

8 Days 天 7 Nights 晚



Kunming . Dali . Lijiang Shangri-la . Stone Forest 昆明 . 大理 . 丽江 . 香格里拉 . 石林

- * 乘玉龙雪山云杉坪缆车, 细赏高原雪山美景。
- * 访天下第一奇观-石林, 见证大自然神奇造化。
- * 畅游玉水寨, 感受东巴文化魅力。
- * 游5A景区九乡溶洞, 一探千年奇幻景观。
- * 逛丽江古城+束河古镇。
- * 畅游世外桃源香格里拉+独克宗古城

Day 01	Kuala Lumpur ~ Kunming ~ Stone Forest (D)	第一天	吉隆坡 ~ 昆明 ~ 石林	(晚餐)
Day 02	Stone Forest ~ Jiuxiang ~ Kunming (B/L/D)	第二天	石林 ~ 九乡 ~ 昆明	(早/午/晚餐)
Day 03	Kunming ~ Dali (B/L/D)	第三天	昆明 ~ 大理	(早/午/晚餐)
Day 04	Dali ~ Shangri-la (B/L/D)	第四天	大理 ~ 香格里拉	(早/午/晚餐)
Day 05	Shangri-la ~ Lijiang (B/L/D)	第五天	香格里拉 ~ 丽江	(早/午/晚餐)
Day 06	Lijiang (B/L/D)	第六天	丽江	(早/午/晚餐)
Day 07	Lijiang ~ Kunming { Flight } (B/L/D)	第七天	丽江 ~ 昆明 { 飞机 }	(早/午/晚餐)
Day 08	Kunming ~ Kuala Lumpur (B/L)	第八天	昆明 ~ 吉隆坡	(早/午餐)

Place of Visit 景点



- Kunming 昆明** : Jiuxiang Scenic Area 九乡风景区, Stone Forest (include buggy) 石林 (含电瓶车), Grand View Pavilion 大观楼, JinMaBiJi 金马碧鸡坊, Baoshutang 宝树堂, Traditional Chinese Medicine Whole Sales Market 中药材批发市场, Pu'Er Tea Shop 普洱茶艺, Silk Gallery 丝绸馆.
- Dali 大理** : Dali Ancient City 大理古城, Dali Zhangjia Garden 大理张家花园, Guangyin Tong 观音塘, House of Bai Minority 白族民居, Three Courses Tea Dance Performance by Bai Minority 白族三道茶歌舞, Dali Silver Shop 大理国银店, view Three Pagodas 远眺三塔, view ErHai Lake 远眺洱海公园
- Lijiang 丽江** : Jade Dragon Snow Mountain Scene Area - YunShan Plateau (include cable car) 玉龙雪山景区 - 云杉坪 (含缆车), White Water River (exclude buggy) 白水河 (不含电瓶车), GanHaiZi 甘海子, Lijiang Ancient Town Sifang Street 四方街古城, Black Dragon Pool Park 黑龙潭公园, ShuHe Ancient Town 束河古镇, Jade Dragon Scenic Area 大玉龙景区 (Yufeng Temple 玉峰寺, Jade Water Village 玉水寨, Dongba Gods Garden 东巴万神园), Spirulina Shop 螺旋藻店.
- Shangri-la 香格里拉** : Tiger Leaping Gorge 虎跳峡, Dukezhong Ancient Town 独克宗古城, SongZan Lin Si 松赞林寺, NaPaHai 纳帕海, GuiShan Park 龟山花园

Hotel 酒店



- Stone Forest 石林** : Xingya Custom Garden / SML, 兴亚风情园 / 同级
- Kunming 昆明** : Enjoying International Hotel / SML (Local 4*), 颐华商务酒店 / 同级 (准 4 星)
- Dali 大理** : N' Hotel / SML (Local 4*), N 度酒店 / 同级 (准 4 星)
- Lijiang 丽江** : JiaLiDa Garden Hotel / SML (Local 4*), 佳立达酒店 / 同级 (准 4 星)
- Shangri-la 香格里拉** : Salong Hotel / SML (Local 4*), 香格里拉萨龙酒店 / 同级 (准 4 星)

Special Flavor 风味



- Kunming Bridge Crossing Noodle 昆明过桥米线, Steamed Chicken 汽锅鸡,
- Dali Fish Head Claypot 大理砂锅鱼头, Manwan Hotel Restaurant 漫湾大酒店餐厅,
- Lijiang MaBangCai Flavor 丽江茶马古道马帮菜, Southern Garden Restaurant 小南国淮阳风味.

Optional Tour 自费项目

- RMB 280/person 人民币 280/人 :**
- "Dynamic Yunnan" Show "云南映像" 歌舞表演, CuiHu Park 翠湖公园, Former Site of Yunnan Military Institute 云南陆军讲武堂旧址, Shangri-la Tibetan Home Visit 香格里拉藏民家访
- ** Remark 备注 : Optional tour subject to change 最终解释权以当地地陪所讲加点内容为主 .**

Tour Fare 团费 :

Departure 出发日期 :

- > **Tour Fare Included 团费含** : Hotel Accommodation, Meals, Coach Transfer In & Out, Return Air Ticket, Entrance Fees & Local Tourist Guide. 行程上之酒店, 膳食, 交通接送, 国际机票, 观光点门票及导游.
- > **Tour Fare Excluded 团费不含** : Malaysia Airport Tax, China Airport Tax, China Domestic Airport Tax, YQ Tax, YR Tax, Normal Visa Fees, Local Tour Guide & Driver Tipping. 吉隆坡出境机场税, 中国出境机场税, 中国内陆机场税, 航空保险费, 燃油税, 签证, 导游与司机小费.



8天7晚 昆明.大理.丽江.香格里拉.石林

第一天 吉隆坡  ~ 昆明 ~ 石林 (晚餐) 住: 兴亚风情园 / 同级

请旅客准时前往吉隆坡国际机场 KLIA2 离境大厅指定航空公司柜台集合, 并由公司专职人员协助办理登机手续后, 乘搭飞机飞往春光明媚, 风景秀丽, 有“春城”之称的昆明。抵达昆明后, 由亲切导游接团, 之后前往石林(车程约 2 小时)。晚餐后, 送往酒店。

第二天  石林 ~ 九乡 ~ 昆明 (早/午/晚餐) 住: 颐华商务酒店 / 同级

早餐后, 游览被誉为“天下第一奇观”, 世界最典型的喀斯特地貌景观 - **石林** (含电瓶车)。大约在 2 亿多年以前, 这里是一片汪洋大海, 沉积了许多厚厚的大石灰岩。经过了后来的地壳构造运动, 岩石露出了地面; 约在 200 万年以前, 由于石灰岩的溶解作用, 石柱彼此分离, 又经过常年的风雨剥蚀, 形成了今天这种千姿百态的石林。这里如群峰壁立, 石峰, 石柱拔地而起, 远望犹如一片莽莽森林, “大鹏展翅, 刀山火海, 千钧一发, 阿诗玛石”等等这些天造奇观, 定会让您陶醉其间, 赞叹大自然的鬼斧神工。之后乘车前往**九乡风景区**。九乡风景区是以溶洞景观为主体, 洞外自然风光、人文景观、民族风情融为一体的综合性风景名胜, 拥有上百座大、小溶洞, 为中国规模最大、数量最多、溶洞景观最奇特的洞穴群落体系。据科学家考察论证, 九乡溶洞群发育于 6 亿年前古老的震旦纪灯影组浅海沉积和灰白色含硅质条带的白云岩中。专家们认为这是一个非稳定断裂的、溶蚀与浸蚀迭加的岩溶洞穴系统。返回昆明后, 品尝云南出名的**普洱茶**。

第三天  昆明 ~ 大理 (早/午/晚餐) 住: N 度酒店 / 同级

早上前往昆明的象征 - **金马碧鸡坊**。该坊始建于明朝宣德年间。金马碧鸡坊的独特之处, 在于某个特定的时候, 会出现“金碧交辉”的奇景。接着参观**宝树堂**和**中药材批发市场**。下午乘旅游车前往有着东方瑞士美誉的大理白族自治州 [车程约 4 小时]。大理历史悠久, 少数民族风情多姿多彩, 是中国重要的历史文化名城之一。抵达大理后, **远眺洱海公园**。续往**大理古城**游览。此古城为棋盘式建筑, 巍峨的宫殿, 保存完好的白族民居, 小巧的庭院, 静静的街道, 幽静典雅, 古色古香; 古城中售有手工艺品、腊染布、大理石等等, 都为当地有名的物产。之后参观**大理国银店**。

第四天  大理 ~ 香格里拉 (早/午/晚餐) 住: 香格里拉萨龙酒店 / 同级

早餐后, 前往**远眺三塔**, 继往**大理张家花园**和**观音塘**。接着前往参观**白族民居**。在那里可品尝白族特色茶点之一 - **白族三道茶及歌舞表演**。白族“三道茶”指的是“苦茶”、“甜茶”、“回味茶”, 先苦后甘, 能提神补气, 三道回味茶, 放有花辣等佐料, 喝了能满口清香, 回味无穷。继续行程前往香格里拉 [车程约 4.5 小时]。途中游览以奇险雄壮著称、世界著名的四大峡谷之一的**虎跳峡**。相传金沙江逢枯水期时, 有猛虎下山, 在此江中的礁石上稍一脚后腾空便越过, 故称“虎跳峡”。

第五天  香格里拉 ~ 丽江 (早/午/晚餐) 住: 佳立达酒店 / 同级


早餐后, 参观**松赞林寺**, **纳帕海**和**龟山公园**。接着前往中国保存得最好、最大的藏民居群, 而且是茶马古道枢纽的**独克宗古城**。唐仪凤、调露年间 (公元 676-679 年), 土蕃在这里的大龟山顶设立寨堡, 名“独克宗”, 一个藏语发音包含了两层意思, 一为“建在石头上的城堡”, 另为“月光城”。独克宗古城是按照佛经中的香巴拉理想国建成的。乘车返回丽江 [车程约 4 小时]。

第六天  丽江 (早/午/晚餐) 住: 佳立达酒店 / 同级

早上前往海拔 5596 公尺的玉龙雪山脚下。**玉龙雪山**是纳西族及丽江各族人民心目中的一座神圣之山, 纳西族的保护神“三朵”, 就是玉龙雪山的化身。乘**缆车上云杉坪**。云杉坪海拔 3240 米, 是一块隐藏在原始云杉林中的巨大草坪。续往**白水河** (不含电瓶车)。白水河水质纯净, 未受任何污染, 河水冲刷的卵石, 清澈明晰, 因为白石为底, 水流其上, 水的颜色更加明净, 白水河也因此得名。前往**甘海子**, 原为高山冰蚀湖泊, 后来雪线上升, 积水减少以至干涸, 于是人称“干海子”。接着参观**大玉龙景区**, 感受纳西文化。**玉峰寺**建于清朝康熙末年, 是丽江五个喇嘛寺之一, 但寺庙建筑却整合了汉、白、藏风格。**玉水寨**是纳西族中部地区的东巴胜地, 是丽江古城的溯源。玉水寨保留了纳西族传统古朴的风貌, 与周围优美的自然景观交相辉映, 真正体现了“人与自然和谐发展”这一纳西族传统理念, 东巴文化之真谛。**东巴万神园**根据纳西先民朴素的人与自然的哲学理念, 对人生和世界的精彩想象, 严格按照先民天地神灵观念中阴阳相应、有黑就有白、有神就有鬼而列阵布的。之后参观**螺旋藻店**。之后参观**黑龙潭公园**, 传说丽江龙王黑龙的龙宫就在此地, 加之潭水又特别幽深, 故名“黑龙潭”。黑龙潭又名玉泉公园, 始建于清乾隆二年 (1737 年), 是一个充分利用自然山水加以人工改造的园林。继续前往**束河古镇**。束河是纳西先民在丽江坝子中最早的聚居地之一, 是茶马古道上保存完好的重要集镇, 也是纳西先民从农耕文明走向商业文明过度的活标本, 是对外开放和马帮活动形成的集镇建设典范。此古镇为中国著名导演张艺谋电影作品《千里走单骑》的主要拍摄基地。

第七天 丽江  ~ 昆明 { 飞机 } (早/午/晚餐) 住: 颐华商务酒店 / 同级


早餐后, 前往**四方街古城**, 此古城 1997 年被联合国教科文组织认定为世界文化遗产, 城内景色优美, 小桥流水, 古朴悠静, 还有一些古色古香的小购物店, 别有一番景色。此古城是中国历史文化名城唯一没有城墙的古城。古城保留了大片明清时代的居民建筑, 均是土木结构瓦屋面楼房, 多数为三坊一照壁, 也有不少四合院, 融合了纳西、白、汉等民族建筑艺术的精华。乘内陆航班返回昆明, 接团后入住酒店休息。


第八天  昆明 ~ 吉隆坡 (早/午餐)


早餐后, 参观**丝绸馆**。之后继续游览中国四大名楼之一, 建于清代位于昆明西南郊滇池之滨的**大观楼**, 公园内因挂有被誉为“古今第一长联”的大观楼长联而得名。接着送往昆明长水国际机场, 结束八天愉快的旅程, 带着美丽的回忆与纪念品, 与家人和朋友共同分享。





8D7N Kunming . Dali . Lijiang . Shangri-la . Stone Forest


Day 1  **KUALA LUMPUR ~KUNMING~STONE FOREST (D)** Hotel : Xingya Custom Garden / SML
Assemble at Kuala Lumpur International Airport (KLIA2) for your flight to the capital of Yunnan province, Kunming. Upon arrival, transfer to Stone Forest [about 2 hours]. After dinner, transfer to hotel.


Day 2  **STONE FOREST ~ JIUXIANG~KUNMING (B/L/D)** Hotel : Enjoying International Hotel / SML
After breakfast, proceed to **Stone Forest Scenic Area** (include buggy). This natural phenomenon is said to have begun taking shape about 270 million years ago in the Carboniferous Period. The area is believed to have been originally under the ocean. With eons of movement of the earth crust the area rose and broke through. The limestone left behind went through sun, rain, wind, and earthquakes and finally developed into the beautiful Stone Forest we see today. transfer to **Jiuxiang Scenic Area**. In the scenic area, there are over 100 karst caves of different sizes, and Jiuxiang is confirmed to be the biggest cave clusters in China with the greatest number of caves and most wonderful in-cave scenic. According to geologists, these caves were being developed since the Sinian Period, 600 million years ago. Transfer back to Kunming in afternoon [about 2 hours]. Upon arrival, taste the Yunnan most famous chinese tea, Pu'Er.


Day 3  **KUNMING ~ DALI (B/L/D)** Hotel : N' Hotel / SML
After breakfast, proceed to the symbol of Kunming, **JinMa BiJi** (Golden Horse and Jade Rooster Memorial Arches). JinMa BiJi was built in Ming Dynasty; one special feature of the JinMa BiJi is that their shadows can overlap at a certain time under the golden afterglow of the sun and the silver light of the moon. This rare phenomenon forms a wondrous scene. Continue visit to **Baoshutang** and **Traditional Chinese Medicine Whole Sales Market**. Then transfer to Dali [about 4 hours], a historical and cultural city, which is the home of Bai Minority. Upon arrival **view ErHai Lake**. Continue to **Dali Ancient City**. The ancient city of Dali is famous for its cultural and historical points of interest, natural beauty, and colorful ethnic minorities. The streets and alleys crisscross throughout the town in a typical "chess board" pattern. Then, visit to **Dali Silver Shop**.

Day 4  **DALI ~ SHANGRI-LA (B/L/D)** Hotel : Salong Hotel / SML
After breakfast, **view Three pagodas** next proceed to **Dali Zhangjia Garden** and **Guanyin Tong**. Continue visit to the **House of Bai Minority**. Local people will served one of the special traditional tea - Three Courses Tea. The **Three Course Tea** is described as "first bitter, second sweet and third after tasty". Continue journey to Shangri-la [about 4.5 hours]. On the way, visit to the world famous **Tiger Leaping Gorge**. This gorge is a contender for the world's deepest river canyon. Legend says that in order to escape from a hunter, a tiger jumped across the river at the narrowest point, hence the name.

Day 5  **SHANGRI-LA ~ LIJIANG (B/L/D)** Hotel : JiaLiDaGarden Hotel / SML
After breakfast, visit to **SongZan Lin Si**, **NaPaHai** and **GuiShan Park**. Next, visit to the **Dukezhong Ancient Town**. It is the largest and best-preserved Tibetan city among China's Tibetan counties. Dukezhong Old Town was a key stop on the Ancient Tea-horse Road and a focal point for Han-Tibetan exchanges. As one of the oldest towns in the region, it is also known as the 'footstep of Shangri-La'. Transfer back to Lijiang [about 4 hours].

Day 6  **LIJIANG (B/L/D)** Hotel : JiaLiDaGarden Hotel / SML
After breakfast, take a **cable car** to **YunShan Plateau** to have a breathtaking view of the **Jade Dragon Snow Mountain**. The snow-covered and fog-enlaced mountain resembles a jade dragon lying in the clouds, hence, become the names Jade Dragon Snow Mountain. Yunshan Plateau is grassland with gigantic spruces. Continue visit to **White Water River** (exclude buggy). The first impression for the river is the color of white. The water is extremely clean as it is filtrated and purified by gravel and stones when running, and hasn't been polluted at all. The riverbed is formed by pieces of grayish-white sedimentary rocks. Thus the river looks white, and from this it gained its name. Then go to Ganhaizi. **Ganhaizi** (Dry Sea) used to be a highland lake as its name tells, the meadow was formed after the water had dried up. Continue to **Jade Dragon Scenic Area**. **Yufeng Temple** is one of the lamaseries in Lijiang, but the temple architecture has integrated Han, Bai and Tibetan style. **Jade Water Village**, concentrated on the Naxi Ethnic Culture and integrated with the nature, the Village appears to be the holy land of Dongba Religion in Central Lijiang. It has preserved the primitive and simple ethnic features of the Naxi Minority and contrasts finely with the natural landscapes around, embodying the traditional concept of the Naxi Minority- "Man and Nature live in harmony". **Dongba Gods Garden** settlers under the simple philosophy of man and nature, of life and the world wonderful imagination, in strict accordance with the concept of yin and yang ancestors heaven and earth gods, accordingly, if there is black and there will be white, if there is a ghost and there will be a god. Proceed to **Spirulina Shop**. After that visit to **Black Dragon Pool Park**. In the legend said that the palace of the Black Dragon King of Lijiang is situated here, and there is a pool in the park, which is so deep that it seems to have been inhabited by a dragon, hence it was so named. Continue to **Shuhe Ancient Town**. It is an important component of Lijiang as it is a well-preserved example of a town along the ancient tea route and one of the earliest settlements of the ancestors of Naxi People. This old town was the movie <Riding Alone for Thousands of Miles> taken, directed by Zhang Yi Mou, one of the famous director in China.

Day 7  **LIJIANG ~ KUNMING { FLIGHT }** (B/L/D) Hotel : Enjoying International Hotel / SML
In the morning, visit to **Lijiang Ancient Town - Sifang Street**. The old town is famous for its orderly system of waterways and bridges. This old town differs from other ancient Chinese cities in architecture, history and the culture of its traditional residents the Naxi people. This town was registered on the UNESCO World Heritage in 1997. Take a domestic flight back to Kunming.

Day 8  **KUNMING ~ KUALA LUMPUR (B / L)**
In the morning, visit to **Silk Gallery**. Continue visit to **Grand View Pavilion**. This pavilion is locates on the shore of Dianchi Lake and faces the Western Hills which are on the other side of Dianchi Lake. Then, transfer to Kunming Changshui International Airport for your flight back home.

** The Itinerary Are Subject To The Final Discretion Of The Local Land Operator / Tour Fare exclude Optional Tour **

UPDATE ON : 10/01/2016