



穿越大自然的画廊

TRAVERSING THROUGH NATURE'S GALLERY



在这场穿越的旅途中,从成都起航,迎着朝霞,

漫步在蜿蜒的山路上,涉足稻城亚丁,仿若进入仙境,沐浴在神秘的风云之中 继而穿越四姑娘山的山峦叠嶂,伴随着溪水的潺潺,留连于瀑布的飞流直下。

漫游新都桥,古镇沉静而又生动,

每一块青石板都沉浸着岁月的痕迹,每一处风景都诉说着故事

踏上康定的土地,被那片藏地文化的深邃吸引,仿佛走进了一幅古老的山水画, 那里的一草一木,一山一水,都是如诗如画的存在,让人感怀岁月,心怀感慨。

稻城亚丁+成都+四姑娘山+新都桥+康定

DAOCHENG YADING + CHENGDU + MOUNT SIGUNIANG + XINDUQIAO + KANGDING

TOUR CODE: 9CDY3

无购物站 NO SHOPPING STOP















往返机票

酒店住宿 ACCOMMODATION

膳食餐饮 MEALS

交通接达
TRANSPORTATION

导游服务 TOUR GUIDE

景区门票 ADMISSION TICKE

特色景点 ATTRACTIONS







双重探秘:稻城亚丁深度游之旅 (特别安排两天入园,深度探索稻城亚丁景区) 第一天探访洛绒牛场,感受牛奶海的清新与宁静,第二天游览珍珠海,探索冲古寺的神秘与庄严。

DOUBLE EXPLORATION: DEEP DIVE INTO DAOCHENG YADING

Special arranged two-day park admissions for an in-depth exploration of the area. On the first day, visit Luorong Cattle Farm to experience the tranquility of Milk Lake, and on the second day, explore Pearl Lake and the mysterious Chonggu Temple.



尊享体验 **2+1 VIP游览巴士**

SPECIAL ARRANGEMENT
VIP PREMIUM
2+1 EXECUTIVE COACH



国家级4A级景区 木格措

National 4A Tourist Attraction

MUGECUO

SCENIC AREA



国家级4A级景区 四姑娘山

National 4A Tourist Attraction

MOUNT SIGUNIANG

SCENIC AREA



特别升级入住2晚香格里拉镇 **靓景时代亚丁大饭店**

Special upgrade: 2-Night stay at the Shangri-La Town - **Shidai Yading Hotel**



品味美味的养生药膳佳肴 **养生药膳风味**

SPECIAL ARRANGMENT
Health-Preserving Medicinal
Cuisine



成都的传统文化和美食特色 **川剧变脸鸳鸯火锅**

Chengdu's Tradition & Cuisine:
Sichuan Opera Face Changing &
Yin Yang Hotpot





亚丁自然保护区 YADING NATURE RESERVE ●

这片壮美的保护区以雪山、湖泊、草甸和森林为特色,被誉为自然界的宝库。其独特的地理环境和丰富的生物多样性吸引着无数游客前来探索。在这里,你可以欣赏到绵延的雪山,清澈的湖泊和广袤的草甸,尽情感受大自然的鬼斧神工,领略纯净的高原风情。

This stunning nature reserve, known for its snow-capped mountains, clear lakes, lush grasslands, and dense forests, is hailed as a natural treasure trove. Its unique geography and diverse wildlife attract numerous visitors. Here, you can marvel at the majestic peaks, pristine lakes, and vast grasslands, experiencing the untouched beauty of nature and the pure allure of the plateau.





■ 四姑娘山-双桥沟 MT SIGUNIANG- SHUANGQIAOGOU

以其壮美的自然景观和优美的生态环境而闻名。这里有清澈见底的溪流、翠绿的森林、奇峰突起的山峰和多样的植被,构成了一幅令人心驰神往的画面。双桥沟还是户外爱好者的天堂,提供丰富的徒步和探险活动,让游客尽情领略大自然的魅力。

Renowned for its stunning natural landscapes and pristine ecological environment. With its crystal-clear streams, verdant forests, towering peaks, and diverse vegetation, it paints a picturesque scene that captures the imagination. Shuangqiao Valley is also a paradise for outdoor enthusiasts, offering a wealth of hiking and adventure activities, allowing visitors to fully immerse themselves in the charm of nature.





洛绒牛场 LUORONG CATTLE FARM

洛绒牛场是位于中国四川省稻城县亚丁自然保护区内的一个景点。这个地区以其如画的景色而闻名,包括广阔的草甸、雪山和原始高山湖泊。牛场以洛绒草甸命名,那里的牦牛和牛群在高耸的山峰背景下自由地吃草。游客可以沿着牧场穿行的徒步道,欣赏周围自然美景。

Luorong Cattle Farm is a scenic spot located within the Yading Nature Reserve in Daocheng County, Sichuan Province, China. Renowned for its picturesque landscapes, including vast meadows, snow-capped mountains, and pristine alpine lakes. The cattle farm is named after the Luorong Pasture, where herds of yaks and cattle graze freely against the backdrop of towering peaks.





牛奶海 MILK LAKE

牛奶海位于中国四川省稻城县亚丁自然保护区内,是一处迷人的高山湖泊景点。这个湖泊因其在夏季时水面上漂浮的白色泡沫而得名,形似一片覆盖在湖面上的牛奶海浪,呈现出独特而美丽的景象。牛奶海 周围是峻峭的山峰和原始的高山草甸,景色壮丽迷人。

Milk Lake, situated within the Yading Nature Reserve in Daocheng County, Sichuan Province, China, is a captivating alpine lake. Its name derives from the white foam that floats on its surface during the summer months, resembling a sea of milk spread across the lake, presenting a unique and beautiful sight. Surrounding Milk Lake are towering peaks and pristine alpine meadows, creating a magnificent and enchanting scenery.





冲古寺 CHONGGU TEMPLE •

位于中国四川省稻城县亚丁自然保护区内,坐落在壮丽的山景之中,是一片心灵的净土。冲古寺以其传统的藏式建筑而闻名,五彩斑斓的经幡在风中飘扬,墙壁上装饰着精美的壁画。朝聖者常常前来这里向佛祖 膜拜,祈求健康和繁荣。冲古寺宁静的氛围和迷人的自然环境使其成为寻求宁静和文化沉浸的必游之地。

Chonggu Temple is a revered Buddhist temple located in the Yading Nature Reserve in Daocheng County, Sichuan Province, China. Nestled amidst breathtaking mountain scenery, the temple serves as a spiritual sanctuary for both locals and visitors alike. Chonggu Temple is renowned for its traditional Tibetan architecture, with colorful prayer flags fluttering in the wind and intricate murals adorning its walls.





● 珍珠海 PEARL LAKE

珍珠海位于中国四川省甘孜藏族自治州康定市贡嘎乡,是贡嘎山脉的一部分。这个湖泊以其清澈的湖水和壮丽的自然景观而闻名,因湖水如珍珠般晶莹剔透而得名。珍珠海位于海拔约4300米处,周围环绕着绵延的雪山和原始森林,景色迷人。欣赏湖水倒映着周围山峰的壮丽景象,感受大自然的宁静和神秘。

Pearl Lake, in Kangding City, Sichuan, China, , is renowned for its crystal-clear waters and stunning natural beauty. Situated amidst the Gongga Mountain Range, the lake's name originates from its water's resemblance to glistening pearls. Surrounded by majestic snow-capped peaks and lush forests, Pearl Lake offers a serene escape for visitors to admire its picturesque reflections and immerse themselves in nature's tranquility.





红草地 HONGCAO LAND

红草地位于距离稻城县约10公里的吉乙村,是一个季节性景点,只在秋季才能欣赏到。在前往稻城的路上,游客可以留意沿途的万亩杨树林公园、红土河谷以及藏式村寨,这些风景非常迷人,宛如世外桃源般的存在。而藏式村寨则犹如世外桃源般静谧迷人,为游客提供了一处宁静的避风港。

Hongcao Land, located 10 kilometers from Daocheng County in Jiyi Village, is a seasonal attraction only visible in autumn. En route to Daocheng, tourists can enjoy the captivating scenery of the Poplar Forest Park, crimson earth valley, and traditional Tibetan villages, akin to a hidden paradise. These landscapes provide a serene haven for travelers amidst the tranquil Tibetan villages.





稻城白塔群 DAOCHENG WHITE PAGODA CLUSTER

稻城白塔,又名尊胜塔林或胜利塔,位于四川省稻城县,藏语称为"郎杰曲登"。传说释迦牟尼涅槃之时,众多信徒虔诚祈愿佛陀的法身永驻世间。为满足众生的愿望,佛陀亲自加持开光了尊胜塔,象征着佛陀的法身永恒存在,并成为了佛教信仰的重要象征之一。

Daocheng White Pagoda Tower, also known as the Zunsheng Tower Forest or Victory Tower. Legend has it that when Shakyamuni entered Nirvana, many followers prayed for his eternal presence. Shakyamuni personally consecrated the Zunsheng Tower, symbolizing his eternal presence in the world. Today, it remains an important symbol of Buddhist faith and a popular tourist attraction.





康定情歌 (木格措)风景区 MUGECUO SCENIC AREA

坐落于贡嘎山脉中段, 距离 <u>康定</u> 市区约17公里, 系 国家AAAA级旅游景区、 世界自然遗产 提名地、国家级重点风景名胜区。景区面积约350平方公里, 由杜鹃峡、芳草坪、七色海、药池沸泉、木格措(野人海)和红海草原六个景点组成, 附近有其他多个高山湖泊和温泉, 原始森林、草原和雪山景观互相交融。

Located in the Gongga Mountain Range, 17 kilometers from Kangding, this scenic spot is a National AAAA-Level Tourist Attraction, UNESCO World Natural Heritage nominee, and National Key Scenic Spot. Covering 350 square kilometers, it features Dujuan Gorge, Fangcao Plain, Seven-Color Sea, Yaoci Feiquan, Mugecuo (Wild Man Lake), and Honghai Grassland. It offers pristine forests, grasslands, and alpine lakes.





● **锦里古街** JINLI ANCIENT STREET

一条具有悠久历史的古老街区,以其独特的古建筑和传统文化而闻名。步入锦里古街,仿佛穿越时光回到了古代,古色古香的建筑、古朴的街巷和传统的手工艺品让人感受到了古代成都的繁华与风情。这里有各种特色小吃、文化商店和民俗表演,吸引着无数游客前来观光游览,体验古城文化的魅力。

Jinli Ancient Street, situated in Chengdu, Sichuan Province, China, is famed for its historic charm, ancient architecture, and traditional culture. Visitors are transported back in time as they stroll through its well-preserved buildings, narrow alleys, and vibrant cultural scene, offering an immersive experience of ancient Chengdu's allure.

















成都天府智选假日酒店或同级

Holiday Inn Express Chengdu Tianfu or similar

成都天府智选假日酒店以其现代舒适的住宿环境和便利的地理位置而闻名。酒店周边 交通便利,距离市内各大商业区和景点都很近,是商务和休闲旅行者的理想选择。

The hotel is known for its modern and comfortable accommodation and convenient location. With its prime location, the hotel is close to major business districts and attractions, making it an ideal choice for both business and leisure travelers.

新四姑娘山庄金林楼或同级 Xinsi Guniang Villa Jinlinlou or similar

坐落在壮丽的四姑娘山景区内。这个酒店融合了现代化的设施和传统的藏族建筑风格, 周围环绕着优美的自然风景,在享受奢华住宿的同时,尽情感受大自然的宁静和美丽。

Xinsi Guniang Villa Jinlinlou, located in the picturesque Four Sisters Mountain Scenic Area, seamlessly blends modern luxury with traditional Tibetan architecture, providing guests with a serene retreat amidst stunning natural surroundings.

雅江嘉融大酒店或同级 Yajiang Jiarong Hotel or similar

雅江嘉融大酒店位于四川省甘孜藏族自治州雅江县,是一家豪华的酒店。酒店拥有舒 适的客房和现代化的设施,提供贴心的服务,为宾客营造温馨舒适的住宿体验。

Yajiang Jiarong Hotel, offering convenient access and picturesque surroundings. With comfortable rooms and modern amenities, the hotel provides attentive service to ensure a warm and comfortable stay for guests.

时代亚丁大饭店或同级 Shidai Yading Hotel or similar

时代亚丁大饭店位于中国四川省甘孜藏族自治州稻城县,坐拥壮丽的自然风光。酒店 提供豪华住宿和周到服务,让客人在这片迷人的景色中享受舒适难忘的住宿体验。

Shidai Yading Hotel, offers luxurious accommodation amidst the stunning Yading Nature Reserve. With upscale amenities and attentive service, guests enjoy a memorable stay in this captivating landscape.

旺吉酒店或同级

Wangji Hotel or similar

旺吉酒店位于中国四川省,提供舒适的住宿和便利的设施。酒店地理位置优越,服务 周到,为客人提供愉快的住宿体验。

Wangji Hotel, located in Sichuan Province, China, offers comfortable accommodation and convenient amenities. With a prime location and attentive service, guests enjoy a pleasant stay at this establishment.



康定太阳部落大酒店或同级

Minshan Sun Tribe Hotel or similar

康定太阳部落大酒店位于四川康定市,提供独特住宿体验。酒店周边景点众多,包括 壮丽的自然风光和丰富的文化遗产,让您畅游康定的风情与美景。

The hotel offers a unique accommodation experience. Surrounded by numerous attractions, including stunning natural scenery and rich cultural heritage, guests can immerse themselves in the charm and beauty of Kangding.

成都 CHENGDU

● 四姑娘山 MT SIGUNIANG

● 雅江 YAJIANG

● 稻城 DAOCHENG

康定KANGDING

❷ 香格里拉 SHANGRI-LA





1 第一天 吉隆坡国际机场 - 成都 (机上用餐)

- 机场集合办理登记手续,前往成都
- 接机后,入住酒店

推荐自费项目

「川剧变脸秀: RMB200/人」

- 2 第二天 成都 日隆 丹巴 (早/午/晚)
 - 翻越巴郎山隧道: 乘车翻越巴朗山, 峰回路转, 朝晕夕阴, 烟霞漫漫, 欣赏其美丽的风光。
 - 猫鼻梁观景台: 观赏四姑娘山全景的最佳位置, 四姑娘山充满神秘色彩, 犹如仙境般美。
 - 四姑娘山—双桥沟(含观光车):是四姑娘山景区三沟之一,以其壮丽的自然景观和丰富的生态资源而著称。
- 3 第三天 丹巴 塔公 雅江 (早/午/晚)
 - 梭坡碉楼(远眺): 古老而壮观的建筑,历史悠久,远眺时展现独特风采。
 - 雅拉雪山(远眺): 峰峦叠嶂, 壮美雄伟, 远观雪山令人心旷神怡。
 - 塔公草原: 广袤草地、清新空气, 是户外休闲和赏景的理想去处。
 - 塔公寺(外观): 庄严肃穆, 展现藏传佛教独特的建筑风格。
 - 新都桥景观大道: 蜿蜒曲折的道路, 沿途欣赏康定地区独特的自然景观和人文风情。
- 4 第四天 雅江 香格里拉镇 (早/午/晚)
 - 沿途打卡点: 剪子湾山(海拔4659米)、卡子拉山(海拔4718米)
 - 世界高城理塘西门"此生必驾318"路标
 - 兔儿山 (海拔4696米) 传说中龟兔赛跑
 - 海子山 (主峰海拔4500米)、毛娅草原
 - 经最后的香格里拉-稻城-观万亩青杨林,翻波瓦山,杜鹃谷风光
- 5 第五天 香格里拉镇 (早/午/晚)
 - 亚丁自然保护区(含观光车): 尽情领略壮丽的自然风光, 也被誉为"蓝色星球上的最后一片净土"
 - 洛绒牛场:宁静美丽的高山草甸,牦牛悠闲吃草,徒步或骑马前往,欣赏壮丽景象。
 - 牛奶海:清澈如牛奶般的高山湖泊,徒步前往,欣赏湖水倒映着雪峰的壮美景色。
- 6 第六天 香格里拉镇 稻城 (早/午/晚)
 - 冲古寺: 一处历史悠久的佛教寺庙。寺庙周围风景优美, 是静心修行的理想场所。
 - 珍珠海: 一片高山湖泊,清澈见底的湖水和周围雪峰的壮美景色,以湖水如珍珠般晶莹剔透而得名。
- 7 第七天 稻城 康定 (早/午/晚)
 - 龙古藏寨: 一处具有深厚藏族文化底蕴的古老村落。游客可体验传统的藏族风情和建筑风格。
 - 稻城白塔群:以其独特的白塔建筑和宁静的环境而闻名,是藏传佛教的重要场所之一。
 - 红草地: 是一处季节性景点, 秋季时草地被红色的草丛覆盖, 景色壮观迷人, 是摄影爱好者的打卡地。
 - 桑堆小镇:一座具有浓郁藏族风情的小镇。可以在这里体验藏族文化、品尝当地美食,感受悠闲的生活节奏。
- 8 第八天 康定 成都 吉隆坡 (早/午/晚)
 - 木格措 (含观光车):被誉为"西藏最美的湖泊"之一。乘坐观光车游览湖畔,欣赏湖光山色。
 - 锦里古街: 西蜀历史上最古老、最具有商业气息的街道之一, 吸引着众多游客前来观光游览。
 - 晚餐后前往机场。
- 9 第九天 吉隆坡 结束美好的旅程 (机上用餐)





D1 KUALA LUMPUR - CHENGDU (MEAL ON BOARD)

- Depart from Kuala Lumpur International Airport to Chengdu
- Upon arrival, proceed to hotel check-in.

D2 CHENGDU - RILONG - DANBA (BREAKFAST/LUNCH/DINNER)

- Mount Balang Tunnel
- Cat Nose Bridge Deck
- Mount Siguniang-Shuangqiao Valley (Buggy Included)

D3 DANBA – TADONG - YAJIANG (BREAKFAST/LUNCH/DINNER)

- Suopo Blockhouse (Overlook)
- Yala Snow Mountain Observation Deck (Overlook)
- · Tagong Grassland
- Tagong Temple (Overlook)
- Xinduqiao

D4) YAJIANG - SHANGRI-LA (BREAKFAST/LUNCH/DINNER)

- Crossing over the: Jianziwan Mountain (4659m), Kazila Mountain (4718m)
- 318 Sichuan-Xizang Highway
- · Rabbit Mountain (4669m)-
- Haizshan Natural Reserve (4500m), Maoya Grassland

D5 SHANGRI-LA (BREAKFAST/LUNCH/DINNER)

- Yading Nature Reserve 3 holy Mountain (Buggy included)
- Luorong Pasture
- Milk Sea

SHANGRI-LA - DAOCHENG (BREAKFAST/LUNCH/DINNER)

- Echu Mountain Platform
- Chonggu Monastery

DAOCHENG - KANGDING (BREAKFAST/LUNCH/DINNER)

- Daocheng White Pagoda Cluster
- The Red Grassland
- Town of Sangdui
- Changqing Chunke-Er Si

NOTE: 18 NOT

- Mugecuo (Inc buggy)
- · Jinli Ancient Street
- After dinner transfer to airport

D9 KUALA LUMPUR - END OF JOURNEY (MEAL ON BOARD)



Optional tour: RMB 480/pax Sichuan Opera Face Changing



















★ 特色亮点 HIGHLIGHT

• 双重探秘: 稻城亚丁深度游之旅 (特别安排两天入园,深度探索稻城亚丁景区)

第一天探访洛绒牛场,感受牛奶海的清新与宁静,第二天游览珍珠海,探索冲古寺的神秘与庄严。

DOUBLE EXPLORATION: DEEP DIVE INTO DAOCHENG YADING (Special arranged two-day park admissions for an in-depth exploration of the area)

On the first day, visit Luorong Cattle Farm to experience the tranquility of Milk Lake, and on the second day, explore Pearl Lake and the mysterious Chonggu Temple.

国家级4A级景区木格措 & 四姑娘山

National 4A Tourist Attraction: Mugecuo Scenic Area & Mount Signing Scenic Area

• 特别安排: 尊享体验2+1 VIP游览巴士

Special Arrangement: VIP Premium 2+1 Executive Coach

• 特别升级入住香格里拉镇-靓景时代亚丁大饭店

Special upgrade: 2-Night stay at the Shangri-La Town - Shidai Yading Hotel

• 特别安排: 品味美味的养生药膳佳肴养生药膳风味

Special Arrangement: Health-Preserving Medicinal Cuisine

• 特别安排: 成都的传统文化和美食特色川剧变脸鸳鸯火锅

Special Arrangement: Sichuan Opera Face Changing & Yin Yang Hotpot

天	早餐	午餐	晚餐	酒店住宿
DAY	BREAKFAST	LUNCH	DINNER	ACCOMMODATION
01	-	-	机上用餐 MEAL ON BOARD	成都天府智选假日酒店或同级 HOLIDAY INN EXPRESS CHENGDU TIANFU OR SIMILAR
02	酒店早餐	中式合菜	酒店晚餐	新四姑娘山庄金林楼或同级
	HOTEL BREAKFAST	CHINESE CUISINE	HOTEL DINNER	XINSI GUNIANG VILLA JINLINLOU OR SIMILAR
03	酒店早餐	中式合菜	酒店晚餐	雅江嘉融大酒店或同级
	HOTEL BREAKFAST	CHINESE CUISINE	HOTEL DINNER	YAJIANG JIARONG HOTEL OR SIMILAR
04	酒店早餐	中式合菜	酒店晚餐	时代亚丁大饭店或同级
	HOTEL BREAKFAST	CHINESE CUISINE	HOTEL DINNER	SHIDAI YADING HOTEL OR SIMILAR
05	酒店早餐	景区自助餐	酒店晚餐	时代亚丁大饭店或同级
	HOTEL BREAKFAST	SCENIC AREA BUFFET	HOTEL DINNER	SHIDAI YADING HOTEL OR SIMILAR
06	酒店早餐	景区用餐	酒店晚餐	旺吉酒店或同级
	HOTEL BREAKFAST	SCENIC AREA LUNCH	HOTEL DINNER	WANGJI HOTEL OR SIMILAR
07	酒店早餐	中式合菜	粤菜风味	康定太阳部落大酒店或同级
	HOTEL BREAKFAST	CHINESE CUISINE	CANTONESE CUISINE	MINSHAN SUN TRIBE HOTEL OR SIMILAR
08	酒店早餐 HOTEL BREAKFAST	养生药膳风味 HEALTH-PRESERVING MEDICINAL CUISINE	鸳鸯火锅 YUAN YANG STEAMBOAT	-
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:

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