



信城假日
SINCERE HOLIDAY

8D7N

云南秘境 Yunnan

Dali · Lijiang · Shangri-La · Kunming

大理 · 丽江 · 香格里拉 · 昆明

Customized Itinerary | No Shopping Stops | No Mandatory Tour Stops

行程可按需求定制调整 | 无购物站 | 无强制性游览项目

Tour Highlights & Itinerary

行程亮点与安排

Highlights 行程亮点

- Erhai Lakeside Afternoon Tea:** Enjoy refreshments beside Erhai Lake while admiring picturesque views of the lake and Cangshan Mountain.
- Jade Dragon Snow Mountain:** Ride the cable car to Glacier Park and admire magnificent snow-covered peaks, glaciers and alpine scenery.
- Blue Moon Valley:** Discover turquoise lakes, cascading waterfalls and beautiful reflections beneath Jade Dragon Snow Mountain.
- Impression Lijiang:** Enjoy a spectacular outdoor performance combining ethnic culture, music and dance against a majestic mountain backdrop.
- Lijiang Ancient Town:** Explore this UNESCO World Heritage Site, renowned for its traditional Naxi architecture, cobbled streets and waterways.
- Songzanlin Monastery & Pudacuo National Park:** Admire grand Tibetan architecture before exploring pristine forests, alpine lakes and plateau scenery.
- 洱海湖畔下午茶:** 享用精致茶点与特色饮品, 感受苍山洱海相映的悠然景致。
- 玉龙雪山:** 乘搭索道登上海拔约 4,500 米的冰川公园, 近距离感受壮丽雪山与高原景观。
- 丽江古城:** 漫步世界文化遗产古城, 穿行石板街与水巷, 品味传统纳西建筑与古城风雅。
- 《印象·丽江》·雪山实景演出:** 沉浸式体验以壮丽雪山为背景的云南民族歌舞。
- 松赞林寺:** 探访云南规模最大的藏传佛教寺院, 感受庄严藏式建筑与五彩经幡交织的藏地风情。
- 龟山公园:** 登临古城制高点, 俯瞰独克宗全景, 体验藏地祈福文化, 见识世界最大转经筒。

Meals 包含餐食

Meal Arrangements 餐食安排

- Option A: Yunnan & Ethnic Cuisine**
(7 Breakfasts | 5 Lunches | 1 Afternoon Tea | 6 Dinners)

Savour Yunnan's distinctive flavours, featuring wild mushroom hotpot, traditional Bai and Naxi dishes, Tibetan specialties, local farmhouse cuisine and regional favourites.

精选云南民族特色美食
(7早餐 | 5午餐 | 1下午茶 | 6晚餐)

品味云南地道风味, 包括野生菌火锅、白族与纳西族特色菜、藏族风味、传统农家料理及各地特色美食。

- Option B: Meals not included 不含餐食**

Accommodation 住宿安排

4 or 5-star boutique hotels throughout
全程安排4-5星级精品酒店



Notes

- Itinerary is subject to change without notice.
- Chinese-speaking guide provided, English speaking guide is available upon request.
- In case of discrepancies, the Chinese itinerary shall prevail.
- Images are for reference only.

备注

- 行程顺序可能因航班安排、季节因素或当地不可抗力等情况而调整, 恕不另行通知。
- 全程由中文导游提供讲解服务; 如需英文导游, 可另行安排。
- 如中英文行程内容存在差异, 均以中文版本为准。
- 所有图片仅供参考。

DAY 1

SINGAPORE – KUNMING – DALI

Upon arrival at Kunming Airport, meet your tour guide and transfer to the railway station for your high-speed train to Dali.

DAY 2

DALI · BAI HERITAGE & ERHAI SCENERY

- **Chongsheng Temple & Three Pagodas:** Visit Dali's iconic Buddhist landmark, where three ancient pagodas have stood for over 1,000 years, remarkably enduring earthquakes and centuries of history.
- **Dali Ancient Town:** Wander through historic streets featuring traditional Bai architecture, local culture and artistic charm.
- **Erhai Lakeside Afternoon Tea:** Enjoy a selection of tea and sweets while taking in the serene views of Erhai Lake and Gangshan Mountain.



DAY 3

DALI – SHAXI BAI CULTURE

- **Xizhou Ancient Town:** Discover over 2,000 years of Bai heritage, exploring traditional architecture and experiencing the culture of the Bai people.
- **Shaxi Ancient Town:** Explore an ancient Tea Horse Road town, once a mountain trading hub for merchants and caravans.

DAY 4

SHAXI – LIJIANG · NAXI HERITAGE

- **Black Dragon Pool Park:** Admire its clear waters, Naxi gardens and reflection of Jade Dragon Snow Mountain.
- **Lijiang Ancient Town:** Explore this UNESCO World Heritage Site, featuring Naxi architecture, cobbled streets and waterways.



DAY 5

LIJIANG · SNOW MOUNTAIN

- **Jade Dragon Snow Mountain Glacier Park:** Rise above the clouds by cable car, surrounded by 13 snow-capped peaks and glaciers on a mountain soaring to 5,590m above sea level.
- **Blue Moon Valley:** Admire turquoise lakes, cascading waterfalls and beautiful reflections beneath the snow mountain.
- **Impression Lijiang:** Enjoy an outdoor ethnic performance against the magnificent mountain backdrop.

Note: If the Glacier Park cable car is suspended, the Spruce Meadow cable car will be arranged instead.



DAY 6

LIJIANG – SHANGRI-LA

- **Songzanlin Monastery:** Visit the "Little Potala Palace," Yunnan's largest Tibetan Buddhist monastery, featuring grand architecture and colourful prayer flags.
- **Pudacuo National Park:** Explore a UNESCO World Heritage Site of highland lakes, ancient forests and breathtaking Shangri-La landscapes.
- **Dukezong Ancient Town:** Wander through this 1,300-year-old Tibetan town, once an important stop along the Ancient Tea Horse Road.
- **Guishan Park:** Enjoy panoramic views of Dukezong Ancient Town and turn the world's largest prayer wheel for blessings.



DAY 7

SHANGRI-LA – KUNMING OLD-STREET

Travel from Shangri-La to Kunming and explore Kunming Old Street and explore historic architecture, local snacks and souvenir shops.

DAY 8

KUNMING – SINGAPORE

Transfer to Kunming Changshui International Airport for your flight to Singapore. Thank you for travelling with **Sincere Holiday Travels!**

第一天

新加坡 - 昆明 - 大理 · 开启云南之旅

抵达昆明长水国际机场后，由导游接机并送往高铁站，乘搭高铁前往大理。抵达后入住酒店，开启精彩的云南之旅。

第二天

大理 · 白族文化 · 洱海风光

- **崇圣寺三塔：**游览大理著名佛教文化地标，见证三座有千年历史、历经多次地震，至今依然屹立的古塔。
- **大理古城：**漫步历史悠久的石板街巷，欣赏传统白族建筑与特色商铺，感受古城浓厚的民族文化及悠闲生活气息。
- **洱海湖畔下午茶：**在洱海湖畔享用精致茶点与特色饮品，远眺苍山，欣赏湖光山色交织而成的优美风景。



第三天

大理 - 沙溪 · 茶马古道 · 古镇风情

- **喜洲古镇：**喜洲古镇：探访拥有2000多年历史的白族古镇，走进保存完好的传统民居，感受白族独特的建筑风格、文化与生活习俗。
- **沙溪古镇：**走进古老的茶马古道古镇，昔日商旅曾沿山路运送货物往来各地，历史街巷至今保留着马帮商旅经过的痕迹。

第四天

沙溪 - 丽江 · 纳西古韵

- **黑龙潭公园：**漫步清幽园林，欣赏清澈潭水、传统纳西建筑及玉龙雪山倒影，感受丽江山水相映的经典美景。
- **丽江古城：**游览世界文化遗产，穿梭古老石板街与潺潺水巷，欣赏传统纳西建筑，体验古城独特的民族文化与热闹氛围。



第五天

丽江 · 雪山秘境 · 民族盛宴

- **玉龙雪山冰川公园：**乘坐索道登上高山之巅，近距离感受连绵雪峰与壮丽冰川，领略海拔 5,590 米的震撼雪山风光。
- **蓝月谷：**漫步雪山脚下，欣赏梦幻蓝绿色湖水、层叠瀑布与玉龙雪山倒影，感受宛如人间仙境的自然美景。
- **《印象·丽江》：**以雄伟的玉龙雪山为天然背景，欣赏融合民族文化、音乐、舞蹈与自然景观的大型户外实景演出。

备注：如因天气或不可抗力导致冰川公园大索道停运，将改乘云杉坪索道，具体安排以景区当天通知为准。



第六天

丽江 - 香格里拉 · 藏地风情

- **松赞林寺：**探访云南规模最大的藏传佛教寺院，领略“小布达拉宫”的庄严气势，感受五彩经幡随风飘扬的藏地风情。
- **普达措国家公园：**走进UNESCO世界自然遗产地，探索高原湖泊与原始森林，感受香格里拉壮丽的自然风光。
- **独克宗古城：**漫步拥有1,300多年历史的藏族古城，欣赏传统藏式建筑，了解茶马古道文化并感受浓厚的藏族风情。
- **龟山公园：**登高俯瞰独克宗古城全景，转动世界最大转经筒祈福，体验藏族传统祈福文化。



第七天

香格里拉 - 昆明 · 老街古韵

- 结束香格里拉行程后返回昆明。
- **昆明老街：**漫步保存完好的传统街巷，欣赏历史建筑与老城风貌，品尝云南特色小吃，并自由选购当地手信与纪念品。

第八天

昆明 - 新加坡

根据航班时间送往昆明长水国际机场，搭乘航班返回新加坡，结束精彩的云南之旅。感谢您选择**信城假日**，期待与您再次相伴！



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