



KPL No 10758

GLOBAL WORLD TOUR & TRAVEL SDN. BHD.

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9天7晚 “藏区金三角” 四川+青海+甘南, 神秘探索之旅



第一天 吉隆坡-成都

(机上用餐)

吉隆坡国际机场集合出发，乘机飞抵四川省会城市-成都，之后乘车赴酒店，办理入住休息。

住地海拔：约 500 米

酒店：天府国际大酒店或同级准 5★

第二天 成都-理县-毕棚沟-古尔沟 (车程约 240KM, 行车约 4H)

(早, 午, 晚)

早餐后从酒店出发去【桃坪羌寨】，桃坪羌寨可亲身体会羌族传统服饰，不仅可以近距离感受这些历史遗产，还能了解羌族人们的生活方式、信仰和习俗。之后前往【毕棚沟】(含观光车+电瓶车)，毕棚沟是一个集原生态景观博览、登山穿越、极地探险、滑雪滑冰、休闲度假于一体的大型原生态旅游风景区。毕棚沟以其优美的自然风光、完美的自然生态景观、优良的生态环境著称。景区内红叶、杜鹃花种类繁多，森林原始、瀑布飞挂、冰川奇特。毕棚沟被比作四姑娘山的美丽背影。这是个五彩斑斓的世界，浓绿的树，深红的叶，青青的湖，湛蓝的天，纯白的雪；这是个多姿多彩世界，险峻奇峰，一道冰川，人间寺庙。游玩结束之后前往古尔沟镇，入住酒店。

住地海拔：约 2600 米

酒店：诗曼温泉酒店或同级准 4★

第三天 古尔沟-阿坝-莲宝叶则-久治 (车程约 380KM, 行车约 6.5H)

(早, 午, 晚)

早餐后，我们整装出发，经【米亚罗】、【鹧鸪山隧道】、【刷马路口】，中午抵达游玩地【莲宝叶则】(含观光车)地处川、甘、青三省结合部，是一个规模较大、气势雄浑、奇峰异石变幻莫测、深奥无限、水奇湖秀、瀑布飞扬、温泉蒸腾的奇峰异石的艺术殿堂；“莲宝叶则”的汉语意思为尊严的玉石之峰，民间通常称为石头城堡或石头山。

《莲宝叶则神山志》说，莲宝叶则地区是格萨尔王征战的古战场，至今还传扬着许多格萨尔王故事。游览完后前往青海省久治县入住酒店。

住地海拔：约 3600 米

酒店：西姆措酒店或同级准 4★

第四天 久治-郎木寺 (车程约 190KM, 行车约 3H)

(早, 午, 晚)

早餐后，从青海久治县往甘肃郎木寺方向行车，沿途经过【阿万仓湿地草原】，在这里你既可以领略青藏高原独特而综合的自然景观，丰富的珍稀动植物资源、还可以了解灿烂多彩的藏民族游牧文化和宗教文化。途中参观【阿万仓宁玛寺】，过后游玩甘肃【郎木寺】，它是一个纯净的小镇，整个小镇，民居与寺院完美融合，这里虽地跨两省，生活着藏，回，汉三个民族，但看上去却十分和谐统一，颇有几分梵天净土的禅意。

住地海拔：约 3300 米

酒店：郎木寺国际大酒店或同级 4★

第五天 郎木寺-扎尕那-迭部 (车程约 120KM, 行车约 2.5H)

(早, 午, 晚)

清晨郎木寺出发，我们前往集石林，峭峰，森林，田园，村寨，及藏传佛教寺院为一体的古寨——【扎尕那】(含观光车) (zha ga na)，被誉为“最后的伊甸园”和“天空之城”，传说这里是天神手指摁开的地方；《消失的地平线》一书中，洛克将扎尕那描述为“亚当与夏娃诞生的地方”。当宁静的村庄与古朴的木屋传递着藏区村民们纯真的笑容，一颗躁动的心也注定在静谧的旅途中平静下来。然后去往迭部县城入住酒店。

住地海拔：约 2450 米

酒店：迭部赛银酒店或同级 4★

第六天 迭部-花湖-若尔盖草原-黄河九曲第一湾-唐克-红原 (车程约 280KM, 行车约 4.5H) (早, 午, 晚)

早离开迭部县城, 往四川方向行车, 不时便抵达了热尔大坝草原上的一个天然海子【花湖景区】(含观光车), 花湖经典的时间是在五六月份, 湖畔五彩缤纷, 好像云霞委地, 而湖中则开满了水妖一样的绚丽花朵, 这种植物看起来平淡无奇, 在雨水充沛的八月把纯蓝的湖水染成淡淡的藕色, 时深时浅, 像少女思春时低头的一抹酡红。稍作游玩后, 往红原方向行车, 途中车观【若尔盖草原】若尔盖草原宛如一块镶嵌在川西北边界上瑰丽夺目的绿宝石, 素有“川西北高原的绿洲”之称, 是我国三大湿地之一。接着前往【九曲黄河第一湾景区】(含上行扶梯), 傍晚时的九曲黄河, 迎着落日余晖漫步于河边栈道, 登高望远, 感受九曲黄河的从容与深沉。游完后驱车经过唐克镇, 车观规模宏大的【瓦切塔林】, 瓦切塔林藏语意为“大帐篷”, 这里有纪念第十世班禅大师颂经祈福之地, 塔林周围是一片连绵的经幡, 甚为壮观。晚抵红原县城入住酒店。

住地海拔: 约 3500 米

酒店: 芸谊大酒店或同级 4★

第七天 红原-成都 (车程约 420KM, 行车约 6H) (早, 午, 晚)

早迎着朝霞, 驱车离开红原县城, 返回成都。途中车观【月亮湾】月亮湾草原十分宽广, 牧草茂盛为整个青藏高原所少有, 8月的月亮湾显得清秀委婉, 在公路旁的小山岗上, 会看到美丽宽广的草原就像柔软的绿色地毯铺在梦幻的大地上, 清澈的河水在草原上划出道道舒缓优美的弧线, 恰似弯弯的月亮, “月亮湾”也因此而得名。过后停车驻足网红打卡地【长江黄河分水岭】G248 国道阿坝红原县段经过一处叫做查真梁子的山梁, 这道山梁的两侧一边是黄河水系的白河, 另一边是长江水系大渡河上游的梭磨河, 这道不起眼的山梁也就成了驰名中外的长江、黄河的分水岭。下午抵成都, 终于完成了对“藏区金三角”的神秘探索。

住地海拔: 约 500 米

酒店: 龙之梦瑞峰国际酒店或同级准 5★

第八天 成都-吉隆坡 (早, 午, 晚)

早餐后上午在酒店休整自由活动, 午餐后游览【锦里古街】锦里是西蜀历史上最古老、最具商业气息的街道之一, 早在秦汉、三国时期就全国闻名。川西仿古建筑, 青石板小路, 小街上散布着各类手艺人, 泥人、糖画、剪纸等, “小吃街”更是四川名小吃于一条街。接着前往【春熙路+太古里 IFS 爬墙熊猫】, 是一条历史悠久、热闹繁华、汇聚时尚文艺气息的商业步行街, 晚餐后结束美好旅途, 前往机场返回美丽家园。

全程无购物站 !!!

风味餐安排:

精品川菜, 四川火锅, 粤菜风味

大赠送: 成都《芙蓉国粹》川剧变脸秀 + 羌族民族服装体验

特别申明

上述行程仅供参考, 然而正确行程乃依据当地接待社按当时实际情况重新调整后为准



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KPL No 10758

9D 7N 'Tibetan Golden Triangle' Sichuan + Qinghai + Gannan Mystical Exploration Tour



Day 1: Kuala Lumpur - Chengdu

(MOB)

Gather at Kuala Lumpur International Airport for departure. Take a flight to Chengdu, the capital of Sichuan Province. After arrival, transfer by bus to the hotel for check-in and rest.

Altitude at the location: Approximately 500 meters

Hotel: Tianfu International Hotel or similar 5★

Day 2: Chengdu - Lixian - Bipenggou - Gurgou

(Drive approx. 240KM, travel time approx. 4 hours)

(B,L,D)

After breakfast, depart from the hotel to visit the **Taoping Qiang Village**. In Taoping, you can personally experience the traditional Qiang ethnic clothing, allowing you to not only get up close with these historical legacies but also learn about the Qiang people's way of life, beliefs, and customs. Afterwards, head to **Bipenggou (including sightseeing bus and electric car)**. Bipenggou is a large-scale ecotourism destination that combines the exhibition of natural landscapes, hiking, extreme adventures, skiing, ice skating, and leisure. It is famous for its beautiful natural scenery, perfect ecological landscapes, and excellent ecological environment. The area is known for its variety of red leaves, rhododendron flowers, pristine forests, hanging waterfalls, and unique glaciers. Bipenggou is often compared to the beautiful back view of Mount Siguniang. It is a colorful world, with lush green trees, deep red leaves, turquoise lakes, clear blue skies, and pure white snow. This vibrant world features rugged peaks, glaciers, and temples of mankind. After the visit, proceed to Gurgou Town to check into the hotel.

Altitude at the location: Approximately 2600 meters

Hotel: Shiman Hot Spring Hotel or similar 4★

Day 3: Gurgou - Aba - Liabaoyeze - Jiuzhi

(Drive approx. 380KM, travel time approx. 6.5 hours)

(B,L,D)

After breakfast, depart and drive through **Miya Luo**, **Partridge Mountain Tunnel** and **Brush Road** to the destination **Liabaoyeze (includes sightseeing bus)**. Located at the junction of Sichuan, Gansu, and Qinghai provinces, it is a large-scale area with fantastic peaks, mysterious stones, waterfalls, and hot springs. The name "Liabaoyeze" means the "Peak of Dignified Jade Stone" in Chinese, and is often referred to as a stone castle or stone mountain. According to the "Liabaoyeze Sacred Mountain Chronicles," this region was once the battlefield of King Gesar and is still home to many stories of the king. After visiting, proceed to Jiuzhi County in Qinghai Province and check into the hotel.

Altitude at the location: Approximately 3600 meters

Hotel: Ximuco Hotel or similar 4★

Day 4: Jiuzhi - Langmusi

(Drive approx. 190KM, travel time approx. 3 hours)

(B,L,D)

After breakfast, drive from Jiuzhi County in Qinghai towards Langmusi in Gansu. Along the way, pass through **Awan Cang Wetland Grassland**, where you can experience the unique natural landscapes of the Tibetan Plateau and observe rich rare flora and fauna. You will also learn about the colorful nomadic culture and religious beliefs of the Tibetan people. Visit **Awan Cang Nyingma Temple**, then explore **Langmusi**, a peaceful town where the residential houses and monasteries are perfectly integrated. Despite spanning two provinces, Langmusi is home to Tibetan, Hui, and Han ethnic groups, and the town exudes a harmonious and spiritual atmosphere.

Altitude at the location: Approximately 3300 meters

Hotel: Langmusi International Hotel or similar 4★

Day 5: Langmusi - Zha Ga Na - Diebu

(Drive approx. 120KM, travel time approx. 2.5 hours)

(B,L,D)

Depart early from Langmusi and head towards **Zha Ga Na (includes sightseeing bus)**. Zha Ga Na is an ancient village surrounded by stone forests, steep peaks, forests, farmland, villages, and Tibetan Buddhist monasteries. It is known as the "Last Eden" and "Sky City." According to legend, this is the place where the gods' fingers touched the earth. The village is depicted as the birthplace of Adam and Eve in the book "Lost Horizon." After visiting, continue to Diebu County and check into the hotel.

Altitude at the location: Approximately 2450 meters

Hotel: Diebu Saiyin Hotel or similar 4★

Day 6: Diebu - Huahu - Ruergai Grassland - First Bend of the Yellow River - Tangke - Hongyuan

(Drive approx. 280KM, travel time approx. 4.5 hours)

(B,L,D)

Leave Diebu in the morning and head towards **Huahu Scenic Area (includes sightseeing bus)**, a natural lake surrounded by colorful flowers in spring and summer. After visiting, continue towards **Ruergai Grassland**, known as the "Oasis of Northwest Sichuan" and one of China's three major wetlands. Then, visit the **First Bend of the Yellow River (includes an elevator)**, where you can enjoy views of the river and its surrounding landscape. Afterward, drive past Tangke Town and admire the **grand Wache Pagoda Forest**, a place with numerous prayer flags and a monument to the 10th Panchen Lama. In the evening, arrive at Hongyuan County and check into the hotel.

Altitude at the location: Approximately 3500 meters

Hotel: Yunyi Grand Hotel or similar 4★

Day 7: Hongyuan - Chengdu

(Drive approx. 420KM, travel time approx. 6 hours)

(B,L,D)

In the morning, leave Hongyuan County and return to Chengdu. Along the way, pass through **Moon Bay**, a vast and beautiful grassland, and visit the famous **Yangtze and Yellow River Watershed**. This mountain ridge marks the boundary between the Yangtze and Yellow River basins. In the afternoon, arrive in Chengdu, completing the exploration of the "Tibetan Golden Triangle."

Altitude at the location: Approximately 500 meters

Hotel: Longzhimeng Ruifeng International Hotel or similar 5★

Day 8: Chengdu - Kuala Lumpur

(B,L,D)

After breakfast, enjoy free time to relax or shop. Visit **Jinli Ancient Street**, one of the oldest and most commercial streets in Western Sichuan, famous for its traditional architecture and street food. Then, head to **Chunxi Road + Taikoo Li IFS Panda Wall**, a popular shopping and cultural area in Chengdu. After dinner, transfer to the airport for your flight back to Kuala Lumpur.

Special Meal Arrangements:

- Specialty Sichuan Cuisine
- Sichuan Hotpot
- Cantonese Cuisine



No Shopping Stop !!!

Complementary:

Chengdu "Furong National Treasure" Sichuan Opera Face-Changing Performance + Qiang Ethnic Costume Experience

****Declaration****

The above itinerary is for reference only. The correct itinerary will be based on adjustments made by the local reception agency according to the actual situation at the time.