

8天7晚 昆明·石林·楚雄·大理·丽江·香格里拉·玉龙雪山

8D7N Kunming / Stone Forest / Chuxiong / Dali / Lijiang / Shangri-La / Jade Dragon Snow Mountain

全程
无购物

NO
SHOPPING

Tour Code: 8CKMG-SR
(Updated: 08-JUL-2026)



松赞林寺

印象丽江表演

虎跳峡

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- 第一天吉隆坡 → 昆明

机上用餐/晚

维居金鹰酒店或同级当地4★

乘搭航班飞往昆明；抵达后送往酒店入住。
- 第二天昆明 ↔ 石林 ↔ 楚雄

早/午/晚

楚雄维也纳酒店或同级当地4★

游览【大小石林风景区】(含电瓶车) 以石林地貌景观为主的岩溶地质公园，展现多样化的喀斯特形态；前往楚雄，晚餐特别安排【彝族晚宴】体验迎宾酒、民族歌舞表演及热闹篝火晚会。
- 第三天楚雄 ↔ 大理 ↔ 丽江

早/午/—

丽江凯里亚德酒店或同级当地4★

游览【喜洲古镇】(赠送喜洲粑粑) 感受白族古韵风情；游览【黑龙潭公园】丽江古城的水源地，泉水如玉，能倒映玉龙雪山，拍摄玉龙雪山取景最好的地方；漫步【丽江古城】又名大研古城，世界文化遗产，老外最爱的东方无城墙古城；【四方街】各种纳西美食自由品尝古城美食。
- 第四天丽江

早/午/晚

丽江凯里亚德酒店或同级当地4★

前往【玉龙雪山冰川公园】(含大索道+环保车) 乘坐大索道登上海拔4,506米观景平台，近距离欣赏壮丽冰川雪景，游览【甘海子】【白水河】【蓝月谷】(不含电瓶车RMB50)；观赏【印象丽江表演】张艺谋导演以雪山为背景的实景演出；游览【束河古镇】曾入选“中国魅力名镇”。
- 第五天丽江 ↔ 香格里拉

早/午/晚

蜀锦沐云酒店或同级当地4★

前往【虎跳峡】(不含上下扶梯RMB70) 世界上落差最大的峡谷；体验【藏民白天家访】感受藏族民俗文化；漫步【独克宗古城+龟山公园】建筑布局犹如八瓣莲花，中国保存最好最大的藏民居群，还有世界最大的转经筒。
- 【5-6月 额外赠送 小中旬花海欣赏高原花海美景】

第六天香格里拉 ↔ 大理

早/午/晚

大理凯里亚德酒店或同级当地4★

参观【松赞林寺】(含环保车) 藏传佛教寺院，被称为“小布达拉宫”，之称的藏传佛教圣地，赠送打卡网红【大经幡】；漫步【大理古城】位于苍山脚下，城内街道呈棋盘式布局；【洋人街】繁华的商业街。
- 第七天大理 ↔ 昆明

早/午/晚

戴斯精选温德姆酒店或同级当地4★

前往【洱海生态廊道】(含电瓶车) 沿途欣赏洱海风光，打卡热门【S湾】【生态庄园】，安排【吉普车摆拍】【天空之境】拍照体验 (每个家庭赠送3张电子底片)；打卡【金马碧鸡坊】，漫步【景星花街】品尝地道美食，【昆明步行街】体验城市繁华，打卡网红景点【对月楼】。
- 第八天昆明 → 吉隆坡

早/机上用餐

送往机场乘搭航班返回吉隆坡。
- 【风味餐：老滇风味、宜良烤鸭、彝族民俗宴、白族风味、水月阁、三文鱼火锅、峡谷风味、藏式风味、砂锅鱼风味】

- DAY 1 Kuala Lumpur → Kunming

MOB / D

Weiju Golden Eagle Hotel or Similar 4★

Take a flight to Kunming. Upon arrival, transfer to check-in hotel.
- DAY 2 Kunming ↔ Stone Forest ↔ Chuxiong

B / L / D

Vienna International Hotel or Similar 4★

Visit Stone Forest Scenic Area (included electric shuttle), explore its unique karst landscape. Proceed to Chuxiong for a special Yi Ethnic Dinner with welcome drinks, cultural performances, and a bonfire party.
- DAY 3 Chuxiong ↔ Dali ↔ Lijiang

B / L / —

Kyriad Hotel or Similar 4★

Visit Xizhou Ancient Town (FREE Xizhou Baba) to experience Bai ethnic culture. Explore Black Dragon Pool Park, a scenic spot offering stunning views of Jade Dragon Snow Mountain reflected in its crystal-clear waters. Stroll through Lijiang Ancient Town (Dayan Ancient Town), a UNESCO World Heritage Site. Enjoy local Naxi cuisine at Sifang Street.
- DAY 4 Lijiang

B / L / D

Kyriad Hotel or Similar 4★

Visit Jade Dragon Snow Mountain Glacier Park (included cable car + shuttle bus), taking the cable car to the 4,506m viewing platform for breathtaking glacier views. Explore Ganhaizi, Baishui River, and Blue Moon Valley (excluded electric shuttle RMB 50). Enjoy the outdoor show Impression Lijiang directed by Zhang Yimou, with the snow mountain as the backdrop. Visit Shuhe Ancient Town, once selected as one of “China’s Charming Towns.”
- DAY 5 Lijiang ↔ Shangri-la

B / L / D

Shujin Muyun Hotel or Similar 4★

Visit Tiger Leaping Gorge (excluded escalators RMB70), one of the world’s deepest gorges. Experience a Tibetan family visit to learn about local customs and culture. Stroll through Dukezong Ancient Town & Guishan Park, featuring well-preserved Tibetan architecture and the world’s largest prayer wheel.
[May–June: FREE visit the beautiful alpine flower fields at Xiaozhongdian]
- DAY 6 Shangri-la ↔ Dali

B / L / D

Kyriad Hotel or Similar 4★

Visit Ganden Sumtseling Monastery (included shuttle bus), known as the “Little Potala Palace” and a sacred Tibetan Buddhist site. Enjoy a photo stop at the popular Great Prayer Flags. Stroll through Dali Ancient Town at the foot of Cangshan Mountain, with its traditional grid-style streets. Explore the lively Foreigner Street.
- DAY 7 Dali ↔ Kunming

B / L / D

Days Inn Select Wyndham Hotel or Similar 4★

Visit Erhai Ecological Corridor (included electric shuttle) + S Bay + Ecological Manor + Jeep Posing photo + Sky Mirror (FREE 3 digital photos per family). Visit Golden Horse and Jade Rooster Archway, stroll along Jingxing Flower Street, explore Kunming Pedestrian Street, and take photos at the trendy Duiyue Tower.
- DAY 8 Kunming → Kuala Lumpur

B / MOB

Transfer to airport for your flight to Kuala Lumpur.
- {Special Meals: Old Yunnan Cuisine, Yiliang Roast Duck, Yi Ethnic Feast, Bai Cuisine, Shuiyue Pavilion Cuisine, Salmon Hot Pot, Canyon-style Cuisine, Tibetan Cuisine, Clay Pot Fish}

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