

NWC11



SUPER TRAVELS

# 8 天高原明珠之甘南

## + 青海茶卡盐湖

### 8 DAYS GANNAN+QINGHAI TOUR



Super Travels Pte Ltd

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## 行程要点

- ❖ 炳灵寺石窟
- ❖ 扎尕那风景区
- ❖ 拉卜楞寺
- ❖ 同仁隆务寺
- ❖ 茶卡盐湖
- ❖ 青海湖
- ❖ 塔尔寺



## 住宿

全程：当地四+五星级酒店  
兰州：中山林茂御酒店或同级  
合作：合作诺桑洲际酒店或同级  
迭部：迭部塞银酒店或同级  
夏河：夏河天珠酒店或同级  
西宁：三榆大酒店或同级  
茶卡：金恒基大酒店或同级



## 必须自费项目

乘坐快艇欣赏刘家峡风光+桑科草原+特色藏式自助火锅=人民币600/位



第一天：新加坡→上海（或北京）→兰州

今天您乘坐豪华客机飞往兰州

第二天：兰州-临夏-合作

（早/午/晚餐）

【兰州滨河路三景：中山桥+黄河母亲+ 水车园】

【炳灵寺石窟】在南北长2公里的陡峭峻险的红砂岩悬崖上，石窟神龛鳞次栉比，栈道凌空，雄伟壮观，是甘肃三大石窟、我国五大石窟之一。

必须自费项目：乘坐快艇欣赏刘家峡风光

第三天：合作-迭部 （早/午/晚餐）

【扎尕那风景区（含区间车）】是一座完整的天然“石城”，俗有“阎王殿”之称。景区山势奇峻、云雾缭绕、宛如仙境

第四天：迭部-夏河 （早/午/晚餐）

【拉卜楞寺】拉卜楞寺是藏语“拉章”的变音，意为活佛大师的邸邸。是藏传佛教格鲁派六大寺院之一，拉卜楞寺占地总面积86.6万平方米，建筑面积40余万平方米。

必须自费项目：桑科草原+特色藏式火锅自助

第五天：夏河-西宁 （早/午/晚）

【同仁隆务寺】拉卜楞寺位于夏河县城，是藏传佛教格鲁派六大宗主寺之

一，寺院创建于清康熙四十八年（1709）。有绵延3.5公里的世界最长转经长廊。

【热贡艺术博物馆（周一闭馆）】

热贡艺术主要指唐卡、壁画、堆绣、雕塑等绘画造型艺术，产生于13世纪的青海黄南地区。

第六天：西宁-茶卡 （早/午/晚）

【茶卡盐湖（含往返小火车）】茶卡盐湖四周雪山环绕，平静的湖面像镜子一样，反射着美丽的令人陶醉的天空景色，被誉为“中国的天空之镜”置身于盐的世界，漫步湖面如行走云端之上，水映天，天接地，人在湖间走，宛如画中游。

第七天：茶卡-青海湖-西宁

（早/午/晚）

【青海湖（含观光车）】青海湖是中国最大的内陆湖泊，也是青海省名称的由来。湖泊地域面积辽阔，环湖一圈约360公里，湖水浩瀚无边又蔚蓝空灵。湖的周围被群山环抱，而贴近湖畔则是苍茫的草原，景色壮观优美

【塔尔寺（含区间+讲解）】这里有着藏汉建筑艺术相结合的佛教园林建筑群。此外，“塔尔寺三绝”同样令人叹为观止。

第八天：西宁-新加坡 （早）

早餐后，返回美丽的家园新加坡。



## TOUR HIGHLIGHTS!

- BingLing Temple
- Zhagana
- Labrang Monastery
- Rongwo Monastery
- Chaka Salt Lake
- Qinghai Lake
- Kumbum Monastery



## ACCOMMODATION

### Local 4 \*- 5 \* HOTEL

Lanzhou:Yuluxe Hotel or similar  
Hezuo:NuoSang Zhouji Hotel or similar

DieBu Country: Sai Yin Hotel or Similar

Xiahe Country:Tianzhu hotel or similar

Xining: San Yu Hotel or similar

Cha Ka:Jin Heng Ji hotel or similar

## Compulsory Tour

Take a speedboat ride to enjoy the stunning scenery of Liujia Gorges +Sangke Grassland +Traditional Tibetan style hotpot buffet =RMB600/PAX



**Day 1:** Singapore → Shanghai (or Beijing)→Lanzhou

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

**Day 2: LanZhou-LinXia-HeZuo (B/L/D)**  
【 ZhongShan Bridge 】 【 Waterwheel Garden 】 【 Yellow River Mother statue 】

【 Bingling Temple 】 is a 1600-year-old site on Yellow River with 183 caves and niches, 694 stone statues, 82 clay sculptures, and 900 square meters of murals.

**Compulsory Tour:**Take a speedboat ride to enjoy the stunning scenery of Liujia Gorges.

**Day 3: HeZuo-DieBu Country (B/L/D)**  
【 Zhagana(Include Eco car) 】 is an enchanting Tibetan village hidden amidst lush mountains and enveloped in ethereal clouds. Its natural splendor and unique cultural heritage offer a captivating experience for travelers seeking to immerse themselves in the rich of Gannan's natural and cultural wonders.

**Day 4: DieBu Country-XiaHe Country(B/L/D)**  
【 Labrang Monastery 】 Labrang Monastery is known for its rich cultural heritage and traditional Tibetan architecture, as well as its teachings and practices in the Buddhist religion. Thousands of monks and tourists visit the monastery each year to study, pray, and learn about Tibetan culture.

**Compulsory Tour:** Sangke Grassland + Traditional Tibetan style hotpot buffet

**Day 5: Xiahe Country-Xi Ning (B/L/D)**

【 Rongwo Monastery 】 It is a Major Historical and Cultural Site Protected at the National Level. It is built on a mountain, with a patchwork layout and magnificent decoration.

【 Regong Art Gallery(Monday Close) 】

**Day 6: Xi Ning-Cha Ka (B/L/D)**

【 Chaka Salt Lake(Include return train) 】 known to travelers as 'Mirror of the Sky' in Qinghai, China. Chaka Salt Lake is a beautiful oval-shaped lake known for its reflective salt lake bed.

**Day 7: Cha Ka -QingHai Lake -Xi Ning (B/L/D)**

【 Qinghai Lake(Include Eco Car) 】 Located in an endorheic basin in Qinghai Province, to which it gave its name, Qinghai Lake is classified as an alkaline salt lake.

【 Kumbum Monastery 】 is the birthplace of the Tsongkhapa, Kumbum Monastery is one of the six greatest Gelug Sect monasteries of Tibetan Buddhism in China. It is also one of the top scenic spots and historical sites in Qinghai Province and a national key cultural relics protection unit. It has been listed as one of China's "100 Wonders of the Northwest."

**Day 8: Xi Ning- Singapore (B)**

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



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！