

Amazing 中国  
CHINA 中国

8D7N

# 云南冬季 昆明 / 大理 / 丽江 / 香格里拉 / 巴拉格宗

YUNNAN WINTER KUNMING / DALI / LIJIANG / SHANGRI-LA / BALAGEZONG

Tour Code: CKW-5

 **Golden®**  
Destinations



China  
中国

 全程无购物站  
NO SHOPPING STOP



Balagezong  
巴拉格宗



Lashihai Wetland Park  
拉市海湿地公园



Dukezong City  
独克宗古城



Shambhala Natural Pagoda  
香巴拉天然佛塔

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



Lijiang Ancient Town  
丽江古城



Large Rotary Wheel  
大转经筒



Xizhou Ancient Town  
喜洲古镇

## 精简行程：

**第一天 启程 ✈️ 昆明** (机上用餐/晚)

- ☑️ 入住酒店

**第二天 昆明 🚗 (350公里) 大理** (早/午/晚)

- ☑️ 理想邦 - 圣托里尼 (含下午茶)
- ☑️ 大理古城 (不含电瓶车)

**第三天 大理 🚗 (300公里) 香格里拉** (早/午/晚)

- ☑️ 喜洲古镇 (打卡网红转角楼: 赠送同款转角楼冰棒1支/人)  
\* 体验喜洲小马车
- ☑️ 虎跳峡 (含手扶梯)
- ☑️ 大转经筒
- ☑️ 独克宗古城

**第四天 香格里拉 🚗 (70公里) 巴拉格宗**  
**香格里拉 🚗 (70公里) 香格里拉** (早/午/晚)

- ☑️ 凤凰菩提树
- ☑️ 回音壁空中玻璃栈道及观景台 (不含景区内滑道费用)
- ☑️ 巴拉村
- ☑️ 香巴拉天然佛塔 (看雪山玩雪)

**第五天 香格里拉 🚗 (180公里) 丽江** (早/午/晚)

- ☑️ 松赞林寺 (含环保车)
- ☑️ 丽江古城 (四方街)
- ☑️ 黑龙潭公园

**第六天 丽江** (早/午/晚)

- ☑️ 雪山峡谷演艺公园 (含电瓶车+玻璃栈道+峡谷)  
+ 藏族换装体验+旅拍 (含藏服每人一套+3张电子照片/家+航拍小视频/团; 不含妆发)
- ☑️ 拉市海湿地公园 (候鸟湾)

**第七天 丽江 🚗 (150公里) 大理**  
**大理 🚗 (300公里) 昆明** (早/午/晚)

- ☑️ 海埂大坝: 观海鸥, 与海鸥嬉戏
- ☑️ 斗南花市

**第八天 昆明 ✈️ 回程** (早/午/机上用餐)

- ☑️ 金马碧鸡坊
- ☑️ 钱王老街

## 观光景点：

### 昆明

- ◆ **海埂大坝** - 跨越大半个海洋归来的西伯利亚海鸥, 总是在这个时间如约而至。清澈如镜的蓝天, 温暖的风, 盘旋的海鸥, 为冬日的海埂大坝增加了更多的生机。
- ◆ **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, 是昆明的征。
- ◆ **钱王老街** - 最能代表昆明市井生活的名片, 这边有琳琅满目的花、鸟、鱼、虫、古董、珠宝、工艺品, 抬头是昆明的老房, 耳边回荡着地道的昆明方言, 穿插着清脆的鸟鸣声。

### 大理 (平均海拔约2090米左右)

- ◆ **大理古城** - 城内由南到北, 一条大街横贯其中, 深街幽巷, 由西到东纵横交错, 全程清一色的青瓦屋面, 鹅卵石堆砌的墙面, 显示着古城的古朴、别致、优雅。漫步于洋人街, 这里一家接一家的中西餐馆、咖啡厅、酒吧、工艺品商店, 用“洋文”写的广告牌, 吸引着金发碧眼的老外在这里驻足。中西方文化的交融, 在这里形成了一道靓丽的风景线。
- ◆ **大理理想邦-圣托里尼** (含下午茶+旅拍) - 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。

### 丽江 (平均海拔约2400米左右)

- ◆ **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。
- ◆ **拉市海湿地公园: 候鸟湾** - 每年黄金观鸟期“11月至次年三月”, 在这里, 吹着“海”风、晒着太阳, 沿着“海”岸欣赏候鸟可爱的身姿, 与其一起嬉戏玩耍。春风吹来了盛开的桃花之海, 每年3-4月, 身临其境地感受“桃之夭夭, 灼灼其华”。夏秋季节, 便是湿地公园最斑斓的时候, 蓝天白云, 映衬着碧波荡漾的湖水, 配上四季花田, 构成了候鸟湾的多彩与美妙。
- ◆ **雪山峡谷演艺公园** - 位于玉龙雪山景区东南, 在玻璃桥与玉龙雪山遥相对望。这里集雪山、峡谷、森林、纳西民族文化为一体。

### 香格里拉 (平均海拔约3160米左右)

- ◆ **虎跳峡** - 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最大的转经筒。

### 巴拉格宗 (平均海拔约3000米左右)

- ◆ **巴拉格宗景区** - 位于香格里拉西北部的尼西乡境内, 这是一个自然景色中雪山、冰川、峡谷、森林、草甸、湖泊及纯净空气的汇萃地, 是美、明朗、安然、闲逸、知足、宁静、和谐等一切人类美好理想的归宿。进入巴拉格宗就能感受到强烈的藏传佛教氛围。数千年来, 宗教已深深在藏民心中扎下了根。
- ◆ **回音壁观景台** - 全国海拔最高垂直高度的玻璃观景平台, 悬挂在香格里拉大峡谷上的崖壁腰带。
- ◆ **天然佛塔** - 大片的雪山映入眼帘, 道路的尽头, 一片白茫茫的雪地上, 香巴拉佛塔矗立在眼前, 瞬间带来内心的纯净与安宁。在这里, 我们可以走进雪地, 嬉戏玩闹, 堆雪人。佛塔前, 经幡随风飘扬, 仿佛僧人低声细语: 双手合十, 向佛塔许诺, 愿自由飞翔。



✓ 7早餐 / 7午餐 / 7晚餐

风味餐：  
菌火锅 过桥米线 砂锅鱼风味 藏式风味  
纳西风味 烧烤火锅自助餐 宫廷御宴



酒店住宿 (7晚)  
✓ 昆明西部智选假日或同级 x2晚  
✓ 大理水云书院酒店或同级 x1晚  
✓ 香格里拉欧国际酒店或同级 x2晚  
✓ 丽江金林豪生大酒店或同级 x2晚

自费项目：丽江千古情歌舞表演观众席【RMB300/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。



Haigeng Dam  
海埂大坝



Golden Horse & Jade Rooster Archway  
金马碧鸡坊



Ganden Sumtseing Temple  
松赞林寺

## SCHEDULE

## TOURIST ATTRACTIONS:

### D1 DEPARTURE ✈️ KUNMING (MOB/D)

- ☑ Check in hotel

### D2 KUNMING 🚌 (350KM) DALI (B/L/D)

- ☑ Ideal State - Dali Santorini (Include Afternoon Tea)
- ☑ Dali Ancient City (Exclude buggy ride)

### D3 DALI 🚌 (300KM) SHANGRI-LA (B/L/D)

- ☑ Xizhou Ancient Town (Viral photo spots- Corner Building - Complimentary 1 Corner Building ice pop per pax) \* Xizhou Viral Horse Drawn Carriage Ride
- ☑ Tiger Leaping Gorge (Include Escalator)
- ☑ Large Rotary Wheel
- ☑ Dukezong City

### D4 SHANGRI-LA 🚌 (70KM) BALAGEZONG 🚌 (70KM) SHANGRI-LA (B/L/D)

- ☑ Phoenix Bodhi Tree
- ☑ Whispering Wall High-altitude Glass Plank Road and observation desk (Exclude Scenic Area Slideway)
- ☑ Bala Village
- ☑ Shambhala Natural Pagoda

### D5 SHANGRI-LA 🚌 (180KM) LIJIANG (B/L/D)

- ☑ Ganden Sumtseing Temple (Include buggy ride)
- ☑ Lijiang Ancient Town (Square Street)
- ☑ Black Dragon Pool Park

### D6 LIJIANG (B/L/D)

- ☑ Snow Mountain Canyon Performing Arts Park (Include Buggy Ride + Glass Walkway + Canyon) + Experience Tibetan Costume + Travel Photography (Include 1 set of Costume + 3 pieces of digital photo per family + a group aerial photo ; Exclude Hairdo and Makeup)
- ☑ Lashihai Wetland Park (Migratory Bird Bay)

### D7 LIJIANG 🚌 (150KM) DALI 🚌 (300KM) KUNMING (B/L/D)

- ☑ Haigeng Dam (Seagulls watching)
- ☑ Dounan Flower market

### D8 KUNMING ✈️ DEPARTURE (B/L/MOB)

- ☑ Golden Horse & Jade Rooster Archway
- ☑ Qianwang Street

### KUNMING

- ◆ **Haigeng Dam** - This is a good choice for watching seagulls in 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.
- ◆ **Kunming Qianwang Old Street** - There is have different kind of flowers, birds, fish, insects, antiques, jewelry and handcraft .

### DALI (Average Altitude at 2090M)

- ◆ **Dali Ancient City** - Known as Yucheng founded in the 15th year of Hongwu reign in Ming dynasty, 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 State -Dali Santorini (Include afternoon tea + Travel Photography** - a place well known as Dali Santorini, with its beautiful surrounding environment, unwind with a relaxing afternoon tea here.

### LIJIANG (Average Altitude at 2400M)

- ◆ **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.
- ◆ **Lashihai Wetland Park (Migratory Bird Bay)** - This is the best location to watch migratory birds
- ◆ **Snow Mountain Canyon Performing Arts Park** - it is called Dongba Secret Land.

### SHANGRI-LA (Average Altitude at 3160M)

- ◆ **Tiger Leaping Gorge** - Tiger Leaping Gorge is one of the deepest gorges in the world.
- ◆ **Ganden Sumtseing Temple** - he largest Tibetan Buddhist Temple at Yunan and Kang district. It is Shamanism religion in Sichuan-Yunan. Known as "Little Potala Palace".
- ◆ **Dukezong City** - 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.

### BALAGEZONG (Average Altitude 3000M)

- ◆ **Balagezong Scenic Area** - Balagezong has various geological landscape, sacred mountain culture, Shambhala Stupa, Holy Banyan of Thousands of Years, Kangba tribe legend, the ancient village of Bala village, the Plateau Lake, Palm Gorge, rare animals and plants, etc., the original ecological environment is in well preserved.



✓ 7 Breakfast / 7 Lunch / 7 Dinner

Special Cuisine:

Mushrom Hotpot  
Naxi Cuisine

Fish Casserole  
Imperial Banquet

Bridge Noodle  
BBQ and Hotpot Buffet

Tibetan Cuisine



HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Kunming West Holiday Inn Express Hotel or similar class x2 Nights
- ✓ Dali Shuiyun Shuyuan Hotel or similar class x1 Night
- ✓ Shangri-la Lanou International Hotel or similar class x2 Nights
- ✓ Lijiang Jinlin Howard Johnson Hotel or similar class x2 Nights

Optional Tour : Lijiang Eternal Love Performance Audience Seat for Song & 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

## · 昆明 KUNMING ·



<b>货币</b> Currency 	中国元 - CNY 人民币 - RMB Chinese Yuan - CNY Renminbi - 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 	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>	<b>拨号代码</b> Dial Code 	中国 : +86 China : +86
<b>电压</b> Voltage 	电压 - 220伏特 Voltage - 220 V	<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 	中国 - 时间与马来西亚时间标准时无相差 China - No time different with Malaysia	<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 	<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 28°C ~ 17°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 23°C ~ 15°C <input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb 19°C ~ -15°C <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 	A330       B737       B787		

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



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