

NWC08A/B



SUPER TRAVELS

8/10 天甘南秘境经典游

8 /10 DAY CLASSIC TOUR OF GANNAN /XI'AN

Super Travels Pte Ltd

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行程要点!

🌸 全程【无购物】!

- ❖ 天水麦积山：坐落于“陇上江南”甘肃省天水市，属于国家AAAAA级旅游景区，中国四大石窟之一
- ❖ 官鹅沟国家森林公园：森林景观、草原景观、地貌景观、水体景观、天象景观等自然景观和人文景观于一体，湖泊如珠、峡谷如线、瀑布如织，动植物分布多样，生态环境优美，自然景观奇特
- ❖ 扎尕那：是一座完整的天然“石城”，俗有“阎王殿”之称，地形既像一座规模宏大的巨型宫殿，又似天然岩壁构筑的一座完整古城
- ❖ 郎木寺：有「东方小瑞士」美誉，吸引许多外国摄影家前来朝圣
- ❖ 花湖：热尔大坝草原上的一个天然海子
- ❖ 九曲第一湾：是地理上的一大奇观
- ❖ 郭莽湿地：甘南最美牧场之一
- ❖ 拉卜楞寺：是藏传佛教格鲁派六大寺院之一，被世界誉为“世界藏学府”
- ❖ 甘加秘境：甘南最神秘的存在



住宿

全程当地 4+5 或携程 4 钻



必须自费项目

鹅嫚沟 + 八坊十三巷 + 高原火锅 + 拉桑寺院 = RMB600/人



第一天：新加坡→上海→兰州

今天您乘坐豪华客机飞往兰州。

第二天：兰州 - 夏河（早/午/晚餐）

【拉卜楞寺】拉卜楞寺，位于甘肃省甘南藏族自治州夏河县，藏语全称为：“噶丹夏珠达尔吉扎西益苏奇具琅”，意思为具喜讲修兴吉祥右旋寺。简称扎西奇寺，一般称为拉卜楞寺

【甘加秘境】（含区间车），在拉卜楞寺的深处，夏河保留了甘南最完整的古代城郭—甘加秘境，两千多年的历史，汉代建城的古城，呈十字型的结构，共有八个角，每个角都是弓箭手的藏身之处，居高临下，四面八方来犯的敌人可尽收眼底

【八坊十三巷】（保证自费项目）早在唐朝就有大食（今沙特阿拉伯）、波斯等国商人和宗教人士在八坊一带来往经商、传教和定居，逐步修建了伊斯兰教的八座清真寺及其教坊，形成了一个“围寺而居、围坊而商”穆斯林聚居区，因此得名“八坊”，含有“教坊”和“番坊”之意

第三天：夏河 - 若尔盖（早/午/保证自费晚餐：高原火锅）

【桑科湿地公园（水草天一色）】拥有壮丽的自然风光和丰富的野生动植物资源。在这里，您可以欣赏到美丽的湖泊、草原、森林等美景，感受大自然的魅力

【尕斯库勒湖】距离郎木寺约 36 公里。尕斯库勒湖是甘南地区最大的淡水湖，位于草原中心。尕斯库勒湖还是一片鸟类保护区，每年夏季这里都有黑天鹅、白鹭、雁鸭等多种水鸟在此栖息

【郭莽湿地】是丹顶鹤栖息的地方，洮河的发源地和水源涵养地、甘南草原湿地最美拍摄地、甘南最美牧场之一

【东方小瑞士郎木寺】是一个地名，是甘肃甘南藏族自治州碌曲县和四川阿坝藏族羌族自治州若尔盖县共同下辖的一个小镇。一条宽不足 2m 的小溪从镇中流过，却有一个很气派的名字“白龙江”，如按藏文意译作“白水河”。清澈见底的白龙江水把小镇一分为二。

第四天：若尔盖 - 迭部县（早/午/晚餐）

【黄河九曲第一湾】（含上行扶梯），黄河在青甘川三省交界处形成的这个近 180 度的大转弯，被称为「黄河九曲第一湾」，是地理上的一大奇观。茫原野与辽阔幽深的蓝天自然地融为了一个和谐的整体，这种天人合一，让人叹为观止！

【花湖+区间车】花湖位于四川若尔盖和甘肃郎木寺之间的 213 国道旁，是热尔大坝草原上的一个天然海子。被《国家地理杂志》评为“中国最美湿地”



第五天：迭部县 - 宕昌 （早/午/晚餐）

【扎尕那】（含往返观光车）扎尕那景区集石林、峭峰、森林、田园、村寨、及藏传佛教寺院为一体。在这片仙境里，整个迭山石林最为引人注目。迭山主脊光盖山，是洮叠古道必经之路，江迭公路由此而过。【拉桑寺院】（保证自费项目）是扎尕那景区内唯一的藏传佛教寺院，已有三百多年历史，是周边七个村庄、2000 多藏民的宗教场所。在雪山之下，地势较高，视野开阔，自然风光优美

第六天：宕昌 - 天水 （早/午/晚餐）

【官鹅沟国家森林公园】（含区间车），位于甘肃省陇南市宕昌县城郊，官鹅沟国家森林公园集森林景观、草原景观、地貌景观、水体景观、天象景观等自然景观和人文景观于一体，湖泊如珠、峡谷如线、瀑布如织，动植物分布多样，生态环境优美，自然景观奇特。【钟鼓楼广场】，【回民街】是陕西小吃的汇聚地，也是来西安必去的地方。这是西安的地标建筑，也是古代劳动人民的智慧所在，晚餐带您品尝德发长饺子风味。

第七天：天水 - 兰州 （早/午/晚餐）

【麦积山】（含电瓶车）位于天水市东南 45 公里秦岭山脉西段北麓。我国四大石窟之一。因山形酷似农家麦垛之状故名麦积山。窟龕凿于高 20—80 米、宽 200 米的垂直崖面上。中山桥，是兰州市著名的旅游景点和地标之一。黄河母亲像、水车园、滨河栈道走廊

第八天：兰州 - 新加坡 （早餐）

早餐后，返回美丽的家园新加坡。

参加 10 天团 + 西安(NWC08B) D1-D6 同上。其它行程如

第七天：天水 - (高铁) 西安 (1.5H) （早/午/晚餐）

【麦积山】（电瓶车）位于天水市东南 45 公里秦岭山脉西段北麓。我国四大石窟之一。因山形酷似农家麦垛之状故名麦积山。窟龕凿于高 20—80 米、宽 200 米的垂直崖面上。【大雁塔外观】该塔是西安市内著名古迹及标志性建筑，同时也是西安市市徽当中的主要组成部分【唐文化艺术广场】位于陕西省西安市南郊大雁塔东侧曲江风景区内是一组典型的仿唐庭院式建筑【大唐不夜城夜游】

第八天：西安 - 临潼 - 西安 （早/午/晚餐）

【秦始皇兵马俑】（含电瓶车）：在这里可以欣赏到生动逼真、神态各异的秦俑，各式青铜兵器，秦代陶俑。秦兵马俑震撼人心的艺术力量，更多的来自壮阔的阵容和磅礴的气势，被誉为“世界第八大奇迹”天下第一陵-秦始皇陵(含电瓶车)+3D 电影《秦始皇和他的地下王国》【永兴坊】是西安市为了继续完善顺城巷历史风貌，充分彰显古城历史底蕴，打卡外宾来西安必走之处

第九天：西安 （早/午/晚餐）

【长安十二时辰主题街区（含入内）】长安十二时辰是中国首个沉浸式唐风市井生活街区，打造原汁原味的全唐市井生活体验空间、巧妙融合历史与现代，场景布置精美，活动互动性强，让人身临其境感受唐朝繁华。美食、表演样样俱全，带来视听味蕾盛宴【西安博物院】是陕西省西安市的一座集博物馆、名胜古迹、城市园林为一体的博物馆，在这里，您也将看到举世闻名的小雁塔（外观）【钟鼓楼广场】，【回民街】是陕西小吃的汇聚地，也是来西安必去的地方。这是西安的地标建筑，也是古代劳动人民的智慧所在，晚餐带您品尝德发长饺子风味。

第十天：西安 - 新加坡 （早餐）

早餐后，返回美丽的家园新加坡。

REMARKS :

1. Purchase of travel insurance is strongly recommended.
2. All itineraries are subject to changes (due to Flight Schedules, Land and Sea Transport, COVID-19 restrictions and other causes of an unpredictable nature) and final confirmation from our overseas land operators. We, as a Travel Agent cannot be held responsible for any changes being made to the itineraries due to any but not limiting to the above-mentioned factors.
3. Tour is conducted in Mandarin unless otherwise stated.
4. Please refer to Chinese itinerary version for more details.

备注：

1. 在公司无法预测和控制的情况下，行程可能更改
2. 航班时间，行程顺序，餐食和酒店均以最终确认为准
3. 全程中文讲解
4. 本公司强烈建议旅客购买个人旅游保险

HAVE A NICE TRIP!!

祝您旅途愉快！



TOUR HIGHLIGHTS!

❖ No Shopping Tour

❖ Maijishan Grottoes

One of the Four Great Caves of China
National 5A Level Scenic Area

❖ Guan'egou National Forest Park

A unique combination of natural and
human landscapes

❖ Zhagana

Natural Stone City

❖ Taktsang Lhamo Monastery

Little Switzerland of the East

❖ Flower Lake

Natural Lakes

❖ The First Bay of the Nine Curves

Must-visit Geographical wonders

❖ Guomang Wetland

One of Gannan's most beautiful pastures

❖ Labrang Monastery

World Tibetan Academy

❖ The Secrets of Ganga

The most mysterious area of Gannan



ACCOMMODATION

Local 4 - 5 Star Hotel



COMPULSORY TOUR

E man Gou + Eight Fang and Thirteen Lanes + Highland Hotpot +Lasang Temple = RMB 600/pax

Day 1: Singapore → Shanghai → Lanzhou

Today, assemble at Changi airport for your flight to Lanzhou.

Day 2: Lanzhou - XiaHe (B/L/D)

Today we will visit the **Labrang Monastery**. You can't miss the **Secrets of Ganga**, the most complete preserved ancient citadel in Gannan with more than 2000 years. Lastly, to **Eight Fang and thirteen Lanes (compulsory tour)**, a famous local Muslim quarter, historically settled by Gentiles for business.

Day 3: XiaHe - Ruoergei county (B/L/D)

Start the tour to **Sangke Wetland Park**, it is surrounded by mountains. In the distance, you can see open and undulating alpine grasslands. Continue to **Guomang Wetland**, the place where the Danding crane roosts, the birthplace of the Tao River and the water connotation place, the most beautiful filming place of Gannan grassland wetland. Next to **Taktsang Lhamo Monastery** - a small alpine town on the eastern edge of the Tibetan Plateau, nestled in a valley shared between Gansu and Sichuan provinces in China and straddled by two large monastery complexes



Day 4: Ruoergei county - Tewo Country (B/L/D)

After breakfast, you shall visit **The First Bay of the Nine Curves Yellow River** (Include escalator upwards), which is known for the most beautiful natural scenery in the Sichuan section of the Yellow River. Continue **Flower Lake (Include transfer bus)**, which is a natural big lake in Gers Dam Grassland.

Day 5: Tewo Country - Tanchang County (B/L/D)

Today head towards **Zhagana (Include transfer bus)** - the "Stone Town" hidden in the mountains is a land of idyllic beauty with pure Tibetan culture. It is a mountainous region filled with Tibetan villages, ancient forests, and large rocky spires. Continue to **Lasang Temple**, in Zhagana is a Tibetan Buddhist temple with a long history and full of cultural charm.

Day 6: Tanchang County - Tianshui (B/L/D)

After breakfast, you shall visit **Guan'egou National Forest Park + Guan Zhu Gou**, is a scenic area known for its diverse landscape and seasonal beauty. It's recognized as a national 4A-level scenic spot, a national forest park, and a national geological park. Continue to **E Man Gou (Compulsory)**, The distinctive features of this scenic area lie in its pristine natural landscapes and rich ecological resources, including elements such as mountains, gorges, waterfalls, and streams, all of which remain in a relatively untouched state. Lastly night tour **Tianshui Ancient Town**

Day 7: Tianshui - Lanzhou (B/L/D)

Maijishan Grottoes (Include eco car) - One of the four great grottoes of China. This example of rock cut architecture contains over 7,200 Buddhist sculptures. Continue to **Zhongshan Bridge, Yellow River Mother Statue, Lanzhou waterwheel, Riverside Boardwalk Corridor**

Day 8: Lanzhou - Singapore (B)

After breakfast, you'll take a flight back to Singapore.

For those joining 10 days + Xian (NWC08B) trip, D1-D6 as above, the rest itinerary follow as below:

Day 7: Tianshui (High Speed Train) - Xi'an (B/-/D)

Maijishan Grottoes (Include eco car) - One of the four great grottoes of China. This example of rock cut architecture contains over 7,200 Buddhist sculptures. After **take bullet to Xi'an**. Upon arrive, you will visit **Dayan Pagoda from outside**, the famous monument and landmark in Xi'an, is also a major part of the city. After that, visit Imitation of Tang style architecture - **Tang Cultural Arts Square**. At night, you can enjoy night city tour in **Tang Dynasty City**

Day 8: Xi'an - Lintong - Xi'an (B/L/D)

Start our tour from **Terracotta Warriors and Horses of the First Emperor of Qin**, reputed as one of the greatest archaeological finds in the twentieth century and the eighth wonder of the world, buried at 1.5 km east of Qinshihuang's Mausoleum, Terracotta Army or Terracotta Warriors and Horses is the funerary object of Emperor Qinshihuang (259~210 BC), the first Emperor of China. In ancient China, people believed in after-world, thus, Emperor Qinshihuang built the Terracotta Warriors and Horses as his underground army to protect his soul in the after-world. Then head forward **Yongxing fang**, the must-visit intangible cultural heritage for traveller.

Day 9: Xian (B/L/D)

After breakfast, we shall visit **Chang'an Twelve Divisions of the Day Theme Area**.

Then visit **Taiye Lake and Underground Museum** with long history memory. Next to famous **Xi'an Museum**, a museum on Youyi West Road. Continue visit **Small Wild Goose Pagoda (Outview), Bell and Drum Tower Square and Muslim Tour**

Day 10: Xian → Singapore (B)

After breakfast, you'll take a flight back to Singapore.