

重庆/成都/九寨沟/ 黄龙/都江堰

8D7N

CHONGQING / CHENGDU / JIUZHAIGOU / HUANGLONG / DUJIANGYAN





精简行程:

第一天 新加坡 🛪 重庆

(机上用餐)

第二天 重庆

(早/午/晚)

- ☑ 李子坝轻轨穿楼(含乘坐体验)
- ☑ 人民大礼堂(外观)
- ☑ 磁器口古镇
- ☑ 解放碑步行街
- ☑ 八一路好吃街
- ☑ 游览洪崖洞夜景

第三天 重庆 🖟 成都

(早/午/晚)

- ☑ 宽窄巷子
- ☑ 锦里古街
- *搭乘高铁/动车前往成都(二等座)

第四天 成都 🖨 (415公里) 九寨沟

☑ 叠溪海子 ☑ 松潘古城 (不含上城楼)

第五天

九寨沟

(早/午/晚)

(早/午/晚)

☑ 九寨沟风景区(含环保车散票)

第六天

九寨沟 🗐 (110公里) 黄龙 🗐

(290公里) 都江堰

(早/午/晚)

☑ 黄龙风景区 (不含缆车和接驳车)

第七天

都江堰 🖨 (65公里) 成都 🖯

(早/午/晚)

- ☑ 熊猫乐园(含电瓶车)
- ☑ 仰天窝熊猫自拍广场
- ☑ 春熙路步行街
- ☑ 远洋太古里
- ☑ IFS国际金融中心 *搭乘高铁/动车前往重庆(二等座)

第八天 重庆 🛪 新加坡

(早/机上用餐)



7 早餐 / 6 午餐 / 6 晚餐 风味餐

★ 重庆江湖菜

- ★ 川菜风味
 - ★ 藏式风味
- ★ 药膳风味
- ★ 羌族风味 ★ 四川火锅

青城风味

观光景点:

九寨沟(平均海拔约2000-3000米左右)

九寨沟风景区 - 位于四川省阿坝藏族羌族自治州九寨沟县内,地处青藏高原 川西高原向四川盆地过渡地带,是一条纵深50余千米的山沟谷地,由树正 沟、则查洼沟和日则沟三条沟构成,森林覆盖面积80%,因沟内有九个藏族村 寨坐落在这片美丽的高山湖泊中而得名。"雪山、海子、彩林、叠瀑、藏羌风 情"系九寨五绝、驰名中外。

黄龙(平均海拔约3000-4000米左右)

黄龙风景区 - 位于四川省阿坝藏族羌族自治州松潘县境内,主景区黄龙沟位 于岷山主峰雪宝顶下,以彩池、雪山、峡谷、森林"四绝"著称于世,是中国 唯一的保护完好的高原湿地,1992年被联合国教科文组织列为世界自然遗产。

拟江堰

熊猫乐园 - 坐落在风景优美的青城山镇,位于青城山景区与古镇之间,是中 国唯一以大熊猫疾病防控、野外救护为主的科研机构。园区内竹林婆娑,绿树 成荫,翠竹葱茏,鸟语花香,空气清新,加上成片的草坪和蜿蜒步道,步入其 中顿觉神清气爽。乐园紧邻大熊猫栖息地世界遗产区域,拥有适宜大熊猫生活 的气候和自然环境。这里住着非常多憨态可掬的大熊猫,每天憨吃耍宝、慵懒 悠然自得、尽情打闹玩乐,熊猫的"花式卖萌" 深受游客的喜爱。

重庆

洪崖洞风景区 - 以巴渝传统建筑"吊脚楼"风貌为核心,融合古老石砌建筑 与现代灯光艺术而闻名。夜幕降临,灯火辉映山城轮廓,展现出传统文化与现 代艺术交织的独特魅力。景区历史悠久,曾是古代重庆的重要军事要塞。

宽窄巷子 - 由宽巷子、窄巷子、井巷子平行排列组成,全为青黛砖瓦的仿古 四合院落,这里也是成都遗留下来的较成规模的清朝古街道,与大慈寺、文殊 院一起并称为成都三大历史文化名城保护街区。先后获2009年 "中国特色商 、四川省历史文化名街、2011年成都新十景、四川十大最美街道 业步行街" 等称号。

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,昼夜差问大;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,防滑性好的旅游或蹬步鞋。
- 如行程景点因天气或其他不可抗拒因素不对外开放,将改为其他景点游览。
- 各段景点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)

- ✓重庆伊凡酒店或同级
- x1晚
- ✓ 成都雅爵酒店或同级

- x2晚
- ✓ 九寨沟丽呈华廷度假酒店或同级 都江堰明智上春假日酒店或同级
- x1晚

推荐自费项目:藏羌歌舞秀(人民币 240元/人)





SCHEDULE

SINGAPORE 3 **CHONGQING**

(MOB)

CHONGQING D2

(B/L/D)

- ☑ Liziba Light Rail Station Viewing Platform (Include Ride Experience)
- ☑ People's Auditorium (Outlook)
- ☑ Cigikou Ancient Town
- ☑ Jiefangbei Pedestrian Street
- ☑ Chongqing Haochi Street
- ☑ Touring Night View of Hongyadong

CHONGQING 🗎 CHENGDU

(B/L/D)

- ☑ Wide And Narrow Alley
- ☑ Jinli Ancient Street
- *Take High-Speed Train To Chengdu (Second Class)

CHENGDU 🖨 (415km) JIUZHAIGOU

(B/L/D)

- ☑ Diexi Lake
- ☑ Songpan Ancient Town (Outlook)

D5

JIUZHAIGOU

(B/L/D)

✓ Jiuzhaigou Scenic Area (Include Eco Bus)

D6

JIUZHAIGOU 🛱 (110km) **HUANGLONG** (290km) DUJIANGYAN (B/L/D)

☑ Huanglong Scenic Area (Exclude cable car & buggy ride)

DUJIANGYAN (65km) CHENGDU & CHONGQING

(B/L/D)

- ☑ Panda Park (Include Buggy Ride)
- ☑ Yangtianwo Plaza
- ☑ Chunxi Road Pedestrian Street
- ☑ Sino-Ocean Taikoo Li
- ☑ Chengdu International Financial Centre *Take High-Speed Train To Chongqing (Second Class)

D8

CHONGQING 7 **SINGAPORE**

(B/MOB)





7 Breakfast / 6 Lunch / 6 Dinner Special Cuisine:

Chongqing Jianghu Cuisine

- Yaoshan Čuisine
- ★ Tibetan Cuisine★ Sichuan Hotpot
- - ★ Shicuan Cuisine
 - ★ Qiang Cuisine
 - ★ Qingcheng Cuisine

TOURIST ATTRACTIONS:

JIUZHAIGOU (Average Altitude at 2000-3000M)

Jiuzhaigou Scenic Area - Jiuzhaigou is a famous scenic valley made up of three main areas: Shuzheng, Zechawa, and Rize Valleys. It stretches over 50 km and is 80% covered by forest. The name comes from the nine Tibetan villages scattered throughout the area. Known for its "Five Wonders" — snowy mountains, colorful lakes, forests, waterfalls, and Tibetan-Qiang culture —Jiuzhaigou is world-renowned for its natural beauty.

HUANGLONG (Average Altitude at 3000-4000M)

Huanglong Scenic Area - Located in Songpan County, Sichuan, Huanglong lies beneath the Xuebaoding Peak. It's famous for its colourful pools, snow mountains, deep valleys, and forests. As China's best-preserved highland wetland, it was listed as a UNESCO World Natural Heritage site in 1992.

DUJIANGYAN

Panda Park - Located in the picturesque town of Qingchengshan, between the Qingcheng Mountain scenic area and the ancient town, this is China's only research center focused on disease prevention and wild rescue of giant pandas. Surrounded by bamboo groves, lush greenery, and peaceful walking paths, the park offers a refreshing natural environment. Adjacent to the giant panda habitat World Heritage site, it provides an ideal climate and setting for pandas. Visitors can observe many adorable pandas eating, playing, and relaxing—an experience that delights people of all ages.

CHONGQING

Hongyadong - This famous spot in Chongqing is known for its traditional Bayu-style stilt houses called "Diaojiaolou". It mixes old stone buildings with modern light shows, creating a beautiful and unique view, especially at night. When the lights come on after sunset, the whole area glows, showing the perfect mix of traditional culture and modern art. Hongyadong has a long history and used to be an important military site in ancient Chongqing. Today, it's a must-visit place where visitors can feel the charm of both the old and the new city.

CHENGDU

Wide and Narrow Alley - Comprising Wide Alley, Narrow Alley, and Well Alley arranged in parallel, all featuring antique courtyards with grey-blue bricks and tiles. It is one of the relatively large historical streets preserved from the Qing Dynasty in Chengdu, collectively known as one of the three major historically and culturally protected street areas along with Da Ci Temple and Wenshu Monastery. It has received various titles, such as "China's Characteristic Commercial Pedestrian Street" in 2009, Sichuan's Historical and Cultural Famous Street, one of Chengdu's New Ten Scenic Spots in 2011, and one of Sichuan's Ten Most Beautiful Streets.

- Altitude Sickness Many sites in this itinerary are located at high altitudes, seniors and those with weaker health conditions are advised to bring necessary medications and carry portable oxygen if needed. During the trip, avoid alcohol, refrain from intense physical activity, and eat more vegetables and fruits, this tour is not recommended for individuals with heart disease or asthma.
- Plateau Climate The climate in high-altitude areas can be unpredictable, with significant temperature differences between day and night. Please bring enough warm clothing and rain gear, as sudden weathaer changes and rainfall are common. Due to strong UV rays, intense sunlight and reflection, travellers may spend extended time outdoors should wear sunglasses, sunscreen, lip balm, sun-protective clothing, gloves, scarves, and sturdy, non-slip walking or hiking shoes
- If the scenic spot does not open to the public due to weather or other irresistible factors, will be replaced by
- All the scenic spots are marked with warm reminders and precautions, please read carefully to avoid accidents.



HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Chongqing Yifan Hotel or Similar Class
 ✓ Chengdu Yajue Hotel or Similar Class
- ✓ Jiuzhaigou Grand Rezen Resort or Similar Class
- ✓ Dujiangyan Mingzhi Shangchun Holiday Hotel or Similar Class

x2 Nights x1 Night

x3 Nights

x1 Night

General Information

・重庆 CHONGQING・

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 6.50 10 元 = 马币 6.50 *Subject to currency of the day**以当天汇率为准*	拨号代码 Dial Code	China : +86 中国 : +86
电压 Voltage	Voltage - 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 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	China - 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	Each individual are entitled to check in 1 luggage of not more than 23 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23公斤。
气候 Weather	Spring 春季 Summer 3月 – 5月 6月 – 8月 Mar to May Jun to Aug 25℃ ~ 3℃ 30℃ ~ 19°	9. s	utumn 秋季
飞机型号 Aircraft Type	B737		
		Flight: 航班行程: Airport Tax & Fue	l Surcharge:
团费: Tipping: 小费:		机场税及燃油附加费: Agent Collection Fee: 旅行社代收费:	
Visa: 签证:		Travel Insurance: 旅行保险: TOTAL: 总数:	
(4)	GD Partner:		