

6月大美如画——

甘肅南部·四川北部 10日

【主要景點：達古冰川、若爾蓋大草原、花湖、九曲黃河第一灣、扎尕那、郎木寺、蓮寶葉則】
深度體驗 · 專屬定制 · 獨家線路 · 風景震撼



目的地介紹：

扎尕那：藏語意為“石匣子”。位於甘南州迭部縣益哇鄉，是隱藏在崇山峻嶺中的一個藏族村落，地形既像一座規模宏大的巨型宮殿，又似天然岩壁構築，被稱為“天空之城”。

郎木寺：位於四川、甘肅兩省交界之處，號稱為微縮版的“香格里拉”，自古就是四川、甘肅、青海各族民眾朝拜黑虎女神的聖地。小溪“白龍江”穿鎮而過，兩座寺院隔河相望，甘肅的是賽赤寺，四川的是格爾底寺。

花湖：是若爾蓋大草原上的一個天然湖泊，花湖最美的時間是在五六月份，湖畔五彩繽紛，好像雲霞委地，而湖中則開滿了水妖一樣的絢麗花朵。

九曲黃河第一灣：發源于巴顏喀拉山的黃河滾滾向東，自甘肅而來在四川邊上輕輕撫了一下又轉身飄回青海，形成一連串大大的S。在九曲黃河第一灣這裡，清澈的河流水勢平緩，藍天白雲，綠草繁花，帳篷炊煙，牛羊駿馬，盤旋的雄鷹，如詩如畫，氣象萬千。

蓮寶葉則：距阿壩縣城僅39公里，素有“蜀山之源·昆侖天梯”之稱。主要以奇峰異石，冰川遺迹、雪山湖泊為主，被稱為“天神的後花園”。

這是一個得天獨厚、獨具特色的自然生態聖地：雪山草原、高山湖泊、花海、冰川、原始森林、地熱溫泉和多元性文化歷史印記和鮮明地域特征交織的地方，也是您一生值得一去的地方。

【特別贈送】礦泉水無限量供應、苦荞茶水、紅景天養生茶、鋼瓶氧氣罐。

【行程購物】絕不安排旅遊購物商店。

【推薦特產】土特產品。

—— 心靈與視覺的饗宴 ——

June is beautiful and picturesque——

Southern Gansu • Northern Sichuan 10 days

[Main tourist attraction: Dagu Glacier, Zoige Prairie, Huahu, Yellow River First Beach, Zhagana, Langmusi, Nianbaoyeze]

Deep experience ● Exclusive custom ● Exclusive lines ● Shock scenery

Destination description:

Zhagana: It means "stone box" in Tibetan. Located in Yiwa Township, Diebu County, Gannan Prefecture, it is a Tibetan village hidden in the mountains, the terrain is not only like a huge palace, but also like a natural rock wall construction, it is called "City of Sky".

Langmusi: Located at the provincial border of Sichuan Province and Gansu Province, known as a miniature version of Shangri-La, it has been a sacred place for people of all ethnic groups in Sichuan, Gansu and Qinghai to worship the black tiger goddess since ancient times. The brook "Bailong River" crosses the town and the two monasteries face each other across the river, in Gansu is the Sertri Monastery or as some call it, the Gansu Monastery; in Sichuan is Kirti Monastery.

Huahu: Here is a natural lake on the Zoige Prairie, the most beautiful time of Huahu is in May and June, the lake is colorful, as if the clouds are falling on the lake, and the lake is full of beautiful flowers like Water faery demon.

Yellow River First Beach: Originating in the Bayan Har Mountain, the Yellow River rolls eastward from Gansu, gently caresses the edge of Sichuan and then turns and floats back to Qinghai, forming a series of large "S". Here in the Yellow River First Beach, the clear river is smooth, blue sky and white clouds, green grass and flowers, tents and smoke, cattle、sheep and horses, hovering eagle, picturesque and magnificent.

Nianbaoyeze: Only 39 kilometers away from Aba county, known as "the source of Shushan • Kunlun ladder". It is mainly characterized by picturesque peaks and rocks, glacial relics and snow mountains and lakes, which are called "the backyard garden of god".

This is a unique natural ecological holy land with unique features: snow mountains, alpine lake, sea of flowers, glaciers, old-growth forest, geothermal hot spring and places where cultural and historical diversity and distinct regional characteristics interweave. It's a place worth going to in your life...

——Spiritual and visual feast——

[Special gift] Unlimited supply of mineral water, buckwheat tea, rhodiola healthy tea, oxygen supply equipment.

[Trip shopping] No shopping.

[Recommend local products] Native products.

簡略行程:

第一天: 成都(四川省省会) 双流国际机场接机→茂县

第二天: 茂县→色尔古藏寨拍摄→黑水

第三天: 达古冰川→奶子沟→红原大草原

第四天: 红原→瓦切塔林→唐克·黄河九曲第一湾(含手扶电梯)

第五天: 若尔盖大草原→花湖(含电瓶车)→世外桃源·人间仙境【扎尕那】

第六天: 扎尕那晨曦→中国甘南小瑞士·郎木寺

第七天: 郎木寺晨曦→玛曲→阿万仓湿地→阿坝县

第八天: 莲宝叶则风景区→草原花海

第九天: 红原县【月亮湾】→沿途观光→成都

第十天: 彭镇观音阁【百年老茶馆】→乘机返程结束愉快之旅

宿: 茂县

宿: 黑水

宿: 红原

宿: 若尔盖

宿: 扎尕那村

宿: 郎木寺

宿: 阿坝县

宿: 红原县

宿: 成都

Brief itinerary:

Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu International Airport → Mao County

Accommodation: Mao County

Day 2: Mao County → Seergu Tibetan Village → Heishui County

Accommodation: Heishui County

Day 3: Dagu Glacier → Naizi Valley → Hongyuan Prairie

Accommodation: Hongyuan County

Day 4: Hongyuan County → Waqie Tower forest → Tangke Town • Yellow River First Beach (including escalator)

Accommodation: Zoige**Day 5: Zoige Prairie → Huahu (including battery car) → land of idyllic beauty • fairyland on earth [Zhagana]****Accommodation: Zhagana Village****Day 6: the morning light in Zhagana → Little Switzerland in south of Gansu in China • Langmusi****Accommodation: Langmusi****Day 7: the morning light in Langmusi → Maqu County → Awancang Wetland Park → Aba County****Accommodation: Aba County****Day 8: Nianbaoyeze Scenic Spot → Grassland and sea of flowers****Accommodation: Hongyuan County****Day 9: Hongyuan County [Moon Bay] → Along the sightseeing → Chengdu****Accommodation: Chengdu****Day 10: Peng Town Guanyin pavilion [Century-old tea house] ~ Take the flight home and end the pleasant journey****详细行程:****第一天: 成都(四川省省会) 双流国际机场接机→茂县**

乘机抵达成都双流国际机场, 乘旅游巴士前往茂县。

行进顺序: 机场 175KM 茂县

公里数及行车时间: (175KM)。柏油路+高速。行车约 3.5 小时。

用餐: 午餐***、晚餐: (酒店桌餐 50)

住地海拔: 茂县 1580 米

住宿: 茂县国际饭店或同级(准五)

Detailed itinerary:**Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu International Airport → Mao County**

Pick up at Chengdu Shuangliu International Airport, take the tour bus to Mao County.

Specific line: Airport 175KM Mao County**Kilometres and driving time: 175KM. Urban road + Highway, driving about 3.5 hours. Residential elevation: Mao County 1580M****Dining: Lunch *** Dinner (In Hotel 50)****Accommodation: Mao County International Hotel or equivalent****第二天: 茂县→色尔古藏寨拍摄→黑水**

前往【色尔古藏寨】拍摄古寨与人文。它是中国嘉绒藏族第一寨, 有着一千三百多年的历史, 碉堡式建筑使这里又被称为“东方古堡”、“川西北的小布达拉宫”。晚抵达黑水县入住酒店。

行进顺序: 茂县 65KM 色尔古藏寨 60KM 黑水

公里数及行车时间: (125KM)。柏油路。行车约 3.5 小时。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住地海拔: 黑水县 2350 米

住宿: 黑水芦花大酒店同级(准四)

Day 2: Mao County → Seergu Tibetan Village → Heishui County

Go to [Seergu Tibetan Village] to shoot the ancient village and humanity. It is the first Tibetan village in Jiarong Tibetan in China, with a history of more than 1,300 years, its blockhouse-style architecture has made it also known as "the ancient castle in the east" and "the Little Potala Palace in the northwest of Sichuan". Arrive at Heishui County and check into the hotel at night.

Specific line: Mao County 65KM Seergu Tibetan Village 60KM Heishui County**Kilometres and driving time: 125KM. Urban road, driving about 3.5 hours. Residential elevation: Heishui County 2350M****Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)****Accommodation: Heishui Lu Hua Grand Hotel or equivalent****第三天: 达古冰川【索道、环保车】→奶子沟→红原大草原**

换乘景区环保车前往【达古冰川】游览, 乘索道抵达 4860 米的冰川观景台。达古冰川是亚洲罕见的现代冰川, 海拔 3800-5800 多米, 主要由三个核心区冰川组成。之后前往奶子沟、红原大草原。

行进顺序: 黑水 10KM 达古冰川 33KM 奶子沟 112KM 红原

公里数及行车时间: (155KM)。柏油路。行车约 4 小时。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(酒店桌餐 50)

住地海拔: 红原县 3504 米

住宿: 红原邛湾度假酒店同级(准四)

Day 3: Dagu Glacier [cableway, eco-friendly car] → Naizi Valley → Hongyuan Prairie

Transfer to scenic eco-friendly car to sightseeing [Dagu Glacier], take the cableway to the glacier viewing platform at 4860 meters. Dagu Glacier is a rare modern glacier in Asia, with an elevation of more than 3,800-5,800 meters. It is mainly composed of three core glaciers. After that, we will go to the Naizi Valley and Hongyuan Prairie.

Specific line: Heishui County 10KM Dagu Glacier 33KM Naizi Valley 112KM Hongyuan County

Kilometres and driving time: 155KM. Urban road, driving about 4 hours. Residential elevation: Hongyuan County 3504M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (In Hotel 50)

Accommodation: Hongyuan Liwan Resort Hotel or equivalent

第四天: 红原→瓦切塔林→唐克·黄河九曲第一湾(含手扶电梯)

前往瓦切塔林、唐克黄河九曲第一湾。【瓦切塔林】藏语意为“大帐篷”，是纪念第十世班禅大师颂经祈福之地，塔林周围是一片连绵的经幡和白塔，甚为壮观。【黄河九曲第一湾】发源于巴颜喀拉山的黄河滚滚向东，自甘肃而来在四川边上轻轻抚了一下又转身飘回青海，形成一连串大大的S。在九曲黄河第一湾这里，清澈的河流水势平缓，蓝天白云，绿草繁花，帐篷炊烟，牛羊骏马，盘旋的雄鹰，如诗如画，气象万千。

行进顺序: 红原 4KM 月亮湾 47KM 瓦切塔林 38KM 九曲第一湾 80KM 若尔盖县

公里数及行车时间: (169KM)。柏油路。行车约 4 小时。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(酒店桌餐 50)

住地海拔: 若尔盖县 3304 米

住宿: 若尔盖唐古特酒店或同级(准四)

Day 4: Hongyuan County → Waqie Tower forest → Tangke Town • Yellow River First Beach (including escalator)

Go to Waqie Tower forest、Tangke Town Yellow River First Beach. [Waqie Tower forest] means "big tent" in Tibetan, it is a place to commemorate the 10th panchen master, chanting and blessing, around Tower forest are a series of Prayer Flags and white towers, which are quite spectacular. [Yellow River First Beach] originating in the Bayan Har Mountain, the Yellow River rolls eastward from Gansu, gently caresses the edge of Sichuan and then turns and floats back to Qinghai, forming a series of large "S". Here in the Yellow River First Beach, the clear river is smooth, blue sky and white clouds, green grass and flowers, tents and smoke, cattle、sheep and horses, hovering eagle, picturesque and magnificent.

Specific line: Hongyuan County 4KM Moon Bay 47KM Waqie Tower forest 38KM Yellow River First Beach 80KM Zoige County

Kilometres and driving time: 169KM. Urban road, driving about 4 hours. Residential elevation: Zoige County 3304M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (In Hotel 50)

Accommodation: Zoige Tanggute Hotel or equivalent

第五天: 若尔盖大草原→花湖(含电瓶车)→世外桃源·人间仙境【扎尕那】

沿途赏若尔盖大草原风光，前往【花湖】游览，是若尔盖大草原上的一个天然湖泊，花湖最美的时间是在五六月份，湖畔五彩缤纷，好像云霞委地，而湖中则开满了水妖一样的绚丽花朵。后前往【扎尕那】藏语意为“石匣子”。位于甘南州迭部县益哇乡，是隐藏在崇山峻岭中的一个藏族村落，地形既像一座规模宏大的巨型宫殿，又似天然岩壁构筑，被称为“天空之城”。

行进顺序: 酒店 45KM 花湖 105KM 扎尕那

公里数及行车时间: (150KM)。柏油路。行车约 3.5 小时。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(酒店桌餐 50)

住地海拔: 扎尕那村 3000 米

住宿: 扎尕那村景区酒店同级(民居)

Day 5: Zoige Prairie → Huahu (including battery car) → land of idyllic beauty • fairyland on earth [Zhagana]

Along the way enjoy the scenery of Zoige Prairie, go to [Huahu], it is a natural lake on the Zoige Prairie, the most beautiful time of Huahu is in May and June, the lake is colorful, as if the clouds are falling on the lake, and the lake is full of beautiful flowers like Water faery demon. Then go to [Zhagana], in Tibetan it means "stone box". Located in Yiwa Township, Diebu County, Gannan Prefecture, it is a Tibetan village hidden in the mountains, the terrain is not only like a huge palace, but also like a natural rock wall construction, it is called "City of Sky".

Specific line: Hotel 45KM Huahu 105KM Zhagana

Kilometres and driving time: 150KM. Urban road, driving about 3.5 hours. Residential elevation: Zhagana Village 3000M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (In Hotel 50)

Accommodation: Zhagana Village Scenic Hotel or equivalent

第六天: 扎尕那晨曦→中国甘南小瑞士·郎木寺

早起拍摄扎尕那晨曦，后乘车前往“中国甘南小瑞士”【郎木寺】。位于四川、甘肃两省交界之处，号称为微缩版的“香格里拉”，自古就是四川、甘肃、青海各族民众朝拜黑虎女神的圣地。小溪“白龙江”穿镇而过，两座寺院隔河相望，甘肃的是赛赤寺，四川的是格尔底寺。

行进顺序: 扎尕那 108KM 郎木寺

公里数及行车时间: (108 KM)。柏油路。行车约 2.5 小时。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住地海拔: 郎木寺镇 3328 米

住宿: 郎木寺国际大酒店同级(准四)

Day 6: the morning light in Zhagana → Little Switzerland in south of Gansu in China • Langmusi

Get up early to shoot the dawning in Zhagana, then take the bus to the "Little Switzerland in south of Gansu in China" [Langmusi]. It located at the provincial border of Sichuan Province and Gansu Province, known as a miniature version of

Shangri-La, it has been a sacred place for people of all ethnic groups in Sichuan, Gansu and Qinghai to worship the black tiger goddess since ancient times. The brook "Bailong River" crosses the town and the two monasteries face each other across the river, in Gansu is the Sertri Monastery or as some call it, the Gansu Monastery; in Sichuan is Kirti Monastery.

Specific line: Zhagana 108KM Langmusi

Kilometres and driving time: 108KM. Urban road, driving about 2.5 hours. Residential elevation: Langmusi Town 3328M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Langmusi International Hotel or equivalent

第七天: 郎木寺晨曦→瑪曲→阿萬倉濕地→阿壩縣

早起拍攝郎木寺晨曦, 經過甘肅省甘南藏族自治州瑪曲縣, 瑪曲縣是黃河上游重要的水源補給區。之後前往【阿萬倉濕地】, 這裡因水瀉不暢而形成很多汊河和沼澤, 使這片廣袤的草原水草豐茂、牛羊肥壯。

行進順序: 郎木寺 145KM 阿萬倉濕地 126KM 阿壩縣

公里數及行車時間: (271KM)。柏油路。行車約 6.5 小時。

住地海拔: 阿壩縣 3290 米

用餐: 早餐(酒店內)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住宿: 阿壩縣青藏商都酒店同級(准四)

Day 7: the morning light in Langmusi → Maqu County → Awancang Wetland Park → Aba County

Get up early to shoot the dawning in Langmusi, passing through Maqu County, Gannan Tibetan Autonomous Prefecture, Gansu province, Maqu County is an important water supply area in the upper reaches of the Yellow River. Then go to the [Awancang Wetland Park], many streams and rivers and swamps were formed here because of the poor water flow, which enriched the vast grassland and made the cattle and sheep fat.

Specific line: Langmusi 145KM Awancang Wetland Park 126KM Aba County

Kilometres and driving time: 271KM. Urban road, driving about 6.5 hours. Residential elevation: Aba County 3290M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Aba County Tibet shangdu Hotel or equivalent

第八天: 蓮寶葉則風景區→草原花海→紅原縣

前往【蓮寶葉則風景區】, 蓮寶葉則距阿壩縣城僅 39 公里, 素有“蜀山之源·昆侖天梯”之稱。主要以奇峰異石, 冰川遺迹、雪山湖泊為主, 被稱為“天神的後花園”。之後經過大草原沿途觀光, 抵達紅原縣入住酒店。

行進順序: 阿壩縣 45KM 蓮寶葉則 45KM 阿壩縣 121KM 紅原縣

公里數及行車時間: (211 KM)。柏油路。行車約 5 小時。

住地海拔: 紅原縣 3504 米

用餐: 早餐(酒店內)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住宿: 紅原鄯灣度假酒店同級(准四)

Day 8: Nianbaoyeze Scenic Spot → Grassland and sea of flowers

Go to the [Nianbaoyeze Scenic Spot], it only 39 kilometers away from Aba county, known as "the source of Shushan · Kunlun ladder". It is mainly characterized by picturesque peaks and rocks, glacial relics and snow mountains and lakes, which are called "the backyard garden of god". After sightseeing through the prairie, arrive at Hongyuan County hotel.

Specific line: Aba County 45KM Nianbaoyeze 45KM Aba County 121KM Hongyuan County

Kilometres and driving time: 211KM. Urban road, driving about 5 hours. Residential elevation: Hongyuan County 3504M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Hongyuan Liwan Resort Hotel or equivalent

第九天: 紅原縣【月亮灣】→沿途觀光→成都

前往【月亮灣風景區】遊覽, 白河在美麗寬廣的草原上劃出一道道舒緩唯美的曲線, 恰似一輪彎彎的月亮。後乘車途徑理縣、汶川、都江堰返回成都。

行進順序: 紅原縣 407KM 成都

公里數及行車時間: (407KM)。柏油路+高速公路。行車約 7 小時。

住地海拔: 成都 500 米

用餐: 早餐(酒店內)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住宿: 成都賽倉吉地大酒店同級(准五)

Day 9: Hongyuan County [Moon Bay] → Along the sightseeing → Chengdu

Go to [Moon Bay Scenic Spot], white river in the beautiful and wide grassland to draw a slow and graceful curve, just like a curved moon. After that take the tour bus though Li County, Wenchuan, Dujiangyan back to Chengdu.

Specific line: Hongyuan County 407KM Chengdu

Kilometres and driving time: 407KM. Urban road + Highway, driving about 7 hours. Residential elevation: Chengdu 500M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Chengdu Serengeti Hotel or equivalent

第十天: 彭鎮觀音閣·百年老茶館~乘機返程結束愉快之旅

前往【彭鎮觀音閣老茶館】, 一座擁有百年歷史的老茶館, 是遠近聞名的攝影聖地, 吸引了無數國內外遊客前往。之後前往雙流國際機場, 乘機返程結束愉快之旅!

行進順序: (酒店 8KM 彭鎮老茶館 18KM 機場)

公里數及行車時間: (26KM)。城區路。行車約 50 分鐘。

用餐: 早餐 (酒店內)、午餐***

Day 10: Peng Town Guanyin pavilion [Century-old tea house] ~ Take the flight home and end the pleasant journey

Visit [Peng Town Old Teahouse], this is a century-old teahouse, it attracts numerous domestic and foreign tourists. After that, go to the Shuangliu International Airport and end the pleasant journey.

Specific line: Hotel 8KM Peng Town Old Teahouse 18KM Airport

Kilometers and driving time: 26KM. Urban Road, driving about 50 minutes.

Dining: Breakfast (in the hotel) lunch: ***

頌: 旅途愉快! 收获满满!

——Have a nice trip! Full of harvest!——