

9天7晚 云南全境 含单程高铁

昆明 · 大理 · 丽江 · 香格里拉 · 泸沽湖 · 玉龙雪山

9D7N Territory of Yunnan Kunming / Dali / Lijiang /
Shangri-la / Lugu Lake

Included one-way high-speed rail

全程
无购物

NO
SHOPPING

玉龙雪山

圣托里尼

泸沽湖

丽江古城

虎跳峡

Tour Code: 9CKMG-LGTR

(Updated: 01-AUG-2025)

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Include one-way high-speed rail

第一天吉隆坡 → 昆明

机上用餐

准4★ 昆明丽怡酒店或同级

乘搭航班飞往昆明；抵达昆明后送往酒店入住。

第二天昆明 ↔ 大理

早 / 午 / 晚餐

准4★ 大理漫悦酒店或同级

前往大理，游览【圣托里尼】(含上行电瓶车+洱海风光)被誉为“中国的理想邦”，将大理的自然风光与希腊圣托里尼岛的浪漫元素完美融合的度假小镇；游览【洱海东岸】(远眺小普陀岛)；游览【大理古城】(不含电瓶车)感受“风花雪月”的慢生活；【洋人街】繁华的商业街。

第三天大理 ↔ 香格里拉

早 / 午 / 晚餐

准4★ 香格里拉艺龙酒店或同级

游览【龙龕码头】【磻溪村】【打卡网红树】；游览【喜洲古镇】(白族民居+三道茶表演+季节性稻田)带有浓郁民族风情的白族千年名镇；前往香格里拉，游览【独克宗古城+龟山公园】月光之城，去转世界最大的转经筒，祈求好运降临。

第四天香格里拉 ↔ 丽江

早 / 午 / 晚餐

准4★ 丽江漫柏豪庭酒店或同级

游览【松赞林寺】(含环保车)被称为“小布达拉宫”，云南规模最大的藏传佛教寺庙；【虎跳峡】(不含扶梯 RMB70)“世界峡谷之最”，体验大自然惊心动魄的壮美；前往丽江，游览【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】【黑龙潭】。

第五天丽江

早 / 午 / 晚餐

准4★ 丽江漫柏豪庭酒店或同级

游览【玉龙雪山+冰川公园】(含区间车+大索道往返)乘缆车往海拔 4,506 米的观景台观赏气势磅礴的玉龙雪山(如气候不佳或维修停运或限票，则改为云杉坪小索道)；【甘海子】【白水河】【蓝月谷】(含电瓶车)【印象·丽江】张艺谋实景歌舞秀。

第六天丽江 ↔ 泸沽湖

早 / 午 / 晚餐

准4★ 泸沽湖清尘假日酒店或同级

指定项目：泸沽湖被称为“世界上最后一个女儿国净土”，【泸沽湖观景台】鸟瞰泸沽湖全景；指定项目：【摩梭家访】【摩梭篝火晚会】亲自下场参与搓搓舞。

第七天泸沽湖 ↔ 丽江

早 / 午 / 晚餐

准4★ 丽江漫柏豪庭酒店或同级

【早观日出】(看天气而定)指定项目：【乘猪槽船游泸沽湖】登上里务比岛，指定项目：【BUS 环游泸沽湖】【走婚桥+草海】【里格观景台+远眺格姆女神山】泸沽湖最高的山峰，摩梭神话中格姆女神的化身；前往丽江入住酒店。

第八天丽江 → 昆明

早 / 午 / 晚餐

乘坐高铁前往昆明 (含车载行李)；前往昆明城市漫步【金马碧鸡坊】【南屏步行街】【南强集市】；送往机场。

第九天昆明 → 吉隆坡

机上用餐

乘搭航班返回吉隆坡。

指定项目

(收费每人 450 元人民币)

泸沽湖：观景台+乘猪槽船+BUS 游湖+摩梭家访+篝火晚会

DAY 1Kuala Lumpur → Kunming

MOB

4★ Country Inn & Suites by Radisson or Similar

Fly towards Kunming. Upon arrival, transfer to check-in hotel.

DAY 2Kunming ↔ Dali

B / L / D

4★ ManYue Hotel or Similar

Transfer to Dali. Visit Santorini (included ascending buggy + Erhai Lake scenery), Dali Ancient Town (excluded buggy), Foreigner Street.

DAY 3Dali ↔ Shangri-la

B / L / D

4★ E-long Hotel or Similar

Visit Longkan Wharf, Panxi Village, Internet-famous Tree. Visit Xizhou Ancient Town (Bai-Ethnic Residence + 3-course Tea Performance + Seasonal Paddy Fields). Transfer to Shangri-La. Visit Dukezong Ancient Town + Guishan Park — Turn the world's largest prayer wheel.

DAY 4Shangri-la ↔ Lijiang

B / L / D

4★ Manbai Haoting Hotel or Similar

Visit Sumtseling Monastery (included shuttle bus). Tiger Leaping Gorge (excluded escalator RMB70) — The largest canyon in the world. Transfer to Lijiang. Visit Lijiang Ancient Town, Sifang Street, Black Dragon Pool.

DAY 5Lijiang

B / L / D

4★ Manbai Haoting Hotel or Similar

Visit Jade Dragon Snow Mountain + Glacier Park (included shuttle bus + cable car round-trip) — Take the cable car to the observation deck at an altitude of 4,506 meters (if weather non-permitting, maintenance/out of service, or limited ticket, change to Yunshanping Cable Car). Ganhaizi, Baishui River, Blue Moon Valley (included buggy). Lijiang Impression Show.

DAY 6Lijiang ↔ Lugu Lake

B / L / D

4★ Qingchen Holiday Hotel or Similar

Compulsory Tour: Lugu Lake Observation Deck, Mosuo Home Visiting, Mosuo Bonfire Party.

DAY 7Lugu Lake ↔ Lijiang

B / L / D

4★ Manbai Haoting Hotel or Similar

Enjoy the sunrise (if weather permitting). Compulsory Tour: Ride the pig-trough boat. Board the Liwubi Island. Compulsory Tour: BUS tour around Lugu Lake. Lover's Bridge + Grass Sea, Lige Observation Deck + Overlooking Gemu Goddess Mountain. Transfer to Lijiang and check-in the hotel.

DAY 8Lijiang → Kunming

B / L / D

Take the high-speed rail to Kunming. Visit East Coast of Erhai Lake (overlooking Little Putuo Island). Transfer to Kunming for Citywalk — Arch of Golden Horse & Jade Rooster, Nanping Pedestrian Street, Nanqiang Market. Transfer to airport for your flight to Kuala Lumpur.

DAY 9Kunming → KL

MOB

Flight back to Kuala Lumpur.

Compulsory Tour

(Fee: RMB 450 per pax)

Lugu Lake: Observation deck + Pig-trough boat + BUS Tour + Mosuo Home Visiting + Bonfire Party

{Special Meals: Snow kitchen hot pot, Tibetan tusi feast, Rainbow trout hot pot }

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。由于是团体，所有团友务必要随团游览指定的购物站并参观，没兴趣的客人可以抱着观光为主的心态并耐心等待，以免发生冲突。若不进站团费将有所提高，请多多包涵。

The above itinerary is for reference only, and is subject to any necessary changes in accordance to local requirements.

As a group, all members are required to visit the designated shopping station together. Those who are not interested, kindly be patient and based on the mindset of sightseeing, in order to avoid any conflicts. If you do not enter the station, tour fee might be increased.

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