1) If the fruit-picking season has ended, the activity will be replaced with a visit to People's Park (including tea and six-compartment dim sum)
2) The peach-picking season runs roughly from June to August. Seasonal fruits—such as peaches, plums, and grapes—may be picked, with the exact fruit depending on the farm's availability.

End of journey, return flight to home.
iO Travel hope to serve you again soon!

20260504

出发日期 DEPARTURE DATE :

团费 TOUR FARE :

必须符合条款：

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4. 自由活动期间自费项目由客人自行选择与付费。
5. 如有包含门票，将特别注明。
6. 如有购物站，将特别注明。
7. 旅程以华语，粤语或英文讲解。
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- 2) All flight are subject to change without prior notice.
- 3) All booking will be subjected to terms and conditions as stipulated in the official receipts.
- 4) Participation of optional tours will be at passengers own expense.
- 5) Admission and entrance ticket will be included where specified.
- 6) Shopping stops will be included where specified.

- 7) Tour is conducted in Chinese, Cantonese or English.
- 8) Minimum group size of 16 passenger is required for a confirmed departure. Group size of 15 and below will solely be at discretion of iO travel.
- 9) All hotel rating are based on local standard. In the event that accommodation if the stated hotel is unavailable, it will be replaced by hotel of similar standards.
- 10) Room types are based on run of house an allocated by respective hotels. iO will not be responsible for the differences of the room allocated.
- 11) iO travel recommends you to buy travel insurance for your travel related coverage.
- 12) In the event if discrepancies between English and Chinese itinerary, please refer to Chinese Version.

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