



**PARLO
TOURS**
EXPERIENCES MATTER

SCDY-D7



The Soul of Shangri-la ~ Daocheng Yading

• 香格里拉之魂 ~ 稻城亚丁 •



8D
7N

Chengdu, Mount Siguniang, Danba, Xinduqiao, Yajiang, Litang, Daocheng,
Shangri-La Town, Yading, Kangding

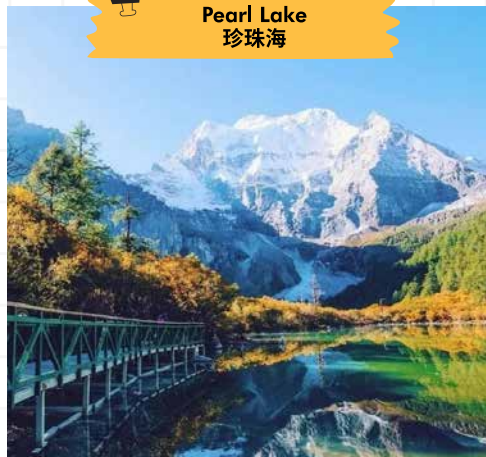
成都, 四姑娘山, 丹巴, 新都桥, 雅江, 理塘, 稻城, 香格里拉镇, 亚丁, 康定

NO
SHOPPING
STOP
全程无购物站

SCAN ME!



Pearl Lake
珍珠海



Mount Siguniang
四姑娘山



Mugecuo
木格措



Valid from Apr 2024 有效期从2024年04月



Haizi Mountain
海子山



Xiannairi Mountain
仙乃日神山

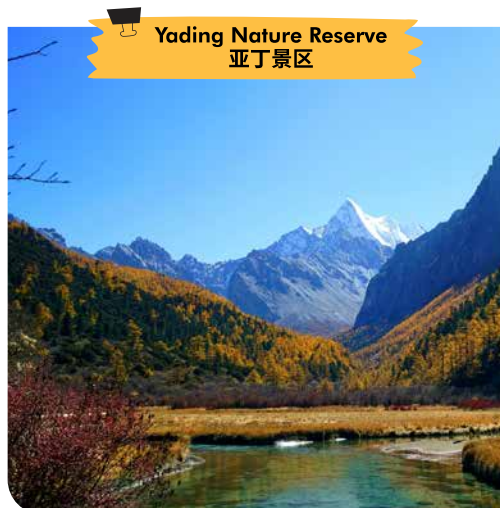


Kazila Mountain
卡子拉山

Features 行程特色

- Crossing over the mountains of more than 4,000 above sea level on the Sichuan-Tibet line ~ Gao'ersi Mountain, Jianziwan Mountain, Kazila Mountain, Rabbit Mountain, Haizi Mountain and Powa Mountain.
- Visit Yading Nature Reserve ~ composed by the three holy mountains "Xiannairi, Yangmaiying and Xianuoduoji".
- Visit World Natural Heritage, National Scenic Area, National Geopark, National Nature Reserve ~ Mount Siguniang.
- Visit Kangding Mugecuo Scenic Area ~ The largest alpine lake in the northwest of Sichuan and also known as "Mini Jiuzhaigou" and "Kangding Love Song Scenic Spot".
- Enjoy shopping at Jingli Ancient Street, Chunxi Road Pedestrian Street & Sino-Ocean Taikoo Li.

- 翻越多座川藏线海拔4000以上的高山 ~ 高尔寺山、剪子弯山、卡子拉山、兔儿山、海子山及波瓦山。
- 游览亚丁景区 ~ 主要由“仙乃日、央迈勇、夏诺多吉”三座神山和周围的河流、湖泊和高山草甸组成。
- 游览世界自然遗产、国家级风景名胜区、国家地质公园、国家级自然保护区 ~ 四姑娘山。
- 游览康定木格措风景区 ~ 又叫野人海或康定情歌风景区，有“小九寨”之称，川西北最大的高山湖泊之一。
- 享受购物乐趣于宽窄巷子、锦里古街、春熙路时尚步行街 & 远洋太古里。



Yading Nature Reserve
亚丁景区



Sichuan-Tibet First Bridge
川藏第一桥

Total number of meals 行程总餐数



Breakfast : 7
早餐 : 7



Lunch : 6
午餐 : 6



Dinner : 7
晚餐 : 7



NIL : 0
自理 : 0

Itinerary Detail

详情行程

8D7N The Soul of Shangri-la ~ Daocheng Yading / SCDY-D7 / Valid from Apr 2024
8D7N 香格里拉之魂 ~ 稻城亚丁 有效期从2024年04月

Day
01

Kuala Lumpur 吉隆坡 ➡ Chengdu 成都

- * **Chunxi Road Pedestrian Street** ~ symbol of Chengdu's commercial center of fashion and also a place that brings together delicious snacks from all over the country.
- * **Sino-Ocean Taikoo Li** ~ it is the living urban heart of future Chengdu, provides a unique mix of shopping, dining, entertainment and hotel accommodation in an exciting and enjoyable setting of lanes, squares and streets.
- * **春熙路时尚步行街** ~ 一条历史悠久, 热闹繁华的商业街, 您还可观看到知名艺术家劳伦斯所作的巨型熊猫塑像。
- * **远洋太古里** ~ 一座开放式、低密度的街区形态购物中心, 以极其现代的手法演绎传统建筑风格, 与散落其间的六栋保留院落和建筑, 及历史性的街道交相辉映、相得益彰。



Meal on board / (D) Quanjude Roast Duck
机上用餐 / (晚) 全聚德烤鸭



Antai Jinyun Jinjiang Hotel, Chengdu - 5* or similar
安泰锦云锦江酒店, 成都 - 5* 或同级

Day
02

Chengdu 成都 (200km) ➡ Mount Siguniang 四姑娘山 (113km) ➡ Danba 丹巴

- * **Mount Balang Tunnel** ~ drive pass the Mount Balang and enjoy the beautiful scenery.
- * **Mount Siguniang** (entrance & sightseeing coach included) ~ the mountain range is composed of four main peaks, hence the name Four Girls Mountain. The surrounding natural scenery of Four Girls Mountain is beautiful and diverse, featuring high mountain meadows, pristine forests, clear lakes, and abundant wildlife and plant resources.
- * **Shuangqiao Valley** ~ is renowned for its beautiful natural landscapes and pristine ecological environment. Within the scenic area, there are dense virgin forests, clear streams and waterfalls, high mountain meadows, as well as various wildlife and plants. The scenery here is pleasant and picturesque.
- * **Cat Nose Ridge Observation Deck** ~ located nearby one of the main peaks of Mount Siguniang, is named for its resemblance to a cat's nose. It is also an ideal location to overlook the magnificent scenery of the Mount Siguniang.
- * **巴郎山隧道** ~ 乘车翻越巴朗山, 峰回路转, 朝晖夕阴, 烟霞漫漫, 欣赏其美丽的风光。
- * **四姑娘山** (含门票 & 观光车) ~ 由四座主峰组成的山脉, 因此得名四姑娘山。四姑娘山周围的自然风光秀丽多样, 有高山草甸、原始森林、清澈的湖泊和丰富的野生动植物资源。
- * **双桥沟** ~ 以其美丽的自然景观和原始的生态环境而闻名。景区内茂密的原始森林、清澈的溪流和瀑布、高山草甸以及各种野生动植物。这里的山水景色宜人, 风景如画。
- * **猫鼻梁观景台** ~ 位于四姑娘山主峰之一的第四姑娘山的附近, 因其形状像一只猫的鼻子而得名, 也是一个俯瞰四姑娘山景区壮丽景色的理想地点。



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



Jimei Hotel, Danba - 5* or similar
吉美大酒店, 丹巴 - 5* 或同级

Day
03

Danba 丹巴 (212km) ➡ Xinduqiao 新都桥 (68km) ➡ Yajiang 雅江

- * Drive pass and overview the **Suopo Diaolou** and **Yala Snow Mountain**.
- * **Moshi Park Scenic Area** (entrance & buggy included) ~ known as a rare geological wonder and the only highland karst landscape.
- * **Tagong Grassland** ~ "Tagong" in Tibetan means "the place that Bodhisattva likes" (3730m above sea level) on the plateau, and the Sichuan-Tibet Highway passes through it.
- * **Muya Golden Tower** ~ also known as Muya Zunsheng Pagoda, it is a pagoda built by Living Buddha Dorje Tashi to commemorate the 10th Panchen Lama's empowerment here.
- * Drive pass **Gao'ersi Mountain Tunnel** (4412m above sea level) and arrive Yajiang.
- * 乘车途径远眺**梭坡碉楼**和**雅拉雪山**。
- * **墨石公园景区** (含门票 & 电瓶车) ~ 拥有罕见的世界地质奇观, 也是中国唯一的高原石林景观。
- * **塔公草原** ~ “塔公”藏语意为“菩萨喜欢的地方”(海拔3730米)的高原地带, 川藏公路穿境而过。
- * **木雅金塔** ~ 又名木雅尊胜塔, 是多吉扎西活佛为纪念十世班禅大师于此灌顶布法而修建的佛塔。
- * 乘车穿越**高尔寺山隧道** (海拔4412米), 抵康巴小山城 ~ 雅江。



(B) Hotel / (L) Chinese Cuisine / (D) Mushroom Soup Cuisine
(早) 酒店 / (午) 中式合菜 / (晚) 野菌汤锅



Yidu Hotel, Yajiang - 4* or similar
驿都大酒店, 雅江 - 4* 或同级

Day
04

Yajiang 雅江 (137km) ➡ Litang 理塘 (152km) ➡ Daocheng 稻城 (75km) ➡ Shangri-La Town 香格里拉镇

- * Crossing over the **Jianziwan Mountain** (4659m above sea level), **Kazila Mountain** (4718m above sea level) and arrive **Litang County** (4014m above sea level), which is known as Pearl of the Plateau. Along the journey, view the natural landscapes of the **Maoya Grassland**, crossing over the **Rabbit Mountain** (4696m above sea level), which is named by an interesting allegory about the running race between a turtle and a rabbit. Continue to the largest ancient glacier site and the ancient Ice Cap of **Daocheng Haizishan Natural Reserve** (4500m above sea level), where you can enjoy the appealing scenery along the journey. At last, arrive Daocheng.
- * 翻越**剪子弯山** (海拔4659米)、**卡拉子山** (海拔4718米), 到达世界高城、高原明珠**理塘县** (海拔4014米), 途径理亚公路沿途欣赏广袤的**毛垭大草原**, 经无量河, 翻越传说中龟兔赛跑**兔儿山** (海拔4696米), 再途经青藏高原最大的古冰川遗址, 稻城古冰帽**海子山自然保护区**, 在平均海拔4500米高的山上, 1145个大小海子如上帝失手撒下的一千颗钻石一般闪烁在山间, 其规模密度为中国之最。走进海子山恍忽走进一个静寂无序、斑斓多姿的梦幻世界。最后抵达稻城县。



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



Ramada by Wyndham Hotel, Shangri-La Town - 5* or similar
华美达酒店, 香格里拉镇 - 5* 或同级

Day
05

Shangri-La Town 香格里拉镇 (40km) 🚗 Yading 亚丁 (70km) 🚗 Daocheng 稻城

- * **Yading Nature Reserve** (entrance, sightseeing coach & buggy included) ~ known for its snow-capped mountains, pristine forests, high-altitude lakes, often called the "Last Shangri-La." Highlights include **Xiannairi Mountain** (6032m above sea level), **Xianuoduoji Mountain** (5898m above sea level), and **Yangmaiying Mountain** (5898m above sea level).
- * **Echu Mountain Platform** ~ take a panoramic view photo of famous holy snow peaks respectively known as Xiannairi Mountain.
- * **Chonggu Monastery** ~ Lamas chanting Buddhist scripture echo through the silent valley, enhancing its sacred mystique.
- * **Pearl Lake** ~ excellent spot to admire the mountain on sunny days, you can see the reflection of the mountain on the lake surface.
- * **Luarong Pasture** ~ it is surrounded by the three holy mountains, with Gongga River running through and cabins interspersed on it.
- * **亚丁景区** (含门票、观光车 & 电瓶车) ~ 以其壮丽的雪山、原始森林、高山湖泊和丰富的生物多样性而闻名，被誉为“香格里拉的最后一片净土”。一路上，您可以看到仙乃日神山 (海拔6032米)，夏诺多吉神山 (海拔5898米)，央迈勇神山 (海拔5898米)。
- * **俄初山观景台** ~ 可以拍摄“三怙主神山”之首仙乃日神山全景 (意为观音菩萨)。
- * **冲古寺** ~ 位于仙乃日神山脚下，站在冲古寺前，头顶蓝的近乎通透的天空，脚踏如熊熊烈焰的红草地，远处是千年不化的雪山，身后是沉睡了万载的峡谷。
- * **珍珠海** ~ 是仙乃日神山左边白渡母的魂湖，她像一颗镶嵌在莲花宝座上的绿宝石，近距离观看仙乃日神山。
- * **洛绒牛场** ~ 为藏民放牧的高山牧场，广阔壮美的景致，“日松贡布”三座神山环绕周围，仿佛进入香格里拉神秘境界。



(B) Hotel / (L) Scenic Area Bento / (D) Hotel
(早) 酒店 / (午) 精美饭盒 / (晚) 酒店



Lai Daocheng Resort, Daocheng - 5* or similar
明宇阳光温泉酒店, 稻城 - 5* 或同级

Day
06

Daocheng 稻城 (430km) 🚗 Kangding 康定

- * Drive pass **Rhododendron Valley**, **Powa Mountain** (4613m above sea level), the charming scenery of **Chitu River Valley**, driving along the Gongga river. After which pass through Sumdo Town view the **Red Prairie** and **Jin Zhu Town-White Pagodas**. Continue pass through **Zheduo Mountain** (4270 meters above sea level) and arrive Kangding.
- * 乘车穿越**杜鹃谷**，**波瓦山** (海拔4613米)，赤土河谷迷人风光，沿贡嘎河行驶。继续途径桑堆小镇沿途观看**红草地**以及**金珠镇-白塔群**。接着，翻越康巴第一关**折多山** (海拔4270米) 抵达情歌之城-康定。



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



Liuliu City Galsang Flower Hotel, Kangding - 4* or similar
溜溜城格桑花酒店, 康定 - 4* 或同级

Day
07

Kangding 康定 (264km) 🚗 Chengdu 成都

- * **Kangding Mugecuo Scenic Area** (includes entrance & sightseeing coach) ~ Northwest Sichuan's largest alpine lake, nicknamed "Mini Jiuzhaigou" and "Kangding Love Song Scenic Spot," offers stunning views of rivers, valleys, lakes, grasslands, and hot springs.
- * **Sichuan-Tibet First Bridge** ~ crossing the bridge and enjoy the beautiful scenery.
- * **康定木格措风景区** (含门票 & 观光车) ~ 又叫野人海或康定情歌风景区，有“小九寨”之称，川西北最大的高山湖泊之一。景区由杜鹃峡、赛马坪、七色海、药池沸泉、木格措和红海草原六个小景区组成，木格措湖景色一日多变，清晨坦面无垠的湖面静如镜面，倒映着雪峰和群山。
- * **川藏第一桥** ~ 穿越大渡河的川藏第一桥，欣赏美丽的景色。



(B) Hotel / (L) Chinese Cuisine / (D) Cantonese Cuisine
(早) 酒店 / (午) 中式合菜 / (晚) 粤菜风味



Dorsett Hotel, Chengdu - 5* or similar
帝盛酒店, 成都 - 5* 或同级

Day
08

Chengdu 成都 🚗 Kuala Lumpur 吉隆坡



(B) Hotel / Meal onboard
(早) 酒店 / 机上用餐



Chonggu Monastery
冲古寺



Luorong Pasture
洛绒牛场



Zheduo Mountain
折多山



Xinduqiao
新都桥



Moshi Park Scenic Area
墨石公园景区



Cat Nose Ridge Observation Deck
猫鼻梁子观景台



Mount Balang Tunnel
巴郎山隧道



Shuangqiao Valley
双桥沟



Tagong Grassland
塔公草原



Muya Golden Tower
木雅金塔



* 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: Sichuan Opera Show ~ The Changing Masks Performance approx. RMB180/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.
- The itinerary is subject to availability, and Parlo Tours may charge additional fees if needed during the tour.
- Parlo Tours can modify the sequence, amend or cancel hotel accommodations, meals, and sightseeing activities in the itinerary due to unforeseen circumstances, such as peak periods, trade fairs, major events, or force majeure.
- Parlo Tours is not responsible for extra expenses incurred by individuals due to transportation delays, changes, illness, adverse weather conditions, or force majeure. Participants in tour do so at their own risk.
- Parlo Tours is not liable for omissions or errors in printing or presentation, whether in the itinerary, brochures, or other media. Parlo Tours reserves the right to correct such errors as needed.
- Itineraries, meals, hotels and transportation are subject to change without prior notice.
- 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: 中国国粹 ~ 川剧变脸秀 大约RMB180/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。
- 所有图片仅供参考, 实际可能有所不同。
- 行程安排严格以可用性为准, Parlo Tours 在旅行规划或进行的过程中如有需要, 可能会收取额外费用。
- Parlo Tours 会根据不可预见的情况 (高峰期、贸易展览会、重大活动或不可抗力活动) 修改行程顺序、更改或取消酒店住宿、用餐和观光活动。
- Parlo Tours 不对个人因交通延误、更改、疾病、恶劣天气条件或不可抗力活动而产生的额外费用负责, 参加旅行的人需要自行承担风险。
- Parlo Tours 不对行程、宣传册或其他媒体中的遗漏或错误承担责任。Parlo Tours 保留根据需要更正此类错误的权利。
- 行程、膳食、酒店住宿和交通可能会有所更动, 恕不另行通知。
- 请详细阅读Parlo Tours Sdn Bhd的条款和公司政策。

Operated by



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