

8天 云南花之语-四季赏花

8D Yunnan's Floral Language

CN8FKM | 01 Jan 2026 - 31 Dec 2026

独家安排四季赏花
免费升级 2+1 VIP 车
Exclusive Experience:
Floral Beauty Across
the Four Seasons
Free upgrade
2+1 VIP coach

Lijiang Ancient Town

行程亮点 Highlights

- **大理** – 洱海生态廊道, 大理古城, 洋人街,
- **丽江** – 黑龙潭公园, 大研古镇四方街,
- **虎跳峡风景区**
- **香格里拉** – 纳帕海, 独克宗古城, 龟山公园, 转经筒, 松赞林寺, 大经幡, 白水台, 哈巴雪山观景台
- **德钦** – 金沙江第一湾观景台, 雾浓顶观景台, 飞来寺日照金山
- **巴拉格宗** – 巴拉村, 千年菩提树, 回音壁+高空栈道高空玻璃观景台”, 巴拉格宗大峡谷

- **DALI** - Erhai Ecological Corridor, Dali Ancient Town, Foreigner's Street
- **LIJIANG** - Black Dragon pool, Sifang Street
- **TIGER LEAPING GORGE SCIENT AREA**
- **SHANGRI-LA** - Napa River, Guishan Park, Dukezong Ancient Town, Prayer Wheel, Songzanlin Monastery, Baishuitai, Haba Snow Mountain Observation
- **DEQIN** - First Bend of the Jinsha River Viewing Deck, Wunongding Viewing Deck, Feilai Temple
- **BALAGEONG** - Bala Village, Millennium Bodhi Tree, Echo Wall, Skywalk Walkway, Glass Viewing Platform, Balagezong Grand Canyon

特别餐 Special Meals

- 峡谷风味
- 藏族土司宴(献哈达+歌舞)
- 藏式风味
- 尼西土锅鸡
- 宫廷御宴+换装+歌舞
- 野生菌火锅
- Tibetan Chief's Banquet (Hada Offering & Traditional Song & Dance)
- Tibetan Cuisine
- Nixi Claypot Chicken
- Imperial-style Feast with Costume Experience Song & Dance Performance
- Wild Mushroom Hotpot
- Valley Flavor

餐食 Meals 🍴

- 7 顿早餐, 6 顿午餐, 6 顿晚餐
- 7 Breakfasts | 6 Lunches | 6 Dinners

住宿 Accommodation 🏨

- 全程当地 5* 标准酒店
- Local 5* Hotel or similar





大理古城

01 新加坡 ✈️ 昆明

机上用餐, 晚餐

- 在樟宜机场的指定柜台集合, 并与我们的机场代表会面。办理离境手续后就启程前往昆明。
- 鲜花接机, 入住酒店休息

住宿: 准 5*昆明维居金鹰或官渡豪生酒店或同级

02 昆明 — 大理 (4.5H)

早餐, 午餐

- 前往大理
- 网红打卡点洱海生态廊道 – 洱海生态廊道 S 湾+“音乐车畅游洱海(每车配歌手/赠送小吃)”+电瓶车或小马车+金花打跳+旅拍+航拍(赠送电子照片每人 3 张+赠送团队视频)

(备注: 航拍需根据天气情况)

• 季节性安排: 【花语牧场(四季花田)】

- 这座占地百余亩的生态花园, 以四季轮转的花卉, 勾勒出滇西坝子特有的田园美学。3 月三月油菜, 5 月蓝雪花, 9 月向日葵。

- 晚间大理古城 – 全国首批历史文化名城之一
- 洋人街

住宿: 5*大理万达美华或古城兰林阁或同级



金沙江

03 大理 — 香格里拉 (4H)

早餐, 午餐, 晚餐

- 小中甸花海 – 小中甸花海地处高寒坝区, 有大片的茂盛草场。而每年初夏, 这里则成了一片花海, 多彩的杜鹃花, 狼毒花、格桑花, 还有各种不知名的小花小草。而到了秋天, 大朵大朵火红的狼毒花, 非常美丽。

◦ 季节性安排: 4-6 月杜鹃花, 6-8 月格桑花; 5-10 月狼毒花

- 前往香格里拉
- 独克宗古城龟山公园 – 依山而建的龟山公园始建于康熙年间, 山顶是朝阳楼, 高三层, 登高可将日月城独克宗尽收眼底。世界上最大的转经筒。

- 纳帕海(不含骑马)(自费项目)
- 网红打卡圣地“大经幡”(自费项目)

住宿: 5*香格里拉兰欧酒店或同级

04 香格里拉 — 德钦 (4.5H)

早餐, 午餐, 晚餐

- 松赞林寺+景区接驳车 – 是云南省规模最大的藏传佛教寺院, 被誉为“小布达拉宫”。
- 金沙江第一湾观景台 – 是欣赏金沙江壮丽景色的理想地点
- 雾浓顶观景台 – 又叫十三白塔迎宾台, 好客的德钦人在这里修建了梅里十三迎宾塔, 代表梅里的十三座山峰, 十三座整齐的白塔与梅里十三雪峰遥遥相望。雾浓顶观景台因位于雾浓顶村而得名, 是拍摄梅里雪山全景的好位置, 从此处看到的梅里雪山更加大气。

住宿: 5*德钦高山别庄. 梅里酒店或同级



飞来寺

05 德钦 — 巴拉格宗 (2H) — 香格里拉 (2H)

早餐, 午餐, 晚餐

- **飞来寺** – 位于滇藏公路边, 正对梅里雪山主峰卡瓦格博。距今已有 380 余年。**观日照金山**
- 前往巴拉格宗
- **巴拉村(含环保车)** – 是个依山傍水的好地方。千百年来, 他们日出而作, 日落而息, 世代过着与世隔绝的“世外桃源”般生活。
- **远观格宗神山, 千年菩提树**
- **回音壁+高空栈道**
- **体验“高空玻璃观景台”**
- **巴拉格宗大峡谷(含环保车, 不含橡皮船漂流)** – 是大自然的惊世巨作, 从海拔 5545 米的主峰到海拔 2000 米的河谷, 岭谷落差高达 3545 米, “峡中有峡, 峡上有峡, 纵横交错, 峡峡相连”是其最大特色。是前往巴拉格宗一定要朝圣的秘境。

住宿:5*香格里拉兰欧酒店或同级



大经幡

06 香格里拉 — 虎跳峡 (4H) — 丽江(2H)

早餐, 午餐, 晚餐

- **白水台** – 是纳西族东巴教的发源地。郁郁葱葱之中露出白色的华台, 层层叠叠, 彷彿一片白色的梯田。特地变幻出这样一片梯田, 所以, 被称为“仙人遗田”。
- **哈巴雪山观景台** – 是观赏哈巴雪山、草甸、藏族村寨和周边山峦的绝佳地点, 尤其适合摄影和徒步爱好者。
- **虎跳峡(含上下扶梯, 自费项目)** – 是中国最深的峡谷之一。香格里拉虎跳峡是国家4A级旅游风景名胜, 虎跳峡徒步线被誉为“世界十大经典徒步线路之一”。
- 前往丽江
- **丽江古城, 四方街**

住宿:5*丽江滇菌王或多弗或同级

07 丽江 — 昆明(4H)

早餐, 午餐, 晚餐

- **黑龙潭公园**
- **乘高铁返回昆明(2 等座)**

住宿:准 5 *微商酒店或维也纳酒店或同级

说明:提前安排车子拉行李送昆明(大行李不上动车)

08 昆明 — 新加坡

早餐打包, 机上用餐(夜班机没有飞机餐)

于指定时间在集合, 由专车送往机场办理出境手续返回新加坡。希望您同南和旅行社有个美好的旅程与回忆, 期盼下一次您的参与。

备注

1. 10名旅客方可成行。领队安排将视航班及其他运营因素而定。
2. 确认行程最迟于出发前两 (2) 周最终确定。
3. 若中英文行程存在差异, 请以**中文版本为准**, 除非特别说明。所有团队将安排华语导游服务。
4. 旅客须确保提供的全名与护照条形码完全一致, 且护照有效期至返程日起至少6个月。
5. 强烈建议旅客在出发前自行购买旅行保险。
6. 搭乘不同航班的旅客抵达后可能合并为同一团队。
7. 团体座位安排完全由航空公司决定, 无法保证特定座位要求且超出我方控制范围。
8. 行程顺序、航班时刻及酒店住宿可能因突发状况变更, 恕不另行通知。
9. 机场/港口税、燃油附加费、签证费, 小费 (含领队、境外导游及司机), 保证自费项目, 推荐自费项目均不包含在行程费用内。签证要求及小费金额由旅客自行负责, 请遵循提供的指导原则。
10. 酒店/度假村评级基于当地标准。若指定酒店无法提供住宿, 将以同等级酒店替代。三人间住宿时, 中国境内酒店仅提供额外折叠床。特殊要求或附加服务可能产生管理费。完整预订细则请参阅 NH 条款与细则。
11. 本公司对于因不可抗力因素所造成的任何损失概不负责, 包括但不限于目的地发生的自然灾害、恶劣天气状况或政治因素等, 亦不承担任何赔偿或替代责任。有关完整的预订条款与细则, 请参阅 NH 条款与条件。

• 必须参加自费行程(680RMB/每人):

- o 洱海生态廊道 S 湾+“音乐车唱游洱海(每车配歌手/赠送小吃)”+金花打跳+旅拍+航拍(赠送电子照片每人 3 张+赠送团队视频)+纳帕海(不含骑马)+网红 -大经幡+虎跳峡(含上下扶梯)

服务费

导游及司机服务费 – RMB240/人

如有领队服务费 – SGD\$40/人



Songzanlin Temple

01 Singapore ✈️ Kunming

Meals on Board, Dinner

• Assemble at Singapore Changi Airport, take international flight to Kunming.

• **Pick up at the airport with flowers**, check in hotel

Accommodation: Equivalent 5 Hampton by Hilton Kunming DCEC or Howard Johnson life by GCH or similar*

02 Kunming - Dali (5.5H)

Breakfast, Lunch

• Drive to Dali

• **Instagram Worthy Spot - Erhai Lake Ecological Corridor** - Erhai Lake Ecological Corridor S Bay + “Music Car Singing Tour of Erhai Lake (each car is equipped with a singer/free snacks)” + battery car or pony carriage + Jinhua dance + travel photography + aerial photography (gift 3 electronic photos per person + free team video) (subject to weather conditions)

• **Seasonal Highlight: Floral Pasture (Year-Round Flower Fields)**

o Spanning over a hundred acres, this eco-flower garden showcases the pastoral beauty unique to western Yunnan through blooms that change with the seasons. In March, rapeseed flowers ; in May, blue plumbago ; in September, sunflowers.



Xiaozhongdian

• **Dali Ancient Town**

• **Foreigner's Street**

Accommodation: 5 Wanda Moments Neo or Landscape Hotel or similar*

03 Dali - Shangri - La (4H)

Breakfast, Lunch, Dinner

• **Xiaozhongdian Flower Sea** - Located in a high-altitude plateau, Xiaozhongdian boasts vast lush grasslands. In early summer, the area transforms into a spectacular sea of flowers, including vibrant rhododendrons, wolfbane, gesang flowers, and a variety of charming wildflowers. By autumn, the large, fiery-red wolfbane blooms create a breathtakingly beautiful landscape.

o **Seasonal Highlights:** April to June: Rhododendrons in full bloom, June to August: Gesang Flowers, May to October: Vibrant Wolfbane

• Coach to Shangri - La

• **Guishan Park & Dukezong Ancient City** - The Guishan Park was built in the Kangxi Qing Dynasty.

• **Prayer Wheel**

• **Napahai (without horseback riding)(Compulsory Tour)**

• **The “Big Prayer Flags” -Instagram Worthy Spot(Compulsory Tour)**

Accommodation: 5 Shangri-La Lanou Hotel or similar*

04 Shangri-La - Deqin (4.5H)

Breakfast, Lunch, Dinner

• **Songzanlin Monastery + Scenic shuttle bus** - It is the largest Tibetan Buddhist monastery in Yunnan Province, and the center of the Yellow Sect in Sichuan and Yunnan.

• **First Bend of the Jinsha River Viewing Deck** – An ideal spot to admire the breathtaking scenery of the Jinsha River.

• **Wunongding Viewing Deck** – Also known as the Thirteen White Pagodas Welcome Platform, it was built by the hospitable people of Deqin to honor the thirteen peaks of Meili. The thirteen pristine white pagodas stand in harmony, facing the thirteen snow-capped peaks of Meili. Named after Wunongding Village, this deck offers a spectacular panoramic view of Meili Snow Mountain, capturing its grandeur in all its glory.

Accommodation: 5 High mountain resort Meri or similar*

05 Deqin - Balagezong (2H) - Shangri-La (2H)

Breakfast, Lunch, Dinner

• **Feilai Temple** – Situated along the Yunnan-Tibet Highway, directly facing the main peak of Meili Snow Mountain, Kawagebo. With a history of over 380 years, **it is an ideal spot to witness the breathtaking “Golden Peaks” at sunrise.**

• **Bala Village** - It is a good place with mountains and rivers. For thousands of years, they have worked at sunrise and rested at sunset, and they have lived a life like a “paradise” isolated from the world for generations.

• **Overlook Balagezong Mountain and Millennium Bodhi Tree Whispering gallery**

• **Balagozon Grand Canyon (Including EV,excluding rubber boat rafting)** - is a stunning masterpiece of nature. From the main peak at an altitude of 5,545 meters to the valley at an altitude of 2,000 meters, the drop between the mountains and valleys is as high as 3,545 meters. It is a secret place that must be pilgrimage to Balagezong.

• **Echo Wall & Skywalk**

• **Experience the “high-altitude glass viewing platform”**

Accommodation: 5 Shangri-La Lanou Hotel or similar*



06 Shangri-La - Tiger Leaping Gorge (4H) - Lijiang (2H)

Breakfast, Lunch, Dinner

• **Baishuitai** – Known as the birthplace of the Naxi Dongba culture, Baishuitai reveals its white travertine terraces amid lush greenery. Layer upon layer, they resemble a white terraced field, carefully shaped by nature, earning the poetic name “Immortal’s Legacy Fields.”

• **Haba Snow Mountain Viewing Deck** – An excellent vantage point to admire Haba Snow Mountain, expansive meadows, Tibetan villages, and surrounding peaks. It is especially ideal for photography enthusiasts and hikers.

• **Overview Yangtze River First Bay**

- o **Tiger Leaping Gorge (Escalators included, Compulsory Tour)** - one of China’s deepest canyons. It is a national 4A level tourist scenic spot.

• Continue to Lijiang

• **Dayan Ancient City, Sifang Street (Night view)**

Accommodation: 5 Lijiang Old Town Dian Fungi King or Duofu Hotel or similar*

07 Lijiang 丽江 Kunming

Breakfast, Lunch, Dinner

• **Black Dragon Pool Park**

• **Return to Kunming by High-Speed Train (2nd Class Seat)**

Accommodation: 5 Huishang Hotel or Vienna Hotel or similar*

Note: Luggage transfer to Kunming is arranged in advance. Large suitcases will not be taken on the high-speed train.

08 Kunming 昆明 Singapore

Breakfast, Meals on Board (Midnight’s no meal)

After breakfast, heading to the airport for your flight back to Singapore. We hope you enjoyed your trip.

Notes

1. A minimum of 10 passengers is required for the tour to proceed. The appointment of a tour leader is subject to flight arrangements and other operational considerations.
2. Tour confirmation will be finalized no later than two (2) weeks before departure.
3. All group tours are conducted in Mandarin unless otherwise stated. In the event of any discrepancy between the English and Chinese itineraries, the **Chinese version shall prevail.**
4. Travellers must ensure that the full name provided matches exactly with the passport barcode, and that passports are valid for at least 6 months from the return date.
5. Travellers are strongly encouraged to purchase their own travel insurance prior to departure.
6. Travellers departing on different flights may be combined and operated as a single group upon arrival.
7. Group seating arrangements are assigned solely by the airline. Requests for specific seats are not guaranteed and are beyond our control.
8. The itinerary sequence, flight schedules, and hotel accommodations are subject to change without prior notice due to unforeseen circumstances.
9. Airport/port taxes, fuel surcharges, visa fees, and gratuities (for tour leader, overseas guide(s), and driver), compulsory tour and optional tour are not included in the tour fare. Visa requirements and gratuity amounts are the traveller’s responsibility and should follow the provided guidelines.
10. Hotel/resort ratings are based on local standards. In the event that accommodation in the stated hotel is unavailable, it will be replaced by another hotel of similar standards. For Triple sharing, hotels in China will only provide an extra folding bed. An administrative fee may apply for special requests or additional services. For full booking details, please refer to NH Terms and Conditions.
11. The company shall not be liable for any loss arising from force majeure events, such as natural disasters, adverse weather conditions, or political issues occurring at the destination, nor shall it bear any responsibility for compensation or replacement. For full booking details, please refer to NH Terms and Conditions.

• Compulsory Tour (RMB680/PAX)

- o Erhai Lake Ecological Corridor - Erhai Lake Ecological Corridor S Bay + “Music Car Singing Tour of Erhai Lake (each car is equipped with a singer/free snacks)” + battery car or pony carriage + Jinhua dance + travel photography + aerial photography (gift 3 electronic photos per person + free team video) + Tiger Leaping Gorge with Two way Escalators + Napahai (without horseback riding) + The “Big Prayer Flags”

Service Fees

Guide and driver - **RMB240** per person

Tour Leader (if any) – **SGD\$40** per person