

成都·毕棚沟·莲宝叶则 甘南·若尔盖

·一川西秘境之旅·

malaysia
airlines



天府之国
成都慢生活



毕棚沟
冰川古树



莲宝叶则
神山圣湖



甘南藏地
信仰之旅



若尔盖草原
花湖美景



人文体验
藏族风情



成都宽窄巷子



毕棚沟



莲宝叶则



拉卜楞寺



若尔盖花湖

6大亮点体验



秘境打卡
精华景点一网打尽



高原风光
雪山、圣湖、草原



特色美食
藏餐+川味美食



精选住宿
舒适酒店安心入住



2+1头等舱航空巴士



宽敞空间



可躺座椅



旅途更轻松



全程无购物
纯玩无忧



精选住宿
舒适安心



特色美食体验
地道美味



57-2, Olive Hill Business Park, Jalan BS 1/1, Taman Bukit Serdang,
43300 Seri Kembangan, Selangor



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【成都进出】10天8晚 | 成都 · 毕棚沟 · 莲宝叶则 · 甘南 · 若尔盖

航班信息: Mas Airlines Include MOB + 30KG checked baggage

吉隆坡 → 成都 MH526 | 19:00/0005+1

成都 → 吉隆坡 MH527 | 01:05 – 06:10

T/CODE: GN10-MH-TFU

一次玩遍成都、毕棚沟、红原、阿坝、莲宝叶则、玛曲、郎木寺、扎尕那、若尔盖

成都 · 毕棚沟 · 莲宝叶则 · 甘南 · 若尔盖，雪山草原、高原湖泊、藏地文化与自然秘境，一趟精彩收藏！

✦ 特别安排 | 毕棚沟 + 莲宝叶则 + 郎木寺 + 扎尕那 + 若尔盖花湖 + 九曲黄河第一湾

走进毕棚沟，欣赏雪山森林美景；漫步红原大草原，感受辽阔高原风光；探索莲宝叶则神山湖泊；走访玛曲娘玛寺，体验藏地文化；游览阿万仓湿地、郎木寺与扎尕那，感受独特藏区风情；最后探访若尔盖花湖与九曲黄河第一湾，欣赏壮美高原景色。

❤ 推荐给这样的你

- ✓ 想一次深度探索川西 + 甘南经典秘境
- ✓ 喜爱雪山、草原、湖泊与高原自然风光
- ✓ 对藏区文化、寺庙与藏地人文风情感兴趣
- ✓ 想打卡毕棚沟、莲宝叶则、扎尕那、若尔盖等热门景点

// 特别安排

- ✓ 全程2+1 VIP豪华保姆车 | 宽敞舒适，长途旅程更轻松
- ✓ 全程无购物店 | 专注游览景点，享受纯粹的高原之旅
- ✓ 精选4 + 5星级酒店 | 舒适住宿，提升旅途品质
- ✓ 毕棚沟景区 | 含观光车 + 电瓶车，轻松探索川西高原秘境

成都·毕棚沟·莲宝叶则 甘南·若尔盖

T/CODE: GN10-MH-TFU

D1 | 吉隆坡 → 成都

(MOB)

4 成都天府临空智选假日酒店或同级

成都接机，后入住酒店。

D2 | 成都 → 理县

(B/L/D)

5 追山茗境温泉度假酒店或同级

【毕棚沟景区】 | 欣赏雪山、森林、湖泊与高原风光，感受川西自然秘境（含观光车+电瓶车）

D3 | 理县 → 红原 → 阿坝县

(B/L/D)

4 生升洲际酒店或同级

【红原大草原】 | 漫步辽阔高原草原，欣赏河谷、牛羊与经幡交织的壮丽风光

沿鹈鹕山一路向高原爬升，傍晚抵达阿坝县（海拔3300米）。

温馨提醒 | 进入高原地区后请勿剧烈运动，尽量避免频繁洗头洗澡，注意预防高原反应。

D4 | 阿坝县 → 莲宝叶则 → 阿坝县

(B/L/D)

4 生升洲际酒店或同级

【莲宝叶则】 | 探索神山、湖泊与奇峰怪石，感受神秘壮丽的高原秘境（含电瓶车）

【扎尕尔措湖】 | 欣赏高原湖泊与雪山倒影，享受宁静唯美的自然风光

温馨提醒 | 莲宝叶则海拔较高，天气多变，请避免剧烈运动并注意高原反应。

D5 | 阿坝县 → 玛曲 → 阿万仓 → 郎木寺

(B/L/D)

4 郎木寺国际大酒店或同级

【娘玛寺（宁玛寺）】 | 参观世界最大的转经筒，体验藏传佛教祈福文化

【阿万仓湿地】 | 漫步高原湿地，俯瞰蜿蜒河流与辽阔草原，欣赏壮美自然风光（不含离栈道60元/人）

随后前往郎木寺镇，入住酒店休息。

D6 | 郎木寺镇 → 扎尕那 → 迭部县

(B/L/D)

4 迭部印象扎尕那洲际酒店或同级

【郎木寺】 | 感受藏传佛教文化与独特的藏区人文风情

【扎尕那】 | 探索神秘石头城，欣赏天然石林、仙女湖与壮丽山谷景观（含电瓶车）

【洛克观景台】 | 登高俯瞰扎尕那全景，捕捉群山环抱下的壮美风光

D7 | 迭部县 → 若尔盖 → 红原县

(B/L/D)

4 红原家园酒店或同级

【若尔盖花湖生态旅游区】 | 漫步辽阔高原湿地，欣赏花海、湖泊与草原美景（含电瓶车）

【九曲黄河第一湾】 | 乘观光扶梯登上观景台，欣赏黄河蜿蜒曲折的壮丽景色（含上行观光扶梯）

D8 | 红原县 → 成都

(B/L/D)

5 成都成华豪生LIFE酒店或同级

乘车返回成都。

【锦里古街】 | 漫步成都著名古街，感受三国文化与浓郁的川西市井烟火

D9 | 成都

(B/L/D)

Home Sweet Home

【成都大熊猫繁育研究基地】 | 近距离观赏可爱大熊猫，感受成都独特的熊猫文化（含电瓶车）

【宽窄巷子】 | 漫步成都历史文化街区，体验老成都悠闲生活

【春熙路 × 太古里 × IFS】 | 自由逛街购物，感受成都时尚潮流与城市活力

【四川火锅】 | 品尝地道四川火锅，为旅程画下美味句号

根据航班时间送贵宾们前往天府机场，搭乘航班返回。

D10 | 成都 → 吉隆坡

(MOB)

Home Sweet Home

平安抵达，结束愉快的 10天8晚 | 成都·毕棚沟·莲宝叶则·甘南·若尔盖精彩之旅！

MH527 | 01:05 – 06:10

推荐自费：川剧变脸秀 280元/人



CHENGDU • BIPENGGOU • LIANBAOYEZE GANNAN • RUOERGAI

A JOURNEY THROUGH SICHUAN &
GANNAN'S HIDDEN PARADISE

T/CODE: GN10-MH-TFU

D1 | Kuala Lumpur → Chengdu (MOB)

4 Chengdu Tianfu Airport Holiday Inn Express or similar

Upon arrival in Chengdu, airport pick-up and transfer to hotel for check-in.

D2 | Chengdu → Li County (B/L/D)

5 Zhuisan Mountain Secret Land Hot Spring Resort Hotel or similar

[Bipenggou Scenic Area] | Enjoy snow mountains, forests, lakes and beautiful plateau scenery.

(Including sightseeing bus + electric shuttle)

D3 | Li County → Hongyuan → Aba County (B/L/D) 4 Shengsheng InterContinental Hotel or similar

[Hongyuan Grassland] | Enjoy the vast grassland, valleys, grazing animals and beautiful plateau views.

Travel along Zhegushan Mountain towards the plateau and arrive at Aba County in the evening (altitude 3,300m).

Warm Reminder | Please avoid strenuous activities, frequent showers and hair washing after entering the plateau area. Take care to prevent altitude sickness.

D4 | Aba County → Nianbaoyuze → Aba County (B/L/D)

4 Shengsheng InterContinental Hotel or similar

[Nianbaoyuze] | Discover sacred mountains, lakes and unique rock formations. (Including electric shuttle)

[Zhagaertso Lake] | Enjoy the peaceful lake, snow mountains and beautiful reflections.

Warm Reminder | Nianbaoyuze is at a high altitude with changeable weather. Please avoid strenuous activities and take care of altitude sickness.

D5 | Aba County → Maqu → Awancang → Langmusi (B/L/D)

4 Langmusi International Grand Hotel or similar

[Niangma Temple (Ningma Temple)] | Visit the world's largest prayer wheel and experience Tibetan Buddhist culture.

[Awancang Wetland] | Enjoy the highland wetlands, winding rivers and vast grasslands.

(exclude Glass walkway RMB 60/pax)

Then proceed to Langmusi Town and check in to the hotel.

D6 | Langmusi → Zhagana → Diebu County (B/L/D)

4 Diebu Impression Zhagana InterContinental Hotel or similar

[Langmusi] | Experience Tibetan Buddhist culture and local customs.

[Zhagana] | Explore the Stone City, Fairy Lake and beautiful mountain valleys. (Including electric shuttle)

[Rock Lookout] | Enjoy a panoramic view of Zhagana and the surrounding mountains.

D7 | Diebu County → Zoige → Hongyuan County (B/L/D) 4 Hongyuan Jiayuan Hotel or similar

[Zoige Flower Lake Ecotourism Area] | Enjoy the beautiful wetlands, flowers, lakes and grasslands.

(Including electric shuttle)

[First Bend of the Yellow River] | Take the sightseeing escalator to the viewing platform and enjoy the spectacular view of the Yellow River. (Including uphill sightseeing escalator)

D8 | Hongyuan County → Chengdu (B/L/D)

5 Chengdu Chenghua Howard Johnson LIFE Hotel or similar

Return to Chengdu by coach.

[Jinli Ancient Street] | Explore the famous ancient street and experience local culture and atmosphere.

D9 | Chengdu (B/L/D) Home Sweet Home

[Chengdu Research Base of Giant Panda Breeding] | Get close to the adorable giant pandas and enjoy Chengdu's panda culture.

(Including electric shuttle)

[Kuanzhai Alley] | Explore the historic streets and experience the relaxed lifestyle of Chengdu.

[Chunxi Road × Taikoo Li × IFS] | Free time for shopping and exploring Chengdu's modern city life.

[Sichuan Hot Pot] | Enjoy authentic Sichuan hot pot and end the journey with a delicious meal.

According to the flight schedule, transfer to Tianfu International Airport for the return flight.

D10 | Chengdu → Kuala Lumpur (MOB) Home Sweet Home

Arrive safely and conclude the wonderful 10D8N | Chengdu • Bipenggou • Nianbaoyuze • Gannan • Zoige Tour!

MH527 | 01:05 – 06:10

Recommended Optional Tour: Sichuan Face-Changing Opera Show RMB 280/person

