

Tour Code: 9CGQH-MU

(Updated: 09-MAR-2026)



悬臂长龙

9天8晚 甘肃·青海·河西走廊·双石窟·石林奇观

9D8N Gansu / Qinghai / Hexi Corridor / Twin Grottoes / Stone Forest

Tour Code: 9CLHW-XN

(Updated: 11-MAR-2026)



张掖七彩丹霞



黄河石林



敦煌古城



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KPK/LN 2041

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第一天 吉隆坡 → 昆明 → 兰州 机上用餐/午/晚

甘肃云美酒店或同级4★

前往兰州游览【水车园】黄河畔百年灌溉遗存；走过【黄河铁桥】再逛【新光市场步行街】。

第二天 兰州 → 炳灵寺 → 西宁 早/午/晚

西宁金鼎丽呈酒店或同级5钻

参观【炳灵寺石窟】(含门票) 黄河峡谷中的千年佛教遗迹；夜游【大新街夜市】品尝西北风味小吃。

第三天 西宁 → 青海湖 → 西宁 早/午/晚

西宁金鼎丽呈酒店或同级5钻

探访古道的商贸重镇【丹噶尔古城】；登临【青海湖二郎剑】远眺碧波万顷与雪山相映。

第四天 西宁 → 门源 → 张掖 早/午/晚

张掖恒达丽景酒店或同级4钻

沿途欣赏祁连山草，扁都口风光；抵达【张掖七彩丹霞】层叠彩岩如大地调色盘；感受【丹霞口小镇】的边塞文化氛围。

第五天 张掖 → 嘉峪关 早/午/晚

嘉峪关远东华伦酒店或同级4钻

参访【大佛寺】亚洲最大室内卧佛所在；登【天下雄关嘉峪关】；登临【悬臂长城】凌空贴崖，俯瞰戈壁苍茫。

第六天 嘉峪关 → 敦煌 早/午/晚

敦煌金叶宾馆或同级4★

步入【鸣沙山月牙泉】沙海环抱千年清泉奇观。接着游览【沙洲夜市】。推荐自费观看“乐动敦煌”。

第七天 敦煌 → 兰州 早/午/晚

兰州瑞岭国际酒店或同级4★

探秘【莫高窟】(含A常规外宾票)；接着到【敦煌古城】观光；打卡【敦煌印局】体验古法雕版印刷；最后乘机返兰州。

第八天 兰州 早/午/晚

甘肃云美酒店或同级4★

前往【黄河石林】(含景交大巴穿行砂砾峡谷和电瓶车沿绝壁栈道前行)；然后乘坐往返游轮。

第九天 兰州 → 昆明 → 吉隆坡 早/午/飞机餐

游览【兰州东部综合批发市场】购买土产和【陇萃堂】了解甘肃非遗；最后送往机场返吉隆坡。

赠送：一杯随身三炮台，一份酸奶，一个玫瑰花饼
{ 风味餐：青海土火锅，锁阳炭，黄河大鲤鱼，河西卷子鸡 }

DAY 1 KUL → KMG → Lanzhou MOB / L / D

Lanzhou Airport HNA Express or Similar Local 4★

Depart to Lanzhou; visit Shuicheyuan (Waterwheel Park); Stroll through Zhongshan Iron Bridge and Xinguang Market Pedestrian Street.

DAY 2 Lanzhou → Binglingsi → Xining B / L / D

Xining Jinding Licheng Hotel or Similar Local 5

Tour Bingling Temple Grottoes (entrance included), a thousand-year-old Buddhist cliffside complex in the Yellow River canyon; enjoy an evening walk at Daxin Street Night Market.

DAY 3 Xining → Qinghaihu → Xining B / L / D

Xining Jinding Licheng Hotel or Similar Local 5

Explore Dangeer Ancient Town, a historic trading hub on the ancient tea-horse route; ascend to Er-lang Sword Peninsula for panoramic mountain views.

DAY 4 Xining → Menyuan → Zhangye B / L / D

Hengda Lijing Hotel or Similar Local 4

Admire the grasslands of the Qilian Mountains and the dramatic scenery of Biandoukou Pass; Arrive at Zhangye Danxia Landform Geological Park; Experience frontier culture in Danxia Mouth Town.

DAY 5 Zhangye → Jiayuguan B / L / D

JK Blossom Hotel or Similar Local 4

Visit Dafo Temple, home to Asia's largest indoor reclining Buddha; ascend the Jiayuguan Pass and the Overhanging Great Wall.

DAY 6 Jiayuguan → Dunhuang B / L / D

JK Blossom Hotel or Similar Local 4★

Enter Mingsha Mountain & Crescent Lake, a surreal oasis of clear spring water nestled amid golden dunes; Then visit Shazhou Night Market.

DAY 7 Dunhuang → Lanzhou B / L / D

Ruiling International Hotel or Similar local 4★

Explore the Mogao Caves (includes standard A-category foreign visitor ticket); continue to Dunhuang Ancient City, Dunhuang Printing Bureau to try traditional woodblock printing; then fly back to Lanzhou.

DAY 8 Lanzhou B / L / D

Lanzhou Airport HNA Express or Similar Local 4★

Visit Yellow River Stone Forest (includes shuttle bus through gravel canyons and electric cart along cliffside paths) followed by a round-trip river cruise.

DAY 9 Lanzhou → KMG → KUL B / L / MOB

Depart to Lanzhou Eastern Comprehensive Wholesale Market; Visit Longcuitang to learn about Gansu's intangible cultural heritage. Finally transfer to the airport for return flight to Kuala Lumpur.

Complimentary: a cup of herbal tea, yogurt, rose cookie
{ Special dishes: Qinghai-style hot pot, Suoyang Cuisine, Yellow River carp, and Hexi-style rolled chicken }

| Departure Date 出发日期 | Flight Details 航班资料 | Tour Fare 团费 | Remarks 备注 |
|---------------------|---------------------|--------------|------------|
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上述行程仅供参考，然而正确行程乃依据当时实际情况重新调整后为准。

The above itinerary is for reference only, and is subject to any necessary changes in accordance to local requirements.

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