

6天5夜

## 丽江 + 香格里拉



Tour Code: CKR



★ 风味餐：• 山叠水精品土菜 • 虹鳟鱼火锅 • 马帮火塘鸡风味

## 精简行程：

第一天 抵达丽江 (机上用餐/晚餐)

酒店：金恒国际5\*酒店或同级

第二天 丽江/中甸(香格里拉)

(早/午/晚餐)

- 长江第一湾 (途径)
- 虎跳峡
- 小中甸

酒店：安信蓝海钧华 5\*酒店或同级

第三天 中甸(香格里拉)

(早/午/晚餐)

- 松赞林寺 (含环保车)
- 纳帕海 (赠送咖啡)
- 独克宗古城 (龟山公园+世界最大转经筒)

酒店：安信蓝海钧华 5\*酒店或同级

第四天 中甸(香格里拉) / 丽江

(早/午/晚餐)

- 丽江古城 (四方街)
- 黑龙潭
- 束河古镇

酒店：金恒国际5\*酒店或同级

第五天 丽江 (早/午/晚餐)

- 玉龙雪山 (大索道)
- 甘海子
- 白水河 + 蓝月谷 (含电瓶车)
- 玉水寨

酒店：金恒国际5\*酒店或同级

第六天 丽江-回程 (早/机上用餐)

全程无购物站

行程次序，以当地旅社安排为准。

## 观光景点：



玉龙雪山(大索道)



黑龙潭



纳帕海

## 丽江

- 玉龙雪山(大索道) - 海拔4506米。索道全长2914米，垂直高差1150米，是中国海拔最高的旅游客运索道之一，也是北半球最南端终年积雪的山脉。
- 甘海子 - 原为高山冰蚀湖泊，后来雪线上升，积水减少以至干涸，于是人称“干海子”。
- 白水河 - 一条从雪山流出的河水，河水是雪山积雪融化后又经岩层过滤，在泉水涌出而最终汇成白水河。
- 蓝月谷 - 是由玉龙雪山融水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。
- 玉水寨 - 寨内的神泉碧绿纯净、清冽透明，顺山势奔流而下，形成著名的“出龙瀑”、“戏龙瀑”、“送龙瀑”之“神龙三叠水”。
- 丽江古城 - 世界文化遗产丽江古城。具有800多年历史的丽江古城，始建于南宋末年。是元代丽江路宣抚司，明代丽江军民府和清代丽江府驻地。街道不拘于工整而自由分布，主街傍水，小巷临渠，300多座古石桥与河水、绿树、古巷、古屋相依相映，极具高原水乡古树、小桥、流水、人家的美学意韵。
- 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泉出水口。
- 束河古镇 - 是纳西族先民最早的聚居点，也是木氏土司的发祥地，从这里，可以感受到更为古朴的纳西民俗。

## 中甸(香格里拉)

- 纳帕海 - 位于香格里拉县城东 25 公里的高山峻岭中，四周群山环抱，林木苍翠，雪峰连绵。它由雪山溪流汇聚而成，湖水碧蓝，雪山树影倒映湖中，清丽醉人。
- 小中甸 - 是丽江前往香格里拉必经的一个小镇，地处高寒坝区，有着大片的茂盛草场。而每月5月下旬到6月中旬，这里则成了一片花海，多彩绚烂的杜鹃花、狼毒花、格桑花，还有各种不知名的小花小草，引得游人赞叹不已。同时，这里也是拍写真和婚纱照的绝佳地点。到了9、10月份的秋天，这里就成了狼毒花的天下，朵朵火红眼里的狼毒花异常绚丽。
- 松赞林寺 - 云南省规模最大的藏传佛教寺院，也是康区有名的大寺院之一，还是滇滇一带的黄教中心，在整个藏区都有着举足轻重的地位，被誉为“小布达拉宫”。该寺依山而建，外形犹如一座古堡，集藏族造型艺术之大成，又有“藏族艺术博物馆”之称。
- 独克宗古城 - 收藏了一千多年时光雕刻的历史沧桑的古镇，藏族特色建筑文化在这里重放异彩。
- 长江第一湾 - 到了香格里拉县的沙松碧村，突然来了个100多度的急转弯，转向东北，形成了罕见的“V”字形大弯，人们称这天奇视为“长江第一湾”。
- 虎跳峡 - 世界上最深的峡谷之一。

自费项目：拉市海国家湿地公园 + 杨丽萍《云南的响声》【RMB300/人】

Departure Date:

Flight:

	Tour Fare	Airport Tax & Fuel Surcharge	Tipping	ACF	Visa	Travel Insurance	Total
Adult							
Child							

Travel Agent:

6D5N

# LIJIANG + SHANGRILA



Tour Code: CKR



★ Special Cuisine: • Shan Die Shui Naxi Cuisine  
• Rainbow Trout Fish Hot Pot  
• Ma Bang Chicken Hot Pot Cuisine

## Schedule:

### D1 ARRIVAL LIJIANG

(MOB/D)

Hotel: Jinheng International 5\* Hotel or similar

### D2 LIJIANG/SHANGRILA

(B/L/D)

- First Bend of the Yangtze River (Drive Pass)
- Tiger Leaping Gorge
- Small Shangrila

Hotel: Blue Horizon Junhua 5 \* Hotel or similar

### D3 SHANGRILA (B/L/D)

- SongZanLin Monastery (Included Buggy Service)
- Napa Lake (Free Coffee)
- Du Ke Zong Old Town

Hotel: Blue Horizon Junhua 5 \* Hotel or similar

### D4 SHANGRILA / LIJIANG

(B/L/D)

- Lijiang Ancient Town (Square Street)
- Black Dragon Pond
- Shuhe Old Town

Hotel: Jinheng International 5\* Hotel or similar

### D5 LIJIANG (B/L/D)

- Yulong Snow Mountain Grand Rope Way
- Ganhaizi (Dry Sea)
- White River + Blue Moon Valley (Included Buggy Service)
- Yushui Village

Hotel: Jinheng International 5\* Hotel or similar

### D6 LIJIANG - DEPARTURE

(B/MOB)

NON SHOPPING SHOP

Sequences of Itinerary are subject to local arrangement.

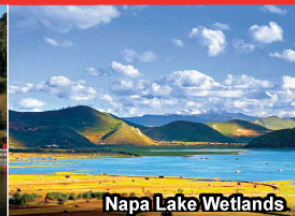
## Tourist Attractions:



Yulong Snow Mountain



Black Dragon Pond



Napa Lake Wetlands

## LIJIANG

- **Yulong Snow Mountain Lijiang Grand Rope Way** – High altitude sea level of 4506m. Taking one of the highest altitude cable car to wonderful glacier park.
- **Ganhaizi (Dry Sea)** - It had been a highland glacial lake before the 1940s and was formed after the water had dried up.
- **White River** – The water is extremely clean as it is filtrated and purified by gravel and stones when running, and hasn't been polluted at all, so call White River.
- **Blue Moon Valley** - is formed by the Jade Dragon Snow Mountain melt water Baishui River here, the crystal clear water, but also a fantastic blue, very amazing.
- **Yushui Village** – Is the central region of the Naxi Dongba Holy Land, the ancient city is the source of Lijiang., Baisha Township in Lijiang County is the birthplace of the central Naxi culture as the world recognized.
- **Lijiang Ancient Town** – Famous for its orderly system of waterways and bridges. The old town of Lijiang differs from other ancient Chinese cities in architecture, history and the culture of its traditional residents the Naxi people.
- **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.
- **Shuhe Old Town** - Is a well-preserved example of town along the ancient tea route and one of the earliest settlements of Naxi people's ancestors.

## ZHONGDIAN (SHANGRILA)

- **Napa Lake Wetlands** – ("Lake behind the forest") Nature Reserve is a state-designated wetlands area situated some 8 kilometers north of Shangri-La County (aka Zhongdian County) on the Yunnan-Guizhou Plateau in northwestern Yunnan Province. Not surprisingly, this wetlands area is a true paradise for all types of birds, most especially for water fowl.
- **Small Zhong Dian** - located in the alpine dam area, has a large area of lush grassland. From late May to mid-June each month, here will be a sea of flowers.
- **Songzanlin Monastery** – Being the largest Tibetan Buddhist monastery in Yunnan, Songzanlin Monastery, also known as Guihua Monastery, is one of the famous monasteries in the Kang region. It is located near Shangri-La County, at the foot of Foping Mountain.
- **Zang Minority Home Visit** – Learn the culture of Zang Minority.
- **Du Ke Zong Old Town** - There is a place you can find the colorful Tang Ka, the printing or drawing for the Buddha.
- **First Bend of the Yangtze River** - The river makes a 90 degree turn from south to east within a distance of 1 kilometer.
- **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.

Optional Tour : Lashi Lake National Wetland Park + Yang Li Ping <The Sound of Yunnan> [RMB300/Person]

Departure Date:

Flight :

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Child							

Travel Agent: