

Unveil the Secres of Gansu & Qinghai

秘境起

福至

大美甘青



出发日期: **5月17日**
DEP DATE: **17/5/2026**

Tour code: **JA-8NQLZ**

航班时间 Flight time:

17 MAY2026 HU460 SIN-LHW 1635-0100+1
25 MAY2026 HU459 LHW-SIN 0705-1530

必 奢华酒店Luxury Hotel

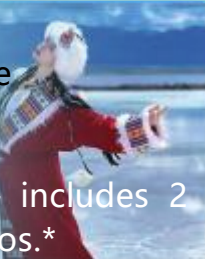
全程入住国际品牌连锁酒店
Accommodation throughout the
tour in international hotel chains



特别体验Special Experience

精美旅拍, *赠2张精修照

Exquisite travel photoshoot — includes 2
complimentary retouched photos.*



特色美食Local delicacies

河湟特色小吃、烤全羊、草原开锅羊肉汤锅、锁阳汽锅鸡、藏王宴
Hehuang-style snacks, Roast Whole Lamb, grassland mutton
hotpot, Suoyang steam chicken, Tibetan King's Feast.



JUN-AIR TRAVEL PTE LTD 经典旅游策划机构

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出发-兰州
Departure-Lan zhou

餐食Meals: 自理OWN

出发地乘机前往兰州，抵达后接机，后入住酒店！
Fly from your departure city to Lanzhou. Upon arrival, meet and transfer to the hotel for check-in.


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兰州-张掖
Lan zhou-zhang ye

餐食Meals: 早B/午L/晚D

早餐后乘车前往张掖，游览中国最美丹霞地貌的「七彩丹霞」，（含门票+区间车）接着前往「丹霞口小镇」西北地区最大的特色文旅小镇。集特色美食、、民俗文化、、精品民宿和主题演艺等多种业态于一体。晚餐后，入住酒店。**晚上可免费观看大型历史情景剧《回道张掖》**
After breakfast, drive to Zhangye to visit the stunning Colorful Danxia (ticket included, shuttle bus). Then explore Danxiakou Town, known for its local food, culture, and performances. After dinner, check in to the hotel. **optional: watch the evening show "Return to zhang ye".**


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张掖-敦煌
zhang ye-Dun huang

餐食Meals: 早B/午L/自理OWN

早餐后前往号称「天下第一雄关」的「嘉峪关」（含上城墙费用，观光车），随后前往以天为被地为床的震撼性雕塑「大地之子」。接着打卡「无界」「汉武帝」雕塑。后抵达被誉为敦煌「夜景图」和「风情画」的沙洲夜市，自理当地特色美食
After breakfast, visit Jiayuguan Pass (wall access included+sightseeing bus), then see the Son of Earth, Boundless, and Emperor Wu sculptures. In the evening, explore Shazhou Night Market and try local food (at own expense).


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敦煌
Dun huang

餐食Meals: 早B/午L/晚D

早餐后乘大巴前往参观「莫高窟」（含门票）中国四大石窟之一，是世界上现存规模最大佛教艺术地之一，「鸣沙山月牙泉」被誉为「塞外风光之一绝」以山泉共处，沙水共生的沙漠奇观著称于世，被誉为「塞外风光之一绝」。。**可自费参加骑骆驼、滑沙等活动**
After breakfast, take a coach to visit the Mogao Caves (ticket included). As one of China's four major grottoes, it's a treasure of Buddhist art. Then visit Mingsha Mountain & Crescent Spring, known as a desert wonder. **Optional activities: camel riding, sand sliding, etc.**


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敦煌-格尔木
Dun huang-Gol mud

餐食Meals: 早B/午L/晚D

早餐后，乘大巴，途经鱼卡服务区，大柴旦，抵达「察尔汗盐湖」（含门票+观光车），东西长160多千米，南北宽20—40千米，盐层厚约为2—20米，总面积5856平方千米，是中国最大盐湖，也是世界第二大盐湖。晚餐后入住格尔木酒店休息！
After breakfast, take a coach via Yuka Service Area and Dachaidan to visit Cha'erhan Salt Lake (incl. entrance & shuttle). It is China's largest and the world's second-largest salt lake. After dinner, check in at a Golmud hotel for rest.


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格尔木-茶卡
Gol mud-chaka

餐食Meals: 早B/午L/晚D

早餐后途径「中国版66号公路」，车观「尕斯库勒湖」，抵达游览「茶卡盐湖」（含门票+观光车）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」。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
After breakfast, drive along the "China Route 66" and pass by Gahai Lake. Then visit the Chaka Salt Lake (ticket included+sightseeing bus), known as the "Mirror of the Sky in China." Walk across the salt-covered lake, where sky and water blend into one, creating a dreamlike, painting-like scene.


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茶卡-西宁
chaka-xi ning

餐食Meals: 早B/午L/晚D

早餐后，前往「文迎牧场」，体验骑马拍照与射箭的豪情。随后车览雄伟的日月山，一路欣赏高原风光。抵达「青海湖」（含二郎剑景区），乘坐「青海湖小火车」，悠然环湖，领略碧波荡漾的壮美景致。晚餐享用特色**藏王宴**。
After breakfast, visit Wenjia Ranch for horseback riding and archery. Drive past Sun and Moon Mountain and continue to Qinghai Lake (Erlangjian Scenic Area) for a scenic train ride. Enjoy a **Tibetan Royal Feast** for dinner. And return to the hotel for rest.


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西宁-兰州
xi ning-Lan zhou

餐食Meals: 早B/午L/晚D

早餐后，前往参观「塔尔寺」（含观光车+专业讲解），感受古老深厚的藏传佛教文化。随后游览庄严的「黄河母亲像」，欣赏独具特色的「黄河水车园」，漫步百年历史的「黄河铁桥」，尽览母亲河两岸的风光。晚餐结束后，返回酒店休息。
After breakfast, visit Ta'er Monastery (including sightseeing shuttle and guided tour) to experience the profound Tibetan Buddhist culture. Continue to the solemn Yellow River Mother Statue, admire the unique Yellow River Waterwheel Garden, and stroll across the century-old Yellow River Iron Bridge, enjoying the river's scenic charm. After dinner, return to the hotel for rest.


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兰州 -回程
Lan zhou-Return

餐食Meals: 早B

睡到自然醒，早餐后，自由活动，后根据航班时间送机！
Wake up naturally and enjoy breakfast. Free time until transfer to the airport according to your flight schedule.

推荐自费 RMB 399元: 《回道张掖》演出，鸣沙山骑骆驼

Recommended optional Tour 399/RMB: "Return to zhang ye" live performance, camel riding at Ming sha Mountain

保证自费: 大地之子+烤全羊特色餐+藏王宴特色餐, RMB 480/人

Guaranteed optional Activity: Roast whole Lamb, Tibetan king Feast, RMB 480/person