

# 8天 昆明·大理·丽江·香格里拉汽车团

星期二、四、日出发


行程特色		住宿	
<ul style="list-style-type: none"> <li>世界恐龙谷文化旅游主题公园遗址馆</li> <li>大理古城</li> <li>云杉坪</li> <li>甘海子</li> <li>白水河</li> <li>蓝月谷</li> <li>《印象·丽江》</li> <li>黑龙潭</li> <li>丽江古城+四方街</li> </ul>	<ul style="list-style-type: none"> <li>虎跳峡</li> <li>长江第一湾</li> <li>普达措森林公园</li> <li>崇圣寺一三塔</li> <li>张家花园品尝三道茶及白族歌舞表演</li> <li>石林风景区</li> <li>七彩云南</li> <li>鲜花市场</li> </ul>	<ul style="list-style-type: none"> <li>2晚昆明威龙酒店 4★或同级</li> <li>1晚楚雄雄宝酒店 4★或同级</li> <li>1晚香格里拉实力酒店 4★或同级</li> <li>3晚丽江森龙酒店 4★或同级</li> </ul>	
		膳食	注明
		<ul style="list-style-type: none"> <li>7早餐</li> <li>6午餐</li> <li>5晚餐</li> </ul>	<ul style="list-style-type: none"> <li>景点安排如有先后次序调整,以中国当地旅行社确认为准。</li> <li>购物:玉、茶、精油、丽江土特产、香格里拉土特产</li> </ul>


天数	行程	膳食
1	<b>新加坡 33 昆明</b> <ul style="list-style-type: none"> <li><b>昆明:</b> 乘搭豪华客机直飞云南首府-昆明, 云南省省会, 具有两千四百多年的历史, 是云南省政治、经济、文化、科技、交通的中心, 同时也是中国著名的历史文化名城和优秀旅游城市。</li> </ul>	-
2	<b>昆明 - 大理 - 丽江</b> <ul style="list-style-type: none"> <li><b>禄丰恐龙谷:</b> 是一处科普旅游基地和恐龙文化旅游主题公园。仿佛“走进失落的恐龙王国, 穿越再现的侏罗纪世界, 共享留存地球亿万年的世界奇观”。(如遇特殊原因无法观看, 费用一律不退。)</li> <li><b>大理古城:</b> 陶醉在古色古香中的同时, 也感受南诏古国的韵味。</li> <li>驱车前往中国历史文化名城, 世界文化遗产—丽江。</li> </ul>	早餐 午餐 晚餐
3	<b>丽江</b> <ul style="list-style-type: none"> <li><b>玉龙雪山风景区:</b> 玉龙雪山风景区又称天然冰川博物馆, 乘缆车登上云杉坪, 远眺秀美壮丽的玉龙雪山。</li> <li><b>甘海子:</b> 为天然草甸牧场。</li> <li><b>白水河:</b> 由玉龙雪山冰雪溶化流淌下形成的河流。</li> <li><b>蓝月谷:</b> 由雪山融化而成的, 湖水荡漾着乳白与蓝绿, 交织在一起, 相融又相离, 如梦幻仙境。</li> <li><b>赠送:《印象·丽江》:</b> 名导演张艺谋的巨型歌舞实景演出, 以玉龙雪山的自然风光为天然背景, 四周高山草甸、白云缭绕, 将观众带到了雪域高原天人合一的纯美背景中。(如遇特殊原因无法观看, 费用一律不退。)</li> <li><b>玉水寨:</b> 纳西族中部东巴圣地古城溯源—玉水寨, 神龙三叠水是一大景观, 它由一大群大小不一、高低不同的瀑布所组成。偌大的一股泉水顺着山坡而下, 折成三大叠。人们都称第一叠出龙瀑, 第二叠戏龙瀑, 第三叠送龙瀑。神龙三叠的美名便得如此。</li> <li><b>黑龙潭:</b> 又名玉泉公园, 从古城四方街沿经纬纵横的玉河溯流而上, 约行一公里有一处晶莹清澈的泉潭, 即为中外闻名的黑龙潭。潭水从石缝间涌涌喷出, 万斛清泉汇成四万平方米潭面。四周山清水秀, 柳暗花明。依山傍水造型优美的古建筑点缀其间, 被誉为滇西北高原上的一块美玉。</li> <li><b>丽江古城和四方街:</b> 是古城风貌整体保存完好的典范。依三山而建的古城, 与大自然产生了有机而完整的统一, 古城瓦屋, 鳞次栉比, 四周苍翠的青山, 把紧连成片的古城紧紧环抱。</li> </ul> <p><b>* 晚餐自费在丽江古城品尝当地风味小吃。</b></p>	早餐 午餐
4	<b>丽江 - 香格里拉</b> <ul style="list-style-type: none"> <li><b>虎跳峡:</b> 距离丽江纳西族自治县县城 60 公里, 这条峡谷在金沙江上游, 全长 18 公里, 分上虎跳、中虎跳、下虎跳三段, 峡谷垂直高差 3790 米, 是世界上最深的峡谷之一。江流最窄处, 仅约 30 余米, 相传猛虎下山, 在江中的礁石上稍一脚, 便可腾空越过, 故称虎跳峡。它原是金沙江到了石鼓后, 急转北流, 切断了玉龙山和哈巴雪山, 形成了壮丽大峡谷。峡长 16 公里, 江岸高山夹峙, 山岭高出江面三千米以上, 堪称世界最深的峡谷。</li> <li>前往香格里拉途中可欣赏到长江第一湾及在藏龙原生态生物店。</li> <li><b>香格里拉:</b> “香格里拉”一词, 是 1933 年美国小说家詹姆斯·希尔顿 (James Hilton) 在小说《失去的地平线》(“Lost Horizon”) 中所描绘的一块永恒和平宁静的土地。更加巧合的是, “香格里拉”一词是迪庆中甸的藏语, 为“心中的日月”之意, 它是藏民心目中的理想生活环境和至高至尚的境界。迪庆高原就是人们寻找了半个世纪的“香格里拉”。</li> </ul>	早餐 午餐 晚餐
5	<b>香格里拉 - 丽江</b> <ul style="list-style-type: none"> <li><b>普达措森林公园:</b> 这里优美的生态和神奇的民间传说, 形成了具有极高美学价值的多元生态、民族精神文化景观。普达措国家公园内有香格里拉最大的湖泊-属都湖、欣赏独有景观“杜鹃醉鱼”的云南海拔最高的湖泊-碧塔海、香格里拉第一村-霞给民族文化村。午餐后驱车返回丽江。</li> </ul>	早餐 午餐 晚餐
6	<b>丽江 - 大理 - 楚雄</b> <ul style="list-style-type: none"> <li><b>崇圣寺·三塔:</b> 全国重点文物保护单位、全国优秀旅游城市-大理的标志和象征, 中国南方最古老, 最雄伟的建筑之一 (电瓶车自理 15 元/人)。</li> <li><b>张家花园:</b> 大理第一园一品尝<b>三道茶</b>, 并观赏<b>白族歌舞表演</b>。</li> <li>驱车前往楚雄。</li> </ul>	早餐 午餐 晚餐
7	<b>楚雄 - 昆明</b> <ul style="list-style-type: none"> <li><b>石林风景区:</b> 天下第一奇观石林, 这里奇峰异石, 千奇百怪, 形象逼真。大家所熟悉的《阿诗玛》传说与诗歌, 就以此为背景。您将观赏那多姿多彩的喀斯特地貌, 体味彝族撒尼人的独特风情。</li> <li><b>七彩云南:</b> 售卖玉石的连锁专卖场所。</li> </ul>	早餐 午餐 晚餐
8	<b>昆明 33 新加坡</b> <ul style="list-style-type: none"> <li>游览<b>鲜花市场</b>。过后, 乘飞机返回新加坡。结束愉快的旅程!</li> </ul>	早餐

# 8D KUNMING-DALI-LIJIANG SHANGRI LA COACH TOUR

DEPART on TUES/THUR/SUN

Tour Highlights		Accommodation	
<ul style="list-style-type: none"> <li>World Dinosaur Valley</li> <li>Ancient Dali City</li> <li>Jade Dragon Mountain</li> <li>Ganhaizi (Dry Sea)</li> <li>Baishuihe (White Water River)</li> <li>Lanyue Valley (Blue Moon Valley)</li> <li>&lt;Impression – Lijiang &gt; performance</li> </ul>	<ul style="list-style-type: none"> <li>Black Dragon Lake</li> <li>Lijiang Ancient City + Square Street</li> <li>Songshen Temple – Three Pagoda</li> <li>Zhang's Garden</li> <li>Stone Forest</li> <li>Colourful Yunnan</li> <li>Flower Market</li> <li>Tiger Leaping Gorges</li> <li>Shangri-la</li> </ul>	<ul style="list-style-type: none"> <li>2 Nights Kunming Weilong Hotel 4* or similar</li> <li>1 Night Chuxiong Xiongbao Hotel 4* or similar</li> <li>1 Night Shangri-la Shili Hotel 4* or similar</li> <li>3 Nights Lijiang Shenglong Hotel 4* or similar</li> </ul>	
		Meals	Remarks
		<ul style="list-style-type: none"> <li>7 Breakfasts</li> <li>6 Lunches</li> <li>5 Dinners</li> </ul>	<ul style="list-style-type: none"> <li>Sequence of itinerary is subject to change without prior notice.</li> <li>Entire tour to be conducted in Mandarin only.</li> <li>In the event of any discrepancy between the English and Chinese itineraries, the Chinese version shall prevail.</li> </ul>

Day	Detailed Itinerary	Meals
1	<p><b>Singapore  Kunming</b></p> <ul style="list-style-type: none"> <li><b>Kunming:</b> Kunming, capital of Yunnan Province, is the political, economic, communications and cultural centre of the province. Kunming, with its perpetual spring-like weather which provides the ideal climate for plants and flowers, is known as the "City of Spring". Many famous China historical and cultural sites are located there and Kunming is one of the top tourist cities in China.</li> </ul>	Dinner
2	<p><b>Kunming – Dali – Lijiang</b></p> <ul style="list-style-type: none"> <li><b>World Dinosaur Valley:</b> Since 1938, dinosaur fossils have been found in Lufeng County. According to scientists, more dinosaur fossils have been found in the valley in Lufeng in Yunnan Province than anywhere else in the world. The dinosaur fossils found there are the oldest known to mankind, dating back to the early and middle Jurassic ages. The site is home to China's largest dinosaur park. The World Dinosaur Valley brings back from extinction the most mammoth creatures our planet has ever known.</li> <li><b>Ancient Dali City:</b> The thousand-year-old city used to be the capital of Nanzhao (649-902) and Dali (937-1253). Its long history and culture has earned it the nick of "Famous Place for Historical Documents". The "Foreigners Street" of Dali has become famous both at home and abroad.</li> </ul>	Breakfast Lunch Dinner
3	<p><b>Lijiang</b></p> <ul style="list-style-type: none"> <li><b>Jade Dragon Mountain:</b> With an elevation of 5,596m, it is located north of the Ancient Lijiang City and shaped like a jade white giant dragon. Legend says it is the incarnation of "Sanduo", the god believed by people of Naxi Ethnic Group.</li> <li><b>Ganhaizi:</b> It is a natural grassy marshland whereby neighbouring ethnic groups such as Naxi and Tibetan nomads usually bring their felt tents to and herd the sheep and cows.</li> <li><b>Baishuihe:</b> Baishuihe or White Water River derives its water source from the melting ice of Jade Dragon Mountain. It is so named because the river bed is made up by white marble and lime stone fragments, resulting in a light grayish platform and making the river water look white and clear.</li> <li><b>Lanyue Valley:</b> This scenic area, covering 65 sq km, has splendour snow-capped mountains, spectacular valley, mirror-like lakes, emerald grassy marshland and a melting pot of ethnic groups.</li> <li><b>FREE &lt;&lt;Impression-Lijiang&gt;&gt;:</b> This huge outdoor spectacle, set amidst a natural grassy marshland, is performed 3,100m above sea level and boasts the Jade Dragon Mountain as its spectacular backdrop. Costing RMB 130 million, the performance is produced by renowned director Zhang Yimou. 500 actors, consisting of local folks in various costumes representing 10 ethnic groups, and 100 horses have been selected from 16 villages in Lijiang to perform folk songs, dances and rituals for tourists 365 days a year. This award-winning performance consists of 6 parts to reflect the lifestyle and traditions of the various ethnic groups, and the history of the Ancient Tea Route.</li> <li><b>Yushui Village:</b> It faces the beautiful Lijiang highland with its back facing the Jade Dragon Mountain. This place is of good geomantic omen for Naxi people. A significant landmark there is the "Three-Fold Deity Dragon Waterfalls, where crystal clear spring water pours down along the mountain to form three cascades of water: "Dragon Coming", "Dragon Playing", and "Dragon Leaving".</li> <li><b>Black Dragon Pool:</b> It is also known as Jade Spring Park. It is located at the foot of Elephant Hill, a short walk north of the Old Town of Lijiang in Yunnan province, China. A spectacular view of the region's tallest mountain, Jade Dragon Snow Mountain, can be seen. The Black Dragon Pool is like the bright eyes of the town, shining with wisdom, where the spring comes from god protected mountains and forms the dragon pool. Water then goes down a waterfall and becomes the Yuhe River. The Black Dragon Pool is also recognised as a beautiful piece of jade where ancient architecture can be found.</li> <li><b>Lijiang:</b> With a history of more than 800 years, the city was first built at the end of Southern Song Dynasty (1127-1279). Lijiang was put on the List of World Heritages by UNESCO in 1997. Sifang Street is the city centre and is orderly arranged with five main roads radiating to all directions lined with rows of tile-roofed houses which are surrounded by streams.</li> </ul> <p>* Local Specialities Dinner at Lijiang Ancient City (own expenses)</p>	Breakfast Lunch

4	<p><b>Lijiang – Shangri la</b></p> <ul style="list-style-type: none"> <li>• <b>Tiger Leaping Gorges:</b> It is located 60 km north of Lijiang City, Yunnan in southwestern China. It is part of the Three Parallel Rivers of Yunnan Protected Areas World Heritage Site. It is believed to be the deepest gorge in the world, which is a canyon on the Yangtze River, also locally known as the Golden Sands River. Legend has it that whilst escaping from a hunter, a tiger jumped across the river at the narrowest point (around 30 metres wide), and hence the name, Tiger Leaping Gorge. The gorge is 15km in length, and is located where the river passes between 5,596 metres Jade Dragon Snow Mountain and 5,396 metres Haba Xueshan in a series of rapids under steep 2000 metres cliffs.</li> <li>• On the way to Shangri-la, have a stop at Yangtze First turn and Zanglong Ecosystem Shop.</li> <li>• <b>Shangri-la:</b> It is derived from the novel, “Lost Horizon”, by James Hilton, an American novelist. It is depicted as land of eternal peace and tranquility. Coincidentally, “Shangri-La” in Tibetan literally means “The Sun and Moon in Our Hearts”. It is the ideal living environment for the Tibetans. Diqing Plateau is the “Shangri-La” that people has been searching for over half a century.</li> </ul>	Breakfast Lunch Dinner
5	<p><b>Shangri la – Lijiang</b></p> <ul style="list-style-type: none"> <li>• <b>Puda Forest Garden:</b> Shangri-la largest lake – Shudu lake, Yunnan highest level lake – Pita Lake, Shangri-la first village – Xiaji Cultural Village. After lunch, proceed back to Lijiang by coach.</li> </ul>	Breakfast Lunch Dinner
6	<p><b>Lijiang – Dali – Chuxiong</b></p> <ul style="list-style-type: none"> <li>• <b>Zhang’s Garden:</b> Regale in the singing and dancing performance by the Bai People, an ethnic group, whilst enjoying a three course tea ceremony.</li> </ul>	Breakfast Lunch Dinner
7	<p><b>Chuxiong – Kunming</b></p> <ul style="list-style-type: none"> <li>• <b>Stone Forest:</b> Stone Forest is a national AAAA scenic area, a typical karst land form of more than 200 million years old, also known as “The First Wonder in the World”.</li> <li>• <b>Colourful Yunnan:</b> Drop by “Colourful Yunnan”, a nationwide chain specialising in the sale of jade.</li> </ul>	Breakfast Lunch Dinner
8	<p><b>Kunming  Singapore</b></p> <ul style="list-style-type: none"> <li>• <b>Flower Market and Xiangrui Jewellery Store:</b> Visit the Flower Market and drop by a jewellery store before making your way to the airport for your flight home with wonderful memories of the tour!</li> </ul>	Breakfast