

Silk Road In Symphony Gansu In Harmony



甘肃省文化和旅游厅
wlt.gansu.gov.cn



Gansu Cultural Tourism

Curated Routes & Experiences





交响丝路

如意甘肃

Silk Road Tours In Gansu, The Dreamland For Global Travelers

甘肃精品旅游线路图

Gansu Curated Travel Routes Map





畅游经典丝绸之路

Journey the Timeless Silk Road, Immerse in Hui & Tibetan Traditions

探访回藏民俗风情



穿越古丝绸之路及安多藏区 (7天6晚)

Traverse the Ancient Silk Road & Amdo Tibetan Realm (7 Days, 6 Nights)

第一天：抵达兰州

Day 01: Arrival at Lanzhou

兰州黄河铁桥

Lanzhou Yellow River Iron Bridge

白塔山

White Tower Hill

水车博览园

Waterwheel Exposition

西北的首站是甘肃省省会城市—兰州。兰州别称金城，是黄河唯一穿城而过的省会城市，也是中国陆版图几何中心，城区海拔约1520米，常住人口442.51万人，兰州因河而生、因河而兴，素有“黄河明珠”的美誉。

Lanzhou, the capital city of Gansu Province in northwest China and historically nicknamed "Golden City", stands as the only provincial capital through which the Yellow River flows. Strategically positioned at the geometric center of China's continental landmass, this high-altitude city rises 1,520 meters above sea level and is home to 4.4251 million residents. Born of the river and flourishing through its waters, Lanzhou has evolved into a celebrated "Pearl of the Yellow River" - a vibrant urban jewel where ancient Silk Road heritage meets modern vitality against a dramatic backdrop of canyon landscapes and winding watercourses.

第二天：兰州-炳灵寺石窟-夏河

Day 02: Lanzhou-Bingling Temple Grottoes-Xiahe

刘家峡水库

Liaojiaxia Reservoir

炳灵寺石窟

Bingling Temple Grottoes

乘车前往位于青藏高原边缘，被称为“小西藏”的夏河县（海拔2930米）。在经过刘家峡水库的时候，换乘快艇前往参观炳灵寺石窟。

Drive to Xiahe County (2930 meters above sea level), which is located at the edge of the Qinghai Tibet Plateau and is called "Little Tibet". When passing by Liaojiaxia Reservoir, transfer to a speedboat to visit Bingling Temple Grottoes.

第三天：夏河-西宁

Day 03: Xiahe-Xining

拉卜楞寺

Labrang Monastery

上午我们前往参观拉卜楞寺。下午乘车穿越甘加草原前往青海的省会城市西宁（海拔2261米）。

In the morning, we will visit Labrang Monastery. In the afternoon, we will travel through the Ganja Grassland to Xining (elevation 2,261 meters), the capital city of Qinghai Province.

第四天：西宁-张掖

Day 04: Xining-Zhangye

张掖七彩丹霞旅游景区

Zhangye Landforms Scenic Spot

早餐后乘车穿越绵延千里、雄伟壮阔的祁连山，赴丝绸之路商贸重镇和咽喉要道—张掖（海拔1500米）。抵达张掖后参观张掖七彩丹霞旅游景区。沿途经过回族农业区、藏族牧业区，牦牛成群的祁连草原、雪山以及多座海拔超过3000米的经幡飘扬的山口。

After breakfast, take a car to traverse the majestic and imposing Qilian Mountains stretching thousands of miles, heading to Zhangye (1500m elevation) - a historic commercial hub and strategic gateway along the Silk Road. Upon arrival in Zhangye, visit the Rainbow Mountain Danxia Scenic Area. Along the journey, pass through Hui ethnic agricultural areas, Tibetan pastoral regions, Qilian Grasslands dotted with yaks, snow-capped mountains, and multiple high-altitude passes exceeding 3000 meters adorned with fluttering prayer flags.

第五天：张掖-嘉峪关

Day 05: Zhangye - Jiayuguan

张掖大佛寺

Zhangye Giant Buddha Temple

嘉峪关关城

Jiayuguan Fortress

悬壁长城

Overhanging Great Wall

早餐后参观张掖大佛寺，之后乘车向西赴嘉峪关市（海拔1500米）参观嘉峪关关城及悬壁长城。

After breakfast, visit Giant Buddha Temple, and then drive to Jiayuguan City (at an altitude of 1500 meters) to visit Jiayuguan Fortress and the Overhanging Great Wall on the Black Mountain.

第六天：嘉峪关-敦煌

Day 06: Jiayuguan - Dunhuang

鸣沙山

Mingsha Sand Dunes

月牙泉

Crescent Moon Spring

早餐后乘车继续向西，前往素有“华戎所交—大都会”之称的敦煌市（海拔1140米）。抵达敦煌后参观鸣沙山、月牙泉。

After breakfast, continue westward by car to Dunhuang City (1140m elevation), renowned as the "Metropolis at the Crossroads of Chinese and Foreign Cultures". Upon arrival in Dunhuang, visit Singing Sand Dunes & Crescent Moon Spring Scenic Area.

第七天：敦煌（返程）

Day 07: Dunhuang (Departure)

莫高窟

Mogao Grottoes

上午参观莫高窟，下午乘车前往火车站或机场。行程结束！

In the morning, visit the Mogao Grottoes. In the afternoon, take a car to the train station or airport. Trip concludes!



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经典丝绸之路 (7天6晚)

Classic Silk Road Tour (7 Days, 6 Nights)

第一天：抵达兰州

Day 01: Arrival at Lanzhou

兰州黄河铁桥

白塔山

水车博览园

西北的首站是甘肃的省会城市—兰州。兰州别称金城，是黄河唯一穿城而过的省会城市，也是中国陆域版图的几何中心，城区海拔约1520米，常住人口442.51万人，兰州因河而生，因河而兴，素有“黄河明珠”的美誉。

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第二天：兰州-景泰黄河石林

Day 02: Lanzhou- Jingtai Yellow River Stone Forest

景泰黄河石林

乘汽车前往景泰黄河石林国家地质公园参观。黄河石林国家地质公园总面积约50平方公里，形成于210万年前的积砂砾岩层，由于新构造运动，雨洪侵蚀及重力崩塌，形成许多高80-200米的峭壁。岩柱组成的峰林和峰丛。

Take a car to visit Jingtai Yellow River Stone Forest National Geopark. Spanning approximately 50 square kilometers, this geopark was formed 2.1 million years ago in accumulated sandstone and conglomerate layers. Through neotectonic movements, rain-flood erosion, and gravitational collapse, it has evolved into a landscape of 80-200-meter-tall sheer cliffs and rock pillars arranged in forest-like peaks and clustered formations.

第三天：景泰黄河石林-武威-张掖

Day 03: Jingtai Yellow River Stone Forest-Wuwei-Zhangye

雷台汉墓

早餐后乘汽车赴丝绸之路商贸重镇和咽喉要道—张掖（海拔1500米）。途中在武威市参观中国旅游标志铜奔马的出土地—雷台汉墓。

After breakfast, take a car to Zhangye (at an altitude of 1500 meters), a major commercial hub and a strategic passage on the Silk Road. On the way, visiting the site of discovery of China's national tourism symbol, the Bronze flying Horse, in Wuwei City - Leitai Han Dynasty Tomb.

第四天：张掖

Day 04: Zhangye

平山湖大峡谷

张掖七彩丹霞

上午乘车前往平山湖大峡谷参观，下午乘车前往张掖七彩丹霞旅游景区参观。

In the morning, take a car to visit Pingshahu Grand Canyon. In the afternoon, take a car to visit the Danxia Landform Tourism Scenic Spot in Zhangye City.

第五天：张掖-嘉峪关

Day 05: Zhangye - Jiayuguan

张掖大佛寺

嘉峪关关城

悬壁长城

早餐后参观张掖大佛寺，之后乘汽车向西赴嘉峪关市（海拔1500米）参观嘉峪关关城及悬壁长城。

After breakfast, take a car to Zhangye Giant Buddha Temple, and then drive to Jiayuguan City (at an altitude of 1500 meters) to visit Jiayuguan Fortress and the Overhanging Great Wall.

第六天：嘉峪关-敦煌

Day 06: Jiayuguan - Dunhuang

鸣沙山

月牙泉

早餐后乘汽车继续向西，前往素有“华戎所交一都会”之称的敦煌市（海拔1140米）。抵达敦煌后参观鸣沙山、月牙泉。

After breakfast, continue westward by car to Dunhuang City (1140m elevation), renowned as the "Metropolis at the Crossroads of Chinese and Foreign Cultures". Upon arrival in Dunhuang, visit Singing Sand Dunes & Crescent Moon Spring Scenic Area.

第七天：敦煌（返程）

Day 07: Dunhuang (Departure)

莫高窟

上午参观莫高窟，下午乘车前往火车站或机场。行程结束！

In the morning, visit the Mogao Grottoes. In the afternoon, take a car to the train station or airport. Trip concludes!"



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兰州
LANZHOU



夏河
XIAHE



扎尕那
ZHAGANA



合作
HEZUO

安多藏区文化之旅 (7天6晚)

Amdo Tibet Cultural Tour (7 Days, 6 Nights)

第一天: 抵达兰州

Day 01: Arrival at Lanzhou

黄河铁桥
Lanzhou Yellow River Iron Bridge

白塔山
Mount Ba台山

水车博览园
Park exposition

西北的首站是甘肃的省会城市—兰州。兰州别称金城，是黄河唯一穿城而过的省会城市，也是中国陆版图几何中心。城区海拔约1520米，常住人口442.51万人，兰州因河而生、因河而兴，素有“黄河明珠”的美誉。

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第二天: 兰州-炳灵寺石窟-夏河

Day 02: Lanzhou-Binglingsi Grottoes-Xiahe

刘家峡水库
Liaojiaxia Reservoir

炳灵寺石窟
Binglingsi Temple Grottoes

早餐后乘车前往被称为“小西藏”的夏河县(海拔2900米)。在途经刘家峡水库的时候，将会换乘快艇前往参观炳灵寺石窟。
After breakfast, drive to Xiahe County, known as "Little Tibet" (2900 meters above sea level). When passing by Liujiaxia Reservoir, transfer to a speedboat to visit Bingling Temple Grottoes.

第三天: 夏河

Day 03: Xiahe

拉卜楞寺
Labrang Monastery

甘加秘境
Ganja Secret Realm

上午参观拉卜楞寺，下午乘车前往甘加秘境参观。拉卜楞寺：拉卜楞寺是藏语“拉章”的变音，意为活佛大师的府邸。是藏传佛教格鲁派六大寺院之一。甘加秘境：位于夏河县甘加草原八角村西侧，南镇千年古刹作海寺，东邻甘加溪谷，凌越北部的达里加山，总面积达131.23平方公里。

In the morning, take a car to Labrang Monastery, and in the afternoon, visit the Ganja Secret Realm. Labrang Monastery is a transliteration of the Tibetan word "Lhazang", meaning the residence of a living Buddha, which is one of the six major monasteries of Gelug sect in Tibetan Buddhism. Ganja Secret Realm located on the west side of Bajiao Village in Ganja Grassland, it is bordered by a thousand year old temple called Zuohai Temple to the south, Ganja Secret Land: Located west of Bajiao Village, Ganja Grassland, Xiahe County, it borders Zuohai Monastery to the south, Ganja Stream Gorge to the east, and overlooks Daliqia Mountain to the north. Covering a total area of 131.23 square kilometers.

第四天: 夏河-扎尕那

Day 04: Xiahe-Zhagana

扎尕那
Zha Ga Na

早餐后乘汽车前往扎尕那景区参观(海拔3200米)。

After breakfast, drive to visit the Zagana Scenic Area (at an altitude of 3200 meters).

第五天: 扎尕那-郎木寺

Day 05: Zhagana-Langmu Temple

格尔底寺
Gelug Monastery

纳摩大峡谷
Namo Grand Canyon

早餐后乘汽车前往被誉为“东方小瑞士”的郎木寺镇(海拔3480米)参观格尔底寺(四川寺)和纳摩大峡谷。

After breakfast, drive to Langmu Town (3480 meters above sea level), known as the "Little Switzerland of the East", to visit Kirti Monastery and Namo Grand Canyon.

第六天: 郎木寺-合作-兰州

Day 06: Langmu Temple - Hezuo - Lanzhou

米拉日巴佛阁
Mirarepa Master's Holy Buddhist Pavilion

早餐后乘汽车返回兰州，途中在合作市参观米拉日巴佛阁。安多合作米拉日巴佛阁：是全藏区唯一的一座供奉藏传佛教各派宗师的的高层建筑名刹，始建于清乾隆四十二年(公元1777年)，距今已有二百余年历史，建筑总面积4028平方米，高40余米，共九层。

After breakfast, drive back to Lanzhou and visit Mirarepa Buddha Pavilion in Hezuo City on the way. Mirarepa Buddha Pavilion is the only high-rise Buddhist temple in the entire Tibetan region dedicated to various sects of Tibetan Buddhism. It was first built in the 42nd year of the Qianlong Emperor's reign during the Qing Dynasty (1777 AD) and has a history of more than 200 years. The total building area is 4028 square meters, with a height of over 40 meters and a total of nine floors.

第七天: 兰州(返程)

Day 07: Lanzhou (Departure)

乘车前往火车站或机场，行程结束。

Transfer to the train station or the airport to depart for the next city.



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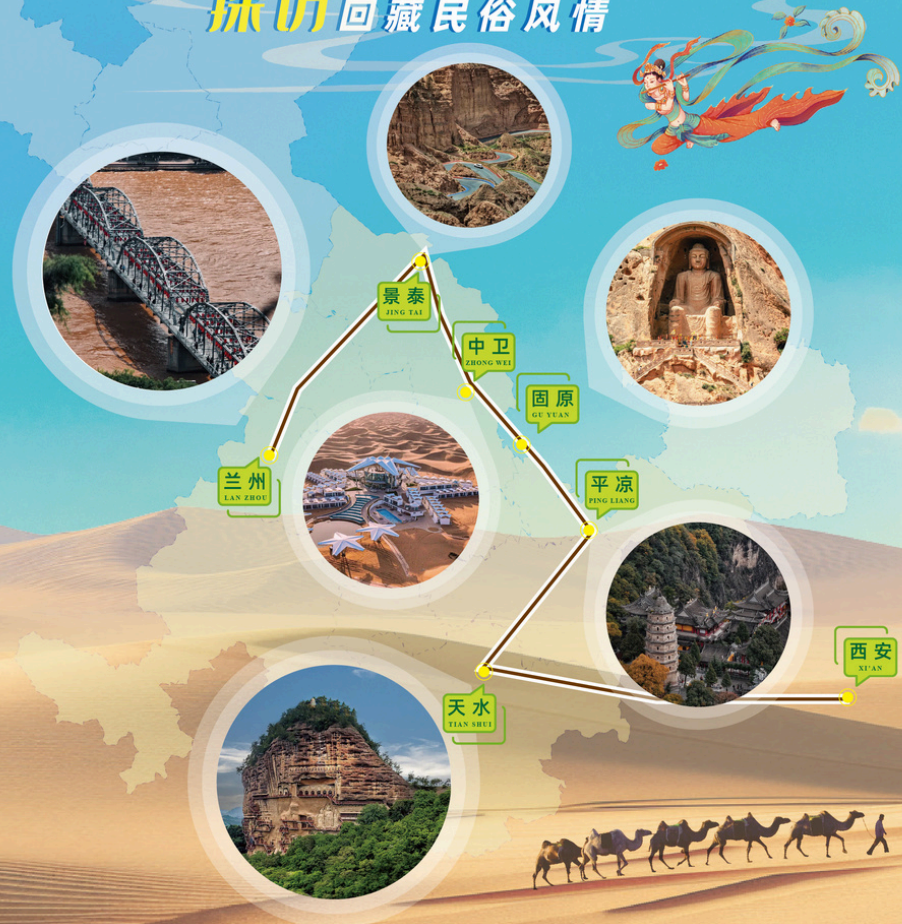
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畅游经典丝绸之路

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探访回藏民俗风情



华夏寻根问祖之旅 (7天6晚)

Tracing the Roots of Chinese Civilization

第一天：西安-天水

Day 01: Xi'an-Tianshui

麦积山石窟

Majishan Grottoes

伏羲庙

Fuxi Temple

上午坐西安至天水的动车前往天水(海拔1100)。抵达天水后,参观麦积山和伏羲庙。麦积山石窟位于秦岭西端北侧,是小陇山中的一座孤峰,高142米,因山形似农家麦垛而得名。伏羲庙:原名太昊宫,俗称人宗庙,是中国西北地区著名古建筑群之一。

In the morning, take the high-speed train from Xi'an to Tianshui (altitude 1100). After arriving, visit Majishan Grottoes, visit Maji Mountain and Fuxi Temple. The Majishan Grottoes are located on the north side of the western end of the Qiling Mountains. It is a solitary peak in Xiaolong Mountain, with a height of 142 meters, named after its resemblance to a wheat stack in a rural area. Fuxi Temple is formerly known as Taihao Palace, commonly known as Renzong Temple, is one of the famous ancient architectural complexes in northwest China.

第二天：天水-平凉

Day 02: Tianshui-Pingliang

崆峒山

Kongtong Mountain

早餐后乘汽车前往平凉(海拔1100米),途中欣赏黄土高原的美丽风光。抵达平凉后游览素有“道教第一山”美誉的崆峒山。

After breakfast, drive to Pingliang (at an altitude of 1100 meters) and enjoy the beautiful scenery along the Loess Plateau, visit the Kongtong Mountain in Pingliang, which is known as the "first mountain of Taoism".

第三天：平凉-固原

Day 03: Pingliang-Guyuan

须弥山石窟

Xumishan Grottoes

乘汽车前往固原。抵达固原后,参观须弥山石窟。须弥山石窟:是中国十大石窟之一。雕刻始于北魏晚期(386-534年)。

Travel to Guyuan by bus. Upon arrival in Guyuan, visit Xumishan Grottoes. Xumishan Grottoes is one of the ten most famous grottoes in China. Sculpting began in the late Northern Wei Dynasty (386-534 CE).

第四天：固原-中卫

Day 04: Guyuan-Zhongwei

沙坡头景区

Shapotou Scenic Area

高庙

Gaomiao Temple

乘汽车前往中卫(海拔1225)参观沙漠头景区和高庙。沙坡头景区:位于著名的腾格里沙漠南部边缘和黄河相接的地方,被中央电视台《体验中国》栏目评为“全国十大最好玩的地方”,被《中国地理杂志》评为“中国五大最美的沙漠之一”。高庙:始建于明永乐年间(1403-1424年),经历代增建重修,至清代时已成为一处规模较大的古建筑群。

Drive to Zhongwei (altitude 1225) to visit the Shapotou Scenic Area and Gaomiao Temple. The Shapotou Scenic Area is located at the junction of the southern edge of the famous Tengger Desert and the Yellow River. It was rated as "the top ten most interesting places in China" by CCTV's Experience China column, and "one of the five most beautiful deserts in China" by China Geography Magazine. Gaomiao Temple was first built during the Yongle period of the Ming Dynasty (1403-1424), and has undergone generations of additions and renovations. By the Qing Dynasty, it had become a large-scale ancient architectural complex.

第五天：中卫-景泰黄河石林

Day 05: Zhongwei-Jingtai Yellow River Stone Forest

黄河石林国家地质公园

Yellow River Stone Forest National Geological Park

早餐后乘汽车前往景泰黄河石林国家地质公园参观。

After breakfast, drive to Jingtai Yellow River Stone Forest National Geopark.

第六天：景泰黄河石林-兰州

Day 06: Jingtai Yellow River Stone Forest-Lanzhou

兰州水墨丹霞景区

Lanzhou Ink and Wash Danxia Scenic Area

早餐后乘汽车前往兰州,途中参观兰州水墨丹霞景区。兰州别称金城,是黄河唯一穿城而过的省会城市,也是中国陆版图的中心,城区海拔约1520米,常住人口442.51万人,兰州因河而生、因河而兴,素有“黄河明珠”的美誉。

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第七天：兰州(返程)

Day 07: Lanzhou (Departure)

黄河铁桥

Yellow River Iron Bridge

白塔山

White Pagoda Hill

水车博览园

Waterwheel Park

上午市区参观黄河铁桥、白塔山及水车博览园后送车站或机场,行程结束。

After visiting the Yellow River Iron Bridge, White Pagoda Mountain, and the Waterwheel Park, transfer to the railway station or airport and depart to the next city.



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秘境之旅

Journey to the Secret Realm
The mysterious painting of Gannan and Chuanxi

甘南川西的神秘画卷



甘南+川西+陇南+天水 (10天)

Gannan + western Sichuan + Longnan + Tianshui for 10 Day Tour

第一天：抵达兰州

Day 01: Lanzhou Arrival

中山桥

黄河母亲像

网红打卡-夜市

各地乘坐飞机抵达兰州-【中山桥】-【黄河母亲像】【网红打卡-夜市】(藏服接机+献哈达)-住兰州市。
Lanzhou-[Zhongshan Bridge]-[Cultural Welcome Experience: Tibetan Attire & Khata Presentation at Airport]-live in Lanzhou.

第二天：兰州-夏河

Day 02: Lanzhou-Xiahe

拉卜楞寺

甘加秘境

兰州- (行驶 3 小时) 夏河-世界的藏学府-【拉卜楞寺】(行驶约 1 小时)-佛国遗珠【甘加秘境】(含电瓶车)(作海寺、八角古城、白石崖、栈道徒步)-住夏河县。

Lanzhou-(driving 3 hours) Xiahe-the world's Tibetan university-[Labrang Temple](driving about 1 hour)-Buddhist beads[Ganja Secret](including battery car)[Zuohai Temple, Bajiao Ancient City, Baishi Cliff, cliff road hiking]-live in Xiahe.

第三天：夏河-甘南-阿坝县

Day 03: Xiahe-Gannan-Aba County

郎木寺

阿万仓

夏河- (行驶约 2.5 小时) 甘南小瑞士-【郎木寺-纳摩大峡谷轻徒步-堆玛尼石祈福】- (行驶约 2.5 小时)【阿万仓】(和当地藏族同胞一起转动世界上最大的转经筒祈福)- (行驶约 2.5 小时) 住阿坝县。

Xiahe-(driving for about 2.5 hours) Gannan Little Switzerland-[Langmu Temple-Namo Grand Canyon-(driving for about 2.5 hours)](Awancang (turn the world's largest prayer together with local Tibetan compatriots)-(driving for about 2.5 hours) Live in Aba.

第四天：阿坝县-唐克镇

Day 04: Aba County-Tangke Town

莲宝叶则-记录神山

黄河九曲第一湾

阿坝县- (行驶约1.5 小时) 甘南藏族人民心中的神山【莲宝叶则-记录神山】(含电瓶车)(行驶约 3.5 小时) 甘南-小巴音布鲁克【黄河九曲第一湾-日落】(含观光扶梯)-住唐克镇。

Aba County (driving about 1.5 hours) in the hearts of Gannan Tibetan people [LianbaoYe-record Shenshan] (including battery car) (driving about 3.5 hours) Gannan-[The first bay of the Yellow River-sunset] (including sightseeing escalator)-Live in Tangke Town.

第五天：唐克镇-迭部

Day 05: Tangke Town - Diebu

花湖-品尝网红肉饼

越野车穿越-甘南秘境小独库

第五天唐克镇- (行驶约1.5小时) 全国最大黑颈鹤栖息地-【花湖-品尝网红肉饼】【越野车穿越-甘南秘境小独库】(行驶约 3 小时)-住迭部。

Tangke Town (driving about 1.5 hours) the country's largest black-necked crane habitat-[flower-lake-taste web celebrity meat pie] [off-road vehicle through-Gannan secret area small single library] (driving about 3 hours)-Diebu.

第六天：迭部-卓尼

Day 06: Diebu - Zhuoni

扎尕那

石城云端秘境之路

迭部- (行驶约0.5小时) 人间仙境【扎尕那】-【越野车穿越-石城云端秘境之路-百年藏寨-撒拉达祈福】(行驶约4小时) 住卓尼。

Diebu (about 0.5 hours) fairyland [Zagana]-[SUV crossing-Stone City Path to the Secret Realm-Centennial Tibetan Village-scatter rongda blessing] (about 4 hours) live in Zhuoni.

第七天：卓尼-宕昌

Day 07: Zhuoni-Tanchang

禅定寺

洮州卫城

官鹅沟

卓尼-安多地区最古老的佛教寺院【禅定寺】-甘南现存最大的一座古城【洮州卫城】-小九寨沟-【官鹅沟】(含区间车)-住宕昌。

Zhuoni-the oldest Buddhist temple in Ando area [Zen Temple]-the largest ancient city in Gannan [Taozhou Wei City]-Little Jiuzhaigou-[Guan Goose Gou] (including regional car)-live in Dangchang.

第八天：宕昌-天水

Day 08: Tanchang-Tianshui

麦积山石窟

天水古城

宕昌- (行驶约 4.5 小时) 中国四大石窟之一、东方雕塑馆、崖壁上的佛国世界【麦积山石窟】(含区间车)(行驶约 1 小时)【天水古城-观夜景-品咖啡】-住天水。

Dangchang-(driving about 4.5 hours) One of the four major grottoes in China, Oriental Sculpture Museum, the Buddha world on the cliff [Maiji Grottoes] (including range car) (driving about 1 hour) [Tianshui Ancient City-night view-coffee]-live in Tianshui

第九天：天水-兰州

Day 09: Tianshui-Lanzhou

伏羲庙

水墨丹霞

天水-中国规模最大的伏羲祭祀建筑群【伏羲庙】(行驶约 3.5 小时)【水墨丹霞】(含区间车)(行驶约 0.5 小时) 住兰州

Tianshui-The largest Fuxi sacrificial building complex in China [Fuxi Temple] (driving about 3.5 hours) [ink Danxia] (including range car) (driving about 0.5 hours) live in Lanzhou

第十天：兰州(返程)

Day 10: Lanzhou (Departure)

乘车前往火车站或机场, 行程结束。
Transfer to the train station or the airport to depart for the next city.



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秘境之旅

Journey to the Secret Realm
Silk Road Qinggan Painting Scroll

丝绸之路 青甘画卷



甘肃+青海 (10天)

Gansu + Qinghai for 10 Day Tour

第一天：抵达兰州 Day 01: Lanzhou Arrival

各地乘坐飞机抵达兰州-【中山桥】-【黄河母亲像】-【网红打卡-夜市】(藏族服饰+献哈达)-住兰州市
Lanzhou-[Zhongshan Bridge]-[The Yellow River Mother Sculpture]-[Cultural Welcome Experience: Tibetan Attire & Khata Presentation at Airport]-live in Lanzhou

第二天：兰州-武威 Day 02: Lanzhou-Wuwei

兰州-(行车约3.5小时)武威祁连山-【祁连秘境栈道轻徒步-冰沟河-6月观赏马兰花】(行车约1.5小时)住武威
Lanzhou-(driving about 3.5 hours) Wuwei Qilian Heart-[Qilian Secret Realm Easy Hike-Bingouhe Scenic Area] Enjoy the Malan Flowers(driving about 1.5 hours) live in Wuwei

第三天：武威-张掖-嘉峪关 Day 03: Wuwei-Zhangye-Jiayuguan

武威-张掖(行车约2.5小时)上帝打翻的调色盘-【七彩丹霞】(含区间车)(行车约2.5小时)天下第一雄关-【嘉峪关城楼】(含区间车)住嘉峪关
Wuwei-Zhangye (driving about 2.5 hours) God overturned color palette-[colorful Danxia] (including interval car) (driving about 2.5 hours) The world's greatest barrier-[Tower-pass Tower] (including interval car) live in Jiayuguan

第四天：嘉峪关-瓜州-敦煌 Day 04: Jiayuguan-Guazhou-Dunhuang

嘉峪关-瓜州(行车约2.5小时)新晋网红打卡地-【大地之子】-【无界】(行车约2小时)体验非遗文化专案-【壁画临摹-自己临摹的作品可带走】-敦煌最大的夜市-敦煌的“夜景图”和“风情画”-【沙洲夜市】住敦煌市
Jiayuguan-melon state (driving about 2.5 hours) Latest Instagrammable Hotspot-[Son Of Earth] [boundless] (driving about 2 hours) experience intangible cultural project-[mural copy-his copy works can take away]-the largest night market-dunhuang "night view" and "painting"-[sand night market] live in Dunhuang city

第五天：敦煌 Day 05: Dunhuang

敦煌-(行车约0.5小时)世界文化遗产-中国四大石窟之一-世界上现存规模最大、内容最丰富的佛教艺术地-【莫高窟】-沙漠奇观-敦煌三大奇迹之一-【鸣沙山月牙泉】(含电瓶车+骑骆驼+鞋套)-【敦煌大型歌舞秀】住敦煌市
Dunhuang (about 0.5 hours driving) world cultural heritage-one of China's four major grottoes-the world's largest, the most abundant buddhist art-[mogao grottoes]-desert wonders-one of the three wonders [dunhuang sand crescent spring] (including battery car + ride camel + shoe cover) [dunhuang large song and dance show] live in dunhuang city

第六天：敦煌-格尔木 Day 06: Dunhuang - Golmud

敦煌-格尔木(行车约6.5小时)世界第二大、中国最大盐湖、万丈盐桥-【察尔汗盐湖】(含区间车)住格尔木市
Dunhuang-Golmud (driving about 6.5 hours) is the second largest in the world, the largest salt lake in China, and the Wan Baitzhang Salt Bridge-[Qarhan Salt Lake] (including regional cars) lives in Golmud city

第七天：格尔木-茶卡镇 Day 07: Golmud - Chaka Town

格尔木-茶卡镇(行车约5.5小时)-天空之境【茶卡盐湖】(含往返观光小火车)住茶卡镇
Golmud-Chaka Town (about 5.5 hours of driving)-Sky Land [Chaka Salt Lake] (including the round-trip sightseeing train) to live in Chaka Town

第八天：茶卡镇-刚察县 Day 08: Chaka Town-Gangcha

茶卡镇-刚察(行车约2.5小时)特别安排-【放生祈福】-【青海湖断崖】(含区间车)(行车约0.5小时)住刚察县
Chaka Town-Gangcha (driving about 2.5 hours) special arrangement-[Releasing Animals for Merit and Blessings] [CIBT Of Qinghai Lak] (including shuttle bus (driving about 0.5 hours) live in Gangcha County

第九天：刚察县-西宁 Day 09: Gangcha-Xining

刚察-(行车约3.5小时)西宁-格鲁派(黄教)六大寺院之一【塔尔寺】(含区间车+讲解)(欣赏艺术三绝-酥油茶、壁画、堆绣)-住西宁市
(Driving about 3.5 hours) Xining-Gelu School (Huang) one of the six temples [Kumbum Monastery] (including shuttle bus + explanation) (appreciate the three unique art-butter flowers, murals, embroidery)-live in Xining city

第十天：西宁-兰州 Day 10: Xining-Lanzhou (Departure)

西宁-(行车约3.5小时)兰州乘坐飞机【薰衣草花海】
Xining-(about 3.5 hours) Lanzhou delivery plane [lavender flower sea]



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丝路雅集

Elegant Gathering
along the Silk Road

西安古调雅 甘肃丝路华

新疆风情美 大海道雄浑



丝绸之路西安+甘肃+新疆 (11天)

Silk Road Cultural & Natural Exploration: Xi'an - Gansu - Xinjiang 11 Day Tour

第一天：抵达西安

大唐不夜城

Day 01: Xi'an

各地乘坐飞机抵达西安-网红打卡-【大唐不夜城】(行车约1.5小时)-住西安市
Xi'an-Instagrammable Hotspot-[Da Tang Everbright City](about 1.5 hours)-live in Xi'an

第二天：西安

兵马俑

钟鼓楼

Day 02: Xi'an

西安-世界第八大奇迹-【兵马俑】(行车约1小时)-【钟鼓楼】-住西安

The eighth wonder of the world-[The Terracotta Army](driving about 1 hour)-[Bell tower and Drum towers]-Live in Xi'an

第三天：西安-兰州

黄河楼

黄河水车园

中山桥

Day 03: Xi'an-Lanzhou

西安-兰州(动车约3.5小时)俯瞰黄河-【黄河楼】(行车约0.5小时)-【黄河水车园】-天下黄河第一桥-【中山桥】-住兰州
Xi'an-Lanzhou (about 3.5 hours by high-speed train) overlooking the Yellow River-[Yellow River Tower]-[Yellow River Waterwheel exposition]-the first bridge over the Yellow River-[Zhong shan Bridge]-live in Lanzhou

第四天：兰州-景泰-武威

黄河石林

Day 04: Lanzhou-Jingtai-Wuwei

兰州-景泰-武威(行车约2.5小时)-中华自然奇观-【黄河石林】(含区间车,电瓶车,羊皮筏子,快艇,毛驴车)-武威(行车约2.5小时)-住武威

Lanzhou-Jingtai-Wuwei (driving about 2.5 hours)-Natural wonders of China-[Yellow River Stone Forest] (including shuttle bus, Golf cart, sheepskin, speedboat, donkey car)-Wuwei (driving about 2.5 hours)-live in Wuwei

第五天：武威-张掖

雷台公园

海藏寺

大佛寺

Day 05: Wuwei-Zhangye

武威-中国旅游标志出土地-【雷台公园】-梵宫之冠-【海藏寺】(行车约3.5小时)-室内最大泥胚卧佛-【大佛寺】-住张掖
Wuwei-The Discovery Site of China's National Tourism Symbol-[Letai Park]-Crown of Sanskrit Palace-[Hai zang Temple] (driving about 3.5 hours)-indoor largest mud embryo lying Buddha-[Giant Buddha Temple]-live in Zhangye

第六天：张掖-酒泉

七彩丹霞

嘉峪关

Day 06: Zhangye-Jiuquan

张掖(行车约1小时)-上帝打翻的调色盘-【七彩丹霞】(含区间车)(行车约2.5小时)-天下第一雄关-【嘉峪关】-住酒泉
Zhang ye (driving about 1 hour)-God overturned the color palette-[colorful Danxia] (including the interval car) (driving about 2.5 hours)-the world's first male pass-[Jiayuan guan]-live in Jiuquan

第七天：酒泉-敦煌

大地之子

鸣沙山月牙泉

沙洲夜市

Day 07: Jiuquan-Dunhuang

酒泉-敦煌(行车约5小时)-新晋网红打卡地-【大地之子】【无界】-沙漠奇观-敦煌三大奇迹之一【鸣沙山月牙泉】(含电瓶车+骑骆驼+鞋套)-敦煌最大的夜市-敦煌的“夜画”和“风情画”-【沙洲夜市】-住敦煌

Jiu quan-Dun huang (driving about 5 hours)-Instagrammable Hotspot-[son of earth] [boundless]-Desert wonders-dunhuang one of the three wonders [Mingsha Mountain and Crescent Moon Spring] (including Golf cart + ride camel + shoe cover)-dunhuang largest night market-dunhuang "night" and "painting"-[sand-shazhou]-live in dunhuang

第八天：敦煌-柳园-哈密

莫高窟

Day 08: Dunhuang-Liuyuan-Hami

敦煌(行车约0.5小时)世界文化遗产-中国四大石窟之一-世界上现存规模最大、内容最丰富的佛教艺术地-【莫高窟】-【(行车约2小时)柳园-哈密(动车约2.5小时)-住哈密

Dun huang (about 0.5 hours driving) World Cultural Heritage-one of the four major grottoes in China-the largest and most abundant Buddhist art in the world-[Mogao Grottoes]-[about 2 hours driving] Liuyuan-Hami (about 2.5 hours by high-speed rail)-live in Hami

第九天：哈密-吐鲁番

大海道景区

Day 09: Hami-Turpan

哈密-吐鲁番(行车约6小时)恐龙时代翼龙的故乡,亦是汉代丝绸之路的核心要道,越野穿越-【大海道景区】-住吐鲁番
Hami-Turpan (about 6 hours driving) The hometown of the dinosaur age, is also the core of the Silk Road of the Han Dynasty, off-road vehicles through-[Dahai Road scenic area]-live in Turpan

第十天：吐鲁番-乌鲁木齐

坎儿井

火焰山

交河故城

葡萄沟

Day 10: Turpan-Urumqi

吐鲁番(行车约1小时)-中国古代三大工程-【坎儿井】-西游记中神话最佳拍照点-【火焰山】-世界上唯一一生土建筑-【交河故城】-藏族家访-【葡萄沟】(行车约2.5小时)-住乌鲁木齐

Turpan (driving about 1 hour)-Three major projects in ancient China-[Kan er jing]-The best photo point in Journey to the West-[the flaming mountain]-the world's only native building-[Jiaohe City]-Tibetan home visit-[Grape Valley] (driving for about 2.5 hours)-Live in Urumqi

第十一天：乌鲁木齐返程

Day 11: Urumqi (Departure)



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敦煌
DUNHUANG

嘉峪关
JIAYUGUAN

张掖
ZHANGYE

武威
WEIWEI

兰州
LANZHOU

兰州进出小丝路游 (8天)

8-Day Mini Silk Road Tour from Lanzhou

第一天: 各地-兰州

Day 01: Arriving in Lanzhou from various places

今日搭机飞往兰州。抵达后专车接机, 晚餐后入住酒店休息。

Today I took a flight to Lanzhou. After arrival, a special car will pick you up, and after dinner, you will check into the hotel to rest.

第二天: 兰州-武威-张掖

Day 02: Lanzhou-Wuwei-Zhangye

鸠摩罗什寺
Kumarajiva Temple

大佛寺
Big Buddha Temple

早餐后乘车前往武威参观【鸠摩罗什寺】。鸠摩罗什寺始建于后凉, 距今已有1600多年的历史, 主要建筑有罗什寺塔、大雄宝殿、观音殿、大经堂、客堂、云水堂等。后前往张掖【大佛寺】。张掖大佛寺景区是丝绸之路上的重要名胜古迹群, 也是历史文化名城金张掖的标志性建筑。

After breakfast, take a bus to Wuwei to visit the Kumarajiva Temple. Kumarajiva Temple, first built during the Later Liang Dynasty over 1,600 years ago, features key structures including the Kumarajiva Pagoda, Mahavira Hall, Guanyin Hall, Grand Sutra Hall, Guest Hall, and Monastic Dormitory. Then proceed to Zhangye Giant Buddha Temple, an important cluster of historical sites along the Silk Road and an iconic landmark of Jinchang, a famous historical and cultural city.

第三天: 张掖-嘉峪关

Day 03: Zhangye-Jiayuguan

张掖丹霞地貌
Zhangye Landform

泉湖公园
Quanhulake Park

早餐后乘车前往张掖参观【丹霞地貌+区间车】。张掖丹霞地貌位于甘肃省河西走廊中段的张掖市, 古为河西四郡之一张掖郡, 取“断匈奴之臂, 张中国之掖(威)”之意。后乘车前往参观酒泉【泉湖公园】。占地27公顷, 其中天然湖泊占5公顷, 是一座源于西汉史实、表现大汉雄风、融合江南灵秀的古典园林, 是河西走廊唯一保存完整的一座汉式园林, 迄今已有2000多年的历史。

After breakfast, drive to Zhangye to visit Danxia Landforms + Shuttle Bus. Located in the middle of the Hexi Corridor in Gansu Province, Zhangye Danxia Landforms are part of the ancient Zhangye Commandery—one of the four historical military prefectures of Hexi, named for its strategic role in “severing the Xiongnu’s arm and expanding China’s frontier.” Next, proceed to Jiayuan’s Quanhulake Park, covering 27 hectares with a 5-hectare natural lake. Rooted in Western Han history, this classical garden showcases the grandeur of the Han Dynasty while blending the elegance of Jiangnan-style landscapes. It is the only well-preserved Han Dynasty-style garden in the Hexi Corridor, dating back over 2,000 years.

第四天: 嘉峪关-敦煌

Day 04: Jiayuguan-Dunhuang

嘉峪关城楼
Jiayuguan Great Wall Tower

嘉峪关长城博物馆
Jiayuguan Great Wall Museum

大地之子
Son of Earth

早餐后参观【嘉峪关城楼+区间车】。嘉峪关城楼是明代万里长城西端主宰, 自古为河西第一隘口。后乘车前往长城博物馆, 嘉峪关长城博物馆, 是第一座以长城历史文化为陈列主题的专题性博物馆。参观雕塑大地之子, 虽说它是一个雕塑, 但并不刻板, 看上去就是一个真实的婴儿: 呆萌的表情, 紧闭双眼, 安静的趴在母亲怀抱中的孩子一样, 睡姿安详。

After breakfast visit to the Jiayuguan City Tower and shuttle bus. Jiayuguan City Tower was the western end of the Ming Dynasty Great Wall and has been the first pass in Hexi since ancient times. Afterwards, take a car to the Great Wall Museum in Jiayuguan, which is the first thematic museum dedicated to the history and culture of the Great Wall. Visiting the sculpture “Son of the Earth”, although it is a sculpture, it is not rigid. It looks like a real baby: with a cute expression, tightly closed eyes, lying quietly, like a child nestled in its mother’s arms, sleeping peacefully.

第五天: 敦煌

Day 05: Dunhuang

鸣沙山月牙泉
Mingsha Mountain Moon Tooth Spring

莫高窟
Mogao Caves

沙洲夜市
Shazhou Night Market

早餐后参观【鸣沙山月牙泉+骆驼+单程电瓶车】。鸣沙又叫响沙、响沙或音乐沙, 它是一种奇特的却在世界上普遍存在的自然现象。前往参观【莫高窟+区间车+3D电影】。俗称千佛洞, 坐落在河西走廊西端的敦煌。之后乘车前往沙洲夜市, 敦煌沙洲夜市是敦煌一条夜市街, 有许多雕刻工艺品、首饰、沙画、特产等。

After breakfast, visit the Mingsha Mountain Moon Tooth Spring, ride a camel, and ride a one-way electric scooter. Mingsha, also known as Sound Sand, White Sand, or Music Sand, is a unique but common natural phenomenon in the world. Go to visit the Mogao Caves+shuttle bus+3D movie, commonly known as the Thousand Buddha Caves, located in Dunhuang at the western end of the Hexi Corridor. Afterwards, take a bus to Shazhou Night Market in Dunhuang. Shazhou Night Market is a night market street in Dunhuang with many carved crafts, jewelry, sand paintings, specialties, and more.

第六天: 敦煌

Day 06: Dunhuang

玉门关遗址
Yumen Guan Pass Site

雅丹魔鬼城
Yadan Devil's City

早餐后乘车前往【玉门关遗址】。玉门关建于东汉年间, 又称小方盘城, 随丝绸之路的兴盛而兴盛起来, 曾经是西域商贾和中原人士络绎不绝的必经之地。【雅丹魔鬼城+电瓶车】。敦煌雅丹地质公园又称魔鬼城, 位于敦煌市西北180公里的戈壁上, 是游客游玩敦煌西线(包含玉门关、汉长城、阳关、西千佛洞等景点)的重要景观。

After breakfast, drive to Yumen Guan Pass relic site (also known as Xiaofangpan City), built during the Eastern Han Dynasty. Flourishing alongside the Silk Road, it served as a vital passage connecting Central Plains traders with merchants from the Western Regions. Afternoon: Dunhuang Yadan Geopark Visit. Yadan Geopark (Devil City) including scenic area shuttle. Located 180 km northwest of Dunhuang in the Gobi Desert, this UNESCO Global Geopark features surreal wind-sculpted formations, a highlight of the west Dunhuang tour route (including Yumen Guan, Han Great Wall, Yangguan Pass, and Western Thousand Buddha Caves).

第七天: 敦煌-兰州

Day 07: Dunhuang-Lanzhou

中山桥
Zhongshan Bridge

黄河母亲雕塑
Yellow River Mother Sculpture

水车博览园
Waterwheel Exposition

早餐后乘动车前往兰州, 抵达后游览【中山桥】。是位于甘肃省兰州市城关区的一座跨黄河铁路桥。【黄河母亲雕塑】是表现中华民族亲河-黄河的雕塑艺术。【水车园】水车园是兰州市旅游局为再现水车这一古老的灌溉工具, 专门设计仿建的水车博览园。

After breakfast, take a high-speed train to Lanzhou. Upon arrival, visit Zhongshan Bridge (The First Bridge Over the Yellow River): A historic steel bridge spanning the Yellow River in Chengguan District, Lanzhou. Built in 1909, it symbolizes the city’s connection to the Silk Road. Mother Yellow River Sculpture: A stone art installation celebrating the Yellow River as the cradle of Chinese civilization. Waterwheel exposition: A reconstructed park showcasing ancient irrigation waterwheels, designed by Lanzhou Tourism Bureau to preserve this traditional technology.

第八天: 兰州(返程)

Day 08: Lanzhou (Departure)

早餐后乘车前往机场返回, 为此次神秘之旅画上完美的句点, 结束这趟愉快、难忘的知性之旅。

After breakfast, take a car to the airport and return, putting a perfect end to this mysterious journey and ending this enjoyable and unforgettable intellectual journey.

丝绸之路

一次出游 感受不同城市魅力

Experience the charm of different cities during a trip



甘南陇南天水游 (8天)

Gannan Longnan Tianshui 8-day tour

第一天：各地-兰州

Day 01: Arriving in Lanzhou from various places

今日搭机飞往兰州。兰州是一座历史悠久的文化古城，“金城”一词早在汉代已见史册，南朝设立兰州总管府后，遂有“兰州”。由汉至宋的千余年，兰州一直以“屏障中原、联络西域”成为西北重镇，市内古迹遍布，遗址数不胜数。黄河穿城而过，使兰州有着独特而多样的自然景观。

Lanzhou, a time-honored cultural city, traces its roots to the Han Dynasty when it was recorded as Jincheng (Golden City). The name "Lanzhou" was officially established during the Sui Dynasty (581-618 C.E.) after the imperial court set up the General Administration Office of Lanzhou. Over a millennium from the Han to Song dynasties, Lanzhou served as a strategic stronghold protecting Central Plains and connecting to the Western Regions, leaving behind countless historical relics and ancient sites. The Yellow River cutting through the city adds to its unique and diverse natural landscapes.

第二天：兰州-夏河

Day 02: Lanzhou-Xiahe

拉卜楞寺
Labrang Monastery

桑科草原
Sangke Grassland

早餐后乘车前往夏河，参观【拉卜楞寺】拉卜楞寺，位于甘肃省甘南藏族自治州夏河县。【桑科草原】桑科草原位于甘南藏族自治州夏河境内，距夏河县城拉卜楞西南10公里，有公路直通。

After breakfast, take a car to Xiahe and visit the Labrang Monastery, located in Xiahe County, Gannan Tibetan Autonomous Prefecture, Gansu Province. The Sangke Grassland is located in Xiahe, Gannan Tibetan Autonomous Prefecture, Gansu Province, 10 kilometers southwest of Labrang in Xiahe County, with direct access by road.

第三天：夏河-若尔盖

Day 03: Xiahe-Ruoergai

郎木寺
Langmu Temple

黄河九曲第一湾
The First Bend of the Yellow River

早餐后乘车前往参观【郎木寺】(含甘南雍赤寺门票)，郎木寺镇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，白龙江穿镇而过。后参观【黄河九曲第一湾】(含门票+上行扶梯)，发源于巴颜喀拉山(海拔4500米)之黄河，流经四川省境内，在若尔盖县唐克乡索克藏寺院旁形成的著名景点。

After breakfast, take a car to visit the Langmu Temple (including admission ticket to Sotchi Temple in Gansu). Langmu Temple Town is a small town jointly under the jurisdiction of Luqu County in Gannan Tibetan Autonomous Prefecture, Gansu Province and Ruoergai County in Aha Tibetan and Qiang Autonomous Prefecture, Sichuan Province. The White Dragon River passes through the town. Afterwards, visit the first bay of the Yellow River Nine Bends (including admission ticket and escalator), which originates from the Yellow River in Bayankala Mountain (4500 meters above sea level) and flows through Sichuan Province. It is a famous scenic spot formed next to the Sotkang Temple in Tangke Township, Ruoergai County.

第四天：若尔盖-迭部

Day 04: Ruoergai-Diebu

花湖
Flower Lake

扎尕那
Zha Ga Na

早餐后乘车前往参观【若尔盖花湖】(含门票+区间车)，花湖位于若尔盖和甘肃郎木寺之间的213国道旁，是镶嵌在草原上的蓝宝石，浮光跃金，一碧万顷，湖岸边芦苇草茂。扎尕那(含门票+区间车)，甘肃省迭部县益娃乡“扎尕那”是藏语，意为“石匣子”扎尕那山位于迭部县西北34公里处的益娃乡境内，是一座完整的天然“石城”俗有“阎王殿”之称。

After breakfast take a bus to visit the Ruoergai Flower Lake (including admission ticket and shuttle bus), which is located next to National Highway 213 between Ruoergai and Langmu Temple in Gansu Province. It is a sapphire embedded in the grassland, shimmering with golden light, in vast expanse of blue, and lush reeds and grass by the lake shore. Zhaqana (including admission ticket and shuttle bus), located in Yiva Township, Diebu County, Gansu Province, is a complete natural "stone city" commonly known as the "Hall of the King of Yiva". Zhaqana Mountain is a Tibetan term that means "stone box" and is situated in Yiva Township, 34 kilometers northwest of Diebu County.

第五天：迭部-宕昌

Day 05: Diebu-Tanchang

官鹅沟
Guan'egou Scenic Area

早餐后前往【官鹅沟】(含门票+观光车)官鹅沟位于甘肃陇南宕昌县，是一条长约三十多公里的峡谷。峡谷里有二十多个颜色深浅不一的碧绿湖泊，湖水清澈，还有老树等盘桓水中，是摄影眼中的“小九寨”。

After breakfast, head to Guan'egou (including admission ticket and Golf cart). Guan'egou is located in Dangchang County, Longnan, Gansu Province, and is a canyon about 30 kilometers long. There are over twenty emerald green lakes of varying shades in the canyon, with clear water and old trees lingering in the water, making it the "Little Nine Villages" in the eyes of photographers.

第六天：宕昌-天水

Day 06: Tanchang-Tianshui

麦积山石窟
Maiji Mountain Grottoes

早餐后前往【麦积山石窟】(含门票+电瓶车)，麦积山石窟是中国佛教的四大石窟之一，与丝绸之路上的其他胜地一起被列为世界文化遗产，早已名扬海内外。

After breakfast, head to the Maiji Mountain Grottoes (including admission ticket and Golf cart). Maiji Mountain Grottoes are one of the four major Buddhist grottoes in China, listed as a World Cultural Heritage site along with other scenic spots on the Silk Road, and have long been renowned both domestically and internationally.

第七天：天水-兰州

Day 07: Tianshui-Lanzhou

伏羲庙
Fuxi Temple

水车博览园
Zhougshan Bridge

中山桥
Zhongshan Bridge

黄河母亲塑像
Yellow River Mother Statue

早餐后前往【伏羲庙】天水伏羲庙是目前我国规模最大、保存最完整的纪念伏羲氏的明代建筑群。参观结束后前往兰州。参观【水车园】兰州水车园是百里黄河风情线上最具兰州地方特色的景点之一。之后车览【中山桥】，是位于甘肃省兰州市城关区的一座跨黄河铁桥。后参观【黄河母亲塑像】黄河母亲雕塑位于兰州黄河南岸的滨河路中段，是全国诸多表现中华民族的黄河—黄河的雕塑艺术品中较漂亮的一个。

After breakfast, head to Fuxi Temple in Tianshui. Fuxi Temple is currently the largest and most well preserved Ming Dynasty architectural complex in China that commemorates Fuxi. After the visit, head to Lanzhou and visit the "Waterwheel Park". Lanzhou Waterwheel Park is one of the most distinctive local attractions on the Hundred Mile Yellow River Scenic Line in Lanzhou. Afterwards, you can take a look at Zhongshan Bridge, a railway bridge spanning the Yellow River located in Chengguan District, Lanzhou City, Gansu Province. After visiting the "Fuxi Temple", the Yellow River Mother Statue is located in the middle section of Binhe Road on the south bank of the Yellow River in Lanzhou. It is one of the most beautiful sculptures in China that represents the mother river of the Chinese nation - the Yellow River.

第八天：兰州 (返程)

Day 08: Lanzhou (Departure)

早餐后乘车前往机场返回，为此次神秘之旅画上完美的句点，结束这趟愉快、难忘的知性之旅。

After breakfast, take a car to the airport and return, putting a perfect end to this mysterious journey and ending this enjoyable and unforgettable intellectual journey.

丝绸之路

一次出游 感受不同城市魅力

Experience the charm of different cities during a trip



甘肃随心畅游 (11天)

Explore Gansu at Your Leisure

第一天：各地-兰州

Day 01: Arriving in Lanzhou from various places

由领队陪同下乘客机飞往兰州，抵达后安排接机。
Fly to Lanzhou accompanied by a tour leader, with airport pickup arranged upon arrival

第二天：兰州-景泰-兰州

Day 02: Lanzhou-Jingtai-Lanzhou

黄河石林国家地质公园

当天游览景泰黄河石林（包含全景观光车+往返游轮）。景区位于甘肃白银市景泰县东南部的黄河边，以一条黄河边的长约9公里的大峡谷为主体，峡谷两旁遍布高耸的石林，地貌非常独特。

Jingtai Yellow River Stone Forest (including panoramic sightseeing bus and round-trip cruise ship). The scenic area is located on the banks of the Yellow River in the southeast of Jingtai County, Baiyin City, Gansu Province. It is mainly composed of a 9-kilometer-long Grand Canyon on the banks of the Yellow River, with towering stone forests on both sides of the canyon and a very unique terrain.

第三天：兰州-永靖-临夏

Day 03: Lanzhou-Yongjing-Linxia

刘家峡水库

炳灵寺石窟

当天游览刘家峡水库+快艇、炳灵寺石窟。刘家峡水库位于黄河上游，水库地处高原峡谷，被誉为“高原明珠”，景色壮观。后游览炳灵寺石窟，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。

On the same day, visit Liujiata Reservoir, speedboat, and Bingling Temple Grottoes. Liujiata Reservoir is located in the upper reaches of the Yellow River, in a plateau canyon, known as the "Pearl of the Plateau", with spectacular scenery. After visiting the Bingling Temple Grottoes, on the steep and dangerous red sandstone cliffs that are 2 kilometers long from north to south, the grotto shrines are arranged in rows, and the boardwalk is towering in the sky, magnificent and spectacular. It is one of the three major grottoes in Gansu and one of the five major grottoes in China.

第四天：临夏-合作

Day 04: Linxia-Hezuo

冶海天池

赤壁幽谷

经幡隧道

美仁大草原

当天游览冶力关（冶海天池+赤壁幽谷）、经幡隧道（车览）、美仁大草原。

On the same day, visit Yeligan (Yelhai Tianchi+Chibi Yougu), Jingfan Tunnel (by car), and Meiren prairie.

第五天：合作-夏河

Day 05: Hezuo-Xiahe

拉卜楞寺

甘加秘境

当天游览拉卜楞寺、甘加秘境+区间车。拉卜楞寺是藏语“拉章”的变音，意为活佛大师的府邸。

On the same day, visit Labrang Monastery, Ganja Secret Land, and take a local bus. Labrang Monastery is a variation of the Tibetan word "Lhazang", meaning the residence of a living Buddha master.

第六天：夏河-若尔盖

Day 06: Xiahe-Ruoergai

郎木寺

黄河九曲第一湾

当天游览郎木寺、黄河九曲第一湾+上行扶梯。

On the same day, visit Langmu Temple, the first bay of the Yellow River's nine bends, and take an escalator.

第七天：若尔盖-迭部

Day 07: Ruoergai-Diebu

花湖

扎尕那

当天游览花湖+观光车、扎尕那+区间车。

On the same day, visit Flower Lake+sightseeing bus, Zaganar shuttle bus.

第八天：迭部-宕昌

Day 08: Diebu-Tanchang

官鹅沟

当天游览官鹅沟+观光车。官鹅沟位于甘肃陇南宕昌县，是一条长约三十多公里的峡谷。峡谷里有二十多个颜色深浅不一的碧绿湖泊，湖水清澈，还有老树等盘桓水中，是摄影家眼中的“小九寨”。

On that day, we visited Guan'e Valley Scenic Area and took a sightseeing bus. Guan'egou is located in Danchang County, Longnan, Gansu Province, and is a canyon about 30 kilometers long. There are over twenty emerald green lakes of varying shades in the canyon, with clear water and old trees lingering in the water, making it the "little nine villages" in the eyes of photographers.

第九天：宕昌-天水

Day 09: Tanchang-Tianshui

麦积山石窟

当天游览麦积山石窟+电瓶车。是中国佛教的四大石窟之一，与丝绸之路上的其它胜地一起被列为世界文化遗产，早已名扬海内外。

Visit Majishan Grottoes and electric scooter on the same day. It is one of the four major grottoes of Chinese Buddhism, listed as a World Cultural Heritage site along with other scenic spots on the Silk Road, and has long been renowned both domestically and internationally.

第十天：天水-兰州

Day 10: Tianshui-Lanzhou

伏羲庙

中山桥

黄河母亲像

当天游览伏羲庙、中山铁桥、黄河母亲雕塑。

On the same day, visit Fuxi Temple, Zhongshan Iron Bridge, and the sculpture of the like-sculpture.

第十一天：兰州（返程）

Day 11: Lanzhou (Departure)

早上自由活动，于指定时间前往兰州中川机场，搭乘客机返程。结束愉快的旅途。

Free activities in the morning, go to Lanzhou Zhongchuan Airport at the designated time, and take a flight back. End the pleasant journey.



甘青-大漠新丝路专列游(8天)

Gansu and Qinghai-New Silk Road Desert Special Train 8-Day Tour

第一天: 出发地-兰州

Day 01: Place of departure - Lanzhou

第二天: 兰州-敦煌

Day 02: Lanzhou-Dunhuang

甘肃省博物馆
Gansu Provincial Museum

中山桥
Zhongshan Bridge

黄河母亲像
The Yellow River Mother Sculpture

水车博览园
Waterwheel Museum

甘肃省博物馆-中山桥-黄河母亲-水车园-兰州乘专列-赴敦煌

Gansu Provincial Museum, Zhongshan Bridge, Statue of The Yellow River Mother Sculpture, and garden-exposition. Board the special train from Lanzhou to Dunhuang.

第三天: 敦煌

Day 03: Dunhuang

莫高窟
Mogao Caves

沙洲夜市
Shazhou Night Market

莫高窟-沙洲夜市

Arrive in Dunhuang. Visit Mogao Caves and Shazhou Night Market.

第四天: 敦煌-格尔木

Day 04: Dunhuang-Geermu

鸣沙山
Singing Sand Dunes

月牙泉
Crescent Moon Spring

雷音寺
Leyin Temple

敦煌古城
Dunhuang Ancient City

鸣沙山月牙泉-雷音寺-敦煌古城-专列赴格尔木

Visit Singing Sand Dunes & Crescent Moon Spring Scenic Area of Dunhuang, Leyin Temple, Dunhuang Ancient City. Board the special train to Golmud.

第五天: 格尔木-可可西里

Day 05: Geermu-Kekekili

不冻泉
Unfrozen Spring

无极龙凤宫
Palace of the Infinite and Phoenix

远眺玉女峰
yuan zhao yu nv feng

途径野牦牛沟
passing through wild yak valley

瑶池
Yaochi

格尔木-可可西里(不冻泉/无极龙凤宫/远眺玉女峰/途径野牦牛沟/瑶池)

Arrive in Golmud. Visit Hoh Xil's must-see attractions: Unfrozen Spring, Wuji Longfeng Palace, overlooking yun peak-e Jade Maiden Peak, passing through Wild Yak Valley, and Yaochi.

第六天: 可可西里-西宁

Day 06: Kekexili-Xining

察尔汗盐湖
Qarhan Salt Lake

万丈盐桥
Ten Thousand Feet Salt Bridge

察尔汗盐湖-万丈盐桥-专列赴西宁

Visit Qarhan Salt Lake and the Salt Bridge. Board the special train to Xining.

第七天: 西宁-兰州-临夏

Day 07: Xining-Lanzhou-Linxia

青海湖
Qinghai Lake

八坊十三巷
Eight Lanes and Thirteen Alleys

青海湖-专列赴兰州-临夏八坊十三巷

Visit Qinghai Lake, and board the special train from Xining to Lanzhou, visit Linxia's Eight Lanes and Thirteen Alleys.

第八天: 甘南-兰州

Day 08: Gannan-Lanzhou

拉卜楞寺
Labrang Monastery

桑科草原
Sangke Grassland

甘南-夏河拉卜楞寺-桑科草原-中川机场, 乘机返回出发地

Gannan - Labrang Monastery in Xiahe - Sangke Grassland - Zhongchuan Airport, and then take a flight to return to the place of departure.



联系人: 郑霞

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丝路秘境

Silk Road Secret Realm



丝路秘境-兰州进出甘肃(8天7晚)

Silk Road Secret Realm - Entering and Exiting Gansu from Lanzhou (8 days and 7 nights)

第一天：出发地-兰州

Day 01: Place of departure - Lanzhou

中山桥

Zhongshan Bridge

黄河母亲像

The Yellow River Mother Sculpture

水车博览园

Waterwheel Garden

乘坐飞机抵达兰州，下午参观【黄河风情线--中山桥+黄河母亲像+水车园】黄河风情线，就像是一条镶嵌在身旁的美丽项链。沿着这条风情线漫步，你能感受到那种磅礴的气势。后入住酒店。

Arriving in Lanzhou by plane and visiting the Yellow River Scenic Line in the afternoon - Zhongshan Bridge+Yellow River Mother Sculpture+Waterwheel Garden - the Yellow River Sculptured line is like a magnificent pearl chain embedded beside her. Strolling along this scenic route, you can feel the majestic momentum. Afterwards, check into the hotel.

第二天：兰州-武威-张掖

Day 02: Lanzhou-Wuwei-Zhangye

鸠摩罗什寺

Kumarajiva Temple

雷台汉墓

Leitai Han Tomb

早餐后乘车前往武威，游览【鸠摩罗什寺】宛如一颗在历史长河中闪耀不灭的明珠，坐落在这片古老的土地上。它不只是一座寺庙，更是信仰与文化交织而成的宏伟殿堂。后参观【雷台汉墓】。参观完毕前往张掖入住酒店。

After breakfast, take a bus to Wuwei and visit the Kumarajiva Temple, which is like a shining pearl in the long river of history, located on this ancient land. It is not just a temple, but a magnificent hall interwoven with faith and culture. Afterwards, visit the Leitai Han Tomb. After the visit, head to Zhangye and check into a hotel.

第三天：张掖-嘉峪关

Day 03: Zhangye-Jiayuguan

大佛寺

Big-giant

张掖丹霞地貌

Zhangye Danxia Landform

早餐后参观【大佛寺】，后游览【七彩丹霞（必含区间车）】站在观景台上俯瞰，你会被眼前的景象深深震撼。那些起伏的山峦像是被天神用最绚丽的色彩精心绘制而成。后前往嘉峪关，抵达后入住酒店。

After breakfast, visit the big-giant, and then tour the Colorful Danxia (including shuttle bus). Standing on the observation deck, you will be deeply impressed by the scenery in front of you. The undulating mountains seem to have been carefully painted by the gods with the most brilliant colors. Afterwards, proceed to Jiayuguan and check into the hotel upon arrival.

第四天：嘉峪关-敦煌

Day 04: Jiayuguan-Dunhuang

嘉峪关城楼

Jiayuguan Pass Tower

悬壁长城

Overhanging Great Wall

大地之子

the son of earth

早餐后游览【嘉峪关城楼（必含区间车）】，后前往参观【悬壁长城】、【长城第一墩】，后前往敦煌市，途经瓜州游览【荒漠艺术基地--大地之子、无界、汉武雄风雕塑群】，入住酒店。

After breakfast, visit the Jiayuguan City Tower (including shuttle bus), then go to visit the Hanging Wall and the First Pier of the Great Wall, and then go to Dunhuang City. Passing through Guazhou, visit the Desert Art Base - Sons of Earth, Boundless, and Hanwu Mighty Sculpture Group, and stay in a hotel.

第五天：敦煌

Day 05: Dunhuang

玉门关遗址

Yumen Pass Ruins Site

雅丹魔鬼城

Devil's city

早餐后前往【阳关（必含区间车）】，后前往【玉门关】那是一座充满神秘色彩的边塞雄关。它像一座沉默的巨兽，守护在大漠之中，散发出令人敬畏的气息。然后参观【雅丹魔鬼城（必含区间车）】，后抵达敦煌入住酒店。

After breakfast, head to Yangguan (including shuttle bus) and then to Yumen Pass, which is a mysterious frontier pass. It is like a silent giant beast, guarding the desert and emitting an awe inspiring aura. Then visit the Yadan Devil City (including shuttle bus) and arrive in Dunhuang to check into a hotel.

第六天：敦煌

Day 06: Dunhuang

莫高窟

Mogao Grottoes

鸣沙山

Singing Sand Dunes

月牙泉

Crescent Spring

早餐后游览【鸣沙山月牙泉（可含鞋套、体验沙漠骑骆驼、滑沙）】，下午前往参观【莫高窟（必含：球幕电影+数字电影+区间车+不少于8个实体洞窟参观）】就像走进了一座穿越千年的时光隧道。那一窟窟精美的壁画和栩栩如生的彩塑，宛如一部部凝固的史书，记载着从古至今的故事。晚搭乘夜卧火车返回兰州。

Singing Sand Dunes & Crescent Moon Spring Scenic Area of Dunhuang (including shoe covers, experience desert camel riding, and sand skating). In the afternoon, visit Mogao Grottoes (must include: ball screen movie+digital movies+shuttle bus+no less than 8 physical caves to visit. It's like walking into a time tunnel that spans thousands of years. The exquisite murals and lifelike sculptures in each cave are like frozen historical books, recording stories from ancient times to the present. In the evening, take a night sleeper train back to Lanzhou.

第七天：敦煌-兰州

Day 07: Dunhuang-Lanzhou

甘肃省博物馆

Gansu Provincial Museum

水墨丹霞

Shui Mo Danxia Tourism Scenic Spot in Lanzhou City

早餐后参观【甘肃省博物馆（或简牍博物馆）】，后前往游览【水墨丹霞（必含区间车）】，晚入住兰州新区酒店。

After breakfast, visit the Gansu Provincial Museum (or Bamboo Slips Museum), then proceed to visit the Shui Mo Danxia Tourism Scenic Spot in Lanzhou City (must include shuttle bus, and stay overnight at a hotel in Lanzhou New Area.

第八天：兰州-兰州新区（返程）

Day 08: Lanzhou-Lanzhou New Area (Departure)



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七彩梵音路

Colorful Fanyin Road

仙境之旅 奇峰秀水

Journey to Wonderland, with picturesque peaks and clear waters



七彩梵音路 - 甘南+陇南 (8天7晚)

Rainbow Buddhist Chants Route: Gannan & Longnan (8 days and 7 nights)

第一天：出发地-兰州

Day 01: Place of departure - Lanzhou

中山桥

黄河母亲像

水车博览园

乘坐飞机抵达兰州，下午参观【黄河风情线——中山桥+黄河母亲像+水车园】，后入住酒店。

Take a flight to Lanzhou, visit the Yellow River Scenic Line - Yizhong Mountain Bridge+The Yellow River Mother Sculpture+garden-exposition, and then check into the hotel.

第二天：兰州-天水

Day 02: Lanzhou-Tianshui

麦积山石窟

早餐后乘车前往天水，游览【麦积山石窟】。参观完毕入住酒店。

After breakfast, take a car to Tianshui to visit the Maji Mountain Grottoes. After visiting, check into the hotel.

第三天：天水-武都-宕昌

Day 03: Tianshui-Wudu-Tanchang

伏羲庙

万象洞

早餐后参观【伏羲庙】，后游览【万象洞】后前往宕昌，抵达后入住酒店。

After breakfast, visit Fuxi Temple, then visit Wanxiang Cave and head to Dangchang. Upon arrival, check into the hotel.

第四天：宕昌-迭部

Day 04: Tanchang-Diebu

官鹅沟

早餐后游览【官鹅沟国家森林公园(必含区间车)】，后前往迭部，入住酒店。

After breakfast, visit Guan'E Valley Scenic Area National Forest Park (including shuttle bus), then proceed to Diebu and check into the hotel.

第五天：迭部-若尔盖

Day 05: Diebu-Ruorgai

扎尕那

花湖

早餐后前往【扎尕那(必含区间车,含保险)】，后前往【花湖(含保险)】，晚抵达若尔盖入住酒店。

After breakfast, head to Zagana (including shuttle bus and insurance), then proceed to Huahu (including insurance), and arrive at Ruorgai in the evening to check into the hotel.

第六天：若尔盖-唐克-郎木寺

Day 06: Ruorgai-Tangke-Langmu Temple

黄河九曲第一湾

郎木寺

早餐后游览【黄河九曲第一湾(含扶梯, 含保险)】，后前往参观【郎木寺】，晚入住郎木寺镇。

After breakfast, visit the first bay of the The First Bend of the Yellow River (including escalator and insurance), then go to visit Langmu Temple, and stay in Langmu Temple Town in the evening.

第七天：郎木寺-夏河-兰州新区

Day 07: Langmu Temple-Xiahe- Lanzhou New Area

桑科草原

拉卜楞寺

早餐后参观【桑科草原】，后前往游览【拉卜楞寺】，晚入住兰州新区酒店。

After breakfast, visit the Gansu Provincial Museum (or Bamboo Slips Museum), then proceed to visit the Ink Painting Damxia (must include shuttle bus), and stay overnight at a hotel in Lanzhou New Area.

第八天：兰州-兰州新区(返程)

Day 08: Lanzhou-Lanzhou New Area (Departure)



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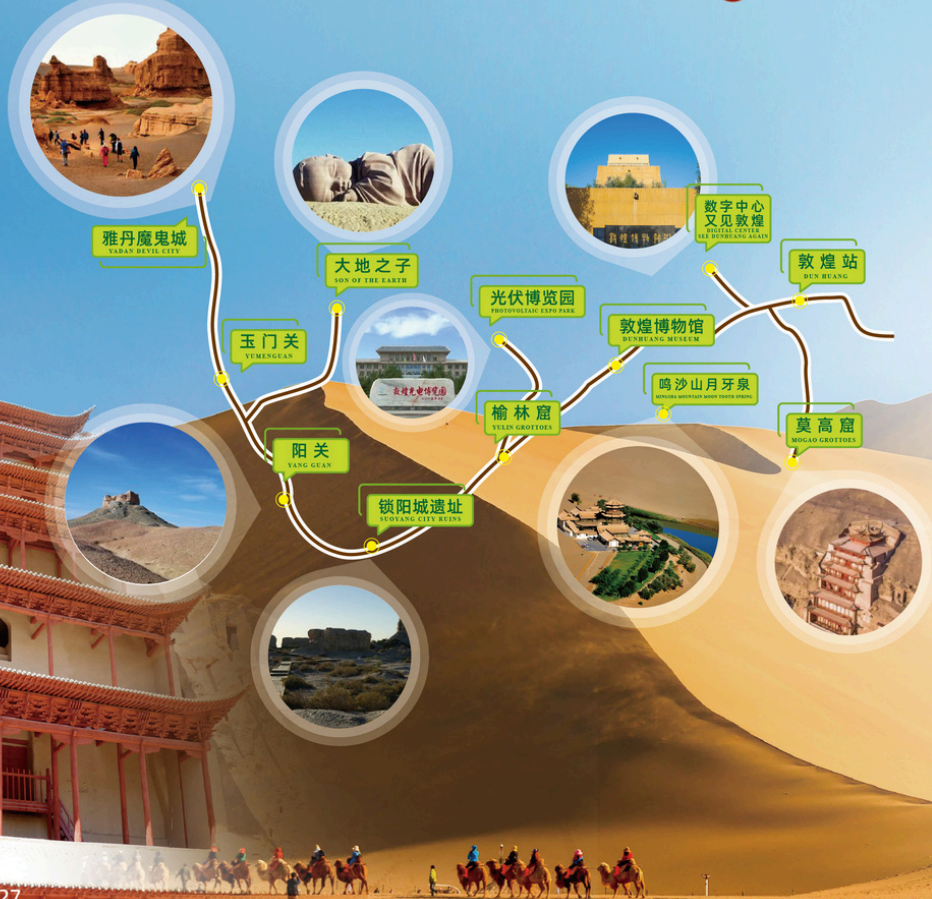


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Millennium Mogao
Human Dunhuang

人类敦煌



Entering Dunhuang and experiencing the ancient Silk Road (6-day study tour)

Day 1: Dunhuang(Start of Study)

Day 02: Mogao Grottoes

Watch the themed movies "Millennium Mogao" and the dome screen movie "Dreamy Buddhist Palace" to understand the historical background of Mogao Grottoes construction and appreciate the stunning Dunhuang murals presented by digital technology. Under the guidance of the senior lecturer of the Dunhuang Research Institute, we immersed ourselves in visiting the grottoes of different times in the Mogao Grottoes of Dunhuang, and uncovered the secret of the millennium famous Mogao Grottoes.

Day 03: Dunhuang Museum

The Dunhuang Museum is located at 1390 Mingshan North Road, Dunhuang City, Jiuquan City, Gansu Province. The museum is a comprehensive geological museum mainly focusing on historical relics. The current site was built in 1984, with a main building of three floors and a construction area of 2400 square meters.

Day 04: Yangquan-Dunhuang Yadan National Geopark-Yumen pass

◆ 阳关是中国古代陆路对外交通咽喉之地，是丝绸之路南路必经的关隘。
Yangguan was a crucial gateway for ancient Chinese land transportation to the outside world, and a necessary pass on the southern route of the Silk Road.

◆ 敦煌莫高窟国家地质公园，俗称“敦煌雅丹魔鬼城”，是中国敦煌世界级地质公园的重要组成部分公园内主要是风蚀作用形成的地质遗迹。
Dunhuang Yadan National Geopark, commonly known as "Dunhuang Yadan Devil City", is an important component of China's Dunhuang Global Geopark. The park is mainly composed of geological relics formed by wind erosion.

Day 05: Singing Sand Dunes & Crescent Moon Spring Scenic Area of Dunhuang-Photovoltaic Expo Park-Green Shadow Plan - Planting of Haloxylon ammodendron trees

Mingsha Mountain Crescent Spring Scenic Area is located 5 kilometers south of Dunhuang City, Gansu Province, covering an area of 31200 square kilometers. It includes Mingsha Mountain, which is more than 40 kilometers long from east to west and about 20 kilometers wide from north to south. The main peak is 1715 meters above sea level. Crescent Spring is surrounded by Mingsha Mountain.

◆ 敦煌光电博览园是敦煌市打造的以新能源为主题的国家AAA级旅游景区，规划面积254平方公里。这里独特的自然条件，使之成为国内发展光电产业的热土。

Dunhuang Optoelectronic Expo Park is a national AAA level tourist attraction with a theme of new energy, built by Dunhuang City, with a planned area of 254 square kilometers. The unique natural conditions here make it a hot spot for the development of the optoelectronic industry in China.

◆ 绿影计划是由北京生态文明工程研究院敦煌发展研究中心(筹),根据《联合国防治荒漠化公约》(UNCCD)指引,携手联合国训练研究所湖北国际培训中心(CIFAL Hubei)共同发起的,旨在改善全球荒漠化土地生态,且符合多项联合国可持续发展目标的生态文明建设项目。

The Green Shadow Plan is jointly initiated by the Dunhuang Development Research Center of Beijing Ecological Civilization Engineering Research Institute (preparatory), in accordance with the guidelines of the United Nations Convention to Combat Desertification (CCD), and the United Nations Institute for Training and Research Hubei International Training Center (CIFAHubei). Its aim is to improve the ecology of desertified land worldwide and to achieve multiple United Nations Sustainable Development Goals for ecological civilization construction projects.

Day 06: Son of the Earth - Suoyang City Ruins - Yulin Caves

◆ 大地之子雕塑坐落在甘肃瓜州，它坐落在沙漠深处，呈现出一个在大地熟睡的婴儿状，大地之子由此得名。

The sculpture of the Son of the Earth is located in Guazhou, Gansu Province. It is situated deep in the desert and presents a baby sleeping soundly on the earth, hence the name of the Son of the Earth.

◆ 锁阳城，又名“苦峪城”、“瓜州故城”、“晋昌故城”，位于甘肃省酒泉市瓜州县东南约70公里的荒漠戈壁中，地处河西走廊西端、疏勒河的昌马冲积扇西缘。

Suoyang City, also known as "Kuyu City", "Guazhou Ancient City", and "Jinchang Ancient City", is located in the desert Gobi about 70 kilometers southeast of Guazhou County, Jiuquan City, Gansu Province. It is situated at the western end of the Hexi Corridor and on the western edge of the Changma alluvial fan of the Shule River.

◆ 榆林窟，又名榆林寺、万佛峡和上洞子等，位于甘肃省酒泉市瓜州县（原名安西县）城南约70公里的榆林河（亦名踏实河）峡谷两岸的直立峭壁上，因河岸榆树成林而得名，属敦煌研究院管理。

Yulin Grottoes, also known as Yulin Temple, Wanfo Gorge, and Shangdongzi, are located on the steep cliffs on both sides of the Yulin River (also known as the Anxi River) canyon about 70 kilometers south of Guazhou County (formerly Anxi County) in Jiuquan City, Gansu Province. They are named after the forest of elm trees on the riverbank and are managed by the Dunhuang Academy.

Day 07:Dunhuang(End of study)

一带一路

丝绸之路主题研学

The Belt And Road
Silk Road Theme Study



一带一路·丝绸之路主题研学(8天7晚)

Belt and Road Initiative · Silk Road theme Educational study(8 days and 7 nights)

第一天：出发地-兰州 Day 01: Arrival in Lanzhou

全国各地到兰州，兰州接站。
From all over the country to Lanzhou, pick up in Lanzhou.

第二天：兰州-武威 Day 02: Lanzhou-Wuwei

甘肃省博物馆
Gansu Provincial Museum

黄河风情线
Yellow River Cultural Scenic Corridor

甘肃省博物馆，黄河风情线，牛肉制作，大巴车前往武威。甘肃省博物馆，是国内最早成立的综合性博物馆之一。其前身是1939年成立的甘肃科学教育馆，1950年改为西北人民科学馆，1956年改名为甘肃省博物馆。

Gansu Provincial Museum, Yellow River Cultural Scenic Corridor, Beef Production, coach transfer to Wuwei. The Gansu Provincial Museum is one of the earliest comprehensive museums established in China. Its predecessor was the Gansu Science Education Museum established in 1939, which was renamed the Northwest People's Science Museum in 1950 and the Gansu Provincial Museum in 1956.

第三天：武威-民乐 Day 03: Wuwei-Minle

天梯山石窟
Tiantishan Grottoes

雷台汉墓
Leitai Han Tomb

早餐后参观天梯山石窟，雷台汉墓，大巴车前往民乐。雷台汉墓一座沉睡千年的历史宝藏，静静地矗立在岁月的长河中，等待着每一位探索者的到来。这里，是古丝绸之路上的璀璨明珠，见证了汉代文明的辉煌与繁荣。

After breakfast, visit the Tiantishan Grottoes, Leitai Han Tomb, and take a bus to Minle. The Leitai Han Tomb is a historical treasure that has been dormant for thousands of years, quietly standing in the river of time, waiting for the arrival of every explorer. Here is a brilliant pearl on the ancient Silk Road, witnessing the glory and prosperity of Han Dynasty civilization.

第四天：民乐-丹霞小镇 Day 04: Minle-Danxia Town

扁都口
Biandukou

张掖丹霞地貌
Zhangye Landforms Tourism Scenic Spot in Zhangye City

早餐后参观扁都口，张掖七彩丹霞国家地质公园。张掖丹霞国家地质公园：位于甘肃省张掖市临泽、肃南县境内，是国家5A级旅游景区、世界地质公园。

After breakfast, visit Pingdukou and Zhangye Colorful Danxia National Geopark. Zhangye Danxia National Geopark: Located in Linze and Suman counties of Zhangye City, Gansu Province, it is a national 5A level tourist attraction and a world geological park.

第五天：张掖-嘉峪关 Day 05: Zhangye-Jiayuguan

嘉峪关城楼
Jiayuguan Jishi Tower

嘉峪关长城博物馆
Jiayuguan Great Wall Museum

悬臂长城
Overhanging Great Wall

嘉峪关关城，风雨雕石艺术。嘉峪关关城，巍然屹立于甘肃省嘉峪关市的茫茫戈壁之上，宛如一颗璀璨的明珠，镶嵌在丝绸之路的咽喉之地。嘉峪关风雨雕，是岁月在嘉峪关关城上雕刻的沧桑诗篇，是风沙与时光共同雕琢的艺术杰作。

Jiayuguan Pass City, wind and rain carved stone art paintings. Jiayuguan pass tower City stands tall on the vast Gobi Desert in Jiayuguan City, Gansu Province, like a brilliant pearl embedded in the throat of the Silk Road. The Wind and Rain Carving of Jiayuguan is a poem of vicissitudes engraved by time on the city of Jiayuguan, and an artistic masterpiece created by the combination of wind, sand, and time.

第六天：嘉峪关-敦煌 Day 06: Jiayuguan-Dunhuang

大地之子
The son of earth

鸣沙山
Singing Sand Dunes

月牙泉
Crescent moon spring

大地之子，无界，又见敦煌，鸣沙山月牙泉。早晨乘坐前往敦煌途中参观大地之子，无界，在广袤无垠的大地上，有一件令人叹为观止的艺术品大地之子-无界。《又见敦煌》以敦煌莫高窟的壁画为灵感，通过现代科技与传统艺术的完美结合，在浩瀚无垠的敦煌沙漠之中，有两处自然奇观交相辉映，如同沙漠中的两颗璀璨明珠，这便是令人心驰神往的鸣沙山与月牙泉。重现了丝绸之路的繁华与智慧的光芒。

Jiayuguan Pass City, wind and rain carved stone art paintings. Jiayuguan Pass City stands tall on the vast Gobi Desert in Jiayuguan City, Gansu Province, like a brilliant pearl embedded in the throat of the Silk Road. The Wind and Rain Carving of Jiayuguan is a poem of vicissitudes engraved by time on the city of Jiayuguan, and an artistic masterpiece created by the combination of wind, sand, and time.

第七天：敦煌 Day 07: Dunhuang

莫高窟
Mogao Grottoes

莫高窟全天，壁画临摹，送火车。敦煌莫高窟，历史与艺术的交汇点，壁画绚丽多姿，令人心驰神往。它汇聚千年文明，不仅是艺术的圣地，更承载着世人的敬仰与无尽的思考。每一次落笔，都是与历史的对话。我们细致地描绘着壁画中的每一处细节，从人物的神态到服饰的纹理，从飞天的飘逸到神像的威严，都力求还原那份古老的韵味。

Mogao Grottoes are decorated with murals and transported by train throughout the day. The Mogao Grottoes of Dunhuang, the intersection of history and art, have colorful murals that are fascinating. It gathers thousands of years of civilization, not only a holy land of art, but also carries the admiration and endless thinking of the world. Every stroke is a dialogue with history. We meticulously depict every detail in the mural, from the expressions of characters to the textures of clothing, from the graceful movements of flying beings to the majesty of divine beasts, striving to restore that ancient charm.

第八天：兰州(返程) Day 08: Lanzhou(Departure)

送站返回温暖的家，结束愉快的西部之旅！
Sending off the station and returning to a warm home, ending a pleasant journey to the west!



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CITS
中国国旅

甘肃省中国国际旅行社有限公司
GANSU CHINA INTERNATIONAL TRAVEL SERVICE CO., LTD

甘南+陇南+天水大环线 (8天7晚)

Gannan, Longnan & Tianshui Grand Circle Tour

第一天: 出发地-兰州

Day 01: Arrival in Lanzhou

南关十字民族风味一条街

the Nanguan Crossroad Muslim Food Night Market

客人乘飞机抵达兰州中川机场(约70公里, 行驶约1小时), 接飞机, 入住酒店。抵达美丽的金城-兰州, 兰州是甘肃省省会, 西北地区重要的工业基地和综合交通枢纽, 西部地区重要的中心城市之一, 丝绸之路经济带的重要节点城市。

Arrival at Lanzhou airport, picking up service (80km, about 1 hour of bus ride), and checking into the hotel. Lanzhou, the capital city of Gansu province, is an important industrial base and a comprehensive transportation hub of the northwest of China.

第二天: 兰州-永靖-夏河

Day 02: Lanzhou-Yongjing-Xiahe

刘家峡水库

Liujiata Reservoir

炳灵寺石窟

Bingling Temple Grottoes

早餐后乘车赴刘家峡码头(约80公里, 行驶约1.5小时), 乘快艇(约40分钟)游览【炳灵寺】, 乘车赴夏河(约130公里, 行驶约2小时), 入住酒店。

After breakfast, taking the bus to the Liujiata Wharf (75km, about 1.5 hours), and taking a speed boat (single way about 1 hour) to visit [Bingling Temple Grottoes]. After the visit, continuing the bus ride to Xiahe (130km, about 2 hours)

第三天: 夏河-郎木寺

Day 03: Xiahe-Langmusi Monastery

拉卜楞寺

Labrang Monastery

尕海

Gahai Lake

早餐后参观【拉卜楞寺】, 下午乘车赴郎木寺(190公里, 行驶约3小时), 途中游览【尕海】。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”。

After breakfast, visiting [the Labrang Monastery]. After the visit, taking the bus to Langmu Temple (190km, about 3 hours). On the way, visiting [the Gahai Lake]. The Labrang Monastery: The monastery is located in Xiahe of Gansu province. The full Tibetan name of the monastery means an auspicious monastery. Usually, people just call it Labrang, which is the Tibetan transliteration of Lashang meaning the residence of a living Buddha.

第四天: 郎木寺-扎尕那-迭部

Day 04: Langmusi Monastery Zhagana-Diebu

郎木寺

Langmu Temple

扎尕那

Zha Ga Na

早餐后游览【郎木寺】, 徒步白龙江源头(约1小时), 后赴扎尕那(95公里, 行驶约1.5小时), 游览【扎尕那】景区, 游览结束乘车赴迭部(30公里, 行驶约1小时)。

After breakfast, visiting [the Langmusi Monastery], having a trekking to the source of the Ballongjiang River (about 1 hour). Afterwards, taking the bus to Zhagana (95km, about 1.5 hours). Upon arrival, having a visit of [the Zhagana Scenic Area]. After the visit, continuing the bus ride to Diebu (30km, about 1 hour).

第五天: 迭部-宕昌

Day 05: Diebu-Tanchang

官鹅沟

Guan'e Valley Scenic Area

早餐后乘车赴宕昌(约170公里, 行驶约3.5小时), 下午游览【官鹅沟风景区】。官鹅沟国家森林公园, 位于甘肃省陇南市宕昌县城郊, 由官珠沟、鹅嫫沟、木隆沟、庙沟等景区组成, 总面积4.2万公顷。

After breakfast, taking the bus to Tanchang (170km, about 3.5 hours). In the afternoon, visiting [Guan'e Valley Scenic Area]. The Guan'e'gou Scenic Area: It is a national forest park located in the south of Gansu province. The scenic area is composed of 4 small scenic areas of river valleys, with a total area of 42,000 hectares. In the park, there are natural landscapes of forests, grasslands and water, as well as cultural landscapes.

第六天: 宕昌-武都-天水

Day 06: Tanchang-Wudu-Tianshui

万象洞

Wanxiangdong Cave

早餐后乘车赴武都(约120公里, 行驶约2小时), 游览【万象洞】, 后乘车赴天水(约240公里, 行驶约3.5小时)万象洞有“华夏第一洞”、“中国北方第一洞”、“地下文化长廊”、“地下艺术宫殿”等美誉。

After breakfast, taking the bus to Wudu (120km, about 2 hours) and visiting [the Wanxiangdong Cave]. After the visit, continuing the bus ride to Tianshui (240km, about 3.5 hours). The Wanxiangdong Cave: It has been boasted as “the First Cave of Old China”, “the First Cave of North China”, “the Underground Cultural Gallery” and “the Underground Art Palace”.

第七天: 天水-兰州

Day 07: Tianshui-Lanzhou

麦积山石窟

Maji Mountain Grottoes

伏羲庙

Fuxi Temple

早餐后游览【麦积山石窟】、【伏羲庙】。下午乘车赴兰州(约320公里, 行驶约4小时)。麦积山石窟位于天水市东南45公里秦岭山脉西段北麓。我国四大石窟之一。

After breakfast, visiting [Maji Mountain Grottoes] and [the Fuxi Temple]. In the afternoon, taking the bus to Lanzhou (320km, about 4 hours). The Majishan Grottoes: It is an important tourist attraction of the big Majishan Scenic Area, rated as a 5A tourist scenic spot. It is named such after the shape of the mountain resembling a farmer's wheat straw stack.

第八天: 兰州(返程)

Day 08: Lanzhou-Airport (Departure)

早餐后乘飞机赴兰州中川机场(70公里, 行驶约1小时), 离开兰州。结束愉快的甘南+陇南+天水大环线之旅, 回到您温馨的家!

After breakfast, leaving for Lanzhou airport (70km, about 1 hour) to catch a flight flying back home. End of the tour. Have a pleasant flight back home!



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CITS
中国国旅

甘肃省中国国旅旅行社有限公司
GANSU CHINA INTERNATIONAL TRAVEL SERVICE CO., LTD

甘青大环线 (8天7晚)

Gansu-Qinghai Grand Circle Tour

第一天：出发地-兰州

Day 01: Arrival in Lanzhou

南关十字民族风味一条街

the Nanquan Crossroad Muslim Food Night Market

客人乘飞机抵达兰州中川机场 (约80公里, 行驶约1小时), 接飞机, 入住酒店。抵达美丽的金城-兰州, 兰州是甘肃省省会, 西北地区重要的工业基地和综合交通枢纽, 西部地区重要的中心城市之一, 丝绸之路经济带的重要节点城市。

Arrival at Lanzhou airport, picking up service (80km, about 1 hour bus ride), and checking into the hotel. Lanzhou, the capital city of Gansu province, is an important industrial base and a comprehensive transportation hub of the northwest of China.

第二天：兰州-西宁-茶卡

Day 02: Lanzhou-Xining- Chaka

塔尔寺

Kumbum Monastery

青海湖

Qinghai Lake

早餐后乘车赴西宁【塔尔寺】(240公里, 约3.5小时), 后乘车赴青海湖, 游览【青海湖二郎剑景区】(158公里, 约2.5小时)。后乘车赴茶卡 (160公里, 行驶约2.5小时), 入住酒店。

After breakfast, taking the bus to Xining [the Ta'er si (Kumbum) Monastery] (240km, about 3.5 hours). Afterwards, continuing the bus ride to the Qinghai Lake and having a visit of [the Qinghai Lake Scenic Area] (158km, about 2.5 hours). After the visit, taking the bus to Chaka (160km, about 2.5 hours). Checking into the hotel.

第三天：茶卡-德令哈

Day 03: Chaka-Delingha

茶卡盐湖

Chaka Salt Lake

早餐后游览【茶卡盐湖】。下午乘车赴德令哈 (230公里, 行驶约3.5小时)。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。

After breakfast, visiting [the Chaka Salt Lake]. After lunch, taking the bus to Delingha (230km, about 3.5 hours). The Chaka Salt Lake: The rippled lake is like a giant mirror, with the surrounding snow mountains and the blue sky reflected on the lake surface. The view is breath-taking. The lake is nicknamed as "Mirror of the Sky". Standing on the lake, what you can see is all salt. Walking on the lake is like walking on the clouds. The lake reflects the sky, and the sky comes down to the lake, which makes the walking on the lake resemble traveling through a picture.

第四天：德令哈-敦煌

Day 04: Delingha-Dunhuang

翡翠湖

Emerald Lake

早餐后乘车赴敦煌 (600公里, 行驶约8小时), 途中游览大柴旦【翡翠湖】。大柴旦翡翠湖位于青海省海西蒙古族藏族自治州境内, 形态迥异、深浅不一的盐池宛如一块块晶莹剔透的“翡翠”。

After breakfast, taking the bus to Dunhuang (600km, about 8 hour). On the way, visiting [the Emerald Lake] of Dachaidan. The Emerald Lake: Located in the Qinghai Haini Mongolian and Tibetan Autonomous Prefecture, the salt lakes with different shapes and depths are like varieties of transparent emeralds. With a water area of 6 square kilometers, the Emerald Lake is also named as the Dachaidan Lake.

第五天：敦煌

Day 05: Dunhuang

莫高窟

Mogao Grottoes

鸣沙山

Mingsha Mountain

月牙泉

Crescent Lake

早餐后游览【莫高窟】, 下午游览【鸣沙山月牙泉】。晚游览沙洲夜市。莫高窟俗称千佛洞, 坐落在河西走廊西端的敦煌。

Visiting [the Mogao Grottoes] in the morning and [the Echoing Sand Mountains and the Crescent Lake] in the afternoon. When night comes, having a visit of the busy Shazhou night market.

第六天：敦煌-嘉峪关-张掖

Day 06: Dunhuang-Jiayuguan-Zhangye

张掖丹霞地貌

Zhangye Landform Tourism Scenic Spot

嘉峪关城楼

Jiayuguan pass tower

早餐后乘车赴张掖 (约600公里, 行驶约7.5小时), 途经嘉峪关, 游览【嘉峪关城楼】。抵达张掖后游览【七彩丹霞】。

After breakfast, taking the bus to Zhangye (600 km, about 7.5 hours), on the way, visiting [Jiayuguan pass tower]. Upon arrival at Zhangye, having a visit of [Daxia Landform Tourism Scenic Spot].

第七天：张掖-武威-兰州

Day 07: Zhangye-Wuwei-Lanzhou

雷台汉墓

Leitai Han Tomb

早餐后乘车赴兰州 (520公里, 行驶约7小时), 途经武威, 游览【雷台汉墓】。雷台汉墓位于甘肃省武威市凉州区北关中路272号, 游览中国旅游标志“铜奔马”出土地雷台汉墓。始建于东汉晚期, 因出土中国旅游标志马踏飞燕闻名。

After breakfast, leaving for Lanzhou by bus (520km, about 7 hours), having a stop in the city of Wuwei to visit [the Leitai Han Tomb]. The Leitai Han Tomb: Located in Wuwei city of Gansu province, the tomb is where China's symbol of tourism "the Bronze Flying Horse" was unearthed. The tomb, built in the 2nd century, became known as the unearthing site of the Bronze Flying Horse.

第八天：兰州-兰州新区 (返程)

Day 08: Lanzhou-Airport (Departure)

早餐后乘动车赴兰州中川机场 (80公里, 行驶约1小时), 离开兰州。结束愉快的丝路之旅, 回到您温馨的家!

After breakfast, leaving for Lanzhou airport (80km, about 1 hour) to catch a flight flying back home. End of the tour. Have a pleasant flight back home!



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甘肃省中国国际旅行社有限公司
GANSU CHINA INTERNATIONAL TRAVEL SERVICE CO., LTD

世界文化遗产主题游 (8天7晚)

Tour Program (A Theme Tour of the World Cultural Heritage Sites)

第一天: 出发地-兰州

Day 01: Arrival in Lanzhou

南关十字民族风味一条街
The Nanguan Crossroad Muslim Food Night Market

客人乘飞机抵达兰州中川机场 (约80公里, 行驶约1小时), 接飞机, 入住酒店。抵达美丽的金城-兰州, 兰州是甘肃省省会, 西北地区重要的工业基地和综合交通枢纽, 西部地区重要的中心城市之一, 丝绸之路经济带的重要节点城市。

Arrival at Lanzhou airport, picking up service (80km, about 1 hour by ride), and checking into the hotel. Lanzhou, the capital city of Gansu province, is an important industrial base and a comprehensive transportation hub of the northwest of China.

第二天: 兰州-武威-张掖

Day 02: Lanzhou-Wuwei-Zhangye

雷台汉墓
Leitai Han Tomb

张掖丹霞地貌
Zhangye Landform Tourism Scenic Spot

早餐后乘汽车赴张掖 (520公里, 约7小时), 途经武威, 游览【雷台汉墓】, 抵达后游览【七彩丹霞】。雷台汉墓位于甘肃省武威市凉州区北关中路272号, 游览中国旅游标志“铜奔马”出土地雷台汉墓。

After breakfast, taking the bus to Zhangye (520km, about 7 hours), having a stop at Wuwei to visit 【the Leitai Han Tomb】. Afterwards, continuing the bus ride to Zhangye to visit 【Daxia Landform Tourism Scenic Spot】.

第三天: 张掖-嘉峪关-敦煌

Day 03: Zhangye-Jiayuguan-Dunhuang

嘉峪关城楼
Jiayuguan Pass Tower

长城博物馆
Great Wall Museum

锁阳城遗址
Suoyang City Ruins

早餐后乘汽车赴嘉峪关 (240公里, 约3小时), 抵达后参观【嘉峪关城楼】, 【长城博物馆】。后乘车赴敦煌 (约400公里, 行驶约5小时), 途径【锁阳城遗址】。

After breakfast, taking the bus to Jiayuguan (240 km, about 3 hours). Upon arrival, having a visit of 【Jiayuguan pass tower】 and 【the Great Wall Museum】. After the visit, continuing the bus ride to Dunhuang (400km, about 5 hours). On the way, having a visit of 【the Suoyang City Ruins】.

第四天: 敦煌-兰州

Day 04: Dunhuang-Lanzhou

莫高窟
Mogao Grottoes

鸣沙山
Singing Sand Dunes

月牙泉
Crescent Moon Spring

早餐后参观【莫高窟】。下午游览【鸣沙山月牙泉】。晚餐后乘火车赴兰州。晚乘Y669 (20:07/07:25) 赴兰州。莫高窟俗称千佛洞, 坐落在河西走廊西端的敦煌。它始建于十六国的前秦时期, 历经十六国、北朝、隋、唐、五代、西夏、元等历代的兴建, 形成巨大的规模, 有洞窟735个, 壁画4.5万平方米、泥质彩塑2415尊, 是世界上现存规模最大、内容最丰富的佛教艺术地。

Visiting 【the Mogao Grottoes】 in the morning and 【Singing Sand Dunes & Crescent Moon Spring Scenic Area】 in the afternoon. Taking the night train Y669 (20:07/07:25) to Lanzhou. The Mogao Grottoes: Also named as the Thousand Buddha Caves, the Mogao Grottoes are located at Dunhuang in the west end of the Hexi Corridor. The Grottoes were started to be built in the 4th century.

第五天: 兰州-炳灵寺-兰州

Day 05: Lanzhou-Binglingsi-Lanzhou

黄河母亲像
Yellow River Mother Statue

中山桥
Zhongshan Bridge

炳灵寺石窟
Bingling Temple Grottoes

早抵达兰州, 早餐后游览【中山桥】【黄河母亲塑像】, 后乘车赴刘家峡码头 (75公里, 行驶约1.5小时), 乘快艇 (单程约1小时) 游览【炳灵寺石窟】。

Arrival in Lanzhou in the morning. After breakfast, visiting the 【the Yellow River Mother Statue】 and 【the Zhongshan Iron Bridge】. After the visit, taking the bus to the Liujiaxia Wharf (75km, about 1.5 hours), and taking a speed boat (single way about 1 hour) to visit 【the Binglingsi Grottoes】.

第六天: 兰州-天水

Day 06: Lanzhou-Tianshui

麦积山石窟
Maijishan Grottoes

早餐后乘车赴天水 (320公里, 行驶约4小时), 下午游览【麦积山石窟】。麦积山石窟是麦积山风景名胜区内重要景点, 国家5A级旅游景区, 因山形酷似农家麦垛之状, 故名。

After breakfast, taking the bus to Tianshui (320km, about 4 hours). In the afternoon, visiting 【Maijishan Mountain Grottoes】. The Maijishan Grottoes: It is an important tourist attraction of the big Maijishan Scenic Area, rated as a 5A tourist scenic spot.

第七天: 天水-兰州

Day 07: Tianshui-Lanzhou

伏羲庙
Fuxi Temple

南宅子
Nanzhai (Landed house architecture)

早餐后参观【伏羲庙】、【南宅子】, 午餐后乘车返回兰州 (320公里, 行驶约4小时)。伏羲庙是目前中国规模最大、保存最完整的纪念上古“三皇”之一伏羲氏的明代建筑群。伏羲庙临街而建, 院落重重相套, 四进四院, 宏阔幽深。

After breakfast, visiting 【the Fuxi Temple】 and 【the Nanzhai】. After lunch, taking the bus back to Lanzhou (320km, about 4 hours). The Fuxi Temple: It is China's biggest and best preserved Ming dynasty building complex devoted to the commemoration of Fuxi, one of the ancient time ' Three Emperors '. The Fuxi Temple was built facing a street, with 4 big and tranquil courtyards one leading into another.

第八天: 兰州-兰州新区 (返程)

Day 08: Lanzhou-Airport (Departure)

早餐后乘动车赴兰州中川机场 (80公里, 行驶约1小时), 离开兰州。结束愉快的丝路之旅, 回到您温馨的家! After breakfast, leaving for Lanzhou airport (80km, about 1 hour) to catch a flight flying back home. End of the tour. Have a pleasant flight back home!



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甘肃省中国国际旅行社有限公司
GANSU CHINA INTERNATIONAL TRAVEL SERVICE CO., LTD

丝绸之路精品游 (8天7晚)

Tour Program (A Tour of the Most Well-Known Tourist Attractions of the Silk Road)

第一天：出发地-兰州

Day 01: Arrival in Lanzhou

南关十字民族风味一条街

The Nanquan Crossroad Muslim Food Night Market

客人乘飞机抵达兰州中川机场 (约80公里, 行驶约1小时), 接飞机, 入住酒店。抵达美丽的金城—兰州, 兰州是甘肃省省会, 西北地区重要的工业基地和综合交通枢纽, 西部地区重要的中心城市之一, 丝绸之路经济带的重要节点城市。

Arrival at Lanzhou airport, picking up service (80km, about 1 hour bus ride), and checking into the hotel. Lanzhou, the capital city of Gansu province, is an important industrial base and a comprehensive transportation hub of the northwest of China.

第二天：兰州-武威-张掖

Day 02: Lanzhou-Wuwei- Zhangye

雷台汉墓

Leitai Han Tomb

文庙

Confucius Temple

早餐后乘车赴武威 (约270公里, 行驶约3.5小时), 游览武威【雷台汉墓】, 【文庙】, 下午乘车赴张掖 (约250公里, 行驶约3.5小时)。雷台汉墓是举世闻名的稀世珍宝、中国旅游标志“马踏飞燕”的出土地, 1983年, 铜奔马被中国国家旅游局定为“中国旅游标志”。武威文庙也叫圣庙、孔庙, 是一组造型雄伟的建筑群。

After breakfast, taking the bus to Wuwei (about 270km, 3.5 hours), visiting [the Leitai Han Tomb] and [the Confucius Temple]. Afterwards, continuing the bus ride to Zhangye (about 250km, 3.5 hours). The Leitai Han Tomb: Located in Wuwei city of Gansu province, the tomb is where China's symbol of tourism 'the Bronze Flying Horse' was unearthed. The tomb, built in the 2nd century, became known as the unearthing site of the Bronze Flying Horse.

第三天：张掖-嘉峪关

Day 03: Zhangye-Jiayuguan

大佛寺

Da-fu-qi

张掖丹霞地貌

Zhangye Landform Tourism Scenic Spot

早餐后参观张掖【大佛寺】, 游览【七彩丹霞】, 后乘车赴嘉峪关 (约240公里, 行驶约3小时)。

After breakfast, visiting [the Great Grottoes] and the [Daxia Landform Tourism Scenic Spot]. After the visiting, taking the bus to Jiayuguan (240 km, about 3 hours).

第四天：嘉峪关-敦煌

Day 04: Jiayuguan-Dunhuang

嘉峪关城楼

Jiayuguan Fort

嘉峪关长城博物馆

Jiayuguan Great Wall Museum

悬臂长城

Overhanging Great Wall

早餐后游览【嘉峪关城楼】, 【长城博物馆】, 【悬臂长城】, 下午乘车赴敦煌 (约400公里, 行驶约5小时), 晚游沙洲夜市。嘉峪关城楼作为闻名世界的嘉峪关, 是明代万里长城的西端起点, 见证了内地与西域、中原与大漠之间纷争与融合。

After breakfast, visiting [the Jiayuguan Fort], [the Great Wall Museum] and [the Overhanging Great Wall]. In the afternoon, taking the bus to Dunhuang (about 400 km, 5 hours). In the evening, visiting the Shazhou night market. The Jiayuguan Fort: As a strategically important fort, the Jiayuguan Fort is the west starting point of the Great Wall built during the 15th and the 16th centuries.

第五天：敦煌-玉门关-雅丹地貌-敦煌

Day 05: Dunhuang-Yumenguan-Dunhuang

玉门关遗址

Yumenguan Ruins

雅丹魔鬼城

Jiayun魔鬼城

沙洲夜市

Shazhou night market

早餐后乘车赴玉门关 (约90公里, 行驶约1.5小时), 游览【玉门关】。后乘车赴【雅丹地貌魔鬼城】 (约90公里, 行驶约1.5小时)。晚游【沙洲夜市】。

After breakfast, taking the bus to the Jade Gate Pass (90 km, about 1.5 hours), visiting [Yumenguan Ruins], continuing the bus ride to 'Devil's city' (90 km, about 1.5 hours). In the evening, visiting the Shazhou night market.

第六天：敦煌-兰州

Day 06: Dunhuang-Lanzhou

莫高窟

Mogao Grottoes

鸣沙山

Mingsha Mountain

月牙泉

Y月牙泉

早餐后参观【莫高窟】, 下午游览【鸣沙山月牙泉】。晚乘Y669 (20:07/07:25) 赴兰州。莫高窟俗称千佛洞, 坐落在河西走廊西端的敦煌。

Visiting [the Mogao Grottoes] in the morning and [Singing Sand Dunes & Crescent Moon Spring Scenic Area] in the afternoon. Taking the night train Y669 (20:07/07:25) to Lanzhou. The Mogao Grottoes: Also named as the Thousand Buddha Caves, the Mogao Grottoes are located at Dunhuang in the west end of the Heil Corridor.

第七天：兰州-炳灵寺-兰州

Day 07: Lanzhou-Binglingsi-Lanzhou

炳灵寺石窟

Bingling Temple Grottoes

黄河母亲像

Yellow River Mother Sculpture

水车博览园

Waterwheel Exposition

中山桥

Zhongshan Bridge

早餐后乘车赴刘家峡码头 (约75公里, 行驶约1.5小时), 乘快艇 (单程约1小时) 游览【炳灵寺】, 下午返回市区 (约75公里, 行驶约1.5小时) 游览【黄河母亲像】, 【水车园】, 【中山桥】。

After breakfast, taking a bus to the Liujiaxia Wharf (75km, about 1.5 hours), and taking a speed boat (single way about 1 hour) to visit [the Binglingsi Grottoes]. After the visit, taking the bus getting back to Lanzhou (75km, about 1.5 hours). Upon arrival in Lanzhou, visiting [the Yellow River Mother Sculpture], [the garden-exposition] and [the Zhongshan Iron Bridge].

第八天：兰州 (返程)

Day 08: Lanzhou (Departure)

早餐后乘动车赴兰州中川机场 (80公里, 行驶约1小时), 离开兰州。结束愉快的丝路之旅, 回到您温馨的家!

After breakfast, leaving for Lanzhou airport (80km, about 1 hour) to catch a flight flying back home. End of the tour: Have a pleasant flight back home!



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GANSU CHINA INTERNATIONAL TRAVEL SERVICE CO., LTD



丝路线+巴丹吉林沙漠 (8天7晚)

Tour Program (A Tour of the Silk Road + the Badain Jaran Desert)

第一天：出发地-兰州

南关十字民族风味一条街

Day 01: Arrival in Lanzhou

客人乘飞机抵达兰州中川机场（约80公里，行驶约1小时），接飞机，入住酒店。抵达美丽的金城-兰州，兰州是甘肃省省会，西北地区重要的工业基地和综合交通枢纽，西部地区重要的中心城市之一，丝绸之路经济带的重要节点城市。

Arrival at Lanzhou airport, picking up service (80km, about 1 hour bus ride), and checking into the hotel. Lanzhou, the capital city of Gansu province, is an important industrial base and a comprehensive transportation hub of the northwest of China.

第二天：兰州-武威-张掖

雷台汉墓

张掖丹霞地貌

Day 02: Lanzhou-Wuwei- Zhangye

早餐后乘汽车赴张掖（520公里，约7小时），途经武威，游览【雷台汉墓】，抵达后游览【七彩丹霞】。雷台汉墓位于甘肃省武威市凉州区北关中路272号，游览中国旅游标志“铜奔马”出土地雷台汉墓。始建于东汉晚期，因出土中国旅游标志马踏飞燕闻名。

After breakfast, taking the bus to Zhangye (520km, about 7 hours), having a stop at Wuwei to visit 【the Laitai Han Tomb】. Afterwards, continuing the bus ride to Zhangye to visit 【the Danxia Landform Tourism Scenic Spot】. The Laitai Han Tomb: Located in Wuwei city of Gansu province, the tomb is where China's symbol of tourism 'the Bronze Flying Horse' was unearthed.

第三天：张掖-巴丹吉林沙漠

巴丹吉林沙漠

Day 03: Zhangye- Badain Jaran Desert

早餐后乘车赴【巴丹吉林沙漠】（220公里，行驶约3.5小时），沙漠入口处换乘越野车游览巴丹吉林沙漠。巴丹吉林一日游（巴丹湖、音德日图神泉、必鲁图珠峰、仙女湖、巴丹庙、诺日图）。

After breakfast, taking a bus to 【the Badain Jaran Desert】 (220km, about 3.5 hours). At the entrance of the desert park, changing to 4 wheel drive jeeps to visit the desert. Spending the whole day in the desert to visit (the Badain Lake, the Yindertu Wonder Spring, the Bilatu Everest, the Fairy Lady Lake, the Badain Temple and the Xuertu Lake).

第四天：巴丹吉林沙漠-嘉峪关

嘉峪关城楼

嘉峪关长城博物馆

Day 04: Badain Jaran Desert- Jiayuguan

早餐后乘车赴嘉峪关（440公里，约6.5小时），抵达后参观【嘉峪关城楼】，【长城博物馆】。嘉峪关城楼作为闻名世界的紧要关口，是明代万里长城的西端起点，见证了内地与西域、中原与大漠之间纷争与融合的。

After breakfast, taking the bus to Jiayuguan (440km, about 6.5 hours). Upon arrival, having a visit of 【the Jiayuguan Fort】 and 【the Great Wall Museum】. The Jiayuguan Fort: As a strategically important fort, the Jiayuguan Fort is the west starting point of the Great Wall built during the 15th and the 16th centuries.

第五天：嘉峪关-敦煌

大地之子

鸣沙山

月牙泉

Day 05: Jiayuguan-Dunhuang

早餐后乘车赴敦煌（约400公里，行驶约5小时），途径瓜州远观沙漠雕塑【大地之子】下午游览【鸣沙山月牙泉】。晚游览沙洲夜市。

After breakfast, taking the bus to Dunhuang (400km, about 5 hours). When getting through Guazhou, having a glimpse of the statue 【Son of Land】 on the bus. Visiting 【the Echoing Sand Mountains and the Crescent Lake】 in the afternoon, and in the evening, visiting the Shazhou night market.

第六天：敦煌-兰州

莫高窟

阳关遗址

Day 06: Dunhuang-Lanzhou

早餐后参观【莫高窟】。下午游览【阳关遗址】。晚乘Y669（20:07/07:25）赴兰州。莫高窟俗称千佛洞，坐落在河西走廊西端的敦煌。

Visiting 【the Mogao Grottoes】 in the morning and 【the Yangguan Ruins】 in the afternoon. Taking the night train Y669 (20:07/07:25) to Lanzhou.

第七天：兰州-炳灵寺-永靖

中山桥

黄河母亲像

刘家峡码头

炳灵寺石窟

Day 07: Lanzhou- Binglingsi-Yongjing

早抵达兰州，早餐后游览【中山桥】【黄河母亲像】，后乘车赴刘家峡码头（70公里，行驶约1.5小时），乘快艇（单程约1小时）游览【炳灵寺】。晚入住永靖县。

After arrival in Lanzhou and taking the breakfast, visiting 【the Zhongshan Iron Bridge】 and 【the Yellow River Mother Sculpture】. After the visit, taking the bus to the Liujiaxia Wharf (75km, about 1.5 hours), and taking a speed boat (single way about 1 hour) to visit 【the Bingling Temple Grottoes】.

第八天：永靖-中川机场（返程）

Day 08: Yongjing-Zhonghuan airport (Departure)

早餐后乘动车赴兰州中川机场（80公里，行驶约1小时），离开兰州。结束愉快的丝路之旅，回到您温馨的家乡！

After breakfast, leaving for Lanzhou airport (80km, about 1 hour) to catch a flight flying back home. End of the tour. Have a pleasant flight back home!



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GANSU CHINA INTERNATIONAL TRAVEL SERVICE CO., LTD

夏河法会+嘉峪关敦煌 (9天8晚)

Tour Program (A Tour of the Labrang Maulam Festival + Jiayuguan & Dunhuang)

第一天：出发地-兰州

Day 01: Arrival in Lanzhou

南关十字民族风味一条街
Nanguan Crossroad Muslim Food Square

客人乘飞机抵达兰州中川机场（约80公里，行驶约1小时），接飞机，入住酒店。抵达美丽的金城—兰州，兰州是甘肃省省会，西北地区重要的工业基地和综合交通枢纽，西部地区重要的中心城市之一，丝绸之路经济带的重要节点城市。

Arrival at Lanzhou airport, picking up service (80km, about 1 hour bus ride), and checking into the hotel Lanzhou, the capital city of Gansu province, is an important industrial base and a comprehensive transportation hub of the northwest of China.

第二天：兰州-刘家峡-临夏

Day 02: Lanzhou-Liujiaxia-Linxia

刘家峡码头
Liujiaxia Wharf

炳灵寺石窟
Bingling Temple Grottoes

早餐后乘车赴刘家峡码头（约75公里，行驶约1.5小时），乘快艇（单程约1小时）游览【炳灵寺】，乘车赴临夏（约30公里，行驶约1小时），抵达后游览【八坊十三巷】，入住酒店。

After breakfast, taking a bus to Liujiaxia Wharf (75km, about 1.5 hours), and taking a speed boat (single way about 1 hour) to visit [The Bingling Temple Grottoes]. After the visit, continuing the bus ride to Linxia (30km, about 1 hour). Upon arrival, visiting the old Muslim living quarter named as [The Eight Blocks with 13 Lanes]. Checking into the hotel.

第三天：临夏-夏河

Day 03: Linxia - Xiahe

拉卜楞寺
Labrang Monastery

早餐后乘车赴夏河（105公里，行驶1.5小时），抵达后游览【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。拉卜楞寺是藏语“拉章”的变音，意思为活佛大师的府邸。是藏传佛教格鲁派六大寺院之一，被世界誉为“世界藏学府”。

After breakfast, taking the bus to Xiahe (105km, about 1.5 hours). Upon arrival, visiting [The Labrang Monastery]. The Labrang Monastery: The monastery is located in Xiahe of Gansu province. The full Tibetan name of the monastery means an auspicious monastery. Usually, people call it simply Labrang, which is the Tibetan transliteration of Lashang, meaning the residence of a living Buddha. The monastery of Labrang is one of the six most well-known monasteries of the Gelupa (the Yellow Hat) Sect of Tibetan Buddhism. It has the honour of being the Institute of Tibetology in the world.

第四天：夏河法会（正月十三）

Day 04: The Maulam Festival in Xiahe (13th day of lunar January)

晒大佛
Giant Thangka Unveiling Ceremony

上午参观【晒大佛】，全天晒佛庆祝活动；每年的正月十三会举行盛大的晒大佛仪式，此会上午以前举行，各寺院由大法事率领僧众。

After breakfast, attending the festival to watch [Giant Thangka Unveiling Ceremony] the whole morning. The ceremony of Sunning the Giant Buddha is held on the 13th of lunar January every year.

第五天：夏河法会（正月十四）

Day 05: The Maulam Festival in Xiahe (14th day of lunar January)

跳法舞
Cham Dancing

全天参观【跳法舞】参加跳法舞活动。农历正月十四上午十一时左右，一年中规模最大，最为隆重的宗教法会——跳法舞，在拉卜楞寺大经堂前举行。

After breakfast, attending the festival to watch [The Buddhism Dancing] the whole day. At about 11 o'clock, the most grand and solemn religious festival of the monastery — the Buddhism Dancing is held on the open square in front of the Grand Prayer Hall.

第六天：夏河-兰州-嘉峪关

Day 06: Xiahe - Lanzhou - Jiayuguan

水车博览园
Waterwheel Exposition

早餐后乘车赴兰州（约230公里，行驶约3小时），下午参观游览【水车博览园】，晚乘夜火车赴嘉峪关。

After breakfast, taking the bus back to Lanzhou (about 230 km, 3 hours). Upon arrival, having a visit of [The park-exposition]. Taking a night train to Jiayuguan.

第七天：嘉峪关-敦煌

Day 07: Jiayuguan-Dunhuang

嘉峪关城楼
Jiayuguan Fort pass tower

悬臂长城
Overhanging Great Wall

沙洲夜市
Shazhou Night Market

早餐后参观【嘉峪关城楼】，【悬臂长城】，下午乘车赴敦煌（约400公里，行驶约5小时），晚游览【沙洲夜市】。In the morning, visiting [The Mogao Grottoes]. In the morning and [The Singing Sand Dunes and the Crescent Moon Spring]. In the afternoon, taking the bus to Dunhuang (about 400km, 5 hours). Having a visit of [The Shazhou Night Market]. The Jiayuguan Fort: As a strategically important fort, the Jiayuguan Fort is the west starting point of the Great Wall built during the 15th and the 16th centuries.

第八天：敦煌-兰州

Day 08: Dunhuang-Lanzhou

莫高窟
Mogao Grottoes

鸣沙山
Singing Sand Dunes

月牙泉
Crescent Moon Spring

早餐后参观【莫高窟】，下午游览【鸣沙山月牙泉】。晚乘Y669 (20:07/07:25) 赴兰州。

Visiting [The Mogao Grottoes]. In the morning and [The Singing Sand Dunes and the Crescent Moon Spring]. In the afternoon, taking the night train Y669 (20:07/07:25) to Lanzhou.

第九天：兰州（返程）

Day 09: Lanzhou (Departure)

早餐后乘车赴兰州中川机场（80公里，行驶约1小时），离开兰州。结束愉快的丝路之旅，回到您温馨的家！

After breakfast, leaving for Lanzhou airport (80km, about 1 hour) to catch a flight flying back home. End of the tour. Have a pleasant flight back home!



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GANSU CHINA INTERNATIONAL TRAVEL SERVICE CO., LTD

长城文化骑行游 (8天7晚)

Tour Program (A Bicycle Riding Tour of the Great Wall)

第一天：出发地-兰州

Day 01: Arrival in Lanzhou

南关十字民族风味一条街

The Nanquan Crossroad Muslim Food Night Market

客人乘飞机抵达兰州中川机场 (约80公里, 行驶约1小时), 接飞机, 入住酒店。抵达美丽的金城-兰州, 兰州是甘肃省省会, 西北地区重要的工业基地和综合交通枢纽, 西部地区重要的中心城市之一, 丝绸之路经济带的重要节点城市。

Arrival at Lanzhou airport, picking up service (80km, about 1 hour bus ride), and checking into the hotel in Lanzhou, the capital city of Gansu province, is an important industrial base and a comprehensive transportation hub of the northwest of China.

第二天：兰州-天祝-武威

Day 02: Lanzhou - Tianzhu - Wuwei

天梯山石窟

Tiantishan Grottoes

汉唐天马城

Han & Tang Flying Horse City

早餐后兰州出发途经天梯山赴武威 (平均海拔1500-2400米); 兰州-哈溪镇 (驱车260公里3.5小时); 哈溪镇-张义镇-天梯山石窟 (骑行23公里2.5小时); 民俗午餐。下午参观“石窟鼻祖---凉州模式”【天梯山石窟】。驱车转赴武威市区 (驱车60公里1.5小时)。参观天马故乡---【汉唐天马城】，晚宴/演出。

After breakfast, starting from Lanzhou, going through Tiantishan to Wuwei (the average altitude of 1,500-2,400 meters); Lanzhou - Haxizhen (a bus ride of 260km, about 3.5 hours); Haxizhen - Zhangyizhen - the Tiantishan Grottoes (a bicycle riding of 23km, 2.5 hours). Having lunch on the way. After lunch, visiting the Tiantishan Grottoes named as the ancestors of Grottoes—the Lanzhou Model. Taking the bus to Wuwei (a bus ride of 60km, 1.5 hours). Visiting the hometown of the Flying Horse—[The Han & Tang Flying Horse City]. Attending a banquet / a performance.

第三天：武威-山丹-张掖

Day 03: Wuwei - Shandan - Zhangye

张掖丹霞地貌

Zhangye Landform Tourism Scenic Spot

早餐后武威出发驱车途经山丹绣花庙赴张掖 (平均海拔1350-3000米); 武威-绣花庙明长城 (驱车赴丰堡高速口150公里2小时); 国内最大规模、保护最完整明代夯土长城沿线越野骑行 (10公里3小时/备注: 此段对车辆有要求, 需越野山地速降车); 午餐野餐。转赴张掖临泽 (155公里2小时), 晚餐后夜游【张掖丹霞国家地质公园】。

After breakfast, taking the bus through Shandan to Zhangye (the average altitude of 1,350-3,000 meters); Wuwei - the Xuhuamiao Ming dynasty Great Wall (a bus ride to Fengcheng Highway Exit of 150km, 2 hours); riding along the Ming dynasty Great Wall built with earth, which is the longest and best preserved in China (a riding of 10km, 3 hours). Note: This section has a requirement for cross-country mountain down-hill bikes; Having a picnic lunch. Taking the bus to Linze (155km, 2 hours). After dinner, having a night tour of the Danxia Landform Tourism Scenic Spot.

第四天：张掖-嘉峪关

Day 04: Zhangye - Jiayuguan

嘉峪关城楼

Jiayuguan Fort-pass tower

嘉峪关长城博物馆

Jiayuguan Great Wall Museum

悬臂长城

Duanhang Great Wall

早餐后张掖丹霞驱车途经酒泉赴嘉峪关 (平均海拔1600米); 丹霞-嘉峪关 (驱车208公里3小时); 午餐后赴明代长城天下第一雄关—参观【嘉峪关城楼】、【长城博物馆】(2小时); 环嘉峪关长城骑行 (15公里2小时) 至黑山脚下, 爬【悬臂长城】。返回嘉峪关市区晚餐或河口山庄烤羊全等。

After breakfast, starting from the town of Zhangye, going through Jiuquan to Jiayuguan (the average altitude of 1,600 meters); Zhangye - Jiayuguan (a bus ride of 208km, 3 hours). After lunch, visiting the Jiayuguan Fort-pass tower and the Great Wall Museum (2 hours); bicycle riding around the Jiayuguan Fort (15km, 2 hours) and continuing the riding to the Black Mountain, climbing the Duanhang Great Wall. Getting back to Jiayuguan city to have dinner or having a roast lamb dinner in the Helan Shanzhuang Restaurant.

第五天：嘉峪关-敦煌

Day 05: Jiayuguan - Dunhuang

莫高窟

Mogao Grottoes

《又见敦煌》

Encore Dunhuang

早餐后嘉峪关驱车途经瓜州赴敦煌 (平均海拔1200米); 嘉峪关-敦煌 (驱车380公里4.5小时); 耕读人家午餐后参观世界佛教艺术中心---【莫高窟】。晚餐后欣赏情景体验剧《又见敦煌》。

After breakfast, starting from Jiayuguan, going through Guazhou to Dunhuang (the average altitude of 1,200 meters); Jiayuguan - Dunhuang (a bus ride of 380km, 4.5 hours). After having dinner at a farmer's restaurant, visiting the world Buddhist art center—[The Mogao Grottoes]. After dinner, enjoying the show "Seeing Dunhuang Again".

第六天：敦煌

Day 06: Dunhuang

玉门关遗址

Juannanmen Han site

雅丹魔鬼城

Juannanmen Han site

沙洲夜市

Saizhou night market

早餐后敦煌驱车途经玉门关赴雅丹魔鬼城 (平均海拔1200米); (本日全程往返400公里用时12小时); 参观戈壁瀚海沙漠奇观-【雅丹魔鬼城】(大巴车参观北区/骑行南区10公里2.5小时); 午餐后参观历史名关-【玉门关】(汉长城/小方盘城/河仓城) (小方盘城至河仓城骑行13公里2.5小时)。返回敦煌市区晚餐。夜游【沙洲夜市】。

After breakfast, taking the bus to the Yardang Geo-park through the Jade Gate Pass (the average altitude of 1,200 meters); (the whole day's tour covering 400km, 12 hours); visiting the Gobi desert wonder—[The devil's city] (taking the tour bus to visit the north part / bicycle riding to visit the south part, 10km and 2.5 hours); After lunch, visiting the Jade Gate Pass / (the Han Great Wall / Xiaofang Pancheng / Hecangcheng) (bicycle riding from Xiaofang Pancheng to Hecangcheng, 13km, 2.5km). Returning to Dunhuang to have dinner. In the evening, visiting [Shazhou night market].

第七天：敦煌-兰州

Day 07: Dunhuang - Lanzhou

鸣沙山

Singing Sand Dunes

月牙泉

Crescent Moon Spring

早骑行5公里1小时至沙漠奇观---【鸣沙山月牙泉】(体验骑骆驼、滑沙等), 欣赏大漠日出。返回酒店用早餐, 早餐后驱车赴七里镇参观【光伏发电基地 (小太阳熔盐塔)】骑行6公里1.5小时; 返回后用午餐, 下午乘航班赴兰州。

In the morning, having a bicycle riding of 5km (1 hour) to the desert wonder—[The Singing Sand Dunes and the Crescent Moon Spring] (having a experience of camel riding and sand sliding), and watching the sunrise. Returning to the hotel to have breakfast. After breakfast, bicycle riding to Qilizhen to visit the Photovoltaic Power Station (the Little Sun Molten Salt Tower) (6km, 1.5km). Returning to the city to have lunch. Taking an afternoon flight to Lanzhou.

第八天：兰州 (返程)

Day 08: Lanzhou (Departure)

早餐后乘动车赴兰州中川机场 (80公里, 行驶约1小时), 离开兰州。结束愉快的丝路之旅, 回到您温馨的家!

After breakfast, leaving for Lanzhou airport (80km, about 1 hour) to catch a flight flying back home. End of the tour. Have a pleasant flight back home!



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本色西北

Natural Northwest



西宁+青海湖+德令哈+敦煌+嘉峪关+张掖+兰州 (8天7晚)

Route 1: 8-day tour of Xining, Qinghai Lake, Delingha, Dunhuang, Jiayuguan, Zhangye, and Lanzhou

第一天：各地-兰州-西宁

Day 01: Various places - Lanzhou-Xining

乘坐飞机抵达兰州，后乘坐大巴前往西宁，晚餐后入住酒店休息。

Take a plane to Lanzhou, then take a bus to Xining, and after dinner, check into a hotel to rest.

第二天：西宁-青海湖

Day 02: Xining-Qinghai Lake

早餐后，乘车前往青海湖，参观【青海湖】感受我国内陆最大咸水湖的无限风光。后乘车前往茶卡，参观被《国家地理》评为“人一生必去的55个地方”之一的【茶卡盐湖】入住酒店休息。

After breakfast, take a bus to Qinghai Lake, visit [Qinghai Lake] feeling the infinite scenery of China's largest inland saltwater lake, then take a bus to Chaka, visit Ranked as one of the "55 Must Visit Places in a Lifetime" by National Geographic [Chaka Salt Lake], and after dinner, check into a hotel to rest.

第三天：茶卡-格尔木

Day 03: Chaka-Golmud

早餐后，乘车赴格尔木，途中参观中国最大的盐湖【察尔汗盐湖】后入住酒店休息。

After breakfast, we drove to Golmud and visited the largest salt lake in China, the [Qarhan Salt Lake] before checking into a hotel to rest.

第四天：格尔木-敦煌

Day 04: Golmud-Dunhuang

早餐后，乘坐大巴前往敦煌，参观【鸣沙山月牙泉】欣赏五彩沙山的日落美景，后入住酒店休息。

After breakfast, take a bus to Dunhuang to visit the [Mingsha Mountain Crescent Spring] and enjoy the sunset scenery of the colorful sand mountains. Then check into a hotel to rest.

第五天：敦煌-嘉峪关

Day 05: Dunhuang-Jiayuguan

早餐后，参观被誉为“飞天圣地”的【莫高窟】午餐后，乘车赴嘉峪关，入住酒店休息。

After breakfast, visit the Flying Apsaras Holy Land [Mogao Caves]. After lunch, drive to Jiayuguan and before checking into a hotel to rest.

第六天：嘉峪关-张掖

Day 06: Jiayuguan-Zhangye

早餐后，参观被誉为“天下第一雄关”的【嘉峪关城楼】午餐后，乘车赴张掖，参观具有“世界十大神奇地理奇观”及“全球最美外景拍摄地”称号的【七彩丹霞】，后入住酒店休息。

After breakfast, visit the Jiayuguan city-fort, known as the "Number One Great Pass in the China". After lunch, take a bus to Zhangye to visit the "Zhangye Danxia National Geographical Park", which has the titles of "Top Ten Wonders of the World" and "World's Most Beautiful Outdoor Shooting Site". Afterwards, before checking into a hotel to rest.

第七天：张掖-兰州

Day 07: Zhangye-Lanzhou

早餐后，乘坐动车前往兰州，参观【中山桥】【黄河母亲雕塑】【水车园】，晚上打卡兰州特色小吃街【兰州老街】后入住酒店休息。

After breakfast, take the high-speed train to Lanzhou and visit [Zhongshan Bridge], [Yellow River Mother Sculpture] and [Waterwheel exposition]. In the evening, check in at Lanzhou's specialty snack street [Lanzhou ALL PARK] and then check into a hotel to rest.

第八天：兰州（返程）

Day 08: Lanzhou-Airport (Departure)

早餐后，根据航班时间送飞机。

After breakfast, take the flight according to the flight schedule.



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漫游丝路

Roaming the Silk Road



敦煌莫高窟+榆林窟+武威天梯山石窟+兰州 (6日石窟之旅)

Route 2: the Mogao Grottoes of Dunhuang+Yulin Grottoes+Wuwei Tiantian Mountain Grottoes+Lanzhou 6-day Grottoes Tour

第一天：各地-敦煌

Day 01: Various places - Dunhuang

沙洲夜市

Shazhou Night Market

乘坐飞机前往敦煌，晚上打卡美食街【沙洲夜市】。

Take a plane to Lanzhou, then take a bus to Ningde, and after dinner, check into a hotel to rest.

第二天：敦煌

Day 02: Dunhuang

莫高窟

Mogao Caves

鸣沙山月牙泉

Singing Sand Dunes & Crescent Moon Spring Scenic Area

早餐后，参观被誉为“飞天圣地”的【莫高窟】和【鸣沙山月牙泉】欣赏五彩沙山的日落美景，晚餐后，入住酒店休息。

After breakfast, visit the Flying Apsaras Holy Land [Mogao Caves] and visit the [Singing Sand Dunes & Crescent Moon Spring Scenic Area] and enjoy the sunset scenery of the colorful sand mountains. Then check into a hotel to rest.

第三天：敦煌-嘉峪关

Day 03: Dunhuang-Jiayuguan

榆林窟

Yulin Grottoes

大地之子

Son of Earth

早餐后，乘车前往参观【榆林窟】打卡戈壁雕塑【大地之子】后乘车赴嘉峪关，入住酒店休息。

After breakfast, take a bus to visit the [Yulin Grottoes] and clock in sculpture called "Son of Earth" on the Gobi Desert. Then take the bus to Jiayuguan and checking into a hotel to rest.

第四天：嘉峪关-张掖

Day 04: Jiayuguan-Zhangye

嘉峪关城楼

Jiayuguan Pass Tower

天下第一墩

The First Pier in the World

张掖七彩丹霞

Zhangye Landform Tourism Scenic Spot

早餐后，参观【嘉峪关城楼】【天下第一墩】后车赴张掖，参观【七彩丹霞】晚餐后，入住酒店休息。

After breakfast, visit the [Jiayuguan pass tower] and [The First Pier in the World]. After drive to Zhangye visit the [Zhangye Landform Tourism Scenic Spot] and check into the hotel and rest.

第五天：张掖-武威-兰州

Day 05: Zhangye-Wuwei-Lanzhou

天梯山石窟

Tiantian Mountain Grottoes

早餐后，车赴武威，参观素有“石窟鼻祖”之称的【天梯山石窟】，后车赴兰州，晚餐后，入住酒店休息。

After breakfast, take a bus to Wuwei to visit the [Tiantian Mountain Grottoes] known as the "Ancestor of Grottoes". Then take the bus to Lanzhou, and after dinner, check into a hotel to rest.

第六天：兰州 (返程)

Day 06: Lanzhou-Airport (Departure)

早餐后，根据航班时间送飞机。

After breakfast, take the flight according to the flight schedule.



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南南物语

South of Gansu

九色甘南·魅力陇南
Colorful Gannan·Charm of Longnan



天水+陇南+甘南 (8天7晚)

Route 3: Tianshui+Longnan+Gannan 8-day tour

第一天：各地-兰州-天水

Day 01: Various places - Lanzhou-Tianshui

乘坐飞机前往兰州，乘坐大巴前往天水，入住酒店休息。

Take a plane to Lanzhou, take a bus to Tianshui, and stay in a hotel to rest.

第二天：天水-宕昌

Day 02: Tianshui-Tanchang

麦积山石窟

伏羲庙

南宅子

早餐后，参观【麦积山石窟】【伏羲庙】【南宅子】后乘坐大巴前往宕昌，晚餐后，入住酒店休息。

After breakfast, take a bus to visit the [Majishan Grottoes], [Fuxi Temple] and [Nanzhai (ancient living architecture)] then take a bus to Tanchang. After dinner, check into a hotel to rest.

第三天：宕昌-迭部

Day 03: Tanchang-Diebu

官鹅沟

早餐后，参观【官鹅沟】乘车赴迭部，晚餐后，入住酒店休息。

After breakfast, take a bus to visit the Diebu's [Guan'E Valley Scenic Area] and after dinner, check into the hotel to rest.

第四天：迭部-唐克

Day 04: Diebu-Tangke

扎尕那

唐克黄河第一湾

早餐后，参观【扎尕那】车赴若尔盖，参观【唐克黄河第一湾】欣赏黄河日落的美景。

After breakfast, take a bus to visit the [Zhagana] and go to Ruogai, admire the beautiful sunset of the [The First Bend of the Yellow River].

第五天：唐克-郎木寺-合作

Day 05: Tangke-Langmu Temple-Hezuo

郎木寺

早餐后，乘车赴参观【郎木寺】探寻白龙江源头。后乘车前往合作，入住酒店休息。

After breakfast, take a bus to visit [Langmu Temple] to explore the source of the White Dragon River. Afterwards, take a bus to Hezuo city and stay at a hotel to rest.

第六天：合作-夏河-临夏

Day 06: Hezuo-Xiahe-Linxia

桑科草原

八坊十三巷

早餐后，途经【桑科草原】后车赴参观【拉不楞寺】乘车赴临夏市，夜游【八坊十三巷】。

After breakfast, take a bus to visit the [Labrang Monastery] and the [Sonke Grassland], and then take a night tour of the [Eight Lanes and Thirteen Alleys] in Linxia City.

第七天：临夏-兰州

Day 07: Linxia-Lanzhou

甘肃省博物馆

中山桥

黄河母亲雕塑

兰州老街

早餐后，乘车赴兰州，参观【甘肃省博物馆】【中山桥】【黄河母亲雕塑】晚上打卡美食街【兰州老街】。

After breakfast, take a bus to Lanzhou to visit the [Gansu Provincial Museum], [Zhongshan Bridge], [Yellow River Mother Sculpture], and check in at the food street on the [Lanzhou ALL PARK] in the evening.

第八天：兰州（返程）

Day 08: Lanzhou-Airport (Departure)

早餐后，根据航班时间送飞机。

After breakfast, take the flight according to the flight schedule.



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问道崆峒

Exploring
Kongtong Mountain

兰州
LAN ZHOU

宁夏
NING XIA

平凉
PING LIANG

庆阳
QING YANG

第一天：各地-庆阳

Day 01: Various places - Qingyang

王母宫·大云寺

Wangmu Temple-Daoyun Temple Scenic Area

乘坐飞机前往庆阳市，乘坐大巴前往平凉泾川，参观【王母宫·大云寺】（抄经体验课程），晚上感受泾川温泉疗养。
Take a plane to Qingyang City, take a bus to Pingliang Jingchuan, visit [Dayun Temple-Wangmu Palace Scenic Area] and experience Jingchuan hot spring therapy in the evening.

第二天：庆阳-平凉

Day 02: Qingyang-Pingliang

崇信龙泉寺

Chongxin Longquan Temple

皇甫谧文化园

Huangfu Mi Cultural Park

早餐后，乘车赴参观【崇信龙泉寺】并在【皇甫谧文化园】体验皇甫谧中医针灸理疗。后乘车赴平凉市区，晚餐后，入住酒店休息。
After breakfast, go to visit [Chongxin Longquan Temple] and experience acupuncture and moxibustion physiotherapy in [Huangfu Mi Cultural Park]. Go to Pingliang city by bus, have dinner, and then check into a hotel to rest.

第三天：平凉

Day 03: Pingliang

平凉崆峒山

Kongtong Mountain

平凉市博物馆

Pingliang City Museum

早餐后，参观【平凉崆峒山】聆听道长讲解《道德经》并学习“崆峒养生拳”。后参观【平凉市博物馆】晚餐后，入住酒店休息。
After breakfast, take a bus to visit the [Kongtong Mountain] in Pingliang to listen to the Taoist explain the Daojing and learn the Kongtong Health kung fu. After visiting the [Pingliang City Museum] for dinner, check into the hotel and rest.

第四天：平凉

Day 04: Pingliang

庄浪云崖寺国家森林公园

Zhuanglang Yunya Temple National Forest Park

朝那湫

Chao-naqi Scenic Area

早餐后，乘车赴参观【庄浪云崖寺国家森林公园】【朝那湫】跟着非遗传承人学习“麦秆画制作”后入住酒店休息。
After breakfast, take a bus to visit the [National Forest Park of Zhuanglang Yunya Temple] and [Chao-naqi Scenic Area] to learn about the production of wheat straw paintings with intangible cultural heritage inheritors, and then checked into the hotel to rest.

第五天：平凉-隆德-庆阳

Day 05: Pingliang-Longde-Qingyang

六盘山森林公园

Lupanshan Forest Park

六盘山红军长征纪念馆

Lupanshan Red Army Long March Memorial

北石窟寺

Northern grotto-cave

早餐后，乘车赴参观【六盘山森林公园】【六盘山红军长征纪念馆】后车赴参观【北石窟寺】晚餐后，入住酒店休息。
After breakfast, take a bus to visit the [Lupanshan Red Army Long March Memorial] and [the Liupanshan Red Army Long March Memorial Hall], then take a bus to visit the Northern grotto-cave. After dinner, check into the hotel and rest.

第六天：庆阳-庆城

Day 06: Qingyang-Qingcheng

周祖陵

Progenitor Zhou's Tomb Scenic Spot

岐黄中医药文化博物馆

Qihuang Chinese Medicine Culture Museum

早餐后，参观【周祖陵】【岐黄中医药文化博物馆】后乘车赴庆阳市区，晚餐后，入住酒店休息。
After breakfast, visit the [Progenitor Zhou's Tomb Scenic Spot] and [Qihuang Chinese Medicine Culture Museum] then drive to Qingyang city. After dinner, check into a hotel to rest.

第七天：庆阳（返程）

Day 07: Qingyang (Departure)

早餐后，根据航班时间送飞机。
After breakfast, take the flight according to the flight schedule.



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