

indigo
HOLIDAY



Lucky Air
祥鹏航空

高原明珠
进出丽江

8天7晚

中国·云南
YunNan China

女人国
泸沽湖

一个未被污染的处女湖

传说中的女儿国，摩梭人世代生活在泸沽湖畔，至今仍保留着由女性当家和女性成员传宗接代的母系氏族婚姻制度大家庭。

丽江》女人国~泸沽湖》香格里拉



不走购物站，纯旅游享受
全程保证无自费项目



全程当地 4+5 星酒店



全新航线直飞丽江



全新路程
节省20小时的车程

TOUR CODE: 8LHY

第一天 吉隆坡 → 丽江 [机上用餐/晚]

飞机带您到达那个向往已久的地方——丽江。晚餐后，入住酒店休息。

第二天 丽江- 泸沽湖 [早/午/晚]

- **【泸沽湖】** - 是一个未被污染的外女湖。这里还是传说中的女儿国，摩梭人世代生活在泸沽湖畔，至今仍保留着由女性当家和女性成员传宗接代的母系大家庭，以及“男不婚、女不嫁、结合自愿、离散自由”的母系氏族婚姻制度。
- **【泸沽湖观景台】** - 素有“高原明珠”之称，是一个未被污染的外女湖。
- **【情人湾】** - 是泸沽湖上最大的湖滩，漫步泸沽湖的感觉再此处寻找。风景如画，水波荡漾
- **【里格半岛观景台】** - 是湖畔一个美丽的半岛，三面环水，左右青山环抱，背靠格姆女神山
- **【摩梭人篝火晚会】**，打跳是泸沽湖的摩梭人的传统，跳“锅庄”舞是摩梭青年男女相互认识、结交“阿注”的大好良机，通过跳舞，他们彼此相识、相恋、相知，直到结成“阿注”婚姻(即母系氏族的走婚形式)。

第三天 泸沽湖 - 丽江 [早/午/晚]

- **【里务比岛】**<乘猪槽船> - 里务比岛位于泸沽湖的中南部。从落水村到该岛大约半小时。岛屿的一侧为石笋，成为天然的码头，一条蜿蜒的小道直接通往岛屿的顶部，道路旁边有许多杜鹃花以及野樱桃树。花丛的尽头为藏传佛教寺院
- **【里务比寺】**，岛顶有一白塔。里务比岛与谢瓦俄岛，里格岛并称为泸沽湖蓬莱三岛。
- **【黑龙潭】** - 公园内有近 76 万平方米面积的湖面，形状如一弯新月。湖中心有亭子，亭与湖岸另一侧有一珍珠出水口
- **【丽江古城】** 世界文化遗产丽江古城，具有 800 多年历史。街道不拘于工整而自由分布，主街旁水小巷临渠，300 多座古石桥和河水绿树古巷古屋相依相映

第四天 丽江-香格里拉 [早/午/晚]

- **【虎跳峡】** - 世界上最深的峡谷之一
- **【香格里拉】** - 詹姆斯·希尔顿著《消失的地平线》中所纪录
- **【独克宗古城】** - 是中国保存得最好、最大的藏民居群。一座具有 1300 多年历史的古城，曾是雪域藏乡和滇域民族文化交流的窗口
- **【龟山公园】** - 是当地著名的景点，龟山顶上有载入吉尼斯世界纪录的世界最大转经筒

第五天 香格里拉 [早/午/晚]

- **【葛丹·松赞林寺】**<含电瓶车> - 是云南省内规模最大的藏传佛教寺院（黄教），有“小布达拉宫”之称
- **【拉姆央措湖】** - 藏语意为‘圣母灵魂湖’位于松赞林寺对面书著名的女神白登拉姆的寄魂湖
- **【普达措国家公园】** - 拥有地质地貌，湖泊湿地，森林草甸，河谷溪流，珍稀动植物，原始生态环境保存完好。

第六天 香格里拉-丽江 [早/午/晚]

- **【香巴拉时轮坛城】**了解“香巴拉”文化内涵。香巴拉时轮坛城景区，集现代建筑与藏式建筑风格为一体，是目前藏区介绍藏文化及藏传佛教文化较为全面的场所。
- **【哈巴雪山观景台】**全称“香格里拉·哈巴雪山·观景台”，大多数游客都是通过这个观景台观赏雪山，究其原因，不外乎是观景台位置极好，是观赏雪山的理想选择
- **【束河古镇】** - 纳西语称“绍坞”，因村后聚宝山形如堆垒之高峰，以山名村，流传变异而成，意为“高峰之下的村寨”，是纳西先民在丽江坝子中最早的聚居地之一，是茶马古道上保存完好的重要集镇。

第七天 丽江 [早/午/晚]

- **【玉龙雪山风景区】**是纳西族心中的神山，一共 13 座山峰连绵起伏，似银龙飞舞，因此得名（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（表演会因天气欠佳而取消，将不予退款）。**
- **【白水河】**是一条由玉龙雪山融化的冰川雪水汇成的河流，沿着山谷层叠跌宕而下，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。蓝月谷有“玉液”湖、“镜潭”湖、“蓝月”湖和“听涛”湖四个颜色各异的湖泊，还有很多小瀑布错落有致，拍照十分漂亮。
- **【玉水寨】**是以纳西民族文化为核心，与自然景观完美融合的风景名胜，如今已成为丽江主要旅游景区

第八天 丽江→吉隆坡 [早/机上用餐]

早餐后乘车送机场乘机返回温暖的家。



DAY 01 KUALA LUMPUR → LIJIANG [MOD/D]

Gather at the airport and proceed to Lijiang. After Dinner, check in hotel and overnight at Lijiang.

DAY 02 LIJIANG – LUKU LAKE [B/L/D]

- [Luku Lake] - is called the “mother lake” by the Mosuo people and it becomes “The Kingdom of Women” and “Home of the Matriarchal Tribe”.
- [Lover Bay]
- [Lige Island Deck] - as the most beautiful island which is situated at the foot of the Gemu Goddess Mountain, embraced by water on three sides
- [Mosuo Bonfire] - this’s a party for single men en women, not only dancing and singing round the fire, but also to look for their partner.

DAY 03 LUKU LAKE - LIJIANG [B/L/D]

- [Liwubi Island] with ZhuCao Boat - will need about half an hour. On the way to the top of island, you will saw many Rhododendron and Sakura beside the road.
- [Liwubi Temple] – The temple on the island of Regoji is a Yellow Lama Temple
- [Black Dragon Pond] – Its surroundings are all green with grass and shaded by swaying willow trees. In its waters the Jade Dragon Snow Mountain is reflected.
- [Lijiang Ancient Town] – Famous for its orderly system of waterways and bridges. The Oold town of Lijiang differs from other ancient from other ancient Chinese cities in architecture, history and the culture of its traditional residents the Naxi people.

DAY 04 LIJIANG - SHANGRILA [B/L/D]

- [Tiger Leaping Gorge] - is a good hiking trail with comfortable inns all along it and spectacular views of one of the deepest gorges on earth.
- [Dukezong Ancient City] - a 1300-year-old Tibetan town located in Shangri-La, which it has experienced both the flames of war and prosperity of frontier trade.
- [Gui Shan Park] - the Prayer Wheel in the park was the **World Biggest Prayer Wheel**.

DAY 05 SHANGRILA [B/L/D]

- [Gedan Songzanlin Temple] Included Buggy - It contains many treasures. The most famous of these are eight gold-covered sculptures of Sakyamuni, fashioned between the time of the Fifth and Seventh Dalai Lamas.
- [Lamuyangcuo Lake] – It located on the oppsite of Songzanlin Monastery, It means “Holy spirit Lake’ in Tebetan. It is the soul lake of Heaven Fairy Lake in Tibetan language.
- [Potatso National Park (Shudu Lake)] – Is the first national park in mainland China. Shuduhu Lake is major parts of the park. Besides this lake, forest, marsh, valley, alpine meadow and so on can be seen in the park.

DAY 06 SHANGRILA - LIJIANG [B/L/D]

- [Whellan City Cultural Expo Center] to learn about the cultural connotation of "Shambhala."
- [Haba Snow Mountain] <Drive pass> is located in the southeast of Shangri-La County. The top of the mountain is covered with snow and ice. It is surrounded by large glaciers. There are many ice-stained lakes at the lower end of the glacier. The rocky area is not too difficult to form, above the snow line. The terrain is simple, there are no obvious ice cracks, and it is an entry-level mountain for mountain climbers.
- [Shuhe Ancient Town] has listed it as an important component of Lijiang as it is a well-preserved example of a town along the ancient tea route and one of the earliest settlements of the ancestors of Naxi people.

DAY 07 LIJIANG [B/L/D]

- [Jade Dragon Snow Mountain] is the southernmost glacier in the Northern Hemisphere. Consisting of 13 peaks, among which Shanzidou is the highest with an altitude of 5,600 meters (18,360 feet). **(Subjected to weather condition, if Glaxier Park cableway is close, will be replace by Spruce Meadow Cableway)**
- ****Special Arrangement: FREE** Impression of Lijiangshow Directed by Zhang Yimou (Subject to weather conditions)
- [Baishui River] the white mud and limestone rubble at the riverbed will be swirled up, making the water as white as milk. Therefore, local Naxi people name it White Water River
- [Blue Moon Valley] actually is an extremely blue river meandering through a lush valley of Jade Dragon Snow Mountain. Seen from a distance, it resembles a blue crescent moon inlaid at the foot of the mountain.
- [Yushui Village] is located in the north of Lijiang City, at the foot of Yulong Snow Mountain in Baisha Town. The scenery of the cottage is natural and simple, especially the ethereal and clear water scenery is amazing.

DAY 08 LIJIANG → KUALA LUMPUR [B/MOB]

After Breakfast transfer to Airport and back to our Home Sweet Home.

*** Under unforeseen circumstances the company and its associated agent has the rights to amend the itinerary as and when if necessary ***

城市	酒店名字
丽江	4* 祥泰酒店或同级 x 4 晚
泸沽湖	4* 牧云山庄酒店或同级 x 1 晚
香格里拉	5* 天瑞阳光酒店或同级 x 2 晚

航班号码	目的地	航班时间
8L840	吉隆坡- 丽江	1530-1930
航班号码	目的地	航班时间
8L839	丽江- 吉隆坡	1015-1425



团费 (二人/ 三人一房)	小孩占床	小孩不占床	单人房差

团费包含 Included :

往返吉隆坡-丽江-吉隆坡机票+机场税 (随时调整), 20 公斤托运行李 (不限件数), 01 次入境中国签证, 飞机上用餐, 行程中列明的住宿, 膳食, 门票, 用车以及司机和导游服务小费

Return Flight ticket KUL/LJG + airport tax (Subject to change), 20kg Check in Baggage, 01 Single Entry Visa, Return Meals on Board, Accommodation as itinerary, Entrance Ticket, Transport and Tipping for tour guide and Driver.

团费不含 Excluded:

旅游保险, 个人消费, 其他不列明项目。

Travel Insurance, Optional Tour, All personal incidentals such as room service, laundry, telephone, telex, --氧气瓶费用处理。(根据客人自身情况自愿租用)



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