

Amazing CHINA 中国

香格里拉 + 稻城亚丁

(昆明/丽江/大理)

SHANGRI-LA + DAOCHENG YADING
(KUNMING / LIJIANG / DALI)

Penang ✈ Kunming Tour Code: PCK-8/8E



特别安排 SPECIAL ARRANGEMENTS

- 制作非遗纳西土陶 (赠送土陶手工艺品1人/件) + 黑陶藏式下午茶
- 海舌公园 (一杯咖啡+小点心+洱海边旅拍3张电子照片)
- Making intangible cultural heritage Naxi pottery (complimentary handmade pottery souvenir, 1 piece per person) + Tibetan-style black pottery afternoon tea
- Haishe Ecological Park (one cup of coffee + light snacks + 3 digital travel photos by Erhai Lake)

全程无购物站
NO SHOPPING STOPS



Lijiang Old Town
丽江古城



Tibetan Prayer Flags –
Yading Scenic Area
亚丁景区经幡



Chonggu Monastery
冲古寺



Zhuomala (Pearl) Lake
卓玛拉措珍珠海

行程次序, 以当地旅社安排为准。
*图片仅供参考
Sequences of Itinerary are subject to local arrangement.
*Pictures shown are for illustration purposes only



Dukezong Ancient Town
独克宗古城



Gongga Langjiling Monastery
贡嘎郎吉岭寺



Guishan Park
龟山公园

精简行程

第一天 槟城 ✈️ 昆明 (机上用餐)

- ☑ 入住酒店休息

第二天 昆明 🚗 丽江 (早/午/晚)

* 乘搭动车前往丽江

- ☑ 丽江古城
- ☑ 四方街

第三天 丽江 🚌 (170km) 香格里拉 (早/午/晚)

- ☑ 虎跳峡 (含往返手扶梯)
- ☑ 尼西村 - 制作国家级非遗尼西土陶 (赠送土陶手工艺品1件/人) + 黑陶藏式下午茶

第四天 香格里拉 🚌 (300km) 稻城 (早/午/晚)

- ☑ 奶酪场 - 品尝高原酥油茶, 青稞糌粑
- ☑ 途经俄初山丫口观景台
- ☑ 贡嘎郎吉岭寺

第五天 稻城 🚌 (110km) 亚丁景区 🚌 (110km) 稻城 (早/午/晚)

- ☑ 稻城亚丁风景区-搭乘观光车 (已含)
 - ☑ 扎灌崩
 - ☑ 冲古寺
 - ☑ 洛绒牧场
 - ☑ 卓玛拉措珍珠海 (海拔约4100米, 需徒步前往, 请注意预防高原反应, 并根据自身情况谨慎选择)
- 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 🚌 (300km) 香格里拉 (早/午/晚)

- ☑ 独克宗古城
- ☑ 龟山公园
- ☑ 转经筒

第七天 香格里拉 🚌 (300km) 大理 (早/午/晚)

- ☑ 《洱海主题巡游车+饮料+一团20秒航拍+金花领舞打跳+换装+夫妻树》
- ☑ 海舌公园 (一杯咖啡+小点心+洱海边旅拍3张电子照片)
- ☑ 大理古城、洋人街

第八天 大理 🚌 (330km) 昆明 (早/午/晚)

- ☑ 昆明钱王老街
 - ☑ 金马碧鸡坊
 - ☑ 南屏步行街自由活动
- 自费项目

第九天 昆明 ✈️ 槟城 (机上用餐)

观光景点:

香格里拉 (平均海拔约3160米左右)

- ◆ **虎跳峡** - 是金沙江上最壮观的峡谷之一, 也是世界著名大峡谷。峡谷两岸为玉龙雪山与哈巴雪山对峙, 落差巨大, 江水奔腾汹涌, 气势震撼。以“老虎一跃过江”的传说得名, 是集险峻风光、徒步探险与自然奇观于一体的必游景点。
- ◆ **尼西村** - 位于云南香格里拉市, 靠近金沙江, 是一个保存完好的原生态藏族村落。这里以传统藏式民居、淳朴民风和千年“尼西黑陶”闻名。黑陶纯手工制作、古朴实用, 是当地代表性的非遗文化。游客可体验藏族生活、品尝特色土锅鸡, 感受宁静自然与浓厚的藏地风情。

稻城亚丁 (平均海拔约4000米左右)

- ◆ **稻城亚丁风景区** - 主要由“仙乃日、央迈勇、夏诺多吉”三座雪山和周围的河流、湖泊 和 高山草甸组成, 它的景致保持着地球上近绝迹的纯粹, 因其独特的地貌和原生态自然风光, 被誉为“最后的香格里拉”, 被国际友人誉为“水蓝色星球上的 最后一片净土”。
- ◆ **冲古寺** - 位于仙乃日神山脚下, 再亚丁自然风景区内占据最佳地理位置, 也是洛克笔下《消失的地平线》中美丽的蓝月山谷的原形。
- ◆ **洛绒牧场** - 亚丁风景区著名景点之一, 在这片附近藏民放牧的牧场上, 面向央迈勇雪山, 左眺夏诺多吉雪山, 是观赏三枯主神山的最佳地点。

大理 (平均海拔约2090米左右)

- ◆ **大理古城** - 始建于唐代, 是白族文化的重要代表。这里融合历史人文与慢生活气息, 古城内街巷整齐, 白墙青瓦、城楼古寺保存完好, 民族风情浓郁。

丽江 (平均海拔约2400米左右)

- ◆ **丽江古城** - 具有千年历史的古镇, 以保存完好的纳西族传统建筑和独特水系闻名。古城街巷纵横, 青石板路、木质民居、古桥流水相映成趣, 充满浓郁民族风情。



✓ 7早餐 / 7午餐 / 7晚餐

风味餐:

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



酒店住宿 (7晚)

- ✓ 昆明长水机场戴斯精选温德姆酒店或同级 x1晚
- ✓ 丽江古城多弗度假酒店或同级 x1晚
- ✓ 香格里拉华美达酒店或同级 x2晚
- ✓ 稻城ACE假期酒店或同级 x2晚
- ✓ 大理古城三月街亚朵酒店或同级 x1晚

自费项目: 《云南映像》歌舞表演(乙票) - 人民币300元/人

免责声明: 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, 这包含毫无通知的情况下。
备注: 如果旅游行程受到公共假期、天气状况、自然灾害的影响, 将不予退款或更换。图片仅供参考。



Haishe Ecological Park
海舌公园



Jinma Biji Square
金马碧鸡坊



Tiger Leaping Gorge
虎跳峡

SCHEDULE

D1 PENANG ✈️ KUNMING (MOB)

- ☑ Check in at the hotel and rest

D2 KUNMING 🚆 LIJIANG (B/L/D)

- *Take the train to Lijiang
- ☑ Lijiang Old Town
- ☑ Sifang Street

D3 LIJIANG 🚌 (170KM) SHANGRI-LA (B/L/D)

- ☑ Tiger Leaping Gorge (including round-trip escalator)
- ☑ Nixi Village – Making intangible cultural heritage **Naxi pottery** (complimentary handmade pottery souvenir, 1 piece per person) + Tibetan-style black pottery afternoon tea

D4 SHANGRI-LA 🚌 (300KM) DAOCHENG (B/L/D)

- ☑ Cheese farm – Taste highland butter tea and barley tsampa
- ☑ Pass by Echu Mountain Yakuo Viewing Platform
- ☑ Gongga Langjiling Monastery

D5 DAOCHENG 🚌 (110KM) YADING SCENIC AREA 🚌 (110KM) DAOCHENG (B/L/D)

- ☑ Daocheng Yading Scenic Area - Sightseeing bus ride (included)
 - ☑ Zhaguanbeng
 - ☑ Chonggu Monastery
 - ☑ Luorong Pasture
 - ☑ Zhuomala (Pearl) Lake - (Altitude approximately 4100 meters, requires hiking; please take precautions against altitude sickness and participate according to your physical condition.)
- Note: Due to scenic area limitations, no group meal is arranged. Today's lunch will be a pre-prepared simple meal kit: self-heating rice, fruit, etc.

D6 DAOCHENG 🚌 (300KM) SHANGRI-LA (B/L/D)

- ☑ Dukezong Ancient Town
- ☑ Guishan Park
- ☑ Prayer wheel

D7 SHANGRI-LA 🚌 (300KM) DALI (B/L/D)

- ☑ [Erhai Lake Themed Parade Vehicle + beverage + 20-second group drone shot + Jin Hua dance performance + costume change + Couple Tree]
- ☑ Haishe Ecological Park (one cup of coffee + snack + 3 digital photos by Erhai Lake)
- ☑ Dali Ancient Town & Foreigner Street

D8 DALI 🚌 (330KM) KUNMING (B/L/D)

- ☑ Qianwang Old Street
 - ☑ Jinma Biji Square
 - ☑ Free time at Nanping Pedestrian Street
- Optional tour

D8 KUNMING ✈️ PENANG (MOB)

TOURIST ATTRACTIONS:

SHANGRI-LA (AVERAGE ALTITUDE AT 3160M)

- ◆ **Tiger Leaping Gorge** - A world-famous canyon along the Jinsha River, set between Jade Dragon Snow Mountain and Haba Snow Mountain. Known for its dramatic cliffs, roaring waters, and the legend of a tiger leaping across, it's ideal for scenic views and hiking.
- ◆ **Nixi Village** - A traditional Tibetan village near the Jinsha River, known for its preserved lifestyle and the ancient craft of Nixi black pottery. Visitors can enjoy local culture, clay pot chicken, and peaceful surroundings.

DAOCHENG YADING (AVERAGE ALTITUDE AT 4000M)

- ◆ **Daocheng Yading Scenic Area** - A pristine natural reserve featuring three sacred snow mountains, rivers, lakes, and meadows. Known as "the Last Shangri-La" for its untouched beauty.
- ◆ **Chonggu Monastery** - Located at the foot of Mount Xiannairi, offering scenic views and believed to inspire the setting of Lost Horizon.
- ◆ **Luorong Pasture** - A scenic alpine meadow with stunning views of the surrounding sacred snow peaks, it is the best place to view the main sacred mountain of the Three Gorges, ideal for photography and sightseeing.

DALI (AVERAGE ALTITUDE AT 2090M)

- ◆ **Dali Ancient Town** - Built during the Tang Dynasty, it is an important representation of Bai ethnic culture. The town blends history with a relaxed lifestyle. Its orderly streets, white-walled houses with grey tiles, ancient city gates, and temples are well preserved, showcasing strong ethnic charm.

LIJIANG (AVERAGE ALTITUDE AT 2400M)

- ◆ **Lijiang Old Town** - A thousand-year-old town famous for its well-preserved Naxi ethnic architecture and unique water system. The town features crisscrossing lanes, stone-paved streets, wooden houses, bridges, and flowing streams, creating a picturesque and culturally rich atmosphere.



✓ 7 Breakfasts / 7 Lunches / 7 Dinners

Special Cuisine:

- ★ Naxi-style Cuisine
- ★ Tibetan-style Cuisine
- ★ Wild mushroom hotpot
- ★ Crossing-the-Bridge Rice Noodles
- ★ Nixi Free-Range Chicken
- ★ Traditional Yunnan cuisine



HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Kunming Airport Days Inn Select Wyndham or similar
- ✓ Lijiang Ancient City DuoFu Resort or similar
- ✓ Shangri-la Ramada by Wyndham Diqing or similar
- ✓ Daocheng ACE Holiday Hotel or similar
- ✓ Dali Ancient City Atour Hotel March Street or similar

x1 Night
x1 Night
x2 Nights
x2 Nights
x1 Night

Optional Tour: "Yunnan Impression" Song and Dance Performance (Ticket B): RMB 300/person

Disclaimer: Golden Destinations reserves the right to alter or amend the sequence of the itinerary if necessary, with or without prior notice.

Remark : There will be no refund or replacement if the tour logistic is affected by public holidays, weather conditions, natural disasters. All pictures are for illustration purposes only.

General Information

· 昆明 KUNMING ·



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|--|--|---|---|
| 货币 Currency | 中国元 - CNY 人民币 - RMB Chinese Yuan - CNY Renminbi - RMB | 信用卡 Credit Card | 银联卡 (UNION PAY) 在中国大多地方能使用, VISA和MASTER卡较为限制 UnionPay cards are widely accepted in most locations, while VISA and MasterCard are only accepted at a limited number of places |
| 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 Difference | 中国 - 时间与马来西亚时间标准时无相差 China - No time difference with Malaysia | 行李托运 Luggage Allowance | 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。 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. |
| 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 25°C ~ 32°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 15°C ~ 25°C <input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb -5°C ~ 8°C <small>*Subject to weather of the day* *以当天天气报告为准*</small> | | |
| 飞机型号 Aircraft Type | <p style="text-align: center;">Airbus A320</p> | | |

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|--|---|
| Departure Date: 出发日期: <input style="width: 100%;" type="text"/> Tour Fare: 团费: <input style="width: 100%;" type="text"/> Tipping: 小费: <input style="width: 100%;" type="text"/> Visa: 签证: <input style="width: 100%;" type="text"/> | Flight : 航班行程: <input style="width: 100%;" type="text"/> Airport Tax & Fuel Surcharge: 机场税及燃油附加费: <input style="width: 100%;" type="text"/> Agent Collection Fee: 旅行社代收费: <input style="width: 100%;" type="text"/> Travel Insurance: 旅行保险: <input style="width: 100%;" type="text"/> TOTAL : 总数: <input style="width: 100%;" type="text"/> |
|--|---|

GD Partner:

