

Amazing 中国  
CHINA 国

8D7N

# 丽江/泸沽湖/ 香格里拉/巴拉格宗

LIJIANG / LUGU LAKE / SHANGRI-LA /  
BALAGEZONG SCENIC AREA

Tour Code : CKX

 **Golden**  
Destinations



中国

附送  
FREE



NON SHOPPING STOP  
全程无购物站



Yulong Snow Mountain Lijiang  
Grand Ropewa  
玉龙雪山大索道



Zhuomalakang  
卓玛拉康



Bala Village  
巴拉村

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

Yhuiyinbi Glass Walkway  
回音壁空中玻璃栈道





## SCHEDULE:

### D1 DEPARTURE ✈ LIJIANG

(MOB/D)

- ✓ Check-in hotel

### D2 LIJIANG 🚌 (Est 4.5 Hours) LUGU LAKE

(B/L/D)

- ✓ Lugu Lake Observation Deck
- ✓ Lige Observation Deck
- ✓ Mosuo Museum
- ✓ Mosuo Bonfire Camp

### D3 LUGU LAKE 🚌 (Est 4.5 Hours) LIJIANG

(B/L/D)

- ✓ Visit Lugu Lake with Pig trough boats
- ✓ Liwubi Island (Exclude Boat Ride)
- ✓ Liwubi Temple
- ✓ Shuhe Ancient Town
- ✓ Jiuding Dragon Pool

### D4 LIJIANG 🚌 (Est 3 Hours) SHANGRI-LA

(B/L/D)

- ✓ First Band of the Yangtze River (Drive Pass)
- ✓ Tiger Leaping Gorge
- ✓ Dukezong Ancient Town
- ✓ Spinning Prayer Wheel
- ✓ Guishan Park.

### D5 SHANGRI-LA 🚌 (Est 1.5 Hours) BALAGEZONG 🚌 (Est 1.5 Hours) SHANGRI-LA

(B/L/D)

- ✓ Huiyinbi Glass Walkway and Observation Deck (Exclude Slide, Rmb 120/pax By Own Expenses)
- ✓ Bala Village
- ✓ Zhuomalakang

### D6 SHANGRI-LA 🚌 (Est 3 Hours) LIJIANG

(B/L)

- ✓ Songzanlin Monastery (Include Eco Car)
- ✓ Lamuyangcuo Lake
- ✓ Lijiang Ancient Town: Square Street, Water truck, Bar Street.

### D7 LIJIANG

(B/L/D)

- ✓ Yulong Snow Mountain Grand Ropeway
- ✓ Ganhaizi
- ✓ Blue Moon Valley Scenic Area (Exclude Buggy Coach)
- ✓ Yushui Village

### D8 LIJIANG ✈ DEPARTURE

(B/MOB)

## TOURIST ATTRACTIONS:

### LIJIANG

- ◆ Yulong Snow Mountain Grand Ropeway - High altitude sea level of 4506m. Taking one of the highest altitude cable car to wonderful glacier park.
- ◆ Ganhaizi (Dry Sea) - It had been a highland glacial lake before the 1940s and was formed after the water had dried up.
- ◆ Blue Moon Valley Scenic Area - The water is extremely clean as it is filtrated and purified by gravel and stones when running, and hasn't been polluted at all, so call White River. The blue moon valley, which knows as "the little Jiuzhaigou", presenting us the clearest water with richest color.

### SHANGRI-LA

- ◆ First Band of the Yangtze River-The river makes a more than 100 degree turn from south to east within a distance of 1 kilometer.
- ◆ Du Ke Zong Ancient Town - There is a place you can find the colorful Tang Ka, the printing or drawing for the Buddha.
- ◆ Songzanlin Monastery - Being the largest Tibetan Buddhist monastery in Yunnan, Songzanlin Monastery also known as Guihua Monastery, is one of the famous monasteries in the Kang region. It is located near Shangri-La County, at the foot of Foping Mountain Yuanyang.
- ◆ Lamuyangcuo Lake - It located on the opposite side of Songzanlin Monastery. It means "holy Spirit Lake" in Tibetan.

### BALAGEZONG

- ◆ Balagezong Scenic Area-It is located in the west and north of Shangri-la and belongs to the Nixi County. There are towering snow-capped mountains, majestic, luxuriously green, lush plants, evergreen, leisurely water and fish; meadow green, vitality cattle and sheep flocks, all foraging comfortable. This is a natural scenery of snow-capped mountains, glaciers, valleys, forests, meadows, lakes and pure air of the Festival ground. Enter Balagezong were able to feel the strong atmosphere of Tibetan Buddhism. For thousands of years, religion has been deeply in the hearts of Tibetans took root.
- ◆ Huiyinbi Glass Walkway and Observation Deck (exclude slide) - A glass viewing platform at the highest vertical elevation in China, hanging from a cliff belt over the Shangri-La grand canyon.
- ◆ Bala Village- A forgotten hidden paradise.

### LUGU LAKE

- ◆ Lugu Lake Observation Deck - Enjoy the scenery of Lugu Lake and overlook Gemu Goddess mountain.
- ◆ Mosuo Museum - Mosuo's daughter-style flower hall, grandmother's house, Buddhist scriptures, photo materials, World's intangible cultural heritage theme exhibition hall.
- ◆ Bonfire Camp - Experience dancing with Mosuo people.
- ◆ Pig Trough Boat - It is a canoe only transport in the Lugu lake. It is named owing to its shape likes pig trough.



### Special Cuisine :

- ✓ Fish Casserole Flavor
- ✓ Rainbow Trout Hotpot
- ✓ Mosuo Flavor
- ✓ Tibetan Style Flavor
- ✓ Tusi Banquet with Performance



### Hotel 7 Nights :

- ✓ 5\* Lijiang Xianghe No.1 Holiday Hotel or similar x4 Nights
- ✓ 5\* Purmei Lugu Lake hotel or similar x1 Night
- ✓ 5\* Blue Horizon Jun Hua Hotel or similar x2 Nights

\*\*Triple room sharing will base on extra roll in bed basis





Spinning Prayer Wheel  
大转经筒



Lige Island  
里格半岛



Lijiang Ancient Town  
丽江古城

#### 精简行程:

第二天 启程 ✈️ 丽江 (机上用餐/晚)

☑ 入住酒店

第二天 丽江 🚗 (约4.5小时) 泸沽湖 (早/午/晚)

☑ 泸沽湖观景台  
☑ 里格观景台  
☑ 摩梭民俗博物馆  
☑ 摩梭篝火晚会

第三天 泸沽湖 🚗 (约4.5小时) 丽江 (早/午/晚)

☑ 体验猪槽船 (游泸沽湖)  
☑ 里务比岛 (不含游船环岛)  
☑ 里务比寺  
☑ 束河古镇  
☑ 九鼎龙潭

第四天 丽江 🚗 (约3小时) 香格里拉 (早/午/晚)

☑ 黑龙潭公园  
☑ 长江第一湾 (途径)  
☑ 虎跳峡  
☑ 独克宗古城  
☑ 龟山公园  
☑ 大转经筒

第五天 香格里拉 🚗 (约1.5小时) 巴拉格宗  
🚗 (约1.5小时) 香格里拉 (早/午/晚)

☑ 回音壁空中玻璃栈道及观景台  
(不含滑道, 自费RMB120/人, 价格以实际为准)  
☑ 巴拉村  
☑ 卓玛拉康

第六天 香格里拉 🚗 (约3小时) 丽江 (早/午/晚)

☑ 松赞林寺 (含环保车)  
☑ 拉姆央措湖  
☑ 丽江古城  
• 四方街  
• 大水车  
• 酒吧一条街

第七天 丽江 (早/午/晚)

☑ 玉龙雪山大索道  
☑ 甘海子  
☑ 蓝月谷风景区 (不含电瓶车)  
☑ 玉水寨

第八天 丽江 ✈️ 回程 (早/机上用餐)

#### 观光景点:

### 丽江

- ◆ 玉龙雪山大索道 - 海拔4506米。索道全长2914米, 垂直高差1150米, 是中国海拔最高的旅游客运索道之一, 也是北半球最南端终年积雪的山脉。
- ◆ 甘海子 - 原为高山冰蚀湖泊后来雪线上升, 积水减少至干涸, 于是人称“干海子”。
- ◆ 蓝月谷风景区 (不含电瓶车) - 一条从雪山流出的河水。河水是雪山积雪融化后又经岩层过滤, 在泉水涌出而最终汇成白水河。白水河顺着山谷流入被誉为“小九寨沟”的蓝月谷, 呈现给世人最丰富的色彩和最清澈的池水。

### 香格里拉

- ◆ 长江第一湾 - 到了香格里拉县的沙松碧村, 突然来了个100多度的急转弯, 转向东北, 形成了罕见的“V”字形大弯, 人们称这天下奇观为“长江第一湾”。
- ◆ 大转经筒 - 吉尼斯世界纪录世界最大的转经筒。
- ◆ 松赞林寺 - 云南省规模最大的藏传佛教寺院, 也是康区有名的大寺院之一, 还是川滇一带的黄教中心, 在整个藏区都有着举足轻重的作用, 被誉为“小布达拉宫”。该寺依山而建, 外形犹如一座城堡, 集藏族造型艺术之大成, 又有“藏族艺术博物馆”之称。
- ◆ 拉姆央措湖 - 藏语意为“圣母灵魂湖”位于松赞林寺对面, 是著名的女神白登拉姆的寄魂湖。

### 巴拉格宗

- ◆ 巴拉格宗景区 - 位于香格里拉西北部的尼西乡境内。这是一个自然景色中雪山、冰川、峡谷、森林、草甸、湖泊及纯净空气的汇集地, 是美、明朗、安然、闲逸、知足、宁静、和谐等一切人类最美好理想的归宿。进入巴拉格宗就能感受到强烈的藏传佛教氛围。数千年来, 宗教已深深在藏民心中扎下了根。
- ◆ 回音壁栈道及观景台 (不含滑道) - 全中国海拔最高垂直高度的玻璃观景平台, 悬挂香格里拉大峡谷上的崖壁腰带。
- ◆ 巴拉村 - 中国唯一一座供奉着相传观世音菩萨的泪珠滴落, 化出普度众生的二十一度母经堂。

### 泸沽湖

- ◆ 泸沽湖观景台 - 欣赏风景如画的泸沽湖全景, 远眺格姆女神山。
- ◆ 摩梭民俗博物馆 - 有摩梭女儿国风格的花楼、祖母屋、经堂、文物馆、图片资料、世界非物质文化遗产为主题的大小展馆。了解当地摩梭人的历史文化及“男不娶, 女不嫁”的走婚习俗。
- ◆ 篝火晚会 - 和当地的摩梭人载歌载舞 (约1小时左右)
- ◆ 猪槽船 - 用空心独木挖凿而成, 因型似猪槽而得名。是摩梭人保留至今古老原始的一种渔船。



#### 风味餐:

☑ 石锅鱼风味 ☑ 摩梭风味 ☑ 虹鳟鱼火锅  
☑ 香巴拉土司宴 ☑ 藏式风味



#### 酒店住宿7晚:

☑ 丽江5星祥和一号假日酒店或同级 x4晚  
☑ 泸沽湖5星璞山云美女儿国度假酒店或同级 x1晚  
☑ 香格里拉5星安信蓝海钧华大饭店或同级 x2晚

\*\*任何三人房或加床都以折叠式或床垫为标准。

自费项目: 丽水金沙歌舞表演=RMB280/人

· 云南 YUNNAN ·



<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 * Major credit cards such as Visa and Master card are mostly widely used
<b>货币兑换率</b> Exchange Rate 	10 CNY = MYR 6 10 元 = 马币 6 <small>*Subject to currency of the day* "以当天汇率为准"</small>	<b>拨号代码</b> Dial Code 	CHINA : +86 中国 : +86
<b>电压</b> Voltage 	Voltage - almost always 220 V 电压 - 220伏特	<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 	China (Kunming) - No time different with Malaysia 中国时间与 马来西亚 时间标准时无相差	<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 5kg. 每人只限携带一件不超过5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 10°C - 25°C                             <input type="checkbox"/> <b>Summer 夏季</b> 6月 - 8月 Jun to Aug 14°C - 24°C                             <input type="checkbox"/> <b>Autumn 秋季</b> 9月 - 11月 Sep to Nov 3°C - 22°C                             <input type="checkbox"/> <b>Winter 冬季</b> 12月 - 2月 Dec to Feb 2°C - 21°C                         </div> <small>*Subject to weather of the day* "以当天天气报告为准"</small>		
<b>飞机型号</b> Aircraft Type 	 A737		

Departure Date:

出发日期:

Tour Fare:

团费:

Tipping:

小费:

Visa:

签证:

Flight:

航班行程:

Airport Tax & Fuel Surcharge:

机场税及燃油附加费:

Agent Collection Fee:

旅行社代收费:

Travel Insurance:

旅行保险:

TOTAL:

总数:

GD Partner:

