

9天7晚

云南·弥勒·元阳·西双版纳



SWCKMG-YUN-8A

行程特点

** 纯玩无购物 **

一、行程特别卖点

1. 滇南全景一网打尽：一站式打卡喀斯特、梯田、雨林、傣乡全地貌。
2. 世界遗产视觉盛宴：元阳梯田日出 + 日落双观，承包哈尼族大地雕塑顶级风光。
3. 真纯玩无购物：全程 NO SHOPPING，无自费、无景点中店，游玩更纯粹。
4. 特色风味全含：羊汤锅、哈尼风味、傣味风味、孔雀宴、野生菌火锅、滇菜，舌尖体验拉满。
5. 舒适出行保障：26座2+1宽敞座椅车，全程含电瓶车、索道、游船，一价全包省心。
6. 傣味沉浸式体验：泼水秀、告庄夜市、大金塔、曼听公园，感受浓郁傣族风情。

二、行程核心大景点

- 西山风景区：昆明城畔观景高地，俯瞰滇池全景。
- 大观楼：昆明历史名楼，人文与湖景相融。
- 昆明老街 / 景星花街 / 酒杯楼：老城地标，市井风情与网红打卡点。
- 阿庐古洞：云南喀斯特溶洞奇观，含电瓶车、游船、缆车。
- 城子古村寨：古朴彝汉民居古村，原生态民俗风情。
- 多依树景区：梯田日出绝佳观景地，云雾仙境。
- 坝达景区：梯田层次感极强，大气壮观。
- 老虎嘴观景台：经典日落拍摄点，光影绝美。
- 全福庄 / 麻栗寨梯田：梯田连片景观，田园画卷。
- 茶博苑：普洱茶文化体验地，了解茶乡底蕴。
- 野象谷：近距离观赏野生亚洲象，含单程索道。
- 曼听公园：傣王御花园，民族风情浓郁。
- 告庄大金塔 / 告庄夜市：版纳夜景天花板，烟火气十足。
- 大佛寺：傣式宗教地标，俯瞰景洪城。
- 般若寺（大银塔）：纯白傣式佛塔，网红出片。
- 傣家园：体验傣族村寨与泼水秀互动。

住宿安排

2晚昆明：

- 希尔顿花园 / 云锦NOVOTEL或当地5星同级

1晚泸西：

- 泸源国际酒店 / 红木酒店或当地4星同级

1晚元阳：

- 云之梦酒店 / 胜村云梯酒店或当地4星同级

1晚普洱：

- 普洱曼悦酒店或当地4星同级

2晚西双版纳：

- 告庄思瑞秋艺术 / 城际酒店或当地4星同级

餐点安排

9天：7早餐、7午餐、7晚餐包含：

- 羊汤锅仔风味、哈尼风味、普洱风味、孔雀宴、茄子恰恰滇菜风味



《普洱Puer》



《城子古村寨 Chengzi Ancient Village》

1 吉隆坡 → 昆明

- 吉隆坡机场集合，乘机飞往《昆明》。
- 抵达《昆明》之后，由当地导游接机，开启昆明之旅。
- （机上简餐）
- 酒店：希尔顿花园 / 云锦NOVOTEL或当地5星同级

2 昆明 - 泸西（2小时）

- 早餐后，乘车前往《泸西》。
- 游览《阿庐古洞》（含电瓶车 + 游船 + 缆车），全程乘坐特色代步交通深入秘境溶洞，观赏天然形成的钟乳石、石笋地质奇观，洞内光影变幻清凉舒适，沉浸式感受大自然亿万年雕琢的奇幻山水风光。
- 漫步探访《城子古村寨》，打卡原生态传统古村落民居建筑，穿行古朴街巷感受静谧村寨氛围，深度体验当地淳朴民俗风情与村寨人文底蕴。
- （早 / 午 / 晚）
- 酒店：泸源国际酒店 / 红木酒店或当地4星同级

3 泸西 - 元阳梯田风景区（3小时）

- 游览《坝达景区》，登高远眺万亩梯田层层铺展、连绵起伏，错落有致的田垄顺着山势蜿蜒延伸，田园肌理壮阔大气，四季光影变幻分明，饱览大自然与人文农耕交融的绝美山水画卷。
- 前往《老虎嘴观景台》，坐拥元阳梯田绝佳日落观赏视角，静待夕阳缓缓西沉，金色霞光洒满层层梯田，水面波光粼粼、光影交织错落，沉浸式欣赏震撼唯美的梯田落日盛景。
- （早 / 午 / 晚）
- 酒店：云之梦酒店 / 胜村云梯酒店或当地4星同级

4 元阳 - 普洱（3.5小时）

- 游览《全福庄梯田观景台》，登高远眺依山就势连绵铺展的万亩梯田，田垄蜿蜒错落、层次丰富，山野田园风光浑然天成，尽显滇南独特的农耕人文画卷。
- 前往《麻栗寨梯田观景台》，坐拥开阔无遮挡视野，放眼望去梯田顺着山势层层起伏，村寨点缀其间，山水、田园与村落相融，景致雄浑又充满原生态韵味。
- 抵达《多依树景区》，清晨守候绝美梯田日出，山间晨雾袅袅弥漫水面，旭日缓缓升起霞光漫洒梯田，光影朦胧梦幻，宛如置身仙境般的视觉盛宴。
- 随后乘车前往《普洱》。抵达后游览《茶博苑》（含电瓶车），乘坐电瓶车畅游连片万亩生态茶园，满目苍翠层峦叠嶂，深入了解普洱茶历史渊源与制茶民俗，沉浸式感受悠远醇厚的滇南茶文化。
- （早 / 午 / 晚）
- 酒店：普洱曼悦酒店或当地4星同级

5 普洱 - 西双版纳（1.5小时）

- 乘车前往《西双版纳》。随后游览《野象谷》（含单程索道），乘坐索道凌空穿行原始热带雨林，俯瞰茂密雨林植被，有机会偶遇野生亚洲象，探秘热带雨林独特生态景观与自然野趣。
- 漫步《曼听公园》，坐拥浓郁傣王室御花园风貌，古木葱郁、热带植被繁茂，融合傣泰建筑风情与深厚民族人文底蕴。
- 闲逛《热带水果市场》，汇聚各式时令热带鲜果，果香浓郁品类繁多，感受西双版纳鲜活市井烟火气息；打卡《告庄大金塔》，傣泰风格建筑宏伟华丽，金塔熠熠生辉，是告庄片区经典地标，极具观赏与打卡价值。
- 入夜畅游《告庄夜市》，灯火阑珊热闹繁华，汇聚特色小吃、民族文化与手工艺品，沉浸式体验浓郁的东南亚异域风情。
- （早 / 午 / 晚）
- 酒店：告庄思瑞秋艺术 / 城际酒店或当地4星同级

6 西双版纳

- 游览《大佛寺》（含电瓶车），搭乘电瓶车轻松畅玩园区，观赏恢弘傣式皇家寺院建筑，体悟静谧禅意与南传佛教特色文化。
- 打卡《般若寺（大银塔）》，通体银白仙气氛围感拉满，傣泰特色建筑颜值出众，视野开阔，随手拍出氛围感旅行大片。
- 游玩《傣家园》（含电瓶车 + 泼水秀），乘车漫步原生态傣族村寨，沉浸式观赏特色民俗泼水互动展演，零距离感受西双版纳浓郁傣族本土风情。
- （早 / 午 / 晚）
- 酒店：告庄思瑞秋艺术 / 城际酒店或当地4星同级

7 西双版纳 - 墨江（3.5小时） - 昆明（3小时）

- 乘车前往《墨江》。游览《北回归线园》（含飞毯），打卡神奇北回归线地理标志，体验趣味山地飞毯游乐项目，科普研学与休闲观光两不误。
- 随后乘车前往《昆明》。
- （早 / 午 / 晚）
- 酒店：希尔顿花园 / 云锦NOVOTEL或当地5星同级

8 昆明 → 吉隆坡

- 早餐后，漫步《昆明老街 - 景星花街》，游走百年历史老街，感受老城烟火气息与古街人文底蕴；打卡网红地标《酒杯楼》，独特弧形建筑造型极具特色，拍照出片，解锁昆明城市复古文艺风光。
- 前往《昆明长水国际机场》，办理托运，回到温暖的家。
- （早 / 午 / 晚）

9 昆明 → 吉隆坡

- 与凌晨抵达《吉隆坡》。
- （机上简餐）
- 感谢此行选择《爽游假期》。

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

爽游假期 SHIOK HOLIDAYS (M) SDN BHD (L/N/11545) (1532150-U)

27-3A, MENARA MUTIARA CENTRAL, 2, Jalan Desa Aman 1, Cheras Business Centre, 56100 Kuala Lumpur, Malaysia.

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SWCKMG-YUN-8A

HIGHLIGHTS

** NON-SHOPPING TOUR **

Itinerary Highlights:

- Complete Southern Yunnan Experience at a Glance:** Visit karst landscapes, rice terraces, rainforests, and Dai villages all in one trip.
- World Heritage Visual Feast:** Watch sunrise and sunset over Yuanyang Terraces—the stunning "earth sculptures" of the Hani people.
- 100% Pure Tour – No Shopping:** No shopping stops, no hidden fees, no in-scenery stores; enjoy a truly hassle-free journey.
- Full Range of Local Specialties:** Taste goat hotpot, Hani flavor, Aini flavor, peacock feast, wild mushroom hotpot, and Yunnan cuisine.
- Comfortable Travel Guarantee:** 26-seat coach with spacious 2+1 seating; includes all electric carts, cableways, and boat rides for a worry-free trip.
- Immersive Dai Experience:** Join the Water Splashing Show, visit Gaozhuang Night Market, Golden Pagoda, and Manting Park for authentic Dai culture.

Scenic Spot Brief Introduction:

- Xishan Scenic Area:** Overlook Kunming and Dianchi Lake.
- Daguan Pavilion:** Historic tower with lake view.
- Kunming Old Street / Jingxing Flower Street / Wine Glass Building:** City landmarks and popular photo spots.
- Alu Ancient Cave:** Spectacular karst cave with cart, boat & cable car.
- Chengzi Ancient Village:** Original ethnic ancient village.
- Duoyishu Scenic Area:** Best for terrace sunrise with mist.
- Bada Scenic Area:** Grand layered terraces.
- Laohuzui Viewpoint:** Classic terrace sunset spot.
- Quanfuzhuang / Malizhai Terraces:** Picturesque terrace scenery.
- Tea Expo Garden:** Pu'er tea culture experience.
- Wild Elephant Valley:** Watch wild Asian elephants.
- Manting Park:** Former Dai royal garden.
- Gaozhuang Golden Pagoda / Night Market:** Top night view of Xishuangbanna.
- Great Buddha Temple:** Dai Buddhist landmark overlooking Jinghong.
- Banruo Temple (Silver Pagoda):** White pagoda, popular for photos.
- Dai Homeland:** Dai village with Water Splashing Show.

ACCOMMODATIONS

2 Nights in Kunming:

- Hilton Garden Inn / Novotel Yunjin or similar local 5-star

1 Night in Luxi:

- Luyuan International Hotel / Hongmu Hotel or similar local 4-star

1 Night in Yuanyang:

- Yunzhimeng Hotel / Shengcun Yunti Hotel or similar local 4-star

1 Night in Pu'er:

- Manyue Hotel or similar local 4-star

2 Night in Xishuangbanna:

- Gaozhuang Siruqi Art Hotel / Intercity Hotel or similar local 4-star

MEALS INCLUSION

9 Days: 7 Breakfasts, 7 Lunches, 7 Dinners including:

- Lamb hot pot, Hani ethnic flavor meal, Pu'er local specialty, Peacock-themed feast, authentic Yunnan local dishes.



《傣家园 Dai Folk Village》

1 Malaysia ✈️ Kunming

- Assemble at Airport and fly to 《Kunming》.
- Upon arrival, meet the local guide and begin your Yunnan journey.
- Meals: (On Board)**
- Hotel: Hilton Garden Inn / Novotel Yunjin or similar local 5-star**

2 Kunming - Luxi (2H)

- After breakfast, depart by coach to 《Luxi》.
- Visit 《Alu Ancient Cave》 (including battery car + cruise boat + cable car). Take exclusive transportation to explore the secret cave, admire naturally formed stalactites and stalagmites. Enjoy cool changing lights inside the cave and immerse yourself in nature's magnificent landscape crafted over millions of years.
- Stroll around 《Chengzi Ancient Village》, check in at original ancient folk houses, wander quiet alleys, and experience simple local folk customs and profound village culture.
- Meals: (B / L / D)**
- Hotel: Luyuan International Hotel / Hongmu Hotel or similar local 4-star**

3 Luxi - Yuanyang Rice Terraces Scenic Area (3H)

- Visit 《Bada Scenic Area》. Overlook vast terraced fields stretching endlessly along the mountain slopes. Admire grand rural textures and seasonal light changes, enjoying the perfect blend of natural scenery and farming culture.
- Proceed to 《Laohuzui Viewpoint》, the best spot for Yuanyang terrace sunset. Watch the golden sunset glow cover layered terraces with shimmering water reflections, immersing in stunning natural sunset scenery.
- Meals: (B / L / D)**
- Hotel: Yunzhimeng Hotel / Shengcun Yunti Hotel or similar local 4-star**

4 Yuanyang - Pu'er (3.5H)

- Visit 《Quanfuzhuang Terraced Field Viewpoint》, enjoy layered terraced fields along the mountains and typical southern Yunnan farming scenery.
- Go to 《Malizhai Terraced Field Viewpoint》, overlook terraces blending with villages, mountains and countryside in original natural style.
- Arrive at 《Duoyishu Scenic Area》, admire dreamy sunrise and misty terraced field scenery in the early morning.
- Transfer to 《Pu'er》. Visit 《Tea Expo Garden》 (with battery car), stroll the ecological tea plantations and experience profound Pu'er tea culture.
- Meals: (B / L / D)**
- Hotel: Pu'er Manyue Hotel or similar local 4-star**

5 Pu'er - Xishuangbanna (1.5H)

- Take a coach to 《Xishuangbanna》. Visit 《Wild Elephant Valley》 (one-way cable car included). Glide over the primeval rainforest by cable car, overlook dense vegetation, and have a chance to spot wild Asian elephants.
- Stroll around 《Manting Park》, an ancient Dai royal garden with lush tropical plants and unique Dai-Thai architectural style.
- Wander at 《Tropical Fruit Market》 to taste seasonal tropical fruits and experience local street life; check in at 《Gaozhuang Golden Pagoda》, a magnificent landmark with classic Dai-Thai style.
- Explore 《Gaozhuang Night Market》 in the evening. Enjoy local snacks, ethnic crafts and strong Southeast Asian night atmosphere.
- Meals: (B / L / D)**
- Hotel: Gaozhuang Siruqi Art Hotel / Intercity Hotel or similar local 4-star**

6 Xishuangbanna

- Visit 《Big Buddha Temple》 (battery car included). Explore the grand Dai-style royal temple and experience the serene culture of Theravada Buddhism.
- Check in at 《Banruo Temple (Silver Pagoda)》. The pure silver pagoda features elegant Dai-Thai design, perfect for stunning travel photos.
- Enjoy 《Dai Folk Village》 (battery car + water-splashing show included). Tour the original Dai village and watch traditional water-splashing performance to experience authentic Dai ethnic customs.
- Meals: (B / L / D)**
- Hotel: Xundian Wangtong International Hotel or similar local 4-star**

7 Xishuangbanna - Mojiang (3.5hrs) - Kunming (3H)

- Depart for 《Mojiang》. Visit 《Tropic of Cancer Park》 (flying carpet included). Check in at the famous Tropic of Cancer landmark and enjoy the fun mountain flying carpet ride.
- Then proceed to 《Kunming》.
- Meals: (B / L / D)**
- Hotel: Hilton Garden Inn / Novotel Yunjin or similar local 5-star**

8 Kunming ✈️ Malaysia

- After breakfast, stroll along 《Kunming Old Street - Jingxing Flower Street》 to feel the old town vibe and historic charm; visit the popular landmark 《Wine Glass Building》 with unique curved architecture, ideal for retro-style photography.
- Transfer to 《Kunming Changshui International Airport》 for departure.
- Meals: (B / L / D)**

9 Kunming ✈️ Malaysia

- Arrive in Kuala Lumpur in the early morning.
- Meals: (On Board)**
- Thank you for traveling with 《Shiok Holidays》.**

Departure Date	Flight Details	Tour Fare

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

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