



中国

CHINA



新东方
NEW EASTERN TRAVEL

10天9晚

成都 稻城亚丁 + 四姑娘山

CHENGDU DAOCHENG YADING +
MT SIGUNIANG LGNTOD

保证
无购物
纯玩品质游
NO SHOPPING STOP



丹巴
DANBA

雅江
YAJIANG

日瓦
RIWA

康定
KANGDING

10天9晚 稻城亚丁 + 四姑娘山

LCN10D



甲居藏寨 JIAJU TIBETAN VILLAGE



墨石公园 MOSHI PARK SCENIC AREA



都江堰熊猫乐园
DUJIANGYAN PANDA BASE

DAY 01 吉隆坡 - 成都 (机上用餐)

集合于吉隆坡国际机场，乘机前往四川省会——孤城“巴蜀”的成都，抵达后入住酒店。
酒店：天府国际大酒店或同级*

DAY 02 成都 - 四姑娘山 (早餐/午餐/晚餐)

早餐后，乘车前往著名的**都江堰熊猫乐园**，亲临中国国宝——大熊猫。这些大熊猫非常顽皮可爱，它们可能倒挂在树枝上，也可能在草地上打滚，或是一群大熊猫在一起嬉戏，形态各异，让你尽情用相机捕捉它们精彩瞬间。午餐后，乘车前往丹巴，途中游览**猫鼻梁观景台**。猫鼻梁是观赏四姑娘山全貌和日出、日落的最佳地点。从这里可以清楚地看到一字排开的四姑娘山。日落时分，还有可能看到日照金山的壮观景象。在猫鼻梁远眺，前面是海子沟，后面是**四姑娘山**，风景绝对震撼。
酒店：悦山度假酒店或同级*

DAY 03 四姑娘山 - 丹巴 (早餐/午餐/晚餐)

早餐后，前往**双桥沟风景区 (含观光车)**。这里是四姑娘山景区三沟之一，沟内开发最深入、景色最丰富，最适合大众旅游。景区全长 40 余公里，以雪峰、牧场、草地、森林等为主，是四姑娘山最美丽的一条沟。沟内有两座木桥，一座由杨柳木搭建而成，另一座由红杉木搭建而成，双桥沟因此得名。原始生态景观淋漓尽致地展现在您的眼前，仿佛置身于人间仙境，呼吸着清新的空气，整个人都神清气爽。接着，游览**甲居藏寨 (含观光车)**。这里是极具嘉绒藏族特色的藏民居村寨。走进藏寨后，您会看到一座座分散开的藏式楼房。洁白的墙壁上绘有日月星辰及宗教图案，美丽而壮观。
酒店：丹巴吉美酒店或同级*

DAY 04 丹巴 - 雅江 (早餐/午餐/晚餐)

今天早餐后，参观**墨石公园 (含电瓶车)**作为国家 4A 级旅游景区，墨石公园拥有罕见的世界地质奇观，中国唯一的高原石林景观，享有“中国最美景观大道第八美”的美誉。接着抵达**塔公草原游览木雅金塔**，金塔位于雅拉神山、夏古冬青山、文殊山、观音山等八座神山所环绕的中心，藏语称“古汝塘”，意为“莲师道场”。
酒店：雅江驿都酒店或同级*

DAY 05 雅江 - 日瓦 (早餐/午餐/晚餐)

今天早餐后，乘车前往日瓦，途中抵达**天路十八弯观景台**。这座山的名字叫剪刀弯山，是川藏线 318 国道中一段路。在观景台可以远眺四川省最高的山峰，的贡嘎雪山，高山云海，挺拔青松。随后抵达，**长春桥科寺**又称理塘寺，于 1850 年由第三世达赖喇嘛创建，是康区历史最悠久，规模最大的藏传佛教黄教寺庙。素有康南佛教圣地之称，地位与拉萨三大寺齐平。今天，接着前往**稻城白塔群**，稻城白塔为纯四方形的底座，分为五层，最高层中央是个高大的主塔，周围排列四层小白塔，共 108 座。小塔内放置的是释迦牟尼佛祖，主塔内放置的是尊胜佛母。小白塔围绕大白塔，颇为壮观。
酒店：亚丁智选假日酒店或同级*

DAY 06 日瓦 - 亚丁 - 日瓦 (早餐/午餐/晚餐)

早餐后，乘车前往著名的**亚丁风景区 (含观光车+电瓶车)**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。它的景致保持着在地球上近绝迹的纯粹，有着独特的地貌和原生态的自然风光。是名副其实的“香格里拉之魂”，被国际友人誉为“冰蓝色星球上的最后一片净土”。**洛绒牛场**是亚丁风景区著名景点之一，在这片附近藏民放牧的牧场上，面向央迈勇雪山，左眺夏诺多吉雪山，是观赏三怙主神山的最佳地点。
*不含骑马费，由洛绒牛场到牛奶海，目前只有徒步或骑马进去，路途危险，故不建议客人参加。
酒店：亚丁智选假日酒店或同级*

DAY 07 日瓦 - 稻城 (早餐/午餐/晚餐)

早餐后，我们将**二次进亚丁风景区 (含观光车)**，**冲古寺**位于先乃日神山脚下，是詹姆斯希尔顿笔下《消失的地平线》中蓝月山谷的原形。冲古寺隶属贡嘎郎吉岭寺，有扎巴在此念经诵佛，经堂内供奉有佛祖释迦牟尼佛像。**珍珠海**在藏语中称为“卓玛拉措”，是仙乃日的融雪形成的海子。密林中的珍珠海如一颗镶嵌在莲花宝座上的绿宝石，碧波荡漾，粼粼波光中透出无限清丽。
酒店：稻城翔云酒店或同级*

DAY 08 稻城 - 康定 (早餐/午餐/晚餐)

早餐后，前往康定，途经剪刀弯山，无量河谷，海子山谷冰川遗址、兔儿山风光。沿途您可以欣赏到**折多山风光**被称为“康巴第一关”，因自二郎山隧道贯通后，折多山便成了川藏线上的第一座具有挑战性的高山。
酒店：康定岷山太阳部落酒店或同级*

DAY 09 康定 - 成都 (早餐/午餐/晚餐)

早餐后，前往**木格措景区 (含观光车)**有“野人海”之称，是川西地区较大的高山湖泊之一。景区除森林草原外，主要由红海、白海、黑海及三十多个无名海组成，是一处观赏雪山、草原、原始森林、杜鹃花和藏族牧民风情的风景民俗游览观光区。沿着峡谷栈道，可穿梭原始森林、打卡红石滩奇景、去七色海遥遥望莲花雪山的美景。接着返回成都，参观**春熙路**，**太古里步行街**，自由活动这里是成都具有代表性的商业街，也是成都的时尚中心之一，来这里逛逛街，吃吃当地美食，是游客来到成都必做的一件事情。
酒店：成都保利皇冠假日酒店或同级*

DAY 10 成都 - 吉隆坡 (早餐/机上用餐)

早餐后，依约定时间前往机场搭乘航班返回吉隆坡。

备注：
行程若更改，需受公司的条款与细则所约束。
顾客尤其需注意以下事项：(1) 在公司无法控制的情况下，行程可能更改。(2) 指定城市的住宿需视客房供应情况而定。(3) 行程顺序可能更改。
(4) 不同团体可能合并成一团。(5) 若有更改不被接受，需遵守条款与细则中的退款规定。

10D9N DAOCHENG YADING + MT SIGUNIANG

DAY 01 KUALA LUMPUR - CHENGDU (Meals on Board)

Assemble at Kuala Lumpur International Airport for your flight to the capital city of Sichuan—Chengdu, formerly known as "Bashu" during the ancient time. Check in hotel upon arrival.

Hotel: Tianfu International Hotel Complex or Similar*

DAY 02 CHENGDU - MT SIGUNIANG (Breakfast / Lunch / Dinner)

After breakfast, take a bus to the famous **Dujiangyan Panda Base** where you will see the China's national treasure - the Giant Panda; they are mischievous and adorable, some are hanging on the tree, some are rolling on the grassland and even playing in a group etc. After lunch, we will take a bus to Danba. On the way, we will visit the **Maobailiang Observation Deck**, which is the best place to admire the panoramic view of Mount Siguniang. From here, you can clearly see the four peaks of Mount Siguniang lined up in a row. The view from Maobailiang is absolutely breathtaking, with Haizigou in the front and Mount Siguniang.

Hotel: Mount Siguniang Yueshan Holiday Hotel or Similar*

DAY 03 MT SIGUNIANG - DANBA (Breakfast / Lunch / Dinner)

After breakfast, we will proceed to **Shuangqiao Valley Scenic Area (including sightseeing car)**. It is one of the three main valleys in the Mount Siguniang Scenic Area, offering the deepest exploration and the richest scenery, making it the most suitable area for mass tourism. You will be amazed by the pristine and stunning landscapes that unfold before your eyes, as if you are in a fairyland. Breathing in the fresh air, you will feel refreshed and rejuvenated. Next, we will visit the **Jiaju Tibetan Village (including a sightseeing car)**. This village showcases the distinctive characteristics of the Jiarong Tibetan people. As you enter the village, you will see scattered Tibetan-style houses.

Hotel: Danba Jimei Hotel or Similar*

DAY 04 DANBA - YAJIANG (Breakfast / Lunch / Dinner)

Today, we will visit the **Moshi Park Scenic Area (including an electric car)**. As a national 4A-level tourist attraction, Mosika Park features rare geological wonders and is the only plateau stone forest landscape in China. Then we will reach **Tagong Grassland and visit the Muya Golden Pagoda**, which is located in the center surrounded by eight sacred mountains, including Yala Mountain, Xiagu Holly Mountain, Manjusri Mountain, and Guanyin Mountain.

Hotel: Yajiang Country Yudu Hotel or Similar*

DAY 05 YAJIANG - RIWA (Breakfast / Lunch / Dinner)

After breakfast, we will take a car to Riwa, passing through Jianziwan Mountain, Wuliang River Valley, Haizishan Nature Reserve, and Tuer Mountain Scenic Area. Along the way, we will reach the **Tianlu Eighteen Bend Observation Deck**. From the observation deck, you can enjoy a panoramic view of Mount Gongga, the highest peak in Sichuan Province, with its majestic snow-capped peaks, sea of clouds, and towering green pines. Afterward, we will arrive at **Changqing Chunke-Er Si** also known as Litang Monastery. It was founded in 1580 by the Third Dalai Lama and is the oldest and largest Gelug Tibetan Buddhist Yellow Sect monastery in the Kang region. Then we will head to the **Daocheng White Pagoda Cluster**. The central part of the highest layer is a large main pagoda surrounded by four layers of smaller pagodas, totaling 108 pagodas.

Hotel: Holiday Inn Express Daocheng Yading or Similar*

DAY 06 RIWA - YADING - RIWA (Breakfast / Lunch / Dinner)

After breakfast, we will take a car to the famous **Yading Scenic Area (including sightseeing car and electric car)**. Inside the Yading Scenic Area are the 3 holy mountains of Chenresig, Chana Dorje and Jampelyang. These 3 snow-capped peaks sit in a triangle formation with forested valleys, clear rivers, glacier-fed lakes and abundant wildlife between them. It is truly the "soul of Shangri-La" and has been praised by international visitors as the "last pure land on the blue planet". **Luorong Farm** is one of the famous attractions in the Yading Scenic Area. On the nearby pastures where local Tibetans graze their cattle, you can face Yangmai yong Snow Mountain and admire Xianuoduoji Snow Mountain on the left.

Hotel: Holiday Inn Express Daocheng Yading or Similar*

DAY 07 RIWA - DAOCHENG (Breakfast / Lunch / Dinner)

After breakfast, we will **Double Entry Yading Sceneries (including sightseeing car)** first we will visit **Chonggu Monastery**, it sits at 4,000 meters. This small monastery is nearly 800 years old and sits at the base of Mount Chenresig's north face. Mount Chenresig, known in Chinese as Xiannairi, is the highest mountain in the reserve rising to 6,032 meters. The views of Chenresig from Chonggu Temple on a clear day are superb. Next visit, **Pearl Lake (Zhenzhu Hai)**, at the foot of Chenresig, and believed to be the cosmic mirror of fairies, is an excellent spot to admire the mountain.

Hotel: Daocheng Xiangyun Hotel or Similar*

DAY 08 DAOCHENG - KANGDING (Breakfast / Lunch / Dinner)

After breakfast, passing through Jianziwan Mountain, Wuliang River Valley, Haizishan Nature Reserve, and Tuer Mountain Scenic Area. Along the way, you can **enjoy the magnificent views of the Zheduo Mountain**, known as the "first pass of Kham". Since the completion of the Erlang Mountain Tunnel, Zheduo Mountain has become the first challenging high mountain on the Sichuan-Tibet Highway.

Hotel: Kangding Minshan Sun Tribe Hotel or Similar*

DAY 09 KANGDING - CHENGDU (Breakfast / Lunch / Dinner)

After breakfast, visit the **Mugecuo Scenic Area (including sightseeing car)**, known as "Wildman Lake." It's a picturesque spot in western Sichuan with alpine lakes, lush forests, and Tibetan nomadic culture. Explore the primitive forests, witness the Red Stone Beach, and admire the Lotus Snow Mountain from the Seven Color Sea along the canyon boardwalk. Later back to Chengdu and will proceed to **Chunxi Road and Taikoo Li shopping precinct** which is one of Chengdu's most representative commercial streets and a fashion hub. Strolling along this street, trying out local delicacies, and shopping is a must-do activity for tourists in Chengdu.

Hotel: Chengdu Crowne Plaza Panda Garden Hotel or Similar*

DAY 10 CHENGDU - KUALA LUMPUR (Breakfast / Meals on Board)

After breakfast, proceed to the airport for your flight back to Malaysia.



长春科尔寺 CHANGQING CHUNKE-ER SI



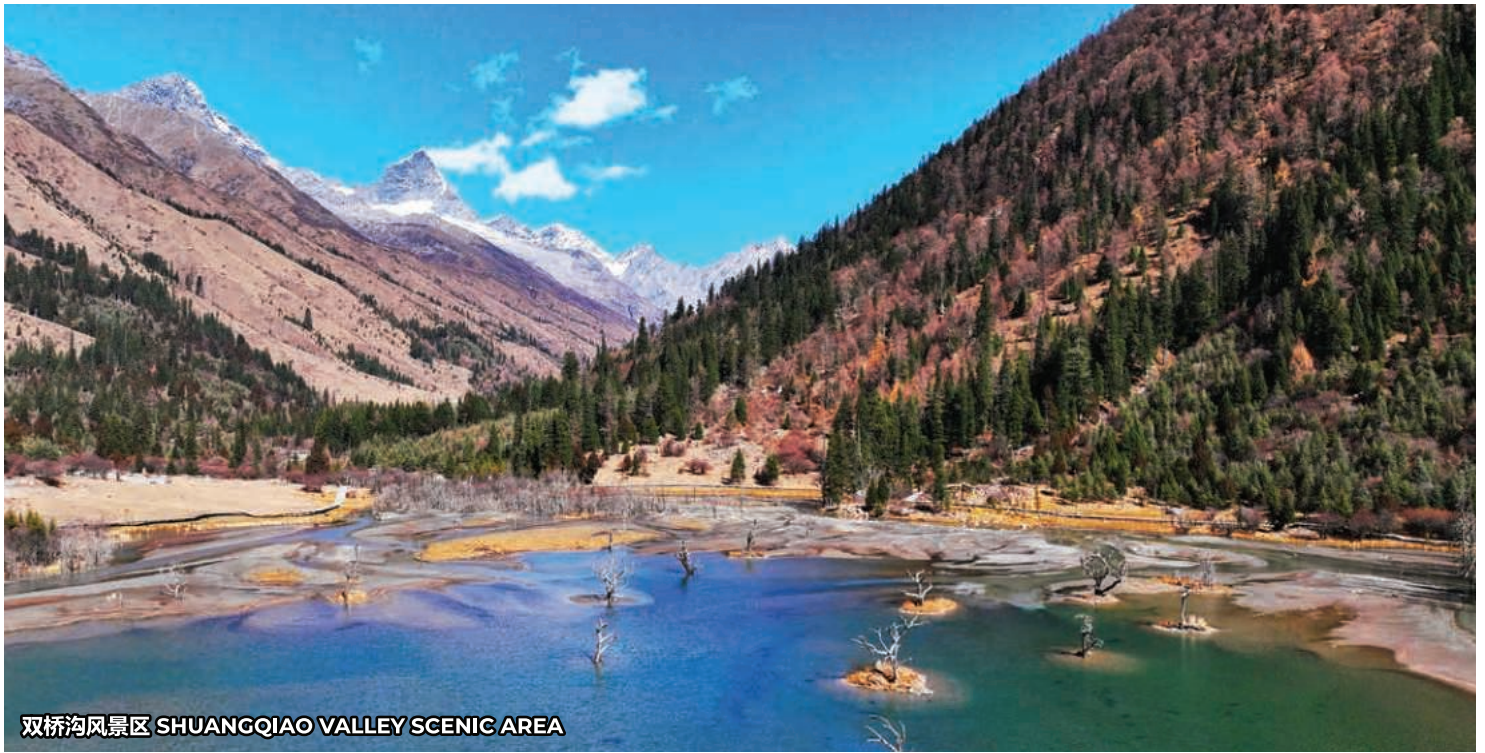
猫鼻梁观景台
MAOBAILIANG OBSERVATION DECK



珍珠海 PEARL LAKE (ZHENZHU HAI)

Remarks

Revisions, if any, in itinerary are subject to the Company's Terms and Conditions. In particular, the Customer is requested to note the following: (1) Itinerary may be subject to change due to circumstances beyond the Company's control. (2) Accommodation in designated cities is subject to room availability. (3) Sequence of itinerary may be subject to change. (4) Different tour groups may be merged. (5) Proposed changes, if any, that are not accepted will be subject to the refund provisions set out in the Terms and Conditions.



双桥沟风景区 SHUANGQIAO VALLEY SCENIC AREA

🔦 旅游亮点 TOUR HIGHLIGHTS

成都

- 春熙路
- 太古里步行街

CHENGDU

- Dujiangyan Panda Base
- ChunXi Road
- Taikoo Li Shopping Precinct

都江堰

- 都江堰熊猫乐园

DUJIANGYAN

- Dujiangyan Panda Base

四姑娘山

- 猫鼻梁观景台
- 双桥沟风景区

MT SIGUNIANG

- Maobiliang Observation Deck
- Shuangqiao Valley Scenic Area

丹巴

- 甲居藏寨

DANBA

- Jiaju Tibetan Village

新都桥

- 墨石公园
- 塔公草原
- 木雅金塔

XINDUQIAO

- Moshi Park Scenic Area
- Tagong Grassland
- Muya Golden Pagoda

日瓦

- 天路十八弯观景台
- 长青春科尔寺

RI WA

- Tianlu Eighteen Bend Observation Deck
- Changqing Chunke-Er Si

稻城

- 稻城白塔群

DAOCHENG

- Daocheng White Pagoda Cluster

亚丁

- 亚丁风景区
- 洛绒牛场
- 冲古寺
- 珍珠海

YADING

- Yading Scenic Area
- Luorong Farm
- Chonggu Monastery
- Pearl Lake

康定

- 木格措景区

KANGDING

- Mugecuo Scenic Area



包含25餐

25 MEALS INCLUDED

- 9 早餐 Breakfasts
- 8 午餐 Lunches
- 8 晚餐 Dinners



特色餐点

SPECIALTY MEAL

- 理塘风味 Litang Cuisine
- 日瓦风味 Riwa Cuisine
- 当地风味 Local Cuisine
- 四川火锅 Sichuan Hotpot



贴心高原服务 SERVICE

- 每人赠送两支氧气瓶
Each person will receive two oxygen cylinders



独特体验

EXCLUSIVE EXPERIENCES

- 前往 [双桥沟风景区]，欣赏四姑娘山的美
- [亚丁景区二次进入] 感受被誉为“水蓝色星球上的最后一块净土”
- 游览 [甲居藏寨] 最美的古村落之一
- 中国唯一的高原石林景观 [墨石公园]
- [稻城白塔群] 康南地区唯一以白塔为主题的公园
- [都江堰熊猫乐园] 近距离亲近大熊猫
- [长青春科尔] 称理塘寺，素有康南佛教圣地之称
- 成都具有代表性的商业街 [春熙路] 与 [太古里步行街]

- Visit **Shuangqiao Valley** enjoy the beauty of the Mount Siguniang
- **Double Entry For Yading Scenic Area** to feel the “last pure land on the planet”
- Visit **Jiaju Tibetan Village**, one of the most beautiful ancient villages
- The only plateau stone forest landscape in China **Moshi Park Scenic Area**
- The only white pagoda-themed park in Kangnan **Daocheng White Pagoda Cluster**
- Close contact with the naivety **Pandas and its babies**
- The oldest and largest Gelug Tibetan Buddhist Yellow Sect monastery **Changqing Chunke-Er Si**
- Visit Chengdu's most representative commercial streets **Chunxi Road & Taikoo Li shopping precinct**

*若中英文行程版本出现不符之处，将以中文版本为依据。*图片仅供参考。*Pictures shown are for illustration purpose only.



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