云南+香格里拉



Tour Code: CN8DIG-AK



3晚5星级酒店



石林 :1N 4★天奇阿诗玛酒店

昆明 :2N 4★唐韵大酒店

大理 :1N 5★亚星大饭店

中旬 :1N 4★谷神养生大酒店

:2N 5★丽江国际大酒店 丽江



★★★★★丽江国际大酒店 行5分钟可到丽江古城









特色风味餐



宜良烤鸭、砂锅鱼头、野生菌火锅 <mark>药膳风味、过桥米线、汽锅鸡风味</mark>

Flight Schedule

AK 101 Kuala Lumpur-Kunming 1305-1655 AK 102 Kunming-Kuala Lumpur 1740-2150

属都湖-碧塔海-虎跳峡-松赞林寺-玉龙雪山(单飞)

1 吉隆坡→昆明⊖石林

- ______ ★乘搭航班飞往"昆明"。抵达 后,送往石林入住酒店。
- ★ 前往石林(1.0hr)

2 石林⇔昆明

★ 大石林 为一群海底的岩石露出 海面, 岩石经过各个时期的地壳 变化, 常年的风雨侵蚀, 无数石 峰、石柱、石笋、石芽拔地而 起,形成了千姿百态的石林,被 誉为"天下第一奇观"。



★ 九乡溶洞 一个以溶洞为主的风 光名胜, 这里拥有上百座大小溶 洞,有"溶洞博物馆"之称。洞 中瀑布落差达30米, 声势如雷贯 耳。(含游船+缆车)



- ★ 七彩云南 云南少数民族的博物 馆,里面的建筑风格奇特,都是 采用金顶白墙傣族风格的建筑。
- ★ 前往昆明(1.0hr)
- ★ 普洱茶展示中心

(早午晚餐)

3 昆明⇔楚雄⇔大理

- ★ 中药材中心
- ★ 前往楚雄(1.0hr)
- ★ 恐龙谷 展现生动的侏罗纪世界 奇观,馆内更是展示了大型的恐 龙化石埋葬遗址。(含电瓶车)



- ★ 前往大理(3.0hr)
- ★ 大理古城+洋人街 保存完好的 白族民居建筑、小巧的庭院、静 静的街道、古色古香。

4 大理会香格里拉

★ 白族喜洲民居品尝白族食品并 安排品尝特色茶点白族三道茶, 并欣赏精彩的歌舞表演,它是属 ★ **甘海子** 参观天然草原牧场,辽 于唐宋时代大理国的宫廷茶。

- ★ 前往香格里拉(3.5hr)
- ★ 香格里拉 前往世人寻觅已久的 "世外桃源",以纯自然的美丽 风景和藏族民族风情闻名。
- ★ 松赞林寺 外型犹如一座古堡, · 被誉为"小布达拉宫"。_(早午晚餐)

5 香格里拉⇔丽江

- ★ 普达措国家公园 海拔位于 3500米至4159米之间,是一个无 任何污染的"童话世界"。
- ★ 属都湖 湖畔还有个牛羊成群的 牧场, 充满藏族的生活情趣。
- ★ **碧塔海** 香格里拉中最美丽的湖 泊,云南省海拔最高的高原淡水 湖泊,藏语中意为"宁静的海。



★虎跳峡 世界上落差最大的峡 谷,峡谷水势汹涌,奇险雄壮。



- ★ **长江第一湾** 长江从世界屋脊青 藏高原奔腾而下, 至香格里拉, 突然来了个100多度的急转弯。
- ★ 前往丽江(2.5hr)

6丽江

★ 玉龙雪山大索道 乘缆车直抵 海拔4506米高终年积雪的雪山顶 (如气候不佳,大索道关闭,则改为云杉 坪),在这您可欣赏玉龙雪山的美 景及万年冰川。(含大索道缆车)



- ★ 白水河+蓝月谷 玉龙雪山上冰 雪溶化后的雪水形成的天然河流 和湖泊,如幻似影。(含电瓶车)
- 阔的草原上散落着低矮的松树。

★ 印象・丽江 观看由"张艺谋" 导演的舞台秀, 以雪山为背景, 以当地农民做演员。(冬季停演)



- ★ **玉 水 寨** 地处玉龙雪山龙头脚 下, 具有民族文化特色的村庄, 是纳西族的东巴文化传承地。
- ★ **丽江古城+四方街** 以不筑城墙 驰名,走访以小桥、流水、人家 为特色的纳西建筑。

7 丽江→昆明 (早午晚餐)

- ★ 内陆航班飞往昆明 (1.0hr)
- ★ 圆通寺 已有1200多年历史、昆 明最古老,最大的寺庙。
- ★ 陆军讲武堂 中国较早军事学院 之一,可以看见80年前的教科 书,校长室、实验室、图书室等 场景,再现了当时师生的生活场 景的昔日军事名校的风采。

8 昆明→吉隆坡 (早午晚餐)

- ★ 丝绸工厂
- ★ 金马碧鸡牌坊 昆明市的象征, 牌坊已有400多年的历史。
- ★ 玉器展示厅

推荐自费项目: RMB 260

《云南映象》少数民族原生态歌舞 + 杨丽萍编导著名"孔雀舞



| Departure | |
|-----------|--|
| Date | |

Adult (twin)

Chid (w bed)

Child (no bed)

团费包含: √机场税 √中国签证 √小费

酒店以当抽星级为准 行程安排仅供参差 以最终航班及酒店确认为准

8D 7N

Shangri-La Kunming / Dali / Lijiang



Tour Code: CN8DIG-AK

HIGHLIGHTS



3 nights $5 \bigstar$ Hotel



Stone Forest : 1N 4★ Tiangi Ashima Htl

Kunming : 2N 4★Tangyun Hotel

Dali : 1N 5★Asia Star Hotel

Zhongdian : 1N 4★Gushen Hotel

Lijiang

: 2N 5★Lijiang Int'l Hotel



★★★★ Lijiang Int'l Hotel

5 minutes walking distance to Old Town







Local Delicacies

Yiliang Roasted Duck, Claypot Fish Head Mushroom Steamboat, Herbal Banquet Yunnan Guoqiao Noodle, Steam Pot Chicken Flavor

Flight Schedule

AK 101 Kuala Lumpur-Kunming 1305-1655 AK 102 Kunming-Kuala Lumpur 1740-2150

Shudu Lake - Bitahai Lake - Tiger Leaping Gorge -Songzanlin Monastery - Yulong Snow Mountain (1 way flight)

1 KUL + Kunming

- ★ Assemble at Kuala Lumpur, depart to Kunming. Upon arrival, transfer to stone forest check in hotel.
- ★ Proceed to Stone Forest (1.0hr)

2 Stone Forest 🚘 Kunming

★ Stone forest you'll marvel as it natural stone masterpieces and be bewitched by the intricate formations.



★ Jiuxiang Karst Cave known as the "museum of karst caves", which boasts its caves as the largest in scale and number (there are about a hundred karst caves) and has the most wonderful in-cave scenes in China. (included cable car + boat ride)



- ★ Proceed to Kunming (1.0hr)
- ★ Tea center

3 Kunming 🗪 Dali (B/L/D)

- ★ Herbal center
- ★ Proceed to Chuxiong (1.0hr)
- ★ Dinosaur Valley the world's largest dinosaur fossil preservation site from the late-middle Jurassic period. (included buggy)
- ★ Proceed to Dali (3.0hr)



★ Dali Ancient Town + West Street a historically and culturally famous city of China, is renowned for her historical interest, and an important pass of the ancient "Silk Route of the South".

4 Dali 🚘 Shangri-La (B/L/D)

- ★ Residential House of Bai Ethnic taste the traditional 3 Course Tea Ceremony and enjoy Dancing Performance.
- ★ Proceed to Shangri-La (3.5hr)
- ★ Shangri-La the beautiful yet mysterious Shangri-La has sweeping

grasslands and awe-inspiring peaks.

★ Songzanlin Monastery the largest Tibetan Monastery (Lama Temple) at Yunnan Province.

5 Shangri-La 🚘 Lijiang (B/L/D)

- ★ Pudacuo National Park famous for its limpid water and its beautiful scenery which is set against the mountains and forests surrounding it.
- ★ Shudu Lake the lake is known for its clear water, and the peaceful environment of the area around here.
- ★ Bitahai Lake the lake is an intact natural attraction with various species of flora and fauna and, of course, picturesque landscapes. With an altitude of 3,539 meters (about 11,608 feet), the lake is the highest in Yunnan Province.



- ★ Tiger Leaping Gorge one of the longest, deepest and narrowest gorges in the world.
- ★ First Bend of Yangtze River cutting through several mountains, changes its directions in several 90 degree turns.
- ★ Proceed to Lijiang (2.5hr)

6 Lijiang

★ Yulong Snow Mountain also referred to Glacier cableway. It is a cableway for travelers to get to the highest altitude in scenic area (4500m+). (included large cable way)



- ★ Baishui River when the ancient ice at the top of Yulong Snow Mountain melts and flows down the slopes, it forms waterfalls at the cliffs and brooks at the fords, finally joining as the Baishui River at the foot of the snow mountain. (included buggy)
- ★ Blue Moon Valley the head of the valley is one of the main tourist sites and has natural white water terraces.
- ★ Ganhaizi Grassland it's the closest and best place to look up to the full view of Yulong Snow Mountain.
- ★ Impression Lijiang by Zhang
 Yi Mou the show takes place inside

Yulong Snow Mountain Park at 3500 meters in an outdoor theater specifically designed to showcase the mountain which is used as a breathtaking backdrop. (closed on winter)



- Yushuizhai Village concentrated on the Naxi Ethnic Culture and integrated with the nature, the village appears to be the holy land of Dongba Religion in central Lijiang.
- ★ Lijiang Ancient Town famous for its scientific architectural layout. Crisscrossed by crystal clear rivers and meandering cobbled streets.

$7 \quad \textbf{Lijiang} \rightarrow \textbf{Kunming} \quad (B/L/D)$

- ★ Flight to Kunming (1.0hr)
- ★ Yuantong Temple the oldest Buddhist temples in Kunming, with a history of more than 1,200 years.
- ★ Yunnan Military Academy School one of the earliest military schools in China, was established during the Qing Dynasty to train modern officers and is of significant historic interest.

8 Kunming→ KUL (E

- ★ Silk factory
- ★ Jinma Biji Archway a traditional piece architecture with over 400 years.
- ★ Jade center

Suggestion Optional Tour: RMB 260 <Dynamic Yunnan Ethnic Dance Show> Yang Li Ping Directed "Peacock Dance"

| ESPLANAD HOLIDAY (KPK/IN: 7618 CO.REG: 723120-A) SDN. BID | |
|---|--|
| 79-2, Jalan Dwitasik 1, Dataran Dwitasik, Bandar Sri Permaisuri, 56000 Cheras, Kuala Lumpur. | |
| 03-9173 6300 | |
| www.esplanad.com.my | |
| www.facebook.com/EsplanadHoliday | |

| Date | |
|--------------|--|
| Adult (twin) | |
| Chid (w bed) | |

Denarture

Child (no bed)

Sequence of itinerary, flight schedule, hotel listed are subject to change without prior notice