

Amazing 中国
CHINA 中国

9D7N 云南 + 稻城亚丁 / 昆明 / 大理 / 丽江 / 香格里拉 (单程动车)

YUNNAN + DAOCHENG YADING / KUNMING /
DALI / LIJIANG / SHANGRI-LA (ONE WAY HIGH-SPEED TRAIN)

Tour Code: CKU

 **Golden**
Destinations

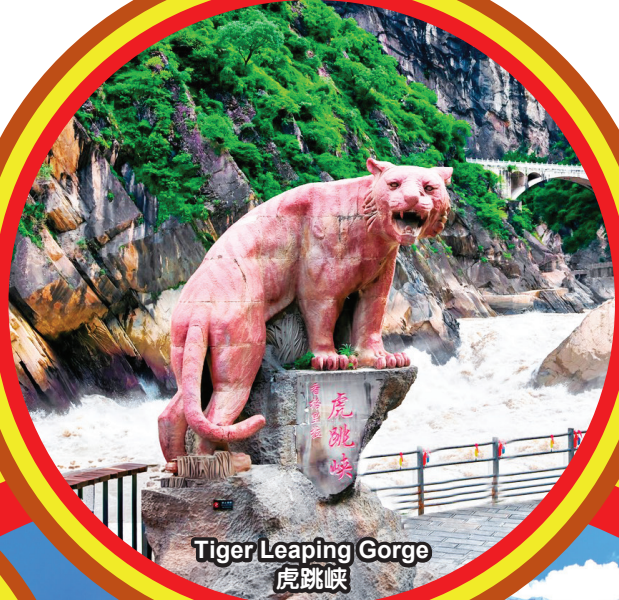
 **全程无购物站**
NO SHOPPING STOP

行程亮点
TOUR HIGHLIGHTS

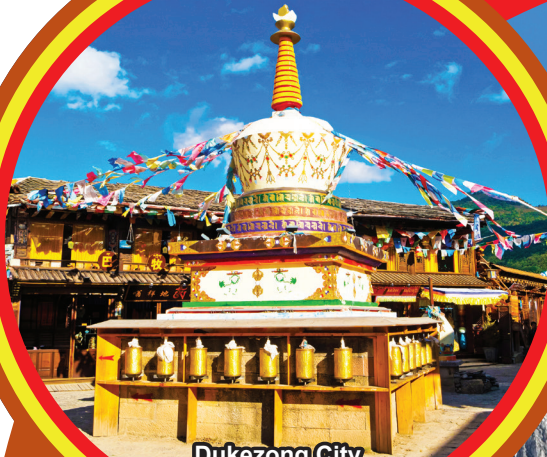
- 稻城亚丁全景游 (含观光车 + 电瓶车)
- 香格里拉自然奇观: 虎跳峡 + 白水台
- 藏地文化体验: 酥油茶 + 糌粑
- 洱海生态廊道特色体验 (音乐大篷车 + 旅拍 + 航拍视频)
- 云南古城巡礼:
丽江古城 + 大理古城 + 独克宗古城 + 沙溪古镇
- 全程4 + 5 星级酒店, 香格里拉安排入住供氧房



China
中国



Tiger Leaping Gorge
虎跳峡



Dukezong City
独克宗古城



Erhai Ecological Corridor
洱海生态廊道

Zhuomala Cu (Pearl Lake)
卓玛拉措珍珠海

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



Lijiang Old Town
丽江古城



Guishan Park
龟山公园



Golden Horse and Jade Rooster Arch
金马碧鸡坊

精简行程：

第一天 启程 ✈️ 昆明 (机上用餐)

- ☑ 入住酒店

第二天 昆明 🚗 (约4小时) 丽江 (早/午/晚)

- ☑ 乘坐动车前往丽江约4小时 (行李安排行李车)
- ☑ 丽江古城【四方街】

第三天 丽江 🚗 (240公里) 香格里拉 (早/午/晚)

- ☑ 虎跳峡 (含往返手扶梯)
- ☑ 白水台

第四天 香格里拉 🚗 (230公里) 稻城亚丁 (早/午/晚)

- ☑ 途径(奶酪场)：在奶酪场稍作休息，品尝高原酥油茶，青稞糌粑，沉浸式体验当地藏民的饮食文化
- ☑ 俄初山丫口观景台
- ☑ 贡嘎郎吉岭寺

第五天 稻城亚丁 (早/午(简餐)/晚)

- ☑ 稻城亚丁风景区 (含观光车)
 - 冲古寺
 - 洛绒牧场 (含电瓶车)
 - 卓玛拉措珍珠海 (根据个人身体条件谨慎选择)

备注：因为景区条件有限，无法安排团餐，今日中餐需要食用提前准备的简餐餐食包：自热米饭、水果等。

第六天 稻城亚丁 🚗 (230公里) 香格里拉 (早/午/-)

- ☑ 香格里拉大经幡
- ☑ 独克宗古城
- ☑ 龟山公园
- ☑ 转经筒

第七天 香格里拉 🚗 (280公里) 大理 (早/午/晚)

- ☑ 沙溪古镇
 - 寺登街
 - 古戏台
 - 玉津桥
- ☑ 大理古城 (不含电瓶车)
 - 洋人街

第八天 大理 🚗 (350公里) 昆明 (早/午/晚)

- ☑ 洱海生态廊道 (含音乐大篷车 + 歌手伴唱 + 饮料 1瓶/人 + 旅拍3张电子照片/人 + 航拍小视频1个/团)
- ☑ 昆明钱王老街
- ☑ 金马碧鸡坊
- ☑ 南屏步行街

第九天 返程 ✈️ 抵达 (机上用餐)



✓ 7早餐/7午餐/6晚餐

风味餐：

- ★ 过桥米线
- ★ 纳西风味
- ★ 藏式风味
- ★ 菌火锅
- ★ 老滇风味

观光景点：

昆明

- ◆ **金马碧鸡坊** - 至今已有近四百年的历史。高12米，宽18米，雕梁画栋精美绝伦，是昆明的象征。
- ◆ **昆明钱王老街** - 最能代表昆明市井生活的名片，这边有琳琅满目的花、鸟、鱼、虫、古董、珠宝、工艺品，抬头是昆明的老房，耳边回荡着地道的昆明方言，穿插着清脆的鸟鸣声。

丽江

- ◆ **丽江古城** - 世界文化遗产，具有800多年历史的丽江古城，始建于南宋末年。街道不拘于工整而自由分布，主街傍水，小巷临渠，300多座古石桥与河水、绿树、古巷、古屋相依相映，极具高原水乡古树、小桥、流水、入家的美学意韵。

大理

- ◆ **沙溪古镇** - 是茶马古道上唯一幸存的古集市，被联合国称为“世界濒危建筑遗产”。
- ◆ **大理古城** - 简称榆城，位居风光亮丽的苍山脚下。大理古城始建于明洪武十五年(1382年)，是全国首批历史文化名城之一。街边有各种专卖大理石制品、扎染、草编等名特产品的店铺和风味十足的白族饮食店，还可以在洋人街喝杯饮料，享受一番。

稻城亚丁

- ◆ **稻城亚丁风景区** - 稻城亚丁是四川甘孜州稻城县的5A景区、国家级自然保护区、世界生物圈保护区，被誉为“蓝色星球最后一片净土”、“最后的香格里拉”。
- ◆ **冲古寺** - 稻城亚丁景区的灵魂地标，坐落在仙乃日雪山脚下，被誉为“天堂之门”。
- ◆ **洛绒牧场** - 是稻城亚丁景区的核心观景台与徒步起点，海拔4150米，被三座神山环抱，是《从你的全世界路过》等电影的经典取景地。
- ◆ **卓玛拉措珍珠海** - 这是神山仙乃日的融雪形成的天然海子，在密林中的珍珠海仿佛一颗镶嵌在莲花宝座上的绿宝石。

中甸

- ◆ **虎跳峡** - 虎跳峡是万里长江第一大峡谷，世界最深、最险的峡谷之一，以惊涛骇浪、绝壁对峙的磅礴气势闻名。
- ◆ **白水台** - 香格里拉的“仙人遗田”，中国最大的天然钙华台地，被誉为中国版棉花堡。
- ◆ **大经幡** - 风吹经幡，幡动福至。
- ◆ **独克宗古城** - 又名“月光古城”藏语意为白色石头城。在这里还可以参观获颁吉尼斯记录的世界上最大的转经筒。

注意事项：

- 高原反应 - 此行程内景点多数属于高海拔地区，为防高山反应，老年人和身体弱者需备好药品，最好配备小型氧气瓶；游客在高原旅行期间禁止饮酒，不要剧烈运动，多食蔬菜和水果；心脏病患者和患有哮喘的人不建议参与此行程。
- 高原气候 - 高原气候变化多样，昼夜温差大；气候多变请带足保暖防寒衣物，也随时可能下雨，倾斜带好雨伞或雨衣，高原山区紫外线、日照、阳光反射都很强，旅客长时间在户外活动，需要带上太阳镜，防晒霜，润唇膏，穿好防晒衣保护皮肤，手套，围巾，防滑性好的旅游或徒步鞋。
- 各段景区内都有标注温馨提示以及注意事项，请游客认真阅读，避免意外发生。



酒店住宿 (7晚)

- ✓ 昆明戴斯精选温德姆酒店(昆明长水机场印成路店) 或同级 x1晚
- ✓ 丽江束河建诺美花园酒店或同级 x1晚
- ✓ 香格里拉智选假日酒店(供氧房) 同级 x2晚
- ✓ 稻城ACE假期酒店(稻城亚丁景区店) 或同级 x2晚
- ✓ 大理水云书院酒店或同级 x1晚

自费项目：云南映像歌舞表演乙票【RMB 300/人】

免责声明：由于新冠肺炎疫情旅行限制当地/宗教节日，公众假期，天气状况，交通等情况，自然灾害，必要时黄金旅程保留对行程进行适当调整（调整景点游览顺序）以确保行程顺利进行，会或否事先通知。

备注：如果旅游行程受到上述问题的影响，将不予退款或更换。图片仅供参考。



Gongga Langjiling Monastery
贡嘎郎吉岭寺



Shangri-La Grand Prayer Flag
香格里拉大经幡



Dali Ancient City
大理古城

SCHEDULE

D1 DEPARTURE ✈️ KUNMING (MOB)

- ☑ Check In Hotel

D2 KUNMING 🚄 (Approx. 4hrs) LIJIANG (B/L/D)

- ☑ Take The High-speed Train to Lijiang (Estimated 4 Hours) (Luggage Will Be Send Separately in The Baggage Car)
- ☑ Lijiang Old Town (Square Street)

D3 LIJIANG 🚗 (240km) SHANGRI-LA (B/L/D)

- ☑ Tiger Leaping Gorge (Includes Return Escalator)
- ☑ Baishuitai (White Water Terraces)

D4 SHANGRI-LA 🚗 (230km) DAOCHENG YADING (B/L/D)

- ☑ Pass by Naichang (Cheese Farm): Take a Short Break, Tasting Yak Butter Tea and Highland Barley Tsampa, and Immerse Yourself in The Local Tibetan Food Culture
- ☑ Echu Mountain Pass Viewpoint
- ☑ Gongga Langjiling Monastery

D5 DAOCHENG YADING (B/L(Pack Meal)/D)

- ☑ Daocheng Yading Scenic Area (Include Shuttle)
 - Chonggu Temple
 - Luo Rong Cattle Farm (Include Electric Shuttle)
 - Zhuomala Cu (Pearl Lake) (Optional, Depending on Your Physical Condition)

Note: Due to Limited Conditions in The Scenic Area, Group Meals Cannot be arranged. Lunch Today Will Be A Pre-prepared Simple Meal Pack (Self-heating Rice, Fruit, Etc.)

D6 DAOCHENG YADING 🚗 (230km) SHANGRI-LA (B/L/-)

- ☑ Shangri-la Grand Prayer Flag
- ☑ Dukezong Ancient City
- ☑ Guishan Park
- ☑ Large Rotary Wheel

D7 SHANGRI-LA 🚗 (280km) DALI (B/L/D)

- ☑ Shaxi Ancient Town
 - Sideng Street
 - Ancient Theater Stage
 - Yujin Bridge
- ☑ Dali Ancient City (Electric Shuttle Not Included)
 - Foreigners' Street

D8 DALI 🚗 (350km) KUNMING (B/L/D)

- ☑ Erhai Ecological Corridor (Includes Music Caravan + Singer Accompaniment + 1 bottle of Beverage/ Pax + 1 Set Ethnic Costume Experience/ Pax + Travel Photography (Free 3 Digital Photos/ Pax + Group Aerial Video) (Excluding Hair Styling and Makeup)
- ☑ Qianwang Street
- ☑ Golden Horse and Jade Rooster Arch
- ☑ Nanping Pedestrian Street

D9 DEPARTURE ✈️ ARRIVAL (MOB)



✓ 7 Breakfast / 7 Lunch / 6 Dinner

Special Cuisine:

- ★ Bridge Noodle
- ★ Mushroom Hotpot
- ★ Naxi Cuisine
- ★ Old Yunnan Cuisine
- ★ Tibetan Cuisine

TOURIST ATTRACTIONS:

KUNMING

- ◆ **Golden Horse and Jade Rooster Archway** - With a height of 12 meters width of 18 meters craft beams and painted pillars which is represent symbol of Kunming. It is having a history of nearly 400 years.
- ◆ **Kunming Qianwang Old Street** - There is have different kind of flowers, birds, fish, insects, antiques, jewelry and handicraft.

LIJIANG

- ◆ **Lijiang Old Town** - World cultural heritage side with a history more than 800 years founded in the late Southern Song dynasty. More than 300' ancient stone bridge linked with the river, trees ancient alleys and houses.

DALI

- ◆ **Shaxi Ancient Town** - Situated at the southwest of Jianchuan County in Dali Bai Autonomous Prefecture, Yunnan Province. It was an important trading hub on the Yunnan Tibet Tea Horse Road. People of the town will sold a wide variety of homemade items for the passing caravans and offered food to them.
- ◆ **Dali Ancient City** - Known as Yucheng founded in the 15th year of Hongwu reign in Ming dynasty, is the first historical and cultural city in China. There have shop specific sell marble products, tie-dye, straw braid and signature food and drink from the ethnic Bai, or enjoy and have a drink at Foreign Street.

DAOCHENG YADING

- ◆ **Dacheng Yading Scenic Area** - It's often called the last piece of untouched beauty on the blue planet, best for hiking, viewing, and photography.
- ◆ **Chonggu Temple** - Chonggu Temple is within the park of Yading. It is also called Chonggu Gumpa.
- ◆ **Luo Rong Cattle Farm** - It is the core viewing platform and hiking starting point of the Daocheng Yading Scenic Area, at an altitude of 4,150 meters, surrounded by three sacred mountains, and a famous filming location for movies such as Passing Through Your World.
- ◆ **Zhuomala Cu (Pearl Lake)** - This natural alpine lake is formed by the meltwater of the sacred Xiannairi Mountain; nestled in dense forest, Pearl Lake resembles a green gemstone set on a lotus throne.

SHANGRI-LA

- ◆ **Tiger Leaping Gorge** - The largest canyon on the upper reaches of the Yangtze River and one of the world's deepest and most dramatic gorges, famed for its roaring rapids and towering cliffs.
- ◆ **White Water Terraces** - Known as the "Immortal's Fields" of Shangri-La, China's largest natural travertine terrace, often called China's version of Pamukkale.
- ◆ **Grand Prayer Flags** - When the wind blows, the prayer flags flutter, bringing blessings.
- ◆ **Dukezong Ancient Town** - Also known as "Moonlight City," meaning "White Stone Town" in Tibetan; home to the world's largest prayer wheel, recognized by Guinness World Records.

Remarks:

- Altitude Sickness - most of the scenic spots in this trip belong to high altitude areas. In order to prevent mountain reactions, elderly people and weak people must prepare common medicines, it is best to have small oxygen cylinders. Tourists are prohibited drinking alcohol during high altitude travel. Exercise, eat more vegetables and fruits; heats disease and asthma patients are not recommended to participate in this trip.
- Plateau Climate - the climate change of the plateau is diverse, the temperature difference between day and night is large; if the climate is changeable, please bring warm and cold clothes, and it may rain at any time. Please bring an umbrella or raincoat. The ultraviolet rays, sunshine and sunlight reflection in the plateau mountains are very strong. For long periods of time outdoors wear sunglasses, sunscreen, lip balm, sun protection clothes, skin protections, gloves, scarves slip-resistant sneakers or hiking walking shoes.
- All the scenic spots are marked with warm reminders and precautions, please read carefully to avoid accidents.



HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Days Inn Select Wyndham Kunming Airport or similar x 1 Night
- ✓ Lijiang Gelle Freres Garden Hotel or similar class x 1 Night
- ✓ Shangri-La Holiday Inn Express by IHG (Oxygen supply room) or similar class x 2 Nights
- ✓ Daocheng ACE Holiday Hotel or similar class x 2 Nights
- ✓ Dali Shuiyun Shuyuan Hotel or similar class x 1 Night

Optional Tour : Yunnan Song and Dance Performance [RMB 300 / Pax]

Disclaimer: Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.
Remark: There will be no refund or replacement if the tour logistic affected by the above issue. All pictures are for illustration purpose only.

General Information

· 昆明 KUNMING ·



货币 Currency 	中国元 - CNY 人民币 - RMB Chinese Yuan - CNY Renminbi - 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 元 = 马币 6.50 10 CNY = MYR 6.50 <small>*Subject to currency of the day* *以当天汇率为准*</small>	拨号代码 Dial Code 	中国 : +86 China : +86
电压 Voltage 	电压 - 220伏特 Voltage - 220 V	插座 Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type B - 两脚扁型 + 一圆型插头 / 2 flat blade pin + 1 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 	中国 - 时间与马来西亚时间标准时无相差 China - No time different with Malaysia	行李托运 Luggage Allowance 	Each individual are entitled to check in 1 luggage of not more than 20 kg and a hand carry bag not more than 7 kg. 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 	<input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 20°C ~ 6°C <input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 28°C ~ 17°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 23°C ~ 15°C <input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb 19°C ~ -15°C <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
飞机型号 Aircraft Type 	A330 B737 B787		

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"/>



Operated By
ICE HOLIDAYS SDN BHD
(230643-X) KPK/LN:2441

GD Partner: