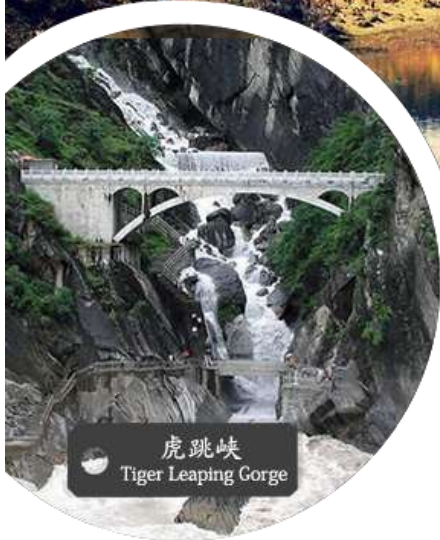




独克宗古城
Dukezong Ancient City

普达措国家公园
Pudacuo National Park
(Subject to season)



虎跳峡
Tiger Leaping Gorge



玉龙雪山-大索道
Yulong Snow Mountain
(Subject to season)



石林
Stone Forest



貼心安排

以玉龍雪山為背景的實景歌舞“印象麗江”表演秀
& 玉龍雪山大索道 & 全程不進購物店

Lijiang/ Zhongdian/ Dali/ Kunming

魅力雲南·中甸“中國的香格里拉”

麗江/ 中甸/ 大理/ 昆明 (拉車)

7 Days 6 Nights 七天六夜

南方假期 (馬) 有限公司 185507-H KPK/LN-1648 KDN#00012 GST NO: 000815071232

Z. G. Nan Fang Holidays (M) Sdn. Bhd.

38-6-1 (6th Floor), Jalan 4/91, Taman Shamelin Perkasa, 56100 Cheras, Kuala Lumpur.

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第一天 吉隆坡 → 丽江

(一/一/晚)

- **丽江古城 & 四方街** - 先有四方街，后有丽江古城。四方街是丽江大研古镇的中心，古城是在四方街为基础发展起来的古镇。

第二天 丽江 (赠送观赏以玉龙雪山为背景的实景歌舞“印象丽江”)

(早/午/晚)

- **玉龙雪山-大索道(含冰川索道 +环保车)** - 玉龙雪山是纳西族及丽江各族人民心目中的一座神圣之山，纳西族的保护神“三朵”，就是玉龙雪山的化身。冰川索道，俗称大索道作为世界上海拔最高的索道，它可以从底站(海拔3500米)直接将游客带到海拔4605米的雪山之巅。
- **白水河 & 蓝月谷(含电瓶车)** - 白水河是由雪山融水形成，因为水质非常清澈，流经过一段河床、台地都是白色岩石的地方，水也仿佛成了白色，因此得名。蓝月谷是由玉龙雪山融水白水河流经此地形成，池水清澈见底，而且一片奇幻的蓝色，非常震撼眼球。
- **干海子** - 位于玉龙雪山东麓，原为高山冰蚀湖泊，后因雪线上升，积水减少以至干涸，人称“干海子”，这里是纵览玉龙雪山全貌的最佳位置。
- **大玉龙景区(玉水寨, 玉峰寺)** - 玉水寨景区位于丽江古城北15KM处，玉龙雪山山下，海拔2500米。玉水寨是丽江古城河水主要源头之一，更是丽江东巴文化，白沙细乐及勒巴舞的传承基地。2006年就被选为国家4A级风景区。玉峰寺位于丽江以北玉龙雪山南麓，建于清朝康熙年间，是丽江最有名的喇嘛寺之一。

第三天 丽江 4HRS 中甸

(早/午/晚)

- **远眺长江第一湾** - 万里长江流至香格里拉县的沙松碧村，突然来了个100多度的急转弯，转向东北，形成了罕见的“V”字形大弯，“江流到此成逆转，奔入中原壮观”，人们称这天下奇观为“长江第一湾”。
- **虎跳峡** - 以“险”名天下，是中国最深的峡谷之一。虎跳峡有香格里拉段和丽江段之分，而香格里拉虎跳峡是国家4A级旅游风景名胜，它包括上、中、下虎跳峡，高路徒步线。
- **独克宗古城** - 是中国保存得最好及拥有最大的藏民居群。
- **龟山公园** - 公园入口处有一口很大的水池，清澈透亮，是古井的泉水，水可以直接应用，以前城里许多人家生活用水都是取自这里。公园内的转经筒，为公园里最具特色的建筑，也是世界最大转经筒。抬头仰望，整个转经筒大约有5层楼这么高，雄伟壮观，筒身为纯铜镀金，在筒壁上端用浮雕篆刻着文殊，普贤，观音，地藏四大菩萨，下端刻着佛家的八宝图，筒内还藏有经咒、无字真言等共124万条和多种佛宝，总重量大约16吨。
- **藏民家访(献哈达 + 品尝藏式小吃)** - 家访就是一个体验原生态藏民风情的互动活动，进到藏家，有老者在门口献哈达，然后到堂屋内您可品尝到藏式小吃。

第四天 中甸 6HRS 大理

(早/午/晚)

- **普达措国家公园(碧塔海 & 属都湖-含电瓶车)** - 普达措国家公园为世界自然遗产“三江并流”风景区及拉姆撒国际湿地的重要组成部分，由碧塔海与属都湖两个生态旅游区组成。碧塔海是云南省海拔最高的湖泊。碧塔海是藏语，意为“栎树成毡的海子”。属都湖是香格里拉最大的湖泊之一，湖四周是遮天蔽日的林木和牛羊成群的牧场，充满藏区的生活情趣。
- **白族民居三道茶歌舞表演** - 传承着白族传统的民间民俗舞蹈、传统的白族小调和大本曲弹唱等古老的表演形式，向世界各国地的游客们传播着白族人民特有的文化，让更多的人了解云南、了解大理。

第五天 大理 6HRS 石林

(早/午/晚)

- **洱海公园** - 是大理市洱海南端的一座公园，是游览苍山洱海风景区的第一站。公园占地约 864 亩，水域面积 1065 亩，山上山下林木繁茂，亭、台、楼、榭相互呼应。它已成为当地规模最大的综合公园。
- **大理古城 & 洋人街** - 洋人街原名“护国路”，位于大理古城内，是一条东西向，长约 1 公里的青石板路。如今，外国游客的活动范围早已从洋人街发展到整个大理古城，洋人街则成了一条繁华的商业街。

第六天 石林 1HR 九乡 2HRS 昆明

(早/午/晚)

- **石林(含电瓶车)** - 世界自然遗产，世界地质公园，国家 5A 级旅游景区，国家重点风景名胜区，国家地质公园，全国文明风景旅游区，最佳资源保护中国十大风景名胜区。
- **九乡溶洞(含船游及单程缆车)** - 云南有句俗话说叫“地上看石林，地下看九乡”，九乡与著名的石林同属喀斯特立体景观，但其美不是峰林，而在于溶洞。景区拥有大小溶洞上百座、规模庞大、数量繁多，被誉为“溶洞博物馆”，是昆明周边的必游景点之一。

第七天 昆明 → 吉隆坡

(早/午)

- **金马碧鸡坊** - 是金马坊与碧鸡坊两座牌坊的合称，是昆明的象征，两坊始建于明朝，高 12 米，宽 18 米，雕梁画栋，精美绝伦。
- **东西寺塔** - 是昆明最早的古塔之一，始建于和唐朝同时的南诏国时期，已经有上千年的历史。如今的東西寺塔是昆明的地标，两塔之间还有一条步行街，有很多店铺和小吃，是逛街的热门去处。
- **南屏步行街** - 是昆明的老街区，商铺林立。这里不仅有各种特色小吃，而且还可以买到当地的特产。

* 最后确认的行程将以旅行团抵达各地后由接待社安排为准

Day 01 Kuala Lumpur → Lijiang

(--/--/D)

- **Lijiang Ancient Town & Sifang Street** – Sifang Street is the developed basis of the Lijiang Ancient Town.

Day 02 Lijiang (FREE “Impression Lijiang” performance)

(B/L/D)

- **Yulong Snow Mountain – Large Cableway (include Glacier Cableway +local sightseeing car)** – Yulong Snow Mountain is a sacred mountain of Naxi clan and Lijiang people. Naxi clan believe Yulong Snow Mountain is the embodiment of The Protect God "San Duo". Take the Glacier Cableway up to the highest attraction Glaciers Park on an altitude of 4506m.
- **Baishui River & Blue Moon Valley (include buggy car)** – Baishui River formed by the snow melt water, the clear water, flow through a river bed, the platform is white rock place, the water seems to have become white, hence the name. Blue Moon Valley is formed by Yulong Snow Mountain melt water from Baishui River, clear bottom water and fantastic blue, very shocking eye.
- **Ganhaizi** – located in the eastern foothill of the Yulong Snow Mountain, the original alpine ice lake, after the rise due to the snow line, water reduce and even dry, known as "Gai Hai Zi". Here is a best location of overview the whole scenery of Yulong Snow Mountain.
- **Great Yulong Scenic Area (Jade Water Village, Yufeng Temple)** – Jade Water Village is located at the foothill of Yulong Snow Mountain, 2500 meters above sea level and 15km from the ancient city of Lijiang. It is one of the main sources of Lijiang ancient city river and also the holy land of the Lijiang Dongba culture heritage, BaoShaXiLe and Leba dance heritage base. It was selected as the national 4A level scenic area during of 2006. Yufeng Temple is located in the southern foot of Jade Dragon Snow Mountain north of Lijiang which was built in the reign of Emperor Kangxi in the Qing Dynasty. It is one of the most famous Lama Temples in Lijiang.

Day 03 Lijiang ⇄ 4HRS Zhongdian

(B/L/D)

- **overlooking “First Bay of the Yangtze River”** – The great Yangtze flows down into the Zhongdian, Yunnan province . The flows meet the sharp turn more than 100 degrees, turned to the northeast, forming a rare "V" -shaped bend. The river flow in reversal and into the Central Plains, people call this spectacle the "First Bay of the Yangtze River".
- **Tiger Leaping Gorge** – "dangerous gorge", is one of China’s deepest canyon. Tiger Leaping Gorge has Shangri-La section and Lijiang section. The Shangri-La Tiger Leaping Gorge is a national 4A class tourist attractions, including the upper, middle and lower Tiger Leaping Gorge, walking route.
- **Dukezong Ancient City** – is China's best preserved and have the largest Tibetan population.
- **Guishan Park** – At the entrance to the park, there is a large pool which is clear and translucent. It is the spring water of the ancient well. The water can be directly consumed. In the past, many people in the city used water from here. The prayer wheel in the park is the most distinctive building and known as the largest prayer wheel in the world. The prayer wheel is about 5 stories high and looked majestic. The barrel is made of pure copper and gold. The upper end of the tube wall is engraved with Manjusri, Puxian, Guanyin and the Four Tibetan Bodhisattvas. A total weight of about 16 tons.
- **Tibetan Home Visit (offer Khata +taste Tibetan Snacks)** – Home visit is an interactive activity to experience the customs of the original Tibetans. When you enter home, the elder will offer the Khata at the door then you can taste Tibetan snacks in the hall.

Day 04 Zhongdian ⇄ 6HRS Dali

(B/L/D)

- **Pudacuo National Park (Bitahai & Shudu Lake - include buggy car)** – is an important part of the "Three Parallel Rivers" scenic area of the world natural heritage and also Ramsar International Wetland. It consists of two ecotourism areas of Bitahai and Shudu Lake. Bitahai is the highest lake in Yunnan, Bitahai Lake is widely recognized as 'A Pearl on the Plateau' and the most attractive lake in Shangri-La. Shudu Lake is one of the biggest lake of Shangri-La County, surrounded by mountains, trees and pasture.
- **Three Courses Tea Dance Performance by Bai Minority** – inherited the Bai minor folk traditional, dance and other ancient forms of performance to the worldwide tourists to understand the unique culture of the Dali people.

Day 05 Dali ⇄ 6HRS Stone Forest

(B/L/D)

- **Erhai Park** – is a park located at the southern end of Erhai Lake in Dali City. It is the first stop scenery of Cangshan Erhai Scenic Area. It is covers an area of about 864 acres, the water area of 1065 acres, lush mountain forests, pavilion and become the largest intergrated park.
- **Dali Ancient Town & Foreigner Street** – Foreigner Street formerly known as "Country Protecting Road" which located inside the ancient city of Dali. Now a day, it become a bustling commercial street of the foreign tourist.

Day 06 Stone Forest ⇄ 1HR Jiuxiang ⇄ 2HR Kunming

(B/L/D)

- **Stone Forest Scenic Area (include buggy car)** – World Natural Heritage, World Geopark, National 5A Tourist Area, National Key Scenic Area, National Geological Park, National Civilized Scenic Area, best resources protection top 10 scenic spots in China.
- **Jiuxiang Karst Cave (with boat ride and 1 way cable car)** – Yunnan has a word "see the Stone Forest on the ground, see Jiuxiang under the ground". Jiuxiang and the famous Stone Forest are karst three-dimensional landscape but its beauty is not peak forest but cave scenery. Scenic spots have hundreds of cave and large scale known as the "Cave Museum", it is a must see attractions at Kunming.

Day 07 Kunming → Kuala Lumpur

(B/L)

- **JinMaBiJi Square (Golden Horse Square)** – is a combine title of two-door archway of Horse Square and BiJiFang Square which is a symbol of Kunming was built in the Ming Dynasty, 12 meters high, 18 meters wide, carved beams, exquisite.
- **East & West Pagodas** – is one of the earliest ancient pagoda in Kunming. It was built during the Tang Dynasty at the same time of Nanzhao period which has a history of thousands of years. Today's temple is the landmark of Kunming, there is a pedestrian street and popular shopping street between the two Pagodas.
- **Nanping Street** – Kunmings’ old quarter, shops surrounded. You will meet all kinds of special snacks but also to buy some local specialty.

* The itinerary is subject to the final discretion of the Land Operator

7天6晚 麗江/中甸“中國的香格里拉”/大理/昆明(拉车)

7 Days 6 Nights Lijiang/ Zhongdian/ Dali/ Kunming

Tour Code: 7CLS_8L

Tour Highlights 行程特色

✦ 麗江被誉为“中国十大魅力城市” 特意安排入住2晚 2 Nights stay at Lijiang

✦ 进麗江出昆明(不走回头路) In Lijiang Out Kunming

✦ 赠送观赏 FREE:

以玉龙雪山为背景的实景歌舞“印象麗江” “Impression Lijiang” performance

✦ 云南必看景点 MUST SEE scenic spots:

玉龙雪山-大索道 & 大玉龙景区 Yulong Snow Mountain- Large Cableway & Great Yulong Scenic Area
石林 & 九乡溶洞 Stone Forest Scenic Area & Jiuxiang Karst Cave

Place of Visit 景點

麗江 Lijiang

古城 & 四方街 Ancient Town & Sifang Street, 玉龙雪山-大索道 (含冰川索道 + 环保车) Yulong Snow Mountain- Large Cableway (include Glacier Cableway + local sightseeing car), 白水河 & 蓝月谷 (含电瓶车) Baishui River & Blue Moon Valley (include buggy car), 甘海子 Ganhaizi,

中甸 Zhongdian

大玉龙景区 (玉水寨 & 玉峰寺) Great Yulong Scenic Area (Jade Water Village & Yufeng Temple) 远眺长江第一湾 overlooking “First Bay of the Yangtze River”, 虎跳峡 Tiger Leaping Gorge, 独克宗古城 Dukezong Ancient City, 龟山公园 Guishan Park, 藏家访 (献哈达 + 藏式小吃) Tibetan Home Visit (offer Khata + taste Tibetan Snacks), 普达措国家公园 (碧塔海 & 属都湖- 含电瓶车) Pudacuo National Park (Bitahai & Shudu Lake - include buggy car)

大理 Dali

白族民居三道茶歌舞表演 Three Courses Tea Dance Performance by Bai Minority, 洱海公园 Erhai Park, 大理古城 & 洋人街 Dali Ancient Town & Foreigner Street

昆明 Kunming

石林 (含电瓶车) Stone Forest Scenic Area (include buggy car), 九乡溶洞 (含船游及单程缆车) Jiuxiang Karst Cave (with boat ride and 1 way cable car), 金马碧鸡坊 JinMaBiji Square, 东西寺塔 East & West Pagodas, 南屏步行街 Nanping Street

Day 1	KUL → Lijiang	(--/--/D)	第一天	吉隆坡 → 麗江	(---/---/晚)
Day 2	Lijiang	(B/L/D)	第二天	麗江	(早/午/晚)
Day 3	Lijiang – Zhongdian	(B/L/D)	第三天	麗江 – 中甸	(早/午/晚)
Day 4	Zhongdian – Dali	(B/L/D)	第四天	中甸 – 大理	(早/午/晚)
Day 5	Dali – Stone Forest	(B/L/D)	第五天	大理 – 石林	(早/午/晚)
Day 6	Stone Forest – Jiuxiang – Kunming	(B/L/D)	第六天	石林 – 九乡 – 昆明	(早/午/晚)
Day 7	Kunming → Kuala Lumpur	(B/L)	第七天	昆明 → 吉隆坡	(早/午)

Hotel 酒店

Lijiang:	Xianghe Hotel (2N)	准 5★/ similar
麗江	祥和一号假日酒店	同级
Zhongdian:	Heaven Sunshine Hotel (1N)	准 5★/ similar
中甸	天瑞阳光酒店	同级
Dali:	Landscape Hotel (1N)	准 5★/ similar
大理	兰林阁酒店	同级
Shilin:	Days Hotel Suites Tongce (1N)	准 5★/ similar
石林	同策戴斯酒店	同级
Kunming:	James Joyce Coffetel (1N)	准 5★/ similar
昆明	喆啡酒店 (西站旅社)	同级

* If unavailable, will replace with local similar grade accommodation
* 酒店客满时, 本公司会提供当地相同等级住宿

Dining Highlights 风味

- 野菌火锅 Mushroom Hot Pot
- 纯粤式美食 Cantonese Cuisine
- 砂锅鱼风味 Claypot Fish
- 火塘土鸡风味 Huotang Chicken Flavor
- 宜良烤鸭风味 Yiliang Roasted Duck
- 过桥米线 + 汽锅鸡风味
- Kunming Bridge Crossing Noddle + Steam Chicken

全程不进购物店
No Shopping
Stop Tour

Optional Tour 自费项目推荐 – RMB 280/ pax/ 人

杨丽萍. 云南印象大型原生态歌舞秀
Dynamic Yunnan The Grand Original Native Song & Dance

Tour Fare / 团费:			Departure Date / 出发日期:	
Airport Tax / 机场税 (subject to change)	Tip for Guide and Driver 导游与司机小费	China Visa (Normal single entry) 中国签证 (普通一次入境)	Agency Collection Fee 旅游社附加手续费	Travel Insurance 旅游保险费
RM	RM	RM	RM	RM
*Flight Details (subject to change) / 航班时间: DAY 1 KUL/LJG 8L840 1420/1820 // DAY 7 KMG/KUL 8L831 1625/2020 15/1420				
*The itinerary are subject to the final discretion of the Land Operator *最后确认的行程将以旅行团抵达各地后由接待社安排为准				