



**PARLO  
TOURS**  
EXPERIENCES MATTER

SCLS-AK

**airasia**

# Mystical Lugu Lake & Shangri-la

## • 探索秘境泸沽湖女儿国 & 香格里拉 •



8D  
7N

Kunming, Dali, Lijiang, Shangri-la, Lugu Lake  
昆明, 大理, 丽江, 香格里拉, 泸沽湖

**NO**  
SHOPPING  
STOP  
全程无购物站

SCAN ME!



Erhai Lake  
洱海



Tiger Leaping Gorge  
虎跳峡



Lijiang Ancient Town  
丽江古城四方街

\*Valid from Apr 2024 有效期从2024年4月\*



## Features 行程特色

- Special arrange seasonal flower scenic area ~ admire four seasons flower blooming in Yunnan.
- Visit the filming locations of the movie "Meet Yourself" ~ Erhai, Dali Ancient Town and Xizhou Ancient Town.
- Instagrammable Spot ~ Erhai Ecological Corridor , Heavenly Landscape, Jeep Car Photography.
- Explore the mysterious Lugu Lake – Kingdom of Women.
- Exclusive arrangement of China " Santorini " – exquisite afternoon tea.
- Explore Lijiang Ancient Town ~ A well preserved town of ethnic minorities.
- Take a glacier park cableway to visit the beautiful Jade Dragon Snow Mountain.
- Visit the largest Tibetan Buddhist monastery in Yunnan ~ Ganden Sumtseling Monastery.
- Visit the longest, deepest and narrowest gorge in China ~ Tiger Leaping Gorge.
- Savour Yunnan Local Delicacies ~ Mushroom Steamboat, Mini Steamboat, Tibetan Cuisine Claypot Fish, Chinese Cuisine, Cross Bridge Rice Noodles, ...

**n** Overnight stays  
隔夜住宿

- 特别安排四季赏花景点 ~ 四季鲜花开不败, 云南无处不飞花。
- 游览电视剧《去有风的地方》取景地 ~ 洱海、大理古城和喜洲古镇。
- 网红打卡点 ~ 洱海生态廊道“天空之境、JEEP车旅拍”。
- 探索神秘的泸沽湖女儿国。
- 独家安排中国的“圣托里尼” - 精美下午茶点
- 游览小桥流水, 古朴悠静的中国历史文化名城 ~ 丽江古城。
- 乘搭冰川公园大索道, 游览海拔5596米, 壮阔瑰丽的玉龙雪山。
- 参观有“小布达拉宫”之称, 云南藏传佛教的首要寺庙 ~ 松赞林寺。
- 游览中国落差最大的峡谷, 以奇险雄壮有名, 号称“长江第一峡” ~ 虎跳峡。
- 品尝云南道地风味餐 ~ 野生菌火锅、雪厨自助餐、藏式风味、砂锅鱼风味、中式合菜、过桥米线...



### Total number of meals 行程总餐数



Breakfast  
早餐 : 7



Lunch  
午餐 : 7



Dinner  
晚餐 : 6



NIL  
自理 : 1

### Dali Santorini 大理“圣托里尼”



### Impression Lijiang Performance 印象丽江歌舞表演



# Itinerary Detail

## 详情行程

8D7N Mystical Lugu Lake & Shangri-la  
8D7N 探索秘境泸沽湖女儿国 & 香格里拉

SCLS-AK

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Day  
01

### Kuala Lumpur 吉隆坡 → Kunming 昆明



Meal onboard / (D) Lao Dian Cuisine  
机上用餐 / (晚) 老滇风味



Crowne Plaza Hotel, Kunming - 5\* or similar  
皇冠酒店, 昆明 - 5\* 或同级

Day  
02

### Kunming 昆明 (320km) → Dali 大理

- \* **Dali Santorini** - (high tea & buggy included) ~ this utopian paradise is a romantic place for you to relax and enjoy afternoon tea.
- \* **Erhai Ecological Corridor** ~ a photo stop to view the beautiful scenic of Erhai, heavenly landscape, and Jeep Car Photography.
- \* **Dali Ancient Town** ~ one of the "Three Ancients" of Dali Scenic Spot. The traditional Bai ethnic folk houses give the city distinctive feel. Walk along the cobble-paved streets in the ancient city, with a sense of primitive simplicity and elegance.
- \* **Foreigner Street** ~ providing snacks with the traditional flavors of the Bai ethnic community.

- \* **大理“圣托里尼”** (含精美下午茶点 & 上行电瓶车) ~ 沿途巷子种满了各种花草, 街道诗情画意, 蜿蜒曲折, 如梦如幻。在这个罗曼蒂克的地方惬意品下午茶。
- \* **洱海生态廊道** ~ 天空之境和JEEP车拍照打卡。
- \* **大理古城** ~ 此古城为棋盘式建筑, 保存完好的白族民居, 小巧的庭院, 静静的街道, 古色古香。您可以在古城里远眺三塔。
- \* **洋人街** ~ 被悉心保存下来, 作了别有风情的茶楼食肆, 这里每家小楼小院都有白族的精品建筑; 三坊一照壁、四合五天井, 越过照壁, 穿过每一廊坊都觉得别有洞天。



(B) Hotel / (L) Bai's Cuisine / (D) Clay Pot Fish Cuisine  
(早) 酒店 / (午) 白族风味 / (晚) 砂锅鱼味



Santayuan Hotel, Dali - 5\* or similar  
三塔苑酒店, 大理 - 5\* 或同级

Day  
03

### Dali 大理 (300km) → Shangri-la 香格里拉

- \* **Xizhou Bai Ethnic** ~ visit the most preserved Bai Ethnic residential buildings, taste the three course tea "bitter tea, sweet tea and final tea", as well as enjoy the traditional Bai Ethnic dance performances.
- \* **Tiger Leaping Gorge** (entrance & elevator included) ~ One of the world's most rugged and precipitous grand canyons.
- \* **Dukezong Ancient City** ~ which means "Sun and Moon City" in Tibetan. It's one of the most well preserved ancient city with the largest group of Tibetan lives here. It's also the hub for the Tea-horse ancient way and you will also see the largest Tibetan Wheel.
- \* **Guishan Garden** ~ built on the hillside, on top of the hill is Chaoyang Building, which is three stories high. When you climb to the top of the building, you can have a panoramic view of the sun moon city.
- \* **喜州白族居民** ~ 参观保存得最完好的白族民居建筑群, 品尝白族三道茶“一苦二甜三回味”, 先苦后甘, 能提神补气, 以及欣赏白族传统歌舞表演。
- \* **虎跳峡** (含门票 & 上行扶梯) ~ 世界最险峻的大峡谷之一。
- \* **独克宗古城** ~ 藏区有名的“日月城”。此古城是中国保存得最好、最大的藏民居群, 而且是茶马古道的枢纽, 您还有机会看见世界最大的转经筒。
- \* **龟山公园** ~ 建于康熙年间, 此园依山而建, 山顶是朝阳楼, 高三层, 登上楼顶, 日月城尽收眼底。



(B) Hotel / (L) Chinese Cuisine / (D) Tibetan Cuisine  
(早) 酒店 / (午) 中式合菜 / (晚) 藏式风味



Hilton Garden Inn Hotel, Shangri-la - 5\* or similar  
希尔顿花园酒店香格里拉 - 5\* 或同级

Day  
04

### Shangri-la 香格里拉 (170km) → Lijiang 丽江

- \* **Ganden Sumtseling Monastery** (entrance & public coach included) ~ being the largest Tibetan Buddhist monastery in Yunnan, it is one of the famous monasteries in the Kang region.
- \* **Lijiang Ancient Town** ~ a well-preserved city of ethnic minorities. The center of the ancient town is the Square Street, four main streets radiate from here and extend to the four different directions with countless lanes in all directions formed a network and connected every corner of the town.
- \* **松赞林寺** (含门票 & 环保车) ~ 有“小布达拉宫”之称。寺庙建于1679年, 依山而建, 面湖而居, 气势恢弘, 庄严神秘, 是云南藏传佛教的首要寺庙。
- \* **丽江古城四方街** ~ 中国历史文化名城唯一没有城墙的古城, 城内景色优美, 小桥流水, 古朴悠静, 还有一些古色古香的小购物店, 别有一番景色。古城保留了大片明清时代的居民建筑, 均是土木结构瓦屋面楼房, 多数为三坊一照壁, 也有不少四合院, 融合了纳西、白、汉等民族建筑艺术的精华。



(B) Hotel / (L) Chinese Cuisine / (D) Nil  
(早) 酒店 / (午) 中式合菜 / (晚) 自理



Lijiang International Hotel, Lijiang - 5\* or similar  
丽江国际大酒店, 丽江 - 5\* 或同级

Day  
05

### Lijiang 丽江 (185km) → Lugu Lake 泸沽湖

- \* **Eighteen Bends in the Mountain Road** ~ drive passes
- \* **Lugu Lake Observation Deck** ~ It is located at Ninglu Highway, the great panoramic view of the Lake Lugu is offering here.
- \* **Lugu Lake** (boat ride included) ~ situated on the border of Yunnan and Sichuan provinces, at an altitude of approximately 2,685 meters. It's often referred to as the "Pearl of the Plateau" in China. Lugu Lake is also know as the "Kingdom of Women"
- \* **Liwubi Island** ~ was the first island on the lake where Mosuo people live.
- \* **Campfire Party** ~ you can join in and learn some moves of local dance.
- \* **山路十八弯** ~ 开往泸沽湖的必经之路, 沿途欣赏美丽的风景。也是古老茶马古道丽江进入宁蒍摩梭母系王国的重要关卡之一。
- \* **泸沽湖观景台** ~ 位于泸沽湖南岸的宁泸公路旁, 是观看、拍摄泸沽湖全景的好位置。
- \* **泸沽湖** (含猪槽船游) ~ 位于云南与四川边界, 海拔2685米, 是云南省最高的湖泊。云南一侧湖畔居住的摩梭人奉行“男不娶女不嫁”的走婚制度, 所以泸沽又被称为“东方女儿国”。
- \* **里务比岛** ~ 是泸沽湖最大的岛, 登上摩梭族人最早居住的一个岛。
- \* **篝火晚会** ~ 随着轻快的音乐, 摩梭族人将带领您进入少数民族能歌善舞的欢乐时光。



(B) Hotel / (L) Chinese Cuisine / (D) Lugu Cuisine  
(早) 酒店 / (午) 中式合菜 / (晚) 泸沽风味



Ocean Paradise Hotel, Lugu Lake - 5\* or similar  
海境度假精品酒店, 泸沽湖 - 5\* 或同级

Day  
06**Lugu Lake 泸沽湖(185km) 麗江 Lijiang 丽江**

- \* **Lugu Lake** ~ One of the best spots to view beautiful Sunrise (Subject to weather condition)
- \* **Mosuo Family** ~ Mosuo people was described as the last matriarchal society in the world. Visit the family could be the best way to learn local folk culture and enjoy the tranquil rurality.
- \* Drive passes ~ **Lover Beach, Rigg Observation deck.**
- \* **泸沽湖早观日出** ~ 是看日出最美的地方之一。(如果天气许可)。
- \* **摩梭家访** ~ 素有“女儿国”之称的民族，仍保留母系社会制度，摩梭族的一切都由女性支配。
- \* **巴士环游湖** ~ 情人沙滩、里格观景台

(B) Hotel / (L) Chinese Cuisine / (D) Clay pot Fish Cuisine  
(早) 酒店 / (午) 中式合菜 / (晚) 虹鳟鱼火锅Lijiang International Hotel, Lijiang - 5\* or similar  
丽江国际大酒店, 丽江 - 5\* 或同级Day  
07**Lijiang 丽江(4hrs) 昆明 Kunming 昆明**

- \* **Jade Dragon Snow Mountain** (entrance, glacier park cableway, public coach included) ~ a glacier mountain consisting of 13 peaks with the highest peak of 5596m covered by snow all year round. Take a cableway to have a close up view of the snow peak, a treasure of wild plants and rare animals are like silver dragon lying in the clouds.
- \* **Dry Sea Meadow** ~ an abundant pasture and view of the holy beauty from the meadow to Jade Dragon Snow Mountain.
- \* **White Water River & Blue Moon Valley** (buggy included) ~ enjoy the serenity of cascading waterfalls and the unique terraced terrain. In the background, snow-capped peaks stand imposingly against the sky.
- \* **Impression Lijiang Performance** (ticket included) ~ a cultural extravaganza performed outdoors with the breathtaking Jade Dragon Snow Mountain as the backdrop.
- \* Board on the high-speed train from Lijiang to Kunming.
- \* **玉龙雪山** (含门票、大雪山索道、环保车) ~ 中国最南边的雪山, 集观光、登山、探险、科考、度假、郊游为一体的多功能旅游胜地, 以险、奇、美、秀著称于世。全山13峰, 峰峰终年积雪不化, 最高海拔5596米, 如一条矫健的玉龙横卧山巅。
- \* **干海子** ~ 在这样高的海拔仰视玉龙雪山全貌, 可以说是最近的、也是最佳之地。原为高山冰蚀湖泊, 后来雪线上升, 积水减少以至干涸, 于是人称“干海子”。
- \* **白水河 & 蓝月谷** (含电瓶车) ~ 雪山积雪融化后经岩层过滤成泉水而涌出, 最终汇成此河。白雪皑皑的山峰为背景, 水质纯净, 白石为底, 清澈明晰, 也因此得名。
- \* **印象丽江歌舞表演** (含门票) ~ 一个以雪山为背景, 以民俗文化为载体, 由著名导演张艺谋主导, 100匹悍和400多名当地演员倾力出演, 展现了原生态的民族民间歌舞神韵的大型实景演出, 一场能让我们短时间内了解丽江文化。
- \* 乘搭动车从丽江到昆明。

(B) Hotel / (L) Scenic Area Buffet / (D) Cross Bridge Rice Noodles  
(早) 酒店 / (午) 雪厨自助餐 / (晚) 过桥米线Wyndham Hotel, Kunming - 5\* or similar  
温德姆酒店, 昆明 - 5\* 或同级Day  
08**Kunming 昆明 吉隆坡 Kuala Lumpur 吉隆坡**

- \* **Daguan Pavilion** ~ was built during the Kangxi period of the Qing Dynasty. There is a three-story building with long couplets in the garden. The three floors and the three pools in front of the building are named after the the moon.
- \* Pu'er Tea DIY + Taste Yunnan Pu'er Tea.

**Seasonal Flower Sightseeing Arrangement:**

Mid Apr – Mid May: Jacaranda | End Sep – End Oct: Golden Autumn Chrysanthemum

- \* **大观楼** ~ 始建于清康熙年间, 因园内建有一座附长联的三层楼和楼前的三潭印月而得名。
- \* 体验普洱茶泡制过程 + 品尝云南地道普洱茶。

**赏花季节限定:**

4月中 - 5月中 ~ 赏独有蓝花楹 | 9月底 - 10月底 ~ 金秋菊花展

(B) Hotel / (L) Mushroom Steamboat / Meal onboard  
(早) 酒店 / (午) 野菌火锅 / 机上用餐

\* Picture shown are for illustration purpose only \* 照片仅供参考

**Other information 其他信息 :**

- Seasonality: **Spring** (Mar - May) / **Summer** (Jun - Aug) / **Autumn** (Sep - Nov) / **Winter** (Dec - Feb)
- Currency: Chinese Yuan (RMB)
- Optional: Dynamic Yunnan Performance approx. RMB280/pax (subject to change without any prior notice)
- NO Shopping Stop
- Tour commentary will be conducted in Mandarin with simple English or Cantonese translation by Tour Leader.
- All pictures shown are for illustration purposes only, actual may varies.
- Kindly refer to Parlo Tours Sdn Bhd's terms & conditions and company policy for full details.

- 季节: **春季** (三 - 五月) / **夏季** (六 - 八月) / **秋季** (九 - 十一月) / **冬季** (十二 - 二月)
- 货币: 人民币 (RMB)
- 自费: 云南映象歌舞表演 大约人民币280/人 (如有更改恕不另行通知)
- 全程无购物站
- 全程使用中文讲解, 领队将以英文或粤语简约地说明。
- 所有显示图片均仅供为说明用途。
- 详情请查询Parlo Tours Sdn Bhd的条款与细则及公司政策。

Operated by

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