



9天7夜 遇见青海

邂逅天空之境

一半圣湖，一半草原，收藏最美的夏天

20°C 避暑圣地
惬意清凉一夏

格尔木
察尔汗盐湖

青海湖

茶卡盐湖

贵德
中华福运轮

西宁

东关清真大寺

兰州

黄河风情线
水墨丹霞
甘肃省博物馆

航班执行时间:
5月2日-7月18日, 8月29日-10月24日

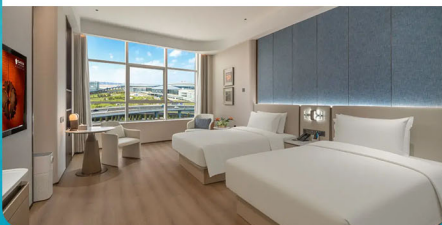


吉隆坡直飞兰州航班 不转机 不停

品质酒店

QUALITY HOTEL

全程入住
携程4钻酒店
升级一晚5钻酒店



美食味蕾

DELICIOUS FOOD

开锅羊肉汤锅
毛氏红烧肉
炕锅鸡+藏王宴



尊享出行

PREMIUM TRAVEL

全程2+1
航空座椅豪华大巴

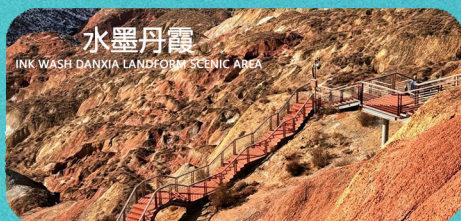


赠送
察尔汗盐湖
航拍

行程安排

- Day1** 吉隆坡 → 兰州 (AK148 KUL-LHW 16:30-22:00) 交通工具: 飞机+旅游巴士 用餐: 飞机餐 住宿: 兰州新区
吉隆坡乘机前往兰州, 抵达后入住中川机场酒店。
- Day2** 兰州新区 → 西宁 (287KM) 交通工具: 旅游巴士 用餐: 早/中/自理 住宿: 西宁
早餐后开车前往兰州市, 游览【甘肃省博物馆】甘肃省博物馆汇集了甘肃从远古时期到近现代的珍贵文化遗存, 馆藏珍贵历史文物、自然标本。以新石器时代之冠的甘肃彩陶、汉代简牍文书、汉唐丝绸之路珍品、佛教艺术萃宝、古生物化石等珍贵文物为特色。后前往西宁, 游览【东关清真大寺】东关清真寺, 集宗教活动、伊斯兰经学研究与古典建筑艺术于一体, 享有国内外盛誉。后前往【新干夜市】品尝西北特色美食。后入住酒店休息。
- Day3** 西宁 → 茶卡 (293KM) 交通工具: 旅游巴士 用餐: 早/中/晚 住宿: 茶卡
早餐后前往茶卡, 游览【青海湖二郎剑 (含门票)】青海湖与其说是湖, 不如说是海一望无际, 让人惊异的湛蓝与两岸绿油油的草地相衬, 晴朗的天空淡淡的白云下, 盛夏星星点点的各色野花, 悠闲其中的牛羊, 仙境一样的牧歌式画面就呈现在眼前了。后入住酒店休息。
- Day4** 茶卡 → 格尔木 (474KM) 交通工具: 旅游巴士 用餐: 早/中/晚 住宿: 格尔木
早餐后开车前往格尔木, 游览【察尔汗盐湖 (含门票+景交车)】上帝打翻的青苹果汁, 其梦幻的翡翠色惊艳世人。特别安排察尔汗盐湖航拍。赠送航拍视频。后入住酒店休息。
- Day5** 格尔木 → 茶卡 (474KM) 交通工具: 旅游巴士 用餐: 早/中/晚 住宿: 茶卡
早餐后前往茶卡镇, 游览【茶卡盐湖 (含门票+单程小火车)】, 四面雪山环绕, 平静的湖面像镜子一样, 反射着让人陶醉的景色。晚餐后入住酒店休息。
- Day6** 茶卡 → 西宁 (293KM) 交通工具: 旅游巴士 用餐: 早/中/晚 住宿: 西宁
早餐后前往贵德, 游览【中华福运轮 (含门票)】中华福运轮, 分为博物馆、倒影池、转经轮三部分构成, 建筑风格依照了藏传佛教寺院的建筑风格而设计规划。后游览【黄河少女像】它澄澈、透亮、带着高原阳光酿出的微甜气息。站在黄河少女广场中央, 少女赤足立于浪尖, 长裙被风扬起, 指尖轻点水面, 仿佛不是在纪念一条河, 而是在守护一个清澈的诺言。晚餐品尝特色【藏王宴】入住酒店休息。
- Day7** 西宁 → 兰州 (220KM) 交通工具: 旅游巴士 用餐: 早/中/自理 住宿: 兰州
早餐后前往兰州, 游览【黄河风情线】被誉为【黄河外滩】的黄河风情线是全国最长的城市滨河景观。后游览【兰州老街】兰州老街, 位于甘肃省兰州市七里河区马滩片区, 是集旅游、文化、商业于一体的仿古建筑街区。后入住酒店休息。
- Day8** 兰州 → 送机 (AK149 LHW-KUL 23:00-04:30+1) 交通工具: 旅游巴士+飞机 用餐: 早/中/自理 住宿: /
早餐后游览【水墨丹霞 (门票+景交车)】兰州水墨丹霞旅游景区因分布面积最大、地貌种类最全、形成时间最古老、发现时间最晚、保存最完好、离城市最近、原住民最少、文化积淀最深、名人经过最多而素有“九最”之称。后参观【DIY牛肉面博物馆】体验牛肉拉面的制作过程。前往【新光夜市】品尝西北特色美食。后送机。
- Day9** 抵达吉隆坡 用餐: 飞机餐 住宿: /
回到温馨的家! 具体行程及景点若有变更, 以最后确认的航班及旅行社的安排为准!

套餐	套餐内容	时间
保证自费 288RM/人	藏王宴特色餐、察尔汗盐湖航拍视频、DIY牛肉面体验	根据行程 进行顺序安排





9D7N

ENCOUNTERING QINGHAI AND THE SKY REALM

Half holy lake, half grassland
collect the most beautiful summer



Direct flight from Kuala Lumpur to Lanzhou
No transfer, no stopover

PREMM HOTEL
Full stay at Ctrip 4 Diamond Hotel
Upgrade to a 5-Diamond hotel
for one night



SAVOR GOURMET DELIGHTS
Boiling Lamb Hot Pot
Pot-roasted Chicken on Kang Stove
Mao's Braised Pork+Tibetan king banquet



PRIVILEGED JOURNEY
Premium 2+1 Seated
Luxury Coach with AC for
Entire Journey



scheduling

Day1

Kuala Lumpur → Lanzhou New Area (Flight AK148 KUL-LHW, 16:30–22:00)

Transport: Flight + Tour Bus Meals: airline meal

Accommodation: Zhongchuan Airport

Hotel/Depart from Kuala Lumpur by flight to Lanzhou, check in at airport hotel upon arrival.

Day2

Lanzhou New Area → Xining (287 KM) Transport: Tour Bus Meals: Breakfast / Lunch / Dinner on own Accommodation: Xining

After breakfast, head to downtown Lanzhou to visit **Gansu Provincial Museum**. The museum houses abundant precious cultural relics and natural specimens spanning from prehistoric ages to modern times, featuring top-tier Neolithic painted pottery of Gansu, ancient Han dynasty bamboo slips, Silk Road treasures from Han-Tang dynasties, fine Buddhist artworks and prehistoric fossils. Proceed to Xining afterwards for a tour of **Dongguan Grand Mosque**, a renowned landmark integrating religious activities, Islamic scripture research and classic architectural art at home and abroad. Spend your evening at **Xinqian Night Market** to savour authentic Northwest snacks before checking into the hotel.

Day3

Xining → Chaka (293 KM) Transport: Tour Bus Meals: Breakfast / Lunch / Dinner Accommodation: Chaka

after breakfast and visit **Erlangjian Scenic Area of Qinghai Lake (Entrance Fee Included)**. Stretching boundlessly like an inland sea, the lake boasts striking sapphire-blue waters against lush green grasslands. Under clear skies dotted with wispy clouds, wild blossoms bloom all over the grassland while cattle and sheep graze leisurely, forming a picturesque pastoral landscape. Check in at local hotel after sightseeing.

Day4

Chaka → Golmud (474 KM) Transport: Tour Bus Meals: Breakfast/Lunch/Dinner Accommodation: Golmud

After breakfast, drive to Gembom for sightseeing **Qarhan Salt Lake (Entrance + Shuttle Bus Included)**. Nicknamed as spilled emerald apple juice from heaven, the lake charms visitors with stunning jade-green water. Exclusive drone aerial shooting is arranged here with complimentary drone footage provided. Overnight at Golmud hotel.

Day5

Golmud → Chaka (474 KM) Transport: Tour Bus Meals: Breakfast/Lunch/Dinner Accommodation: Chaka

after breakfast to visit **Chaka Salt Lake (Entrance + One-way Small Train Included)**. Surrounded by snow-capped mountains on all sides, the glass-like still lake mirrors mesmerising alpine scenery. Check into hotel after dinner.

Day6

Chaka → Xining (293 KM) Transport: Tour Bus Meals: Breakfast/Lunch/Dinner Accommodation: Xining

After breakfast, head to Guide for sightseeing **China Fortune Prayer Wheel (Entrance Fee Included)**, constructed in traditional Tibetan Buddhist temple style and composed of three sections: museum, reflection pool and giant prayer wheel. Then admire the **Yellow River Maiden Statue**. Bathed in bright plateau sunshine, the bare-foot maiden stands atop rolling waves with her skirt fluttering in wind and fingertips gently touching the water, embodying a pure promise guarding the Yellow River. Enjoy exclusive royal Tibetan feast for dinner before hotel check-in.

Day7

Xining → Lanzhou (220 KM) Transport: Tour Bus Meals: Breakfast / Lunch / Dinner on own Accommodation: Lanzhou

After breakfast, head to Lanzhou for sightseeing **Yellow River Custom Scenic Belt**, dubbed as the Yellow River Riverside Boardwalk and China's longest urban riverside landscape corridor. Later visit **Lanzhou Ancient Street**, an antique-style complex integrating tourism, culture and commerce located in Matan Area, Qilihe District of Lanzhou. Check into hotel for overnight stay.

Day8

Lanzhou → Airport Transfer (Flight AK149 LHW-KUL, 23:00–04:30+1)

Transport: Tour Bus + Flight Meals: Breakfast / Lunch / Dinner on own Accommodation: None

breakfast, explore **Ink Wash Daxia Landform Scenic Area (ticket + scenic shuttle bus)**, famed for its nine unparalleled merits: largest coverage, most diverse landforms, oldest geological formation, latest discovery, best-preserved terrain, closest proximity to downtown, least indigenous residents, profound cultural heritage and frequent visits by celebrities. Next stop is **Hand-pulled Beef Noodle DIY Museum** where you can experience noodle-making in person. Taste local Northwest delicacies at Xinguang Night Market before shuttle transfer to airport for departure flight.

Day9

Arrive in Kuala Lumpur

Meals: airline meal

Accommodation: None

Arrive in Kuala Lumpur and return to your warm home.

PACKAGE	CONTENTS	TIME
COMPULSORY RM288 OPTIONAL	TIBETAN KING BANQUET SPECIAL MEAL, AERIAL VIDEO OF CHA'ERHAN SALT LAKE, DIY BEEF NOODLE EXPERIENCE	ACCORDING TO THE Tinerary ARRANGEMENT OF MARCHING SEQUENCE



尊享住宿 · 美食盛宴

Enjoy luxurious accommodation and a culinary feast

全程入住携程4钻酒店+升级1晚五钻酒店

LUNCH 中餐	BREAKFAST 早餐	LUNCH 中餐	DINNER 晚餐	SELECTED HOTELS 精选酒店
1	-	-	-	兰州中川佰翔酒店或同级5钻 Lanzhou Zhongchuan Bai Xiang Hotel or equivalent 5-diamond hotel
2	酒店 Hotel Breakfast	黄河大鲤鱼 Yellow River Common Carp	-	西宁永和酒店或同级4钻 Xining Yonghe Hotel or equivalent 4-diamond hotel
3	酒店 Hotel Breakfast	炕锅鸡 Pot-roasted Chicken on Kang Stove	川味小炒 Sichuan-style Stir-fry	茶卡白兰道或同级4钻 Chaka Bailandao Hotel or equivalent 4-diamond hotel
4	酒店 Hotel Breakfast	御品香酥鸭 Royal Crispy Fragrant Duck	毛氏红烧肉 Mao's Braised Pork	格尔木美豪丽致或同级4钻 Geermu Meihao LIZ Hotel or equivalent 4-diamond hotel
5	酒店 Hotel Breakfast	开锅羊肉汤锅 Boiling Lamb Hot Pot	手撕鸡 Shredded Chicken	茶卡白兰道或同级4钻 Chaka Bailandao Hotel or equivalent 4-diamond hotel
6	酒店 Hotel Breakfast	川味小炒 Sichuan-style Stir-Fried Dishes	藏王宴 Tibetan King Banquet	西宁永和酒店或同级4钻 Xining Yonghe Hotel or equivalent 4-diamond hotel
7	酒店 Hotel Breakfast	特色白斩鸡 Special Poached Chicken	-	兰州兰悦酒店或同级4钻 Lanyue Hotel Lanzhou or equivalent 4-Diamond hotel
8	酒店 Hotel Breakfast	兰州牛肉面 Lanzhou Beef Noodles	-	-
9	-	-	-	-

特色美食

SPECIALTY CUISINE



牛肉面体验

Beef noodle experience



炕锅鸡

Pot-roasted Chicken on Kang Stove



藏王宴

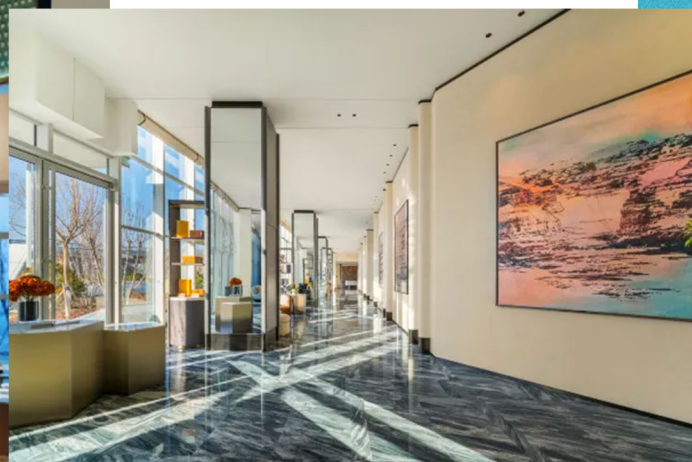
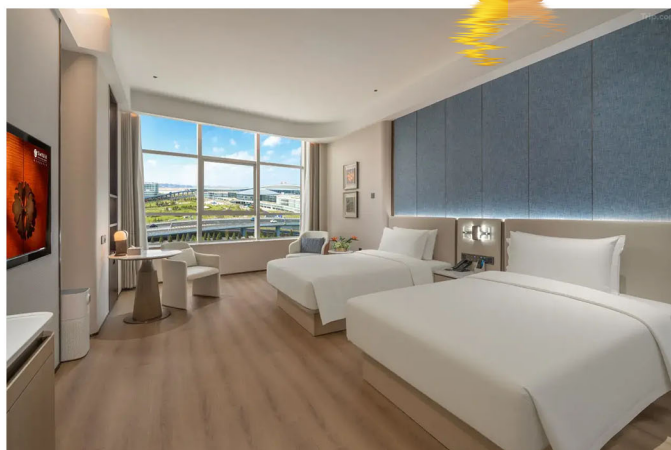
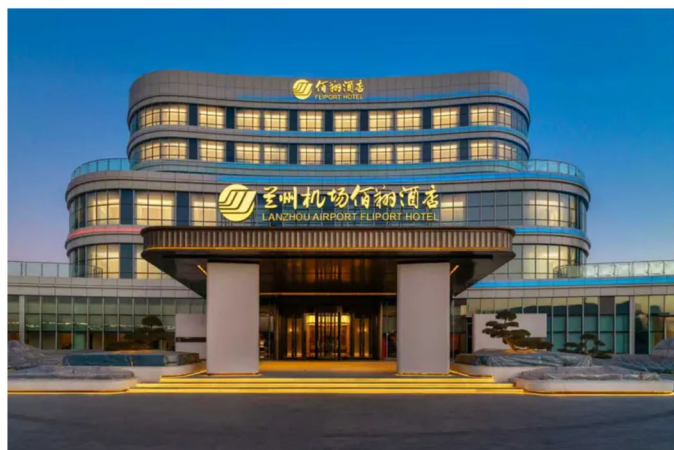
TIBETAN KING BANQUET

甄选酒店

Selected Hotels

兰州新区佰翔酒店

LANZHOU NEW AREA BAI XIANG HOTEL



甄选酒店

Selected Hotels

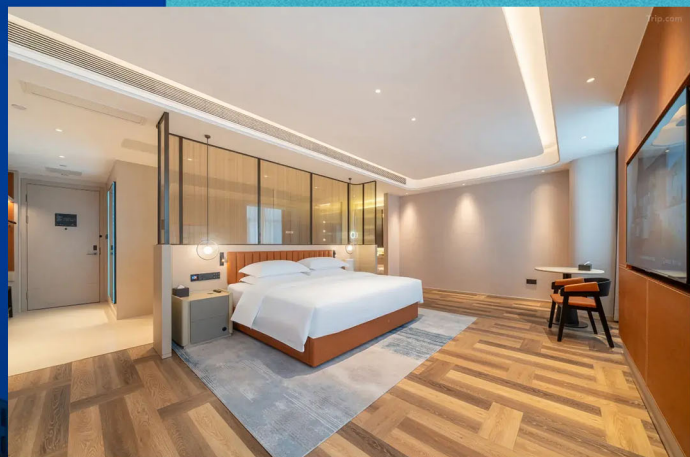
兰州兰悦酒店

LANZHOU LANYUE HOTEL



格尔木美豪丽致酒店

GEERMU MEIHAO LIZ HOTEL



甄选酒店

Selected Hotels

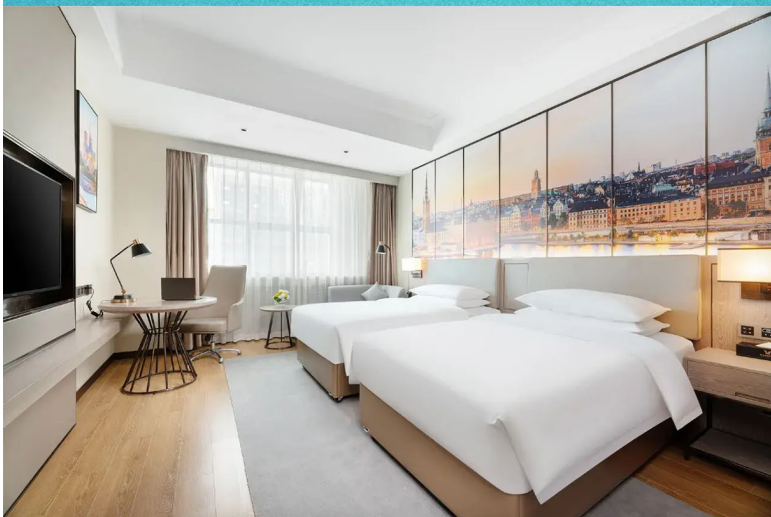


茶卡白兰道酒店
CHAKA BAILANDAO HOTEL



西宁永和酒店

XINING YONGHE HOTEL



美景在线

Beautiful scenery online



▲ 察尔汗盐湖 QARHAN SALT LAKE

CHAKA
PHOTOGRAPHY

世界第二大盐湖，是上帝打翻的青苹果汁
THE WORLD'S SECOND LARGEST SALT LAKE, A DIVINE APPLE
JUICE SPILL



◀ 茶卡盐湖 CHAKA SALT LAKE

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”
SURROUNDED BY SNOW-CAPPED MOUNTAINS, THE CALM
LAKE SURFACE REFLECTS THE BEAUTIFUL AND INTOXICATING
SKY SCENERY LIKE A MIRROR, EARNING IT THE REPUTATION
OF "CHINA'S SKY MIRROR".

青海湖 QINGHAI LAKE ▶

青海得名于青海湖，湖水浩瀚无边又蔚蓝空灵，是高原圣湖
QINGHAI DERIVES ITS NAME FROM QINGHAI LAKE, A BOUNDLESS AND
ETHEREAL BLUE LAKE THAT IS THE SACRED LAKE OF THE PLATEAU.



美景在线

Beautiful scenery online

▼ 水墨丹霞

INK WASH DANXIA LANDFORM SCENIC AREA

长期风化剥离和流水侵蚀形成的地质奇观
GEOLOGICAL WONDERS FORMED BY LONG-TERM WEATHERING AND EROSION BY FLOWING WATER



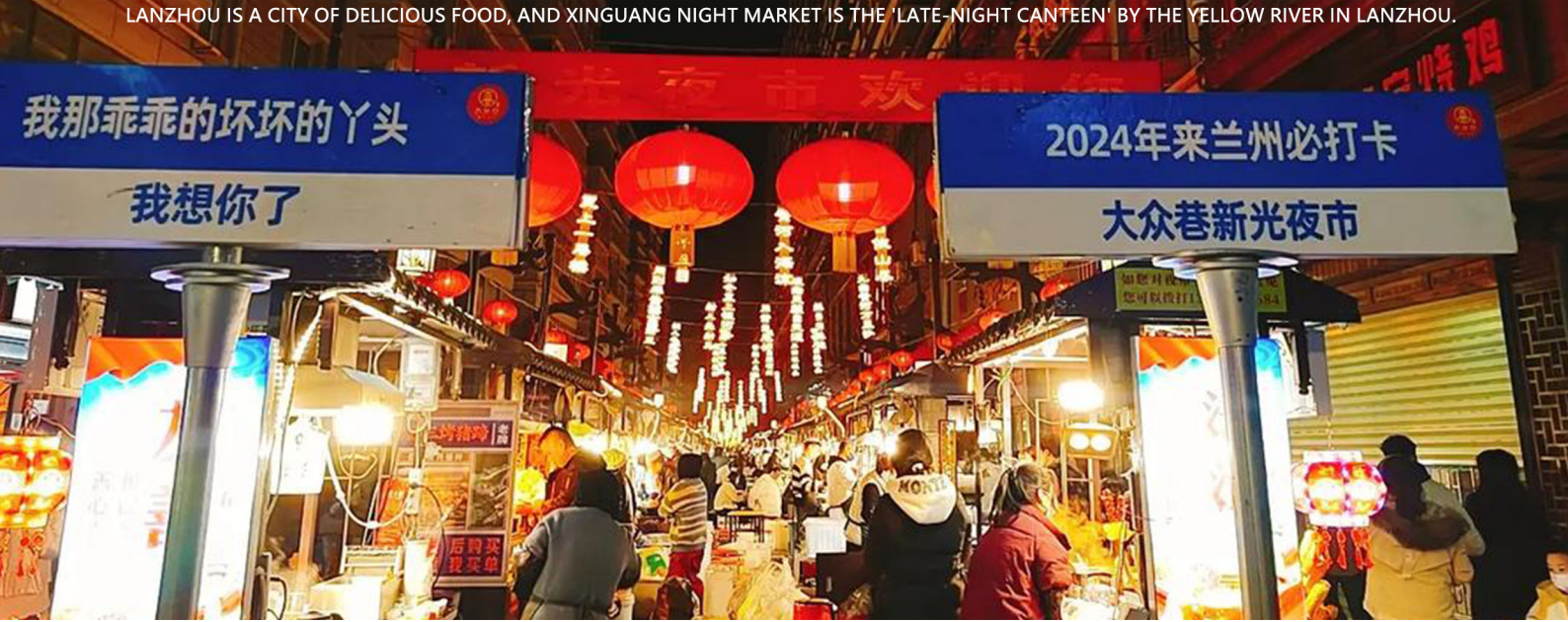
▲ 甘肃省博物馆

GANSU PROVINCIAL MUSEUM

国家一级博物馆，与“铜奔马”跨时空对望
NATIONAL FIRST-CLASS MUSEUM, A CROSS-TIME AND SPACE GAZE WITH THE "BRONZE GALLOPING HORSE".

▼ 新光夜市 XINGUANG NIGHT MARKET

兰州是一座美食之城，而新光夜市就是兰州黄河边的“深夜食堂”
LANZHOU IS A CITY OF DELICIOUS FOOD, AND XINGUANG NIGHT MARKET IS THE 'LATE-NIGHT CANTEEN' BY THE YELLOW RIVER IN LANZHOU.



美景在线

Beautiful scenery online

▼ 中华福运轮

CHINA FORTUNE PRAYER
WHEEL

旨在融合黄河文化与藏传佛教，祝愿民族和谐、世界和平
INTENDED TO INTEGRATE YELLOW RIVER CULTURE WITH TIBETAN BUDDHISM, PRAYING FOR ETHNIC HARMONY AND WORLD PEACE



▲ 黄河风情线

YELLOW RIVER SCENIC BELT

兰州黄河风情线百里长廊的诗意与黄河穿城而过的独特馈赠

THE POETIC CHARM OF THE HUNDRED-LI PROMENADE ALONG LANZHOU'S YELLOW RIVER SCENIC BELT AND THE UNIQUE GIFTS BESTOWED BY THE YELLOW RIVER FLOWING THROUGH THE CITY.



▲ 西宁东关清真大寺

XINING DONGGUAN MOSQUE

中国伊斯兰教五大主麻清真寺之一
ONE OF THE FIVE MAJOR JUMAA MOSQUES IN CHINA'S ISLAMIC COMMUNITY

