

# 醉美云南

八  
天  
七  
夜

昆明 | 大理 | 丽江 | 香格里拉



8 DAYS 7 NIGHTS  
**CHARMING YUNNAN**  
KUNMING | DALI | LI JIANG | SHANGRI-LA

# 大理 & 松赞林寺

旅拍

DAY

01

第一天

昆明  
KunMing

抵达后，送往酒店休息

Upon arrival, transfer to hotel for rest.

🏠 昆明官渡枫渡酒店或同等等级

🍽️ 酒店早餐  
Hotel Breakfast

DAY

02

第二天

昆明 | 大理  
KunMing |  
Dali  
2.5Hrs



乘搭动车昆明-大理省去坐车劳顿的辛苦和时间  
Experience High Speed Train from Kunming to Dali

**理想邦-圣托里尼 | Dali's Santorini**

理想邦的建筑风格和圣托里尼的建筑风格有很多相似的地方，且坐落于洱海边，面朝苍山，总占地面积220多亩。分为主题区爱琴海建筑风格和私人定制客栈区及商业区悬崖酒店三大板块，现在有很多拍婚纱照的情侣都会选择理想邦度假小镇，这里也是很多网红打卡的必选之地。（包含单行电瓶车+下午茶）

**特别赠送大理圣托里尼旅拍（服装租借 x 1，简单化妆，每人4张精修照片）或选择松赞林寺旅拍（2选1）**

[Dali's Santorini] is a unique style of buildings, built near the Erhai Lake, looking down as if leaning against Cangshan Mountain, there are many beautiful homestays inside, known as the Oriental Santorini Town. Most of the buildings in the town are mainly white and light brown, with a strong European architectural style. It is loosely based on Greece's Santorini. (Include High-tea + 1 way Buggy)

**Free Dali Santorini Travel Photography or Songzanlin monastery Photography (costume rental x1, easy make up, 4 pcs edited photo)**

🏠 大理洱海龙湾酒店或同等等级（大理升级一晚海景房）

🍽️ 酒店早餐  
Hotel Breakfast

DAY

03

第三天

大理  
Dali

**喜洲古镇 | Xizhou Village**

喜洲古镇西倚苍山，东临洱海，是电影《五朵金花》的故乡。有着千年历史的白族历史文化名镇，具有浓郁的民族风情和历史文化气息。喜洲古镇有着满满的白族特色。古老的黄墙和四季变幻色彩的稻田相互呼应。（含小马车体验游览）

The largest scale of Bai Residence Architectures are well-preserved here. In total, there are over 100 of Bai Residences built from Ming Dynasty which showed different eras' characteristic.

**DIY 体验手工扎染 | DIY Tie Experience**

每人赠送一块方巾，由扎染老师教学带领体验手工制作扎染的过程  
Each person will get 1 Free Kerchief after learning Tie Dye from teacher

**洱海生态廊道（不含电瓶车） | Erhai Ecological Corridor (Not Include Buggy car)**

**大理古城 + 洋人街 | Dali Old Town**

大理古城位于风光秀丽的苍山脚下，是古代南诏国和大理国的都城。这里是个适合生活的地方，当地的生活节奏很慢，阳光明媚，温度也十分适宜，在古城里逛逛小店，看看古建筑，非常地惬意。Dali Old Town is a historic town with rich culture located between Cangshan Mountain and Erhai Lake with profound Bai culture. Wander in the old town to have leisure exploration about city gates, old towers, old streets, temples, churches, museums, shops and bars

🏠 大理古曼酒店或同等等级

🍽️ 酒店早餐  
Hotel Breakfast





DAY  
**04**  
第四天

大理 |  
香格里拉  
Dali |  
Shangri-La  
4 Hrs

途中车览【金沙江风光】，远眺【长江第一湾】，【中甸藏区草原景色】，不同的季节不同的景色】  
Enroute can enjoy scenery such as [Jinsha River], [The First Bend of Yangtze River], [Grassland]

**虎跳峡 | Dali Old Town**

中国最深峡谷之一：矗立谷底观咆哮的大峡谷波涛汹涌、万马奔腾之磅礴壮观美景。（含上下双程扶梯）  
is one of the deepest gorges in the world, making it one of the top 10 world famous hiking trails. Jade Dragon Snow Mountain and Haba Snow Mountain stand on each side, offering beautiful and diverse landscapes. (Include up & down lift service)

**龟山公园 | Guishan Park**

龟山公园里极具特色的建筑是龟山寺和转经筒，其中转经筒体积巨大。整个转经筒大约有五层楼高，筒身为纯铜镀金。  
A religious park with a stunning temple home to a 21meter high, beautiful and golden prayer wheel that use to be the largest in the world up until 2010.

**土司宴 | Tibetan Feast**

特别安排藏式小火锅+歌舞表演+互动  
Enjoy the Tibetan cultural show + Tibetan steamboat

🏠 香格里拉松赞林藏地圣莲酒店或同等级

🍽️ 酒店早餐  
Hotel Breakfast



DAY  
**05**  
第五天

香格里拉 |  
丽江  
Shangrila |  
Li Jiang  
2.5 Hrs

**松赞林寺 | Songzalin Monastery**

松赞林寺全称噶丹松赞林寺，又名：归化寺，是云南地区的大型藏传佛教寺庙，也是川滇一带的格鲁派（黄教）中心。松赞林寺依山而建，远望与拉萨布达拉宫颇有些相似，因其规模宏大，故有“小布达拉宫”的美誉（含环保车）

**特别赠送松赞林寺旅拍（服装租借 x 1, 简单化妆, 每人4张精修照片）或 选择大理圣托里尼旅拍（2选1）**

has another alias - 'the little Potala Palace', so named because the whole monastery is in the traditional style with mysterious atmosphere. In 1679, Dalailama chose this place by divination, and it went on to become the uppermost public place in Yunan which features the particular local characteristics. Annually, the Gedong Festival is celebrated here by the Tibetans.

**Free Songzanlin monastery Travel Photography or Dali Santorini Photography (costume rental x1, easy make up, 4 pcs edited photo)**

**独克宗古城 | Dukezong Ancient City**

独克宗古城位于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。This 1,300-year-old town features traditional Tibetan homes, ancient temples and pagodas, and narrow, winding alleyways, all adorned with iconic Tibetan prayer flags of various colors. In all, Dukezong Ancient Town provides visitors with an authentic view of Tibetan culture and is a welcome reprieve from the busy goings-on of the big city.

**黑龙潭公园 | Black Dragon Lake**

黑龙潭原是丽江的一个龙王庙，庙旁泉眼众多，积水成潭。因为泉水如玉，能倒映玉龙雪山，也称“玉泉公园”。黑龙潭是拍摄玉龙雪山取景最美的地方，以相思桥、得月楼、玉龙雪山及黑龙潭水组成的照片早已成为丽江的经典风光明信片，亦是游客在丽江拍照最多的取景地之一。

Located at the foot of Xiangshan Mountain, Black Dragon Lake, also known as Jade Spring Park to local people, is a lake famous for its clear water, thousand-year-old trees, and picturesque lanscape. the trademark of Black Dragon Lake is the reflection of Yulong Snow Mountain on the lake.

boundless green grassland - the best time for herding sheep cattle.

🏠 丽江古城藏元雪山揽景酒店或同等级

🍽️ 酒店早餐 Hotel Breakfast



DAY  
06  
第六天

丽江  
Li Jiang

### 玉龙雪山大索道 | Jade Dragon Snow Mountain

玉龙雪山是纳西族人心中的神山，由13座山峰相连，风光险峻秀美。游玩时可以乘坐索道上山，从下到上植被逐渐变化，山脚是一片牧场，春夏交接的时候，会有大片花朵盛开；山腰的云杉坪是纳西族人的爱情圣地，山顶则是常年积雪，还可以一览冰川的壮丽景象。（区间环保车+含大索道往返；赠送租寒衣+氧气1支，如遇不可抗力自然因素 例如天气、检修等原因 则以小索道云杉坪或牦牛坪替代）

The sacred and magnificent Jade Dragon Snow Mountain in Lijiang, Yunnan, rising up to 5596 meters above the sea, is covered by snow all year round, The 13 peaks in this area form together like a jade dragon lying there, so it gets the name. (Include buggy + Return Cable Car, if bad weather unable up to mountain will be replace Yunshanping or Maoniuping)

### 甘梅子 | Dry Sea Meadow

是一个天然草甸牧场，地势平缓起伏，辽阔的草甸上散落有一棵棵低矮的松树，你脚下是延绵的草场，草木掩映，不时眼前还有牦牛走过，一派高原牧场风光。衬着雪山远景，这里是观景拍照的理想之地

The Dry Sea Meadow is located at the east side of the Jade Dragon Snow Mountain. It's the closest and best place to get a full view of the Jade Dragon Snow Mountain at such a high altitude. The 13 peaks of the Snow Mountain line one after another from the north to the south, glittering under the sunshine.

### 白水河蓝月谷 | White Water River & Blue Moon Valley

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，是玉龙雪山融水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。（含电瓶车来回）

the Blue Valley looks just like a hanging waterfall from the heaven. It is fed by the melting snow and ice running down from the Jade Dragon Snow Mountain. The water is freezing. Even in summer, visitors cannot bear the piercing cold when they dabble in the river. Seen from a distance, it resembles a blue crescent moon inlaid at the foot of the mountain. (include Buggy)

### 印象丽江 | Impression Lijiang Performance

印象丽江巨型歌舞秀，是由国际知名导演张艺谋执导的大型实景演出，在雪山脚下的广阔舞台，以原生态形式向观众展示丽江十个少数民族的生活（因天气因素无法观看没有退费）

is a magnificent outdoor singing and dancing performance demonstrating the traditions and lifestyle of the local ethnic people. It is another creation of famous Chinese director Zhang Yimou. (if the show unable perform will not be refund)

### 玉水寨 | Jade Water Village

玉水寨是丽江古城河水主要源头之一，更是丽江东巴文化的传承圣地和白沙细乐传承基地及勒巴舞的传承基地  
is the Dongba Holy Land in the central part of the Naxi Nationality and it is the trace of Lijiang City.

🏠 丽江古城藏元雪山揽景酒店或同等级

🍴 酒店早餐 Hotel Breakfast



DAY  
07  
第七天

丽江 | 昆明  
Li Jiang |  
Kunming  
3.30 Hrs



### 丽江古城四方街 | Lijiang Ancient Town

茶马古道最著名的城镇之一，已有八九百年历史。古城内木楼青瓦，古街石巷，小桥流水，站在古城东大街上，举头即可遥望玉龙雪山。

下午乘搭高铁返回昆明

also called Dayan Old Town, is a well-preserved ancient town for Naxi ethnic group. Old Town of Lijiang was listed as UNESCO World Heritage Site in 1997, The old streets are the network of the old town, flowing water is the blood, the bars and shops are the temperament and the Naxi folk customs are culture are the soul of Lijiang Old Town.

Afternoon experience high speed train back to Kunming

🏠 官渡枫渡酒店或同等级

🍴 酒店早餐 Hotel Breakfast



DAY  
08  
第八天

昆明 | 吉隆坡  
Kunming |  
Kuala Lumpur

早餐后，前往金马碧鸡坊，南强集市，南屏步行街自由购物。依据航班时间送往机场。

After Breakfast, Proceed to Nanping Street, The Jinma-Biji Archway, & Nan Qiang Street. According to your flight schedule transfer to Airport.



特别  
赠送

Giveaway 2选1

大理圣托里尼

旅拍

写真

松赞林寺藏族

特别安排

Exclusive Arrangement

100% 纯玩团

全程 0 购物

100%  
GUARANTEE NO  
SHOPPING STOP

昆明入住市区酒店

Kunming stay city centre Hotel

★★★  
全程  
入住当地

4★酒店

Local 4★Hotel  
thought out the journey



体验DIY手工扎染  
DIY Tie Dye Experience



2趟 动车体验  
免去单趟5-6小时坐车的辛苦  
Experience 2 way high speed train  
save 5-6hrs journey per way

自尊旅途

- ☑ 游览云南3大古城：大理古城，丽江古城，独克宗古城  
Visit Big 3 ancient city : Dali, Li jiang & Dukezong
- ☑ 网红打卡生态廊道  
Famous Internet Photo Stop Ecological Corridor
- ☑ 虎跳峡 - 中国最深的峡谷之一  
Tiger Leaping Gorge - one of the deepest gorges in China
- ☑ 小布达拉宫 - 松赞林寺  
The little Potala palace - Songzalin Monastery
- ☑ 独克钟古城 - 最大的藏名居群  
Dukesong Ancient City - Traditional Tibetan homes
- ☑ 乘缆车上玉龙雪山，海拔高度4680  
Experience cable car up to Jade dragon snow mountain, 4680 sea leaves
- ☑ 含电瓶车来回蓝月谷 - 因湖水湛蓝、山谷呈月牙状而得名  
Blue Moon Valley - It resembles a blue crescent moon inlaid at the foot of the mountain
- ☑ 特别安排土司宴  
(Special Arrangement Tibetan Feast)

升级海景酒店



大理 特别升级  
一晚海景客栈  
或酒店

Special upgrade to Seaview Hotel

网红打卡地  
圣托里尼  
喝下午茶

High Tea  
at Santorini



特别安排  
印象丽江实景歌舞秀  
Special arrange Impression Lijiang Show



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\*参观景点前后秩序若有变动，则以当地接待社的安排为准。住宿，景点以及膳食保持不变。

\*The itinerary is subject to change according to final confirmation & local condition. Accommodation ,meals and sightseeing remain unchanged.