

TOUR CODE : 7NNMGSP- AK

Starry Deserts, Endless Wonders
of Ningxia,
Inner Mongolia & Gansu

大漠星河

大美宁夏



9天7晚

驼铃声里邂逅金城兰州梦



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

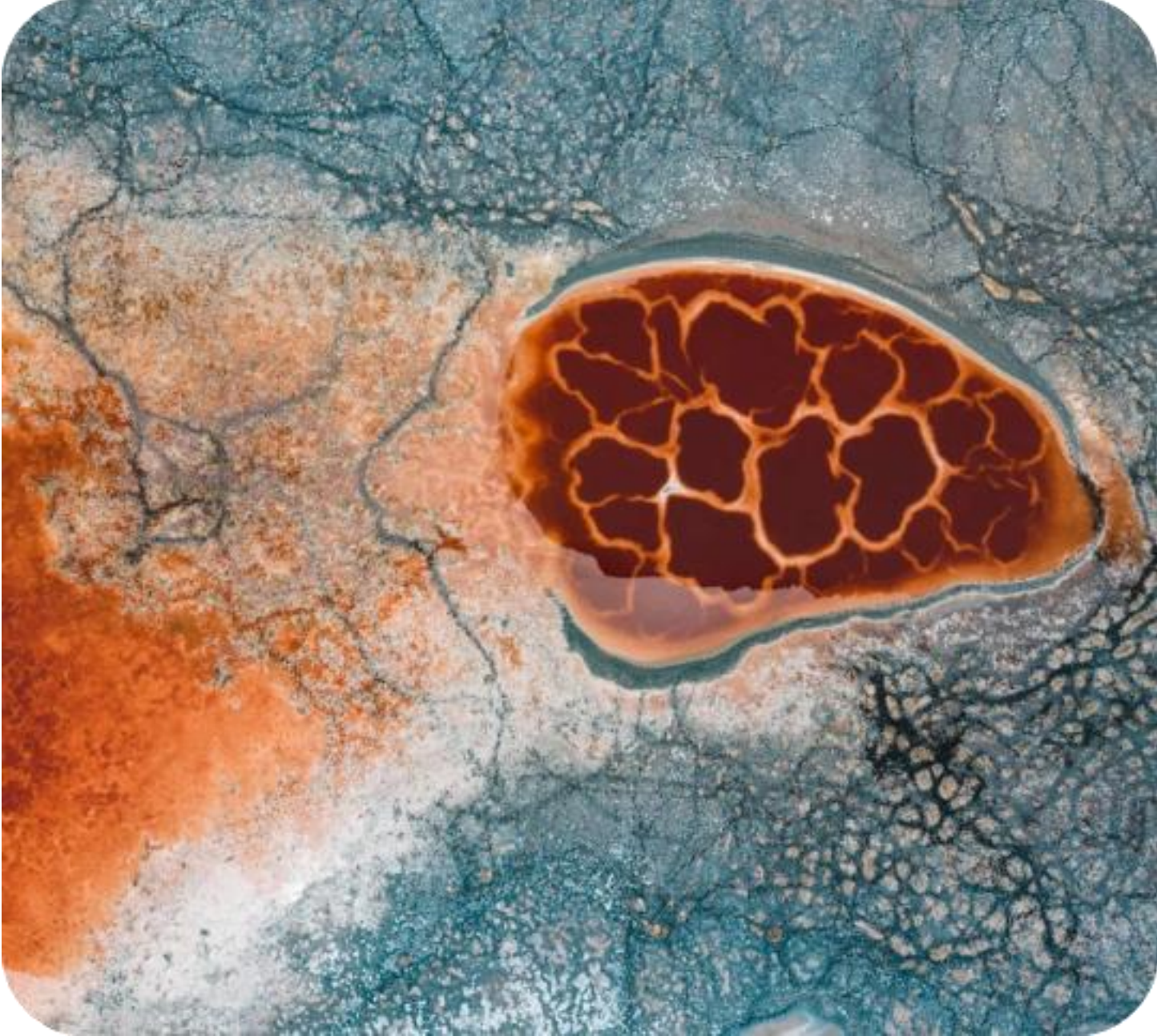
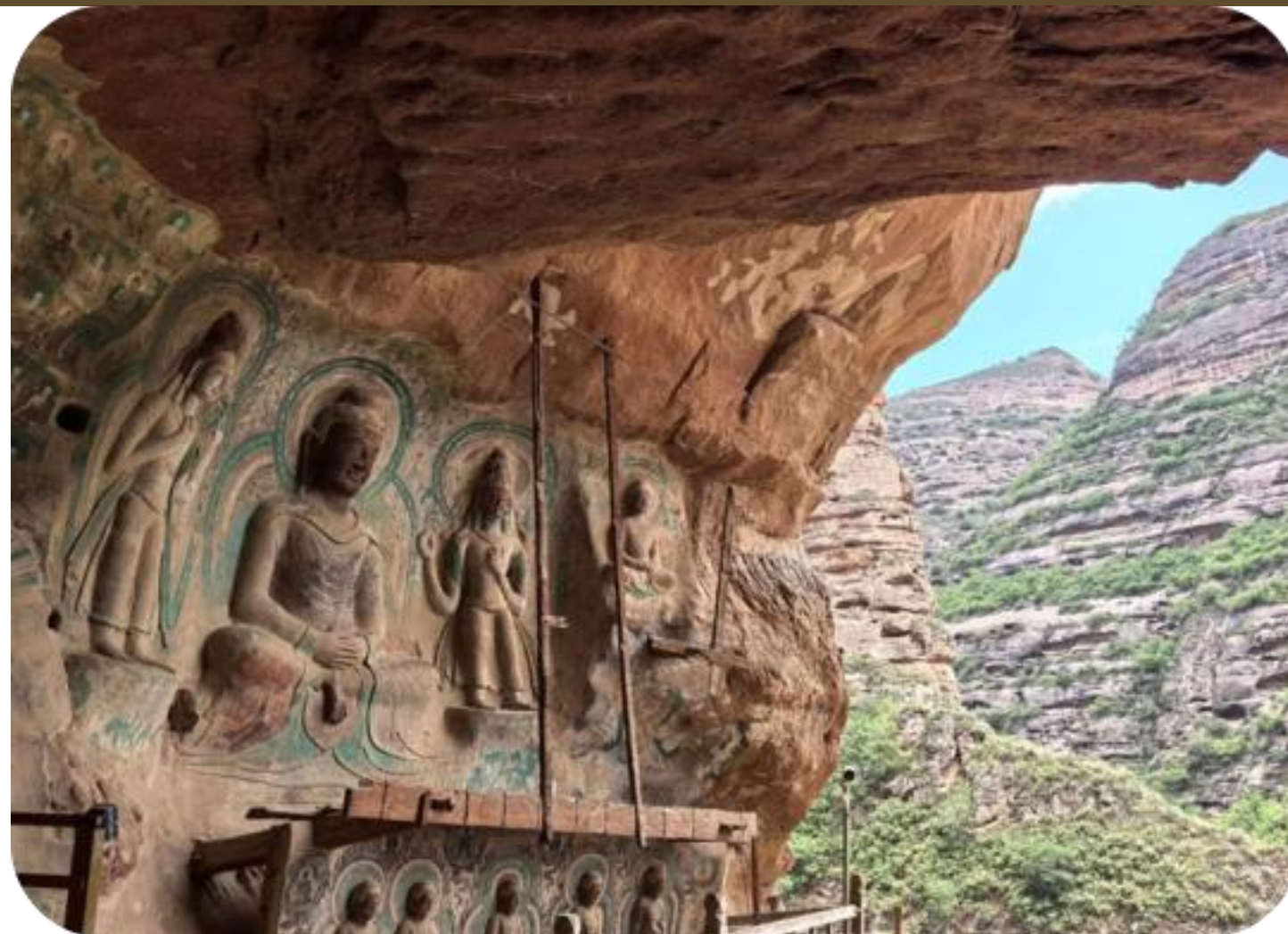
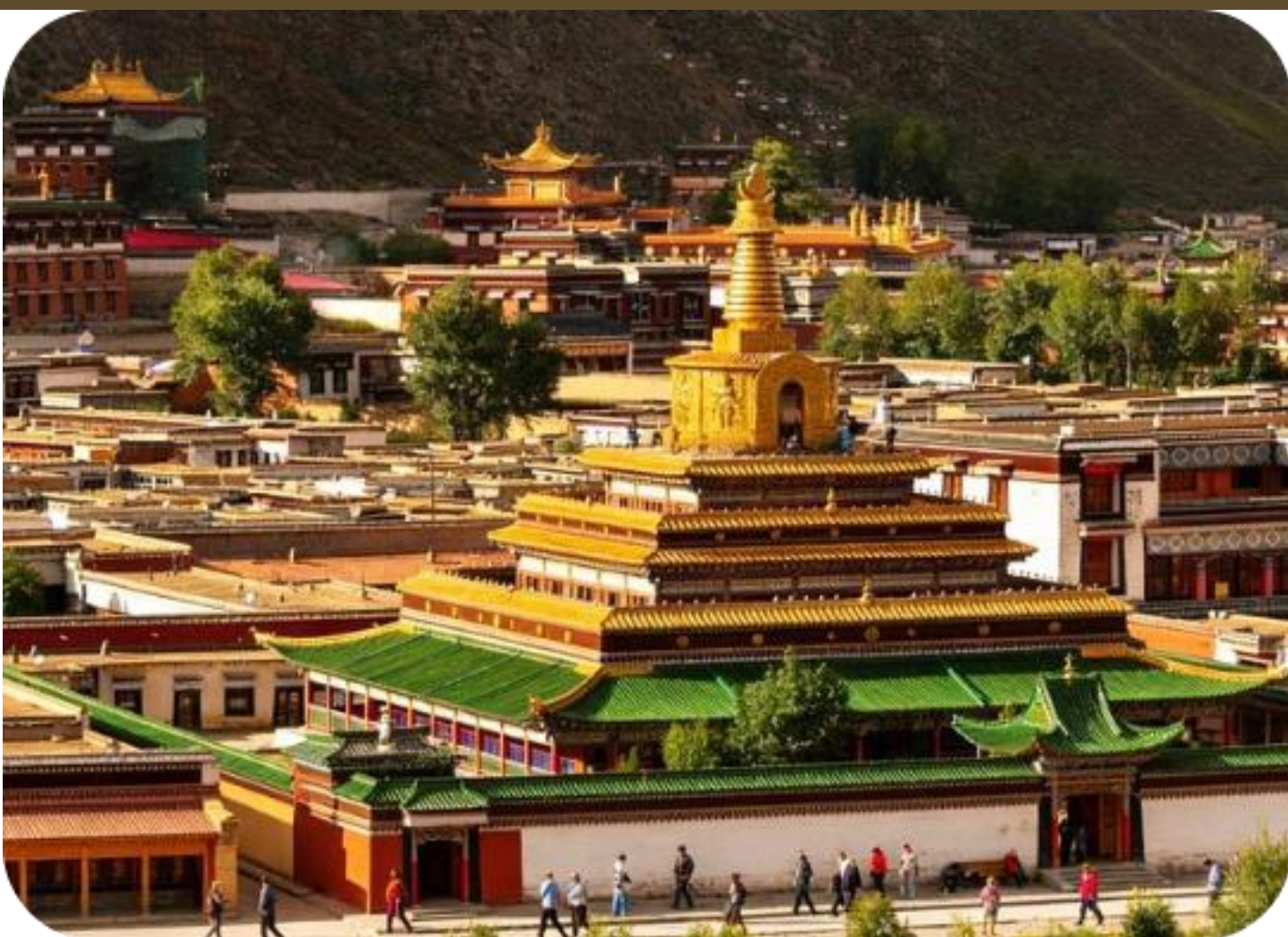


全程2+1豪华大巴
Travel throughout by luxury coach
with 2+1 seats



藏王宴，手抓羊肉等地道美食
Authentic Local Delicacies: Zangwang
Feast, Hand-Grilled Lamb and More.

*图片仅供参考，如有变动，本公司将有权利进行更改。 Images are for reference only. The company reserves the right to make changes if necessary.

1	吉隆坡 - 兰州新区 KUL - Lanzhou New Area 餐食Meals：机上用餐MOB
2	出发地乘机前往兰州，抵达后入住兰州新区！ Depart from your hometown by flight to Lanzhou. Upon arrival, transfer to the hotel in Lanzhou New Area. 住宿：兰州佰翔酒店或同级
3	 兰州新区 - 银川 Lanzhou New Area - Yinchuan 餐食Meals：早B/午L/晚D
4	早餐后乘车前往银川，游览【镇北堡影视城】是宁夏以荒凉古堡为特色的影视基地，因《大话西游》等景点影片在此取景而闻名。晚品尝宁夏特色餐【九碗十三花】后入住酒店。 After breakfast, travel to Yinchuan and visit Zhenbeibao Western Film Studio, a famous film studio in Ningxia known for its ancient fortress scenery and as the filming location of movies such as A Chinese Odyssey. In the evening, enjoy the local specialty feast “Nine Bowls Thirteen Delicacies” before checking in to the hotel. 住宿：银川智选假日酒店或同级
5	 银川 - 中卫 Yinchuan - Zhongwei 餐食Meals：早B/午L/晚D
6	早餐后游览【西夏王陵】(含电瓶车)是西夏王朝历代皇帝的陵墓以及陪葬墓群。接着参观酒文化博物馆 - 【葡萄酒品鉴】后体验【沙漠越野】穿越部分腾格里沙漠，欣赏美丽的盐湖奇景。接着游览形状似驼峰的【骆驼湖】打卡【蛋黄湖】&【乌兰湖】晚上品尝【大漠风情宴】感受当地的特色、在沙漠酒店可以滑沙，骑骆驼(自费)等，最后参加【沙漠篝火晚会】,结束后入住酒店。 After breakfast, visit Western Xia Imperial Tombs (including electric car), then enjoy wine tasting at a local wine culture museum. Continue with a desert off-road adventure in the Tengger Desert, visiting Camel Lake, Egg Yolk Lake, and Ulan Lake. In the evening, enjoy a desert banquet and stay at the desert “Star Hotel” , with optional sand sliding and camel riding, followed by a desert bonfire party. 住宿：中卫观星酒店或同级
7	 中卫 - 沙坡头 - 兰州新区 Zhongwei - Shapotou - Lanzhou New Area 餐食Meals：早B/午L/晚D
8	早餐后前往【枸杞园】“中国枸杞之乡”，这里出产的枸杞是公认的地道药材和滋补佳品。【沙坡头】(含电瓶车)雄浑大漠与滔滔黄河在此交织，集大漠、黄河、绿洲为一体，也因独特的治沙理念而闻名于世，被称为中国最美的沙漠景观。晚上入住酒店。 After breakfast, visit a goji berry plantation in Zhongwei, then proceed to Shapotou (including electric car), where desert, river, and oasis landscapes meet. After dinner, transfer to Lanzhou New Area and check in to the hotel. 住宿：兰州佰翔酒店或同级
9	 兰州新区 - 永靖 Lanzhou New Area - Yongjing 餐食Meals：早B/午L/晚D
10	早餐后前往中国首座百万千瓦级水电站【刘家峡】，然后在刘家峡向阳码头坐船前往【炳灵寺石窟】(含船票)，石窟深藏黄河峡谷，千年佛陀静坐于丹霞赤壁之上，在荒凉与不朽间，低语着信仰的辉煌。晚餐后入住酒店。 After breakfast, visit Liujiaxia Hydropower Station, China’ s first large-scale hydropower station. Then take a boat from Liujiaxia Xiangyang Pier to Bingling Temple Grottoes (including boat ticket), a historic grotto site along the Yellow River canyon. After dinner, check in to the hotel . 住宿：永靖黄河明珠国际酒店或同级
11	 永靖 - 合作 Yongjing - Hezuo 餐食Meals：早B/午L/晚D
12	早餐后前往【八坊十三巷】建筑融合了回族砖雕、汉族木刻、等多元文化元素，堪称西北民族建筑的“大观园”。下午参观【拉卜楞寺】(含门票)被誉为世界藏学府，是藏传佛教格鲁派六大寺院之一。晚上享用特色餐【藏王宴】，晚上入住酒店。 After breakfast, visit Bafang Shisanxiang, featuring Hui brick carvings, Han wood carvings, and diverse ethnic architecture. Then explore Labrang Monastery (admission included), one of the six major Gelug monasteries of Tibetan Buddhism. Enjoy a special Tibetan Royal Feast . After dinner, check in to the hotel. 住宿：合作诺桑洲际酒店或同级
13	 合作 - 兰州 Hezuo - Lanzhou 餐食Meals：早B/午L
14	早餐后前往甘南最美的草原【美仁草原】牦牛漫步，羊群悠闲地吃草，草原以独特的丘陵曲线，展现着青藏高原边缘的雄奇和柔美。晚餐于【新光夜市】自理，这里是兰州最具烟火气的美食地标【特别赠送网红手打咖啡一杯】。尔后入住酒店。 After breakfast, visit Meiren Grassland, enjoy yaks grazing and sheep roaming across rolling grassland scenery. Lunch: Kaiguo Lamb Hotpot. Dinner is self-arranged at Xinguang Night Market, a lively local food street. A complimentary hand-brewed coffee is included. After the tour, check in to a hotel in Lanzhou. 住宿：兰州兰悦酒店或同级
15	 兰州 - 吉隆坡 Lanzhou - KUL 餐食Meals：早B/午L/晚D
16	早餐后游览【甘肃省博物馆】，是丝路文明的璀璨殿堂，藏有浓郁的甘肃千年文明与丝绸之路辉煌。中午参观【牛肉面博物馆】体验DIY牛肉拉面。下午游览【黄河风情线-中山桥、黄河母亲雕塑、水车园】 - 全国最长的城市滨河景观。送机结束愉快的旅行！ After breakfast, visit Gansu Provincial Museum to explore Silk Road culture. Experience DIY Lanzhou beef noodles at the Beef Noodle Museum. Then visit the Yellow River Scenic Line including Zhongshan Bridge, Yellow River Mother Sculpture, and Waterwheel Expo Park before heading to the airport. End of a wonderful journey!
17	抵达 HOME 餐食Meals：机上用餐MOB
18	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.

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