

青海8日大环线 Qinghai 8 days Tour

行程轻松舒适

量身定制经典线路

Easy and comfortable travel Tailor-made classic routes

行程速览 Itinerary Summary



D1 西宁接机，适应高原

D1 Pick up in Xining, adapt to the plateau

D2 西宁—倒淌河—日月山—青海湖—黑马河

D2 Xining – Daotang River – Riyue Mountain – Qinghai Lake – Heima River

D3 黑马河日出—最美环湖西路—青海湖断崖—藏城刚察

D3 Sunrise on the Black Horse River – the most beautiful Huanhu West Road – the cliff of Qinghai Lake – Gangcha, Tibetan city

D4 刚察—茶卡天空壹号—共和

D4 Gangcha – Chaka Salt Lake – Gonghe

D5 共和—阿什贡地质公园—黄河少女广场—中华福运轮—贵德

D5 Gonghe – Ashgon Geopark – Yellow River Maiden Square – China Lucky Wheel – Guide

D6 贵德—坎布拉—撒拉尔故里民俗文化园—街子清真寺—循化

D6 Guide – Kanbula – Salar Hometown Folk Culture Park – Jiezi Grand Mosque – Xunhua

D7 循化—塔尔寺—东关清真大寺/藏文化博物馆—西宁

D7 Xunhua – Kumbum Monastery – Dongguan Great Mosque/Tibetan Culture Museum – Xining

D8 西宁送机

D8 Xining drop off

茶卡盐湖
Chaka Salt Lake



塔尔寺
Kumbum Monastery



黑马河
Heima River



日月山
Riyue Mountain



舌尖美食

牛肉拉面 / 尕面片 / 羊肠面杂碎汤 / 手抓羊肉 / 退骨牦牛肉 / 青海土火锅
烤羊肉串 / 炕羊排 / 酿皮 / 牛奶醪糟 / 老酸奶 / 甜醅 / 熬茶

Top Local Cuisine: Beef Ramen/Ga Noodles/ Three soups with offal/ Shredded Mutton/
Boneless yak meat /Qinghai Local Hot Pot/ Grilled Lamb Skewers/
Fry Lamb Chop/Niangpi/ Milk Egg Fermented Glutinous Rice /
Fermented Yogurt/Sweet Fermented Rice Wine/Boiled Tea



6月份
9月份

RM

6180

7月份
8月份

RM

6580



日月山

Riyue Mountain

日月山是我国自然地理上的一条非常重要的分界线，黄土高原与青藏高原分界线，是游人进入青藏高原的必经之地，故有“西海屏风”、“草原门户”之称。

Riyue Mountain is a very important dividing line in China's natural geography. The dividing line between the Loess Plateau and the Qinghai-Tibet Plateau is the only place for tourists to enter the Qinghai-Tibet Plateau, so it is called "West Sea Screen" and "Grassland Gateway".



青海湖

Qinghai Lake

青海湖，位于青藏高原东北部、青海省境内，中国内陆最大咸水湖。由祁连山脉的大通山、日月山与青海南山之间的断层陷落形成。有“高原蓝宝石”的美称。青海湖长105公里，宽63公里，面积达4456平方公里，环湖周长360多公里。

Qinghai Lake, located in the northeast of the Qinghai-Tibet Plateau, within the territory of Qinghai Province, is the largest saltwater lake in inland China. It was formed by the collapse of faults between Datong Mountain, Riyue Mountain and Qinghai Nanshan in the Qilian Mountains. It has the reputation of "plateau sapphire". Qinghai Lake is 105 kilometers long and 63 kilometers wide, with an area of 4,456 square kilometers and a circumference of more than 360 kilometers around the lake.





茶卡盐湖

Chaka Salt Lake

位于青海省海西蒙古族藏族自治州，古丝绸之路的重要站点，柴达木盆地东大门。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”。

It is in Haixi Mongolian and Tibetan Autonomous Prefecture, Qinghai Province. An important site of the ancient Silk Road, and the east gate of the Qaidam Basin. Caka Salt Lake is surrounded by snow-capped mountains. The calm surface of the lake is like a mirror, reflecting the beautiful and intoxicating sky scenery. It is known as the "mirror of the sky in China".





塔尔寺

Kumbum Monastery

塔尔寺地处青海省省会西宁市，创建于明洪武十二年（1379年），是中国西北地区藏传佛教的活动中心，在中国及东南亚享有盛名。国家AAAAA级旅游景区。酥油花、壁画和堆绣被誉为“塔尔寺艺术三绝”。

Kumbum Monastery is in Xining City, the capital of Qinghai Province. It was founded in the 12th year of Ming Hongwu (1379). It is the activity center of Tibetan Buddhism in Northwest China and enjoys a high reputation in China and Southeast Asia. It is also known as National top level tourist attraction. Butter sculpture, murals and pile embroidery are known as the "three wonders of Kumbum art" .

