

9天
7晚

成都·四姑娘山·稻城亚丁



SWCTFU4GD-9A

行程特点

一、行程核心特点

1. **川西全景环线**：一次走完四姑娘山 + 稻城亚丁，雪山、草原、海子、秘境全覆盖。
2. **真纯玩无自费**：全程无自费、无购物店，仅车购土特产，游玩轻松纯粹。
3. **2+1 保姆车**：全程豪华 2+1 头等舱保姆车，高原长途更舒适。
4. **网红经典双享**：成都网红地标 + 川西顶级自然景观，人文风光两不误。
5. **高原摄影天堂**：新都桥、塔公草原、墨石公园、双桥沟，随手出大片。
6. **藏域风情深度**：走进最后的香格里拉，沉浸式体验高原藏地风光。
7. **特色美食全含**：川菜、藏区风味、四川火锅、农家风味，舌尖不重样。

二、行程精简介绍

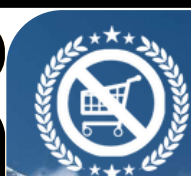
- 《春熙路 / 太古里》：成都顶流商圈，时尚与市井交融。
- 《锦里古街》：川西民俗古街，老成都烟火气十足。
- 《泸定桥》：红色历史地标，铁索天险记忆深刻。
- 《新都桥》：摄影天堂，高原光影如画。
- 《海子山自然保护区》：古冰体遗迹，石海苍莽壮阔。
- 《稻城亚丁》：最后的香格里拉，神山海子秘境天堂。
- 《青杨林》：万亩高原杨树林，秋日金色童话。
- 《墨石公园》：异域星球墨石奇观，出片圣地。
- 《塔公草原 / 塔公寺》：藏地草原圣境，宗教氛围浓厚。
- 《四姑娘山·双桥沟》：东方阿尔卑斯，雪山牧场全景。
- 《猫鼻梁》：四姑娘山全景最佳观景台。
- 《宽窄巷子》：成都老巷名片，川西民居活化石。

住宿安排

- 2晚成都：**
- 嘉廷酒店或当地 5 星同级
- 1晚新都桥：**
- 摄影天堂酒店或当地 5 星同级
- 2晚香格里拉镇：**
- 亚丁智选假日或当地 5 星同级
- 1晚雅江：**
- 悦程大酒店或当地 5 星同级
- 1晚四姑娘山：**
- 新四姑娘山庄金林楼或当地 5 星同级

餐点安排

- 9天：7早餐、7午餐、7晚餐包含：**
- 中式和菜、川菜风味、泸定特色菜、理塘风味、雅江风味、农家风味、四川火锅



《四姑娘山 Siguniang Mountain》

1 吉隆坡 → 成都

- 集合于吉隆坡国际机场，飞往《成都》
- (机上用餐)
- 酒店：机上过夜

2 吉隆坡 → 成都

- 抵达《成都天府机场》，由当地导游接机，开启旅程。
- 游览《春熙路步行街》：成都核心繁华商圈，潮流时尚聚集地，感受蓉城都市活力。
- 游览《太古里》：开放式街区商业地标，融合传统川西建筑与现代时尚，网红打卡首选。
- 游览《锦里古街》：川西民俗文化老街，青砖黛瓦、古色古香，尽显老成都烟火气息。
- (机上用餐 / 午 / 晚)
- 酒店：成都嘉廷酒店或当地 5 星同级

3 成都 - 新都桥 (5 小时)

- 游览《泸定桥》：中国著名红色历史地标，由 13 根铁索横跨大渡河构成，行走于铁索桥上，直面湍急河水与天险地势，重温红军飞夺泸定桥的峥嵘岁月，感受震撼人心的革命历史。
- 途经《折多山观景台》：康巴第一关，海拔超 4000 米，可俯瞰连绵雪山、苍茫云海与蜿蜒山路，尽览川西高原雄浑壮阔的风光。
- 抵达《新都桥》：被誉为摄影天堂，十里长廊沿山河谷开阔、杨树成林，搭配特色藏式民居与光影变幻，处处如油画般唯美，是高原风光摄影绝佳之地。
- (早 / 午 / 晚)
- 酒店：新都桥摄影天堂酒店或当地 5 星同级

4 新都桥 - 理塘(4小时) - 香格里拉镇(4小时)

- 乘车前往香格里拉镇，沿途途经《高尔寺山》《剪子湾山》《卡子拉山》三大高原山口，一路云海相伴。
- 游览《海子山自然保护区》：青藏高原最大古冰体遗迹，石海苍莽、湖泊星罗棋布，苍凉震撼。
- 途经《桑堆小镇》，欣赏高原田园风光。
- (早 / 午 / 晚)
- 酒店：香格里拉镇亚丁智选假日或当地 5 星同级

5 香格里拉镇 - 稻城亚丁

- 全天深度游览《稻城亚丁》：被誉为“最后的香格里拉”，雪山、冰川、草甸、海子汇集，纯净圣洁。
- 含观光车 + 电瓶车，游览核心景区，近距离仰望仙乃日、央迈勇、夏诺多吉三大神山，漫步高原湖泊，沉浸式感受世界级自然美景。
- (早 / 午 / 晚)
- 酒店：香格里拉镇亚丁智选假日或当地 5 星同级

6 稻城 - 雅江 (7 小时)

- 早餐后，乘车前往《雅江》。
- 途经《稻城白塔群》：稻城标志性藏传佛教建筑群落，白塔林立、圣洁庄严，感受浓郁的藏地宗教文化与高原祈福氛围。
- 打卡《青杨林》：万亩高原杨树林，金秋时节满目金黄，在高原蓝天映衬下景致绚烂，呈现绝美的川西田园风光。
- 再次途经《新都桥》，沿途欣赏高原光影、河谷田园与藏寨民居组成的自然风光。
- (早 / 午 / 晚)
- 酒店：雅江悦程大酒店或当地 5 星同级

7 雅江 - 丹巴 (5 小时) - 四姑娘山 (3 小时)

- 游览《墨石公园》：我国唯一的高原墨石地质奇观，山体呈独特深邃青黑色，岩体嶙峋突兀，如同异域星球秘境，光影下极具视觉冲击力，是川西网红出片胜地。
- 随后漫步《塔公草原》，草原辽阔舒展、牛羊散落，可远观雅拉雪山圣洁巍峨；外观《塔公寺》，这座藏传佛教古寺庄严古朴，金顶熠熠生辉，浓郁的藏地宗教与草原风情扑面而来。
- 乘车前往《四姑娘山》。
- (早 / 午 / 晚)
- 酒店：新四姑娘山庄金林楼或当地 5 星同级

8 四姑娘山 - 成都

- 早餐后，游览《四姑娘山·双桥沟》：被誉为“东方阿尔卑斯”，含观光车一站式游览，沿途雪山连绵、牧场青翠、溪流蜿蜒、峡谷幽深，将高山、草甸、森林、溪流等多样景观一网打尽。
- 前往《猫鼻梁观景台》：四姑娘山全景最佳观赏点，可直面四座雪峰一字排开，山势巍峨挺拔、云雾缭绕，气势雄浑壮观。
- 返回成都后，游览《宽窄巷子》：老成都经典地标，青瓦灰墙、庭院幽深，尽显川西民居韵味与市井烟火。
- 欣赏《廊桥夜景》，夜色璀璨、流水潺潺，沉浸式感受蓉城悠闲夜生活。
- (早 / 午 / 晚)
- 酒店：成都嘉廷酒店或当地 5 星同级

9 成都 → 吉隆坡

- 早餐后，专人送机前往机场，搭乘航班返回吉隆坡，结束川西之旅。
- 感谢此行选择《爽游假期》
- (早 / 机上用餐)

出发日期

航班资料

团费

扫描联络我们



上述行程仅供参考，原则上本公司会尽量保持内容不变，然而正确行程乃依据当地接待社按当时实际情况重新调整后为准

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9D
7NChengdu · Siguniang Mountain ·
Daocheng Yading

SWCTFU4GD-9A

HIGHLIGHTS

Core Itinerary Highlights

- 1. Full Western Sichuan Loop Tour**
 - Covers Siguniang Mountain and Daocheng Yading in one trip, including snow mountains, grasslands, alpine lakes and hidden scenic spots.
- 2. Pure sightseeing with no optional expenses**
 - No optional paid items and no shopping stores throughout the tour; only local specialty purchases on board for a relaxed and pure travel experience.
- 3. 2+1 Luxury Business Vehicle**
 - Full journey by deluxe 2+1 first-class nanny vehicle, offering greater comfort for long-distance travel on the plateau.
- 4. Blend of Internet-famous & Classic Scenery**
 - Combines Chengdu popular landmarks and top natural landscapes of Western Sichuan, enjoying both humanities and natural scenery.
- 5. Plateau Photography Paradise**
 - Xinduqiao, Tagong Grassland, Moshi Park and Shuangqiao Valley offer stunning scenery perfect for photography at every turn.
- 6. In-depth Tibetan Custom Experience**
 - Travel to the last Shangri-La and immerse yourself in the authentic plateau Tibetan scenery and culture.
- 7. All Featured Local Cuisines Included**
 - Sichuan cuisine, Tibetan local flavors, Sichuan hot pot and farmhouse delicacies, with diverse tastes throughout the trip.

Scenic Spot Introduction

- **《Chunxi Road / Taikoo Li》**: Chengdu's top business district, blending fashion trend and local street life.
- **《Jinli Ancient Street》**: A traditional folk ancient street of Western Sichuan, full of authentic old Chengdu vibes.
- **《Luding Bridge》**: A red cultural historical landmark, famous for its perilous iron chain bridge.
- **《Xinduqiao》**: Renowned photography paradise with picturesque plateau light and shadow scenery.
- **《Haizi Mountain Nature Reserve》**: Ancient glacier relics featuring vast and magnificent stone sea landscape.
- **《Daocheng Yading》**: Known as the Last Shangri-La, a secret paradise of sacred mountains and alpine lakes.
- **《Poplar Forest》**: Ten-thousand mu plateau poplar forest, presenting a golden fairy tale in autumn.
- **《Moshi Park》**: Exotic planet-like black rock landscape, a top check-in spot for photography.
- **《Tagong Grassland / Tagong Temple》**: A sacred Tibetan grassland with strong religious cultural atmosphere.
- **《Siguniang Mountain · Shuangqiao Valley》**: Known as the Oriental Alps, featuring panoramic snow mountains and pastures.
- **《Cat's Nose Ridge》**: The best viewing platform for a full panorama of Siguniang Mountain.
- **《Kuanzhai Alleys》**: Iconic old Chengdu alleys, a living fossil of Western Sichuan residential architecture.

ACCOMMODATIONS

2 Nights Chengdu:

- Jiating Hotel or similar local 5-star hotel

1 Night Xinduqiao:

- Photography Paradise Hotel or similar local 5-star hotel

2 Night Shangri-La Town:

- Holiday Inn Express Aden or similar local 5-star hotel

1 Night Yajiang:

- Yuecheng Grand Hotel or similar local 5-star hotel

1 Night Siguniang Mountain:

- New Siguniang Villa Jinlin Building or similar local 5-star hotel

MEALS INCLUSION

9 days: 7 breakfasts, 7 lunches, and 7 dinners including:

- Chinese set meal, Sichuan local cuisine, Luding specialty cuisine, Litang local flavor, Yajiang local flavor, farmhouse cuisine, Sichuan hot pot



《稻城亚丁 Daocheng Yading》

1 Malaysia ✈️ Chengdu

- Assemble at Airport and take a flight to 《Chengdu》.
- **Meals: In-flight meal**
- **Overnight on board**

2 Malaysia ✈️ Chengdu

- Arrive at 《Chengdu》, meet the local guide and begin the tour.
- Stroll 《Chunxi Road Pedestrian Street》, Chengdu's bustling core business district to experience urban vitality.
- Visit 《Taikoo Li》, a trendy landmark blending traditional architecture and modern fashion.
- Explore 《Jinli Ancient Street》 to enjoy antique scenery and authentic old Chengdu charm.
- **(In-flight Meal / L / D)**
- **Hotel: Jiating Hotel or similar local 5-star hotel**

3 Chengdu - Xinduqiao (5H)

- Visit the iconic red landmark 《Luding Bridge》 and learn about revolutionary history.
- Pass 《Zheduo Mountain Viewing Platform》 to view grand snow mountains and plateau scenery.
- Arrive at 《Xinduqiao》, a renowned photography paradise with beautiful plateau landscapes and Tibetan features.
- **(B / L / D)**
- **Hotel: Photography Paradise Hotel or similar local 5-star hotel**

4 Xinduqiao - Litang(4H) - Shangri-La Town (4H)

- Drive to Shangri-La Town, passing three major plateau passes: 《Gaoersi Mountain》, 《Jianziwan Mountain》 and 《Kazila Mountain》 with stunning sea of clouds along the way.
- Visit 《Haizi Mountain Nature Reserve》, the largest ancient glacier relic on the Qinghai-Tibet Plateau, featuring vast stone seas and scattered alpine lakes.
- Pass by 《Sangdui Town》 and enjoy the peaceful plateau pastoral scenery.
- **(B / L / D)**
- **Hotel: Holiday Inn Express Aden or similar local 5-star hotel**

5 Shangri-La Town - Daocheng Yading

- Enjoy an in-depth tour of 《Daocheng Yading》, known as "the Last Shangri-La", featuring pure snow mountains, glaciers, meadows and alpine lakes.
- **Includes sightseeing bus and battery car.** Admire the three sacred snow mountains: Xiannairi, Yangmaiyong and Xiaruoduo, and immerse in stunning world-class plateau scenery.
- **(B / L / D)**
- **Hotel: Holiday Inn Express Aden or similar local 5-star hotel**

6 Daocheng - Yajiang (7H)

- After breakfast, drive to 《Yajiang》.
- Pass 《Daocheng White Pagoda Group》, a landmark Tibetan Buddhist complex, and experience strong local religious and blessing culture.
- Check in 《Poplar Forest》, featuring vast plateau poplars that turn golden in autumn with stunning pastoral scenery.
- Pass through 《Xinduqiao》 again, enjoying the beautiful plateau light, river valleys and Tibetan village landscapes along the way.
- **(B / L / D)**
- **Hotel: Yuecheng Grand Hotel or similar local 5-star hotel**

7 Yajiang - Danba(5H) - Siguniang Mountain (3H)

- Visit 《Moshi Park》, a unique plateau black stone geological wonder with exotic planet-like landscapes, ideal for photography.
- Stroll 《Tagong Grassland》 with scattered cattle and sheep, and view the majestic Yala Snow Mountain from afar. Sightsee the grand ancient 《Tagong Temple》 with strong Tibetan religious customs.
- Drive to 《Siguniang Mountain》 afterward.
- **(B / L / D)**
- **Hotel: New Siguniang Villa Jinlin Building or similar local 5-star hotel**

8 Siguniang Mountain - Chengdu

- After breakfast, tour 《Siguniang Mountain · Shuangqiao Valley》, known as the "Oriental Alps". Enjoy one-stop sightseeing with integrated snow mountains, pastures, forests and streams.
- Visit 《Cat's Nose Ridge Viewing Platform》, the best spot to overlook the full panoramic view of the four towering Siguniang snow peaks.
- Return to Chengdu and explore 《Kuanzhai Alleys》, a classic old Chengdu landmark featuring traditional Western Sichuan folk houses and local street vibes.
- Admire the gorgeous night view of 《Covered Bridge》 and experience the leisurely night lifestyle of Chengdu.
- **(B / L / D)**
- **Hotel: Jiating Hotel or similar local 5-star hotel**

9 Chengdu ✈️ Malaysia

- After breakfast, transfer to the airport. Take the return flight to Kuala Lumpur, concluding the wonderful Western Sichuan tour.
- **Thank you for choosing Shioh Holidays.**
- **(B / In-flight Meal)**

Departure Date

Flight Details

Tour Fare

Contact Us



The above itinerary is for reference only, and is subject to any necessary changes in accordance to local requirements.

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