

Discover Qinlong's
Hidden Gems,
Roam Across Gansu

秦陇秘境

悠游甘陇



9天7晚

秦陇山水映风华一城风景醉天下



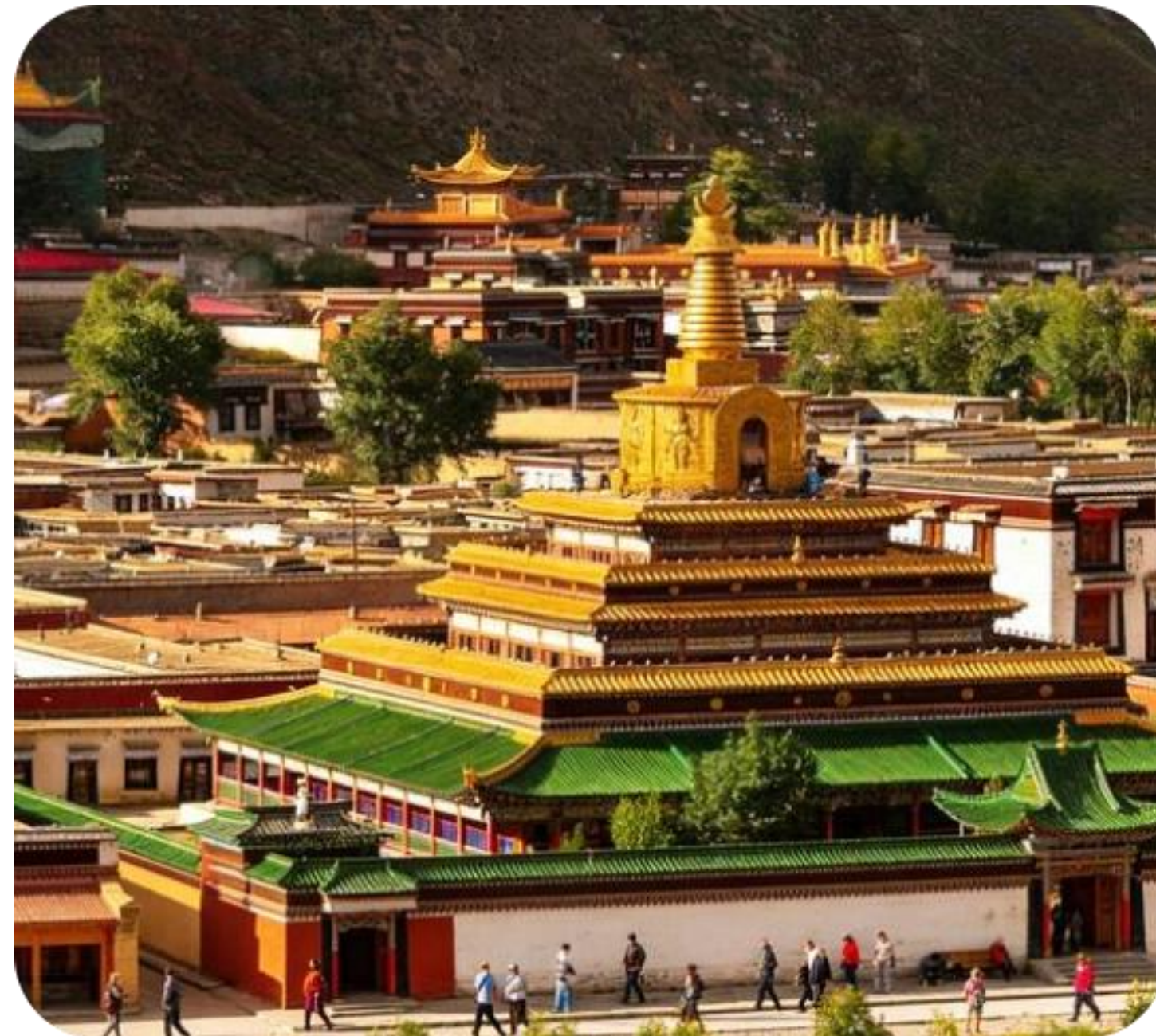
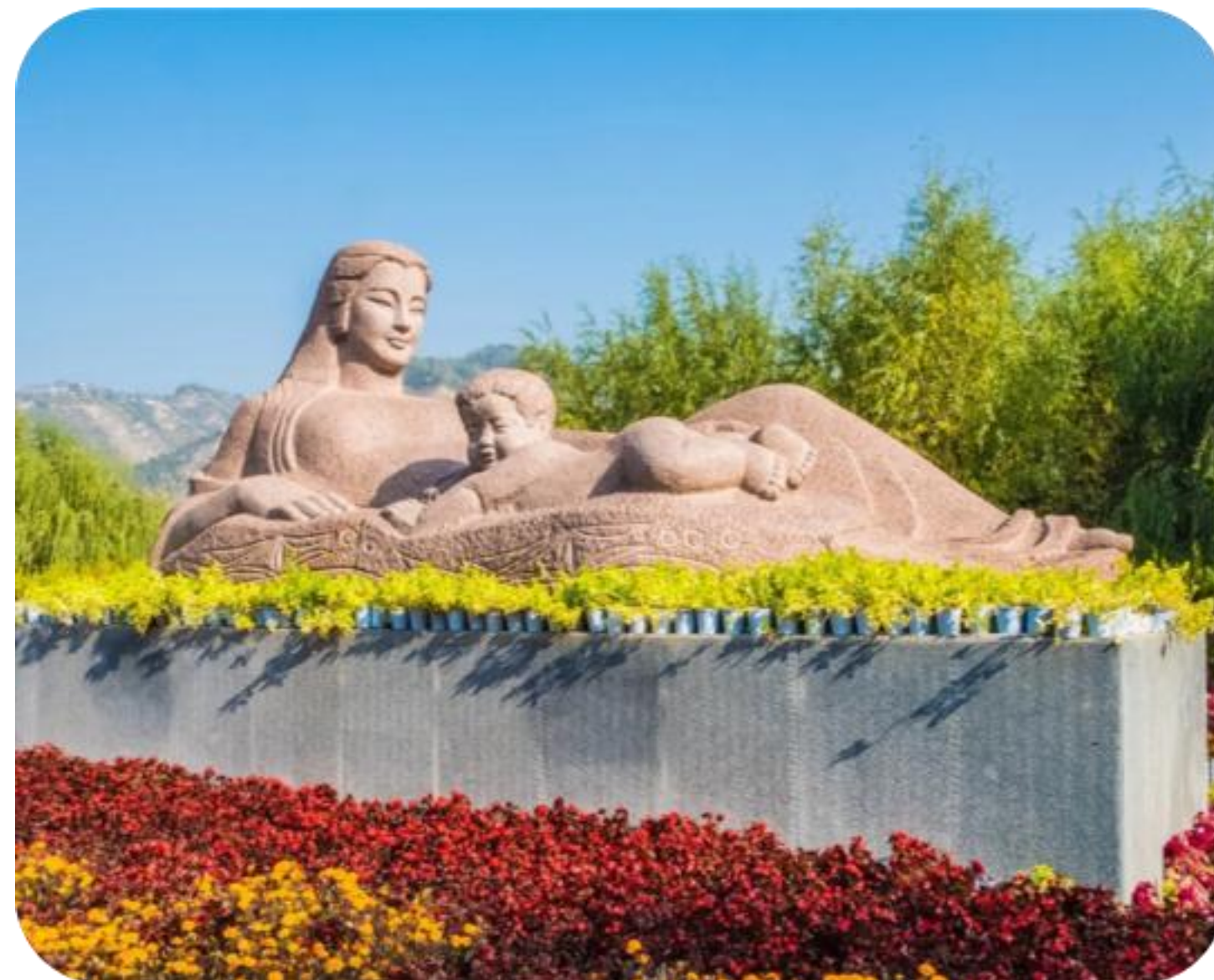
全程入住4+5星级舒适酒店
Stay throughout at 4+5-star
comfortable hotels



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



手抓羊肉,牦牛汤锅等风味餐
Hand-Grabbed Lamb, Yak Hot Pot and
Other Authentic Local Delicacies

1	吉隆坡 - 兰州 KUL - Lanzhou 餐食Meals: 机上用餐MOB
2	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：兰州中川佰翔酒店或同级
3	 兰州 - 天水 Lanzhou - Tianshui 餐食Meals: 早B/午L 早餐后前往天水，参观【麦积山石窟】- 素有“东方雕塑陈列馆”的美誉。后游览【天水古城】- 西北地区现存规模较大和保存较完整的明清时期居民院落群。 After breakfast, travel to Maijishan Grottoes, known as the "Oriental Sculpture Gallery." Then visit Tianshui Ancient City, one of the best-preserved Ming and Qing Dynasty ancient towns in northwestern China. 住宿：天水美豪丽致酒店或同级
4	 天水 - 宕昌 Tianshui - Dangchang 餐食Meals: 早B/午L/晚D 早餐后乘车前往宕昌，游览【官鹅沟 (含门票+观光车)】藏于山谷之间的“秘境画廊”，以幽瀑、碧潭、彩林闻名。这里远离喧嚣，原始生态完好，每一步都像踏入自然雕琢的清幽画卷。 After breakfast, travel to Dangchang and visit Guan'egou Scenic Area (admission & shuttle included), a hidden valley paradise famed for its waterfalls, emerald lakes, and colorful forests, offering breathtaking unspoiled natural scenery. 住宿：宕昌水岸阳光酒店或同级
5	 宕昌 - 扎尕那 - 若尔盖 Dangchang - Zhagana - Ruoergai 餐食Meals: 早B/午L/晚D 早餐后，游览【扎尕那 (含门票+环保车)】清晨云雾缭绕时宛如仙境，午后阳光洒下则尽显田园静谧，是藏地风光与人文烟火交融的“香巴拉净土”，这里山势奇峻、景色优美，犹如一座规模宏大的石头宫殿。 After breakfast, visit Zhagana (admission & eco-shuttle included), a hidden Tibetan paradise where misty mornings create a fairyland-like atmosphere. Surrounded by dramatic peaks and peaceful villages, it is often praised as the "Shangri-La of Tibet," resembling a magnificent natural stone palace. 住宿：唐古特酒店或同级
6	 若尔盖 - 阿坝 Ruoergai - Aba 餐食Meals: 早B/午L/晚D 早餐后，前往游览【花湖 (含门票+景区交通)】草原上的天然秘境，澄澈湖水倒映着蓝天白云与远处山峦。 午餐后游览【黄河九曲第一湾】登观景台远眺，草原铺展如毯，河水似银带流转。这里是四川、青海、甘肃三省的交界地，从源头缓缓流来的黄河在这里曲折九拐，在草原上留下了优美的景致。 After breakfast, visit Flower Lake (admission & scenic shuttle included), a natural paradise on the grassland where crystal-clear waters reflect the blue sky, white clouds, and distant mountains. After lunch, explore the First Bend of the Yellow River, where the winding river flows like a silver ribbon across the vast grasslands, creating a breathtaking landscape at the junction of Sichuan, Qinghai, and Gansu. 住宿：生升洲际或同级
7	 阿坝 - 郎木寺 Aba - Langmusi 餐食Meals: 早B/午L/晚D 早餐后车赴【莲宝叶则 (含门票+景区交通)】，群峰如刀削斧劈，直指苍穹，是自然与信仰共舞的高原圣境。乘车赴【世界最大转经筒】2018年获吉尼斯世界纪录认证，需多人合力顺时针推动。【郎木寺】一半信仰一半仙境。 After breakfast, visit Lianbaoyeze Scenic Area (admission & scenic transportation included), a highland wonder with towering peaks and breathtaking natural landscapes. Continue to the World's Largest Prayer Wheel, certified by Guinness World Records in 2018, and experience its unique Tibetan Buddhist tradition. Afterwards, visit Langmusi, a mystical destination where sacred faith meets stunning scenery. 住宿：郎木寺国际大酒店或同级
8	 郎木寺 - 合作 - 临夏 Langmusi - Hezuo - Linxia 餐食Meals: 早B/午L/晚D 早餐后，前往游览【财神殿】这里香火鼎盛，建筑古朴庄严，游客可自由选购当地特色工艺品，感受浓郁的民俗文化与地方风情。随后参观【拉卜楞寺】，作为藏传佛教格鲁派六大寺院之一，被誉为“世界藏学府”，漫步其中可感受壮观的寺院建筑、虔诚的信仰氛围与独特的藏地魅力。途中车览【甘南大草原】辽阔无垠的草原铺展在天地之间，远处雪山、蓝天、白云与牛羊相映成趣，宛如一幅壮美的高原诗画。 After breakfast, visit Caishen Temple to experience local culture and browse traditional handicrafts. Explore Labrang Monastery, one of the six major Gelug monasteries, known as the "World Tibetan Academy." Enjoy the scenic drive through the Gannan Grassland, surrounded by vast meadows, blue skies, and majestic mountain views. 住宿：临夏百顺中天酒店或同级
9	 临夏 - 兰州 - 吉隆坡 Linxia - Lanzhou - KUL 餐食Meals: 早B/午L 早餐后前往【兰州牛肉面博物馆DIY】参观牛肉面博物馆+亲身体验DIY兰州牛肉面体验+品尝兰州牛肉面。 游览【黄河风情线】-【中山桥】、【水车园】、【黄河母亲雕塑】解锁金城兰州的滨河魅力，后前往【新光夜市】这里汇聚了各地美食，是兰州人间烟火的聚集地和夜生活热点。在新光夜市的慢节奏里，享受手打咖啡带来的慢时光。送机结束愉快的旅程。 After breakfast, visit the Lanzhou Beef Noodle Museum for a DIY noodle-making experience and taste authentic Lanzhou beef noodles. Explore the Yellow River Scenic Line, including Zhongshan Bridge, Waterwheel Garden, and Mother Yellow River Sculpture. In the evening, enjoy local flavors and a relaxing coffee time at Xinguang Night Market. Transfer to the airport for your departure flight.
9	抵达 HOME 餐食Meals: 机上用餐MOB
9	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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