

9天7晚 昆明·大理·丽江·香格里拉·巴拉格宗



行程特色:

- ◆ 当地4★酒店
- ◆ 喜洲古镇+品三道茶
- ◆ 小布达拉宫——松赞林寺
- ◆ 玉龙雪山—冰川公园

巴拉格宗



全程无购物

巴拉格宗·玻璃景观区

第一天 吉隆坡 → 昆明

机上用餐

当地4★昆明锦江大酒店或同级

在吉隆坡国际机场集合，乘搭航班飞往【昆明】。抵达后，送往酒店入住。

第二天 昆明 ⇌ 大理

早/午/晚餐

当地4★大理唐·中和坊酒店或同级

早餐后，乘车前往【大理】，途中用午餐。抵达后打卡网红【大理S湾洱海生态廊道】，走进【等风来AWAITS WIND海景咖啡馆】(含1杯咖啡+1份甜点/人)，打开大理洱海最舒服的方式：悠闲地对着洱海发呆、在洱海边漫步、或者租一辆脚踏车来一次轻骑行。【大理古城】(不含电瓶车，费用RMB35/人自理)——在古城里逛逛小店，看看古建筑，非常地惬意。而在这座古城之中有一条古今闻名的街道，这就是【洋人街】——走在洋人街的街道之上，您还可以游览诸多风味特色小吃店、在这里吃喝玩乐。

第三天 大理 ⇌ 香格里拉

早/午/晚餐

当地4★香格里拉第五颗陨石紫薇酒店或同级

游览【喜洲古镇】，参观【喜洲白族民居】品三道茶，观看歌舞表演。接着打卡网红【转角楼】(送同款转角楼冰棒1支/人)。打卡【网红墙】：蓝天白云与黄墙的配合，永远不会过时。若恰逢夏季麦田或黄金稻田的季节，整个配色将更加出彩。之后乘车前往中旬，游览【独克宗古城】【龟山公园】【转经筒】。晚餐享用香巴拉土司宴(含歌舞表演+小火锅)。

第四天 香格里拉 ⇌ 巴拉格宗 ⇌ 香格里拉

早/午/晚餐

当地4★香格里拉第五颗陨石紫薇酒店或同级

前往“隐秘仙境”真正的香巴拉【巴拉格宗景区】。参观“千年圣树”【凤凰菩提树】。接着游览千年古村落【巴拉村】。午餐后，参观中国唯一的二十一度母经堂【卓玛拉康】。走在悬空落差接近1000米的【回音壁栈道】、抵达中国最高海拔和垂直落差最高的【玻璃观景台】，欣赏近在咫尺香格里拉大峡谷美景。之后乘车返回香格里拉。

【风味餐：菌火锅、农家风味、白族风味、精品合菜、农家风味、藏式风味、虹鳟鱼、吉祥三宝、雪厨小火锅、纳西风味、老滇风味汽锅鸡、砂锅鱼、过桥米线】

第五天 香格里拉 ⇌ 丽江

早/午/晚餐

当地4★丽江金岛大酒店或同级

【松赞林寺】(含环保车) 藏传佛教寺院，被称为“小布达拉宫”，全寺依山势层叠而上，气派非凡。远眺【长江第一湾】，游览【虎跳峡】(不含往返手扶梯，RMB70/人自理) 汹涌的河水与壮观的峡谷景色看得让人震撼人心。

第六天 丽江

早/午/晚餐

当地4★丽江金岛大酒店或同级

【玉龙雪山：冰川公园】(含往返冰塔林大索道) 纳西人心中的神山，其主峰扇子陡海拔5596米，常年在云雾环绕之中，是一座未被征服的处女峰，被誉为“小九寨沟”的【蓝月谷风景区】(不含电瓶车，费用RMB50/人自理)，这里呈现给世人最丰富的色彩和最清澈的池水。深蓝、浅蓝、深绿、浅绿和透明。完全是玉龙雪山脚下五颗璀璨的翡翠。观看【印象丽江歌舞表演】，张艺谋导演以雪山为背景的实景演出。游览【玉水寨】：清透美丽的丽江水源地。纳西族人对自然神的崇拜让雪山脚下有了这方净土。层层瀑布依山而下，水中游弋着金色褐色的丽江虹鳟鱼。接着游览【丽江古城、四方街】，丽江必游景点，一个保存完好的少数民族文化古城。

(如气候不佳或维修停运或限票，将以其他景点代替)

第七天 丽江 ⇌ 大理 ⇌ 昆明

早/午/晚餐

当地4★昆明锦江大酒店或同级

游览网红打卡点【大理理想邦——圣托里尼】。背靠苍山面朝洱海，仿佛走进一个纯白色的梦境，又有着西班牙和摩洛哥风情的既视感，带你瞬移希腊。之后乘车返回昆明，晚餐在昆明网红餐厅品尝中国第一美食节目《舌尖上的中国》拍摄地——福照楼，享用云南滇味美食品尝招牌汽锅鸡。晚餐后，推荐自费观看云南映象歌舞表演。

第八天 昆明

早/午/晚餐

游览昆明老街，在这里可以看到老昆明的缩影：钱王街、酒杯楼、百年福林堂、马家大院(外观)。在古色古香的昆明老街享受悠闲的自由时间。午餐后，乘车前往机场乘坐往返吉隆坡的飞机。

第九天 昆明 → 吉隆坡

机上用餐

乘搭航班返回吉隆坡。

Departure Date 出发日期	Flight Details 航班资料	Tour Fare 团费	Remarks 备注

上述行程仅供参考，然而正确行程乃依据当时实际情况重新调整后为准

Tour Code: 9CKMG-BA (Updated: 01 MAR 2024)



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康泰旅行社(马)有限公司 (97581-U)
HONG THAI TOURS & TRAVEL (M) SDN BHD
☎ 03-2148 8448 ☎ 016-5500 578

9D7N Kunming · Balagezong Dali · Lijiang · Shangri-La



Highlights:

- ◆ Local 4★ Hotel
- ◆ Xizhou Ancient Town + three-course tea tasting
- ◆ Little Potala Palace-Songzanlin Monastery
- ◆ Jade Dragon Snow Mountain—Glacier Park

巴拉格宗
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Glass Observation Deck

DAY 1

KL → Kunming

MOB

Local 4★ Kunming Jin Jiang Hotel or Similar

Assemble at KLIA for your flight to Kunming City. Upon arrival, transfer to check in hotel.

DAY 2

Kunming ↔ Dali ↔ Chuxiong

B / L / D

Local 4★ Dali Tang Zhonghefang Hotel or Similar

After breakfast, transfer to Dali. Visit popular photo spot Dali S Bay Erhai Ecological Corridor and take a break in Waiting for the Wind to AWAIT WIND sea view cafe (includes 1 cup of coffee + 1 dessert per person). You can stroll along the Erhai Lake in a daze, or rent a bicycle for a light ride (the reference fee for renting a bicycle is 10 yuan/car per hour, own expenses). Visit Dali Ancient Town (excluding battery car, RMB35/person at your own expense). You can visit those small shop and look around ancient buildings in the ancient city. In this ancient city, there is a street that is famous in ancient, which is Yang Ren Street, have fun here.

DAY 3

Dali ↔ Shangri-La

B / L / D

Local 4★ The 5th Meteorite Grace Hotel or Similar

Stroll at Xizhou Ancient Town. Visit Xizhou Bai Folk Houses — enjoy three courses of tea, and watch a song and dance performance. Then visit check in point — Zhuanjiaolou (get 1 popsicle Zhuanjiaolou per person). Visit popular photo spot — Celebrity Wall, the combination of blue sky, white clouds and yellow wall will never go out of style. Coinciding with the season of summer wheat fields or golden rice fields, the entire color scheme will be even more brilliant. Afterwards, transfer to Zhongzhong and visit Dukezong Ancient City, Guishan Park, Prayer Wheel. Enjoy Shambhala toast feast for dinner (including song and dance performance + small hot pot)

DAY 4

Shangri-La ↔ Balagezong ↔ Shangri-La

B / L / D

Local 4★ The 5th Meteorite Grace Hotel or Similar

Visit the "hidden holy land" — Balagezong Scenic Area. Visit the "Thousand-Year Holy Tree" — Phoenix Bodhi Tree. Stroll at thousand-year-old ancient village Bala Village. After lunch, visit Dolma Lakhang. Walking on Echoing Wall Plank Road, and reach the Glass Observation Deck with the highest altitude and highest vertical drop in China, and enjoy the beautiful scenery of the Shangri-La Grand Canyon just around the corner. Then transfer back to Shangri-La.

Flavor meals: Mushroom hot pot, farm style, Bai style, premium mixed dishes, Jingping style, Tibetan style, rainbow trout lucky three treasures, Xuechu small hot pot, Naxi style, old Dian style steam pot chicken, casserole fish, Guoqiao noodles

DAY 5

Shangri-La ↔ Lijiang

B / L / D

Local 5★ Jindao Hotel or Similar

Songzanlin Monastery (including environmentally friendly vehicles). This Tibetan Buddhist temple is known as the "Little Potala Palace". The whole temple is cascading up the mountain and has extraordinary majesty. Then transfer to Lijiang, overlooking the First Bend of the Yangtze River and visit Tiger Leaping Gorge (excluded round-trip escalator, RMB70/person)

DAY 6

Lijiang

B / L / D

Local 4★ Jindao Hotel or Similar

Jade Dragon Snow Mountain: Glacier Park (including round-trip ice pagoda forest cable car). The sacred mountain in the heart of the Naxi people. It is surrounded by clouds and mist all year round. It is an unconquered virgin peak. Known as the "Little Jiuzhaigou Valley", Blue Moon Valley Scenic Area (excluding battery car, RMB50/person own expenses), enjoy the pool water with richest colors and clearest. Watch Impression of Lijiang Cabaret, a live performance directed by Zhang Yimou with the snowy mountains as the background. Visit Yushui Village; the clear and beautiful water source of Lijiang. The Naxi people's worship of nature gods has led to this pure land at the foot of the snow-capped mountains. There are layers of waterfalls flowing down the mountain, and golden brown Lijiang rainbow trout swim in the water. Then visit Lijiang Old Town, Sifang Street, a must-visit in Lijiang, a well-preserved ancient city with ethnic minority culture. (If suspended due to weather or other factors, it will be replaced by other attractions.)

DAY 7

Lijiang ↔ Dali ↔ Kunming

B / L / D

Local 5★ Kunming Jin Jiang Hotel or Similar

Dali Ideal State – Santorini, Cangshan Mountain as its back and Erhai Lake as its back, it feels like you are walking into a pure white dreamland, with a sense of sight of Spanish and Moroccan style, transporting you to Greece. Afterwards, we will drive back to Kunming and have dinner at the Kunming famous restaurant — Fu Zhaolou. This is the China's No. 1 food TV program "A Bite of China" was filmed. Enjoy Yunnan Dian delicacies and the signature steam pot chicken. After dinner, Recommend self expenses - the Yunnan Image Song and Dance Show.

DAY 8

Kunming

B / L / D

Kunming Old Street, the epitome of old Kunming: Qianwang Street, Wine Glass House, Centennial Fulin Hall, and Ma Family Courtyard (appearance). Enjoy leisurely free time in the quaint Kunming Old Street. After lunch, transfer to airport for your flight to Kuala Lumpur.

DAY 9

Kunming → Kuala Lumpur

MOB

Transfer to airport for your flight to Kuala Lumpur.

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