

甘南.隴南.絲綢之路.河西走廊 19 日

【麥積山石窟、官鵝溝、扎尕那、坎布拉、祁連、張掖、嘉峪關、莫高窟】



目的地介绍:

扎尕那石城: 在甘肃省甘南藏族自治州的迭部县有一块山间盆地，这里农业、林业及牧业多种生产方式并存，造就了一个自给自足的生活空间，宛如陶渊明笔下的桃花源。在摄影家眼中，这里的景色犹如仙境般美好……这个让许多人向往的地方，就是扎尕那。

张掖丹霞地貌: 张掖丹霞地貌区位于张掖市临泽县和肃南县，面积约 410 平方公里，其中彩色丘陵面积约 40 平方公里。

官鵝溝国家森林公园: 景区内 13 个大小不等、形态各异的湖泊，尤如一串绿色的珍珠镶嵌在沟内，湖水清澈透底，随湖底地貌高低呈不同颜色，那些倒映在湖中的古树象一条条巨龙卧在湖底。

——心灵与视觉的飨宴——

【线路优势】此线路行程相对轻松，将甘南、隴南、絲綢之路、河西走廊有机结合在一起，美轮美奂……

【特别赠送】矿泉水无限供应、苦荞茶水、红景天养生茶、钢瓶氧气罐、氧气瓶。

【行程购物】绝不安排旅游购物商店。

【推荐特产】土特产品。

Gannan. Longnan. Silk Road. Hexi Corridor 19 Days

[Maijishan Grottoes, Guan'e Valley, Zhagana, Kanbula, Qilian, Zhangye, Jiayuguan, Mogao Caves]

Destination description:

Zhagana Stone City: There is an intermountain basin in Diebu County of Gannan Tibetan Autonomous Prefecture in Gansu Province, where a variety of production methods of agriculture, forestry and animal husbandry coexist, creating a self-sufficient living space, just like Tao Yuanming's Peach Blossom Spring. In the eyes of photographers, the scenery here is like a fairyland... This makes many people yearn for, this place is Zhagana.

Zhangye Danxia Geopark: The Zhangye National Geopark is located in Sunan and Linze counties, it covers an area of about 410 square kilometers, of which the colored hills cover an area of about 40 square kilometers.

Guan'e Valley National Forest Park: There are 13 lakes of different sizes and shapes in the Scenic Spot, especially like a string of green pearls inlaid in the ditch, the water of the lake is clear and transparent with different colors depending on the topography of the bottom of the lake, the ancient trees reflected in the lake are like dragons lying at the bottom.

——Spiritual and visual feast——

[Route advantage] This line is relatively relaxed, combining Gannan, Longnan, Silk Road and Hexi Corridor, beautiful and fantastic.....

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

[Trip shopping] No shopping.

[Recommend local products] Native products.

簡略行程:

第一天: 兰州(中川国际机场)接机→入住酒店

第二天: 兰州→【途经后峡景区】→崇信【龙泉寺】→平凉

第三天: 平凉麦积山石窟【含电瓶车】→天水伏羲庙

第四天: 天水→【西狭颂风景区】→陇南武都区

第五天: 陇南武都区→【万象洞】→宕昌

第六天: 宕昌→官鹅沟国家森林公园

第七天: 宕昌→【大河坝森林公园】→迭部

第八天: 迭部→【扎尕那石城】【家访】

第九天: 扎尕那石城→【郎木寺】

第十天: 郎木寺→天下黄河第一湾→碌曲【则岔石林】合作

第十一天: 合作【米拉日巴佛阁】【冶力关森林公园】

第十二天: 冶力关→夏河【拉卜楞寺】

第十三天: 夏河→【坎布拉国家森林公园(含电瓶车+游船)】→西宁

第十四天: 西宁→祁连【卓尔山】

第十五天: 张掖丹霞地貌→【大佛寺】→【马蹄寺石窟】

第十六天: 张掖→嘉峪关【嘉峪关关城、悬臂长城、嘉峪关长城博物馆】

第十七天: 嘉峪关→敦煌【鸣沙山、月牙泉[骑骆驼]、沙洲夜市】

第十八天: 敦煌(莫高窟)柳园→(兰新高铁)→兰州

第十九天: 兰州送机→乘机返程结束愉快之旅

宿: 兰州飞天大酒店或同级(准四)

宿: 平凉华辰大酒店或同级(准四)

宿: 天水华天电子宾馆或同级(准四)

宿: 武都区东南国际大酒店或同级(准四)

宿: 龙海大酒店或同级(准四)

宿: 龙海大酒店或同级(准四)

宿: 迭部洛克洲际酒店或同级(准四)

宿: 扎尕那村民居或同级

宿: 碌曲達吉国际大酒店或同级(准四)

宿: 合作颐和大酒店或同级(准四)

宿: 冶力关冶海大酒店(准三)

宿: 夏河拉卜楞民航大酒店或同级(准四)

宿: 青海金鼎丽呈酒店或同级(准四)

宿: 张掖绿洲假日酒店同级(准四)

宿: 张掖绿洲假日酒店或同级(准四)

宿: 嘉峪关酒钢宾馆或同级(准四)

宿: 富丽华大酒店或同级(准五)

宿: 兰苑宾馆或同级(准五)

Brief itinerary:

Day 1: Pick up at Lanzhou Zhongchuan Airport → Hotel

Accommodation: Lanzhou Legend Hotel or equivalent

Day 2: Lanzhou → [via Houxia Scenic Spot] → Chongxin [Longquan Temple] → Pingliang

Accommodation: Pingliang Huachen Hotel or equivalent

Day 3: Pingliang Maijishan Grottoes [Including Battery car] → Tianshui Fuxi Temple

Accommodation: Tianshui Huatian Dianzi Hotel or equivalent

Day 4: Tianshui → [Xixiasong Scenic Area] → Wudu District, Longnan, Gansu

Accommodation: Wudu District Dongnan International Hotel or equivalent

Day 5: Wudu District, Longnan, Gansu → [Wanxiang Cave] → Tanchang

Accommodation: Longhai Hotel or equivalent

Day 6: Tanchang → Guan'e Valley National Forest Park

Accommodation: Longhai Hotel or equivalent

Day 7: Tanchang → [Daheba Provincial Forest Park] → Diebu

Accommodation: Diebu Luoke Zhouji Hotel or equivalent

Day 8: Diebu → [Zhagana Stone City] [Home Visiting]

Accommodation: Zhagana Village Folk House or equivalent

Day 9: Zhagana Stone City → [Langmusi]

Accommodation: Luqu Daji International Hotel or equivalent

Day 10: Langmusi → Yellow River First Beach → Luqu [Zecha Stone Forest] Hezuo

Accommodation: Hezuo Yihe Hotel or equivalent

Day 11: Hezuo [Milariba Buddha Pavilion] [Yeligan Forest Park]

Accommodation: Yeligan Yehai Hotel or equivalent

Day 12: Yeligan → Xiahe [Labrang Monastery]

Accommodation: Xiahe Labuleng Civil Aviation Hotel or equivalent

Day 13: Xiahe → [Kanbula National Forest Park (including battery car + boat)] → Xining

Accommodation: Qinghai Jinding Rezen Hotel or equivalent

Day 14: Xining → Qilian [Zhuo'er Mountain]

Accommodation: Zhangye Lvzhou Holiday Hotel or equivalent

Day 15: Zhangye Danxia landform → [Dafo Temple] → [Mati Temple Grottoes]

Accommodation: Zhangye Lvzhou Holiday Hotel or equivalent

Day 16: Zhangye → Jiayuguan [Jiayuguan Fortress、Xuan Bi Great Wall、Jiayuguan Great Wall Museum]

Accommodation: Jiayuguan Jiugang Hotel or equivalent

Day 17: Jiayuguan → Dunhuang [Mingsha Mountain、Yueya Spring(ride a camel)、Shazhou Night Market]

Accommodation: Fu Li Hua International Hotel or equivalent

Day 18: Dunhuang(Mogao Caves)Liu Garden → (Lanzhou - Xinjiang High-speed Railway) → Lanzhou

Accommodation: Lanyuan Hotel or equivalent

Day 19: Lanzhou Airport Drop-off → Take the flight home and end the pleasant journey

详细行程/Detailed itinerary:

第一天：兰州（中川国际机场）接机→入住酒店

兰州（中川国际机场）接团，乘车前往酒店，入住休息。

行进顺序：（机场 71KM 酒店）

公里数及行车时间：（71KM）。高速路+城区路。行车约 1 小时。 住地海拔：兰州市 1500 米

用餐：午餐*** 晚餐***

住宿：兰州飞天大酒店或同级（准四）

Day 1: Pick up at Lanzhou Zhongchuan Airport → Hotel

Pick up at Lanzhou Zhongchuan Airport, drive to the hotel, check in hotel and have a rest.

Specific line: Airport 71KM Hotel

Kilometres and driving time: 71KM. Urban road + Highway, driving about 1 hour. Residential elevation: Lanzhou city 1500M

Dining: Lunch *** Dinner ***

Accommodation: Lanzhou Legend Hotel or equivalent

第二天：兰州→【途经后峡景区】→崇信【龙泉寺】→平凉

【后峡景区】以丹霞地貌地质景观为主，分布有诸多的峰林、石柱。

【龙泉寺】初建于元代，这里树木繁茂，林荫蔽日，山与水映，景色秀丽！

行进顺序：（兰州 320KM 后峡景区 75KM 龙泉寺 60KM 平凉）

公里数及行车时间：（455KM）。高速+柏油路。行车约 6 小时。

住地海拔：平凉市 1400 米。

用餐：早餐（酒店内）、午餐（中式合菜 50）、晚餐（中式合菜 50）。

住宿：平凉华辰大酒店或同级（准四）

Day 2: Lanzhou → [via Houxia Scenic Spot] → Chongxin [Longquan Temple] → Pingliang

[Houxia Scenic Spot] Houxia Scenic Spot is dominated by Danxia landform as geological landscape, the distribution of a lot of hoodoos, stone columns.

[Longquan Temple] First built in the Yuan Dynasty, thriving and luxuriant trees create shade and block the Sunlight, The mountain and the water reflect each other, create a beautiful scenery.

Specific line: Lanzhou 320KM Houxia Scenic Spot 75KM Longquan Temple 60KM Pingliang

Kilometres and driving time: 455KM. Urban road + Highway, driving about 6 hours. Residential elevation: Pingliang City 1400M

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

Accommodation: Pingliang Huachen Hotel or equivalent

第三天：平凉麦积山石窟【含电瓶车】→天水伏羲庙参观游览

【麦积山石窟】，中国四大石窟之一，以其精美的泥塑艺术闻名世界，被誉为东方雕塑艺术陈列馆。

【伏羲庙】始建于 1483 年。是目前我国规模最宏大、保存最完整的明代建筑群为了纪念伏羲氏，他是传说中的三皇之首。

行进顺序：（平凉 230KM 麦积山石窟 45KM 伏羲庙）

公里数及行车时间：（275KM）。柏油路。行车约 6 小时。

住地海拔：天水市 1100 米。

用餐：早餐（酒店内）、午餐（中式合菜 50）、晚餐（中式合菜 50）。

住宿：天水华天电子宾馆或同级（准四）

Day 3: Pingliang Maijishan Grottoes [Including Battery car] → Tianshui Fuxi Temple

[Maijishan Grottoes] It is one of the four major grottoes in China, famous for its fine clay sculpture art, known as the exhibition hall of Oriental sculpture art.

[Fuxi Temple] It was built in 1483. At present, it is the largest and best preserved Ming Dynasty architectural complex in memory of Fuxi, he was the first of the legendary San Huang.

Specific line: Pingliang 230KM Maijishan Grottoes 45KM Fuxi Temple

Kilometres and driving time: 275KM. Urban road, driving about 6 hours. Residential elevation: Tianshui City 1100M

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

Accommodation: Tianshui Huatian Dianzi Hotel or equivalent

第四天: 天水→【西狭颂风景区】→成县→陇南武都区

【西狭颂风景区】在此有一方名播千载、在中国艺术史上熠熠生辉的东汉摩崖石刻——《西狭颂》。为我国汉隶书法“三颂”之一，是古代摩崖石刻中保存最完好的珍品。

行进顺序: (天水 150KM 西狭颂风景区 35KM 成县 140KM 陇南武都区)

公里数及行车时间: (325KM)。高速路+柏油路。行车约 6.5 小时。

住地海拔: 陇南市 1400 米

用餐: 早餐 (酒店内)、午餐 (中式合菜 50)、晚餐 (中式合菜 50)。

住宿: 武都区东南国际大酒店 (准四)

Day 4: Tianshui → [Xixiasong Scenic Area] → Cheng County → Wudu District, Longnan, Gansu

[Xixiasong Scenic Area] Here is a famous stone carving of cliff in the eastern Han Dynasty, which has been broadcast for thousands of years and is shining in the history of Chinese art——"Xixiasong". It is one of the "three odes" in Chinese official script and the best preserved treasure of ancient cliff carvings.

Specific line: Tianshui 150KM Xixiasong Scenic Area 35KM Cheng County 140KM Wudu District, Longnan, Gansu

Kilometres and driving time: 325KM. Urban road + Highway, driving about 6.5 hours. Residential elevation: Longnan City 1400M

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

Accommodation: Wudu District Dongnan International Hotel or equivalent

第五天: 陇南武都区→【万象洞】→宕昌

【万象洞】该洞已有 2.5 亿至 3 亿年的历史，属于典型的岩洞地貌，被称为中国“北方第一洞”，也是一条多姿多彩的“地下文化长廊”。

行进顺序: (陇南 10KM 千坝草原 20M 万象洞 120KM 宕昌)

公里数及行车时间: (150KM)。柏油路+高速路。行车约 3 小时。

住地海拔: 宕昌县 1900 米。

用餐: 早餐 (酒店内)、午餐 (中式合菜 50)、晚餐 (中式合菜 50)

住宿: 龙海大酒店或同级 (准四)

Day 5: Wudu District, Longnan, Gansu → [Wanxiang Cave] → Tanchang

[Wanxiang Cave] With a history of 250 million to 300 million years, the cave is a typical cave landform, known as the "first cave in north China" and a colorful "underground cultural corridor".

Specific line: Longnan 10KM Qianba Grassland 20KM Wanxiang Cave 120KM Tanchang

Kilometres and driving time: 150KM. Urban road + Highway, driving about 3 hours. Residential elevation: Tanchang City 1900M

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

Accommodation: Tanchang Longhai Hotel or equivalent

第六天: 宕昌→官鹅沟国家森林公园

【官鹅沟国家森林公园】，景区由官珠沟、鹅嫚沟、木隆沟、庙沟等景区组成，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，生态环境优美，自然景观奇特。

行进顺序: (宕昌 4KM 官鹅沟 4KM 宕昌)

公里数及行车时间: (8KM)。柏油路。行车约 15 分钟。

住地海拔: 宕昌县 1900 米。

用餐: 早餐 (酒店内)、午餐 (中式合菜 50)、晚餐 (中式合菜 50)

住宿: 龙海大酒店或同级 (准四)

Day 6: Tanchang → Guan'e Valley National Forest Park

[Guanegou National Forest Park] Composed of Guanzhugou, Emangou, Mulonggou, Miaogou and other scenic spots, it combines forest landscape, prairie landscape, landform landscape, water landscape and other natural landscape and humanity landscape, with beautiful ecological environment and unique natural landscape.

Specific line: Tanchang 4KM Guanegou 4KM Tanchang

Kilometres and driving time: 8KM. Urban road, driving about 15 minutes. Residential elevation: Tanchang County 1900M

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

Accommodation: Tanchang Longhai Hotel or equivalent

第七天: 宕昌→【大河坝森林公园】→迭部

【大河坝森林公园】，景区空气清新，宛如一副画卷，山清水秀，既有九寨沟之秀丽，又有雪山峡谷之壮姿，素有陇南“小九寨沟”之美称。

行进顺序: (宕昌 8KM 大河坝森林公园 160KM 迭部)

公里数及行车时间: (168KM)。柏油路。行车约 4 小时。

住地海拔: 迭部县 2400 米。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住宿: 迭部洛克洲际酒店(准四)

Day 7: Tanchang → [Daheba Provincial Forest Park] → Diebu

[Daheba Provincial Forest Park] The air in the scenic spot is fresh, just like a picture scroll with beautiful scenery, both the beauty of Jiuzhaigou, and the snow mountain gorge strong posture, known as the reputation of Longnan "small Jiuzhaigou".

Specific line: Tanchang 8KM Daheba Provincial Forest Park 160KM Diebu

Kilometres and driving time: 168KM. Urban road, driving about 4 hours.

Residential elevation: Diebu County 2400M

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

Accommodation: Diebu Luoke Zhouji Hotel or equivalent

第八天: 迭部→【扎尕那石城】(甘肃寺-扎尕那家访)

【扎尕那石城】，四周群山环绕的扎尕那，宛如陶渊明笔下的桃花源，在当地藏民的眼中，这是神仙创造的地方。山势奇峻、云雾缭绕、景色优美，宛如仙境般美好。

行进顺序: (迭部 25KM 扎尕那石城)

公里数及行车时间: (25KM)。柏油路。行车约 1 小时。

住地海拔: 扎尕那 3000 米。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住宿: 扎尕那村民居或同级

Day 8: Diebu → [Zhagana Stone City] [Home Visiting]

[Zhagana Stone City] Zhagana is surrounded by mountains, just like Tao Yuanming's Peach Blossom Spring, in the eyes of the local Tibetan people, this is the place created by the gods. The mountains are so steep, the clouds are so misty, the scenery is so beautiful, just like a fairyland.

Specific line: Diebu 25KM Zhagana Stone City

Kilometres and driving time: 25KM. Urban road, driving about 1 hour.

Residential elevation: Zhagana 3000M

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

Accommodation: Zhagana Village Folk House or equivalent

第九天: 扎尕那石城→【途经然多村】【郎木寺】

【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: (扎尕那石城 115KM 郎木寺 85KM 碌曲)

公里数及行车时间: (200KM)。柏油路。行车约 4 小时。

住地海拔: 碌曲县 3500 米。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住宿: 碌曲達吉国际大酒店(准四)

Day 9: Zhagana Stone City → [via Randuo Village] [Langmusi]

[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 115KM Langmusi 85KM Luqu

Kilometres and driving time: 200KM. Urban road, driving about 4 hours.

Residential elevation: Luqu County 3320M

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

Accommodation: Luqu Daji International Hotel or equivalent

第十天: 郎木寺→天下黄河第一湾→碌曲【则岔石林】合作

【天下黄河第一湾】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。

【**则岔石林**】则岔石林是一处由地壳变化上升造成的硅灰岩石景观，经过长年累月的风雨剥蚀和流水的侵蚀，形成各异的奇峰怪石，巍然屹立。

行进顺序：（碌曲 **50KM** 尕海湖 **52KM** 天下黄河第一湾 **152KM** 则岔石林 **120KM** 合作）

公里数及行车时间：（**374KM**）。柏油路。行车约 **7.5** 小时。

住地海拔：合作市 **2900** 米。

用餐：早餐（酒店内）、午餐（中式合菜 **50**）、晚餐（中式合菜 **50**）

住宿：合作颐和大酒店或同级（准四）

Day 10: Langmusi [Gahai lake](including battery car) → Yellow River First Beach → Luqu [Zecha Stone Forest] Hezuo

[**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.

[**Zecha Stone Forest**] Zecha Stone Forest is a silica-ash rock landscape created by the rise of crustal changes, after years of wind and rain erosion and erosion of water, the formation of different strange peaks and rocks, stand majestically.

Specific line: Luqu **50KM** Gahai Lake **52KM** Yellow River First Beach **152KM** Zecha Stone Forest **120KM** Hezuo

Kilometres and driving time: **374KM**. Urban road, driving about **7.5** hours.

Residential elevation: Hezuo City **2900M**

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

Accommodation: Hezuo Yihe Hotel or equivalent

第十一天：合作【米拉日巴佛阁】【冶力关森林公园（黄捻子、香纸沟景区）、赤壁幽谷、途经西峡】

【**米拉日巴佛阁**】全称是“安多合作米拉日巴九层佛阁”，始建于清乾隆四十二年（1777年），原建楼阁已毁于“文革”。是藏传佛教格鲁派（黄教）在安多藏区最主要的寺院之一。

【**冶力关森林公园**】冶木河贯穿全区，有牧草丰茂的天然牧场，也有地势陡峭、沟深谷窄的练珠峡。

行进顺序：（合作 **98KM** 冶力关森林公园）

公里数及行车时间：（**98KM**）。柏油路。行车约 **2** 小时。

住地海拔：冶力关镇 **2800** 米。

用餐：早餐（酒店内）、午餐（中式合菜 **50**）、晚餐（中式合菜 **50**）

住宿：冶力关冶海大酒店（准三）

Day 11: Hezuo [Milariba Buddha Pavilion] [Yeliguan Forest Park (Huangnianzi, Xiangzhigou scenic spot)、Red Cliff Canyon、Via XiXia]

[**Milariba Buddha Pavilion**] The full name is "Amdo Hezuo Milariba's nine-story Buddhist pavilion", which was built in the 42nd year of the reign of emperor Qianlong (in 1777), the original pavilion was destroyed in the "Great Cultural Revolution", it is one of the most important monasteries of Gelug sect (Shamanism) of Tibetan Buddhism in Amdo Tibetan Region.

[**Yeliguan Forest Park**] Yeli River runs through the whole region, abundant natural pasture with lush grass, there are also steep terrain and narrow valleys of Lianzhu Gorge.

Specific line: Hezuo **98KM** Yeliguan Forest Park

Kilometres and driving time: **98KM**. Urban road, driving about **2** hours.

Residential elevation: Yeliguan Town **2800M**

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

Accommodation: Yeliguan Yehai Hotel or equivalent

第十二天：冶力关【远眺东峡、莲花山】→康乐→夏河【拉卜楞寺】

【**拉卜楞寺**】是藏传佛教格鲁派六大寺院之一，鼎盛时期，僧侣达到 4000 余人，寺庙保留有全国最好的藏传佛教教学体系。被世界誉为“世界藏学府”。

行进顺序：（冶力关 **260KM** 夏河）

公里数及行车时间：（**260KM**）。柏油路。行车约 **4.5** 小时。

住地海拔：夏河县 **2800** 米。

用餐：早餐（酒店内）、午餐（中式合菜 **50**）、晚餐（中式合菜 **50**）

住宿：夏河拉卜楞民航大酒店（准四）

Day 12: Yeliguan [Overlooking the Dong Gorges, Lotus Hill] → Kangle → Xiahe [Labrang Monastery]

[**Labrang Monastery**] It is one of the six big monasteries of Gelug sects of Tibetan Buddhism, in its heyday, there were more than 4,000 monks and the temple maintained the best teaching system of Tibetan Buddhism in China. Known as the "World Tibetan Institutions".

Specific line: Yeliguan **260KM** Xiahe

Kilometres and driving time: **260KM**. Urban road, driving about **4.5** hours.

Residential elevation: Xiahe County **2800M**

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

Accommodation: Xiahe Labuleng Civil Aviation Hotel or equivalent

第十三天: 夏河→【坎布拉国家森林公园(含电瓶车+游船)】→西宁

【坎布拉国家森林公园】景区为典型丹霞地貌, 森林植被、宗教文化、电站大坝、峡谷库区及藏族风情所构成, 集自然景观和人文景观于一身。

行进顺序: (夏河 170KM 坎布拉国家森林公园 110KM 西宁)

公里数及行车时间: (280KM)。柏油路。行车约 6 小时。

住地海拔: 西宁市 2260 米。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住宿: 兴鼎安大酒店 或同级(准四)

Day 13: Xiahe → [Kanbula National Forest Park (including battery car + boat)] → Xining

[Kanbula National Forest Park] The scenic spot is a typical Danxia landform, it is composed of forest vegetation, religious culture, power station dam, canyon reservoir area and Tibetan customs, integrating natural landscape and human landscape.

Specific line: Xiahe 170KM Kanbula National Forest Park 110KM Xining

Kilometres and driving time: 280KM. Urban road, driving about 6 hours.

Residential elevation: Xining City 2260M

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

Accommodation: Qinghai Jinding Rezen Hotel or equivalent

第十四天: 西宁→祁连【卓尔山】大草原→张掖

【卓尔山】属于丹霞地貌, 由红色砂岩、砾岩组成。站在卓儿山顶视野极度开阔, 四周没有任何遮拦, 处处美景, 宛如仙境, 令人心旷神怡。

行进顺序: (西宁 200KM 祁连 200KM 张掖)

公里数及行车时间: (400KM)。柏油路。行车约 8 小时。

住地海拔: 张掖市 1500 米。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住宿: 张掖绿洲假日酒店同级(准四)

Day 14: Xining → Qilian [Zhuo'er Mountain] Prairie → Zhangye

[Zhuo'er Mountain] Belongs to the Danxia landform, consists of red sandstone and conglomerate. Standing on the top of Zhuo'er mountain the vision is extremely broad, there is no cover around, everywhere is the beautiful scenery, just like a fairyland, it is very relaxing.

Specific line: Xining 200KM Qilian 200KM Zhangye

Kilometres and driving time: 400KM. Urban road, driving about 8 hours.

Residential elevation: Zhangye City 1500M

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

Accommodation: Zhangye Lvzhou Holiday Hotel or equivalent

第十五天: 张掖→丹霞地貌→【大佛寺】→【马蹄寺石窟】

【张掖丹霞地貌】方圆五十平方公里山地丘陵地带, 有造型奇特, 色彩斑斓, 气势磅礴的丹霞地貌。彩色丘陵色彩之缤纷、面积之大冠绝全国。

【大佛寺】始建于西夏永安元年(1098年), 原名迦叶如来寺, 因寺内有巨大的卧佛像故名大佛寺, 又名睡佛寺。

【马蹄寺石窟】是集石窟艺术、祁连山风光和裕固族风情于一体的旅游区。马蹄寺因传说中的天马在此饮水落有马蹄印而得名。

行进顺序: (张掖 40KM 丹霞地貌 40KM 大佛寺 70KM 马蹄寺石窟)

公里数及行车时间: (150KM)。柏油路。行车约 4 小时。

住地海拔: 张掖市 1500 米。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住宿: 张掖绿洲假日酒店 (准四)

Day 15: Zhangye → Danxia landform → [Dafo Temple] → [Mati Temple Grottoes]

[Zhangye Danxia landform] An area of 50 square kilometers of mountainous-hilly region, there are unique modeling, colorful, majestic Danxia Landform. The colorful hills are the largest in color and area in China.

[Dafo Temple] Founded in the first year of Yongan, Xixia (1098), formerly known as the Kaye Tathagata Temple, also known as Sleeping Buddha Temple, because of the huge statue of lying Buddha in the temple.

[Mati Temple Grottoes] It is a tourist area integrating grotto art, Qilian Mountain scenery and Yugu nationality. The horseshoe temple is named for the legendary horse that drinks water here and leave horseshoe marks.

Specific line: Zhangye 40KM Danxia landform 40KM Dafo Temple 70KM Mati Temple Grottoes

Kilometres and driving time: 150KM. Urban road, driving about 4 hours.

Residential elevation: Zhangye City 1500M

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

Accommodation: Zhangye Lvzhou Holiday Hotel or equivalent

第十六天: 张掖→嘉峪关【嘉峪关关城、悬臂长城、嘉峪关长城博物馆】

【嘉峪关关城及悬臂长城】嘉峪关是古丝绸之路的交通要道,张骞曾带着满载丝绸的骆驼商队,缓缓西行;这里是明时万里长城的西起点,古时出了嘉峪关,就是茫茫戈壁,告别了中原故土,进入蛮荒之地。嘉峪关关城具有「天下第一雄关」的美名,于1987年中国申遗长城成功时,列入同一世界遗产保护范围。

行进顺序: (张掖 230KM 嘉峪关)

公里数及行车时间: (230KM)。高速路+柏油路。行车约 3 小时。

住地海拔: 嘉峪关 1600 米。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住宿: 嘉峪关酒钢宾馆(准四)

Day 16: Zhangye → Jiayuguan [Jiayuguan Fortress、Xuan Bi Great Wall、Jiayuguan Great Wall Museum]

[Jiayuguan Fortress、Xuan Bi Great Wall] Jiayuguan is the main traffic route of the ancient Silk Road, Zhang Qian once took a camel caravan full of silk to travel slowly westward; Here is the western starting point of the Great Wall in the Ming Dynasty, in ancient times, out of Jiayuguan, is the vast Gobi Desert, farewell to the Central Plains homeland, into the wild Places. Jiayuguan Pass is well-known as "the Impregnable Pass under the Heaven", was included in the same world heritage list in 1987 when China successfully declared the Great Wall in a world heritage site.

Specific line: Zhangye 230KM Jiayuguan

Kilometres and driving time: 230KM. Urban road + Highway, driving about 3 hours.

Residential elevation: Jiayuguan 1600M

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

Accommodation: Jiayuguan Jiugang Hotel or equivalent

第十七天: 嘉峪关→敦煌【鸣沙山、月牙泉[骑骆驼]、沙洲夜市】

【敦煌鸣沙山、月牙泉】鸣沙山因沙动有声而得名,山由流沙积聚而成,整个山体由红、黄、绿、黑、白米粒状沙粒堆积而成,山形美观,峰如刀刃。月牙泉被鸣沙山环抱,长约 150m,宽约 50m,因水面酷似一弯新月而得名。

【沙洲夜市】被誉为敦煌“夜景图”和“风情画”。划分为风味小吃、工艺品、“三泡台”茶座及农副、土特产品五大经营区域。

行进顺序: (嘉峪关 375KM 鸣沙山 5KM 敦煌市)

公里数及行车时间: (380KM)。高速路+柏油路。行车约 4.5 小时。

住地海拔: 敦煌 1100 米。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住宿: 富丽华大酒店或同级(准五)

Day 17: Jiayuguan → Dunhuang [Mingsha Mountain、Yueya Spring(ride a camel)、Shazhou Night Market]

[Dunhuang Mingsha Mountain、Yueya Spring] Mingsha Mountain because of the sound of the sand named, the mountain by the quicksand accumulation, the whole mountain by red, yellow, green, black, white rice grain sand accumulation, with beautiful mountain shape, peak such as the blade. Yueya Spring is surrounded by Mingsha Mountain, about 150m long, about 50m wide, because the water resembles a crescent moon named.

[Shazhou Night Market] Known as Dunhuang "Night scene graph" and "Landscape painting." The market is divided into five zones - food & snacks, art crafts, Sanpaotai teahouses, agricultural products and souvenirs, which form a bustling night picture with unique folk customs.

Specific line: Jiayuguan 375KM Mingsha Mountain 5KM Dunhuang City

Kilometres and driving time: 380KM. Urban road + Highway, driving about 4.5 hours.

Residential elevation: Dunhuang 1100M

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

Accommodation: Fu Li Hua International Hotel or equivalent

第十八天: 敦煌(莫高窟)柳园→(兰新高铁)→兰州

【莫高窟】又称为千佛洞,中国四大石窟之一,以雕像和壁画闻名全世,始建于前秦时期,历代兴建,规模巨大,是现存世界最大且内容最为丰富的佛教艺术圣地。下午将搭乘兰新高铁,前往兰州!

行进顺序: (敦煌 25KM 莫高窟)+高铁至兰州

公里数及行车时间: (25KM)。柏油路。行车约 0.5 小时。

住地海拔: 兰州市 1500 米。

用餐: 早餐(酒店内)、午餐(中式合菜 50)、晚餐(中式合菜 50)

住宿: 兰苑宾馆或同级(准五)

Day 18: Dunhuang(Mogao Caves)Liu Garden → (Lanzhou - Xinjiang High-speed Railway) → Lanzhou

[Mogao Caves] Also known as the Thousand Buddha Caves, is one of China's four big grottoes, famous for its statues and murals, it was built in the former Qin Period, built in successive dynasties, it is the largest and richest buddhist art shrine in the world. In the afternoon, will take the Lanzhou - Xinjiang High-speed Railway, to Lanzhou!

Specific line: Dunhuang 25KM Mogao Caves + High-speed Railway to Lanzhou

Kilometres and driving time: 25KM. Urban road + Highway, driving about 0.5 hours. Residential elevation: Lanzhou City 1500M

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

Accommodation: Lanyuan Hotel or equivalent

第十九天：兰州送机→乘机返程结束愉快之旅

前往兰州（中川国际机场），乘机返程结束愉快之旅！

行进顺序：（酒店 48KM 机场）

公里数及行车时间：（48KM）。城区路。行车约 1 小时

用餐：早餐（酒店内） 午餐***

Go to the Lanzhou Zhongchuan Airport and end the pleasant journey.

Specific line: Hotel 48KM Airport

Kilometers and driving time: 48KM. Driving about 1 hours.

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

颂：旅途愉快！收获满满！

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