

Amazing 中国  
CHINA 中国

8D7N

昆明/大理/泸沽湖/丽江/  
香格里拉 (单程动车)

KUNMING/DALI/LUGU LAKE/LIJIANG/  
SHANGRI-LA (ONE WAY HIGH SPEED TRAIN)

Tour Code: CKR-3



程逸商旅™  
ORANGE LEISURE



China  
中国



Jade Dragon Snow Mountain  
玉龙雪山



Songzanlin Temple  
松赞林寺



Blue Moon Valley  
蓝月谷景区

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

Lugu Lake  
泸沽湖





Tiger Leaping Gorge  
虎跳峡



Xizhou Ethnic Bai Residence  
喜洲白族民居



Lijiang Ancient Town  
丽江古城



## 精简行程：

### 第一天 出发 昆明 (机上用餐/晚)

- ☑ 双桥风情夜市

### 第二天 昆明 (340公里) 大理 (早/午/晚)

- ☑ 理想邦-大理圣托里尼 (含下午茶+旅拍)
- ☑ 大理古城 (洋人街)

### 第三天 大理 (300公里) 泸沽湖 (早/午/晚)

- ☑ 喜洲白族民居 (含三道茶及歌舞表演)
- ☑ 转角楼
- ☑ 乘坐喜洲网红小马车
- ☑ 泸沽湖观景台
- ☑ 摩梭篝火晚会

### 第四天 泸沽湖 (200公里) 丽江 (早/午/晚)

- ☑ 观赏泸沽湖日出美景 (具体观看效果依当天天气为准)
- ☑ 猪槽船游泸沽湖 (不含游船环里务比岛)
- ☑ 里务比寺
- ☑ 摩梭博物馆
- ☑ 丽江古城 (四方街)

### 第五天 丽江 (早/午/晚)

- ☑ 玉龙雪山 (含大索道)
  - ☑ 甘海子
  - ☑ 蓝月谷景区 (含电瓶车)
  - ☑ 玉水寨
  - ☑ 《印象丽江》歌舞表演
- \*注：如印象丽江遇剧场维修或天气等不可抗力原因而停演，将更换其他同级演出

### 第六天 丽江 (180公里) 中甸 (早/午/晚)

- ☑ 长江第一湾 (途径)
- ☑ 虎跳峡 (含往返扶梯)
- ☑ 大转经筒
- ☑ 独克宗古城
- ☑ 龟山公园

### 第七天 中甸 (约5小时) 昆明 (早/午/晚)

- ☑ 松赞林寺 (含环保车)
- \*注：如出现香格里拉-昆明车票无法满足的情况，则调整为丽江站-昆明站

### 第八天 昆明 回程 (早/午/机上用餐)

- ☑ 金马碧鸡坊
- ☑ 南屏步行街

## 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。

### 大理 (平均海拔约2090米)

- ◆ **大理理想邦-圣托里尼** - 这个被称为大理圣托里尼的神仙小镇，背靠苍山面朝洱海，仿佛走进一个纯白色的梦境，每一个转角都是绝美风景，有一种瞬间来到希腊的既视感。
- ◆ **大理古城** - 简称榆城又称洋人街，位居风光亮丽的苍山脚下。大理古城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。
- ◆ **喜洲白族民居三道歌舞表演** - 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。一边欣赏歌舞，一边品尝大理正宗白族“一苦二甜三回味”的三道茶。
- ◆ **喜洲网红小马车** - 驰骋于喜洲稻田公路，3-4月和6-10月可以观风吹麦浪的景观，似乎让人走进宫崎骏的童话世界 (具体观看效果依当年气候条件为准)

### 丽江 (平均海拔约2400米)

- ◆ **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。
- ◆ **玉龙雪山大索道** - 海拔4506米，索道全长2914米，垂直高差1150米，是中国海拔最高的旅游客运索道之一，也是北半球最南端终年积雪的山脉。
- ◆ **蓝月谷景区** - 一条从雪山流出的河，河水是雪山积雪融化后又经层过滤，在泉水涌出而最终汇成白水河。白水河顺着面谷流入被誉为“小九寨沟”的蓝月谷，呈现给世人最丰富的色彩和最清澈的池水。

### 泸沽湖 (平均海拔约2690米)

- ◆ **泸沽湖观景台** - 欣赏风景如画的泸沽湖全景，远眺格姆女神山。
- ◆ **摩梭博物馆** - 了解摩梭人的生活习惯和走婚习俗。
- ◆ **篝火晚会** - 和当地的摩梭人载歌载舞 (约1小时左右)
- ◆ **猪槽船** - 用空心独木挖凿而成，型似猪槽而得名，是摩梭人保留至今古老原始的一种渔船
- ◆ **里务比岛** - 位于泸沽湖的中南部，与吐布半岛将泸沽湖一分为二。岛屿的一侧为石笋，成为天然的码头。
- ◆ **里务比寺** - 位于里务比岛上，属黄教喇嘛教。寺里供奉的佛像、法器都是当地信教群众自愿集资供奉的。

### 中甸 (香格里拉) (平均海拔约3160米)

- ◆ **虎跳峡** - 介于玉龙雪山与哈巴雪山之间，巨浪滔天，气势骇人，更甚于黄河壶口瀑布，以惊、奇、险而闻名天下，是“世界上最深的峡谷”之一。
- ◆ **松赞林寺** - 云南省规模最大的藏传佛教寺院，也是康区有名的大寺院之一，还是川滇一带的黄教中心，在整个藏区都有着举足轻重的地位，被誉为“小布达拉宫”。该寺依山而建，外形犹如一座古堡，集藏族造型艺术之大成，又有“藏族艺术博物馆”之称。
- ◆ **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。



✓ 7早餐/7午餐/7晚餐  
风味餐：

- ★ 昆明菌火锅
- ★ 大理砂锅鱼风味
- ★ 丽江虹鳟鱼
- ★ 玉龙雪山升级雪厨飘香猪小火锅
- ★ 昆明过桥米线
- ★ 丽江纳西风味
- ★ 泸沽湖石锅鱼风味



酒店住宿 (7晚)

- ✓ 昆明朗威酒店或同级 x2晚
- ✓ 大理中和坊或同级 x1晚
- ✓ 泸沽湖海境酒店或同级 x1晚
- ✓ 丽江祥和一号假日酒店或同级 x2晚
- ✓ 香格里拉 月光国际酒店或同级 x1晚

自费项目：云南映像歌舞表演乙票【人民币300/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。





Snow Mountain Canyon Performing  
独克宗古城



The Impression of Lijiang  
印象丽江



Mosuo Museum  
摩梭博物馆



## SCHEDULE

### D1 DEPARTURE ✈ KUNMING (MOB/D)

- ☑ Shuangqiao Fengqing Night Market

### D2 KUNMING 🚌 (340km) DALI (B/L/D)

- ☑ Ideal State - Dali Santorini (Include afternoon Tea + Travel photography)
- ☑ Dali Ancient Town

### D3 DALI 🚌 (300km) LUGU LAKE (B/L/D)

- ☑ Xizhou Ethnic Bai Residence (Include Three Course Tea and show)
- ☑ Corner House
- ☑ Xizhou Viral Horse Drawn Carriage Ride
- ☑ Lugu Lake Observation desk
- ☑ Mosuo Campfire Party

### D4 LUGU LAKE 🚌 (300km) LIJIANG (B/L/D)

- ☑ Lugu Lake Sunrise Viewing (Subject to weather condition)
- ☑ Pig Trough Boat ride at Lugu Lake (Exclude cruising around Liwubi Island)
- ☑ Liwubi Temple
- ☑ Mosuo Museum
- ☑ Lijiang Ancient Town (Square Street)

### D5 LIJIANG (B/L/D)

- ☑ Jade Dragon Snow Mountain (Include Cable Car)
- ☑ Ganhaizi
- ☑ Blue Moon Valley (Include Cable Car)
- ☑ Jade Water Village
- ☑ <The Impression of Lijiang> Show

\*If show suspended due to unforeseen circumstances of weather condition, will be replace with other similar show

### D6 LIJIANG 🚌 (180km) ZHONGDIAN (B/L/D)

- ☑ First Bend of Yangtze River (Coach view)
- ☑ Tiger Leaping Gorge (Include return escalator)
- ☑ Large Rotary Wheel
- ☑ Dukezong Ancient Town
- ☑ Guishan Park

### D7 ZHONGDIAN 🚆 (Around 5 hours) KUNMING (B/L/D)

- ☑ Songzanlin Temple (Include Eco Car)

\* Due to limited train shift and seat availability, subject to change to Lijiang to Kunming High Speed train

### D8 KUNMING ✈ DEPARTURE (B/L/MOB)

- ☑ Golden Horse & Jade Rooster Archway
- ☑ Nanping Pedestrian Street



✓ 7 Breakfast / 7 Lunch / 7 Dinner

#### Special Cuisine:

- ★ Kunming Mushroom Hotpot
- ★ Dali Casserole Fish
- ★ Lijiang Rainbow Trout Cuisine
- ★ Jade Dragon Snow Mountain Tibetan Fragrant Pig Steamboat
- ★ Kunming Bridge Noodle
- ★ Lijiang Naxi Cuisine
- ★ Lugu Lake Stone Pot Fish

## 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.

### DALI (Average Altitude at 2090m)

- ◆ **Ideal State** - Also knows as Dali's Santorini, built on the side of the Cangshan mountain range and facing Erhai Lake, its offer a beautiful view such as Greece Santorini.
- ◆ **Dali Ancient Town** - 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.
- ◆ **Xizhou ethnic Bai Taste Three Course Tea and Performance** - Inherit traditional Ethnic Bai dance and other ancient performance and taste their three-course tea.
- ◆ **Xizhou Viral Horse Drawn Carriage Ride** - Take a carriage ride at road between paddy field. The best view available during March to April and June to October. (Subject to weather condition)

### LIJIANG (Average Altitude at 2400m)

- ◆ **Lijiang Ancient 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.
- ◆ **Jade Dragon Snow Mountain** - With altitude of 4506 meters, cable way with the total length 2914 meters, Vertical height difference of 1150meters, is one of the highest tourist cable ways in China and also is the southernmost mountain range in the Northern Hemisphere minded all year round.
- ◆ **Blue Moon Valley** - Known as "Little JiuZhaiGou" presenting the world riches colors and the clearest pond water which flowing out of the snow mountain.

### LUGU LAKE (Average Altitude at 2690m)

- ◆ **Lugu Observation Desk** - The best place panoramic view, and a place where you able to view Gomu Goddess Mountain.
- ◆ **Mosuo Museum** - Exhibited Mosuo cultural and their walking marriage.
- ◆ **Campfire Party** - Enjoy Dancing and Singing with local Mosuo People (Around 1 hour)
- ◆ **Pig Trough Boat** - This is an ancient fishery boat where Mosuo people used.
- ◆ **Liwubi Island** - Lugu Lake is divided into two parts by Liwubi Island and Tubu Island. Once side of Liwubi Island is a stalagmite which looks like a natural pier.
- ◆ **Liwubi Temple** - The temple on the island of REgoji is a Yellow Lama Temple.

### ZHONGDIAN (SHANGRI-LA) (Average Altitude at 3160m)

- ◆ **Tiger Leaping Gorge** - This is a scenic canyon on the Jinsha River, a primary tributary of the upper Yangtze River. It is part of the Three Parallel Rivers of Yunnan Protected Areas World Heritage Site.
- ◆ **Songzan lin Temple** - the largest Tibetan Buddhist Temple at Yunnan and Kang district. It is Shamanism religion in Sichuan-Yunnan. Known as "Little Potala Palace".
- ◆ **Dukezong Ancient Town** - known as Moonlight Ancient City, in Tibetan mean white stone city and also visit Guinness World record for the largest wrap wheel in the world.



#### HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Kunming Long Way Hotel or similar class
- ✓ Dali Zhonghefang Hotel or similar class
- ✓ Lugu Lake Seaview Hotel or similar class
- ✓ Lijiang Xianghe No.1 Holiday Hotel or similar class
- ✓ Shangri-la Moonlight International Hotel or similar class
- x2 Nights
- x1 Night
- x1 Night
- x2 Nights
- x1 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

## · 云南 Yunnan ·



<b>货币</b> Currency 	<b>Chinese Yuan</b> - CNY <b>Renminbi</b> - RMB <b>中国元</b> - CNY <b>人民币</b> - RMB	<b>信用卡</b> 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
<b>货币兑换率</b> Exchange Rate 	<b>10 CNY = MYR 6.50</b> <b>10 元 = 马币 6.50</b> <small>*Subject to currency of the day* *以当天汇率为准*</small>	<b>拨号代码</b> Dial Code 	<b>China</b> : +86 <b>中国</b> : +86
<b>电压</b> Voltage 	<b>Voltage - almost always 220 V</b> <b>电压 - 220伏特</b>	<b>插座</b> 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"
<b>时差</b> Time Different 	<b>China - No time different with Malaysia</b> <b>中国 - 时间与马来西亚时间标准时无相差</b>	<b>行李托运</b> 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。
<b>气候</b> Weather 	<div> <input type="checkbox"/> <b>Spring 春季</b> 3月 - 5月 Mar to May 20°C ~ 6°C           </div> <div> <input type="checkbox"/> <b>Summer 夏季</b> 6月 - 8月 Jun to Aug 28°C ~ 17°C           </div> <div> <input type="checkbox"/> <b>Autumn 秋季</b> 9月 - 11月 Sep to Nov 23°C ~ 15°C           </div> <div> <input type="checkbox"/> <b>Winter 冬季</b> 12月 - 2月 Dec to Feb 19°C ~ -8°C           </div> <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
<b>飞机型号</b> Aircraft Type 	<div> <b>A330</b> </div> <div> <b>B737</b> </div> <div> <b>B787</b> </div>		

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

