

我愛旅遊
Lovely
Vacation

TOUR CODE: 8LHY

高原明珠
进出丽江

女儿国 泸沽湖

中国·云南
YunNan China

8天7晚
8D 7N

一个未被污染的处女湖

传说中的女儿国，摩梭人世代生活在泸沽湖畔，至今仍保留着由女性当家和女性成员传宗接代的母系氏族婚姻制度大家庭。

丽江 > 女人国 ~ 泸沽湖 > 香格里拉



全程当地4+5星酒店
Local 4 Star &
5 Star Hotel



不走购物站，纯旅游享受
全程保证无自费项目
No Shopping Stop
No Optional Tour



全新航线直飞丽江，
往返节省16小时车程
Direct Flight
to LiJiang,
Timesaver 16 Hours



特别安排：
赠送由张艺谋编导-印象丽江大型
歌舞表演(RMB190) (视天气情况)
FREE Impression of Lijiang
show Directed by Zhang
Yimou (RMB190)



Lucky Air
祥鹏航空

蓝月谷
Blue Moon Valley



玉龙雪山
Jade Dragon
Snow Mountain



丽江古城
Lijiang Ancient Town



第1天 吉隆坡 → 丽江 机上用餐 晚

- 飞机带您到达那个向往已久的地方 ▶ 丽江。
- 晚餐后，入住酒店休息。

第2天 丽江 - 泸沽湖 早 午 晚

【泸沽湖】

- 是一个未被污染的处女湖。这里还是传说中的女儿国，摩梭人世代生活在泸沽湖畔，至今仍保留着由女性当家和女性成员传宗接代的母系大家庭，以及“男不婚、女不嫁、结合自愿、离散自由”的母系氏族婚姻制度。

【泸沽湖观景台】

- 素有“高原明珠”之称，是一个未被污染的处女湖。

【情人湾】

- 是泸沽湖上最大的湖滩，漫步泸沽湖的感觉再此处寻找。风景如画，水波荡漾。

【里格半岛观景台】

- 是湖畔一个美丽的半岛，三面环水，左右青山环抱，背靠格姆女神山。

【摩梭人篝火晚会】

- 打跳是泸沽湖的摩梭人的传统，跳“锅庄”舞是摩梭青年男女相互认识、结交“阿注”的大好良机，通过跳舞，他们彼此相识、相恋、相知，直到结成“阿注”婚姻(即母系氏族的走婚形式)。

第3天 泸沽湖 - 丽江 早 午 晚

【里务比岛】

- 乘猪槽船，里务比岛位于泸沽湖的中南部。从落水村到该岛大约半小时。岛屿的一侧为石笋，成为天然的码头，一条蜿蜒的小道直接通往岛屿的顶部，道路旁边有许多杜鹃花以及野樱桃树。花丛的尽头为藏传佛教寺院。

【里务比寺】

- 岛顶有一白塔。里务比岛与谢瓦俄岛，里格岛并称为泸沽湖蓬莱三岛。

【黑龙潭】

- 公园内有近76万平方米面积的湖面，形状如一弯新月。湖中心有亭子，亭与湖岸另一侧有一珍珠出水口。

【丽江古城】

- 世界文化遗产丽江古城，具有800多年历史。街道不拘于工整而自由分布，主街旁水小巷临渠，300多座古石桥和河水绿树古巷古屋相依相映。

第4天 丽江 - 香格里拉 早 午 晚

【虎跳峡】

- 世界上最深的峡谷之一

虎跳峡
Tiger Leaping Gorge



【香格里拉】

- 詹姆斯·希尔顿著《消失的地平线》中所纪录。

【独克宗古城】

- 是中国保存得最好、最大的藏民居群，一座具有1300多年历史的古城，曾是雪域藏乡和滇藏民族文化交流的窗口。

【龟山公园】

- 是当地著名的景点，龟山顶上有载入吉尼斯世界纪录的世界最大转经筒。

第5天 香格里拉 早 午 晚

▶ 【葛丹·松赞林寺】<含环保车>

是云南省内规模最大的藏传佛教寺院(黄教)，有“小布达拉宫”之称。

▶ 【拉姆央措湖】

- 藏语意为“圣母灵魂湖”位于松赞林寺对面著名的女神白登拉姆的寄魂湖。

▶ 【普达措国家公园】

- 拥有地质地貌、湖泊湿地、森林草甸、河谷溪流、珍稀动植物、原始生态环境保存完好。

第6天 香格里拉 - 丽江 早 午 晚

▶ 【香巴拉时轮坛城】

了解“香巴拉”文化内涵。香巴拉时轮坛城景区，集现代建筑与藏式建筑风格为一体，是目前藏区介绍藏文化及藏传佛教文化较为全面的场所。

▶ 【哈巴雪山观景台】

全称“香格里拉·哈巴雪山·观景台”，大多数游客都是通过这个观景台观赏雪山，究其原因，不外乎是观景台位置极好，是观赏雪山的理想选择。

▶ 【束河古镇】

- 纳西语称“绍坞”，因村后聚宝山形如堆垒之高峰，以山名村，流传变异而成，意为“高峰之下的村寨”，是纳西先民在丽江坝中最早的聚居地之一，是茶马古道上保存完好的重要集镇。

第7天 丽江 - 玉龙雪山 早 午 晚

▶ 【玉龙雪山风景区】

- 是纳西族心中的神山，一共13座山峰连绵起伏，似银龙飞舞，因此得名(视天气情况而定，如果大索道关闭，将改由小索道-云杉坪取代)

特别赠送

观看由张艺谋编导的大型歌舞秀-印象丽江
(表演会因天气欠佳而取消，将不予退款)。

▶ 【白水河】

- 是一条由玉龙雪山融化的冰川雪水汇成的河流，沿着山谷层叠跌跃而下，水清澈墨绿，因河床由沉积的石灰石碎块组成，呈灰白色，清泉流过，远看就象一条白色的河，因此而得名。

▶ 【蓝月谷】

- 位于丽江玉龙雪山脚下，是玉龙雪山融化的白水河流经此地形成，池水清澈见底，而且一片奇幻的蓝色，非常震撼眼球。蓝月谷有“玉液”湖、“镜潭”湖、“蓝月”湖和“听涛”湖四个颜色各异的湖泊，还有很多小瀑布错落有致，拍照十分漂亮。

▶ 【玉水寨】

- 是以纳西民族文化为核心，与自然景观完美融合的风景名胜，如今已成为丽江主要旅游景区。

第8天 丽江 → 吉隆坡 早 机上用餐

- 早餐后乘车送机场乘机返回温暖的家。

龟山公园
Gui Shan Park



Day 1 KUALA LUMPUR → LIJIANG

MOB | D

- ▶ Gather at the airport and take flight to Lijiang. After dinner, check in hotel and overnight at Lijiang.

Day 2 LIJIANG – LUKU LAKE

B | L | D

Luku Lake

- ▶ Is called the "mother lake" by the Mosuo people and it becomes "The Kingdom of Women" and "Home of the Matriarchal Tribe".

Lover Bay

Lige Island Deck

- ▶ As the most beautiful island which is situated at the foot of the Gemu Goddess Mountain, embraced by water on three sides.

Mosuo Bonfire

- ▶ This's a party for single men en women, not only dancing and singing round the fire, but also to look for their partner.

Day 3 LUKU LAKE - LIJIANG

B | L | D

Liwubi Island

- ▶ With ZhuCao Boat - will need about half an hour. On the way to the top of island, you will saw many Rhododendron and Sakura beside the road.

Liwubi Temple

- ▶ The temple on the island of Regoji is a Yellow Lama Temple.

Black Dragon Pond

- ▶ Its surroundings are all green with grass and shaded by swaying willow trees. In its waters the Jade Dragon Snow Mountain is reflected.

Lijiang Ancient Town

- ▶ Famous for its orderly system of waterways and bridges. The Old town of Lijiang differs from other ancient from other ancient Chinese cities in architecture, history and the culture of its traditional residents the Naxi people.

Day 4 LIJIANG - SHANGRILA

B | L | D

Tiger Leaping Gorge

- ▶ is a good hiking trail with comfortable inns all along it and spectacular views of one of the deepest gorges on earth.

Dukezong Ancient City

- ▶ a 1300-year-old Tibetan town located in Shangri-La, which it has experienced both the flames of war and prosperity of frontier trade.

Gui Shan Park

- ▶ the Prayer Wheel in the park was the World Biggest Prayer Wheel.

Day 5 SHANGRILA

B | L | D

Gedan Songzanlin Temple

- ▶ Included Buggy - It contains many treasures. The most famous of these are eight gold-covered sculptures of Sakyamuni, fashioned between the time of the Fifth and Seventh Dalai Lamas.

Lamuyangcuo Lake

- ▶ It located on the oppsite of Songzanlin Monastery. It means "Holy spirit Lake" in Tebetan. It is the soul lake of Heaven Fairy Lake in Tibetan language.

Potatso National Park (Shudu Lake)

- ▶ Is the first national park in mainland China. Shudu Lake is major parts of the park. Besides this lake, forest, marsh, valley, alpine meadow and so on can be seen in the park.



葛丹.松赞林寺

Gedan Songzanlin Temple

Day 6 SHANGRILA - LIJIANG

B | L | D

Whellan City Cultural Expo Center

- ▶ to learn about the cultural connotation of "Shambhala."

Haba Snow Mountain

- ▶ <Drive pass> is located in the southeast of Shangri-La County. The top of the mountain is covered with snow and ice. It is surrounded by large glaciers. There are many ice-stained lakes at the lower end of the glacier. The rocky area is not too difficult to form, above the snow line. The terrain is simple, there are no obvious ice cracks, and it is an entry-level mountain for mountain climbers.

Shuhe Ancient Town

- ▶ Has listed it as an important component of Lijiang as it is a well-preserved example of a town along the ancient tea route and one of the earliest settlements of the ancestors of Naxi people.

Day 7 LIJIANG

B | L | D

Jade Dragon Snow Mountain

- ▶ is the southernmost glacier in the Northern Hemisphere. Consisting of 13 peaks, among which Shanzidou is the highest with an altitude of 5,600 meters (18,360 feet). (Subjected to weather condition, if Glaxier Park cableway is close, will be replace by Spruce Meadow Cableway)

Special Arrangement:

FREE Impression of Lijiangshow Directed by Zhang Yimou (Subject to weather conditions)

Baishui River

- ▶ the white mud and limestone rubble at the riverbed will be swirled up, making the water as white as milk. Therefore, local Naxi people name it White Water River

Blue Moon Valley

- ▶ actually is an extremely blue river meandering through a lush valley of Jade Dragon Snow Mountain. Seen from a distance, it resembles a blue crescent moon inlaid at the foot of the mountain.

Yushui Village

- ▶ is located in the north of Lijiang City, at the foot of Yulong Snow Mountain in Baisha Town. The scenery of the cottage is natural and simple, especially the ethereal and clear water scenery is amazing.

Day 8 LIJIANG → KUALA LUMPUR

B | MOB

- ▶ After Breakfast transfer to Airport and back to our Home Sweet Home.

** Under unforeseen circumstances the company and its associated agent has the rights to amend the itinerary as and when if necessary **



备注

- 行程表所列出的航班资料，交通，行程，酒店住宿及膳食安排，将可能因应不同的出发日期而有所变动，恕可能不及时通知。若报名后行程表有所变动，本社将另行个别通知。
- 行程，膳食及住宿的先后次序，将以当地接待社安排为准。
- 本公司会根据团呈来安排旅游巴士的大小，但若巴士行李舱放置空间不足时，就会遇上行李箱得放置在车厢内的可能，所以一人一座位为前提。
- 基本上全程中文讲解为主。若需要以其他语言讲解，务必在报名时提前通知本社。本社将另作安排，但将以最终确认为准。
- 因季节的气温转变，多数酒店及餐厅都以中央空调来控制室内温度，空调设定为时段或是无空调提供，如遇此状况敬请谅解。团体房型及等级分配，由当地酒店排房为准，非本社所能掌控。
- 团队出发前建议购买旅游保险以则安心。
- 本社对旅客的任何费用损失不承担任何责任，有关保障范围及承保条款，请参阅保单。
- 若遇上特殊情况或其他不可抗拒之因素如天气不佳导致海陆空交通延误或取消，错过住宿，膳食及景点观光等等，本社保留放弃更改景点的权利，以免耽误下一个景点的观光时间，并无任何代替景点。
- 若旅客决定离团，所有的费用恕不退还。
- 行程表附上的图片仅供参考。
- 为确保消费者权益，详情请参阅单据背面之基本条款细节。
- 旅客所持有的国际护照或任何旅游证件需拥有至少6个月的有效期间。旅客需于有效期内返回本国。
- 2岁-11岁属于儿童，12岁及以上皆属于成人。

TERMS & CONDITIONS

- Fights, transportation, hotels, meals and itinerary stated in the brochure are subject to change without prior notice. Any changes after booking shall be advised accordingly.
- The sequence of itinerary, meals and hotel arrangements are subject to the final confirmation by the local ground operator.
- Tour buses are arranged based on group size. Every passenger is entitled to one seat each. Should there be extra seats remaining, it shall be reserved for baggage storage.
- Tour is conducted in Mandarin, unless otherwise stated.
- Due to seasonal change in temperature and weather, most hotels and restaurants have a central control system to regulate the indoor temperature for the comfort of tour members and the system cannot be adjusted by the tour members.
- The room type and category allocated shall depend on the hotel's room availability and arrangement, and is not predetermined by the Company.
- Purchase of travel insurance is highly advisable. The Company shall not liable for any losses or personal expenses incurred by the tour member during the tour. Kindly refer to the insurance policy for the term of coverage.
- Due to adverse weather conditions, traffic congestion, and other unforeseen circumstances, the company reserves the rights to rearrange, change or abandon the tour itinerary without prior notice and there shall not be any reimbursement.
- For passengers who wish to deviate from tour, no refund shall be entertained for any unutilized portion of the tour.
- The images shown in tour itinerary are only for indicative.
- For other conditions, please refer to overleaf of your booking form for our standard terms and conditions.
- An international passport or other recognized travel documents which should be valid for at least 6 months from the date of return to country of origin.
- 2-11 years old categorize as child; 12 years old and above are categorize as adult.

FLIGHT DETAILS | 航班时间

*Subject to change / 航班时间有调整的可能



Lucky Air
祥鹏航空

HOTEL INFO | 酒店详情

- ▶ 丽江 【当地4 ★★★★★ 祥泰酒店或同级 x 4晚】
- ▶ 泸沽湖 【当地4 ★★★★★ 牧云山庄酒店或同级 x 1晚】
- ▶ 香格里拉 【当地5 ★★★★★ 天瑞阳光酒店或同级 x 2晚】



TOUR FARE | 团费

ADULT 成人	CHILD WITH BED 小孩加床	CHILD NO BED 小孩无床	SGLSUPP 单人房差

Company Chop / 公司印章：