

SWC08B



**SUPER TRAVELS**

# 11D MT.SIGUNIANG+ DAOCHENG YADING 11 天四姑娘山+稻城亚丁



**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](mailto:apc@super-travels.com)**



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## 行程要点

### ✧ 全程无购物

✧ 稻城亚丁: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”,被国际友人誉为“水蓝色星球上的最后一片净土”,是摄影爱好者的天堂

### ✓ 特别安排:二次进沟

✧ 四姑娘山风景区:世界自然遗产、四川大熊猫栖息地

✧ 丹巴:甲居藏寨

✧ 异域星球-墨石公园

✧ 塔公草原

✧ 新都桥:光 and 影的世界,摄影家的天堂—

✧ 理塘:长青春科布寺

毛垭坝大草原

✧ 最美的风景-穿越 318 川藏线路精华段

✧ 木格措风景区,又名大海子,是川西北最大的高山湖泊之一。



## 住宿

### ✧ 全程当地 5 星标准酒店

✓ 最后 2 晚成都特别提升:总府皇冠假日酒店或同级

### 第一天:新加坡→成都

齐集樟宜机场,乘豪华客机飞往四川省省会成都。成都自古被誉为“天府之国”,是中国开发最早、持续繁荣时间最长的城市之一。  
入住:航辰国际酒店或同级

### 第二天:成都-四姑娘 (早/午/晚餐)

早餐后,乘车前往四姑娘,途径猫鼻梁观景台,抵达四姑娘山,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,四姑娘山主要是登山活动,长坪沟主要是生态游。游览四姑娘长坪沟(含观光车)

入住:云天商务或新四姑娘山庄酒店或同级

### 第三天:四姑娘山-丹巴 (早/午/晚餐)

双桥沟含观光车,双桥沟全长 34.8 公里。进入沟内,阴阳谷山势陡峭,曲折幽深,别有洞天。日月宝镜山、五色山、尖子山、猎人峰、鹰嘴岩、人参果坪、撵鱼坝、盆景滩、红杉林冰川等景致如锦簇画廊,令人流连忘返。

丹巴甲居藏寨+环保车,是丹巴最具特色的旅游景区,是独特的藏式楼房建筑,一户人家住一幢寨楼

入住:丹巴美人谷酒店或同级

### 第四天:丹巴-新都桥 (早/午/晚餐)

远眺梭坡碉楼,有“千碉之乡”的美誉

异域星球-墨石公园(含环保车),4A 级景区,世界地质奇观,中国的高原石林景观之一,集观光、体验、科考、科普价值于一体的多元化景区,被誉为“中国最美景观大道第八美”。塔公草原,地势和缓,水草丰茂,物产丰富,即产虫草,松茸,人参果等。

木雅大寺-远观

入住:康定新都桥唐古特酒店或同级

### 第五天:新都桥-亚丁 (早/午/晚餐)

雅江-理塘-稻城

长青春科布寺,有着无与伦比的外观!在世界高城逛着如此美妙的寺庙!心灵随之洗涤  
毛垭坝大草原,位于理塘县城,是横断山沙鲁里山脉中段最大的草原

入住:亚丁华美达安可酒店或稻城智选假日酒店或同级

### 第六天:稻城亚丁 (早/午/晚餐)

【亚丁风景区】一日游,(含环保车+电瓶车)

稻城亚丁风景区主要由“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,它的景致保持着在地球上近绝迹的纯粹,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”,被国际友人誉为“水蓝色星球上的最后一片净土”,是摄影爱好者的天堂。

亚丁珍珠海:是亚丁海拔最低的圣湖,珍珠海在藏语中称为“卓玛拉措”,是仙乃日的融雪形成的海子

### 第七天:稻城亚丁 (早/午/晚餐)

稻城亚丁风景区二日游(含观光车+电瓶车,不含骑马):洛绒牛场-牛奶海,五色海  
洛绒牛场景区被“日松贡布”三座神山环绕,贡嘎河从草场穿梭,林间溪流潺潺,与牧场木屋交相辉映,构成了一幅原始而又迷人的景色,令人们进入返朴归真的境界

冲古寺(不含牛奶海骑马)隶属贡嘎郎吉岭寺,根戈活佛派有扎巴在此念经颂佛,小经堂内供有泥塑释迦。冲古寺院在亚丁自然保护区内占据着最佳地理位置。

入住:稻城金珠酒店或稻城翔云酒店或同级

### 第八天:稻城-新都桥 (早/午/晚餐)

途经桑堆镇,桑堆小镇风景绮丽,在公路沿线的牧场开阔平展,河流平缓如镜

新都桥观景台,是令人神往的“摄影天堂”,地处公路 318 国道南、北线分叉路口,是一片如诗如画的世外桃源。神奇的光线,无垠的草原,弯弯的小溪,金黄的柏杨,山峦连绵起伏,藏寨散落其间,牛羊安详地吃草……川西的平原风光美丽地绽放。

### 第九天:新都桥-康定-成都 (早/午/晚餐)

康定四季景色宜人,各具韵味,我们将游览木格措风景区(含环保车),又名大海子,是川西北最大的高山湖泊之一。景区除森林草原外,主要由红海、白海、黑海及三十多个无名海组成,是一处观赏雪山、草原、原始森林、杜鹃花和藏族牧民风情的风景民俗游览观光区

### 第十天:成都 (早餐)

今天您有全天的时间在成都自由活动。可以在成都繁华的春熙路步行街自由漫步。

### 第十一天:成都→新加坡 (早餐)

早餐后送往机场,返回温暖的老家。





## TOUR HIGHLIGHTS!

- ❖ **Special Arrange: Visit Yading Scenic Area twice**
- **“The last Shangrila” - Daocheng Aden (Yading)**
- **Known as the last pure Land, it is considered as the most beautiful place in the world.**
- **Mt. Siguniang Scenic Area - World Natural Unesco Site, Sichuan Giant Panda Sanctuaries.**
- **DanBa**
- **Jiaju Tibetan Village+Eco Car**
- **MOSHI PARK SCENIC AREA**
- **TaGong Grassland**
- **Xin Du Qiao - The Photographer's Paradise**
- **Litang**
- **Chang-qing Chin-Ke'er Monastery**
- **Mao Ya Bei Prairie**
- **The most beautiful scenery - 318 Sichuan Tibet Highway**
- **Mugecuo Scenic Area is one of the largest plateau lakes.**



## ACCOMMODATION

**Hotel: Local 5\*hotel**

**Last 2 night in ChengDu: upgrade to Crown Plaza Hotel or similar**

### DAY 01: SINGAPORE → CHENGDU

Assemble at Singapore Airport for your flight to ChengDu. ChengDu is the capital of Sichuan province and a sub-provincial city.

### DAY 02: CHENGDU-SIGUNIANG (B/L/D)

After breakfast, proceed to Mt. Siguniang. We will passby **Cat Nose Ridge Scenic Area** (MaoBiLiang Scenic Area), and reach Mt. Siguniang. Mount Siguniang, aka "Four Girls Mountain" or "Four Sisters Mountain", named Skubla in Tibetan language, literally means "the mountains of the four girls", is the highest peak of the Qionglai Mountain ranges in Western China, adjacent to the Wolong Panda Reserve. Siguniang Mountains Scenic Area makes a name for herself for snow peaks, valleys, virgin forest and biology, and is extolled as the Queen of the Sichuan's Mountains. Here, we will tour Mt. Siguniang's **Changping Valley (include scenic area sightseeing bus)**.



### DAY 03: MT. SIGUNIANG - DANBA

(B/L/D)

**Shuangqiao Valley (include scenic area sightseeing bus)**, the valley is about 40km long and is located at an altitude of 3000m. It is the longest and most accessible of the three valleys. Here there are attractions such as Yin-Yang Valley, Sun-Moon Mirror Mountain, Five-colored Mountain, Ginsenguo Flatland and other breathtaking sceneries which will make your tour forgettable.

**Jiaju Tibetan Village+Eco Car**, Known as the "Tibetan Fairyland", Jiaju Tibetan Village is a great destination for photography.

### DAY 04: DANBA-XINDUQIAO (B/L/D)

View the **Suopo Watchtower** from afar.

**MOSHI PARK SCENIC AREA**, is a national 4A tourist attraction. It is a geological wonder in the world and the only plateau stone forest landscape in China. It is a diversified scenic spot integrating sightseeing, experience, scientific research and popular science value. It is known as "the eighth most beautiful landscape avenue in China".

**TaGong Grassland**, A vast expanse of green meadow surrounded by snow-capped peaks and dotted with Tibetan herdsman and tents.

Mu Ya Temple, Far seek

**Muya Temple-View from a far**

### DAY 05: XINDUQIAO - YADING (B/L/D)

**Yajiang - Litang - Daocheng**

This morning, begin your journey to Yading. On our way, we will be visiting the famous **Chang-qing Chin-Ke'er Monastery** in Litang, a Chinese version of the "wild west" town that is situated on a grassy plateau - **Mao Ya Bei Prairie** - at an altitude of just over 4000m. Litang is one of the highest towns in the world.

### DAY06: DAOCHENG YADING (B/L/D)

This morning we shall proceed to one of the highlight places of our trip: **Yading Scenic Area (include eco-cars)**, located in the southern of Dao Cheng County in Sichuan Province, is nationally renowned as a hub and a new eco-tourism spot, a provincial ecological protectorate and one of the most important regions of Tibetan Buddhism in south-western China. This ecological preserve was established in 1999 and the remote location has preserved its beauty and untamed wildness. With its pure and amazing plateau scenery, it is called "**the last pure land on earth**" and "**the last Shangri-La**".

**The Pearl Lake** is located at the foot of Xiannairi Peak in the scenic area. It is like an emerald on the lotus-like valley filled with deep crystal blue water and surrounded by wild flowers.

### DAY 07: DAOCHENG YADING (B/L/D)

This morning, return to **Yading Nature Reserve (include sightseeing bus + eco car, exclude horse-riding): Luorong Pasture-Milk Lake, Five Color Lake**.

**Luorong Pasture (exclude horse riding at the Milk Lake)** is surrounded by the three holy mountains, with Gongga River running through this beautiful pasture. At the foot of Mt. Xiannairi, is the **Chonggu Monastery** (not including horse-riding in Milk Lake area), which you pass on the way to the holy mountains.





#### DAY 08: DAOCHENG - XINDUQIAO

(B/L/D)

**Passby Sandui Township** - The scenery of Sandui Town is beautiful as the pastures along the highway are wide and flat, and the river as smooth as a mirror.

**Xinduqiao** - a photographer's paradise, located near to **318 Sichuan-Tibet highway**. Xinduqiao is a picturesque small Tibetan town and famous for its plateau pasture scenery, with vivid green grassland, streams, mountains, and Tibetan houses surrounding it. It is called the paradise of photographers, due to the wonderful natural lights and stunning landscape here.



#### DAY 9: XINDUQIAO - KANDING-CHENGDU

(B/L/D)

Visit **Mugecuo Scenic Area (Include eco-car)**. The breathtaking landscape is endowed with numerous lakes, waterfalls, hot springs, dense woods, fragrant flowers, peculiar peaks, and grotesque rocks. As it is situated in the north of Kangding County, the home of love songs in Garze Tibetan Autonomous Prefecture of Sichuan, this site is also known as Kangding Love Song Scenic Area.

#### DAY 10: CHENGDU (B)

Shopping is the joy of travel, and today after breakfast, it's going to be a wonderful day for you to spend at your own leisure.

#### DAY 11: CHENGDU → SINGAPORE (B)

Today we will take flight back to our home sweet home, Singapore.

#### REMARKS :

**\*Purchase of travel insurance is strongly recommended.**

**\*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.**

**\* In the event of discrepancies between Chinese & English itinerary, please refer to Chinese Itinerary.**

**\* Tour is conducted in Mandarin unless otherwise stated.**

#### 备注:

1. 在公司无法预测和控制的情况下，行程可能更改
2. 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!!!**