



是明 大理 泸沽湖 香格里拉 丽江 KUNMING DALI LUGULAKE SHANGRI-LA LIJIANG



无购物站 No Shopping Stop

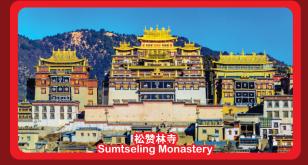
泸沽湖 Lugu Lake

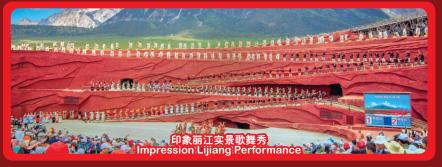
泸沽湖 - 是中国第三大深水湖泊也是国家4A级景区,湖内有一小岛。泸沽湖周边主要居住着摩梭人、彝族和普米族、沿岸居住有蒙古族7种民族,约1.3万人。

Lugu Lake - is the third largest deep-water lake in China and a national 4A-level scenic spot. There is a small island in the lake. The Mosuo, Yi and Pumi people mainly live around Lugu Lake. There are 7 Mongolian ethnic groups living along the coast, about 13,000 people.















8天 7夜 NIGHTS 中国之旅

出发日期 DEPARTURE DATE: 2024

昆明 KUNMING

LUGU L'AKE



丽江 LIJIANG

出发 お 转机 お 昆明 第一天

(晚)

- 集合于国际机场,准备前往转机。
- 抵达转机机场,再乘搭飞机前往中国昆明。

昆明 🖨 大理 第二天

(早/午/晚)

- 喜洲古镇 (严家大院+白族三道茶)
- 理想邦 圣托里尼 (网红打卡+洱海风光)
- 大理古城 洋人街

大理 🗐 泸沽湖 第三天

(早/午/晚)

- 苍洱留香 (千亩稻田+网红小马车+航拍+旅拍+生态)(赠每人2张照片)
- 泸沽湖观景台 (俯瞰全景)
- 摩梭家访、篝火晚会(亲自下场参与摩梭甲搓舞打跳)

泸沽湖 🖨 香格里拉 第四天

(早/午/晚)

- 泸沽湖游船 (里务比岛)
- 格姆女神山 (远眺)
- 草海与走婚桥
- 长江第一湾 (车游、赏金沙江风光)
- 虎跳峡 (含上行大电梯)
- 独克宗古城 (龟山公园+世界最大转经筒)

香格里拉 🗐 丽江 第五天

(早/午/晚)

- 松赞林寺(电瓶车)
- 车游纳帕海
- 天空之门
- 丽江古城
- 四方街
- 黑龙潭

第六天 丽江

(早/午/晚)

- 玉龙雪山风景区冰川公园(区间车+大索道往返)
- 甘海子
- 张艺谋・印象丽江实景歌舞秀
- 白水河+蓝月谷(电瓶车)
- 玉水寨 (学写东巴象形文字+T恤DIY)

丽江 🗩 昆明 第七天

(早/午/晚)

- 景星花市
- 钱王老街
- 金碧广场
- 近日楼
- 网红夜市--南强市场
- 晚餐后前往机场

昆明 🛪 转机 🛪 抵达 第八天

(早)



大理

- 喜洲古镇 这里是一个传统额白族聚集村镇,大街小巷到处都是白族的特色建筑, 它是大理自治州境内保存最完好的白族聚居地之一
- 喜洲白族民居 全镇共有上百院各具特色的白族民居建筑, "三坊一照壁" 井",置身其中,宛如走进了一座民居建筑博物馆。除了观赏精致的白族建你还可以观看精彩纷呈的白族特色三道茶民俗表演。三道茶比喻着人的一生 要先苦后甜再回味,它寓意着白族人民在走过酸甜苦辣之后对人生无限回味的人
- (理想邦)圣托里尼 与大理古城隔"海"相望,坐拥与希腊爱琴海湾一样的地理地貌,由精品酒店集群、文化商业及度假公寓组成。
- 大理古城 是大理国家历史文化名城、大理国家重点风景名胜区,棋盘式的街道格局与民居建筑皆保留其历史样貌。

泸沽湖

- 泸沽湖 是中国第三大深水湖泊也是国家4A级景区,湖内有一小岛。泸沽湖周边 主要居住着摩梭人、彝族和普米族,沿岸居住有蒙古族7种民族,约1.3万人。
- 草海与走婚桥 桥下由于长年泥沙淤积,导致水深变浅,长有茂密的芦苇,远远望去,像一片草的海洋,故当地人称其为"草海"。走婚桥是摩梭男女约会的地方,沪沽湖畔的摩梭人奉行"男不娶,女不嫁"的"走婚"习俗。

香格里拉

- 虎跳峡 是中国云南省丽江一处峡谷,位于玉龙与香格里拉之间的金沙江干流上。相传金沙江逢枯水期时,有猛虎下山,在此江中的礁石上稍一脚后腾空便越过,故称"虎跳峡",江中的礁石则称作"虎跳石"。
 独克宗古城 位於迪庆藏族自治州香格里拉具东南隅。为唐代叶蕃王朝所建。
- 被充实古城 位於迪庆藏族自治州香格里拉县东南隅,为唐代吐蕃王朝所建。 "独克宗"是藏语发音,意为"月光城"和"建在石头上的城堡"。古城依山而建,路面就地势铺筑石板,自然起伏。至今,在石板路上甚至还能看出马蹄的印迹,这是岁月久远的马帮留下的信物。 ● 独克宗古城
- 松赞林寺-全寺依山势层叠而上,气派非凡。外围筑有椭圆形城垣,主殿威严而华美,殿内壁画色彩鲜艳,被誉为"小布达拉宫"。

丽江

- 丽江古城 世界文化遗产,具有800多年历史的丽江古城,始建于南宋末年。街道不拘于工整而自由分布,主街傍水,小巷临渠,300多座古石桥与河水、绿树、古巷、古屋相依相映,极具高原水乡古树、小桥、流水、入家的美学意韵。
- 玉龙雪山风景区冰川公园 玉龙雪山是世界上北半球纬度最低的一座有现代冰川

昆明

- 钱王老街-较好地保留了马家大院、傅氏宅院等文物及挂牌历史建筑。业态为特色 高端餐饮及会所、咖啡吧、书吧、酒廊、手工类特色店、名人旧居观光旅游。
- 金马碧鸡坊 建于明朝宣德年间,为两座木结构斗拱牌楼,是昆明的象征,是最具 代表性的清代历史文化街区。





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DAY 1

DEPARTURE X TRANSIT **₹ KUNMING**

(D)

- Assemble at the international airport, take flight to transit. Arrive at transit Airport, take flight to China, Kunming.
- DAY 2 KUNMING 🚍 DALI

(B/L/D)

- Xizhou Ancient Town (Bai Architectural Culture+Three Course Tea)
- Ideal State Santorini (Famous photostop+Erhai Lake scenery)
- **Dali Ancient Town Foreigner Street**

DAY 3 DALI 🚍 LUGU LAKE

(B/L/D)

- Cang Er Liu Xiang (2 photos per person) (Thousands of acres of rice fields + Pony Carriage + Aerial Photography + Travel Photography + Ecology)
- Lugu Lake Observation Deck (Panoramic View)
- **Mosuo Home Visit & Bonfire Party** (participate in Mosuo armor dance in person)

DAY 4

LUGU LAKE 🚍 SHANGRI-LA (B/L/D)

- Lugu Lake Boat Tour Liwubi Island
- Gemu Mountain (Overlook)
- Caohai and Walking Wedding Bridge
- The First Bend of Yangtze River (Car Tour, Admire the scenery of Shajiang River)
- Tiger Leaping Gorge (Include large upward elevator)
- Dukezong Ancient City (Guishan Park + Prayer wheel)

DAY 5

SHANGRI-LA 🚍 LIJIANG

(B/L/D)

- Sumtseling Monastery (Eco-Car)
- Car Tour for Napahai Lake
- **Sky Gate**
- **Lijiang Ancient Town**
- **Square Street**
- **Black Dragon Pool**

DAY 6 LIJIANG

(B/L/D)

- **Jade Dragon Snow Mountain Park** (Shuttle Bus+Ropeway Round Trip)
- **Dry Sea Meadow**
- **Impression Lijiang Performance**
- Baishui River + Blue Moon Valley (Eco-car)
- Yushui Village

LIJIANG KUNMING DAY 7

(B/L/D)

- **Jingxing Flower Market**
- **Oianwang Old Street**
- Golden Horse And Jade Rooster Archway
- Jinrilou
- Nanqiang Market (Online Famous Night Market)
- After dinner, transfer to airport, home sweet home.

DAY 8

KUNMING A TRANSIT * ARRIVAL

(B)



DALI

- Xizhou Ancient Town This is a traditional village and town where the Ebai people gather. The streets and alleys are full of Bai people's characteristic buildings. It is one of the best-preserved Bai settlements in Dali Autonomous Prefecture.
- Xizhou Bai Ethnic Visit the most preserved Bai Ethnic residential buildings, taste the three course tea "bitter tea, sweet tea and final tea", as well as enjoy the traditional Bai Ethnic dance performances.
- Ideal State Santorini It faces the ancient city of Dali across the "sea", and sits on the same geographical features as the Aegean Gulf in Greece. It is composed of boutique hotel clusters, cultural businesses and holiday apartments.
- Dali Ancient Town It is a national historical and cultural city of Dali and a national key scenic spot of Dali. The chessboard-like street pattern and residential buildings retain their historical appearance.

LUGU LAKE

- **Lugu Lake** is the third largest deep-water lake in China and a national 4A-level scenic spot. There is a small island in the lake. The Mosuo, Yi and Pumi people mainly live around Lugu Lake. There are 7 Mongolian ethnic groups living along the coast, about 13,000 people.
- Seaweed and Walking Wedding Bridge Due to long-term siltation, the water depth under the bridge has become shallow, and there are dense reeds growing there. From a distance, it looks like a sea of grass, so the locals call it "Hai of Cao". The Walking Marriage Bridge is a place where Mosuo men and women meet. The Mosuo people on the shores of Lugu Lake practice the "walking marriage" custom of "men do not marry and women do not marry".

SHANGRI-LA

- Tiger Leaping Gorge it is the longest, deepest and narrowest gorge in the world. There is a legend that a tiger once jumped across the gorge by clearing the rock from which the name Tiger Leaping Gorge comes about.
- **Dukezong Ancient City** Located in the southeast corner of Shangri-La County, Diqing Tibetan Autonomous Prefecture, it was built by the Tubo Dynasty in the Tang Dynasty. "Dukezong" is pronounced in Tibetan and means "moonlight city" and "castle built on stone". The ancient city is built on the mountain, and the road surface is paved with stone slabs according to the terrain, with natural undulations. To this day, the imprints of horse hoofs can even be seen on the stone road, which are tokens left by the caravans over the years.
- Ganden Sumtseling Monastery The whole temple is cascading up according to the mountain situation, with extraordinary style. There is an oval city wall on the periphery, the main hall is majestic and gorgeous, and the murals in the hall are colorful, known as the "Little Potala Palace".

LIJIANG

- Lijiang Ancient Town which is perfectly adapted to the uneven topography of this key commercial and strategic site, has retained a historic townscape of high quality and authenticity. Its architecture is noteworthy for the blending of elements from several cultures that have come together over many centuries. Lijiang also possesses an ancient water-supply system of great complexity and ingenuity that still functions effectively today.
- Jade Dragon Snow Mountain Park Jade Dragon Snow Mountain is the lowest latitude mountain in the world with modern glaciers. It consists of 13 peaks, all above 5,000 meters above sea level. Jade Dragon Snow Mountain Glacier Park is located on the steep northeastern slope of the main peak of Yulong Snow Mountain. , is a typical representative of modern glaciers in Yulong Snow Mountain.

KUNMING

- **Qianwang Old Street** Cultural relics and listed historical buildings such as Ma Family Courtyard and Fu Family Residence are well preserved. The business formats include highend catering and clubs, coffee bars, book bars, lounges, handicraft specialty stores, and celebrity former residence tours.
- Golden Horse And Jade Rooster Archway Built in the Xuande period of the Ming Dynasty, it is a symbol of Kunming and the most representative historical and cultural block of the Qing Dynasty.