

# 8天7晚 云南省昆明 +大理+丽江+香格里拉+泸沽湖(女儿国)



团编号  
HH/CKL/26

 全程无购物站  
NO Shopping Stop

 全程无需自费  
NO Optional Tour

## 独家体验

- 包含旅游保险 (乐龄人士另加收费)

## 风味餐

- 野生菌火锅 · 白族风味 · 砂锅鱼 · 摩梭风味
- 雪厨自助餐 · 泸沽湖风味 · 农家风味
- 纳西晚宴 · 峡谷风味 · 藏式风味 · 过桥米线

## 第一天 出发 > 中转 > 昆明

### 机上用餐, 晚餐

- 集聚于国际机场, 搭乘豪华客机飞往云南省省会--昆明。
- 金马碧鸡坊--是昆明的象征, 高12米, 宽18米, 雕梁画栋精美绝伦。
- 景星花街+钱王老街+南屏步行街及网红打卡-对月楼。
- 夜宿于维居酒店或同等级。

## 第二天 昆明 > 大理 (4.5小时)

### 早餐, 午餐, 晚餐

- 早餐后, 驱车前往大理。
- 抵达后, 前往理想邦 (含电瓶车), 坐落十几家酒店, 被誉为中国版的圣托里尼, 是大理独特的风情感假小镇。外墙都是白色为主的欧式建筑风格, 成为了打卡拍照的宠儿。
- 凤阳邑村《去有风的地方》电视剧的拍摄地。
- 夜宿于兰林阁酒店或同等级。

## 第三天 大理 > 泸沽湖 (4小时)

### 早餐, 午餐, 晚餐

- 今天驱车高速前往泸沽湖。
- 泸沽湖观景台--是观看和拍摄泸沽湖全景的最佳位置, 这里的视野广阔、蔚蓝的湖水、湛蓝的天空、绿树环绕的湖岸和景色优美的里格半岛都尽收眼帘。
- 然后乘车环湖游, 途径情人沙滩、里格观景台和小落水村。
- 摩梭家访, 体验与了解传统摩梭族人的生活以及民俗文化。
- 参加摩梭传统篝火晚会, 欣赏歌舞表演您也参与互动环节学习体验当地传统的歌舞
- 夜宿于海境酒店或同等级。

### 需符合条款与条款

最后确认的行程将以旅行团抵达各地后接待社安排为准, 在不可预知的情况之下, 敝社保留删改行程内容的权力, 恕不预选通知。\*图片仅供参考。

## 第四天 泸沽湖 > 丽江 (4小时)

### 早餐, 午餐

- 早上观看泸沽湖日出 (视天气情况而定)。
- 乘坐猪槽船游泸沽湖, 猪槽船因其形像猪槽而得名, 自古便是摩梭人与泸沽湖之间的纽带, 无论是出行或是捕鱼都是依靠这个一叶独木舟。
- 游览里务比岛--该岛位于泸沽湖的中南部, 岛屿的一侧为石笋, 成为天然的码头, 一条蜿蜒的小道直接通往岛屿顶部。
- 途径山路十八湾, 欣赏盘山公路的挂壁桥蜿蜒曲折美景。
- 驱车前往丽江, 游览丽江古城和四方街, 该古城是一座没有城墙的古城, 被誉为“高原水乡”更是世界文化遗产。
- 夜宿于官房花园别墅酒店或同等级。

## 第五天 丽江

### 早餐, 午餐, 晚餐

- 玉龙雪山--是纳西族心中的神山, 上山直达海拔4506米, 轻松欣赏高海拔冰川 (含大索道-环保车)
- 游览甘海子--称为“天然高山牧场”, 是欣赏玉龙雪山最佳位置之一。
- 观赏张艺谋大型实景规模的歌舞表演--印象丽江。
- 白水河和蓝月谷 (含电瓶车)
- 晚上特别安排纳西晚宴 (篝火打跳)。
- 夜宿于官房花园别墅酒店或同等级。

## 第六天 丽江 > 香格里拉 (3小时)

### 早餐, 午餐, 晚餐

- 早上前往香格里拉, 远眺位于云南省西北部的长江第一湾。
- 虎跳峡--分为三段有上虎跳, 中虎跳, 下虎跳, 是世界上最深的峡谷之一。
- 独克宗古城--藏语意为白色石头城, 是中国保存最好最大的藏民居群
- 纳帕海--是个季节性高山湖泊, 是一处自然景观优美、风光旖旎的旅游胜地。
- 继续游览龟山公园, 是获领吉尼斯世界记录也是号称世界第一大的转经筒。
- 夜宿于蜀锦酒店或同等级。



## 第七天 香格里拉 > 大理 (4.5小时)

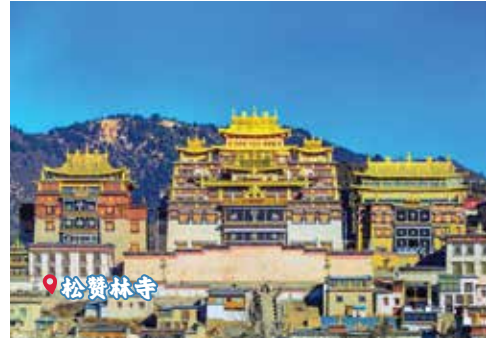
### 早餐, 午餐

- 游览松赞林寺 (含环保车)--是云南省规模最大的藏传佛教寺院, 被誉为“小布达拉宫”。该寺依山而建, 外形犹如一座古堡, 集藏族造型艺术之大成, 又有藏族艺术博物馆“之称。
- 参观和谐塔中塔, 是藏区最高藏传佛教白塔。
- 前往喜洲古镇--是电视剧《去有风的地方》取景地。
- 参观白族民居, 领略白族庭院格局。
- 喜洲白族三道茶+歌舞表演--体会云南大理白族招待嘉宾的一中独特的饮茶方式。
- 再游览苍山脚下的百年古城大理古城及洋人街, 中国国家历史名城之一。
- 夜宿于兰林阁酒店或同等级。

## 第八天 大理 > (动车2.5小时) 昆明 > 中转 > 家园

### 早餐

- 早上乘搭动车返回昆明。
- 抵达后送往机场乘搭豪华客机飞返回国。
- 带着美丽的回忆抵达温馨的家。



团费

出发日期



# 8D7N KUNMING+DALI+LIJIANG +SHANGRILA+LUGU LAKE

TOUR CODE  
HH/CKL/26

全程无购物站  
NO Shopping Stop

全程无需自费  
NO Optional Tour

## EXCLUSIVE EXPERIENCE

- Included Travel Insurance (Senior citizen additional charges)

## CUISINE

- Wild Mushroom Hotpot • Bai Flavor
- Casserole Fish • Mosuo Flavor • Farmer Flavor
- Snow Kitchen Buffet • Lugu Lake Flavor
- Naxi Dinner • Canyon Flavor • Tibetan Flavor
- Cross-Bridge Rice Noodles

## DAY 1 DEPARTURE > TRANSIT > KUNMING

### MOB, Dinner

- Assemble at International Airport for depart to Yunan - **Kunming**.
- **Golden Horse & Jade Rooster Archway** -- It is the symbol of Kunming, 12 meters high and 18 meters wide, with exquisite carved beams and painted buildings.
- **Jingxing Flower Street + Qianwang Old Street + Nanping Pedestrian Street** and the popular check-in-Duiyue Tower.
- Overnight at Viju Hotel or similar.

## DAY 2 KUNMING > DALI (4.5HOURS)

### Breakfast, Lunch, Dinner

- After breakfast, proceed to **Dali**.
- After arrival, head to **Ideal Country** (including electric car), which has more than a dozen hotels and is known as the Chinese version of Santorini. It is a unique resort town in Dali. The exterior walls are all in white European architectural style, making it a favorite for check-in and photo taking.
- **Fengyang Village** is the filming location of the TV series "Where the Wind Goes".
- Overnight at Landmark Hotel or similar.

## DAY 3 DALI > LUGU LAKE (4 HOURS)

### Breakfast, Lunch, Dinner

- Today we drove on the highway to **Lugu Lake**.
- **Lugu Lake Viewing Platform** -- is the best place to enjoy the panorama of Lugu Lake, where you can have a panoramic view of the wide field of vision, blue lake with blue sky, lake shore surrounded by tree along the beautiful Liga Peninsula.
- Car tour around Lugu Lake by **Lover's Beach, Lige Viewing Deck** and also **Luoshuichun**.
- **Mosuo Home Visit**, experience and understand the traditional lifestyle and the culture of Mosuo people.
- Enjoy the **Mosuo Traditional Bonfire Party** with the song and dance performance.
- Overnight at Haijing Hotel or similar.

## TERMS & CONDITIONS APPLIED

The order of itinerary is subject to the final discretion of local land operator, we reserve right to amend the itinerary due to the unforeseen circumstances without prior notice.  
\* All pictures shown are for illustration purpose only.

## DAY 4 LUGU LAKE > LIJIANG (4 HOURS)

### Breakfast, Lunch

- Enjoy Lugu Lake **Sunrise Watching** experience.
- Take **Zhucao Boat trip** along the Lugu Lake, it has been the link between the Mosuo people and Lugu Lake since ancient times, whether it is travelling or fishing, they rely on this boat.
- **Liwbi Island** -- the island is located in the south central part of the lake, and one side of the island is a stalagmite, which becomes a natural pier. It had a winding path leads directly to the top of the island.
- Passing through the **Eighteen Bends of the Mountain Road**, you can enjoy the winding beauty of the cliff-hanging bridges on the Panshan Highway.
- Drive to **Lijiang** and visit **Lijiang Old Town** and **Sifang Street**. This ancient town is an ancient town without city walls. It is known as the "Highland Water Town" and is also a world cultural heritage.
- Overnight at Guanfang Garden Villa Hotel or similar.

## DAY 5 LIJIANG

### Breakfast, Lunch, Dinner

- **Jade Dragon Snow Mountain** (included return cable car) -- is China's most southern snow-capped mountains, is also the southern mountains of the Shaluli Mountain, is the world's northern hemisphere.
- Visit **Gan Haizi Grassland, White Water Terrace + Blue Moon Valley** (included electric car).
- Enjoy a large-scales performance named **The Impression of Lijiang**.
- A Naxi dinner (bonfire dancing) is specially arranged in the evening.
- Overnight at Guanfang Garden Villa Hotel or similar.

## DAY 6 LIJIANG > SHANGRI-LA (3 HOURS)

### Breakfast, Lunch, Dinner

- Proceed to **Shangri-La**, enroute enjoy view of **First Bend of the Yangtze River**.
- **Tiger Leaping Gorge** -- which is one of the deepest gorges in the world.
- **Napa Sea Grassland** -- is the largest spring ranch in northwest Yunan.
- **Dukezong Ancient Town** -- also known as "Moonlight City" Tibetan meaning of white stone city, is the largest Tibetan population.
- **Gui Shan Park** -- Won the Guinness Book of Records, known as the world's largest Spinning Prayer Wheel.
- Overnight at Shangri-La Yijin Muyun Hotel or similar.



## DAY 7 SHANGRI-LA > DALI (4.5 HOURS)

### Breakfast, Lunch

- Visit to **Ganden Sumtseling** -- It is the largest Tibetan Buddhist temple in Yunnan Province and is known as the "Little Potala Palace". The temple is built on the mountain, and looks like an ancient castle. It is a collection of Tibetan plastic arts, and it is also known as the "Tibetan Art Museum".
- Visit to **Harmony Tower**, is an iconic landscape of Shangri-La and it is the tallest Tibetan Buddhist White.
- Go to **Xizhou Ancient Town**, the filming location of the TV series "Go Where the Winds Are".
- Visit the **Bai Ethnic Minority Houses** and appreciate the Bai ethnic minority courtyard layout.
- Xizhou Bai Nationality Three-Course Tea + **Song and Dance Performance** - Experience the unique tea drinking method of the Bai nationality in Dali, Yunnan, when entertaining guests.
- Then visit the century-old **Dali Ancient City** and **Foreigner Street** at the foot of Cangshan Mountain, one of China's national historical cities.
- Overnight at Landmark Hotel or similar.

## DAY 8 DALI > KUNMING > TRANSIT > HOME

### Breakfast

- Transfer back to **Kunming** by **high speed rail**.
- Arrive Kunming Station, transfer to airport for departure flight back home.
- Arrive home with sweet memories.

## TRAVEL ROUTE



## TOUR FEES

## DEPARTURE DATE