

8天云南&四川の香格里拉· 稻城亚丁·巴拉格宗

全程无购物



TOUR CODE:JA-YNDCYD8

★双程动车体验穿梭四川&
云南，赏醉美香巴拉大环线



行程亮点

★ 香格里拉

独克宗古城
龟山公园
松赞林寺

★ 稻城亚丁

俄初山风光
无底湖
卡斯地狱谷
亚丁风景区
扎灌崩
冲古寺
洛绒牛场
牛奶海
五色海

★ 巴拉格宗

东旺大峡谷
白藏房
藏族村寨
巴拉格宗大峡谷
巴拉村
格宗神山
千年菩提神树
回音壁

★ 丽江

丽江古城
四方街

食: B/7 L/6 D/7

宿: 全程人住当地4-5星级酒店



DAY1 餐: 晚

新加坡-昆明 宿: 维居金鹰 (5★) 或威龙 (4★步行街) 或同级

●新加坡樟宜机场, 自行搭乘客机前往云南省省会“春城”昆明。抵达昆明机场, 导游接机享用晚餐, 之后前往酒店休息。

DAY2 餐: 早/午/晚

昆明-香格里拉 宿: 蜀锦沐云酒店 或同级5★

【乘坐动车/城际列车】

备注: 由于车次关系, 午餐可能在动车上用简式快餐, 或退餐费自理。

●独克宗古城, 龟山公园 (世界最大转经筒) 位于云南省迪庆族自治州香格里拉市, 是中国保存最完好的藏传佛教文化古城之一。这里还保存着丰富的历史文化遗产和神秘的传说故事, 吸引了众多游客前来观赏和探索。松赞林寺 (含环保车+拉姆央措湖) 是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。

DAY3 餐: 早/午/晚

香格里拉-日瓦 宿: 华美达安可酒店或同级4★

●途中穿越亚丁风景区腹心—俄初山风光, 途径游览“无底湖”, 欣赏卡斯地狱谷风光, 欣赏藏寨风光。俄初山像一位美貌仙子端坐云雾, 南部为高山峡谷区, 北部为俄初峡谷, 撑托着地势较缓的美丽小山村, 俄初山周植被茂盛。无底湖藏语称为“沃迪措”, 是一个神秘的还未被开发的地方, 保存了原生态的天然生态环境。沿途欣赏卡斯地狱谷风光, 欣赏藏寨风光用手机将一路途径的独特风景一一记录下来, 保留这美好的一瞬。

计划线路: 香格里拉-浪都村-卡斯村-日瓦镇, 如果此线路因为路况或天气原因无法行驶, 则改道: 香格里拉-东旺乡-青麦乡-赤土乡-日瓦镇

DAY4 餐: 早/午/晚

亚丁风景区 宿: 华美达安可酒店或同级4★

●稻城亚丁风景区 (含景区环保车) 是中国目前保存最完整、最原始的高山自然生态系统之一, 呈现出世界美丽的高山峡谷自然风光, 是中国香格里拉生态旅游区的核心。冲古寺隶属贡嘎郎吉岭寺, 有扎巴在此念经诵佛, 经堂内供奉有佛祖释迦牟尼佛像。洛绒牛场, 含电瓶车, 牛场周围是连绵的高山草甸, 春夏时节草甸上野花盛开, 漫山遍野, 非常壮观。珍珠海 (藏语: 卓玛措) 就像“雪山脚下是绿宝石”。那种永如春水浓绿的鲜妍, 非亲见不能想象。

DAY5 餐: 早/午/晚

亚丁-巴拉格宗大峡谷 宿: 藏式生态酒店或同级5★

●沿途欣赏高原草地风光, 途径东旺大峡谷内高而深, 山体两侧是陡峭的崖壁, 公路便沿着崖壁的底部修建。峡谷风光宜人, 原始气息浓郁, 谷内植被稀少。远观藏族田园风光 (白藏房)、藏族村寨用手机将一路途径的独特风景一一记录下来, 保留这美好的一瞬。

DAY6 餐: 早/午/晚

巴拉格宗-香格里拉 宿: 蜀锦沐云/月光 或同级5★

●巴拉格宗大峡谷 (含环保车) + “高空玻璃观景台”。峡谷以高深险、奇雄特、神妙秀著称, 峡峡相连是香格里拉大峡谷最大的特点, 在长达154公里长的主峡谷两侧还有许多的支峡侧谷, 达到上百条之多。巴拉村已成为巴拉格宗景区一个具有地地道道的藏民民风、民俗、文化的民俗民风体验集中地。千年菩提它穿越千年时光, 在巴拉格宗这片神奇的土地上, 倚倚峭壁, 栉风沐雨三千多年而依旧郁郁葱葱, 生机勃勃。回音壁走在垂直落差700米的玻璃栈道上, 看着云雾从脚下漂过, 移步换景, 转身换景, 仰望苍穹雪山是景, 俯看绿水碧波是景。

DAY7 餐: 早/午/晚

香格里拉-丽江-昆明 【乘坐动车/城际列车】

宿: 维居金鹰 (5★) 或威龙 (4★步行街) 或同级

●丽江古城又名大研镇, 与四川阆中、山西平遥、安徽歙县并称为“保存最为完好的四大古城”大研古城是一座没有城墙的古城。四方街是丽江古街的代表, 位于古城的核心位置, 不仅是大研古城的中心, 也是滇西北地区的集贸和商业中心。四方街五花石铺地, 街道两旁的店铺鳞次栉比。

DAY8 餐: 早

昆明-新加坡

●早餐后, 前往机场搭乘豪华客机飞往新加坡, 结束愉快的云南之旅!

保证自费680 RMB中国付: “松赞林寺 (含环保车+拉姆央措湖) + 洛绒牛场电瓶车 + 巴拉格宗大峡谷 (含环保车) + “高空玻璃观景台”
团费不含: 小费 (30RMB / 人/天); 不含签证费、不含个人旅游保险

备注:

- 在不减少景点的情况下, 我社有权调整行程和所住的同级酒店。
- 如遇不可抗力因素, 如天气缘故 (花期推迟或提前) 塌方、路阻、车辆故障、当地政府行为等造成行程延误, 或不能完成上述景点, 责任不在旅行社, 旅行社不承担赔偿责任, 由此产生的超支费用由游客自理。
- 如若行程和封面有出入之处, 请以当地地接最终确认为准。中英文行程如有出入, 请以中文行程为准。
- 中国各地酒店的三人间, 其中加床仅提供的是折叠加床。

Website



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101 UPPER CROSS STREET #B1-10/11 PEOPLE'S PARK CENTRE SINGAPORE 058257

8D Yunnan&Sichuan Shangri-La · Inagi Aden · Balagzong



NO SHOPPING

DAY 4 MEAL: B/L/D

YADING SCENIC AREA

Hotel: Ramada Encore Hotel or same level 4★

- **Dao Cheng YaDing Scenic Area**(Including scenic environmental protection vehicle)It is one of the most well-preserved and original alpine natural ecosystems in China, presenting the world's beautiful alpine canyon natural scenery, and is the core of China's Shangri-La eco-tourism area. **Punchbowl Monastery** The original monastery is seriously damaged, and there is a piece of broken wall as far as the eye can see. **Luojung Cattle Ranch, including electric car** Gongga River passes through the cattle field, and herds of cattle and sheep graze leisurely by the river and on the hillside, a harmonious scene. **Pearl Sea** The Sea of Pearls (Tibetan: ZhuoMaLaTso) is like "the emerald at the foot of the snow-capped mountains".

DAY 5 MEAL: B/L/D

YADING-BALAGDZONG GRAND CANYON

Hotel: Tibetan Eco Hotel or the same level 5★

- **Enjoy the highland grassland scenery along the way, Dongwang Grand Canyon.**The distant view of **Tibetan idyllic scenery** (white Tibetan houses) and Tibetan villages. Use your cell phone to record the unique scenery along the way to preserve this beautiful moment.

DAY 6 MEAL: B/L/D

BALAGZONG-SHANGRI-LA

Hotel: Shu Jin Mu Yun/Moonlight or the same level 5★

- **Baragdzong Grand Canyon** (including environmental protection vehicle) + "high altitude glass observation platform". The canyon is famous for its high depth and danger, strange and majestic features, and wonderful show. **Bala Village** Nowadays, Bala Village, which can be called Bala Village Tusi Manor, has become a centralized place for folklore and folk experience with authentic Tibetan folklore, customs and culture in the Balagdzong Scenic Area. **Thousand-Year Bodhi** This is a Bodhi tree with an age of more than 3,000 years. **Echo Wall** Watching the clouds drift past your feet, some people may be afraid, but in the face of the beauty of the scenery can not help but continue to move forward again, moving step for step!

DAY 7 MEAL: B/L/D

SHANGRI-LA-LIJIANG-KUNMING

Hotel: Viju Golden Eagle (5★) / or Wei Long (4★ Walking Street) or the same level

- **Lijiang Ancient City**, known as Daiyan Town, is one of the four best-preserved ancient cities in China, together with Langzhong in Sichuan Province, Pingyuan in Pingyuan, and Shexian in Anhui Province. Daiyan Ancient City is an ancient city without city walls. **Sifu Street** is the representative of Lijiang's ancient streets and is located at the heart of the city, not only as the center of the Dajian Ancient City, but also as the center of trade and commerce in the northern part of Yunnan Province.

DAY 8 MEAL: B

KUNMING-SINGAPORE

- After breakfast, transfer to the airport to take the luxury passenger flight to Singapore, ending the pleasant Yunnan tour!

TOUR CODE:JA-YNDCYD8

★ **Two-Way Shuttle Experience in Sichuan & Yunnan, Enjoy the Intense Beauty of Shambhala Circuit**



HIGHLIGHT

★ SHANGRI-LA

Dokuzong Ancient City
Turtle Mountain Park
Songtsam Forest Monastery

★ INAGI ADEN

Ochu Mountain Scenery
Bottomless Lake
Cass Hell Valley
Yading Scenic Area
Zabulun
Changu Monastery
Luojung Cow Farm
Milk Sea
Five-color Sea

★ BARAGDZONG

Dongwang Grand Canyon
White Tibetan House
Tibetan Village
Balagdzong Grand Canyon
Bara Village
Gezong Divine Mountain
Thousand-Year-Old Bodhi Tree
Echo Wall

★ LIJIANG

Lijiang Old Town
Four Square Street

MEAL: B/7 L/6 D/7

HOTEL: STAY IN LOCAL 4-5★ HOTELS



DAY 1 MEAL: D

SINGAPORE-KUNMING

Hotel: Viju Golden Eagle (5★) or Wei Long (4★ Walking Street) or the same level

- Singapore Changi Airport, take your own flight to Kunming, the capital of Yunnan Province. Upon arrival at Kunming Airport, you will be met by your guide for dinner and transfer to your hotel for a rest.

DAY 2 MEAL: B/L/D

KUNMING-SHANGRI-LA

[by motorized train/intercity train].Note: Due to the relationship between the number of trains, lunch may be on the train with simple fast food, or refund the cost of meals on your own.

Hotel: Shu Jin Mu Yun Hotel or the same level 5★

- **Dokuzong Ancient City Turtle Mountain Park** (World's Largest Bible Cylinder)located in Guerla City, Diqing Tibetan Autonomous Prefecture, Yunnan Province, is one of the best-preserved ancient Tibetan Buddhist cities in China. It is one of the best-preserved ancient Tibetan Buddhist cities in China. **Songtsamling Monastery** (including Eco-bus + Ramyangtso Lake) is the largest Tibetan Buddhist monastery in Yunnan Province, one of the most famous monasteries in Kham, the center of Buddhism in Sichuan and Yunnan, and a place of great importance in the entire Tibetan region, known as the "mini Potala Palace".

DAY 3 MEAL: B/L/D

SHANGRI-LA-RIWA

Hotel: Ramada Encore Hotel or same level 4★

- On the way through the heart of the Aden Scenic Area - Ochu Mountain scenery, the way to visit the "bottomless lake", to enjoy the Cass Hell Valley scenery, to enjoy the Tibetan village scenery. **Okchu Mountain Scenery** the northern part of the Rachu Canyon, supporting the beautiful mountain villages with a gentle terrain, Rachu Mountain around the lush vegetation.**Bottomless Lake** Known as "Wodi Tso" in Tibetan, it is located in Langdu Village, Gerzang Township, Shangri-La City. **Along the way, we will enjoy the scenery of Kas Hell Valley and Tibetan village.**

Planned route: Shangri-La - Langdu Village - Kas Village - Riwa Town, if this route is not feasible due to road conditions or weather, it will be rerouted to: Shangri-La - Dongwang Township - Qingmai Township - Chitu Township - Riwa Town.

COMPULSORY TOUR 680RMB : "SONGTSAM FOREST MONASTERY (INCL. ECO-BUS+ RAMYANGTSO LAKE) + LOJUNG COW FARM BATTERY CAR + BALAGDZONG GRAND CANYON (INCL. ECO-BUS) + "AERIAL GLASS OBSERVATION DECK"

TIPS: 30RMB/PAX/DAY (PAY TO LOCAL AGENCY)

PACKAGE EXCLUDE: VISA APPLICATION FEE

REMARKS:

1. In the case of not reducing the number of attractions, we have the right to adjust the itinerary and live in the same level of the hotel.
2. In case of human force irresistible factors, such as weather causes (flowers delayed or early) landslides, roadblocks, vehicle breakdowns, local government behavior caused by delays in the trip, or can not complete the above attractions, the responsibility is not in the travel agency, the travel agency is not liable for compensation, the resulting cost overruns by the tourists at their own expense.
3. If there is any discrepancy between the itinerary and the cover, please refer to the final confirmation of the local ground receiving. If there is any discrepancy between the Chinese and English itineraries, please refer to the Chinese itinerary.
4. The triple rooms in hotels across China, of which extra beds are only provided are folding extra beds.

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