



CHINA



新东方  
NEW EASTERN TRAVEL

8天7晚

# 云南 西双版纳 + 老挝

YUNNAN XISHUANGBANNA + LAOS  
LCN8XL



**保证**  
**无购物**  
**纯玩品质游**  
NO SHOPPING STOP

昆明 | 万荣 | 琅勃拉邦 | 普洱  
KUNMING | VANG VIENG | LUANG PRABANG | PUER

# 8天7晚 云南西双版纳+老挝

LCN8XL



琅勃拉邦法式老街  
LUANG PRABANG FRENCH OLD STREET



光西瀑布 KWANG SI FALLS



告庄西双景 GAOZHUANG XISHUANGJING



傣族园 DAI GARDEN

## DAY 01 吉隆坡 - 昆明 (机上用餐/晚餐)

集合于吉隆坡国际机场，乘机前往云南昆明。享用晚餐后便接送前往入住酒店。  
酒店：昆明维居金鹰或同级\*

## DAY 02 昆明 - 老挝 - 万荣 (早餐/午餐/晚餐)

早餐后，乘高铁前往老挝万荣（约5小时）。抵达后前往南淞河体验当地特色的长尾船漂流，每条船只坐二人，由船夫掌舵划船，细长的小船在浅水滩中驰骋，两岸景色秀美。晚餐后，入住酒店休息。  
酒店：万荣 Tmark Resort 或同级\*

## DAY 03 万荣 - 琅勃拉邦 (早餐/午餐/晚餐)

早餐后，游览蓝色泻湖，万荣被当地人成为“小桂林”，有着典型的喀斯特地貌景观，而坦普坎溶洞又是其中的代表。之后乘动车前往琅勃拉邦（约2小时），参观老皇宫博物馆，是王宫被改建成的博物馆。现在里面展出了很多澜沧王国的遗迹及国家级的珍贵文物。游览西方的浪漫和世界文化遗产的碰撞的琅勃拉邦法式老街。特别安排老挝式的“马杀鸡”体验。  
酒店：琅勃拉邦 Le Palais Juliana 或同级\*

## DAY 04 琅勃拉邦 (早餐/午餐/晚餐)

早餐后，游览香通寺，这里浓缩了琅勃拉邦寺庙的建筑风格，外墙之上彩色的玻璃镶嵌的生命之树，在千百年的时光里，静静讲述佛家因缘。之后前往老挝著名的自然景观——光西瀑布，高约100多米，沿着山涧从上飞泻而下汇成叠叠水潭，又形成层层瀑布连绵不断非常壮观。前往织布村，了解老挝众多民族的各种民俗，可观织布过程，了解老挝手工织布工艺。晚餐后，漫步琅勃拉邦夜市，淘各色工艺品，或迷离于灯红酒绿，或沉浸于歌舞升平，或坐在河边静静发呆，享受着迷人的夜景，都让人流连忘返。  
酒店：琅勃拉邦 Le Palais Juliana 或同级\*

## DAY 05 琅勃拉邦 - 云南西双版纳 (早餐/午餐/晚餐)

早餐后，清晨观看布施（如需参与布施，可以自行都买糯米饭或饼干等等或者请导游帮忙提前安排），太阳还没升起僧人会从远处走来，步伐匆忙，接受布施，回到寺里。接着参观琅勃拉邦的早市，这里到处都是小贩，兜售着令人眼花缭乱的五金器具、厨具和成堆的新鲜土特产品。之后乘坐高铁前往云南西双版纳（约5小时）。抵达后，游览般若寺，因其外观是银白色的，当地人也叫白塔。接着乘车前往西双版纳网红地标打卡地告庄西双景，这里日夜风情不同。夜幕降临，星光点点之下，是各色美食小吃和各种特色手工艺品。  
酒店：西双版纳嘉盛华美达广场酒店或同级\*

## DAY 06 西双版纳 - 普洱 (早餐/午餐/晚餐)

早餐后，前往南糯山哈尼文化园，体验当地时代茶文化，品尝地道普洱茶。午餐后，乘车前往游览傣族园（含电瓶车）。这是一座活着的民族历史博物馆，步入其中，仿佛置身于真正的傣家。等到熟悉的音乐响起，一起加入一场盛大的泼水活动（请自备一套换洗衣服）。随后我们将入住云端之上茶园里的普洱倚象山营地暨半山酒店。在这里，每个人都可以找到自己的“松弛感”，大口呼吸“树林香”，肆意地感受“烟火气”。在这里看日升、看日落、看星空。  
酒店：普洱倚象山营地暨半山酒店或同级\*

## DAY 07 普洱 - 墨江 - 昆明 (早餐/午餐/晚餐)

早起观日出云海（具体观看效果依当天天气而定）。早餐后，乘车前往国际双胞胎之乡——墨江，游览跨过北回归线，太阳转身的地方——北回归线标志园，北纬23°26'太阳转身的地方，乘坐北回归线标志园的魔毯，穿越时空感受地球公转和自转尽情享受一脚温带，一脚热带的奇幻旅程。午餐后，乘车前往昆明。晚餐后，入住酒店。  
酒店：昆明维居金鹰或同级\*

## DAY 08 昆明 - 吉隆坡 (早餐/午餐/机上用餐)

早餐后，乘车前往游览金马碧鸡坊、南屏步行街，前往昆明百年老街——钱王街自由活动。午餐后，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。

# 8D7N YUNNAN XISHUANGBANNA + LAOS

## DAY 01 KUALA LUMPUR - KUNMING (Meals on Board / Dinner)

Assemble at Kuala Lumpur International Airport for your flight to the capital city of Yunnan - Kunming. After dinner, transfer to hotel and check in.

Hotel: Golden Eagle Hotel or Similar\*

## DAY 02 KUNMING - VANG VIENG (Breakfast / Lunch / Dinner)

After breakfast, take a **high-speed train to Laos Vang Vieng (About 5 hours)**. Upon arrival, head to **Nam Song River** to experience the local specialty of **Longtail Boat Rafting**. Each boat accommodates two passengers, with a boatman steering and rowing the slender boat through shallow waters, offering beautiful scenery along the banks.

Hotel: Tmark Resort or Similar\*



## DAY 03 VANG VIENG - LUANG PRABANG (Breakfast / Lunch / Dinner)

After breakfast, explore the **Blue Lagoon** in Vang Vieng, known as "Little Guilin" by the local Chinese. Vang Vieng boasts a typical karst landscape, and the Tam Pak Kan Cave is a representative example. Later, take a **high-speed train to Luang Prabang (About 2 hours)**. Visit the **Old Royal Palace Museum**, a museum housed in the former royal palace displaying relics of the Lan Xang Kingdom and precious national treasures, including the revered Phra Bang Buddha. Explore the collision of Western romance and world cultural heritage in the **French-style Old Town** of Luang Prabang. Special arrangement **traditional Laotian massage experience**.

Hotel: Luang Prabang Le Palais Juliana Hotel or Similar\*



## DAY 04 LUANG PRABANG (Breakfast / Lunch / Dinner)

After breakfast, visit **Wat Xieng Thong**, a temple that embodies the architectural style of Luang Prabang temples. The colorful glass mosaic of the Tree of Life on the outer wall silently narrates the Buddhist stories over the centuries. Later, proceed to explore Laos' famous natural landscape - **Kuang Si Falls**, approximately 100 meters high, cascade down the mountain, forming numerous terraced pools, creating a spectacular and continuous series of waterfalls. Visit **Weaving Village**, observe the weaving process, and understand the traditional Laotian hand-woven craft. After dinner, stroll through the **night market**, where you can browse various crafts, immerse yourself in the colorful lights, enjoy the vibrant atmosphere.

Hotel: Luang Prabang Le Palais Juliana Hotel or Similar\*

## DAY 05 LUANG PRABANG - XISHUANGBANNA (Breakfast / Lunch / Dinner)

After breakfast, witness the **Alms Giving Ceremony** (if interested, you can buy sticky rice or biscuits yourself or ask the guide to arrange in advance). They hurry from afar to receive alms, return to the temple, and then the sun rises as usual. Visit the **morning market**, where vendors sell a dazzling array of hardware, kitchenware, and piles of fresh local products. Later, take a **high-speed train to Yunnan Xishuangbanna (About 5 hours)**. Upon arrival, visit **Ban Ruo Temple**, also known as the White Pagoda due to its silver-white appearance. Head to the popular landmark and check-in spot in Xishuangbanna, **Gaozhuang Xishuangjing**. Here, day and night offer different atmosphere. As night falls, under the starry sky, you'll find a variety of street food and handicrafts.

Hotel: Ramada Plaza by Wyndham or Similar\*



## DAY 06 XISHUANGBANNA - PUER (Breakfast / Lunch / Dinner)

After breakfast, proceed to the **Nannuo Mountain Hani Cultural Park** to experience the local Dai tea culture and taste authentic Pu'er tea. After lunch, visit the **Dai Garden (including electric car ride)**. It's a living museum of ethnic history, and stepping into it feels like being in a real Dai family. When familiar music starts playing, join a grand water splashing activity. Next, we will stay at Yixiangshan Camp and Banshan Hotel. Here, you can find their own "relaxation" in Pu'er, breathe in the "forest fragrance" and feel the "fireworks" wantonly. You can also watch the sunrise, sunset and the starry sky here.

Hotel: Yixiangshan Camp and Banshan Hotel or Similar\*

## DAY 07 PUER - MOJIANG - KUNMING (Breakfast / Lunch / Dinner)

Wake up early to **watch the sunrise and sea of clouds** (the viewing effect depends on the weather). After breakfast, coach to the international twin town - **Mojiang**. Visit the **North Tropic of Cancer Marker Garden**, the place where the sun turns around at North Latitude 23°26'. Ride the "Magic Carpet" at the Northern Tropic of Cancer Marker Garden, experiencing the Earth's rotation and revolution, enjoying a fantastic journey with one foot in the temperate zone and the other in the tropical zone. After lunch, back to Kunming.

Hotel: Golden Eagle Hotel or Similar\*

## DAY 08 KUNMING - KUALA LUMPUR (Breakfast / Lunch / Meals on Board)

After breakfast, proceed to visit **Jinma Biji Fang** and **Nanping Pedestrian Street**. Proceed to Kunming's century-old **Qianwang Street** for free time. After lunch, transfer to the airport for your flight to Malaysia.

### 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.



南淞河长尾船漂流 NAM SONG RIVER LONGTAIL BOAT RAFTING

## 旅游亮点 TOUR HIGHLIGHTS

### 万荣

- 南淞河 - 长尾船漂流
- 蓝色泻湖

### VAN VIENG

- Nam Song River Longtail Boat Rafting
- Blue Lagoon

### 琅勃拉邦

- 老皇宫博物馆
- 琅勃拉邦法式老街
- 香通寺
- 光西瀑布
- 织布村
- 琅勃拉邦夜市

### LUANG PRABANG

- Old Royal Palace Museum
- French-style Old Town
- Wat Xieng Thong
- Kuang Si Falls
- Weaving Village
- Luang Prabang Night Market

### 西双版纳

- 般若寺
- 告庄西双景
- 南糯山哈尼文化园
- 傣族园

### XISHUANGBANNA

- Ban Ruo Temple
- Gaozhuang Xishuangjing
- Nannuo Mountain Hani Cultural Park
- Dai Garden

### 昆明

- 金马碧鸡坊
- 南屏步行街
- 钱王街

### KUNMING

- Jinma Biji Fang
- Nanping Pedestrian Street
- Qianwang Street

### 墨江

- 北回归线标志园

### MOJIANG

- North Tropic of Cancer Marker Garden

## 包含21餐 21 MEALS INCLUDED

- 7 早餐 Breakfasts
- 7 午餐 Lunches
- 7 晚餐 Dinners

## 备选配套 RECOMMENDED OPTIONAL TOUR

- 《云南映象》(乙票): 人民币 300 元/人, 成人/小孩同价, 未满两岁小孩免费 (不含座位)  
<Dynamic Yunnan> Performance (B Area): RMB 300 per Adult/Child same price, Free of charge for Child below two years old (No seat)

\*价格供参考, 以实际价格为准

\*Price are for reference only, actual price is subject to confirmation

## 特色餐点 SPECIALTY MEAL

- 特别安排百年老店福照楼滇风味  
Fuzhaolou 'Ancient Dian' Flavor
- 江边老挝美食 Riverside Laos Food
- 老挝火锅 Laos Hot Pot
- 稻田餐厅 Rice Field Restaurant
- 孔雀宴 Peacock Feast
- 石斛鸡风味 Dendrobium Chicken Flavor

## 独特体验 EXCLUSIVE EXPERIENCES

- 横跨中国与老挝 [**双国游体验**]
- [**高铁体验**], 节约时间同时欣赏沿途风景
- 体验南淞河当地特色的 [**长尾船漂流**]
- 游览西方浪漫的 [**琅勃拉邦法式老街**] 和 [**老挝式足底按摩**]
- 游览老挝著名的自然景观 [**光西瀑布**]
- 打卡西双版纳网红地标 [**告庄西双景**]
- 在 [**傣族园**] 一起参加一场盛大的泼水活动
- Across China and Laos **Dual-Country Travel Experience**
- **High-Speed Train Experience** enjoy the beautiful scenery along the journey
- Experience the Nam Song River **Long Tail Boat Rafting**
- Visit **Luang Prabang French Old Street** and **Laotian Foot Massage**
- Visit Laos' famous natural landscape **Kuang Si Falls**
- Visit the famous landmark of Xishuang banna **Gaozhuang Xishuangjing**
- Participate in a grand water-splashing activity in **Dai Garden**

\*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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