

- ☑ 无购物系列 | 无推荐自费压力 | 纯玩品质游
- ☑ 全宿当地 4+5 钻级酒店
- ☑ 升级 2 晚 温泉酒店 (赠送温泉体验)
- ☑ 游览中国 5A 级景区-被誉为“中国香格里拉之魂的‘稻城亚丁’ (含二次入园)
- ☑ 游览中国 5A 级景区-四姑娘山双桥沟
- ☑ 塔公草原 | 稻城红草地 | 白塔群 | 桑堆小镇 | 木格措
- ☑ 特色风味: 中式合菜、便当盒菜、野菌汤锅、理塘风味、藏式风味、粤菜风味

9 天 7 晚 成都之稻城亚丁 (成都/日隆/丹巴/塔公/新都桥/雅江/稻城/日瓦/康定)

CN9CDY 行程从 2026 年 6 月起适用

第一天 吉隆坡 - 成都 (机上用餐)

酒店: 东部新区假日酒店或同级 4 钻

集合于吉隆坡国际机场, 办理登机手续后准备飞往**成都天府机场**, 然后入住酒店休息。

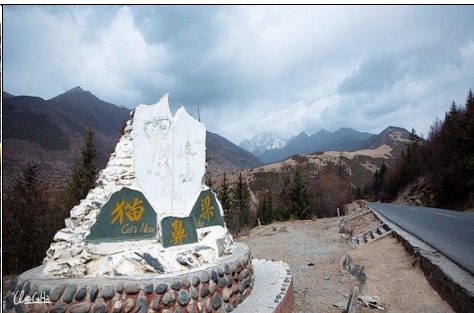
第二天 成都 - 日隆 (早/午/晚餐)

酒店: 新四姑娘山庄金林楼或同级 4 钻

早餐后, 前往**巴朗山隧道**连接卧龙与四姑娘山的高原隧道, 是通往川西的重要通道。穿越后进入壮丽高原风光带。**猫鼻梁观景台**, 观赏四姑娘山全景的最佳平台, 尤其适合拍摄日照金山。之后前往游览**四姑娘山-双桥沟** (含观光车) 位于四川四姑娘山景区内, 全长约 34 公里, 是最适合轻松游览的一个沟谷。这里集雪山、森林、湖泊、草甸于一体, 景色壮丽却不需要大量徒步, 是初入高原者的理想选择。



巴朗山隧道



猫鼻梁观景台

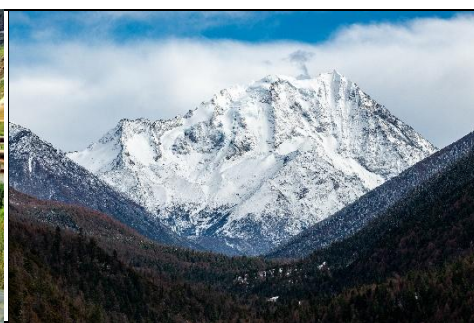
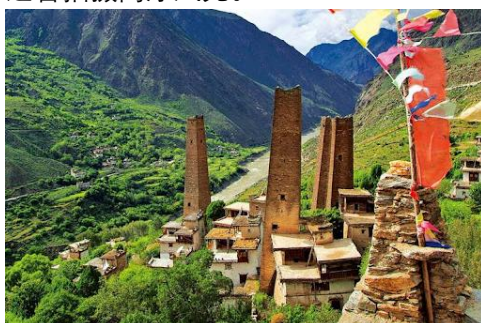


双桥沟

第三天 日隆-丹巴-新都桥-雅江 (早/午/晚餐)

酒店: 邑都大酒店或雅江悦呈大酒店或同级 4 钻

早餐后, **梭坡古碉楼-远眺**位于四川甘孜州丹巴县, 是中国现存数量最多、保存最完整的古碉楼群之一。碉楼高耸如塔, 最高可达 30 多米, 多为五角或六角结构, 至今已有几百年历史。**雅拉雪山-远眺**藏语名为“夏学雅拉”, 位于四川甘孜州康定与道孚交界处, 是藏区著名的神山之一, 主峰海拔 5,820 米。雅拉雪山山体呈金字塔形, 终年积雪, 气势雄伟。途径**塔公草原**高原辽阔的草场, 夏季绿意盎然, 秋季金黄如海。远眺雄伟的雅拉雪山, 是川西风光的重要代表。**塔公寺**(外观)坐落于塔公草原上, 藏传佛教萨迦派寺庙, 有“小大昭寺”之称。寺内供奉释迦牟尼佛像, 是藏民重要的宗教圣地。**新都桥风光**被誉为“摄影天堂”, 拥有广袤的青杨林、藏式村寨和远处雪山, 四季景色各具魅力, 尤其适合拍摄高原风光。



第四天 雅江-理塘-稻城-日瓦（早/午/晚餐）**酒店：稻城季枫温泉度假酒店同級 5 钻**

早餐后，前往稻城亚丁路上途径**剪子弯山口**、**卡子拉山口**、**兔子山口**、**海子山口**、**毛亚大草原**位于中国四川省甘孜藏族自治州理塘县县城以西，是川藏线上著名的高原草原景观，被《中国地理》杂志评为“中国最美的六大草原之一”。经最后的香格里拉-稻城，观万亩青杨林、翻波瓦山、杜鹃谷、赤土河谷风光。



剪子弯山



兔子山



毛亚大草原

第五天 日瓦（早/午/晚餐）**酒店：稻城季枫温泉度假酒店同級 5 钻**

早餐后，前往**亚丁景区**(含观光车和电瓶车)，全名“稻城亚丁风景区”，位于中国四川省甘孜藏族自治州稻城县香格里拉镇境内，是国家级自然保护区，被誉为“中国香格里拉之魂”、“蓝色星球上的最后一滴眼泪”。因其壮美的雪山、辽阔的草甸、清澈的湖泊和原始的生态系统而成为世界级旅游目的地。**洛绒牛场**、是稻城亚丁风景区内最重要、最美丽的高山牧场之一，也是前往牛奶海、五色海的必经之地。它坐落在三座神山（仙乃日、央迈勇、夏诺多吉）之间，拥有壮丽的雪山、辽阔的草甸和清澈的溪流，是摄影爱好者和徒步旅行者的天堂。**牛奶海**藏语名为“俄绒措”，是四川甘孜州稻城县亚丁风景区内的高山湖泊，以其如牛奶般洁白湛蓝的湖水而得名，是稻城亚丁最著名的自然奇观之一。它位于神山央迈勇与夏诺多吉之间，海拔约 4600 米，被誉为“蓝色星球上的最后一滴眼泪”。

注: 牛奶海+五色海（提示：挑战深度景点需视身体量力而行）。



亚丁景区



洛绒牛场



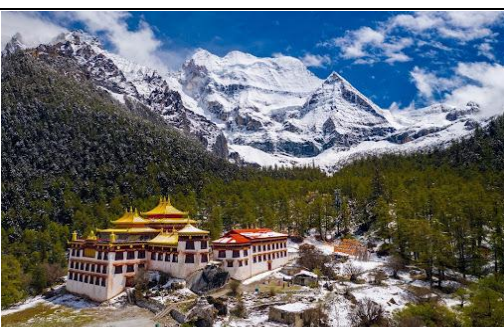
牛奶海

第六天 日瓦 - 稻城（早/午/晚餐）**酒店：明宇丽雅阳光温泉大酒店或同级 5 钻**

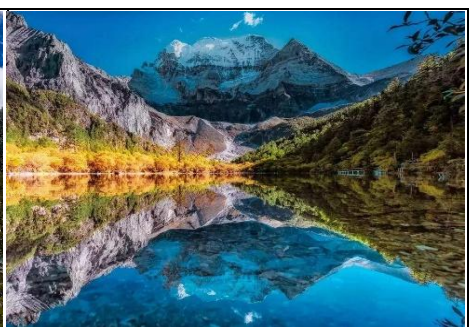
早餐后，**二次进入亚丁景区**在四川西南角，横断山脉深处，有一个地方不属于尘世，它叫亚丁。那里，云在山腰低语，雪在天顶沉思，河水以最清澈的姿态悄然流淌，像是天地间偷偷藏起的圣境。亚丁，不仅是一座景区，更是一段朝圣之旅。之后游览**冲古寺**（藏语名为“冲古仁措”），位于四川省稻城县亚丁景区内，是一座藏传佛教宁玛派寺庙，背靠神山仙乃日，面朝广阔草甸，是景区的重要人文与精神地标。**珍珠海**（藏语名为卓玛拉措），是亚丁景区中最容易抵达的高山湖泊之一，湖水清澈碧绿，宛如一颗镶嵌在群山之间的翡翠明珠。



亚丁景区



冲古寺



珍珠海

第七天 稻城 - 康定 (早/午/晚餐)

酒店：康定情歌大酒店或同级 4 钻

早餐后，前往**康南藏寨**，是一个典型的藏族传统村落，依山而建，历史悠久，保存着浓厚的藏族文化和独特的民俗风情。这里不仅是体验藏族生活的窗口，也是了解藏传佛教文化的重要场所。之后抵达稻城县**白塔群**，是藏区重要的佛教建筑群，也是藏族人民信仰和文化的象征。是藏传佛教中用以供奉佛像、经文及圣物的宗教建筑。然后来到**桑堆小镇**位于四川省甘孜藏族自治州稻城县桑堆乡，距离稻城县城约 28 公里，是川藏线上的一个典型藏族村落，途径**折多山观景台**最高峰海拔 4900 米，垭口海拔 4298 米，与康定县城的海拔落差达 1800 米，是川藏线上第一个需要翻越的高山垭口，因此有“康巴第一关”之称。晚上抵达情歌之城-康定，入住酒店。

限定安排：根据季节性，游览红草地



康南藏寨



稻城红草地



桑堆小镇

第八天 成都 - 吉隆坡 (早/午/晚餐)

早餐后，前往**木格措**（含观光车）位于四川省甘孜藏族自治州丹巴县，是藏区著名的高原湖泊和自然风景区，被誉为“东方的瑞士”。这里山清水秀，森林茂密，湖水碧蓝，风光如画，是理想的避暑和休闲胜地。**锦里古街**，位于四川省成都市武侯区，是成都最具代表性的历史文化街区之一。这条街道全长约 550 米，紧邻武侯祠，融合了三国文化与川西民俗风情，被誉为“成都版清明上河图”。自 2004 年 10 月正式开放以来，锦里古街已成为成都旅游的热门景点，吸引了众多游客前来体验。



木格措



锦里古街

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。

所有显示在行程里的图片仅供参考。

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 CHENGDU – DAOCHENG YADING

(CHENGDU / RILONG / DANBA / TAGONG / XINDUQIAO / YAJIANG / DAOCHENG / RIWA / KANGDING)

DAY 1: KUALA LUMPUR – CHENGDU (MOB)

Hotel: Holiday Inn CHENGDU EAST by IHG or similar 4-star hotel

Assemble at Kuala Lumpur International Airport for your flight to Chengdu Tianfu International Airport. Upon arrival, proceed to check in and rest at the hotel.

DAY 2: CHENGDU – RILONG (B/L/D)

Hotel: New Siguniang Mountain Resort Jinlin Building or similar 4-star hotel

After breakfast, travel to the **Balang Mountain Tunnel** a highland tunnel connecting Wolong and Mount Siguniang. It is a major gateway to the western Sichuan region. After passing through the tunnel, you will enter the stunning plateau landscape.

Next, visit the **Maobiliang Viewing Platform** the best location to admire the panoramic view of Mount Siguniang, especially ideal for capturing the famous sunrise glow on the snow peaks. Then proceed to explore **Shuangqiao Valley** (includes sightseeing bus) located within the Mount Siguniang Scenic Area with its breathtaking combination of snow-capped peaks, forests, lakes, and meadows, it is the perfect destination for first-time highland visitors, offering magnificent views without the need for extensive hiking.

DAY 3: RILONG / DANBA / TAGONG / XINDUQIAO / YAJIANG (B/L/D)

Hotel: Yajiang County Yudu Hotel or Yuecheng Hotel or similar 4-star hotel

After breakfast, enjoy a distant view of the **Suopo Ancient Watchtowers** located in Danba County, Ganzi Prefecture, Sichuan. This is one of the best-preserved and largest collections of ancient watchtowers in China. Next enjoy a distant view of **Mount Yala** a sacred mountain in the Tibetan region, located on the border of Kangding and Daochu in Ganzi Prefecture. The main peak rises to 5,820 meters and has a striking pyramid shape, remaining snow-capped throughout the year. Continue to **Tagong Grassland** lush and green in summer, golden in autumn—offering a magnificent view of Mount Yala in the distance. It's a signature landscape of western Sichuan and **Tagong Monastery** (Exterior View) located on the grassland belongs to the Sakya sect of Tibetan Buddhism and is known as the "Little Jokhang Temple." It houses a revered statue of Shakyamuni Buddha and is a significant spiritual site for local Tibetans. End the day with scenic views in **Xinduqiao** a place celebrated as a "photographer's paradise." With expansive poplar forests, Tibetan-style villages, and snow-capped mountains in the distance, it offers breathtaking plateau landscapes that change with the seasons.

DAY 4: YAJIANG – DAOCHENG – RIWA (B/L/D)

Hotel: Daocheng Jifeng Hot Springs Resort Hotel or similar 5-star hotel

After breakfast, we drive toward Daocheng Yading, passing through **Jianziwan Mountain Pass**, **Kazila Mountain Pass**, **Rabbit Mountain Pass**, and **Haizi Mountain Pass**. We will also pass **Maoya Grassland**, located west of Litang County in Garzê Tibetan Autonomous Prefecture, Sichuan Province. It is a famous alpine grassland landscape along the Sichuan–Tibet route and was rated as one of "China's Six Most Beautiful Grasslands" by Chinese National Geography.

DAY 5: RIWA (B/L/D)

Hotel: Daocheng Jifeng Hot Springs Resort Hotel or similar 5-star hotel

After breakfast, head to the **Yading Nature Reserve** (Includes Shuttle bus) officially named "Daocheng Yading Scenic Area" as a national nature reserve, it is often referred to as the "Soul of Shangri-La in China" and "the last pure land on the blue planet." With its breathtaking snow-capped peaks, vast meadows, crystal-clear lakes, and pristine ecosystems, it has become a world-renowned travel destination. Visit **Luorong Pasture** one of the most beautiful and significant alpine meadows in the Yading Reserve. Nestled between the three sacred mountains Mount Xiannairi, Mount, Yangmaiyoung, and Mount Xianuoduoji. Then continue to **Milk Lake** a high-altitude alpine lake located between Mount Yangmaiyoung and Mount Xianuoduoji, at an elevation of approximately 4,600 meters. Famous for its milky-white and sapphire-blue waters, the lake is one of the most iconic natural wonders in the Yading Scenic Area and is often called "the last tear drop on the blue planet."

Note: Visiting Milk Lake and Five-Color Lake is physically demanding. Please assess your physical condition carefully before attempting these challenging destinations.

Day 6: Riwa (Shangri-La Town) – Daocheng (B/L/D)

Hotel: Mingyu Leya Sunshine Hot Spring Hotel or similar 5-star hotel

After breakfast, second enter the **Yading Nature Reserve** (Includes shuttle bus). Visit **Chonggu Monastery** a Nyingma Sect Tibetan Buddhist temple located within the Yading Scenic Area. Nestled at the foot of the sacred Mount Xiannairi and facing a vast meadow, it serves as a key cultural and spiritual landmark in the reserve. Next, explore **Pearl Lake** one of the most accessible alpine lakes in the Yading Reserve. Surrounded by majestic peaks, the lake is known for its crystal-clear, emerald-green waters, resembling a dazzling gem set amidst the mountains.

Day 7: Daocheng – Kangding (B/L/D)

Hotel: Kangding Love Song Hotel or similar 4-star hotel

After breakfast, begin your journey toward Kangding with several cultural and scenic stops along the way **Kangan Tibetan Village** this is a traditional Tibetan village built along the mountainside. With a long history and rich cultural heritage, it offers a deep insight into Tibetan customs, architecture, and way of life. **Afterward, we arrive at the Daocheng White Pagoda Cluster**, an important Buddhist architectural complex in Tibetan areas and a symbol of Tibetan

faith and culture. We then travel to **Sangdui Town**, located in Sangdui Township, Daocheng County, Garzê Tibetan Autonomous Prefecture, Sichuan Province, about 28 kilometers from Daocheng County town. It is a typical Tibetan village along the Sichuan–Tibet Highway. Passing through **Zheduo Mountain** Viewing Platform, the highest peak reaches an elevation of 4,900 meters, while the mountain pass stands at 4,298 meters. In the evening, we arrive in the “City of Love Songs” — Kangding — and check into the hotel.

Special Arrangement: Depending on the season, we will visit the Red Grassland (Hongcaodi)

Day 8: Chengdu – Kuala Lumpur (B/L/D)

After breakfast, visit **Mugecuo Scenic Area** (Includes shuttle bus) is a renowned alpine lake and natural scenic spot in the Tibetan region, often referred to as the "Switzerland of the East." With clear mountains and waters, dense forests, and sapphire-blue lakes, it offers picturesque landscapes and is an ideal destination for summer retreats and leisurely escapes.

Next, explore **Jinli Ancient Street** it has been praised as the “Chengdu version of Riverside Scene at Qingming Festival.” Since its official opening in October 2004, Jinli has become a top tourist attraction in Chengdu, drawing countless visitors to experience its rich heritage and lively atmosphere.

DAY 9: ARRIVAL IN KUALA LUMPUR (MOB)

Arrive in KL with sweet memories of your tour!

Remarks:

Itinerary changes are subject to the company's terms and conditions. Customers should note that the itinerary may change due to circumstances beyond the company's control.

All images shown in the itinerary are for reference only.

Accommodation in designated cities is subject to room availability. The order of the itinerary may be adjusted. Different groups may be combined into one.

If changes are not accepted, refund policies outlined in the terms and conditions will apply.