

- ☑ 无购物系列 纯玩品质游 | 全宿舒适 4+5 钻级酒店
- ☑ 体验高铁从昆明到丽江，节省高铁 6 小时车程
- ☑ 乘搭高铁解放双手，无需担心行李排放
- ☑ 乘坐舒适 VIP 2+1 巴士
- ☑ 特别安排传统特色藏装体验@小布达拉宫游玩自拍
- ☑ 游览中国版圣多里尼-理想邦 - 安排精美下午茶
- ☑ 5A 级旅游景区：纳西族人的神山-玉龙雪山（含大索道）
- ☑ 香格里拉秘境 - 巴拉格宗 | 独克宗古城 | 松赞林寺 | 白水台
- ☑ 玉龙雪山大索道+免费赠送由张艺谋导游指导的【印象丽江】
- ☑ 虎跳峡 | 大理古城 | 中国圣多里尼-理想邦 | 黑龙潭公园 | 丽江古城 | 金马碧鸡坊
- ☑ 特色风味: 藏族土司宴+歌舞表演 | 野生菌火锅 | 过桥米线 | 雪厨小火锅 | 巴拉村藏餐 | 韩式烤肉自助

9 天 7 晚 云南/大理/丽江/玉龙雪山+巴拉格宗 (昆明/大理/香格里拉/丽江/安宁)

CN9KSL 行程从 2026 年 3 月起适用

第一天 吉隆坡 - 昆明（机上用餐）

酒店：昆明火车站智选假日或同级 4 钻

集合于吉隆坡国际机场，办理登机手续后准备飞往**昆明国际机场**，入住酒店休息。

第二天 昆明-丽江（早/午/晚餐）

酒店：丽江滇菌王酒店或同级 5 钻

早餐后，乘搭高铁前往丽江，可能抵达丽江时的午餐会有点晚，您可以在便利店买些小零食垫垫肚子。到了，丽江先去享用云南的特色“过桥米线”后，前往**黑龙潭公园**欣赏自然风光与了解纳西文化的绝佳去处。随后在去**丽江古城**、**四方街**是一座拥有 800 多年历史的高原古镇。据传，明代木氏土司按其印玺形状设计此街，象征“权镇四方”。这里曾是茶马古道的重要集散地。



黑龙潭公园



丽江古城、四方街



第三天 丽江（早/午/晚餐）

酒店：丽江滇菌王酒店或同级 5 钻

早餐后，乘坐大索道，前往**玉龙雪山**是中国最南端的雪山，也是国家 5A 级旅游景区。峰扇子陡海拔 5596 米，常年积雪，十三座雪峰连绵起伏，宛如一条腾飞的巨龙，因而得名“玉龙”。观看**印象丽江**是由著名导演张艺谋、王潮歌和樊跃共同打造的大型原生态实景演出。该演出以玉龙雪山为背景。**白水河**、**蓝月谷**（含电瓶车）。最后往**玉水寨**完全按纳西族的传统生活方式建成，从院落布局到建筑设施，到使用的工具，到生活的细节，都能感受到传统的民族文化氛围

备注：如遇大索道停运或检修将更换为云杉坪索道



玉龙雪山



白水河



蓝月谷

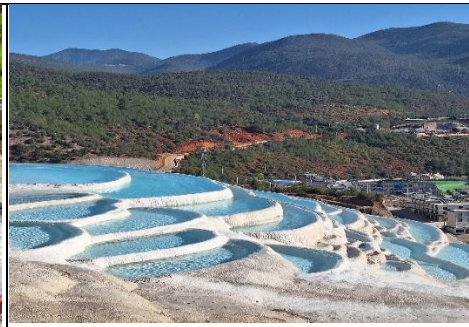
第四天 丽江 - 香格里拉 (早/午/晚餐)

酒店: 香格里拉云汀曼熙酒店或同级 4 钻

早餐后, 前往香格里拉, 途径长江第一湾欣赏金沙江风光、中途会游览**虎跳峡** (含往返扶梯) 是金沙江上游的一段大峡谷, 横亘于玉龙雪山与哈巴雪山之间, 是世界上最深、最壮观的河流峡谷之一, 以其“雄、奇、险、峻”而闻名。午餐后, 前往香格里拉市三坝乡哈巴雪山脚下, 游览被誉为“中国版棉花堡”和“仙人遗田”的**白水台**。



虎跳峡



白水台



第五天 香格里拉 (早/午/晚餐)

酒店: 香格里拉云汀曼熙酒店或同级 4 钻

早餐后, 前往被誉为“消失的秘境”、“神仙居住的地方”**巴拉格宗** (含环保车). 这里拥有海拔 5545 米的格宗雪山、深幽的香格里拉大峡谷、千年古村巴拉村及天然佛塔, 集雪山、峡谷、冰川、河流、高原湖泊于一体, 实现了“河谷盛夏、雪山严冬”的立体美景。景区里头还会游览八大神山之一的**回音壁** (含玻璃栈道), **天然佛塔** (含小交通), 拥有千年历史的**巴拉村**. 接着到达**独克宗古城** 游览**龟山公园**、**世界最大转经筒** 是中国保存最完整、最大的藏族民居群之一, 已有 1300 多年的历史。

备注: 巴拉格宗路途弯曲比较多并海拔高, 建议备上晕车药和氧气瓶。



巴拉格宗

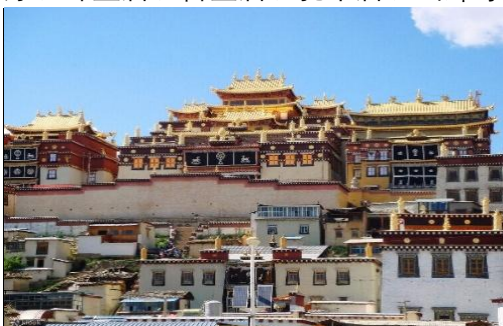


独克宗古城

第六天 香格里拉-大理 (早/午/晚餐)

酒店: 大理城际或精选戴斯温德姆酒店或同级 4 钻

早餐后, 游览**松赞林寺** (含环保车) 云南省最大的藏传佛教寺庙, 属格鲁派, 被誉为“小布达拉宫”, 也特别安排**换藏装体验** (含简单化妆), 可自排美照。午餐后, 前往大理的**洱海生态廊道** (含吉普车+花海拍照, 一人赠送 3 张电子照片)。随后, 前往**大理古城**、**洋人街** 融合中西文化的繁华商业街。街道两旁分布着各式咖啡馆、中西风味餐厅、珠宝店、古董店、扎染店、画廊等。



松赞林寺



洱海生态廊道



大理古城、洋人街

第七天 大理 - 安宁 (早/午/晚餐)

酒店: 安宁温德姆温泉度假酒店或同级 5 钻

早餐后, 前往大理 - 游览理想邦中国的**圣托里尼** (含单程电瓶车+精美下午茶+网红打卡点) 以希腊圣托里尼岛为灵感打造的风格, 具有浓厚的地中海风情——比如蓝白配色的建筑、拱门、穹顶、无敌海景。晚餐后, 前往安宁入住温泉酒店, 晚上泡上温暖的温泉(自备泳衣)消除旅程带来的疲劳。



圣托里尼

第八天 昆明 - 吉隆坡 (早/午/晚餐)

早餐后, 返回昆明游览一座著名历史文化建筑**大观楼**, 坐落在风景如画的滇池湖畔的大观公园内, 因登楼可望滇池全景, 故名“大观”。随后, 前往**南屏步行街**是昆明历史悠久的商业街区之一, 其历史可追溯至九百多年前的大理国时期。**金马碧鸡坊**见证了昆明近代史上的多次重大事件, 如护国起义军从坊下出征讨袁, 滇军出征台儿庄、赴越南受降等, 具有重要的历史纪念意义。傍晚, 前往**昆明麻园米轨公园**这里保留了百年米轨铁轨, 结合街头特色涂鸦、文创咖啡馆和老昆明生活烟火气, 是体验复古 Citywalk、拍摄怀旧风格照片的休闲好去处。晚餐后, 送往机场搭乘航班返回吉隆坡。

备注 1: 大观楼 (4 月底-5 月初, 可在大观楼庾园观看月季花; 6 月下旬-8 月可观看荷花)

备注 2:

(1) 海埂大坝观海鸥: (10 月中旬至次年 3 月期间到来, 其中 11 月至次年 2 月为最佳观赏期) 海鸥来期间会安排海埂大坝看海鸥;

(2) 昆明蓝花楹: 花期 4 月下旬至 5 月上旬开花, 花开期间会增加安排教场中路蓝花楹大道看蓝花楹;

(3) 4 月 20-6 月 20 期间, 团队可增加安排景点——【捞鱼河湿地公园】看绣球花



大观楼



金马碧鸡坊



昆明麻园米轨公园

第九天 抵达吉隆坡 (机上用餐)

早上航班抵达吉隆坡, 完美行程结束啦! 我们下次再见!

备注:

行程若更改, 需受公司的条款与细则所约束。顾客需注意以下事项: 在公司无法控制的情况下行程可能更改。

指定城市的住宿需视客房供应情况而定。行程顺序可能更改。不同团体可能合并成一团。

若有更改不被接受, 需遵守条款与细则中的退款规定。

9D7N YUNNAN KUNMING DALI LIJIANG + BALAGEZONG (KUNMING / DALI / SHANGRILA / LIJIANG / ANNING) NO SHOPPING STOP

DAY 1: KUALA LUMPUR – KUNMING (MOB)

Hotel: Holiday Inn Express Kunming Railway station by IHG

Assemble at Kuala Lumpur International Airport for your flight to Kunming Changshui International Airport. Upon arrival, transfer to the hotel for check-in and rest.

DAY 2: KUNMING – LIJIANG (B/L/D)

Hotel: JP Hyllis Hotel or similar

After breakfast, take the **high-speed train** to Lijiang. Arrived Lijiang Lunch might will be slightly late, so you may buy some snacks from a convenience store. Upon arrival in Lijiang, enjoy Yunnan's famous "Crossing-the-Bridge Rice Noodles." Then visit **Black Dragon Pool Park**, a perfect place to appreciate natural scenery and learn about Naxi culture. Afterward, proceed to **Lijiang Old Town**. Visit **Sifang Street**, an 800-year-old ancient town square. It is said that during the Ming Dynasty, the Mu chieftain designed the street in the shape of his official seal, symbolizing "power over the four directions."

DAY 3: LIJIANG (B/L/D)

Hotel: JP Hyllis Hotel or similar

After breakfast, visit **Jade Dragon Snow Mountain** and ride the Grand Cable Car to experience China's southernmost snow-capped mountain, a national 5A-rated scenic area. Enjoy the spectacular "**Impression Lijiang**" live outdoor performance, created by renowned directors Zhang Yimou, Wang Chaoge, and Fan Yue. This grand, original show is set against the breathtaking backdrop of Jade Dragon Snow Mountain and showcases the traditional culture and spirit of the local people. Then visit **Baishui River** and the stunning **Blue Moon Valley** (includes shuttle), famous for its turquoise glacial water and dramatic alpine scenery. Finally, explore **Yushui Village** a traditional Naxi ethnic village built entirely according to the authentic Naxi way of life.

Note: In the event that the Grand Cable Car is suspended or under maintenance, it will be replaced with the Spruce Meadow Cable Car.

DAY 4: LIJIANG – SHANGRILA (B/L/D)

Hotel: Shangrila YunTingManXi Hotel or similar

After breakfast, proceed to Shangri-La. En route, stop at the First Bend of the Yangtze River to admire the Jinsha River scenery. Visit **Tiger Leaping Gorge**(includes round-trip escalator), one of the world's deepest and most spectacular river gorges, located between Jade Dragon Snow Mountain and Haba Snow Mountain. After lunch, proceed to **Baishuitai** at the foot of Haba Snow Mountain in Sanba Township, Shangri-La. Known as the "Chinese Pamukkale" and the "Fields Left by Immortals," it is famous for its stunning white limestone terraces.

DAY 5: SHANGRILA (B/L/D)

Hotel: Shangrila YunTingManXi Hotel or similar

After breakfast, visit **Balagezong Scenic Area** (including eco-bus), known as the "Lost Paradise." The area features the 5,545-meter-high Gezong Snow Mountain, Shangri-La Grand Canyon, the thousand-year-old Bala Village, and a natural Buddhist stupa. Explore the **Echo Wall** (including glass walkway), the **Natural Pagoda** (with internal transport), and **Bala Village**. Then visit **Dukezong Ancient Town**, including Guishan Park and the world's largest prayer wheel. It is one of the best-preserved and largest Tibetan residential communities in China, with over 1,300 years of history.

Note: The road to Balagezong has many sharp bends and high altitude. It is recommended to prepare motion sickness medication and portable oxygen.

DAY 6: SHANGRILA – DALI (B/L/D)

Hotel: Dali Intercity Hotel or Days Inn By WYNDHAM or similar

After breakfast, visit **Songzanlin Monastery** (including eco-bus), the largest Tibetan Buddhist monastery in Yunnan, belonging to the Gelug sect, and known as the "Little Potala Palace." **Tibetan costume experience** is specially arranged for photo opportunities. After lunch, head to the **Erhai Ecological Corridor** (including jeep ride and flower field photography; each person receives 3 digital photos). Later, explore **Dali Ancient Town** and Foreigner Street, a lively commercial area blending Eastern and Western cultures, lined with cafés, restaurants, jewelry shops, antique stores, tie-dye shops, and art galleries.

DAY 7: DALI – ANNING (B/L/D)

Hotel: Wyndham Resort Kunming Anning Hot Spring or similar

After breakfast, visit Ideal State – "**Santorini of China**" (including one-way buggy cart, afternoon tea, Erhai Lake scenery, and popular photo spots). Inspired by the Greek island Santorini, it features Mediterranean-style blue-and-white architecture, arches, domes, and panoramic sea views. After dinner, proceed to Anning and check in to the hot spring resort. Enjoy a relaxing **hot spring** bath in the evening (please bring your own swimwear) to relieve travel fatigue.

DAY 8: ANNING – KUNMING (B/L/D)

After breakfast, return to Kunming and visit **Daguan Pavilion**, a famous historic building located in Daguan Park by Dianchi Lake. It is named for its panoramic view of Dianchi Lake. Then visit **Nanping Pedestrian Street**, one of Kunming's oldest commercial streets, dating back over 900 years to the Dali Kingdom period. Stop by **Jinma Biji Archway**, which has witnessed significant historical events in modern Kunming history. In the evening, head to **Mayuan Meter Gauge Park**, where century-old meter-gauge railway tracks are preserved. Combined with street-style graffiti, creative cafés, and the nostalgic atmosphere of old Kunming, it is a perfect place for a retro city walk and vintage-style photography. After dinner, transfer to the airport for your flight back to Kuala Lumpur.

Remarks:

1. **Daguan Pavilion:**

- Late April to early May: Enjoy blooming roses at Yuyuan Garden within Daguan Pavilion.
- Late June to August: Lotus flowers are in bloom.

2. **Seasonal Arrangements:**

(1) **Haigeng Dam – Seagull Watching:**

From mid-October to March (best viewing period: November to February), visits to Haigeng Dam will be arranged to watch the migratory seagulls.

(2) **Kunming Jacaranda Blossoms:**

Blooming period is from late April to early May. During the flowering season, an additional visit will be arranged to Jiaochang Middle Road to admire the jacaranda blossoms.

(3) From April 20 to June 20, groups may also include an additional visit to **Laoyuhe Wetland Park** to see hydrangeas.

DAY 9: ARRIVAL IN KUALA LUMPUR (MOB)

Arrive in KL with sweet memories of your tour!

Remarks:

Itinerary is subject to change based on local conditions and company terms.

All photo show in itinerary is only for reference.

Accommodation is subject to availability.

Tour groups may be merged.

In case of itinerary change refusal, refund terms & conditions apply.