

9D7N

中国云南
CHINA YUNNAN

LOVELY
VACATION
WHERE HAPPINESS BEGINS

探寻宁静湖光与摩梭文化的秘境之旅
EXPLORING THE TRANQUIL LAKE AND MYSTERIOUS MOSUO CULTURE

泸沽湖

探索泸沽湖的宁静湖光与神秘摩梭文化，感受昆明四季如春的气候与丰盛美食，领略大理苍山洱海的壮丽景色和白族风情，体验香格里拉的藏族文化与壮丽自然景观，徜徉丽江古城的石板街道，感受纳西族的独特文化与玉龙雪山的壮美。

这是一段涵盖泸沽湖、昆明、大理、香格里拉、丽江五大经典旅游胜地的奇妙旅程，每一站都充满了独特的风情与魅力，等待着你的探索。

泸沽湖 + 昆明 + 大理 + 香格里拉 + 丽江

LUGU LAKE + KUNMING + DALI + SHANGRILA + LIJIANG

TOUR CODE: 9LHY

无购物站 & 无自费项目 NO SHOPPING STOP | NO OPTIONAL TOUR



往返机票

RETURN AIRFARE



酒店住宿

ACCOMMODATION



膳食餐饮

MEALS



交通接送

TRANSPORTATION



导游服务

TOUR GUIDE



景区门票

ADMISSION TICKET



特色景点

ATTRICTIONS



特色亮点

TOUR HIGHLIGHT

TOUR BY LOVELY VACATION (TOUR CODE: 9LHY)



在最好的季节6-9月安排到
泸沽湖看最美的水性杨花

Experience Lugu Lake's
stunning water lilies
(from June to September)

特别
赠送



由张艺谋执导的
《印象·丽江》歌舞表演

Watch the large-scale live
performance of "Impressions of
Lijiang" directed by Zhang Yimou



5A级旅游景区
纳西族人的神山-玉龙雪山

Jade Dragon Snow Mountain
5A tourist attraction and the sacred
mountain of the Naxi people.

特别
安排



尊享体验
2+1 VIP游览巴士

SPECIAL ARRANGEMENT
VIP Premium 2+1 Executive
Coach

特别
安排



特别下午茶体验
圣托里尼理想邦下午茶

Indulge in a truly exceptional
afternoon tea experience with the
Santorini Utopia Afternoon Tea

特别
安排



摩梭风情 | 火舞之夜
与当地摩梭人篝火晚会

An unforgettable evening featuring
a traditional bonfire party
hosted by the local Mosuo people.

特别
安排



少数民族特色餐

(马帮菜, 藏族土司宴, 彝族风味+抬菜舞, 丽江古城风味, 过桥米线, 野生菌火锅, 虹鳟鱼火锅)

Savor ethnic minority delicacies, a
taste of authentic cultural cuisine.

特别
安排



乘坐猪槽船到务比岛

泛舟泸沽湖上,
犹如浮在一个晶莹剔透的大果冻上

Embark on a ZhuCao boat
journey to Wubi Island.

特别
安排



入住1晚泸沽湖牧云山庄酒店

清晨观赏壮丽的日出, 夜晚在露台上仰望满
天星, 感受自然的无限魅力。

Stay a night at the Wuhu Muyun
Mountain Villa @ Lugu Lake



景点特色

ATTRACTIONS FEATURES

TOUR BY LOVELY VACATION (TOUR CODE: 9LHY)



理想邦-大理圣托里尼 Ideal Paradise - Dali's Santorini

以其别具特色的白色建筑和蓝色屋顶而闻名，仿若置身于地中海风情之中。漫步其中，感受独特的文化氛围，探寻古老的街道和迷人的小店，沉浸在浪漫而神秘的氛围中。

Renowned for its unique white buildings and blue rooftops, reminiscent of the Mediterranean charm. Stroll through its streets, immerse yourself in the distinctive cultural ambiance, explore ancient alleys and charming boutiques, and indulge in the romantic and mysterious atmosphere.



大理古城 Dali Ancient City

一座历史悠久的古城镇，被誉为中国西南地区的“历史名城”。这座古城保存完好，有着悠久的历史和丰富的文化遗产，融合了汉、白、藏、傣等多种民族文化特色，其独特的建筑风格和古老的街道令人叹为观止。

Dali Ancient City is located in Dali City, Yunnan Province, China, and it is a historic ancient town renowned as a "historical city" in southwestern China. This well-preserved ancient city has a long history and rich cultural heritage, blending various ethnic cultural characteristics such as Han, Bai, Tibetan, and Dai. Its unique architectural style and ancient streets are truly remarkable.



葛丹·松赞林寺 Gedan Songzanlin Monastery ●

葛丹·松赞林寺是一座壮丽的藏传佛教寺院，被誉为“东方的拉萨”，寺内有众多佛塔、佛像和经幡，周围环绕着雄伟的雪山和茂密的松林。

Gedan Songzanlin Monastery is a magnificent Tibetan Buddhist monastery, known as the "Eastern Potala Palace". The monastery is adorned with numerous stupas, statues of Buddhas, and prayer flags, surrounded by majestic snow-capped mountains and dense pine forests.



● 龟山公园 Gui Shan Park

龟山公园建立于康熙年间，此园依山而建，山顶是朝阳楼，高三层，登上楼顶，日月城尽收眼底。山脚下是可供全镇人饮用的古井，清冽甘甜。公园内的龟山寺和转经筒，为公园里最具特色的建筑。

Guishan Park, built during the Kangxi era, features the Chaoyang Tower atop its summit, offering panoramic views of the city. An ancient well at the foot provides fresh water, while the park's highlights include Gui Shan Temple and prayer wheels, reflecting its rich cultural heritage.



泸沽湖 Lugu Lake

泸沽湖是中国第三大深水湖泊，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。优美的自然环境和奇特的民族风情，使这里成为著名的旅游景区。

Lugu Lake, China's third-largest deepwater lake, is surrounded by diverse ethnic communities like the Mosuo, Yi, and Pumi. With approximately 13,000 people from seven other ethnic groups residing along the shore, the area offers breathtaking natural beauty and a rich cultural tapestry, attracting visitors from far and wide.



摩梭人篝火晚会 Mosuo Bonfire Party

摩梭人的传统舞蹈“锅庄”是泸沽湖地区的文化精髓。年轻男女在跳舞的过程中相互结识、相知，最终走向母系氏族特有的“阿注”婚姻，这一过程是摩梭文化中重要的社交和情感交流方式。

The traditional dance "Guozhuang" among the Mosuo people is the cultural essence of Lugu Lake region. It serves as a significant social and emotional exchange where young men and women get to know each other through dancing, eventually leading to the unique matrilineal "Azhu" marriage, a hallmark of Mosuo culture.



玉龙雪山风景区 Jade Dragon Snow Mountain Scenic Area ●

玉龙雪山风景区位于中国云南省丽江市境内，是一处壮丽的自然景区。这座雪山以其雄伟的山峰和绵延的雪域而闻名，是中国最著名的雪山之一。风景区内还有丰富的植被和奇特的地貌和丰富的生态资源。

The Jade Dragon Snow Mountain Scenic Area is located in Lijiang City, Yunnan Province, China, and it is a magnificent natural area. This snow-capped mountain is renowned for its majestic peaks and extensive snow-covered areas, making it one of the most famous mountains in China.



蓝月谷 Bluemoon Valley ●

独特的蓝色湖泊和壮观的自然风光而著称的景点。蓝月谷的湖水呈现出令人惊叹的蓝色，清澈见底，周围峡谷峭壁耸立，山峰环绕，景色壮丽。游客可以漫步于湖畔小径，欣赏到湖水倒影，感受大自然的神奇与美妙。

renowned for its unique blue lake and spectacular natural scenery. The lake in Blue Moon Valley boasts a stunning blue color, crystal clear water, and is surrounded by steep cliffs and towering peaks, creating a magnificent landscape. Visitors can stroll along the lakeside trails, admire the reflections on the water, and immerse themselves in the wonders of nature.



景点特色

ATTRACTIONS FEATURES

TOUR BY LOVELY VACATION (TOUR CODE: 9LHY)



里务比岛(乘猪槽船) Liwubi Island (Included ZhuCao Boat)

乘坐猪槽船前往里务比岛，沿途欣赏泸沽湖清澈碧波和壮丽景色，感受湖光山色的宁静之美。这独特的水上之旅中，您将领略到湖水荡漾的舒缓感觉，听着湖水拍打船舷的声音，仿佛置身于一幅美丽的画卷中。

Take a scenic pig trough boat ride to Liwubi Island and immerse yourself in the tranquil beauty of Lugu Lake, embraced by stunning mountain vistas. Feel the gentle rhythm of the water as you glide along, savoring every moment of this picturesque journey.



● 彝人古镇 Yiren Ancient Town

清澈的桃花溪、壮观的望江楼、高耸的祖先神柱、源远流长的彝族十月太阳历、神秘的彝人部落、六租庙，泛舟清明河，走进宏伟壮观的彝王宫，欣赏美伦美幻的彝族宫廷乐舞，尽享精美独特的民族风味美食。

Experience the beauty of Taohua Creek, Wangjiang Tower, and ancestral pillars. Explore Yi cultural heritage with the October Solar Calendar and tribal customs. Visit Liu Zu Temple, cruise Qingming River, and admire the Yi King's Palace. Enjoy mesmerizing court dances and exquisite ethnic cuisine.



住宿预览

ACCOMMODATION

TOUR BY LOVELY VACATION (TOUR CODE: 9LHY)

昆明 KUNMING



海航飞行酒店或同级
HNA Flight Hotel or similar

大理 DALI



同兴堂酒店或同级
Tongxintan Inn Hotel or similar

香格里拉 SHANGRILA



月光国际大饭店或同级
Moonlight International Hotel or similar

泸沽湖 LUGU LAKE



牧云山庄酒店或同级
Wuyun Mountain Villa or similar

丽江 LIJIANG



禧玥美宿酒店或同级
Yumeisu Hotel or similar

楚雄 CHUXIONG



云华酒店或同级
Yunhua Hotel or similar

昆明 KUNMING



朗威酒店或同级
Longway Hotel or similar



行程细节

TOUR ITINERARY

TOUR BY LOVELY VACATION (TOUR CODE: 9LHY)

1 第一天

吉隆坡国际机场 - 昆明 (机上用餐)

- 机场集合办理登记手续, 前往昆明。抵达后, 入住酒店休息

2 第二天

昆明 - 大理 (早/午/晚)

- 理想邦 - 大理圣托里尼 (含下午茶): 以其独特的蓝白地中海风情建筑而著称, 被誉为“大理的圣托里尼”。
- 崇圣寺三塔 (外观): 崇圣寺三塔是大理的标志性建筑, 由一大两小三座古塔组成, 雄伟壮观, 历史悠久。
- 大理古城: 大理古城以其保存完好的古建筑和悠久的历史文化闻名, 是体验大理历史与民族风情的最佳去处。

3 第三天

大理 - 香格里拉 (早/午/晚)

- 虎跳峡 (含扶梯): 世界上最深的峡谷之一, 壮丽的自然景观, 设有扶梯方便游览。
- 葛丹·松赞林寺 (含电瓶车): 藏传佛教寺院, 有“小布达拉宫”之称, 提供电瓶车服务, 方便参观。
- 独克宗古城: 保存完好的古老藏族城镇, 具有丰富的历史文化和传统建筑。
- 龟山公园: 拥有世界上最大的转经筒, 全景观赏独克宗古城和雪山景色的最佳地点。

4 第四天

香格里拉 - 泸沽湖 (早/午/晚)

- 泸沽湖: 被誉为“高原明珠”, 湖水清澈湛蓝, 湖面如镜, 四周环绕着郁郁葱葱的山峦, 景色优美。
- 泸沽湖观景台: 俯瞰泸沽湖全景的绝佳位置, 视野开阔, 摄影爱好者必去。
- 情人湾: 浪漫景点, 湖水湛蓝, 适合情侣散步, 拍照留念。
- 摩梭民俗博物馆: 展示摩梭人的独特文化和历史, 了解母系社会的生活方式。
- 摩梭人篝火晚会: 体验摩梭人的传统歌舞和热情好客, 与当地人一起跳锅庄舞。

5 第五天

泸沽湖 - 丽江 (早/午/晚)

- 里格半岛观景台: 位于泸沽湖里格半岛, 是欣赏湖光山色的绝佳地点, 视野开阔, 景色壮美。
- 里务比岛 (乘猪槽船): 乘坐传统的猪槽船游览里务比岛, 体验民族风情, 欣赏湖光山色。
- 里务比寺: 位于里务比岛上的寺庙, 是摩梭人信仰的重要场所, 具有悠久的历史 and 独特的建筑风格。
- 束河古镇: 位于泸沽湖畔, 是一座历史悠久的古镇, 保留着大理地区独特的民族文化和建筑风格。

6 第六天

丽江 - 楚雄 (早/午/晚)

- 玉龙雪山风景区 (含大索道+环保车): 纳西族心中的神山, 共有13座山峰连绵起伏, 宛如银龙飞舞而得名。
(*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 (*若表演因天气欠佳而取消, 将不予退款)

- 白水河: 由雪山融水汇集而成, 河床由白色石灰岩组成, 阳光照射下泛出碧蓝色, 形成美丽的天然景观。
- 蓝月谷: 以其碧波荡漾、宛如仙境的湖泊而闻名。湖水倒映着周围的雪山和树木, 景色宁静幽美。
- 玉水寨: 一个以自然景观和少数民族文化为主题的景区, 寨内有原生态的村庄和田园风光。

7 第七天

楚雄 - 昆明 (早/午/晚)

- 彝人古镇: 一个展示彝族文化的主题古镇。古镇内保留了传统的彝族建筑风格, 有民俗表演和美食体验。
- 西山风景区 (含景区环保车+索道): 以其秀丽的山水风光和众多名胜古迹闻名: 龙门石窟、华亭寺和太华寺。

8 第八天

昆明 - 吉隆坡 (早/午/晚)

- 南屏步行街: 位于昆明市中心, 是一条繁华的商业步行街。
- 金马碧鸡坊: 昆明地标性建筑, 由金马坊和碧鸡坊两座古牌坊组成, 具有浓郁的历史文化底蕴和建筑艺术价值。
- 圆通寺: 昆明著名的佛教寺庙, 始建于唐代, 历史悠久。
- 送往机场, 结束美好的旅程

9 第九天

抵达吉隆坡 (机上用餐)



泸沽湖



玉龙雪山



摩梭人篝火晚会

*所列明行程、餐饮和住宿安排的顺序可能会由当地地接运营商根据实际的天气情况进行最终确定。



行程细节

TOUR ITINERARY

TOUR BY LOVELY VACATION (TOUR CODE: 9LHY)

D1 KUALA LUMPUR - KUNMING (MEAL ON BOARD)

- Depart from Kuala Lumpur International Airport to Kunming.
- Check in hotel

D2 KUNMING - DALI (BREAKFAST/LUNCH/DINNER)

- Ideal State Dali Santorini
- The Three Pagodas (Overlook)
- The ancient city of Dali

D3 DALI - SHANGRILA (BREAKFAST/LUNCH/DINNER)

- Tiger Leaping Gorge (Elevator Included)
- Gedan Songzanlin Temple (Included Buggy)
- Dukezong Ancient City
- Gui Shan Park

D4 SHANGRI-LA - LUGU LAKE (BREAKFAST/LUNCH/DINNER)

- Lugu Lake
- Lover Bay
- Mosuo Minsu Museum
- Mosuo Bonfire

D5 LUGU LAKE - LIJIANG (BREAKFAST/LUNCH/DINNER)

- Lige Island Deck
- Liwubi Island (Included ZhuCao Boat)
- Liwubi Temple
- Shuhe Old Town

D6 LIJIANG - CHUXIONG (BREAKFAST/LUNCH/DINNER)

- Jade Dragon Snow Mountain (Cableway)
- (Subjected to weather condition, if Glaxier Park cableway is close, will be replace by Spruce Meadow Cableway)

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

- Baishui River
- Blue Moon Valley
- Yushui Village

D7 CHUXIONG - KUNMING (BREAKFAST/LUNCH/DINNER)

- Yiren Ancient Town
- Xishan Scenic Area (incl scenic environmentally friendly vehicle + ropeway)

D8 KUNMING - KUALA LUMPUR (BREAKFAST/LUNCH/DINNER)

- Nanping Pedestrian Street
- Golden Horse Emerald Rooster Archway
- Yuantong Temple
- After dinner transfer to airport

D9 KUALA LUMPUR (MEAL ON BOARD)



• Jade Dragon Snow Mountain



• Lugu Lake



• Lugu Lake's stunning water lilies



• The ancient city of Dali



• Ideal State Dali Santorini



• Liwubi Island (Included ZhuCao Boat)



• Blue Moon Valley



• Gui Shan Park



★ 特色亮点 HIGHLIGHT

- 在最好的季节6-9月安排到泸沽湖看最美的水性杨花
- 5A级旅游景区：纳西族人的神山-玉龙雪山（含大索道）
- 特别赠送：由张艺谋执导的《印象·丽江》歌舞表演
- 特别安排：体验少数民族特色餐
- 特别安排：尊享体验2+1 VIP游览巴士
- 特别安排：与当地摩梭人篝火晚会
- 特别安排：圣托里尼理想邦下午茶
- 特别安排：入住1晚泸沽湖牧云山庄酒店
- 特别安排乘坐猪槽船到务比岛

(马帮菜, 藏族土司宴, 彝族风味+抬菜舞, 丽江古城风味, 过桥米线, 野生菌火锅, 虹鳟鱼火锅)

- Experience Lugu Lake's stunning water lilies (from June to September)
- Jade Dragon Snow Mountain - 5A tourist attraction and the sacred mountain of the Naxi people.
- Watch the large-scale live performance of "Impressions of Lijiang" directed by Zhang Yimou
- Special Arrangement: **VIP Premium 2+1 Executive Coach**
- Special Arrangement: An unforgettable evening featuring a **traditional bonfire party hosted by the local Mosuo people.**
- Special Arrangement: Indulge in a truly exceptional afternoon tea experience with the **Santorini Utopia Afternoon Tea**
- Special Arrangement: Stay a night at the **Wuhu Muyun Mountain Villa @ Lugu Lake**
- Special Arrangement: Embark on a **ZhuCao boat journey to Wubi Island.**
- Special Arrangement: **Savor ethnic minority delicacies**, a taste of authentic cultural cuisine.

(Mabang Cuisine, Tibetan Chieftain's Banquet, Yi Ethnic Cuisine with Tai Cai Dance, Lijiang Old Town Cuisine, Crossing the Bridge Rice Noodles, Wild Mushroom Hot Pot, Rainbow Trout Hot Pot.)

天 DAY	早餐 BREAKFAST	午餐 LUNCH	晚餐 DINNER	酒店住宿 ACCOMMODATION
01	-	-	机上用餐 MEAL ON BOARD	海航飞行酒店或同级 HNA FLIGHT HOTEL OR SIMILAR
02	酒店早餐 HOTEL BREAKFAST	粤式风味 CANTONESE CUISINE	南涧跳菜+篝火打跳 NANJIAN CUISINE + BONFIRE EXPERIENCE	同兴堂酒店或同级 TONGXINGTAN INN HOTEL OR SIMILAR
03	酒店早餐 HOTEL BREAKFAST	大理海稍鱼 DALI HAISHAO FISH	沙溪风味 SHAXI CUISINE	月光国际大饭店或同级 MOONLIGHT INTERNATIONAL HOTEL OR SIMILAR
04	酒店早餐 HOTEL BREAKFAST	中式合菜 CHINESE CUISINE	泸沽湖风味 LUGU CUISINE	牧云山庄酒店或同级 WUYUN MOUNTAIN VILLA OR SIMILAR
05	酒店早餐 HOTEL BREAKFAST	摩梭风味 MOSUO CUISINE	丽江纳西非遗菜 LIJIANG NAXI CUISINE	禧玥美宿酒店或同级 YUMEISU HOTEL OR SIMILAR
06	酒店早餐 HOTEL BREAKFAST	雪厨简餐+汽锅鸡 SNOW KITCHEN + CLAYPOT CHICKEN	三文鱼火锅 RAINBOW TROUT STEAMBOAT	云华酒店或同级 Yunhua Hotel or similar
07	酒店早餐 HOTEL BREAKFAST	过桥米线 CROSSING-THE BRIDGE RICE NOODLE	纳西风味 NAXI CUISINE	朗威酒店或同级 LONGWAY HOTEL OR SIMILAR
08	酒店早餐 HOTEL BREAKFAST	野生菌火锅 MUSHROOM STEAMBOAT	中式合菜 CHINESE CUISINE	-
09	机上用餐 MEAL ON BOARD	-	-	-

Travel Essentials:

- Passport or Visa - Participants are responsible for ensuring that their passports are valid for at least 6 months from the return date and obtaining necessary visas and permits.
- Travel Insurance - We recommend purchasing comprehensive travel insurance before departure.

Terms and Conditions:

1. Tour fare quoted is for Malaysian, non-Malaysian surcharge applied.
2. The itinerary, meals, accommodations, and transportation are subject to adjustments without prior notice.
3. The sequence of itinerary, meals, and accommodations will be arranged according to local hosts and weather conditions.
4. In unforeseen circumstances, especially during peak travel seasons, we reserve the right to modify or cancel the itinerary.
5. We shall not be held responsible for any printing errors or omissions in our promotional materials or any other communication media, and reserve the right to rectify such inaccuracies.
6. Each member participating in our tours is responsible for their own safety and conduct.
7. In the event of unforeseen circumstances (such as transportation delays/cancellations, weather, illness, demonstrations, war, etc.) leading to additional expenses, we bear no responsibility, and travelers must bear the extra costs themselves.
8. The above images are for reference purposes only. Actual conditions may vary.

旅行必备:

- 参团者需确保护照有效期至少为返程日期的六个月，并取得必要的签证和准证。
- 出发前，我们建议您购买全面的旅游保险。

条规:

1. 团费仅适用于大马公民，外国公民则需缴付额外费用。
2. 旅程、膳食、住宿和交通的先后顺序将根据当地接待社和天气情况可能会有所调整，恕不另行通知。
3. 在无法预料的特殊情况下，尤其是在旅游旺季期间，我们将保留修改或取消行程的权利。
4. 若宣传手册或任何传播媒介出现任何印刷错误或遗漏，本社概不负责，并保留更正的权利。
5. 参与本社旅游团的每位成员必须对自己的安全和行为负责。
6. 若发生无法预料的特殊情况（如：交通延误/取消、天气、疾病、示威、战争等），导致额外支出，我们概不负责，旅客需自行承担额外费用。
7. 上述图片仅供参考，请以实际情况为准。

For Agent Use Only :
仅供代理商使用:

Updated Date 更新日期: **MAY 2024**