



9天7晚纯玩记

士乃/新山出发  
Ex - Senai/ JohorBahru

# 云南+昆明

大理|泸沽湖女儿国|丽江|虎跳崖|玉龙雪山|香格里拉



## 特别赠送

印象丽江表演 | 蓝月谷 (含电瓶车) | 彝族篝火晚会 |  
玉龙雪山大索道 (含索道、环保车) | 内陆单程动车体验

## 精华景点

理想邦-圣托里尼 | 泸沽湖女儿国 | 喜州古镇+白族民居 |  
虎跳峡 | 纳帕海 | 大理古城 | 独克宗古城 | 松赞林寺 |  
丽江古城 | 龟山公园 | 甘海子 | 白水河

## 味蕾盛宴

过桥米线 | 宜良烤鸭 | 彝族民俗宴 | 白族风味 | 砂锅鱼风味 |  
摩梭风味 | 虹鳟鱼火锅 | 纳西晚宴 | 峡谷风味 | 藏式土司宴

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## 精简行程：

### 第一天 新山 ✈️ 昆明

(机上用餐)

- 从新山登记航班前往昆明
- 抵达昆明，接机送酒店休息

### 第二天 昆明 🚗 大理

(早/午/晚)

- 理想邦“圣托里尼”+上行电瓶车(含下午茶)
- 洱海生态廊道+S湾
- 大理古城+洋人街

### 第三天 大理 🚗 泸沽湖

(女儿国)

(早/午/晚)

- 泸沽湖观景台(情人沙滩、里格观景台)
- 巴士环游湖
- 摩梭家访
- 篝火晚会

### 第四天 泸沽湖 🚗 丽江

(早/午/晚)

- 早观日出
- 乘猪槽船，里务比岛
- 丽江古城，四方街

### 第五天 丽江 🚗 香格里拉

(早/午/晚)

- 远眺长江第一湾
- 虎跳峡(不含上下扶梯 70)
- 独克宗古城
- 龟山公园(世界最大转经筒)

### 第六天 香格里拉 🚗 丽江

(早/午/晚)

- 松赞林寺(含环保车)
- 纳帕海(不含骑马)
- 黑龙潭公园

### 第七天 丽江 🚗 玉龙雪山

(早/午/晚)

- 玉龙雪山大索道(含索道、环保车)
- 甘海子，白水河，玉水寨，蓝月谷
- 印象丽江表演

### 第八天 丽江 🚗 昆明

(早/午/-)

- 体验动车前往昆明
- 大观楼公园
  - ◆ 9月底-10月底“金秋菊花展”
  - ◆ 11月-3月“西伯利亚精灵-红嘴鸥”
- 景星花街+对月楼-网红打卡
- 根据航班送机

### 第九天 昆明 ✈️ 新山 🚗 回程

- 返回新山



✓酒店住宿(7晚)

- ★ 机场微商/维也纳或同级 x1 晚
- ★ 大院里人文/兰林阁/维也纳或同级 x1 晚
- ★ 海境/牧云/清尘或同级当地民宿 x1 晚
- ★ 官房花园别墅/祥和/藏元/设计师酒店或同级 x3 晚
- ★ 蜀锦沐云/怡程或同级 x1 晚

## 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。\*如因天气情况无法安排，则行程调整为斗南花市
- ▲ **大观楼观花时间**：1-2月及春节期间郁金香花展；3-4月装饰花；5-6月三角梅花展；7-8月荷花展蓝荷花节；9-10月金秋菊展；11-12月装饰花。11-3月来自西伯利亚的小精灵--红嘴鸥，落住在大观河旁，客人可漫步在大观河，旁自由喂喂海鸥，和海鸥亲密接触。·水果

## 泸沽湖女儿国

- ▲ **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。
- ▲ **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
- ▲ **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。

## 大理

- ▲ **大理古城** - 大理古城位于云南大理，是一座历史悠久的文化名城。保留了许多白族传统建筑，街道两旁有手工艺品店和小吃摊，充满民族风情。附近的洱海和苍山为其增添了美丽的自然景观，是游客了解云南历史和文化的理想之地。
- ▲ **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。

## 香格里拉

- ▲ **香格里拉** - 香格里拉位于云南省迪庆藏族自治州，以其壮丽的自然风光和独特的藏族文化而闻名。这里有美丽的山脉、湖泊和草原，是理想的旅游目的地。香格里拉以其丰富的藏传佛教文化、古老的寺庙和传统的民俗吸引了众多游客，是体验高原生活和自然美景的理想之地。
- ▲ **虎跳峡** - 虎跳峡位于云南省丽江，是世界上最深的峡谷之一。这里以壮观的自然景观和急流而闻名，河水从高山间奔流而下，形成壮丽的水势。虎跳峡是徒步旅行和探险的热门地点，沿途有 breathtaking 的风景和多样的植被，非常适合热爱大自然的游客。
- ▲ **松赞林寺** - 松赞林寺位于云南省香格里拉，是云南最大的藏传佛教寺庙，建于1679年。寺庙融合了汉藏建筑风格，内部装饰华丽，藏有众多佛像和经文。松赞林寺周围环境优美，背靠雪山，常吸引游客前来参观和朝圣，是体验藏文化的重要场所。

## 丽江

- ▲ **印象丽江** - 《印象丽江》是由著名导演张艺谋执导的一场大型实景演出，位于中国云南省丽江市。这场演出自2004年起上演，融合了当地丰富的民族文化、历史故事与自然景观，成为丽江的标志性文化旅游项目之一。
- ▲ **玉龙雪山** - 玉龙雪山是位于中国云南省丽江市的一座著名高山，是横断山脉的一部分，海拔5596米，是云南省的最高峰之一。玉龙雪山因其常年积雪的山顶而得名，象征着丽江的自然美景和神秘气息。

注意事项：

1. 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。

温馨小贴士：

a. 云南地处高原，紫外线较强，出行请做好防晒保护措施

团费包含：

- ★ 机票：新山>昆明>新山来回经济舱机票
- ★ 行李：每人手提一件7kg, 寄舱一件20kg
- ★ 观光：行程上注明的景点+餐食+门票
- ★ 服务：当地司机导游之服务+领队服务 (16人或以上)
- ★ 小费：司机和导游之小费
- ★ 保险：综合旅游保险(只限69岁以下客人)

团费不包含：

- ★ 个人消费
- ★ 额外寄舱行李
- ★ 70岁-85岁以上客人的旅游保险需加每人RM90
- ★ 领队小费(随意)

航班：

出发日期和团费：

以上行程仅供参考，若有更動將依當地接待社為準，本社保有更動行程價格之權利

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。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。



## ITINERARY:

### Day 1 Singapore ✈ Kunming Chuxiong (MOB)

- Register for flight to Kunming
- Dounan Flower Market
- Yiren Ancient Town

### Day 2 Chuxiong 🚗 Dali (B/L/D)

- Visit China's Santorini - "Ideal State"
- Erhai Ecological Corridor
- Dali Ancient Town + Foreigner Street

### Day 3 Dali 🚗 Lugu Lake (B/L/D)

- Lugu Lake Observation desk
- Bus round the Lake
- Mosuo Campfire Party

### Day 4 Lugu Lake 🚗 Lijiang (B/L/D)

- Pig Trough Boat ride at Lugu Lake
- Liwubi Island
- Lijiang Old town + Si Fang Street

### Day 5 Lijiang (B/L/D)

- Jade Dragon Snow Mountain
- Ganhaizi + Blue Moon Valley
- Baishuishi River
- Impression Lijiang' live song & dance show

### Day 6 Lijiang 🚗 Shangri-La (B/L/D)

- Visit Tiger Leaping Gorge
- Napahai Scenic Area
- Dukezong Ancient City
- Guishan Park (Rotary Wheel)

### Day 7 Shangri-La 🚗 Lijiang (B/L/D)

- Songzanlin Monastery
- Napa Lake

### Day 8 Lijiang ✈ Kunming Singapore (B/L/-)

- High Speed Train tot Kunming
- Kunming + Jingxing Flower Street
- Duiyuelou (dinner at Snack Street)

### Day 9 Singapore 🚗 Return (MOB)



- ✓ Hotel accommodation (7 nights)
- ★ Chuxiong Vienna or Yunhua Hotel or similar x 1 night
  - ★ Dali Courtyard/Early Morning Hotel or similar x 1 night
  - ★ Haijing/Muyun Homestay or similar class x 1 night
  - ★ Shangri-La Shuijin/Lan'ou Hotel or similar x 1 night
  - ★ Lijiang Xianghe/Zangyuan Hotel or similar x 2 nights
  - ★ Kunming Weiju Golden Eagle/Langxi Hotel or similar class x 1 night

## Kunming

▲ **Dounan Flower Market** - Kunming Dounan Flower Market brings together a rich variety of flower varieties, including flowers, potted plants, plants, green plants, etc., attracting many tourists and flower lovers to visit and purchase. This market is not only a place where local residents buy flowers on a daily basis. It is also one of the must-visit attractions for many tourists in Kunming.

▲ **Daguan Tower** - Located on the bank of Dianchi Lake, the famous "Pearl of the Plateau" in Kunming, it is one of the four famous buildings in China. The park is famous for having the 180-word "First Long Couplet at Home and Abroad" written by Sun Zhuoweng, a famous Kunming scholar in the Qing Dynasty.

## Dali

▲ **Dali Ancient City** - 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.

▲ **Ideal Township in Dali** - Santorini: A must-visit hotspot in Dali, presenting a new and trendy attraction with a backdrop of Cangshan Mountain and facing Erhai Lake. It resembles a dreamy, all-white landscape, offering breathtaking scenery at every turn and evoking a sense of being transported to the iconic landscapes of Greece

## Zhongdian (Shangri-La)

▲ **Songzanlin Monastery** - The largest Tibetan Buddhist monastery in Yunnan Province and a prominent one in the Kang region. Also known as the "Little Potala Palace," it holds a significant position in the Yellow Sect of Tibetan Buddhism. The monastery, resembling a fortress built into the mountains, showcases the pinnacle of Tibetan architectural art and is often referred to as the "Tibetan Art Museum."

▲ **Tiger Leaping Gorge** - Known as the "World's Deepest Gorge," it offers a breathtaking experience of nature's awe-inspiring beauty

▲ **Ganden Sumtseling Temple** - the largest Tibetan Buddhist Temple at Yunan and Kang district. It is Shamanism religion in Sichuan-Yunan. Known as "Little Potala Palace".

## Lijiang

▲ **Lijiang Old 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 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.

## Lugu Lake (平均海拔约2250米左右)

▲ **Liwubi Island** - The way to Hulu Lake is through a spectacular winding mountain road. You will be amazed by the 50 square kilometer of lake surrounded by the mountain slopes.

**Lugu Observation Desk** - The best place panoramic view, and a place where you able to view Gomu Goddess Mountain.

### Things to note & Friendly tips:

1. If the attractions in the itinerary are not open to the public due to weather or other force majeure factors, the tour will be changed to other attractions.
2. Yunnan is located on a plateau with strong ultraviolet rays. Please take sun protection measures when traveling.

### The tour fee includes:

- ★ Air tickets: Singapore>Chengdu>Singapore round-trip economy class air tickets
- ★ Luggage: Each person carries 7kg x 1pc, and Checked baggage weighs 23kg x 1pc.
- ★ Transportation: 2 ways MPV Johor Bahru > Changi Airport > Johor Bahru transfer
- ★ Sightseeing: Attractions noted on the itinerary + meals + tickets
- ★ Service: local driver and tour guide service + tour leader service (16 people or more)
- ★ Tips: Tips for driver and tour guide
- ★ Insurance: Comprehensive Travel Insurance (Only for guests under 69 years old)

### The tour fee Excludes:

- ★ Personal consumption
- ★ Extra checked baggage
- ★ Tour leader tip
- ★ Travel insurance for guests over 70 years old

The above itinerary is for reference only. If there is any change, it will be subject to the local host agency. We reserve the right to change the itinerary price.

Disclaimer: Due to travel restrictions due to the COVID-19 epidemic, local/religious festivals, public holidays, weather conditions, traffic and other circumstances, natural disasters, Golden Journey reserves the right to make appropriate adjustments to the itinerary (adjust the order of attractions tours) if necessary to ensure the smooth progress of the itinerary. Or not with prior notice. If the tour itinerary is affected by the above problems, no refunds or exchanges will be made. Pictures are for reference only.