



8D7N

Kunming · Dali · Lijiang



行程亮点 Highlights

打卡网红景点
热门景点一网打尽优美景色
随拍都能拍出大片感精选酒店
舒适住宿安心出行轻松旅行
吃喝玩乐全攻略洱海生态廊道
Coastal Ecological Corridor周城体验白族扎染
Zhoucheng Bai Ethnic Tie-Dye Experience黑龙潭
Black Dragon Pool古城四方街
Old Town Sifang Street玉龙雪山冰川公园
Jade Dragon Snow Mountain Glacier Park

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-粤菜风味

住宿：昆明-枫渡酒店4★酒店或同级

第五天 丽江



玉龙雪山冰川公园：是丽江最具标志性的高海拔雪山景区。
*包含雪山上下大索道，游览-甘海子，白水河，蓝月谷，玉水寨。
逛完景区后，乘搭小火车(含票)返回市区。

早-酒店 / 午-自理 / 晚-纳西精品合菜

住宿：丽江-智选假日酒店4★或同级

第二天 昆明 → 大理



花语牧场：结合“大理”的慢生活气息的地方。
古城洋人街：一条充满自由、文艺与异国风情的街道。

早-酒店 / 午-大理砂锅鱼风味 / 晚-自理

住宿：大理-城迹酒店4★酒店或同级

第三天 大理



洱海生态廊道：是一条沿着洱海延伸的生态景观长廊。
*活动1-游览洱海生态廊道(含音乐车+歌手伴唱)
*活动2-含大理啤酒/果汁 x 1 瓶/人
*活动3-旅拍(赠送电子照片3张/人及赠送全团航拍小视频)
周城体验白族扎染：是大理最具代表性的非遗文化之一。
*体验白族扎染及附送一件亲手DIY的T-shirt或包包。

早-酒店 / 午-大理白族风味 / 晚-自理

住宿：大理-城迹酒店4★酒店或同级

第四天 大理 → 丽江



黑龙潭：是丽江最具代表性的古典园林景观之一。
古城四方街：是丽江古城最热闹、最有人间气的地方。

早-酒店 / 午-地道云南菜 / 晚-自理

住宿：丽江-智选假日酒店4★或同级

第七天 丽江 → 昆明



乘搭动车返回昆明，抵达后享用午餐。
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。

*当天安排车子将客人行李拉回昆明。

早-酒店 / 午-过桥米线风味 / 晚-自理

住宿：昆明-豪生Life酒店4★或同级

第八天 昆明 → 吉隆坡



早-酒店 / 午-菌火锅风味

早上自由活动，之后送往机场乘搭飞机飞往吉隆坡。

推荐自费项目：
(张艺谋) 印象丽江歌舞表演 + 1人1瓶氧气瓶 + 1人1顶扎染帽 - 280RMB/人

温馨提示

不含餐食 × 7

青春玩法推荐

- 网红打卡：洱海生态廊道，黑龙潭，古城四方街，玉龙雪山冰川公园
- 沉静式文旅：花语牧场，古城洋人街，自然景区，围成体验白族扎染
- 夜生活：步行街

特色美食



大理砂锅鱼风味



大理白族风味



纳西精品合菜



过桥米线风味



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



扫一扫
总有你想去的地方
井去旅游吧，IG素材快没了



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、膳食、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。



馬來西亞親善旅遊社
MALAYSIAN HARMONY
KPK/LN 0197 ROC NO 118155 V

21, Jln Tong Shin, Bukit Bintang, 50200 Kuala Lumpur,
Wilayah Persekutuan Kuala Lumpur
☎ 03-2145 4226 ☎ 012-622 3314
✉ tour@mysharmony.com 🌐 malaysianharmony.com.my

Create Memories



DAY 1 Kuala Lumpur → Kunming



Meet at Kuala Lumpur International Airport and take a flight to Kunming Changshui International Airport.

Upon arrival, proceed to a restaurant for dinner and then transfer to the hotel for check-in.

D – Cantonese Cuisine Flavor

Hotel: Kunming – Fengdu Hotel Kunming 4★ or similar

DAY 2 Kunming → Dali

5H



Flower Language Ranch: A place reflecting the slow lifestyle atmosphere of Dali.

Dali Ancient Town "Foreigners' Street": A street full of freedom, art, and international charm.

B – Hotel / L – Dali-Style Clay Pot Fish Flavor / D – By Own

Hotel: Dali – Chengji Hotel Dali 4★ or similar

DAY 3 Dali



Erhai Ecological Corridor: An ecological scenic corridor along Erhai Lake.

Activity 1: Visit Erhai Ecological Corridor (includes music vehicle + live singer performance)

Activity 2: Dali beer / juice (1 bottle per person)

Activity 3: Photo shoot (3 edited digital photos per person + group aerial drone video)

Zhoucheng Village: Bai ethnic tie-dye experience.

Includes hands-on tie-dye activity and a DIY T-shirt or bag souvenir

B – Hotel / L – Dali Bai-Style Flavor / D – By Own

Hotel: Dali – Chengji Hotel Dali 4★ or similar

DAY 4 Dali → Lijiang

2.5H



Black Dragon Pool: One of Lijiang's most iconic classical garden landscapes.

Lijiang Ancient Town "Square Street": The liveliest and most vibrant area of the old town.

B – Hotel / L – Authentic Yunnan Cuisine / D – By Own

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

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

DAY 5 Lijiang



Jade Dragon Snow Mountain Glacier Park: Lijiang's most iconic high-altitude snow mountain scenic area.

Includes round-trip (Grand Cableway), visits to Ganhaizi, Baishui River, Blue Moon Valley, and Yushui Village.

After visiting the scenic area, take a sightseeing train (ticket included) back to the city.

B – Hotel / L – By Own / D – Premium Naxi Mixed Platter

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

DAY 6 Lijiang

Free day

B – Hotel / L – By Own / D – By Own

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

DAY 7 Lijiang → Kunming

4H



Take a high-speed train back to Kunming. Upon arrival, enjoy lunch.

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

Luggage will be transported back to Kunming separately.

B – Hotel / L – Crossing-the-Bridge Rice Noodle Flavor / D – By Own

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

DAY 8 Kunming → Kuala Lumpur



Free morning until check-out.

Proceed to restaurant for lunch and transfer to airport for flight back to Kuala Lumpur.

B – Hotel / L – Mushroom Hot Pot Flavor

Optional Tours

(Zhang Yimou) Impression Lijiang Song and Dance Performance + 1 Oxygen Bottle per Person + 1 Hat per Person – RMB 280 per person

Friendly Reminder

Meal Exclude x 7

Youth Travel Guide

- Trendy Check-ins
Erhai Ecological Corridor, Black Dragon Pool, Lijiang Ancient Town "Square Street"
- Relaxed Cultural Tour
Flower Language Ranch, Zhoucheng Village
- Nightlife
Walking streets

Signature Dishes

Dali-Style Clay Pot Fish Flavor



Dali Bai-Style Flavoury



Premium Naxi Mixed Platter



Rice Noodle Flavor



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.



丽江古城
Lijiang Ancient Town



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.

干杯!

