



8D7N

Kunming · Shangri-La · Lijiang



行程亮点 Highlights

打卡网红景点
热门景点一网打尽

优美景色
随拍都能拍大片感

精选酒店
舒适住宿安心出行

轻松旅行
吃喝玩乐全攻略



独克宗古城
Dukezong Ancient Town



巴拉格宗景区
Balagezong Scenic Area



松赞林寺
Songzanlin Monastery



白沙古镇
Baisha Ancient Town



昆明老街
Kunming Old Street

第一天 吉隆坡 → 昆明

集合在吉隆坡国际机场乘搭航班飞往昆明长水国际机场。抵达后，前往餐厅享用晚餐后送往酒店办理入住。

晚 - 云南风味

住宿：昆明 - 枫渡酒店4★或同级

第二天 昆明 → 香格里拉

独克宗古城：是保存最完整的藏式古城之一，也是茶马古道的重要节点。
龟山公园：是一座以藏文化与地标性转经筒闻名的小山公园。（含到龟山公园转经筒）。

早 / 午 - 自理 / 晚 - 藏式土司宴 + 篝火晚会

住宿：香格里拉 - 智选假日酒店4★或同级

第三天 香格里拉 → 德钦

金沙江大拐弯（外观）：是长江上游最壮观的地理奇观之一。
东竹林寺：是香格里拉地区重要的藏传佛教寺院之一。
白马雪山（外观）：位于迪庆州，是连接滇藏高原的重要自然景观带。
飞来寺：是观赏梅里雪山日照金山最著名的观景点之一。

早 / 午 - 中式合菜 / 晚 - 藏式风味

住宿：德钦 - 德钦观景天堂大酒店5★或同级（入住观景房）

自费项目：
云南映象歌舞秀 RMB280/人

贴心小Tips

建议穿搭：休闲运动风，方便拍照与徒步
最佳拍照时间：清晨/傍晚，光线更柔和
必备物品：防晒霜，墨镜，充电宝，轻便背包

第四天 德钦 → 巴拉格宗

如果天气晴朗可以在早上行赏金光洒满的雪山的壮丽景象（梅里雪山日照金山 - 视天气情况而定）。
巴拉格宗景区：以八仙传说为主题的海滨文化景区，融合海景与神话体验，是蓬莱热门打卡地。

（游览巴拉格宗景区 - 含电瓶车）

千年菩提树：象征着智慧、坚韧与祝福。
香格里拉大峡谷：是巴拉格宗最具代表性的自然景观之一。
巴拉村：是藏在雪山峡谷中的千年古村落。
回音壁：由大自然历经千万年雕琢而成的天然奇观。
高空玻璃栈道：在悬崖上延伸出的观景之路。

早 / 午 - 中式合菜 / 晚 - 纳西土锅鸡

住宿：香格里拉 - 智选假日酒店4★或同级

第五天 香格里拉 → 丽江

松赞林寺（含电瓶车）：是一座融合宗教、文化和建筑艺术的藏传佛教寺院。

虎跳峡（含上下扶梯）：是巴拉格宗最具代表性的自然景观之一。

悬崖咖啡厅：含一杯咖啡或饮品。

前往丽江，办理入住。

早 / 午 - 峡谷风味 / 晚 - 地道云南菜

住宿：丽江 - 智选假日酒店4★或同级

第六天 丽江

古城四方街：丽江古城地标广场，见证茶马古道与纳西文化交融。

白沙古镇：是丽江最早形成的纳西族聚居地之一，也是丽江古城文化的重要发源地。

早 / 午 - 纳西风味 / 晚 - 自理

住宿：丽江 - 智选假日酒店4★或同级

第七天 丽江 → 昆明

乘动车返回昆明。
品尝云南普洱茶：云南名茶，以“越陈越香”著称，被誉为“可以喝的古董”。

午餐后，前往酒店办理入住。并且办理入住后，游览附近老街或步行街。

早 / 午 - 自理 / 晚 - 过桥米线风味

住宿：昆明 - 个豪生Life酒店4★或同级

第八天 昆明 → 吉隆坡

早上自由活动，中午送往机场乘搭飞机飞往吉隆坡。

早 / 午 - 自理 / 晚 - 机上用餐

温馨提示

不含餐食 × 4

青春玩法推荐

网红打卡：龟山公园，松赞林寺，
品尝云南普洱茶

沉静式文旅：独克宗古城

夜生活：昆明老街

特色美食

藏式土司宴

纳西土锅天麻鸡

峡谷风味

地道云南菜

若中英文行程版本出现不符合之处，将以华语版本为依据。

如果某个参观地点不对游客开放，则会以其他地点代替。

在重大活动期间，住宿可能不在上述城市，行程顺序如有更改，恕不另行通知。

免责声明：行程安排仅供参考，行程、餐食、住宿、交通等可能会因不可抗拒的因素而改动，恕不另行通知。

DAY 1

Kuala Lumpur → Kunming



Assemble at Kuala Lumpur International Airport and board your flight to Kunming Changshui International Airport. Upon arrival, proceed for dinner before transferring to the hotel for check-in.

D – Yunnan flavor

Hotel: Kunming – Fengdu Hotel 4★ or similar

DAY 2

Kunming → Shangri-La

Dukezong Ancient Town: One of the best-preserved Tibetan ancient towns and an important stop along the Ancient Tea Horse Road.

Guishan Park: A hilltop park renowned for its Tibetan culture and iconic giant prayer wheel.

(Include Visit and spin the giant prayer wheel at Guishan Park).

B / L – By Own / D – Tibetan Tusi Banquet + Bonfire Party

Hotel: Shangri-La – Holiday Inn Express 4★ or similar

DAY 3

Shangri-La → Deqin

First Bend of the Jinsha River (Sightseeing): One of the most spectacular geographical wonders along the upper reaches of the Yangtze River.

Dongzhulin Monastery: An important Tibetan Buddhist monastery in the Shangri-La region.

Baima Snow Mountain (Sightseeing): A significant natural scenic belt connecting Yunnan and Tibet on the plateau.

Feilai Temple: The most famous viewpoint for witnessing the stunning sunrise glow over Meili Snow Mountain.

B / L – Chinese Set Menu / D – Tibetan Specialty Cuisine

Hotel: Deqin – Deqin Paradise View Hotel 5★ (View) or similar

DAY 4

Deqin → Balagezong → Shangri-La

If weather permits, enjoy the breathtaking sight of the golden sunrise illuminating Meili Snow Mountain ("Golden Mountain at Sunrise").

Balagezong Scenic Area: A spectacular natural attraction featuring deep gorges, Tibetan villages, sacred sites, and dramatic mountain landscapes.

(Tour of Balagezong Scenic Area including shuttle bus).

Millennium Bodhi Tree: A symbol of wisdom, resilience, and blessings.

Shangri-La Grand Canyon: The most iconic natural attraction within Balagezong.

Bala Village: A thousand-year-old Tibetan village hidden among snow-capped mountains and deep valleys.

Echo Wall: A natural wonder shaped by millions of years of geological activity.

Glass Skywalk: A thrilling cliffside walkway offering panoramic views.

B / L – Chinese Set Menu / D – Nixi Clay Pot Chicken with Gastrodia

Hotel: Shangri-La – Holiday Inn Express 4★ or similar

DAY 5

Shangri-La → Lijiang

Songzanlin Monastery (Including Shuttle Bus): A magnificent Tibetan Buddhist monastery that combines religious significance, cultural heritage, and architectural beauty.

Tiger Leaping Gorge (Including Escalators): Known as a world-class canyon wonder, famous for its dramatic landscapes and roaring rapids.

Cliffside Café: Includes one complimentary coffee or beverage.

Proceed to Lijiang and check in to the hotel.

B / L – Canyon Specialty Cuisine /

D – Authentic Yunnan Cuisine

Hotel: Lijiang – Holiday Inn Express 4★ or similar

DAY 6

Lijiang

Sifang Street, Lijiang Ancient Town: The most iconic central square of Lijiang Ancient Town and a symbol of the historical Tea Horse Road and Naxi culture.

Baisha Ancient Town: One of the earliest Naxi settlements and an important birthplace of Lijiang's cultural heritage.

B / L – Naxi Specialty Cuisine / D – By Own

Hotel: Lijiang – Holiday Inn Express Hotel 4★ or similar

DAY 7

Lijiang → Kunming

Take a high-speed train back to Kunming.

Yunnan Pu-erh Tea Tasting: Yunnan's most famous tea, celebrated for becoming more flavorful with age and often referred to as a "drinkable antique."

After lunch, check into the hotel and visit nearby old streets or pedestrian areas.

B / L – By Own / D – Crossing-the-Bridge Rice Noodles Specialty

Hotel: Kunming – Howard Johnson Life Hotel 4★ or similar

DAY 8

Kunming → Kuala Lumpur

Free at leisure in the morning.

Transfer to the airport at noon for your flight back to Kuala Lumpur.

B / L – By Own / D – MOB

Optional activity:

Yunnan Impression Dance Show – RMB 280 per person

Special Note:

In the event of discrepancy between the Chinese and English tour itineraries, please refer to the Chinese itinerary

Friendly Reminder

Excluded Meals x 4

Youth Travel Guide

Trendy Check-ins
Guishan Park, Songzanlin Monastery, Yunnan Pu-erh Tea Tasting

Relaxed Cultural Tour
Dukezong Ancient Town

Nightlife
Kunming Old Street

Signature Dishes

Tibetan Tusi Banquet



Nixi Clay Pot Chicken with Gastrodia



Canyon Specialty Cuisine



Authentic Yunnan Cuisine



Common "Sweet Tips" for your trip

Outfit Inspiration:

Go for casual-sporty vibes! It's the perfect balance for both hiking and looking great in photos.

Golden Hour:

The best time for photos is early morning or late afternoon when the light is softest and most flattering.

Travel Essentials:

Don't forget your sunscreen, sunglasses, a power bank, and a lightweight backpack.



悬崖咖啡厅 Cliffside Café

干杯!



Scan Me
Travel Mood: ON

#Out Of Posts – Time to Travel

Disclaimer: Itinerary arrangement for reference only. Itineraries, Meals, Hotels and etc. subject to change due to unforeseen circumstances without prior notice.