

9D7N

四季假期
FS HOLIDAYS

探秘云南·泸沽风华 (昆明/大理/香格里拉/丽江/泸沽湖)

YUNNAN MOMENTS · LUGU LAKE

(KUNMING/DALI/SHANGRI-LA/LIJANG/LUGU LAKE)

Tour Code: FCKMG



CHINA



NO SHOPPING STOP
全程无购物站

泸沽湖 LUGU LAKE

行程亮点 / TOUR HIGHLIGHTS

- ◆ **泸沽湖** – 欣赏清澈湛蓝的湖水与群山环抱的湖光山色，漫步走婚桥与草海，感受宁静秀美的高原湖泊风光。
- ◆ **Lugu Lake** – Enjoy the beautiful lake and mountain views, visit the Walking Marriage Bridge and Grass Sea, and experience the peaceful beauty of Lugu Lake.
- ◆ **丽宁十八湾** – 打卡十八弯山路，在观景台欣赏山峦与金沙江美景，感受沿途壮丽的高原风光。
- ◆ **Lining Eighteen Bends** – Discover the famous winding 18 bends and enjoy spectacular views of the mountains and Jinsha River from the viewing platform.
- ◆ **玉龙雪山风景区** – 探索冰川公园壮观的冰川景观，欣赏玉龙雪山的雪山风光，并游览蓝月谷与白水河。
- ◆ **Jade Dragon Snow Mountain Scenic Area** – Explore Glacier Park and enjoy the breathtaking views of Jade Dragon Snow Mountain, with visits to Blue Moon Valley and Baishui River.
- ◆ **香格里拉** – 走进高原上的梦幻之地，探访纳帕海、独克宗古城与大经幡，感受雪山、草原与藏族文化交织的独特风情。
- ◆ **Shangri-La** – Discover the highland beauty of Shangri-La, visit Napa Lake, Dukezong Ancient Town and the Great Prayer Flag, and experience the unique charm of snow-capped mountains, grasslands and Tibetan culture.

特色餐 SPECIAL MEALS

- ◆ 云南过桥米线
- ◆ Yunnan Traditional Cross-Bridge Rice Noodles
- ◆ 特色菌火锅
- ◆ Yunnan Wild Mushroom Hot Pot
- ◆ 云南石锅鱼
- ◆ Yunnan Stone Pot Fish

酒店 HOTEL (全程当地 4★)

昆明戴斯精选温德姆酒店或同级	x 1 晚
大理维也纳酒店或同级	x 2 晚
丽江麦克达温德姆酒店或同级	x 2 晚
香格里拉蜀锦沐云酒店或同级	x 1 晚
泸沽湖清晨美宿或同级	x 1 晚
Days Inn Kunming Hotel or similar	x 1 N
Dali Vienna Hotel or similar	x 2 N
Microtel by Wyndham Lijiang or similar	x 2 N
Shangri-La Silk Cirrus Hotel or similar	x 1 N
Lugu Lake Qingchen Hotel or similar	x 1 N



旅游行程表

第一天 吉隆坡 → 昆明

膳食：机上用餐

- 抵达昆明，入住酒店休息

第二天 昆明 – 大理 (4.5小时)

膳食：早餐 / 午餐 / 晚餐

- 中国的圣托里尼 – 理想邦 (含单程电瓶车 + 下午茶)

第三天 大理 – 香格里拉 (4小时)

膳食：早餐 / 午餐

- 喜洲古镇 – 转角楼 & 红墙 (打卡拍照)
- 纳帕海
- 香格里拉 – 大经幡 (打卡拍照)
- 独克宗古城 (转经筒 & 龟山公园)

第四天 香格里拉 – 丽江 (3小时)

膳食：早餐 / 午餐

- 虎跳峡 (含往返手扶梯)
- 丽江古城 – 四方街 & 大水车

第五天 丽江

膳食：早餐 / 午餐 / 晚餐

- 玉龙雪山风景区 – 冰川公园 (含往返大索道)
- 白水河 + 蓝月谷 (含电瓶车)
- 黑龙潭

第六天 丽江 – 泸沽湖 (3.5小时)

膳食：早餐 / 午餐 / 晚餐

- 丽宁十八湾 (观景台)
- 里格 (观景台)
- 泸沽湖 (观景台)
- 走婚桥 & 草海

第七天 泸沽湖 – 大理 (4小时)

膳食：早餐 / 午餐

- 里务比岛 + 里务比寺 (含游船)
- 周城村 (扎染体验)
- *景区内设有 (银器) 展示区*
- 大理古城 – 洋人街

第八天 大理 – 昆明 (4.5小时)

膳食：早餐 / 午餐 / 晚餐

- 篆新农贸市场
- 南屏步行街
- 南强街巷

第九天 昆明 → 吉隆坡

膳食：机上用餐

- 抵达温馨家园

自费项目 OPTIONAL TOUR

- 丽江千古情实景演出 [人民币 300/人] Lijiang Songcheng Eternal Love Show [RMB 300/pax]

TOUR ITINERARY

DAY 1 KUALA LUMPUR → KUNMING

MEALS: MOB

- Arrive at Kunming, Check-in Hotel

DAY 2 KUNMING – DALI (4.5H)

MEALS: Breakfast / Lunch / Dinner

- China's Santorini - Ideal State (Includes 1-Way Electric Car + Tea-Time)

DAY 3 DALI – SHANGRI-LA (4H)

MEALS: Breakfast / Lunch

- Xizhou Ancient Town - Corner Tower & Red Wall (Photo Stop)
- Napa Lake
- Shangri-La - Great Prayer Flag (Photo Stop)
- Dukezong Ancient Town (Prayer Wheel & Guishan Park)

DAY 4 SHANGRI-LA – LIJIANG (3H)

MEALS: Breakfast / Lunch

- Tiger Leaping Gorge (Includes 2-Ways Escalator)
- Lijiang Ancient Town - Sifang Street & The Giant Water Wheels

DAY 5 LIJIANG

MEALS: Breakfast / Lunch / Dinner

- Jade Dragon Snow Mountain - Glacier Park (Includes 2-Ways Cable Car Ride)
- Baishui River + Blue Moon Valley (Includes Electric Car)
- Black Dragon Pool

DAY 6 LIJIANG – LUGU LAKE (3.5H)

MEALS: Breakfast / Lunch / Dinner

- Lining 18 Bends (Viewing Platform)
- Lige (Viewing Platform)
- Lugu Lake (Viewing Platform)
- Walking Marriage Bridge & Grass Sea

DAY 7 LUGU LAKE – DALI (4H)

MEALS: Breakfast / Lunch

- Liwubi Island + Liwubi Temple (Includes Boat Ride)
- Zhoucheng Village (Dye Experience)
- * (Silverware) Available in the Scenic Area*
- Dali Ancient Town - Foreigner Street

DAY 8 DALI – KUNMING (4.5H)

MEALS: Breakfast / Lunch / Dinner

- Zhuanxin Farmers' Market
- Nanping Pedestrian Street
- Nanqiang Street City Center

DAY 9 KUNMING → KUALA LUMPUR

MEALS: MOB

- Arrived Home Sweet Home

REMARKS



Sister Brand of



- 导游讲解以中文为主。
Tour commentary in Mandarin.

- 旅游配套包含69岁及以下旅行者的旅游保险。
Tour package includes travel insurance for travellers up to 69 years old.

- 此旅游配套仅适用于马来西亚国民。
This tour package is applicable for Malaysians only.

- 三人间将以额外一张单人折叠式床为准。
Triple sharing room will be allotted an extra roll-in bed.

TRAVEL AGENT: