

SWC02B

10 天昆明香格里拉.巴拉格宗

女儿国.大理丽江.沙溪

10D KunMing .Shangrila.

Balagezong.Nverguo .Shaxi

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行程要点

- ❖ 全程无购物
- ❖ 朝圣者心中最美的香格里拉秘境，最后的人间净土

巴拉格宗

- 巴拉格宗景区
- 千年菩提树
- 香格里拉大峡谷
- 玻璃栈道、回音壁
- 巴拉村

香格里拉

- 松赞林寺
- 龟山公园、转经筒
- 独克宗古城

沙溪古镇

- 走进《去有风的地方》集中取景地

大理

- 喜洲古镇
- 大理古城、洋人街

丽江

- 黑龙潭
- 丽江古城
- 玉龙雪山
- 乘大索道登上玉龙雪山主峰冰塔林
- 《印象丽江》歌舞表演

➤ 东方女儿国—泸沽湖



风味餐

- 过桥米线+汽锅鸡
- 砂锅鱼+乳扇
- 雪山自助小火锅
- 纳西马帮农家宴+丽江粑粑
- 藏式风味



住宿

- 全程当地5星标准酒店+1晚4星标准酒店
- 昆明：西部智选假日或同级
- 大理：三塔苑苍山花园酒店或同级
- 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
- 泸沽湖：摩梭园酒店或同级（准4星）



必须自费项目

《大落水码头乘坐摩梭猪槽船游湖》+《体验周城扎染》+《菌火锅》=RMB680/成人
(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，抵达后，由专人迎接。

第二天 昆明→丽江 (早/午/晚餐)

早餐后，乘车前往丽江，途经大理（约4.5H），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。之后乘车至丽江（约3H）。

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。

（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-泸沽湖 (早/午/晚餐)

早餐后，前往东方女儿国—泸沽湖（约3.5H），到达泸沽湖观景台欣赏风景如画的泸沽湖全景，午餐后，乘车至里格观景台，观泸沽湖美景，参观摩梭民居，晚餐享用摩梭特色餐，晚餐后参加最古老的篝火晚会（晚20:00左右和当地的摩梭人载歌载舞1小时或者1个半小时），晚会结束后返回酒店休息。

第五天：泸沽湖-丽江 (早/午/晚餐)

早餐后，加点项目：《大落水码头乘坐摩梭猪槽船游湖》，欣赏晨景中的泸沽湖美景，听摩梭船夫吟唱摩梭歌谣，游里务比岛，拜访佛教圣地里务比寺。结束愉快的旅程返回丽江，游览黑龙潭公园、古城、四方街。

第六天 丽江-香格里拉 (早/午/晚餐)

早餐后，前往香格里拉（约3.5H），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。游独克宗古城、龟山公园，观转经筒。

第七天：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，游览香格里拉大峡谷（冬季节限定安排12月-3月：大峡谷替换为参观天然佛塔）大片的雪山映入眼帘，道路的尽头一片白茫茫的雪地之上，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，如遇大雪，封路、路面结冰等安全隐患，则恢复走大峡谷。之后返回香格里拉。

第八天：香格里拉-沙溪-大理 (早/午/晚餐)

早餐后，乘车前往沙溪（约4.5H），走进《去有风的地方》集中取景地-沙溪古镇：千年集市寺登街、古戏台、玉津桥，留自由活动，教你怎么玩之沙溪小店推荐：阿瑞奶奶的小店，吃茶去，点上一壶茶或手工咖啡，坐上一下午。品味薄荷咖啡、木影工作室，午餐后，乘车返回大理，游览大理古城（不含电瓶车）、洋人街。

第九天：大理-昆明 (早/午/晚餐)

早餐后，参观喜洲古镇，乘喜洲小马车（稻田+洱海边），（赠送旅拍每人赠送3张电照片+一团30秒航拍视频）吱呀声里，碾过四季稻香稻田四季看点：3-5月-绿意盎然，偶遇油菜花海；6-10月-黄金盛典，稻浪翻天，最佳出片时节；11月-次年2月-稻田休耕，或覆油画黄。直抵洱海之滨—听风，看云，尽享悠闲时光。午餐后，前往1901滇越铁路火车头为文化主题的夜市—【南强街集市】，感受昆明夜生活的烟火气，这便是昆明人的深夜食堂。加点：晚餐品尝《菌火锅风味》

第十天：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

The last Pure Land on Earth - Shangrila

Balagezong

- . Balagezong Scenic Area
- . The Thousand-Year-Old Bodhi Tree
- . Shangri-La Grand Canyon
- . Glass walkway, Echo Wall
- . Bala Village

Shangrila

- . Songtsamlin Monastery
- . Guishan Park, Prayer Wheel
- . Dukezong Ancient City

Shaxi Ancient Town

DaLi

- . XiZhou Ancient City
- . Dali Ancient City、Foreigner Street

LiJiang

- . Black Dragon Pool
- . Lijiang Ancient town
- . Jade Dragon Snow Mountain Scenic
- . The Main Glacier (by ropeway)
- . Impression Lijiang Show

❖ The Daughters city of the East - Lugu lake



MEALS INCLUSION

- . Guo Qiao Rice Noodles+ Air-pot Chicken
- . Dali Fish Head in Casserole
- . Snow Mountain Hot Pot
- . Naxi Horse Gang Farmers' Feast
- . Tibetan Flavor Meal



ACCOMMODATION

Local 5*hotel +1N 4*



COMPULSORY TOUR

Traditional wooden boats floating in the Daluoshui Lake + DIY Cloth dyeing + Mushroom Hotpot = RMB680/PAX
(children under 1.1m RMB450/pax)



DAY 1: SINGAPORE→KUNMING (D)

Assemble at Changi International Airport for your flight to the City of Spring—Kunming.

DAY 2: KUNMING→LIJIANG (B/L/D)

After breakfast, you will proceed to Lijiang and passed Dali on your way. Compulsory tour: Zhoucheng cloth-dyeing& Embroidery Workshop Personal & Traditional DIY Experience for a memorable DIY souvenir as a gift in return

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 and Ganhaizi. 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.

DAY 4: LIJIANG→LUGU LAKE (B/L/D)

This morning we will transfer to The Daughters city of the East - Lugu lake. You can enjoy the Panoramic view of the picturesque Lugu Lake when you stand on the viewing platform. After lunch, continue to the Liger viewing platform to see the beautiful scenery of Lugu Lake, visit the Mosuo houses and enjoy a Mosuo special meal for dinner. After dinner, join the oldest bonfire party (1h or 1.5h of singing and dancing with the local Mosuo people at around 20:00 pm) and return to the hotel after the party.

DAY 5: LUGU LAKE - LIJIANG (B/L/D)

Our journey for today begin at the new attractions: traditional wooden boats floating in the Lake, enjoy the morning view of Lugu Lake while listening to the local Mosuo songs sung by the boatman. Then take a visit to Liwubi Island and the sacred Buddhist Riku Temple. Return to Lijiang after above journey, visit Heilongtan Park, Old Town, Sifang Street at night.

DAY 6: LIJIANG - SHANGRILA (B/L/D)

After breakfast, proceed to Shangri-La (3.5h), visit Songtsamlin Monastery, which is built on a mountain and looks quite similar to the Potala Palace in Lhasa, and is known as the "Little Potala Palace" due to its grand scale. Visit the ancient city of Doklam and Guishan Park, and see the Prayer Wheel.

DAY 7: SHANGRILA - BALAGEZONG - SHANGRILA (B/L/D)

Today, we will go to Balagezong Scenic Area (1.5h), which is a pure area in Shangri-La blessed by holy water. Visit the thousand-year-old Bodhi tree, which is also known as "Phoenix Bodhi". Then visit Echo Wall Skywalk and Glass Skywalk. After, visit Bala Village, which was once isolated from the world for a thousand years. After, continue visit Shangri-La Grand Canyon (exclude drifting). (Winter Seasonal Arrangement November-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 return to Shangri-La.



DAY 8: SHANGRILA - SHAXI - DALI

(B/L/D)

After breakfast, take the bus to Shaxi (about 4.5h), enjoy the scenery in the TV series *Meet yourself* - **Shaxi ancient town**: the thousand-year market Sideng Street, the ancient theatre, Yujin Bridge, then have **some free time**. Some recommendation for small shop in Shaxi: **A Rui grandmother's small shop**, drink tea or a pot of tea or handmade coffee. After lunch, return to Dali and visit the **ancient city of Dali** (not include eco car) and the **Foreigner Street**.

DAY 9: DALI → KUNMING (B/L/D)

After breakfast, visit the **Xizhou Ancient Town** and take a ride on a horse-drawn carriage. **Enjoy a complimentary travel photoshoot!** Each guest will receive 3 professionally edited photos and the group will get a 30-second drone video to capture the moment from above. Continue proceed to **Nanqiang Street Market**, Then enjoy the **local mushroom hotpot (compulsory tour)** for dinner.

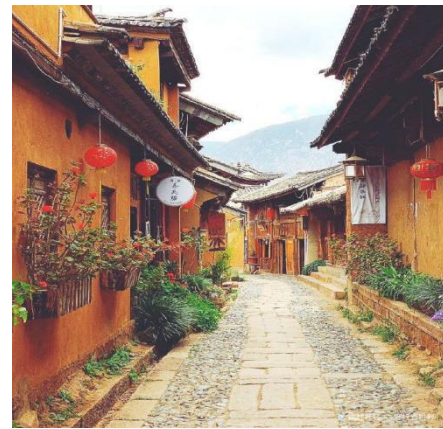
DAY 10: KUNMING → SINGAPORE

(Takeaway Breakfast)

Today, transfer to airport for your flight back to 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. 本公司强烈建议旅客购买个人旅游保险

HAVE A NICE TRIP!!!

祝您旅途愉快!