



TOUR CODE: CTWKMG/DIG08

8天7晚昆明*石林*大理*丽江*中甸香格里拉之旅

第一天 吉隆坡→昆明 石林 (晚餐)

齐集于雪邦国际机场，乘搭国际航班飞往素有春城之称的云南省省会~昆明。“春城”昆明是云南省的首府。在不到500万人口的城市中，聚居著汉、彝、白、傣、哈尼、纳西族等少数民族。抵达后，前往被誉为天下第一奇观的【石林】，石林为石灰岩地溶岩地貌，亦是喀斯特地形的一种特有形态，由巨厚的岩层构成，其岩峰犹如密布的林木，拔地而起，直刺天际，远望如一片莽莽森林而故名。

第二天 石林 昆明 (早/午/晚餐)

早餐后，前往【九乡风景区】(大小溶洞)，溶洞外自然风光、人文景观、民族风情为一体的综合性风景名胜。与石林景区共同形成“地上看石林，地下游九乡”的喀斯特立体景观，为国内规模最大、数量最多的洞穴群落体系之一。返回昆明，参观已有1200多年的建寺历史，昆明最古老的佛教寺院之一的【圆通寺】。

第三天 昆明 大理 (早/午/晚餐)

早餐后，参观【西山龙门】(含电瓶车)，最壮观的莫过雄踞峭壁上腾空而出的“达天馈”-龙门胜景。龙门建于清代，规模宏大，气势磅礴。站在龙门之巅，可尽情领略五百里滇池之美。续乘车前往大理，途中远观洱海的美丽高原湖泊。抵达后，参观【大理古城】，巍峨的城楼内，保存完好的白族民居建筑；【洋人街】，除了欣赏白族建筑的灵秀，体会白族金花的善解人意品尝可口的西餐，同时也领略到白族传统文化与西方现代性的完美交融。接着，前往喜洲白族民居，品尝白族特色茶点之一【白族三道茶及歌舞表演】，它是属于唐宋时大理国的宫廷茶，乃是用苍山雪水以特殊制法调配而成，号称一苦、二甜、三回味，十分独特。

第四天 大理 丽江 (早/午/晚餐)

早餐后，参观【天龙八部电影城】，金庸武侠小说「天龙八部」中让所有海内外的华人知道了大理城这个美好的地方。而影视城也是拍过40集的大陆版天龙八部之拍摄地。接着，乘旅游巴士前往有「东方瑞士」之称的丽江。抵达后参观【黑龙潭】潭水晶莹剔透，玉龙雪山倒映其中景色如画。及游览【大研古镇-四方街古城】四周均是整齐的店铺，是丽江最具传统的购物集市。随后前往【束河古镇】，纳西族先民最早聚集镇之一，青石铺陈的街道，周围店铺顺次排开，门口摆放著各种手工艺品供游客挑选购买。

第五天 丽江 (早/午/晚餐)

早餐后，游览位于丽江古城外15公里处的【玉龙雪山】，在纳西族心目中，玉龙雪山是一座神山，它由13座雪峰组成，主峰扇子陡海拔5596米，且玉龙雪山主峰常年大部分时间都在云雾缠绕之中。特别安排搭【乘大索道】直抵海拔4506米，是中国海拔最高的旅游客运索道(视当时天气而定，若取消将由云杉坪代替)。继续前往游览【白水河】、【甘海子】、【玉柱擎天】、【东巴谷】、【玉水寨】纳西族中部东巴圣地，是古城溯源。下午观赏【印象丽江秀】，是由名导演张艺谋执导的大型实景演出。演出场景选择在玉龙雪山3200米海拔处的天然园形场地，整个场景运用了雪山的特色，让表演与大自然彻底结合。

第六天 丽江 中甸 (早/午/晚餐)

早餐后，前往中甸香格里拉，途中远眺【长江第一湾】中国最长的河流-长江。续前往游览以奇险绝伦闻名于世的世界第一大峡谷【虎跳峡】。续游览【独克宗古城】它是在1300多年前由吐蕃王国建立的古堡，分别取名为「独克宗」和「尼旺宗」，意思就是日光城和月光城，号称东方的犹太圣城及云南省规模最大的藏传佛教寺院【松赞林寺】。

第七天 中甸→昆明 (早/午/晚餐)

早餐后，前往【普达措景区】众多湖泊之中，最美的【碧塔海】，湖水常年澄澈碧绿，湖中栖息有许多珍禽名鱼。及【属都湖】，湖水清澈，水底小鱼悠游，湖四周是遮天蔽日的林木，湖畔还有个牛羊成群的牧场，充满藏区的生活情趣。续前往【霞给藏族文化村】，是典型的藏族村落，被誉为“香格里拉第一村”。之后，乘搭内陆航班飞返昆明。抵达后，游览昆明市代表性建筑【金马碧鸡坊】和前往市内最繁华的商业街【南屏步行街】。途中可远观东西寺塔，当地历史最悠久的两座古塔。

第八天 昆明→吉隆坡 (早)

早餐后，前往【花市】自由逛逛。下午，送往机场飞返美丽家园-吉隆坡。



备注：行程秩序如有更改，均以当地接待单位安排为准



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8DAYS 7NIGHT KUNMING*SHILIN*DALI*LIJIANG*ZHONGDIAN

DAY 01 KUALA LUMPUR → KUNMING ☞ STONE FOREST (D)

Assemble at KLIA for the flight to "The City Of Eternal Spring" - Kunming, the capital of Yunnan. Upon arrival, visit **Stone Forest**, the most remarkable natural phenomena. It consists of innumerable bizarre shaped ancient limestone cliffs and peaks created by wind and water erosion some 270 million years ago.

DAY 02 STONE FOREST ☞ KUNMING (B/L/D)

After breakfast, visit **Jiuxiang Cave Scenic Area**, is this scenic area which consists of nearly one hundred underground karst caves, known for their magnificence and elegance. Then, visit **YuanTong Temple**, with a history of more than 1,200 years, is one of the oldest and grandest Buddhist temples in Kunming.

DAY 03 KUNMING ☞ DALI (B/L/D)

After breakfast, visit **West Hill Dragon Gate**, is the highest temple of the Western Hills and sits at 2,500 meters above sea level. The temple is made up of a group of grottoes, sculptures, corridors and pavilions that were hacked from the cliff between 1781 and 1835. Then, proceed to **Dali** by coach. Upon arrival, visit the South Gate of the **Dali ancient town** and **Foreigner Street**. Next, enjoy "Three Courses of Tea" song and dance show, traditionally performed by the Bai ethnic group as a way of welcoming guests.

DAY 04 DALI ☞ LIJIANG (B/L/D)

After Breakfast, visit **Tianlongbabu Film Studio**. After that, proceed to Lijiang by coach. Upon arrival, visit the **Black Dragon Pool**, as the water is as green and lucid as jade, the pond is also entitled "Yuquan" or Jade Fountain. Then, proceed to visit Lijiang Ancient Town - **Square Street**, is in the core of Lijiang, most of the dwellings are structures made of brick and wood with carved doors and painted windows. Next, visit **ShuHe Ancient Town**, is the earliest habitation of the Naxi ancestors.

DAY 05 LIJIANG (B/L/D)

After Breakfast, visit the **Jade Dragon Snow Mountain (include cable car)**, with an elevation of 5,596 meters above sea level, and consisting of 13 peaks, the mountain's snowy peaks often rise above the clouds and fog which nestle among its crevices making it appear like a large dragon resting in the clouds, giving it its name. After that, **Baishui River** which flows above the white marbles and limestone formed pebbles in the river bed. **Ganhaizi** (Dry Sea) is natural meadow surrounded on all three sides by the superb mountains. Then visit **Jade Water Village** – a sacred place of Dongba people. Later, proceed to newly opened **Yuzhu Qingtian** and **Dongbagu** to experience the original flavor of folk customs of minority ethnic groups here. After that, enjoy the famous movie director Zhang Yimou's musical show "Impression of Lijiang", A cultural show demonstrating the traditions and lifestyles of the Naxi, Yi and Bai peoples of the area.

DAY 06 LIJIANG ☞ ZHONGDIAN (B/L/D)

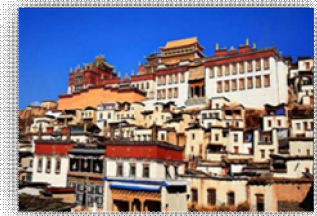
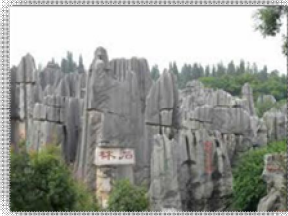
After Breakfast, heading to Zhongdian, known as Shangri-la. En-route, distant-view **First Bend of the Yangtze River** - a world-famous geological phenomenon and an extraordinary panoramic scene. Next, visit **Tiger Leaping Gorge**, one of the deepest river canyons in the world. Then, visit **Dukezong Ancient town**, a 1300-year-old Tibetan town located in Shangri-La, which it has experienced both the flames of war and prosperity of frontier trade. Dukezong Old Town's authentic Tibetan dwellings, majestic prayer halls and pagodas, winding lanes offer sanctuary to all those seeking refuge from the bustle city; Visit **Songzanlin Monastery**, the largest Tibetan Buddhist monastery in Yunnan province.

DAY 07 ZHONGDIAN → KUNMING (B/L/D)

After breakfast, visit **Bita Lake**, as the highest lake in Yunnan Province, is famous for its limpid water and its beautiful scenery which is set against the mountains and forests surrounding it; And visit **Shudu Lake**, is one of the biggest lakes in Diqing Prefecture. The lake water is so clear that can see the fish swimming around. Next visit Xiagei Tibetan Culture Village, a classical Tibetan style village nestled between mountain and stream, where the atmosphere of folk traditions is strong. Then, transfer back to Kunming by a domestic flight. Upon arrival, free and leisure at **JinMaBiji** and **Nanping Walking Street**.

DAY 08 KUNMING → KUALA LUMPUR (B)

After breakfast, proceed to **Flower Market**. Then, transfer to the airport for your flights back to Kuala Lumpur



P/S : The final order of itinerary will follow the local operator's arrangement