

9天7晚 昆明·丽江 香格里拉·德钦·巴拉格宗

9D7N Kunming / Lijiang / Shangri-la / Deqin / Balagezong

- * “雪山之神” 梅里雪山 “世界上最美雪山” 唯一的【日照金山】
- * “世外桃源” 的【巴拉格宗 - 巴拉村】
- * 中国版棉花堡【白水台】 - 中国最大的“泉华台地景观”
- * 四季花海天天看 - 四季不同海拔鲜花盛放



“日照金山”



巴拉格宗村



昆明动车



御宴



飞来寺

Tour Code: 9CKMG-SBA
(Updated: 10-Feb-2026)

9天7晚昆明·丽江·香格里拉·德钦·巴拉格宗+高铁

9D7N Kunming / Lijiang / Shangri-la / Deqin / Balagezong + high speed rail

第一天吉隆坡 → 昆明

机上用餐 / 一 / 晚

当地5★温德姆花园酒店或同级

乘搭航班飞往昆明；参观【金马碧鸡坊】【南屏步行街】
【南强集市】【钱王老街】；季节限定：3月樱花；4-5月
蓝花楹；11月银杏；12-2月红嘴鸥。

第二天昆明 ⇄ 丽江

早 / 午 / 晚

当地5★玉龙温德姆酒店或同级

乘动车前往丽江；游览【丽江古城】世界文化遗产；漫步
【四方街】感受纳西市井烟火；登【黑龙潭】远眺玉龙雪
山倒影；自由探索古城小巷与溪流石桥。

第三天丽江 ⇄ 香格里拉

早 / 午 / 晚

当地5★唐香嘉秀酒店或同级

游览【虎跳峡】(含上下扶梯)；【独克宗古城】- (含拜见
活佛，可祈福问事；到【龟山公园+世界最大转经筒】；
体验藏族土司宴(藏民家访、敬献哈达、酥油茶DIY)。

第四天香格里拉 ⇄ 德钦

早 / 午 / 晚

当地5★高山别庄梅里酒店或同级

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；接着参观【雾浓顶】和【金
沙江大拐弯】。

第五天德钦 ⇄ 香格里拉

早 / 午 / 晚

当地5★唐香嘉秀酒店或同级

视天气情况于【飞来寺】观日照金山；游览【纳帕海】
(不含骑马)；沿途欣赏高原草甸与藏式村落；若天气晴
好可远眺梅里雪山主峰卡瓦格博。

第六天香格里拉 ⇄ 巴拉格宗

早 / 午 / 晚

当地4★藏式生态酒店或同级

全天深度游览【巴拉格宗景区】(含环保车)；远眺雄伟格
宗神山；穿越壮丽巴拉格宗大峡谷(不含漂流)；探访千
年藏寨【巴拉村】；感受人与自然和谐共生的秘境风光。

第七天巴拉格宗 ⇄ 丽江

早 / 午 / 一

当地5★玉龙温德姆酒店或同级

继续【巴拉格宗景区】(含环保车)；登上【回音壁】体验
高空玻璃观景台，俯瞰万壑千岩；瞻仰【千年菩提神树】；
参拜【香巴拉佛塔】祈福平安；沉浸于雪域圣境与藏传佛
教文化的交融氛围。

第八天丽江 ⇄ 昆明 → 吉隆坡

早 / 机上用餐

早餐后自由活动。然后根据航班时间送机返回吉隆坡。

第九天吉隆坡

抵达吉隆坡。

【风味餐：雪山雪厨小火锅，藏族土司宴，
过桥米线，御宴】

DAY 1 Kuala Lumpur → Kunming

MOB / 一 / D

5★ Wyndham Garden Hotel or Similar

Fly towards Kunming. Upon arrived, visit Jinma Biji Fang,
Nanping Pedestrian Street, Nanqiang Market, and
Qianwang Old Street. Seasonal highlights: March cherry
blossoms; April–May blue jacarandas; November ginkgo;
December–February red-beaked seagulls.

DAY 2 Kunming ⇄ Lijiang

B / L / D

5★ Wyndham Lijiang Yulong Hotel or Similar

Take bullet train to Lijiang Ancient Town, Sifang Street,
and Heilongtan Park for iconic views of Jade Dragon Snow
Mountain reflected in the pond.

DAY 3 Lijiang ⇄ Shangri-La

B / L / D

5★ Tang Xiang Jia Xiu Hotel or Similar

Visit Tiger Leaping Gorge (includes escalators); explore
Dukezong Ancient Town (Guishan Park + world's largest
prayer wheel); Experience Tibetan Tusi banquet with Khata
offering and butter tea DIY.

DAY 4 Shangri-la ⇄ Deqin

B / L / D

5★ Gaoshan Biezhuang Meili Hotel or Similar

Explore Songzanlin Monastery (includes eco-
shuttle), Wunongding and First Bend of Yangtze River.

DAY 5 Deqin ⇄ Shangri-La

B / L / D

5★ Tang Xiang Jia Xiu Hotel or Similar

Visit Feilai Temple. If you're lucky, you might catch the
breathtaking phenomenon of “Golden Sunrise on the Snow
Mountains”. Tour Napa Lake (horseback riding not included).

DAY 6 Shangri-La ⇄ Balagezhong

B / L / D

4★ Balagezong Tibetan Ecological Hotel or Similar

Explores Balagezong Scenic Area (includes eco-shuttle);
gaze upon the majestic Balagezong Sacred Mountain;
traverse the grand Balagezong Grand Canyon (rafting not
included); visit the ancient Bala Village, a hidden Tibetan
hamlet nestled in the valley.

DAY 7 Balagezhong ⇄ Lijiang

B / L / --

4★ Wyndham Lijiang Yulong Hotel or Similar

Continue deep into Balagezong Scenic Area (includes eco-
shuttle); ascend to the Echo Wall Glass Viewing Platform
for sweeping canyon vistas; Pay respects at Millennium
Bodhi Tree and Shambhala Stupa for blessings.

DAY 8 Lijiang ⇄ Kunming → Kuala Lumpur

B / MOB

Morning free and easy. Then transfer to airport based on
flight schedule for departure back to Kuala Lumpur.

DAY 8 Kuala Lumpur

B / MOB

Reached Kuala Lumpur.

{Special Meals: Snow Mountain Hot Pot, Tibetan
Chieftain Banquet, Yunnan Bridge Noodles,
Imperial Banquet}

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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