

SWC02A

8 天昆明.大理.丽江.香格里拉 巴拉格宗

8D KunMing. DaLi. LiJiang ShangriLa.Balagezong

Super Travels Pte Ltd

133 New Bridge Road, #03-01/02 Chinatown Point, Singapore 059413

Call us: 6392 3688 / 6392 3392. Email: apc@super-travels.com



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行程要点

❖ 全程无购物

大理

- 大理古城、洋人街
- 打卡网红【大理S弯洱海生态廊道】

丽江

- 黑龙潭
- 丽江古城
- 玉龙雪山风景区
- 主峰冰塔林大索道：故有“绿雪奇峰”，雪不白而绿，蔚为奇观
- 《印象丽江》歌舞表演

香格里拉

- 龟山公园
- 独克宗古城
- 松赞林寺

- 特别安排：换上藏服，当一回藏民与藏民一同感受虔诚与自由同在

巴拉格宗风景区

- 秘境桃源“巴拉格宗” 隐匿在人间天堂的净土

昆明：大观楼、南强集市



风味餐

- 昆明：过桥米线
- 大理：砂锅鱼头风味
- 丽江：雪山自助小火锅
- 纳西农家宴风味
- 香格里拉：藏式风味



住宿

- 全程提升当地准5星标准酒店
- 昆明：智选西部假日或同级
- 大理：三塔苑酒店或同级
- 丽江：国际大酒店或同级
- 香格里拉：兰欧国际酒店（供氧房）或同级



必须自费项目

周城扎染作坊+香格里拉藏民家访（白天，品尝藏式小吃：青稞、酥油茶）+菌火锅
=RMB680/人
（小孩身高1米以下 RMB450/人）



第一天：新加坡→昆明（晚餐）
今天齐聚樟宜国际机场，乘搭国际航空飞往春城昆明，

第二天：昆明-大理-丽江（早/午/晚餐）
早餐后，乘车前往大理（4H），加点项目：
【周城扎染作坊，客人可亲身体验白族传统扎染的制作过程，作品留作纪念】周城的扎染花布和刺绣品，精工制作，远销海内外，有“扎染之乡”的美誉。接着前往丽江（2H）

第三天：丽江（早/午/晚餐）
今天将前往【玉龙雪山】，是丽江最著名的景点之一，也是纳西族心中的神山，我们将乘大索道登上玉龙雪山主峰冰塔林，冰川公园是由冰川侵蚀而成的石洞、石穴组成的公园，是第四纪冰川形成的地貌遗迹，有“卢塞恩玻璃宫”之称。游览【蓝月谷（不含电瓶车）】，白水河，甘海子】。接着观看由张艺谋倾情打造的《印象丽江》歌舞表演。参观【黑龙潭】又名玉泉公园。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清澈的泉潭，即为中外闻名的黑龙潭。游览有着800年历史的【丽江古城，四方街】。

（注明：印象丽江为赠送内容，如因演出方原因停演，旅行社不做任何补偿，如冰塔林索道遇到索道检修或风过大停运，则更改为云杉坪小索道+栈道电瓶车）

第四天：丽江-香格里拉（早/午/晚餐）
早餐后，前往香格里拉（3H），抵达后，【特别安排：换上藏服】，当一回藏民与藏民一同感受虔诚与自由同在。车游【纳帕海】，途中停靠拍照。游览【独克宗古城，龟山公园】，龟山公园建于康熙年间，此园依山而建，远观世界最大的转经筒为公园里最具特色的建筑。

第五天：香格里拉-巴拉格宗-香格里拉（早/午/晚餐）
早餐后前往深山圣水护佑的香格里拉绝尘净域——【巴拉格宗风景区】（约1.5H），参观【千年菩提树】，此树又名“凤凰菩提”，游览【回音壁空中栈道及玻璃观景台】，参

观曾经与世隔绝千年、被称为“世外桃源”的【巴拉村】，午餐后，游览【香格里拉大峡谷（不含漂流）】。（冬季限定安排12月-3月：大峡谷替换为参观天然佛塔）（如遇下大雪，封路、路面结冰等安全隐患，则恢复走大峡谷）大片的雪山映入眼帘，道路的尽头一片白茫茫的雪地上，香巴拉佛塔矗立在眼前，瞬间带来内心的纯净与安宁。在这里，我们可以走进雪地嬉戏玩闹，堆雪人。之后返回香格里拉。

第六天：香格里拉-大理（早/午/晚餐）
参观【松赞林寺】，松赞林寺依山而建，远望与拉萨布达拉宫颇有些相似，因其规模宏大，故有“小布达拉宫”的美誉。加点项目：
【藏民家访】（白天，品尝藏式小吃：酥油茶、青稞）乘车前往大理（5H），参观前往【大理古城（不含电瓶车）】、洋人街】、大理古城在唐、宋500多年的历史间是云南的政治、经济、文化的中心，是古代南诏国和大理国的都城

第七天：大理-昆明（早/晚餐）
早餐后，打卡网红【大理S弯洱海生态廊道】，打开大理洱海最舒服的方式：可以悠闲地对着洱海发呆，可以在洱海边漫步，也可以租一辆脚踏车来一次轻骑行（租车参考费用10元/辆每小时，客人自理）。午餐后，乘车返回昆明，游【大观楼】四季观花：1-2月及春节期间郁金香花展；3-4月装饰花；5-6月三角梅花展；7-8月荷花展暨荷花节；9-10月金秋菊展；11-12月装饰花。11-3月来自西伯利亚的小精灵——红嘴鸥，客人可由喂喂海鸥，和海鸥亲密接触。之后前往1901滇越铁路为主题文化长廊——【南强集市】，2021年获得昆明市美丽小巷称号，它能带你快速了解昆明地道一百多种不重样小吃。

加点：午餐品尝：菌火锅风味

第八天：昆明→新加坡（早餐打包）
早餐后，当天返回美丽的家园新加坡。



TOUR HIGHLIGHTS!

✦ No Shopping Tour

DaLi

- . Da Li Ancient Town, Foreigner Street
- . Dali Erhai Ecological Corridor

LiJiang

- . Black Dragon Pool
- . Lijiang Ancient town
- . Jade Dragon Snow Mountain Scenic
- . The Glacier Park
- . Impression Lijiang Show

Shangri-La

- . GuiShan Park
- . Dukezong Ancient City
- . Ganden Sumtseling Monastery

✦ special arrange experience be a tibetan and change the Tibetan costume

Balagezong

- . Balagezong Scenic Area

KUNMING

- . Grand View Pavilion
- . Nanqiang Market



MEALS INCLUSION

- . Guo Qiao Rice Noodles
- . Dali Fish Head in Casserole
- . Lijiang: Snow mountain Hotpot
- . NaXi Farm Banquet
- . Shangri-La: Tibetan Ba Bao Steam Pot



ACCOMMODATION

Local 5*hotel

Kunming: Holiday Inn Express Kunming West or similar

DaLi: San Ta Yuan Hotel or similar

LiJiang: International Hotel or similar

Shangri-La: Lan Ou Hotel or similar

🚗 Compulsory Tour

DIY Cloth dyeing + Tibetan Home visit+
Mushroom hot pot=RMB 680/pax
(Child Height 1.0M and below:
RMB450/PAX)

DAY 1: SINGAPORE → KUNMING (D)



Today, we will gather at the International Airport for our flight to the City of Spring—**Kunming**. Upon arrival, we will check in to the hotel.

DAY 2: KUNMING - DALI- LIJIANG (B/L/D)

After Breakfast, you will Proceed to Dali
Compulsory tour: Zhoucheng cloth-dyeing & Embroidery Workshop Personal & Traditional DIY Experience for a memorable DIY souvenir as a gift in return. After that, we will drive to **Lijiang**.

DAY 3: LIJIANG (B/L/D)

After breakfast, you will proceed to **Jade Dragon Snow Mountain**. Jade Dragon Snow Mountain now is a famous scenic spot for sightseeing. We will take **the big ropeway to the Glacier Park**. After that we continue to visit **Blue Moon Valley (not include eco-car) and Baishui River**. Thereafter, you will watch the ecological stage performance "**Impression of Lijiang**" is the second outdoor production of Zhang Yimou's debuted open-air performance at the foot of Yulong (Jade Dragon) Snow Mountain. Continue you will proceed to **Black dragon Pool** also known as Yuquan Park. It's not only a casual place for locals to relax, enjoy the beautiful scenery, but also combines historical culture. Continue visit **Lijiang Ancient Town and Sifang street**, you can free and leisure here and enjoy the local snack at here.

DAY 4: LIJIANG- SHANGRI-LA (B/L/D)

After Breakfast, we will drive to Shangri-La, En route, Upon arrival, **special arrange experience be a tibetan and change the Tibetan costume**.

Continue **coach ride Napa Lake**. Next visit **DukeZong Ancient City, Guishan Park & Prayer Wheel**.

DAY 5: SHANGRI-LA - BALAGEZONG- SHANGRI-LA (B/L/D)

Today you will visit **Balagezong Scenic area**, visit the **millennium bodhi tree**. Continue visit **Echo wall glass viewing platform**. Next you will visit **Bala Village**, The Bala village is a mountainous village sitting high in the clouds at the heart of the national park. After, you will visit **Shangri-La Grand Canyon (exclude drifting)**. (Winter Seasonal Arrangement **December-March Only: Grand Canyon changed to visit Natural Pagoda**), (If there are heavy snow, road closures, icy roads and other safety hazards, will stick to visit Grand Canyon). Natural Pagoda: a large area of snow-capped mountains coming into view and a blanket of snow at the end of the road, where the Shambhala Stupa stands. Here we can **play snow and build snowmen** before returning to Shangri-La.

DAY 6: SHANGRI-LA - DALI (B/L/D)

After breakfast, visit **Ganden Sumtseling Monastery**, Songzanlin Monastery has another alias - 'the little Potala Palace', so named because the whole monastery is in the traditional style with mysterious atmospheres. Proceed to **Tibetan Home visit (Compulsory tour)**. Next will Proceed to Dali visit **the ancient city of Dali (not include eco car)** and the **Foreigner Street**.



DAY 7: DALI - KUNMING (B/D)

After breakfast, check in **Dali Erhai Lake ecology landscape road**, strolling in Erhai and you can rent a bicycle ride at here (Rent fees: RMB10/PER HOUR). After lunch will back to Kunming. Upon arrival, **The Grand View Pavilion (Flower Viewing: Jan-Feb: Tulip (Not confirm), Jun to Aug: Lotus, Oct: Chrysanthemum)**. Next go to the 1901 Yunnan-Yue railway cultural theme of the night market - **Nanqiang Street Market**, feel the vibe of Kunming night life. Then enjoy the **local mushroom hotpot (compulsory tour)** for lunch.

DAY 8: KUNMING → SINGAPORE (B)

Today, take your flight and return home to sweet home, Singapore.

Note:

1. If "Impression Lijiang" show be stopped due to performers' reason, travel agent will not be held responsible for any cancellation/refund.
2. In the event if the big rope-way to Glacier Park is closed due to maintenance or weather conditions, it will be replaced to Yun Shan Ping (small ropeway) + Eco Car.



REMARKS :

1. Purchase of travel insurance is strongly recommended.
2. All itineraries are subject to changes (due to Flight Schedules, Land and Sea Transport, COVID-19 restrictions and other causes of an unpredictable nature) and final confirmation from our overseas land operators. We, as a Travel Agent cannot be held responsible for any changes being made to the itineraries due to any but not limiting to the above-mentioned factors.
3. Tour is conducted in Mandarin unless otherwise stated.
4. Please refer to Chinese itinerary version for more details.

备注:

1. 在公司无法预测和控制的情况下，行程可能更改
2. 航班时间，行程顺序，餐食和酒店均以最终确认为准。
3. 全程中文讲解
4. 本公司强烈建议阁下购买个人旅游保险

HAVE A NICE TRIP!!!