

10天 昆明/大理/丽江/沙溪古镇/ 香格里拉/泸沽湖

10D KUNMING/DALI/LIJIANG/SHAXI ANCIENT
TOWN/SHANGRI-LA/LUGU LAKE

CN10KM | 01 Jan 2026 - 31 Dec 2026

Blue Moon Valley

行程亮点 Highlights

- **昆明** - 大观楼公园, 金马碧鸡坊, 景星花街, 南屏步行街
 - **大理** - 洱海生态廊道, 大理古城, 洋人街, 圣托里尼, 沙溪古镇, 喜洲古镇, 白族民居+ 三道茶+歌舞
 - **丽江** - 大研古镇四方街, 玉龙雪山景区大索道, 《印象丽江》歌舞秀, 蓝月谷, 白水河, 甘海子, 玉水寨
 - **虎跳峡风景区** - 虎跳峡, 长江第一湾
 - **香格里拉** - 纳帕海, 独克宗古城, 龟山公园, 转经筒, 松赞林寺, 网红打卡圣地“大经幡”
 - **泸沽湖** - 途经山路十八弯, 泸沽湖观景台(观全景)乘车环游湖 (情人沙滩、里格观景台), 摩梭家访 +篝火晚会, 乘猪槽船、里务比岛
- **KUNMING** - Daguanlou Park, Golden Horse and Jade Rooster Archway, Jingxing Flower Street, Nanping Pedestrian Street
 - **DALI** - Erhai Ecological Corridor, Dali Ancient Town, Foreigner's Street, Santorini "Ideal Bang", Shaxi Ancient Town, Xizhou Ancient Town, Bai Minority Three Course Tea and Minority Show
 - **LIJIANG** - Sifang Street, Yulong Snow Mountain Glacier, Impressions of Lijiang, Blue Moon Valley, Bai Shui River, Dry Sea Meadow, Jade Water Village,
 - **TIGER LEAPING GORGE SCIENT AREA**
 - **SHANGRI-LA** - Napa River, Guishan Park, Dukezong Ancient Town, Prayer Wheel, Songzanlin Monastery, Big Prayer Flags
 - **LUGU LAKE** - pig-trough boat to Liwu Bi Island, Lugu Lake Viewing Platform, Mosuo Family Visit

住宿 Accommodation 🏠

- 全程当地 4+5 *标准酒店
- Local 4+5* Hotel or similar

特别餐 Special Meals

- 传统滇味
 - 砂锅鱼风味
 - 雪厨小火锅
 - 宫廷御宴(换装+歌舞)
 - 农家风味
 - 摩梭风味
 - 纳西马帮菜
 - 峡谷风味
 - 藏式风味
 - 白族风味餐
 - 过桥米线
 - 野生菌火锅
- Traditional Yunnan Cuisine
 - Clay Pot Fish Flavor
 - Snow Kitchen Mini Hotpot
 - Imperial Banquet (with costume experience + song & dance)
 - Farmhouse Cuisine
 - Mosuo Flavor
 - Naxi Caravansary Dishes
 - Canyon Flavor Cuisine
 - Tibetan-style Cuisine
 - Bai Ethnic Cuisine
 - Yunnan Bridge Rice Noodles
 - Wild Mushroom Hotpot

餐食 Meals 🍴

- 9 顿早餐, 8 顿午餐, 8 顿晚餐
- 9 Breakfasts | 8 Lunches | 8 Dinners





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*会展希尔顿或官渡豪生酒店或同级

02 昆明 — 大理 (4.5H)

早餐，午餐，晚餐

- 前往大理
- 中国的理想邦“圣托里尼”(含上行电瓶车)(自费项目) – 这里是欣赏苍山洱海绝佳观赏点，可以近距离的观赏洱海，还可以把大理洱海风光尽收眼底。被誉为摄影的天堂。
- 大理古城 – 全国首批历史文化名城之一
- 洋人街

住宿:5*大理浩枫温德姆或古城兰林阁或同级

03 大理 — 沙溪古镇 (2H) — 丽江 (2H)

早餐，午餐

- 洱海生态廊道 S 湾+“音乐车唱游洱海(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)
- 沙溪古镇 – 一个把平凡的日子过成了诗，让人念念不忘的世外桃源。茶马古道上唯一幸存的古镇。电视剧《去有风的地方》拍摄取景地。古戏台、寺登街、玉津桥

住宿:5*滇菌王或多弗酒店或同级



《印象·丽江》

04 丽江

早餐，午餐，晚餐

- 玉龙雪山景区(含进山费) – 国家 5A 级景区、云南省级自然保护区、北半球最南的大雪山

◦ 蓝月谷(不含电瓶车)，白水河，甘海子，玉水寨

- 雪山冰川大索道+环保车(自费项目)
- 《印象·丽江》歌舞表演(自费项目) – 《印象·丽江》如遇演出方原因停演，另行替换景点。

住宿:5*滇菌王或多弗酒店或同级或同级

05 丽江 — 泸沽湖女儿国 (4.5H)

早餐，午餐，晚餐

- 前往泸沽湖女儿国
- 途经山路十八弯
- 泸沽湖观景台(观全景)
- 乘车环游湖(情人沙滩、里格观景台)
- 摩梭家访 +篝火晚会

住宿:当地民宿:海境精品或摩梭园或同级



泸沽湖

06 泸沽湖女儿国 — 丽江 (4.5H)

早餐，午餐，晚餐

- 早观日出(视天气情况而定)
- 乘猪槽船、里务比岛
- 返回丽江
- 大研古镇，四方街

住宿:5*滇菌王或多弗酒店或同级

07 丽江 — 香格里拉 (3.5H)

早餐，午餐，晚餐

- 远眺长江第一湾
- 虎跳峡 – 是中国最深的峡谷之一。香格里拉虎跳峡是国家 4A 级旅游风景名胜区，虎跳峡徒步线被誉为“世界十大经典徒步线路之一”。
- 前往香格里拉
- 和谐塔中塔(佛教白塔)
- 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。

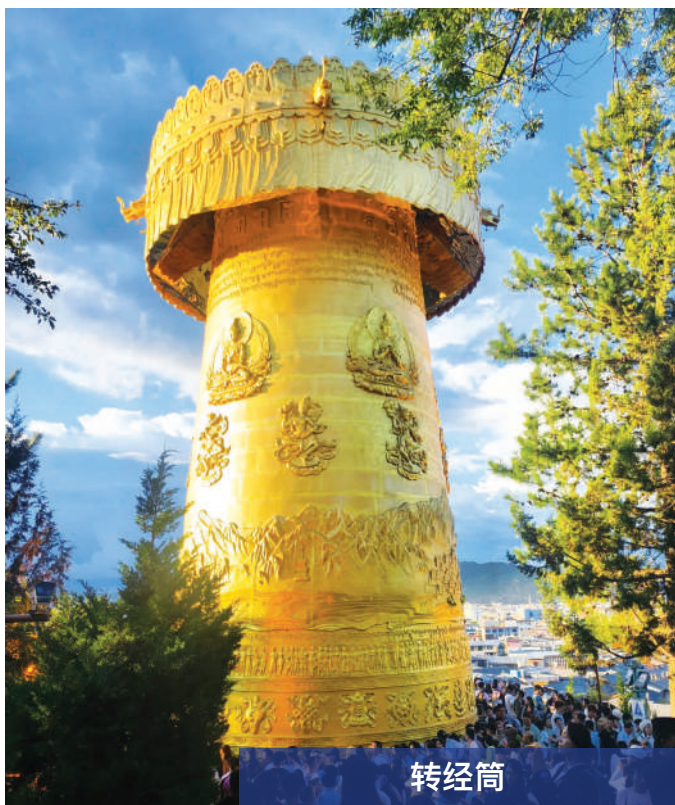
住宿:5*香格里拉兰欧酒店或同级

08 香格里拉 — 大理 (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”。
- 纳帕海(不含骑马)
- 网红打卡圣地“大经幡”
- 返回大理
- 喜洲古镇 – 参观三坊一照壁，四合五天井的白族民居，品尝道地小吃“喜洲粑粑” (赠送)
- 白族民居品三道茶，观歌舞表演

住宿:5*大理浩枫温德姆或兰林阁或同级



转经筒

09 大理 — 昆明 (4.5H)

早餐，午餐，晚餐

- 大观楼公园观天下第一长联(保证自费)
- 金马碧鸡坊
- 景星花街
- 南屏步行街(南强街巷夜市)

住宿:准 5 *微商酒店或同级

机场附近酒店方便送机

10 昆明 — 新加坡

早餐，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，且护照有效期自返程日起至少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 理想邦—圣托里尼(含上行电瓶车)+“雪山冰川大索道+环保车”+《印象·丽江歌舞》+蓝月谷电瓶车+虎跳峡(含上下扶梯)+大观楼公园

服务费

导游及司机服务费 – RMB300/人

如有领队服务费 – SGD\$50/人

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, Dinner

- Drive to Dali
- **China's Santorini "Ideal Bang" with Refreshments (uplink battery car included, Compulsory Tour)** - This is an excellent spot to appreciate the Erhai Lake. You can watch the Erhai Lake at close range, and also have a panoramic view of the Erhai Lake in Dali. **Known as the paradise of photography.**
- **Dali Ancient Town**
- **Foreigner's Street**

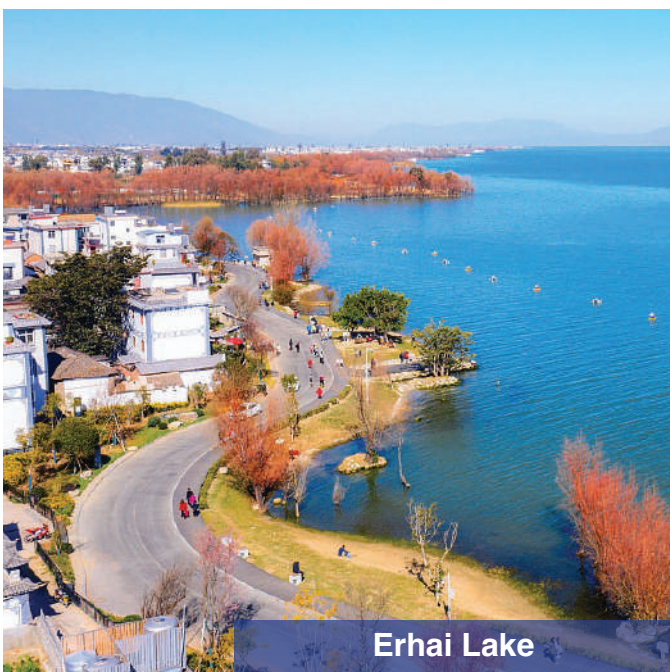
Accommodation: 5 Hawthorn by Wyndham Dali Erhai or Landscape Hotel or similar*

03 Dali - Shaxi Ancient Town - Lijiang (4H)

Breakfast, Lunch

- **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)
- **Shaxi Ancient Town** - A paradise that turns ordinary life into poetry which never forget. It is the only surviving ancient town on the Ancient Tea Horse Road. The filming location of the TV series "To a Windy Place". **Ancient Theater, Sideng Street, Yujin Bridge**
- Continue to Lijiang

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



Erhai Lake

04 Lijiang

Breakfast, Lunch, Dinner

- **Yulong Snow Mountain Scenic Area (Entrance Ticket included)** - 5A attraction, it is Yunnan's Natural Protected Area and the most southern snowy mountain at the Northern hemisphere
- **Moon Valley (exclude electric car), Bai Shui River, Dry Sea Meadow, Jade Water Village**
- **Yulong Mountain Glacier two-way ropeway + EV (compulsory tour)**
- **<Impressions of Lijiang> Singing and dancing performance - "Impressions of Lijiang"; There will be replacement of itinerary in the event when the performance is unavailable. (Compulsory Tour)**

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



Yulong Snow Mountain

05 Lijiang - Lugu Lake (3.5H)

Breakfast, Lunch, Dinner

- **Head to Lugu Lake** – the Kingdom of Women
- **Pass through the winding "Eighteen Bends" mountain road**
- **Visit the Lugu Lake Viewing Platform (panoramic view)**
- **Ride on coach around the lake (including Lovers' Beach and Lige Viewing Platform)**
- **Experience a Mosuo Family Visit + Bonfire Party**

Accommodation: Local Guesthouse: Haijing Boutique or Mosuo Garden, or similar

06 Lugu Lake - Lijiang (3.5H)

Breakfast, Lunch, Dinner

- **Early morning sunrise viewing (subject to weather conditions)**
- **Take a traditional pig-trough boat to Liwu Bi Island**
- **Back to Lijiang**
- **Dayan Ancient City, Sifang Street (Night view)**

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



Lugu Lake

07 Lijiang - Shangri - La (3.5H)

Breakfast, Lunch, Dinner

- Overview Yangtze River First Bay
- Tiger Leaping Gorge - one of China's deepest canyons.
- Coach to Shangri - La
- Harmonious Pagoda (Buddhist White Pagoda)
- Guishan Park & Dukezong Ancient City - The Guishan Park was built in the Kangxi Qing Dynasty.
- Prayer Wheel

Accommodation: 5 Shangri-La Lanou Hotel or similar*

08 Shangri-La - Dali (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.
- Napahai (without horseback riding)
- The "Big Prayer Flags" - Instagram Worthy Spot
- Back to Dali
- Xizhou Ancient Town - visit the Bai folk houses and taste the authentic snack "Xizhou Baba"
- Bai Minority Three Course Tea and Minority Show

Accommodation: 5 Hawthorn by Wyndham Dali Erhai or Landscape Hotel or similar*



Big Prayer Flags

09 Dali - Kunming (4.5H)

Breakfast, Lunch, Dinner

- Daguanlou Park - view the first long couplet in the world (Compulsory Tour)
- Golden Horse and Jade Rooster Archway (Jinma Bijie Archway)
- Jingxing Flower Street,
- Nanping Pedestrian Street

Accommodation: Equivalent 5 Huishang Hotel or similar Airport-area hotel for convenient airport transfer in next line*

10 Kunming ✈ 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 Santorini + Yulong Mountain Glacier two-way ropeway + EV) + Impressions of Lijiang + Bluemoon Velly electric Car + Tiger Leaping Gorge with Two way Escalators + Grandview Tower

Service Fees

Guide and driver - RMB300 per person

Tour Leader (if any) – SGD\$50 per person