

梦寻河西

A Dream Journey
Through Hexi, Beneath
the Gansu-Qinghai Skies

苍穹甘青



9天7晚 • 踏遍河西万里共赴甘青诗篇

推荐自费:世界级的文化名片大型沉浸式表演秀《乐动敦煌》+ 骑骆驼 = 人民币428/人
Recommended Optional Tour : "The Sound of Dunhuang" + Camel Riding = RMB428/person



全程入住4+5星级舒适酒店
Stay throughout at 4+5-star
comfortable hotels



全程2+1豪华大巴
Travel throughout by luxury coach
With 2+1 seats



藏王宴, 烤全羊等风味餐
Enjoy local specialties such as Tibetan
Royal Feast and Roast Whole Lamb

1	吉隆坡 - 兰州 KUL - Lanzhou 餐食Meals：机上用餐MOB
	出发地乘机前往兰州，抵达后乘车前往兰州酒店入住！ Depart from your hometown by flight to Lanzhou. Upon arrival, transfer to the hotel in Lanzhou for check-in. 住宿：兰州佰翔酒店或同级
2	 兰州 - 张掖 Lanzhou - Zhangye 餐食Meals：早B/午L/晚D 早餐后前往游览【七彩丹霞（含门票+景交车）】这里有数以千计的悬崖山峦，全部呈现出鲜艳的丹红色和红褐色，造型非常奇特。接着前往【丹霞口小镇】西北特色文旅小镇，集特色美食，情景商业，民俗文化等的休闲度假中心。 After breakfast, visit Zhangye Danxia National Geopark (admission & shuttle included), known for its colorful mountains and spectacular natural landscapes. Then explore Danxiakou Town, a northwest cultural town featuring local cuisine, folk culture, and leisure experiences. 住宿：张掖欧兰斯帝酒店或同级
3	 张掖 - 敦煌 Zhangye - Dunhuang 餐食Meals：早B/午L/晚D 早餐后，前往游览【嘉峪关（含门票+景交车）】因其地势险要、建筑雄伟，素有“天下第一雄关”之称。随后车览【艺术雕塑长廊（大地之子、无界）】体验敦煌的艺术魅力。可自费观看【乐动敦煌】 After breakfast, visit Jiayuguan Pass (admission + shuttle bus included), known as the “First Pass Under Heaven.” Then enjoy the Art Sculpture Corridor featuring “Son of the Earth” and “Boundless.” Optional Dynamic Dunhuang show offers a spectacular cultural experience. 住宿：敦煌天润国际或同级
4	 敦煌 Dunhuang 餐食Meals：早B/午L 早餐后游览【莫高窟】一览佛教艺术瑰宝。是集建筑、彩塑、壁画为一体的文化艺术宝库，是人类优秀的文化遗产。下午游览【鸣沙山、月牙泉（含门票）】可自费体验骑骆驼，在鸣沙山上欣赏沙泉相依、沙不掩泉、泉不枯竭的奇景。晚上游览【沙洲夜市】是集商贸交易与民俗体验为一体的综合性夜市。 Visit Mogao Caves, a cultural treasure of Buddhist art. Then explore Mingsha Mountain & Crescent Spring (admission included), with an optional camel ride experience. In the evening, visit Shazhou Night Market for local flavors and folk culture. 住宿：敦煌天润国际或同级
5	 敦煌 - 格尔木 Dunhuang - Golmud 餐食Meals：早B/午L/晚D 早餐后前往格尔木。途径车览中国最美公路【U型公路】，抵达后游览中国最大的盐湖【察尔汗盐湖（含门票+景交车）】是中国最大盐湖，也是世界第二大盐湖。因湖内高浓度卤水逐渐结晶成盐而形成于数亿年前。晚餐后，入住酒店。 After breakfast, head to Golmud via the scenic U-shaped Highway. Visit Qarhan Salt Lake (admission + shuttle bus included), China’ s largest salt lake, known for its crystal-clear salt formations. 住宿：格尔木雅致酒店或同级
6	 格尔木 - 茶卡 Golmud - Chaka 餐食Meals：早B/午L/晚D 早餐后前往茶卡镇，游览【茶卡盐湖（含门票+往返小火车+鞋套+航拍+旅拍）】四面雪山环绕，平静的湖面像镜子一样，反射着让人陶醉的景色。晚餐后入住酒店。 After breakfast, head to Chaka Town and visit Chaka Salt Lake (admission + round-trip train + shoe covers + aerial photography + travel photography included). Surrounded by snow-capped mountains, the mirror-like lake creates a breathtaking landscape. After dinner, check in at the hotel. 住宿：茶卡白兰道酒店或同级
7	 茶卡 - 西宁 Chaka - Xining 餐食Meals：早B/午L/晚D 早餐后，前往【特色藏寨】了解当地藏族人民生活习惯。接着游览【青海湖二郎剑（含门票）】让人惊异的湛蓝与两岸绿油油的草地相衬，晴朗的天空淡淡的白云下，盛夏绽放的各色野花。途中远眺【日月山】。晚餐品尝特色【藏王宴】后入住酒店。 After breakfast, visit a Tibetan Village to experience the local lifestyle and culture. Then explore Qinghai Lake Erlangjian Scenic Area (admission included), where crystal-blue waters, green grasslands, wildflowers, and grazing herds create a stunning highland paradise. Enjoy a scenic drive past Riyue Mountain, then head to Xining for a special Tibetan Royal Feast before hotel check-in. 住宿：西宁永和酒店或同级
8	 西宁 - 兰州 - 吉隆坡 Xining - Lanzhou - KUL 餐食Meals：早B/午L/晚D 早餐后，前往【黄河楼（含门票）】- 兰州地标建筑，楼内设有黄河文化展厅，登上顶层可俯瞰波澜壮阔的黄河。尔后参观【牛肉面博物馆】体验DIY牛肉拉面和品尝拉面。游览【黄河风情线】黄河蜿蜒穿城，风光绵延的滨水景观长廊。送机结束愉快的旅程。 After breakfast, visit the DIY Beef Noodle Museum in Lanzhou and experience the process of making authentic Lanzhou beef noodles. Explore the Yellow River Tower (admission included), a landmark building with a Yellow River culture exhibition hall and panoramic views of the magnificent river. Stroll along the Yellow River Scenic Line, a beautiful riverside promenade, before airport transfer to end the pleasant journey.
9	抵达 HOME 餐食Meals：机上用餐MOB 抵达吉隆坡，解散后各自返回温暖的家。 Arrive in Kuala Lumpur. After dispersing, return to your own homes.