



POH HAI
S I N C E 1 9 8 8

9D7N

云南

昆明/大理/丽江/香格里拉
KUNMING/ DALI/ LIJIANG/ SHANGRI-LA

Tour Code: PHPEN-GCKMG-2

Batik
A MEMBER OF LION GROUP

槟城直飞
PENANG DIRECT FLIGHT



Songzanlin Monastery
松赞林寺



'IMPRESSION LIJIANG PERFORMANCE'
印象丽江实景歌舞秀



Tiger Leaping Gorge
虎跳峡

行程次序，以當地旅社安排為準。
Sequences of Itinerary are subject
to local arrangement.

JADE DRAGON SNOW MOUNTAIN
丽江雪山



独克宗古城
Dukezong Ancient City



蓝月湖
Blue Moon Valley



大理圣托里尼
Dali Santorini



精简行程

第01天 槟城 → 昆明

- ▶ 集合于槟城国际机场，乘搭航班飞往昆明。

第02天 昆明 → 大理 (早/午/晚)

- ▶ 圣托里尼 (含上行电瓶车+精美下午茶)
- ▶ 洋人街
- ▶ 大理古城

第03天 大理 → 香格里拉 (早/午/晚)

- ▶ 喜洲古镇+白族人家 (三道茶、白族歌舞表演)
- ▶ 独克宗古城
- ▶ 龟山公园+转经筒
- ▶ 虎跳峡 (含上下扶梯)

第04天 香格里拉 → 丽江 (早/午/晚)

- ▶ 香巴拉藏文化博物馆
- ▶ 纳帕海&依拉草原
- ▶ 时论金刚大佛
- ▶ 黑龙潭
- ▶ 立体坛城
- ▶ 丽江古城
- ▶ 唐卡工艺
- ▶ 大研古镇四方街
- ▶ 松赞林寺

第05天 丽江 (早/午/晚)

- ▶ 玉龙雪山风景区冰川公园 (大索道往返&环保车)
- ▶ 蓝月谷 (含电瓶车)
- ▶ 张艺谋-印象丽江实景歌舞秀

第06天 丽江 → 大理 (早/午/晚)

- ▶ 沙溪古镇 (古戏台)
- ▶ 洱海生态廊道+S湾 (苍耳留香小马车+含旅拍+电子照片)

第07天 大理 → 昆明 (早/午)

- ▶ 瀑布公园
- ▶ 南屏步行街
- ▶ 金殿
- ▶ 南强市集
- ▶ 金马碧鸡坊

第08天 昆明 → 槟城 (早/午/晚)

- ▶ 西山风景区 (含上下电瓶车)
- ▶ 公园1903
- ▶ 翠湖公园
- ▶ 前往机场，返回家园
- ▶ 官渡古镇

第09天 抵达槟城

观光景点:

●●● 大理 ●●●

- ◆ **大理古城** - 简称榆城又称洋人街，位居风光亮丽的苍山脚下。大理古城是全国首批历史文化名城之一。街边有各种专卖大理石制品、扎染、草编等名特产品的店铺和风味十足的白族饮食店。
- ◆ **圣托里尼** - 游览背靠苍山面朝洱海的大理新晋网红必打卡，仿佛走进一个纯白色的梦境，每一个转角都是绝美风景，有一种瞬间来到希腊的既视感。

●●● 香格里拉 ●●●

- ◆ **独克宗古城** - 位于迪庆藏族自治州香格里拉县东南隅，为唐代吐蕃王朝所建。“独克”是藏语音译，意为“月光城”和“建在石头上的城堡”。古城依山而建，路面就地势铺筑石板，自然起伏。至今，在石板路上甚至还能看出马蹄的印迹，这是岁月久远的马帮留下的信物。
- ◆ **虎跳峡** - 是中国云南省丽江一处峡谷，位于玉龙与香格里拉之间的金沙江干流上。相传金沙江逢枯水期时，有猛虎下山，在此江中的礁石上稍一脚后腾空便越过，故称“虎跳峡”，江中的礁石则称作“虎跳石”。
- ◆ **松赞林寺** - 全寺依山势层叠而上，气派非凡。外围筑有椭圆形城垣，主殿威严而华美，殿内壁画色彩鲜艳，被誉为“小布达拉宫”。

●●● 丽江 ●●●

- ◆ **丽江古城** - 世界文化遗产，始建于南宋。以其自由分布的街道、古石桥和高原水乡的独特建筑美学闻名。
- ◆ **黑龙潭公园** - 清代古园，潭水清澈。这里是拍摄“玉龙雪山倒映在潭水中”经典绝景的最佳地点。
- ◆ **玉龙雪山风景区冰川公园** - 玉龙雪山是世界上北半球纬度最低的一座有现代冰川分布的极高山，由座山峰组成，海拔均在5000米以上，玉龙雪山冰川公园处于玉龙雪山主峰扇子陡东北坡，是玉龙雪山现代冰川的典型代表。
- ◆ **蓝月谷景区** - 蓝月谷最著名的景点是蓝月池，这是山脚下的一片风景如画的湖泊。湖水倒映着天空和周围的风光，创造出令人陶醉的镜像效果。

●●● 昆明 ●●●

- ◆ **南强市集** - 是近年来深受年轻人喜爱的文创夜市与休闲打卡地。这里保留了老昆明街巷的历史风貌，融合了现代市集、美食文化和文艺气息。市集内设有许多特色摊位，贩售本地手工艺、创意产品、云南小吃与咖啡甜品等。南强市集不仅展示了昆明的城市活力，也展现了传统与现代的完美结合。



精选住宿 (7晚)

- | | |
|-----------------|-------|
| ★ 昆明徽商酒店或同级 | x 1 晚 |
| ★ 大理清晨时光酒店或同级 | x 2 晚 |
| ★ 香格里拉蜀锦沐云酒店或同级 | x 1 晚 |
| ★ 丽江设计师酒店或同级 | x 2 晚 |
| ★ 昆明锦江大酒店或同级 | x 1 晚 |

推荐自费:
丽江千古情 或 云南印象表演
= 320 人民币/人

保证自费: 虎跳峡 (含上下扶梯) + 印象丽江秀 + 西山风景区 (含上下电瓶车) = 300 马币/人

免责声明: 由于新冠肺炎疫情旅行限制当地/ 宗教节日, 公众假期, 天气状况, 交通等情况, 自然灾害, 必要时宝海旅游保留对行程进行适当调整 (调整景点游览顺序) 以确保行程顺利进行, 会或否事先通知。

备注: 如果旅游行程受到上述问题的影响, 将不予退款或更换。图片仅供参考。



南强市集
Nanqiang Market



沙溪古镇
Shaxi Ancient Town



洱海生态廊道
ERHAI ECOLOGICAL CORRIDOR



SCHEDULE

D1 PENANG ✈️ KUNMING

- ▶ Assemble at the Penang International Airport, take flight to China, Kunming.

D2 KUNMING 🚌 DALI (B/L/D)

- ▶ Dali Santorini (Included One Side Battery Car+Tea Time)
- ▶ Yangren Jie ▶ Dali Ancient Town

D3 DALI 🚌 SHANGRI-LA (B/L/D)

- ▶ Xizhou Ancient Town + Bai Ethnic (Three-Course Tea+Song & Dance Show)
- ▶ Dukezong Ancient Town
- ▶ Guishan Park + Prayer Wheel
- ▶ Tiger Leaping Gorge (Included Escalator)

D4 SHANGRI-LA 🚌 LIJIANG (B/L/D)

- ▶ Tibetan Culture Museum
- ▶ The Vajra Buddha
- ▶ Three Dimensional Mandala
- ▶ Thangka Craft
- ▶ Songzanlin Monastery
- ▶ Napahai & Yila Grassland
- ▶ Black Dragon Pool Park
- ▶ Lijiang Ancient Town
- ▶ Sifang Street

D5 LIJIANG (B/L/D)

- ▶ Jade Dragon Snow Mountain Scenic Area Glacier Park (Includes Round-trip cable car & Included Eco Car)
- ▶ Blue Moon Valley (Includes electric car)
- ▶ Zhang Yi Mou's 'Impression Lijiang Performance'

D6 LIJIANG 🚌 DALI (B/L/D)

- ▶ Shaxi Ancient Town (Old opera stage)
- ▶ Erhai Ecological Corridor + S Bay (Cang'er's Fragrance+Travel Photography+Free Electronic Photos)

D7 DALI 🚌 KUNMING (B/L)

- ▶ Waterfall Park
- ▶ Golden Palace
- ▶ Golden Horse and Jade Rooster Archway
- ▶ Nanping Pedestrian Street
- ▶ Nanqiang Market

D8 KUNMING ✈️ PENANG (B/L/D)

- ▶ Xishan Scenic Area (Included battery car)
- ▶ Cuihu Park
- ▶ Guandu Ancient Town
- ▶ 1903 Park
- ▶ Transfer to airport, home sweet home.

D9 ARRIVAL PENANG

TOURIST ATTRACTIONS:

● ● ● DALI ● ● ●

- ◆ **Dali Ancient Town** - It is a national historical and cultural city of Dali and a national key scenic spot of Dali. The chessboard-like street pattern and residential buildings retain their historical appearance.
- ◆ **Dali Santorini** - It faces the ancient city of Dali across the "sea", and sits on the same geographical features as the Aegean Gulf in Greece. It is composed of boutique hotel clusters, cultural businesses and holiday apartments.

● ● ● SHANGRI-LA ● ● ●

- ◆ **Dukezong Ancient City** - Known as the "Moonlight City," this historic Tibetan town features stone-paved roads built along the mountain slope. You can still see horse hoof imprints left by ancient caravans.
- ◆ **Tiger Leaping Gorge** - One of the world's deepest and most dramatic gorges. It is named after a legend of a tiger jumping across its narrowest point.
- ◆ **Sumtseing Monastery** - Often called the "Little Potala Palace," this majestic monastery is built into the hillside and is famous for its grand halls and colorful murals.

● ● ● LIJIANG ● ● ●

- ◆ **Lijiang Ancient Town** - A UNESCO World Heritage site with 800+ years of history. Known for its organic layout of canals, stone bridges, and traditional plateau water-village architecture.
- ◆ **Black Dragon Pool Park** - A Qing Dynasty park famous for its crystal-clear spring water. It offers the iconic reflection of Jade Dragon Snow Mountain in its still waters.
- ◆ **Jade Dragon Snow Mountain** - Home to the world's lowest-latitude modern glaciers. It features 13 peaks exceeding 5,000 meters, with Glacier Park located on its steep northeastern slope.
- ◆ **Blue Moon Valley** - Famous for the "Blue Moon Pool" at the mountain's base. Its turquoise waters create a stunning mirror effect of the sky and surrounding scenery.

● ● ● KUNMING ● ● ●

- ◆ **Nanqiang Market** - A trendy cultural night market set in historic alleys. It blends traditional Kunming charm with modern artisan stalls, street food, and cozy cafes—perfect for dining, shopping, and photography.



HOTEL OR SIMILAR (7 NIGHTS)

- ★ Kunming Huishang International Hotel or Similar x 1 Night
- ★ Dali Early Morning Time Hotel or Similar x 2 Nights
- ★ Shangri-La Yijin Muiyun Hotel or Similar x 1 Night
- ★ Lijiang Designer Hotel or Similar x 2 Nights
- ★ Kunming Jinjiang Hotel or Similar x 1 Night

Recommended Optional

Lijiang Eternal Love or Yunnan Impressions Show
= 320 RMB/person

Compulsory Optional Tour : Tiger Leaping Gorge (Included Escalator) + Impression Lijiang Show + Xishan Scenic Area (Included Battery Car) - 300 RM/person

Disclaimer: Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Poh Hai Travel reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.

Remark: There will be no refund or replacement if the tour logistic is affected by the above issue. All pictures are for illustration purpose only.

General Information

· 昆明 KUNMING ·

货币 Currency 	中国元 人民币 Chinese Yuan Renminbi - CNY - RMB - CNY - RMB	信用卡 Credit Card 	* Major credit cards such as Visa and Master card are mostly widely used. * 致电信用卡中心，以延长你的信用卡额度
货币兑换率 Exchange Rate 	10 CNY = MYR 6.20 10 元 = 马币 6.20 *Subject to currency of the day* *以当天汇率为准*	拨号代码 Dial Code 	China 中国 : +86 : +86
电压 Voltage 	Voltage - 220 Volts, 50Hz 电压 - 220伏特, 50赫兹	插座 Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type B - 两脚扁型 + 一圆型插头 / 2 flat blade pin + 1 round pin 类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"
时差 Time Different 	China - No time different with Malaysia 中国 - 时间与马来西亚时间标准时无相差	行李托运 Luggage Allowance 	Each individual are entitled to check in 1 luggage of not more than 20 kg and a hand carry bag not more than 7 kg. 每人只限携带一件不超过7公斤的手提行李上机，以及托运一件行李不超过20公斤。
气候 Weather 	☐ 春季 Spring 3月 - 5月 Mar to May 25°C ~ 10°C ☐ 夏季 Summer 6月 - 8月 Jun to Aug 34°C ~ 22°C ☐ 秋季 Autumn 9月 - 11月 Sep to Nov 25°C ~ 9°C ☐ 冬季 Winter 12月 - 2月 Dec to Feb 10°C ~ -8°C *Subject to weather of the day* *以当天天气报告为准*		

Departure Date:
出发日期:

Flight :
航班行程:

Tour Fare:
团费:

Airport Tax & Fuel Surcharge:
机场税及燃油附加费:

Tipping:
小费:

Agent Collection Fee:
旅行社代收费:

Visa:
签证:

Travel Insurance:
旅行保险:

TOTAL :
总数:

Flight Details : Batik Air
OD666 PEN - KMG 2240 - 0200+1
OD667 KMG - PEN 0300 - 0630



POH HAI
S I N C E 1 9 8 8

POH HAI TRAVEL & TRANSPORTS SDN BHD

(NIBONG TEBAL HQ) - ☎ 014 - 643 7336 / ☎ 010 - 256 7336

📍 3946, Lorong Sungai Daun 4, Taman Nibong Tebal Jaya, 14300 Nibong Tebal, Penang, Malaysia.

(PENANG) - ☎ 010 - 657 7336 / ☎ 016 - 407 7336 / ☎ 016 - 459 7336

📍 431, Lebuh Chulia, George Town, Malaysia

(SUNGAI PETANI) - ☎ 010 - 974 4336 / ☎ 010 - 961 7336

📍 No 36, (Ground Floor), Jalan N City 1/1, N City, Sungai Petani, Malaysia