

九色香巴拉

Jiuse Shangri-La ·
Gannan, Gansu

甘肃甘南

东方
小瑞士



9天7晚 · 锦绣川西美如画，藏羌古韵风情浓



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娘玛寺

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羌式、藏式，特色羊肉等地道美食
Qiang-style & Tibetan-style cuisine,
featuring authentic local lamb specialties

1	出发 - 成都 Departure - Chengdu 客人带着愉快的心情前往国际机场办理登机手续，搭乘班机飞往成都。 With joyful spirits, guests proceed to the international airport for check-in and board their flight to Chengdu.		TOUR CODE : 7NCDGN-1
2	成都 Chengdu 餐食Meals: 早B/午L/晚D  抵达后，由专业导游接机，在机场酒店享用早餐后，前往【洛带古镇】，感受慢节奏古镇风情与文化遗产 随后前往由老工业厂区改造而成的创意文化园区【东郊记忆】，结束后，入住酒店休息。 Upon arrival, meet your guide at the airport. After breakfast at the airport hotel, visit Luodai Ancient Town to experience its traditional charm, then proceed to Dongjiao Memory, a creative industrial heritage park. After the tour, check in to the hotel and rest. 住宿：成都AC酒店或凤凰山智选假日酒店或同级		
3	成都 - 红原 Chengdu - Hongyuan 餐食Meals: 早B/午L/晚D  早餐后，乘车出发。途经童话公路&鹈鹕山隧道，车观米亚罗，层林尽染的旅途，让你舍不得闭上眼！接着游览开在高原的绚丽花海【俄么塘·花海】(含观光车)，打卡壮阔【长江黄河分水岭】，翻越云端辽阔的【查针梁子】结束后，入住酒店休息。 备注：俄么塘·花海景区预计6月-8月15日开放，其它时间则更换为游览桃坪羌寨（老寨子）（具体开放时间以景区实际公告为准） After breakfast, depart by coach. Pass Fairy Tale Road and Zagushan Tunnel, enjoy a drive-by view of Miyaluo’ s colorful forests, visit E’ motang Flower Sea (sightseeing shuttle included), stop at the Yangtze–Yellow River Watershed, and cross Chazhen Liangzi. After the tour, check in and rest. Note: E'motang Flower Sea is open from Jun–15 Aug. Outside this period, it will be replaced by Taoping Qiang Village (Old Village), subject to the scenic area’ s notice. 住宿：红原戴斯温德姆酒店或同级		
4	红原 - 若尔盖 Hongyuan - Ruoergai 餐食Meals: 早B/午L/晚D  早餐后，乘车出发。车观庄严肃穆的瓦切塔林。接着前往壮美震撼的【九曲黄河第一湾】（含上行扶梯），俯瞰黄河蜿蜒如带；随后游览如诗如画的【花湖生态旅游区】（含电瓶车），湖天一色、湿地辽阔。晚餐后，入住酒店休息。 After breakfast, depart by coach and pass Waqie Pagoda Forest. Visit the spectacular First Bend of the Yellow River (upward escalator included), then explore the scenic Huahu Ecological Scenic Area (electric shuttle included). After dinner, check in to the hotel and rest. 住宿：若尔盖唐古特酒店或同级		
5	若尔盖 - 郎木寺 Ruoergai - Langmusi 餐食Meals: 早B/午L/晚D  早餐后，前往宛如世外桃源的【扎尕那景区】（含接驳车），登临【仙女滩观景台】，远眺群峰环抱的藏寨风光，欣赏鬼斧神工的天然石林；随后前往被誉为“东方小瑞士”的【郎木寺】（入内参观）感受浓郁的藏传佛教文化与宁静圣洁的高原风情。 After breakfast, visit Zhagana Scenic Area (shuttle included) and enjoy panoramic views of Tibetan villages, rugged peaks, and natural stone forests. Then proceed to Langmusi (entrance included), the “Little Switzerland of the East,” to experience its unique Tibetan culture and tranquil highland scenery. 住宿：郎木寺国际大酒店或同级		
6	郎木寺 - 阿坝 Langmusi - Aba 餐食Meals: 早B/午L/晚D  早餐后，前往【娘玛寺世界最大转经筒】，感受震撼人心的藏传佛教文化魅力；随后游览水草丰美、候鸟云集的【阿万仓湿地】（含门票）欣赏辽阔纯净的高原湿地风光；接着前往庄严肃穆的【各莫寺】，领略浓厚的藏族宗教文化与人文底蕴。 After breakfast, visit the World’ s Largest Prayer Wheel at Namma Monastery, then explore the scenic Awancang Wetland (admission included), known for its vast grasslands and pristine wetland views. Continue to Ge’ er Monastery to experience its rich Tibetan religious heritage. 住宿：阿坝安德喜纳酒店或阿坝朵兰达V酒店或同级		
7	阿坝 - 红原 Aba - Hongyuan 餐食Meals: 早B/午L/晚D  早餐后，游览被誉为“天神后花园”的【莲宝叶则】（含观光车），欣赏奇峰林立的石头山群与碧蓝如镜的高山湖泊，感受雪山、圣湖与草原交织而成的壮美高原秘境。晚餐后，入住酒店休息。 After breakfast, visit Lianbaoyeze (sightseeing shuttle included), known as the “Back Garden of the Gods.” Admire its dramatic peaks and crystal-clear alpine lakes amidst stunning highland scenery. After dinner, check in to the hotel and rest. 住宿：红原戴斯温德姆酒店或同级		
8	红原 - 成都 Hongyuan - Chengdu 餐食Meals: 早B/午L/晚D  早餐后，从红原出发，前往古朴宁静的【甘堡藏寨】，漫步藏式村落，感受浓郁的嘉绒藏族风情与独特民俗文化；随后返回成都，游览热闹繁华的【锦里古街】，穿梭于古色古香的街巷之间，品味地道巴蜀风情与悠闲慢生活。 After breakfast, depart from Hongyuan and visit Gambu Tibetan Village, a peaceful settlement rich in Jiarong Tibetan culture and traditions. Then return to Chengdu and explore Jinli Ancient Street, strolling through its charming old lanes while experiencing authentic Bashu culture and local flavors. 住宿：成都青羊豪生life酒店或同级		
9	成都 - 回程 Chengdu - Return 餐食Meals: 早B/午L 早餐后，前往春熙路步行街，IFS熊猫爬墙，太古里。畅游成都最著名步行街。午餐后根据航班时间送机，返回温暖的家！ After breakfast, explore Chunxi Road, IFS Panda Wall, and Taikoo Li. After lunch, transfer to the airport for your flight home.		