

Tour code:CKMG08



★ 行程亮点

- 大理古城
- 纳帕海
- 独克宗古城
- 龟山公园
- 松赞林寺
- 丽江古城（四方街）
- 里务比岛
- 泸沽湖
- 玉龙雪山
- 云杉坪索道
- 甘海子
- 白水河
- 蓝月谷



8天7晚 昆明/大理 丽江/香格里拉 泸沽湖女儿国

8D7N KUNMING/DALI/LIJIANG/SHANGRI-LA/
LUGU LAKE WOMEN'S KINGDOM

🍽️ 餐食

7早餐 | 6午餐 | 7晚餐

特色餐：

过桥米线/白族风味/砂锅鱼风味/
峡谷风味/藏式风味/农家风味/
马帮菜或火塘土鸡/雪厨自助餐/
野生菌火锅

🏨 酒店住宿

- 5★维居金鹰/恒盛/威龙(步行街)或同级(2晚)
- 5★大院里/维也纳或同级特色
- 5★蜀锦/怡程或同级
- 5★祥和/吉祥园/藏元/官房花园别墅或同级(2晚)
- 5★海境/清尘/牧云山庄(特色民俗)



*Photos for illustration only



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(TA01114)



01 新加坡✈昆明

机上用餐 | 晚餐

- 集合于樟宜机场，搭乘客机飞往享有美誉的春城---昆明。
- **东西寺塔**：东西寺塔位于云南省昆明市，是昆明著名的历史文化遗迹，建于唐代。东西两塔相对而立，一为东寺塔（宏通塔），一为西寺塔（华亭塔）。塔身呈八角形，造型优美，体现了唐代建筑的艺术风格。东西寺塔不仅是昆明历史的见证，也是游客了解昆明文化的重要景点之一。
- **金马碧鸡坊**：金马碧鸡坊是昆明的标志性建筑，位于市中心，是一对象征昆明历史和文化的古牌坊。相传，金马与碧鸡是昆明的两大祥瑞图腾，象征吉祥如意。坊体设计精巧，雕刻精美，是昆明市民休闲、拍照打卡的热门地标，同时也象征着昆明悠久的历史文​​化。
酒店：维居金鹰/恒盛/威龙（步行街）或同级准 5★

02 昆明🚗大理

早餐 | 午餐 | 晚餐

- **大理古城**：大理古城有600多年历史，它东临洱海，西枕苍山，城中溪水清澈，随处可见白族传统民居。古城内保存了许多传统的白族建筑，街道布局井然有序，充满浓厚的民族特色。这里还是茶马古道的重要节点，是了解大理历史和文化的绝佳去处。
- **洋人街**：大理古城吸引了来自各国的游客，他们在城内形成了一条有名的“洋人街”，这里既可以看到白族古朴的民风文化和悠久历史，又可以领略到多姿多彩的异域风情。
- **远眺三塔**：乘车经过，远观雄伟的三塔，它是中国最古老且保存最完好的佛教建筑之一，在苍山的映衬下巍然屹立。
酒店：大院里/维也纳或同级特色 5★

03 大理🚗香格里拉

早餐 | 午餐 | 晚餐

- **远眺长江第一湾**：罕见的“V”字形大湾，“江流到此成逆转，奔入中原壮观”，人们称这天底下奇观为“长江第一湾”。
- **纳帕海**：纳帕海是高原季节性湖沼，夏末秋初，降雨量大，湖面增大，秋末至次年夏秋，湖水下落，属湿地生态类型保护区。
- **虎跳峡（不含扶梯）**：世界上最深的峡谷之一，可欣赏到雄伟的悬崖峭壁和湍急的金沙江水流，平静的河水突遇玉龙和哈巴两座雪山阻隔，形成一处216米的滔天巨浪，感受大自然的鬼斧神工。
- **独克宗古城**：独克宗是藏语发音，意为“月光城”“建在石头上的城堡”龟山公园---登上楼顶，日月城尽收眼底。这里也有着世界最大的转经筒。
酒店：蜀锦/怡程或同级准 5★



纳帕海



独克宗古城



丽江古城



里务比岛



摩梭民俗博物馆

04 香格里拉🚗丽江

早餐 | 午餐 | 晚餐

- **松赞林寺**：是云南省规模最大的藏传佛教寺院，也是康区有名的大寺院之一，还是滇滇一带的佛教中心，在整个藏区都有着举足轻重的地位，被誉为“小布达拉宫”。塔中塔（藏区最高藏传佛教白塔）。
- **丽江古城(四方街)**：是国家级历史文化名城，已列入[世界文化遗产名录]。得天独厚的地理位置使得人们不论身处于城内何处，抬头入眼便是巍峨而圣洁的玉龙雪山。建筑、饮食和手工艺品等都让游人流连忘返。
- **黑龙潭公园**：位于丽江古城北象山脚下，从丽江古城四方街沿经纬纵横的玉河溯流而上，约行一公里有一处晶莹剔透的泉潭，即为中外闻名的黑龙潭。
酒店：祥和/吉祥园/藏元/官房花园别墅或同级准 5★

05 丽江🚗泸沽湖女儿国

早餐 | 午餐 | 晚餐

- **山路十八弯**：通往丽江古城的一段蜿蜒山路，以其十八个弯道而得名。这条山路风景如画，沿途可欣赏到高山、河流和古老的村落，且是通往丽江古城的重要交通路线之一。它不仅是游客前往丽江的必经之地，也是体验大自然和丽江文化的一个重要途径。
- **摩梭民俗博物馆**：是由该村村民翁基次·尔青及其朋友汝享次仁多吉共同创办、中国唯一反映母系氏族社会民俗的博物馆，世界非物质文化遗产为主题的大小型展馆。
- **篝火晚会**：无论男女老少都会上场，带动你的情绪，超级热闹！身处其中，感受到摩梭族人们的激情和欢快。
酒店：海境/清尘/牧云山庄（特色民俗）5★



白水河、蓝月谷

06 泸沽湖观景台 🚗 丽江

早餐 | 午餐 | 晚餐

- **猪槽船游湖**：即独木舟。摩梭语称：“日故”，由一根粗壮的圆木镂空，两头削尖而成。因其状如一只长长的猪槽而得名。泸沽湖与世隔绝。湖中的唯一交通工具是摩梭人独特的“猪槽船”。
- **里务比岛**：里务比岛位于泸沽湖的中南部，岛上有藏传佛教寺庙里务比寺。里务比岛、黑瓦吾岛和里格半岛，为湖中最具观赏和游览价值的三个景点，被誉为“蓬莱三岛”。
游览结束后乘车前往丽江。
酒店：祥和/吉祥园/藏元/官房花园别墅或同级准5★

07 丽江 🚄 昆明（乘晚动车---二等座）

早餐 | 午餐 | 晚餐

- **云杉坪索道**：是被周围的原始云杉林紧紧包裹着的翠绿草坪，这里如此幽静，如此美妙，如此动人，仿佛人间仙境一般。
- **甘海子**：甘海子为一个天然草甸牧场，地势平缓起伏，辽阔的草甸上散落有一颗颗低矮的松树，你脚下是延绵的草场，草木掩映。
- **白水河**：这条清澈无比的河水，来自玉龙雪山的融雪，以白石为底，显明格外明净，因此而得名。
- **蓝月谷**：在水浅的地方，白里透蓝，水深处透射出海水般的湛蓝，抬头仰望玉龙雪山屹立在蓝天白云之下，令人心境豁然开朗。
游览结束后乘坐动车前往昆明。
酒店：维居金鹰/恒盛/威龙（步行街）或同级准5★

08 昆明 ✈️ 新加坡

早餐

- 早餐后，结束了这8天7晚的神秘女儿国之旅，乘车前往机场，乘坐客机，返回家园。

导游和司机小费：RMB ¥ 30 每天/每人

保证自费项目 700 RMB/人：

- ★ 大理洱海生态廊道
- ★ 虎跳峡
- ★ 摩梭家访
- ★ 印象丽江歌舞秀
- ★ BUS 游湖(情人沙滩+里格观景台+小落水)

备注：

- 全程都以华文讲解。
- 行程次序或会因宗教活动、未曾预见的气候状况有所变动，如有任何改动恕不另行通知。
- 如遇不可预计的气候问题造成航班延误或取消，客人需自己承担因航班延误/取消而产生的所有而外费用。
- 当地旅行社有权视当地的情况更改行程顺序，酒店住宿或膳食。房型是根据酒店的分配本公司不负责所分配型的房型差异。任何叁人房都以折叠式加床为标准。
- 所有订单都以旅游行程宣传册的附带条件和条款为标准。
- 重大活动期间，住店地点可能无法在上述城市内。
- 所有航班如有更改，恕不另行通知。
- 若中英文行程版本出现不符之处，将以华文版本为依据。
- 本公司将不承担任何有危险性活动的责任及风险，因此本公司建议您购买旅游保险，为您的旅游做个保障。

01 SINGAPORE ✈️ KUNMING

Meal on board | Dinner

- Assemble at Changi Airport to board a flight to Kunming, the renowned "Spring City".
- **East and West Pagodas:** located in Kunming, Yunnan Province, are famous historical and cultural landmarks built during the Tang Dynasty. The two pagodas stand opposite each other, with the East Pagoda (Hongtong Pagoda) and the West Pagoda (Huating Pagoda) showcasing elegant octagonal designs.
- **Golden Horse and Jade Rooster Archways:** The Golden Horse and Jade Rooster Archways are iconic landmarks in Kunming's city center, symbolizing the city's history and culture. Legend has it that the Golden Horse and Jade Rooster are auspicious totems representing good fortune.
Hotel: Golden Eagle Hotel/ Hengsheng Hotel/ Weilong Hotel or similar 5★

02 KUNMING 🚌 DALI

Breakfast | Lunch | Dinner

- **Dali Ancient Town:** With over 600 years of history, this ancient city is nestled between Erhai Lake and Cangshan Mountain. The streets are lined with traditional Bai ethnic residences.
- **Foreigner Street:** Dali Ancient Town has attracted visitors from around the world, leading to the formation of the famous "Foreigner Street" within the town.
- **Three Pagodas:** Driving pass from a distance, admire the majestic Three Pagodas one of the oldest and best-preserved Buddhist structures in China stand majestically against the backdrop of Cangshan Mountain.
Hotel: Dayuanli Hotel/ Vienna Hotel or similar 5★

03 DALI 🚌 SHANGRI-LA

Breakfast | Lunch | Dinner

- **First Bend of the Yangtze River:** Driving pass the famous "V" shaped bend, known as the "First Bend of the Yangtze River", where the mighty Yangtze River dramatically changes its course.
- **Napahai Lake:** Napa Lake is a seasonal alpine marsh. In late summer and early autumn, heavy rainfall causes the lake surface to expand.
- **Tiger Leaping Gorge (excluding escalator):** One of the deepest canyons in the world, you can enjoy the majestic cliffs and the turbulent Jinsha River.
- **Dukezong Ancient Town:** Dukezong is a Tibetan name meaning "Moonlight City" or "City Built on Stone." At Guishan Park, you can climb to the top and enjoy a panoramic view of the Sun and Moon City.
Hotel: Shujin Hotel/ Echeng Hotel or similar 5★

04 SHANGRI-LA 🚌 LIJIANG

Breakfast | Lunch | Dinner

- **Songzanlin Monastery:** It is the largest Tibetan Buddhist monastery in Yunnan Province and one of the famous monasteries in the Kham region.
- **Lijiang Ancient Town (Square Street):** It is a national historical and cultural city, and has been included in the [World Heritage List].
- **Black Dragon Pool Park:** Located at the foot of Elephant Mountain to the north of Lijiang Old Town, Black Dragon Pool can be found by following the Yulong River, which runs through the grid-like streets of Square Street in Lijiang Old Town.
Hotel: Xianghe Hotel/ Jixiangyuan Hotel/ Zimotang Courtyard Inn Hotel or similar 5★

05 LIJIANG 🚌 LUGU LAKE WOMEN'S KINGDOM

Breakfast | Lunch | Dinner

- **Eighteen Bends of the Mountain Roads:** It is a winding mountain road leading to Lijiang Ancient Town, named for its eighteen sharp curves. The road offers picturesque views of mountains,

- rivers, and ancient villages, and serves as an important route to Lijiang Ancient Town.
- **Mosuo Ethnic Museum:** It was founded by the village resident Weng Jici Erqing and his friend Ru Xiang Ceren Duoji.
- **Bonfire Party:** Experience the lively bonfire party where locals of all ages gather to dance and sing.
Hotel: Lake View Hotel/ Qingchen Holiday Hotel/ Muyun Mountain Villa or similar 5★

06 LUGU LAKE 🚌 LIJIANG

Breakfast | Lunch | Dinner

- **Lugu Lake Pig:** It is a canoe, known in the Mosuo language as "Ri Gu." It is carved from a thick round log, with both ends pointed. The name "pig trough boat" comes from its shape, resembling a long pig trough. Lugu Lake is isolated from the world, and the only means of transportation on the lake is the Mosuo people's unique "pig trough boat." (Boat ride included)
- **Liwubi Island:** Liwubi Island is located in the central-southern part of Lugu Lake. The island is home to the Tibetan Buddhist temple, Liwubi Temple. Liwubi Island, Heiwawu Island, and Lige Peninsula are the three most scenic and valuable attractions in the lake, collectively known as the "Penglai Three Islands." After the tour, drive to Lijiang.
Hotel: Xianghe Hotel/ Jixiangyuan Hotel/ Zimotang Courtyard Inn Hotel or similar 5★

07 LIJIANG 🚞 KUNMING

EVENING TRAIN (2ND CLASS SEAT)

Breakfast | Lunch | Dinner

- **Spruce Meadow Cable Car:** A stretch of green meadow tightly surrounded by pristine spruce forests, this place is as quiet and beautiful as it is enchanting, like a paradise on earth. (Cable Car included)
- **Ganhaizi:** Ganhaizi is a natural alpine meadow pasture, with gently undulating terrain. Scattered across the vast meadow are low pine trees, with endless grasslands underfoot.
- **Baishui River:** This crystal-clear river, originating from the melting snow of Yulong Snow Mountain, flows over a white stone riverbed, making the water exceptionally bright and clear.
- **Blue Moon Valley:** In shallow areas, the water is white tinged with blue, while in deeper parts, it reflects a deep azure. Looking up, you can see Yulong Snow Mountain standing tall under the blue sky and white clouds, bringing a sense of clarity and openness to your mind. After the tour, take the train to Kunming.
Hotel: Golden Eagle Hotel/ Hengsheng Hotel/ Weilong Hotel or similar 5★

08 KUNMING ✈️ SINGAPORE

Breakfast

- After breakfast, conclude the 8-day, 7-night journey to the mysterious Kingdom of Women. Transfer to the airport and take a flight back home.

Guide & Driver Services Fee: RMB ¥30/day/pax

Compulsory Optional Tour 700 RMB / person:

- ★ Dali Erhai Lake Ecological Corridor
- ★ Tiger Leaping Gorge
- ★ BUS Lake Tour (Lover's Beach + Lige Observation Deck + Xiao Luoshui)
- ★ Mosuo Family Visit
- ★ Impression Lijiang Song and Dance Show

Notes:

- All explanations will be in Chinese.
- The itinerary sequence may be changed due to religious activities or unforeseen weather conditions. Any changes will be made without prior notice.
- In the event of flight delays or cancellations due to unforeseen weather conditions, guests will be responsible for all additional expenses incurred due to flight delays/cancellations.
- The local travel agency has the right to change the itinerary sequence, hotel accommodation or meals according to local conditions. Room types are allocated according to the hotel, and the company is not responsible for the difference in room types allocated. Any triple room is based on a folding extra bed.
- All orders are subject to the terms and conditions of the tour brochure.
- During major events, accommodation may not be available in the above cities.
- All flights are subject to change without prior notice.
- In the event of any discrepancy between the Chinese and English versions of the itinerary, the Chinese version will be used as the basis.
- The company will not assume any responsibility or risk for any dangerous activities. Therefore, our company recommends that you purchase travel insurance to protect your travel.