

Amazing 中国  
CHINA 中国

8D7N

稻城亚丁

+成都/丹巴/新都桥/康定

DAOCHENG YADING+CHENGDU/DANBA/XINDUQIAO/KANGDING

Tour Code: CAG-3

 **Golden®**  
Destinations



China  
中国



Xinduqiao  
新都桥



Daocheng White Pagoda  
稻城白塔



Tagong Grassland  
塔公草原



Daocheng Yading  
稻城亚丁

行程次序，以当地旅社安排为准。  
Sequences of Itinerary are subject  
to local arrangement.





Gongga mountain  
贡嘎雪山



Jiaju Tibetan Village  
甲居藏寨



Ke'er Temple  
长青寺科尔寺

## SCHEDULE:

### D1 ARRIVAL ✈️ CHENGDU (MOB/D)

- ☑ Chengdu Research Base Of Giant Panda Breeding (Include buggy service)

### D2 CHENGDU (362km, 7 hrs bus) DANBA (145km, 3 hrs bus) XINDUQIAO (B/L/D)

- ☑ Jiaju Tibetan Village (Danba Suopo Towers) (Estimate Altitude 2600 Meter)
- ☑ Yala Snow Mountain (Pass by) (Estimate Altitude 5820 Meter)
- ☑ Tagong Temple (Overlook) (Estimate Altitude 3750 Meter)
- ☑ Tagong Grassland (Estimate Altitude 3730 Meter)
- ☑ Xinduqiao (Photography Corridor) (Estimate Altitude 3300 Meter)

### D3 XINDUQIAO (415km, 7 hrs bus) YADING (B/L/D)

- \* Pass by sightseeing :
  - Maoya Grassland (Estimate Altitude 3800-4500 Meter)
  - Mt. Kazila (Estimate Altitude 4718 Meter)
  - Mt. Haizi (Estimate Altitude 4500 Meter)
  - Ke'er Temple (Estimate Altitude 3990 Meter)

### D4 YADING (B/L/D)

- ☑ Yading Nature Reserve (Including public eco-coach) (Estimate Altitude 2900-6032 Meter)
  - Yading Village (Pass by) (Estimate Altitude 4060 Meter)
  - Chonggu Monastery (Estimate Altitude 3900 Meter)
  - Chonggu Grassland
  - The Pearl Sea (Estimate Altitude 4100 Meter)
  - Mt. Xiannairi (Overlook) (Estimate Altitude 6032 Meter)
- (Simple Lunch: Self-heating Instant Rice+Fruit+Amboeial Greek Yogurt)

### D5 YADING (77km, 1.5 hrs bus) DAOCHENG (B/L/D)

- ☑ Yading Nature Reserve (Including public eco-coach& buggy service)
  - LuoRong Pasture (Estimate Altitude 4180 Meter)
  - Mt. Yangmaiyoung (Overlook) (Estimate Altitude 5958 Meter)
  - Mt. Xianuoduji (Overlook) (Estimate Altitude 5958 Meter)
- ☑ Free at own or own visit Milk Sea, Five-Color Sea (Simple Lunch: Self-heating Instant Rice+Fruit+Amboeial Greek Yogurt)

### D6 DAOCHENG (420km, 7 hrs bus) KANGDING (B/L/D)

- ☑ Longgu Tibetan Village (Estimate Altitude 3700 Meter)
- ☑ Sangdai Red Grass Field (Pass by) (Estimate Altitude 3750 Meter)
- ☑ Daocheng White Pagoda (Estimate Altitude 4962 Meter)
- ☑ Mt. Gongga (Overlook) (Estimate Altitude 7556 Meter)

### D7 KANGDING (299km, 5 hrs bus) CHENGDU (B/L/D)

- ☑ Paoma Mountain (Overlook) (Estimate Altitude 2788 Meter)
- ☑ Luding Railway Bridge (Overlook) (Estimate Altitude 1330 Meter)
- ☑ Wide & Narrow Alley
- ☑ Chunxi Shopping Street

### D8 CHENGDU ✈️ DEPARTURE (B/L/MOB)

- ☑ Panda Post Office (Free 01 Panda Post Card)



## Special Cuisine :

- ☑ Tibet Cuisine
- ☑ Kangding Flavor
- ☑ Sichuan Flavor

## TOURIST ATTRACTIONS:

### CHENGDU

- ◆ **Chengdu Research Base Of Giant Panda Breeding** - is a non-profit research and breeding facility for giant pandas and other rare animals.

### YADING NATURE RESERVE SCENIC AREA

- ◆ **Yading Nature Reserve (Aden Daocheng Scenic Area "Last Pure Land")** - Located in Ganzi Tibetan Autonomous Prefecture of Sichuan province, it is lying on the way to Tibetan Plateau. Daocheng Aden is close to Shangri-La but it is another world. With a very high altitude, Daocheng still keeps its unique and original natural environment. People see Daocheng as the "Last Shangri-La".
- ◆ **Chonggu Temple** - occupied the best geographic location in Yading Natural Reserve. Standing in the front of the temple, visitors can enjoy an exaggerated blue sky on the top of the head, a yellow-green-interphase meadow underfoot, never melted snow mountains in the distance and a tranquil valley in the back.
- ◆ **The Pearl Sea** - an ideal place to shoot Xian Nai Ri (one of the three great holy mountains of Daocheng)
- ◆ **LuoRong Pasture** - It is 4,200 meters above sea level with the Gongga River running through. In the center of the pasture, there is a large area of marsh and wet land. Stand here, tourists can get a better view of the Yangmaiyoung and Xianuoduji Peak.

\*Milke Sea - The top lake among the three holy lakes in Yading with an elevation of 4,600 meters. It shapes like a water drop with crystal blue water and surrounded by the snow mountain. The best view can be gained if you follow the main trail along the north shore of the lake and climb up to the hill in the west.

\*\*Five-Color Sea - As the refraction of the light, the water in the lake appears five different bright colors. That's why it got the name of Five-color Lake.

[Note: Milk Sea and Five-Color Sea are currently under development and under construction. Starting from LuoRong Pasture, the road along the narrow and rugged, transport only by horse. Horse riding costs: RMB500 / person / round-trip (Own Expenses). The tour takes about 5 hours, including travel all the time]

### DANBA

- ◆ **Jiaju Tibetan Village** - here are about 140 Tibetan-style houses, which are all distinctive with their crown-shaped roofs, red eaves and white walls. They are scattered all over and around just like the stars in the sky or the pieces on a chessboard. Known as the "Tibetan Fairyland", Jiaju Tibetan Village is a great destination for photography. It is one of the most beautiful ancient villages, voted by the Chinese National Geographic in 2005.

### XINDUQIAO

- ◆ **Xinduqiao** - A heaven for photographers. From the camera lens, the leaves of silver birches fall down slowly. The bridge made of stone and wood is simple and primitive. At the riverside lie the Tibetan residences. On the vast grassland, cattle accompany with each, golden poplar tress waver in the wind and a huge area of barley shine green in the sunshine...which shows a harmonious pastoral view.

## REMARKS:

- Altitude sickness: Most of the scenic spots in this trip belong to high altitude areas. In order to prevent mountain reactions, elderly people and weak people must prepare common medicines. It is best to have small oxygen cylinders. Tourists are prohibited from drinking alcohol during high altitude travel. Exercise, eat more vegetables and fruits; heart patients and people with asthma are not recommended to participate in this trip
- Plateau climate: The climate change of the plateau is diverse, the temperature difference between day and night is large; if the climate is changeable, please bring warm and cold clothes, and it may rain at any time. Please bring an umbrella or raincoat. The ultraviolet rays, sunshine and sunlight reflections in the plateau mountains are very strong. For long periods of time outdoors, wear sunglasses, sunscreen, lip balm, sun protection clothing, skin protection, gloves, scarves, slip-resistant sneakers or hiking walking shoes.
- All the scenic spots are marked with warm reminders and precautions, please read carefully to avoid accidents.



## Hotel 7 Nights :

- ☑ Chengdu Holiday Inn Express or similar class
- ☑ Xinduqiao 318 Express Hotel or similar class
- ☑ Yading YiZhan Hotel or similar class
- ☑ Daocheng Luohe International Hotel or similar class
- ☑ Kangding Snow Cube Holiday Hotel or similar class
- ☑ Chengdu Kempinski Hotel or similar class

x1 Night  
x1 Night  
x2 Night  
x1 Night  
x1 Night  
x1 Night



## NON SHOPPING STOP

## Complimentary :

- With 01 portable oxygen bottle per day
- Unlimited mineral water provided

- Tibetan Hada Welcome and Taste Tibetan Butter Tea!

Optional Tour : Tibet Dancing Show + Changing Face Show + Funan River Night Tour = RMB 380/person





Maoya Grassland  
毛垭大草原



The Pearl Sea  
珍珠海



Tagong Temple  
塔公寺

## 精简行程:

第一天 抵达 ✈️ 成都 (机上用餐/晚餐)

- ☑ 成都大熊猫繁育基地 (含电瓶车)

第二天 成都 🚌 (362公里, 巴士约7小时) 丹巴 🚌 (145公里, 巴士约3小时) 新都桥 (早/午/晚餐)

- ☑ 甲居藏寨 (梭坡观景台) (海拔约2600米)
- ☑ 雅拉雪山 (途径远眺) (海拔约5820米)
- ☑ 塔公寺 (途径) (海拔约3750米)
- ☑ 塔公草原 (海拔约3730米)
- ☑ 新都桥 (摄影长廊) (海拔约3300米)

第三天 新都桥 🚌 (415公里, 巴士约7小时) 亚丁 (早/午/晚餐)

- ☑ 毛垭大草原 (途径) (主景区海拔3800-4500米)
- ☑ 卡子拉山 (途径) (海拔4718米)
- ☑ 海子山 (途径) (海拔4500米)
- ☑ 长青春科寺 (海拔约3990米)

第四天 亚丁 (早/午/晚餐)

- ☑ 亚丁风景区 (含公共环保车) (主景区海拔2900-6032米)
  - ☑ 亚丁村 (途径) (海拔约4060米)
  - ☑ 冲古寺 (海拔约3900米)
  - ☑ 冲古草坪
  - ☑ 珍珠海 (海拔约4100米)
  - ☑ 仙乃日神山 (远眺) (海拔6032米)
- (简单午餐: 自热米饭+水果+安慕希酸奶)

第五天 亚丁 🚌 (77公里, 巴士约1.5小时) 稻城 (早/午/晚餐)

- ☑ 亚丁风景区 (二次进景区) (含公共环保车&电瓶车)
  - ☑ 洛绒牛场 (海拔约4180米)
  - ☑ 央迈勇神山 (远眺) (海拔5958米)
  - ☑ 夏诺多吉神山 (远眺) (海拔5958米)
  - ☑ 自由活动 (自理游览牛奶海、五色海)
- (简单午餐: 自热米饭+水果+安慕希酸奶)

第六天 稻城 🚌 (420公里, 巴士约7小时) 康定 (早/午/晚餐)

- ☑ 龙古村藏寨 (海拔约3700米)
- ☑ 桑堆红草滩 (途径) (海拔约3750米)
- ☑ 稻城白塔 (海拔约4962米)
- ☑ 贡嘎雪山 (远眺) (海拔7556米)

第七天 康定 🚌 (299公里, 巴士约5小时) 成都 (早/午/晚餐)

- ☑ 跑马山 (远眺) (海拔约2788米)
- ☑ 泸定铁索桥 (远眺) (海拔约1330米)
- ☑ 宽窄巷子
- ☑ 春熙路时尚步行街

第八天 成都 ✈️ 回程 (早/午/机上用餐)

- ☑ 熊猫邮局 (赠送明信片一张)



## 风味餐:

- ☑ 藏式风味
- ☑ 康巴风味
- ☑ 川菜风味

## 观光景点:

### 成都

- ◆ **成都大熊猫繁育基地** - 是世界著名的大熊猫迁地保护基地、科研繁育基地、公众教育基地和教育旅游基地。以保护和繁育大熊猫、小熊猫等中国特有濒危野生动物而闻名于世。

### 稻城亚丁风景区

- ◆ **稻城亚丁风景区** - 主要由“仙乃日、央迈勇、夏诺多吉”三座神山和周围的河流、湖泊和高山草甸组成，它的景致保持着在地球上近绝迹的纯粹，因其独特的地貌和原生态的自然风光，被誉为“香格里拉之魂”和“最后的香格里拉”，被国际友人誉为“水蓝色星球上的最后一块净土”，是摄影爱好者的天堂。
- ◆ **冲古寺** - 冲古寺位于仙乃日神山脚下，在亚丁自然保护区内占据最佳的地理位置。也是詹姆斯希尔顿笔下《消失的地平线》中美丽的蓝月山谷的原形。
- ◆ **珍珠海** - 是仙乃日融雪形成的海子。犹如雪山脚下的一颗绿宝石。
- ◆ **洛绒牛场** - 是亚丁自然保护区著名景点之一，是附近藏民放牧的牧场。洛绒牛场背靠三座神山，是观赏三怙主雪山的最佳地点。

\*牛奶海 - 是亚丁地区的圣湖之一。是一个面积不大状如水滴的古冰川湖。因四周雪山环绕，湖水清莹碧蓝，湖畔则是一圈乳白色环，故称牛奶海。

\*五色海 - 因在阳光照射下，产生五种不同的颜色而得名。是当地人心中的神湖，有着“反演历史，预测未来”的传说。

【温馨提示：牛奶海，五色海景点目前正处于开发建设中从洛绒牛场出发前往，沿途道路崎岖狭窄，往来交通工具只有马匹，且运载量有限，因此游览牛奶海，五色海主要靠徒步（约5H往返）或骑马，骑马参考费用为：RMB500/人/往返（骑马费用需自理，价格以实际为准）】

### 丹巴

- ◆ **甲居藏寨** - 是丹巴最具特色的旅游景区。藏寨依山而建，或星罗棋布，或稠密集中，或在高山悬崖上，或在河坝绿茵间，与充满灵气的山谷、清澈的溪流、皑皑的雪峰一起，将田园牧歌式的画卷展示在人们眼前，以一种艺术品的形态存在。在2005年由《中国国家地理》杂志组织的选美中国活动中，以甲居藏寨为代表的“丹巴藏寨”被评为“中国最美的六大乡村古镇”之首。

### 新都桥

- ◆ **新都桥** - 又叫东俄罗，是川藏线上的一个小镇，新都桥海拔约3300公尺，无垠的草甸，曲折的溪流，金黄的秋叶，山坡上大片牛羊在安详的觅食，远处散落着几族藏族村寨，这就是新都桥，一个令人神往的世外桃源，沿线却有10余公里被称为“摄影家走廊”。

## 注意事项:

- 高原反应：此行程内景点多数属于高海拔地区，为防发生高山反应，老年人和身体弱者，须备好常用药品，最好配备小型氧气瓶；游客在高原旅行期间禁止饮酒，不要剧烈运动，多食蔬菜和水果；心脏病患者和患有哮喘的人不建议参加此行程
- 高原气候：高原气候变化多样，昼夜温差大；气候多变请带足保暖防寒衣物，也随时可能下雨，请携带好雨伞或雨衣，高原山区紫外线、日照、阳光反射都非常强，游客长时间在户外活动，需带上太阳镜、防晒霜、润唇膏、穿好防晒衣，保护皮肤，手套、围巾、防滑性较好的旅游鞋或登山徒步鞋；
- 各段景区内都有标注温馨提示以及注意事项，请游客认真阅读，避免意外发生。



## 酒店住宿7晚:

- ☑ 成都智选假日酒店或同级 x1晚
- ☑ 新都桥318汽车旅馆或同级 x1晚
- ☑ 亚丁驿站酒店或同级 x2晚
- ☑ 稻城洛克家园酒店或同级 x1晚
- ☑ 康定雪立方酒店或同级 x1晚
- ☑ 成都凯宾斯基酒店或同级 x1晚



## 全程无购物站

## \* 贴心安排:

- 提供便捷式氧气瓶
- 矿泉水无限量供应
- 哈达迎宾礼遇以及品尝酥油茶

自费项目：藏族歌舞秀晚会 + 川剧变脸秀 + 府南河夜景巡游 = 380人民币/人

# · 成都 CHENGDU ·



<b>货币</b> Currency 	<b>CHINESE YUAN - CNY</b> <b>RENMINBI - RMB</b> 中国元 - CNY 人民币 - RMB	<b>信用卡</b> Credit Card 	致电信用卡中心，以延长你的信用卡额度 * 许多信用卡在斯里兰卡通行 * Major credit cards such as Visa and Master card are mostly widely used
<b>货币兑换率</b> Exchange Rate 	<b>10 CNY = MYR 6</b> <b>10 元 = 马币 6</b>	<b>拨号代码</b> Dial Code 	CHINA : +86 中国 : +86
<b>电压</b> Voltage 	<b>Voltage - almost always 220 V</b> <b>电压 - 220伏特</b>	<b>插座</b> Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type C - 两个圆脚插头 / 2 round pin 类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"
<b>时差</b> Time Different 	<b>China (Chengdu) - No time different with Malaysia</b> <b>中国时间与马来西亚时间标准时无相差</b>	<b>行李托运</b> Luggage Allowance 	Check in Luggage : 20 kg Each guest is allowed one piece of cabin baggage AND 1 laptop bag OR 1 handbag on-board. The main cabin baggage shall not exceed 56cm x 36cm x 23cm and does not weigh more than 7kg. 每人只限携带一件不超过7公斤的手提行李上机，以及托运行李不超过20公斤
<b>气候</b> Weather 	<div> <input type="checkbox"/> <b>Spring 春季</b> 3月 - 5月 Mar to May 25°C - 8°C                         <input type="checkbox"/> <b>Summer 夏季</b> 6月 - 8月 Jun to Aug 28°C - 20°C                         <input type="checkbox"/> <b>Autumn 秋季</b> 9月 - 11月 Sep to Nov 24°C - 9°C                         <input type="checkbox"/> <b>Winter 冬季</b> 12月 - 2月 Dec to Feb 10°C - 2°C                     </div>		
<b>飞机型号</b> Aircraft Type 	<div> <div>A320</div> <div>A330</div> </div>		

Departure Date: 出发日期 :	<input type="text"/>	Flight : 航班行程 :	<input type="text"/>
Tour Fare: 团费 :	<input type="text"/>	Airport Tax & Fuel Surcharge: 机场税及燃油附加费 :	<input type="text"/>
Tipping: 小费 :	<input type="text"/>	Agent Collection Fee: 旅行社代收费 :	<input type="text"/>
Visa: 签证 :	<input type="text"/>	Travel Insurance: 旅行保险 :	<input type="text"/>
		TOTAL : 总数 :	<input type="text"/>



GD Partner: