

11天 稻城/亚丁(2次进入)/ 新都桥/康定精选游

11D DAOCHENG/YADING (TWICE ENTRY)/
XINDUQIAO/KANGDING TOUR

CN11DY | 01 Jan 2026 - 31 Dec 2026

无购物和
自费项目
No Shopping &
Compulsory Tour

Mt. Siguniang National Park

行程亮点 Highlights

南和独家重磅推出

藏在雪山下的旋转木马和灯塔 – 格底拉姆

- 成都 – 春熙路步行街, 熊猫基地, 川剧变脸
- 日隆 – 猫鼻梁
- 四姑娘山 – 长坪沟, 双桥沟
- 丹巴 – 梭坡碉楼, 甲居藏寨, 塔公寺, 塔公草原, 格底拉姆
- 理塘 – 毛娅坝草原, 长青春科尔寺
- 康定 – 新都桥, 木格措景区(康定情歌)
- 稻城亚丁 – 仙乃日, 央迈勇, 夏诺多吉, 珍珠海, 洛绒牛场, 牛奶海, 五色海, 桑堆小镇, 三 怙主雪山, 贡嘎朗吉岭寺

NamHo Exclusive:

The carousel and lighthouse hidden under the snow mountains - Gedilamu

- **CHENGDU** - Chunxi Road , Sichuan Bian Lian Opera, Chengdu Giant Panda Breeding
- **RILONG** - Cat Nose Beam
- **SIGUNIANG MOUNTAIN** - Chang Ping Valley , Shuangqiao Valley
- **DANBA** - Suopo Tower, Jiayu Tibetan Village, Tagong Temple, Tagong Grassland, Gedilamu
- **LITANG** - Maoyaba Grassland, Evergreen Kerr Temple
- **KANGDING** - Xinduqiao, Mugecuo Ancient Area
- **DAOCHENGYADING** - Xiannairi, Yangmaiyong, Shanoduoji, Pearl Lake, LuoRong Cattle farm, Milk Sea, Five Color Sea, Sangdui Town, Langjiling Temple, Overlook Three Holy Mountain

特别餐 Special Meals

- 松茸炖鸡汤锅
- 甲居内藏式风味餐
- 高原特色川菜
- 酒店野菌火锅
- 高原BBQ烧烤
- 酒店土鸡煲
- 精品川菜风味
- 网红小龙翻大江鸳鸯火锅
- 庙会小吃
- Matsutake stewed chicken soup pot
- Jiayu Tibetan style meal
- Plateau Sichuan cuisine
- Hotel wild mushroom hot pot
- Plateau BBQ
- Hotel chicken pot
- Boutique Sichuan cuisine, Flavor
- Xiaolong Fan Dajiang Yuanyang hot pot
- Temple fair snacks

餐食 Meals 🍴

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

住宿 Accommodation 🏨

- 全程当地 4+5* 标准酒店
- 挂牌五星酒店: 春熙路福朋喜来登酒店或总府皇冠假日酒店或同级
- Local 4+5* Hotel or similar
- Free upgrade 2N Four Points by Sheraton or Crowne Plaza Hotel in Chengdu





五色海

01 新加坡 ✈️ 成都

机上用餐

- 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成都。
- 办理酒店入住手续

住宿:准 5* 天府临空智选假日酒店或同级

02 成都 – 四姑娘山 (4 小时)

早餐，午餐，晚餐

- 乘车前往熊猫大道
- 巴朗山高山草甸
- 猫鼻梁 – 快到日隆镇的公路边有一片高坡，这里是巴郎山至日隆的必经之地，是观赏四姑娘山全貌和日出、日落的最佳地点—猫鼻梁。从这里可以清楚地看到一字排开的四姑娘山，日落时分，还有可能看到日照金山。在猫鼻梁远眺，前面是海子沟，后面是四姑娘山，风景绝对的震撼。海拔3400米。
- 乘车前往四姑娘山 – 四姑娘山有三沟一山，其中双桥沟是四姑娘山景区唯一能以车代步游览的一条沟，相对而言，双桥沟以观光游见长，海子沟以探险游著称。
- 长坪沟(含观光车) – 主要是生态游。长坪沟沟口至沟尾长29公里，面积约100平方公里，分布了21个观景点。海拔3100米。

住宿:准 5*四姑娘山梵拉图精品观景酒店或同级

03 四姑娘山 – 丹巴 (2H)

早餐，午餐，晚餐

- 双桥沟(含观光车) – 海拔高度为 3840 米。沟内的观光车道直通沟尾，让你能够更加方便、快捷、舒适的游览全程。山水相依，草木相间，云遮雾绕，置身其中，宛若仙境。
- 乘车前往丹巴
- 丹巴甲居藏寨+观光车+家访(保证自费项目) – 丹巴藏寨指的是居住在丹巴县的居民形成的藏族村落，丹巴的山寨，旧称碉楼寨房。外形上，既有寨房的特征，又有碉楼的形态。
- 远眺梭坡碉楼 – 丹巴碉楼每一座都经受了百年风雨。梭坡乡境内的碉楼最多也最出名，有世界上最集中的古碉群，共 84 座，堪称碉楼博物馆，有“千碉之乡”的美誉。

住宿:准 5* 丹巴美人谷大酒店或同级

04 丹巴 – 新都桥 (3H)

早餐，午餐，晚餐

- 塔公寺(外观) – 藏传佛教萨迦派著名寺庙之一，距今已有一千多年的历史，是康巴地区藏族朝拜的圣地之一。
- 塔公草原 – 这是距康定最近的一个纯牧区草原，每年6月下旬至 8 月初，是塔公草原最美丽的季节。但在摄影者的眼中，这是一处令人惊喜的取景地。
- 远眺木雅金塔
- 重磅推出:藏在雪山下的旋转木马和灯塔——格底拉姆(需要转换当地小车，请配合，若遇大雪封山则改走:新都桥观景台)

住宿:4*新都桥唐古特酒店或同级

05 新都桥 — 理塘 — 稻城 — 亚丁 (5H)

早餐，午餐，晚餐

- 乘车前往理塘 — 丁真的故乡
- 勒通古镇(保证自费) — 海拔约4014米，因此又称为“世界第一高城”。是全世界仅以仓央嘉措为主打造的景点
- 长青春科布寺 — 是康巴第一大格鲁派寺院。寺内大殿可容纳3500人。是康巴地区唯一能授格西学位的格鲁派寺院。
- 毛娅坝草原 — 是横断山沙鲁里山脉中段最大的草原，海拔3800—4500米，理塘河流淌其间，宽缓广阔的沿河两岸分布着一串串沼泽湿地和丰美草场
- 欣赏沿途风光
- 前往稻城亚丁

住宿:准 5*亚丁安可华美达酒店或同级

06 稻城 — 亚丁 (2H)

早餐，午餐，晚餐

- 稻城亚丁(含环保车+含电瓶车)
 - 主要由“仙乃日、央迈勇、夏诺多吉”三座神山和周围的河流、湖泊和高山草甸组成，因其独特的地貌和原生态的自然风光，被誉为“香格里拉之魂”和“最后的香格里拉”，是摄影爱好者的天堂。
 - 珍珠海(不含骑马) — 碧绿的水色在清晨天空的映射下散发着幽幽的光芒，仿佛就是一块跌落在人间的深色翡翠。湖水正好倒映着仙乃日的雄姿，虽不全，但也足以让湖水沾上点神山的灵气，生机勃勃起来。海拔4100米。远眺三座圣山
 - 远观仙乃日(意为观世音菩萨) — 海拔6032米，是稻城县第一高峰，看似观世音菩萨坐于莲花台上，手持宝瓶乘祥云而来，慈目注视脚下人间仙境。
 - 远观夏诺多吉(意为金刚菩萨) — 海拔5958米，似一位英俊刚烈、神彩奕奕的少年。
 - 远观央迈勇(意为文殊菩萨) — 海拔5958米，晶莹剔透，洁白无瑕，宛若一位端庄娴静、冰清玉洁的少女。

住宿:准 5*亚丁安可华美达酒店或智选假日酒店或同级

07 亚丁村 — 日瓦 — 稻城 (2H)

早餐，午餐，晚餐

- 二次进入亚丁景区(含公共环保观光车+电瓶车)
 - 洛绒牛场 — 海拔4150米，被三座雪峰所环绕，是附近村民放牧的高山牧场。洛绒牛场附近，藏乡村寨建筑和寺庙建筑别具一格，风貌独特。
 - 牛奶海(可自费骑马前往牛奶海) — 古冰川湖，状如水滴，四周雪山环绕，湖水清莹碧蓝，山止成瀑，以其玲珑秀雅水色翠蓝而著名，俄绒措上方有大片的冰川。传说是能治聋哑怪病的圣湖。
 - 五色海(不含骑马) — 风景区位于仙乃日与央迈勇之间，现代冰谷下伸至湖畔，雪山倒影湖面，呈现奇幻的色彩。是藏区著名的圣湖。

从洛绒牛场到牛奶海约4.5公里，之间没有景区电瓶车，只能徒步或者在洛绒牛场马帮处租马。道路较为崎岖，且中途部分路段需游客下马徒步，对游客体力具有较高的要求，骑马往返约2-3小时。徒步稍慢，约需3-4小时。从牛奶海再往上行半小时左右就能到达五色海，由于海拔较高，请根据个人身体状况，自行斟酌。

住宿:准 5*稻城翔云阳光酒店或稻城金珠酒店或同级

08 稻城 — 桑堆小镇 — 新都桥 (6-7H)

早餐，午餐，晚餐

- 桑堆小镇 — 这里风景秀美，牧草丰茂，六畜兴旺，佛光普照。金秋十月的桑堆红草滩总是让你感觉相机电量不够用
- 前往新都桥

住宿:准 5*新都桥唐古特酒店或同级

09 新都桥 — 康定 — 成都 (5H)

早餐，午餐，晚餐

- 康定情歌景区木格措(含观光车) — 景区是贡嘎山国家级风景名胜区的组成部分，海拔2600-3780米。景区以高原湖泊、原始森林、温泉、雪峰、奇山异石及长达8公里的千瀑珠，构成了秀丽多彩的景观。
- 返回成都

住宿:5*春熙路福朋喜来登酒店或同级





格底拉姆

10 成都

早餐，午餐，晚餐

- 熊猫基地(含电瓶车)
- 成都繁华的春熙路步行街自由逛街，享受购物乐趣
- 川菜博物馆 – 成都的一张旅游名片，是一座可以吃的博物馆，是世界唯一以菜系文化为陈列内容的主题博物馆。
- 晚餐后可自费欣赏国粹川剧变脸

住宿:5*春熙路福朋喜来登酒店或同级

11 成都 ✈️ 新加坡

早餐, 机上用餐

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(RMB600/人):

- 甲居藏寨家访+川剧变脸VIP 席+丁真故乡理塘勒通古镇

服务费

导游及司机服务费 – RMB330/人

如有领队服务费 – SGD\$55/人



Changping Valley

01 Singapore ✈ Chengdu

Meals on Board

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

Accommodation: 5 Holiday Inn Express Tianfu Airport or similar*

02 Chengdu - Mt. Siguniang (4H)

Breakfast, Lunch, Dinner

• Drive to **Panda Boulevard**

• **Balang Mountain Tunnel Scenery**

• **Cat Nose Beam** - This is the only place to pass from Balang Mountain to Rilong, and it is the best place to watch the whole picture of Siguniang Mountain, as well as the sunrise and sunset, with an altitude of 3400 meters.

• Drive to **Siguniang Mountain** - There are three valleys and one mountain in Siguniang Mountain. Among them, Shuangqiao Valley is the only valley that can be visited by car. Shuangqiao Valley is famous for sightseeing tours, Haizi Valley is famous for adventure tours.

• **Changping Valley** - is mainly an ecological tour. The beginning till the end of the Changpinggou is 29 kilometers long and covers an area of about 100 square kilometers. On this green promenade, there are 21 viewing points.

Accommodation: Equivalent 5 Siguniangshan Valatoms Hotel or similar*

03 Mt. Siguniang - Danba (2H)

Breakfast, Lunch, Dinner

• **Shuangqiao Vally (sightseeing car included)** - It has an altitude of 3,840 meters. The sightseeing car allow you to travel more conveniently and quickly till the end of the ditch. The mountains and rivers are interdependent, the grass and trees are interspersed, the clouds cover the fog, and being in it is like a fairyland.

• Go ahead to Danba

• **Jiaju Tibetan Village + Sightseeing car + Home Visit (Compulsory Tour)** - Danba Tibetan Village refers to the Tibetan villages formed by the residents living in Danba County. In appearance, it has both the characteristics of a village house and the shape of a watchtower.

• **Suopo Tower(Exterior)** - Every Diao Lou has went through a hundred years of rain and shine. Suopo village is famous for its Diao Lou, there are a total of 84 ancient Diao lou. The Diao Lou museum is known as "Qian Diao Zhi Xiang".

Accommodation: 5 Meirengu Hotel or similar*

04 Danba - Xinduqiao (3H)

Breakfast, Lunch, Dinner

• **Tagong Temple** - One of the famous temples of the Sakya sect of Tibetan Buddhism, it has a history of more than a thousand years and is one of the holy places for Tibetans to worship in the Kham area

• **Tagong Grassland** - This is the closest pure pastoral grassland to Kangding. It is the most beautiful season in Tagong Grassland from late June to early August every year. But in the eyes of photographers, this is a surprising location.

• **Overlooking the Muya Golden Pagoda**

• **NamHo Exclusive: The carousel and lighthouse hidden under the snow mountains - Gedilamu (you will take the local car, if the mountain is blocked by heavy snow, you will change to: Xinduqiao Observation Deck)**

Accommodation: 5 Tanggut XinDuQiao Hotel or Similar*



Luorong Cattle Farm



Xinduqiao

05 Xinduqiao - Litang - Daocheng Yading (7.5H)

Breakfast, Lunch, Dinner

- Proceed to Litang - **Ding Zhen's hometown (Compulsory Tour)**
- **Tongle Ancient Town** - Altitude is 4014M , it is also known as the "highest city in the world". It is the only scenic spot in the world built with Cangyang Gyatso as the main character.
- **Evergreen Kerr Temple** - is the Kangba Monastery of the first largest Gelug faction. Construction of the long Youth Cole Temple began in 1581, and the main hall of the temple can accommodate 3500 people. It is the only Gelug monastery in Cambas that can grant a West degree.
- **Mauyaba Grassland** - Mauyaba grassland is in the world high city known as Litang County, the largest grassland in the middle of Hengduan Mountain Shaluli Shan, 3800-4500 meters above sea level. The Litang River flows in the meantime, the broad and wide cross-strait distribution of a string of swamp wetlands and rich meadows
- Proceed to Daocheng Yading

Accommodation: 4 Yading Anke Ramada Hotel or Holiday Inn Express or similar*

06 Daocheng - Riwa Yading (2H)

Breakfast, Lunch, Dinner

- **Yading Scenic Area (Battery Car + Eco-friendly car included)** - It is mainly composed of three sacred mountains "Xiannairi, Yangmai Yong and shanuoduoji" and the surrounding rivers, lakes and alpine meadows. it is known as "Soul of Shangri-La". And "The Last Shangri-La", it is a paradise for photography.
- **Pearl Lake (Horse Riding excluded)** - 4100 meters above the sea level, The turquoise water is glowing faintly under the reflection of the early morning sky, as if it were a dark emerald falling on the earth. The lake is exactly reflecting the majesty of Xiannairi Mount.
- **Overlook Three Holy Mountain**
- **Xiannairi (known as GuanShiYin Bodhisattva)** - Altitude of 6032m above the sea, is the first peak of DaoCheng, and looks like GuanYin Bodhisattva sitting on the lotus platform.
- **Shanoduoji (known as JinGang Bodhisattva)** - Altitude of 5958m above the sea and looks like a good-looking gentleman.
- **Yang Mai Yong (known as WenShu Bodhisattva)** - Altitude of 5958m above the sea looks flawless, white and crystal like a dignified Lady.

Accommodation: 4 Yading Anke Ramada Hotel or Holiday Inn Express or similar*

07 Yading - Riwa - Daocheng (2H)

Breakfast, Lunch, Dinner

- **Yading Scenic Area (Twice Entry)**
 - o **Luorong Cattle farm** - 4150 meters above the sea level, surrounded by three snow peaks. Tibetan village buildings and temple buildings are unique and unique.
 - o **Milk Sea** - Milk Sea altitude about 4600m, will be at a lower temperature. Do remember to be prepared and keep yourself warm!
 - o **Five Color Sea** - Wusehai Scenic Area is located between Xiannai and Yangmai Yong , at an altitude of 4600 meters, the modern ice valley stretches down to the lake, and the snow-capped mountains reflect the lake surface, presenting fantastic colors. It is a well-known sacred lake in Tibet.
- **Notes:**
 - o From the Luorong Cattle farm to the Milk Sea is about 4.5kilometers, there will not be any sightseeing car available, you can either walk or a horse ride (to rent at own expenses).
 - o The journey to Luorong Cattle farm to the Milk Sea will be rough and bumpy, some sections will require tourists to dismount and walk, riding the horse will take around 2-3 hours. While walking will take about 3-4 hours. Continue from the milk sea for about half an hour will arrive the five colors sea, due to the higher elevations, please travel according to personal health condition.
- Back to Daocheng via Riwa

Accommodation: 5 Four Points by Sheraton Chengdu or similar*



Pearl Lake

08 Daocheng - Sangdui - Xinduqiao (6-7H)

Breakfast, Lunch, Dinner

- **Sangdui Town** - The scenery here is beautiful, the pasture is lush, the six animals are prosperous, and the Buddha's light is shining. Sangdui red grass beach in golden autumn and October always makes you feel that the camera is not enough.
- Continue to Xinduqiao

Accommodation: 4 Tanggut XinDuQiao Hotel or Similar*

09 Xinduoqiao - Kangding - Chengdu (2.5H)

Breakfast, Lunch, Dinner

• **Kangding MuGeCuo Scenic Area: (Green Fuel Car included)** - The scenic spot is an important part of the Gongga Mountain National Scenic Spot, with an altitude of 2600-3780m. The scenic spot consists of highland lakes, hot springs, snow peaks, thousands of waterfalls up to 8 km long etc., forming a beautiful and colourful landscape.

• Back to Chengdu.

Accommodation: 5 Chengdu Crowne Plaza Hotel or similar*



Milk Sea

10 Chengdu

Breakfast, Lunch, Dinner

- **Chengdu Giant Panda Breeding**
- Do your Shopping at the bustling **Chunxi Road at Chengdu**
- **Chuanchai Cuisine Museum** - A tourist card of Chengdu is an edible museum, the only themed museum in the world that displays cuisine culture.
- **Sichuan Bian Lian Opera (Compulsory Tour)**

Accommodation: 5 Four Points by Sheraton Chengdu or similar*



Giant Panda

11 Chengdu ✈️ Singapore

Breakfast, Meals on Board

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 (RMB600/PP)

- o Jiaju Tibetan Village +Sightseeing Car +Home visit + Sichuan Bianlian Opera (VIP seats) +Dingzhen's hometown

Service Fees

Guide and driver - **RMB330** per person

Tour Leader (if any) – **SGD\$55** per person