

Amazing 中国
CHINA 中国

9D7N
兰州/中卫/银川/西宁
LANZHOU/ZHONGWEI/
YINCHUAN/XINING

Tour Code: CGB

 **Golden**[®]
Destinations



China
中国



Shapotou District
沙坡头旅游区



Qingtongxia 108 Tower
青铜峡108塔



Zhen Bei Bu China Film Studio
镇北堡西部影城

行程次序，以当地旅社安排为准。
Sequences of Itinerary are subject
to local arrangement.

Sand Lake
沙湖



Yellow River Sheepskin Scorpion
黄河羊皮筏子



Helan Mountain Rock Paintings
贺兰山岩画



Yellow River Palace
黄河楼

SCHEDULE:

D1 ARRIVAL ✈ LANZHOU (MOB)

- ✓ Check in hotel

D2 LANZHOU 🚗 ZHONGWEI (About 4.5h) (B/L/D)

- ✓ Yellow River Mother Sculpture
- ✓ Waterwheel Garden
- ✓ Yellow River Iron Bridge
- ✓ Shapotou District
(Include Desert Museum, Desert Ropeway, Sand Boarding, Battery Car, 3D Glass Bridge)

D3 ZHONGWEI 🚗 YINCHUAN (About 3.5h) (B/L/D)

- ✓ Qingtongxia 108 Tower
(Include 10mins boat)
- ✓ Yellow River Palace

D4 YINCHUAN (MOB)

- ✓ Sand Lake
(Include 30 mins Boat Ride & Buggy)
- ✓ Helan Mountain Rock Paintings
(Include buggy)
- ✓ Ningxia Tourism Night Market
- ✓ YinChuan Da Yue Cheng Shopping Mall (Free & easy)

D5 YINCHUAN 🚗 ZHONGWEI (About 3.5h) (B/L/D)

- ✓ XiXia Cultural Park
- ✓ Zhen Bei Bu China Film Studio
(The film "Journey To The West" & "New Longmen Inn are framing here)

D6 ZHONGWEI 🚗 LANZHOU (About 4.5h) (B/L/D)

- ✓ Yellow River Stone Forest
(Laolong Bay Scenic Area + Battery Car + *Yellow River Sheepskin Scorpion-20mins)
** Subject to the weather conditions, if not suitable, will cancel it*
- ✓ Drinking Horse Grand Canyon Scenic Area
(Including donkey car and sightseeing car)

D7 LANZHOU 🚗 XINING (About 3h) (B/L/D)

- ✓ Qinghai Lake
(Include 30mins Boat Ride & buggy)

D8 XINING 🚗 LANZHOU ✈ DEPARTURE (B/L/MOB)

- ✓ Ta'er Temple (Include buggy)

D9 ARRIVAL KUALA LUMPUR



Special Cuisine :

- ✓ Yellow River Carp Flavor
- ✓ Roasted Whole Sheep
- ✓ Helan Mountain Mushroom Stewed Chicken
- ✓ Ningxia Snacks
- ✓ Instant-boiled Mutton Hot Pot
- ✓ Lanzhou Ramen

TOURIST ATTRACTIONS:

LANZHOU

- ◆ **The Yellow River Iron Bridge** - Located in the north of Lanzhou City, is the first iron bridge built on the upper reaches of the Yellow River and is the landmark building in Lanzhou.
- ◆ **Waterwheel Garden** - In order to show the Lanzhou waterwheel, the oldest irrigation tool along the Yellow River, it is specially designed. There are two-wheeled waterwheels, cofferdams and water mills in the park.

ZHONGWEI

- ◆ **Shapotou Desert Tourist Area** - is one of China's top ten most fun places, one of the "China's five most beautiful deserts" and a monopolistic tourism resource in the world.
- ◆ **3D Glass Bridge** - The investment in Shapotou Tourism Scenic Area has reached tens of millions of yuan, and the suspension bridge has been transformed into the Yellow River 3D Glass Bridge on the original basis. The steel cable bridge has a total length of 328 meters, 210 meters in the middle and 60 meters of anti-corrosion wood on the north side for tempered glass.
- ◆ **The Yellow River Stone Forest** - the steep cliffs in the scenic area are volleyed, the shapes are varied, the peaks and turns, and the scenes are thousands of miles. Stone pillars and stalagmites are generally between 80 and 200 meters.
- ◆ **Laolong Bay Scenic Area** - Laolong Bay is located in the Yellow River Stone Forest Scenic Area. There are three sides of the cliff, one side is the rough stone mountain forest, and the other side is the S-shaped yellow river water.
- ◆ **Drinking Horse Grand Canyon Scenic Area** - Yinma Dagou Grand Canyon is the largest ditch in the Yellow River Stone Forest.

YINCHUAN

- ◆ **Qingtongxia 108 Tower** - is the only large tower group in China's ancient tower building, located in the last gorge of the upper reaches of the Yellow River in central Ningxia. It is a group of well-ordered and extremely regular towers with a total of 108 towers, all of which are made of brick and smeared with white ash.
- ◆ **Sand Lake** - National 5A level scenic spot and one of China's top ten attractive wetlands and one of Ningxia's new ten scenic spots, 42 kilometers away from Yinchuan City. The total area of the scenic spot is 80.10 square kilometers, 22.52 The square-kilometer desert is adjacent to the 45-square-kilometer waters. It is known as the tourist pearl on the Silk Road Station.
- ◆ **Helan Mountain Rock Paintings** - Helan Mountain Rock Paintings are works of art from the ancient Western Xiqiao, Xiongnu, Xianbei, Turkic, Party, Mongolian and other ethnic groups. The total number of rock paintings is tens of thousands. The rock brush method is simple, the shape is rough, and the composition is simple. There are two methods of engraving: chiseling and grinding.
- ◆ **Ningxia Tourism Night Market** - There is a "Ningxia" sightseeing night market in Ningxia, where you can experience the lively and delicious snacks of the city, and it is also the most straightforward experience of Ningxia and Northwest culture.
- ◆ **XiXia Cultural Park** - located at the foot of Helan Mountain, looks simple and quiet, and you can feel the historical atmosphere of the Xixia Dynasty when you enter the scenic spot. You can stroll through the characteristic streets of Xixia, Shijing Street, and Zhaibao.
- ◆ **Zhen Bei Bu China Film Studio** - China 5A tourist attractions. It's characterized by its simplicity, primitiveness, roughness, desolateness and folklore. The main attractions are Ming Cheng, QingCheng, Lao Yin Chuan Street and so on. The film "Westward Journey", "New Longmen Inn" are framing here.

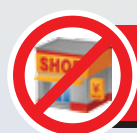
XINING

- ◆ **Qinghai Lake Scenic Area** - Qinghai Lake is called "Tuwenbu" (meaning "blue sea"). It is the largest inland lake in China and the origin of the name of Qinghai Province. The lake has a vast area and is about 360 kilometers around the lake. The lake is boundless and blue and ethereal.
- ◆ **Ta'er Temple** - Ta'er Temple is the center of activity of Tibetan Buddhism in northwestern China. The Kushua's butter flower sculpture is also vivid and famous.



Hotel 7 Nights :

- ✓ Lanzhou RuiLing Hotel or similar x1 Night
- ✓ Zhongwei ZhongBo Hotel or similar class x2 Nights
- ✓ YINCHUAN HELAN international Hotel or similar class x2 Nights
- ✓ LanZhou Legend Hotel or similar class x1 Night
- ✓ XINING GUOLUO Hotel or similar class x1 Night



NON SHOPPING STOP



Ta'er Temple
塔尔寺



Qinghai Lake Scenic Area
青海湖风景区

精简行程:

第一天 启程 ✈️ 兰州 (机上用餐)

- ☑ 入住酒店

第二天 兰州 🚌 中卫 (约4.5小时车程) (早/午/晚)

- ☑ 黄河母亲像
- ☑ 水车园
- ☑ 黄河铁桥
- ☑ 沙坡头旅游区
(含沙漠博物馆, 沙漠索道, 滑沙, 南北区往返电瓶车, 3D玻璃桥)

第三天 中卫 🚌 银川 (约3.5小时车程) (早/午/晚)

- ☑ 青铜峡108塔 (含10分钟游船)
- ☑ 黄河楼 (含登塔)

第四天 银川 (早/午/晚)

- ☑ 沙湖 (含观光大船约30分钟游览, 电瓶车)
- ☑ 贺兰山岩画 (含电瓶车)
- ☑ 宁夏观光夜市
- ☑ 大悦城购物中心 (自由购物)

第五天 银川 🚌 中卫 (约3.5小时车程) (早/午/晚)

- ☑ 西夏风情园
- ☑ 镇北堡西部影城
(著名电影大话西游, 新龙门客栈的取景地)

第六天 中卫 🚌 兰州 (约4.5小时车程) (早/午/晚)

- ☑ 黄河石林
(老龙湾景区 + 电瓶车 + *20分钟体验黄河羊皮筏子)
(* 如果河水太大, 则为了安全, 会取消羊皮筏子)
- ☑ 饮马大峡谷景区 (含毛驴车和观光车)

第七天 兰州 🚌 西宁 (约3小时车程) (早/午/晚)

- ☑ 青海湖 (含30分钟游船, 电瓶车)

第八天 西宁 🚌 兰州 ✈️ 启程 (早/午/晚)

- ☑ 塔尔寺 (含电瓶车)

第九天 抵达吉隆坡

风味餐:

- ☑ 黄河鲤鱼风味
- ☑ 烤全羊
- ☑ 贺兰山蘑菇炖鸡
- ☑ 宁夏小吃
- ☑ 涮羊肉
- ☑ 兰州拉面



观光景点:

兰州

- ◆ **黄河铁桥** - 位于兰州城北的白塔山下、金城关前, 黄河上游所建的第一座铁结大桥, 有“天下黄河第一桥”之称, 是兰州市内标志性建筑。
- ◆ **水车园** - 为了展现兰州水车这一黄河沿岸最古老的提灌工具, 专门设计仿建的游览参观公园。园内有双轮水车、围堰、水磨房。

中卫

- ◆ **沙坡头大漠旅游区** - 是中国十大最好玩的地方之一、“中国最美的五大沙漠”之一、世界垄断性的旅游资源。沙坡头聚神山、大漠、黄河、绿洲、草原于一处的壮丽奇观。沙坡头是黄河第一入川口, 是欧亚大通道, 古丝绸之路的必经之地。
- ◆ **3D玻璃桥** - 沙坡头旅游景区投资数千万元, 将悬索桥在原本基础上改造成了黄河3D玻璃桥。钢缆索桥总长328米, 中间210米及北侧边跨60米防腐木板更换为了钢化玻璃。
- ◆ **黄河石林** - 景区内陡崖凌空, 造型千姿百态, 峰回路转, 景象步移万千。石柱、石笋一般在80—200米之间。黄河石林堪称中华自然奇观, 极具旅游开发价值。
- ◆ **老龙湾景区** - 老龙湾就在黄河石林景区内, 三面绝壁一面水, 即三面都是绵延粗犷的石林, 一面是S型倒趟的黄河水。周围的农田郁郁葱葱, 释放着原始的生命力。而九曲十八弯的黄河水看似风平浪静, 实则暗流涌动。坐在羊皮筏子上, 可以看连绵的石林在群山间起伏, 异峰崛起的丹霞, 形态各异, 层层叠叠。
- ◆ **饮马大峡谷景区** - 饮马大沟大峡谷是黄河石林最大的一条沟, 传说成吉思汗在此饮过马而得名。峡谷内疏阔处可以行走车马, 狭窄处却是仄身难行。两边是百米高的石柱石笋、崖壁千仞、山倾壁危、雄伟无比, 给人万山压顶的感觉。

银川

- ◆ **青铜峡108塔** - 是中国古塔建筑中仅见的大型塔群, 位于宁夏中部黄河上游段的最后一个峡口。是一组排列有序, 极为规则的塔群, 共有108座, 全部都用砖砌成, 并抹以白灰。
- ◆ **沙湖** - 国家5A级景区和中国十大魅力湿地、宁夏新十景之一, 镶嵌在贺兰山下、黄河金岸, 距宁夏回族自治区首府银川市42公里, 景区总面积为80.10平方公里, 22.52平方公里的沙漠与45平方公里的水域毗邻而居, 融合江南水乡之灵秀与塞北大漠之雄浑为一体, 被誉为“丝路驿站”上的旅游明珠。
- ◆ **贺兰山岩画** - 贺兰山岩画是中国古代北方西戎、匈奴、鲜卑、突厥、党项、蒙古等民族遗留下来的艺术作品, 岩画总数达数万幅。岩画笔法简洁, 造型粗犷, 构图朴实。刻制方法有凿刻和磨制两种。
- ◆ **宁夏观光夜市** - 在宁夏有个“最宁夏”的观光夜市, 在这里体验这座城市活色生香的民间、品味味俱全的小吃, 同时也是最能直面感受宁夏及西北文化习俗。
- ◆ **西夏风情园** - 坐落于贺兰山脚下, 显得古朴而静谧, 走进景区能感受到西夏王朝的历史气息。可漫步在西夏建设特色的风情街、市井街、寨堡等。
- ◆ **镇北堡西部影城** - 国家5A级旅游景区, 以其古朴, 原始, 粗犷, 荒凉, 民间化为特色, 主要景点有影城, 清城, 老银川一条街等多处影视拍摄景观组成。著名电影大话西游, 新龙门客栈的取景地。

西宁

- ◆ **青海湖风景区** - 青海湖藏语名为“措温布”(意为“青色的海”), 是中国最大的内陆湖泊, 也是青海省名称的由来。湖泊地域面积辽阔, 环湖一圈约360公里, 湖水浩瀚无边又蔚蓝空灵。
- ◆ **塔尔寺** - 塔尔寺是中国西北地区藏传佛教的活动中心。塔尔寺的酥油花雕塑也是栩栩如生, 远近闻名。

酒店住宿7晚:



- ☑ 兰州瑞岭国际大酒店或同级
- ☑ 中卫中博饭店或同级
- ☑ 银川贺兰国际饭店或同级
- ☑ 兰州飞天酒店或同级
- ☑ 西宁果洛大酒店或同级

x1晚
x2晚
x2晚
x1晚
x1晚



全程无购物站

· 宁夏 NINGXIA ·



货币 Currency 	CHINESE YUAN - CNY RENMINBI - RMB 中国元 - CNY 人民币 - RMB	信用卡 Credit Card 	* 致电信用卡中心，以延长你的信用卡额度 * Major credit cards such as Visa and Master card are mostly widely used
货币兑换率 Exchange Rate 	10 CNY = MYR 6 10 元 = 马币 6 <small>*Subject to currency of the day* *以当天汇率为准*</small>	拨号代码 Dial Code 	CHINA : +86 中国 : +86
电压 Voltage 	Voltage - almost always 220 V 电压 - 220伏特	插座 Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type C - 两个圆脚插头 / 2 round pin 类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"
时差 Time Different 	China (Xi'An) - No time different with Malaysia 中国时间与马来西亚时间标准时无相差	行李托运 Luggage Allowance 	Check in Luggage : 20 kg Each guest is allowed one piece of cabin baggage AND 1 laptop bag OR 1 handbag on-board. The main cabin baggage shall not exceed 56cm x 36cm x 23cm and does not weigh more than 7kg. 每人只限携带一件不超过7公斤的手提行李上机，以及托运行李不超过20公斤
气候 Weather 	<div> <input type="checkbox"/> Spring 春季 4月 - 5月 Apr 17°C - 8°C <input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 38°C - 20°C <input type="checkbox"/> Autumn 秋季 9月 - 10月 Sep to Oct 20°C - 10°C <input type="checkbox"/> Winter 冬季 11月 - 3月 Nov to Mar 3°C - -10°C </div> <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
飞机型号 Aircraft Type 	<p>A320</p>		

Departure Date: 出发日期：	<input type="text"/>	Flight : 航班行程：	<input type="text"/>
Tour Fare: 团费：	<input type="text"/>	Airport Tax & Fuel Surcharge: 机场税及燃油附加费：	<input type="text"/>
Tipping: 小费：	<input type="text"/>	Agent Collection Fee: 旅行社代收费：	<input type="text"/>
Visa: 签证：	<input type="text"/>	Travel Insurance: 旅行保险：	<input type="text"/>
		TOTAL : 总数：	<input type="text"/>



GD Partner: