



9天  
7晚

# 仙境稻城亚丁

成都 / 新都桥 / 日瓦 / 稻城亚丁 / 康定

当地酒店  
4★+ 5★



## 行程特点

- 进入亚丁景区两次均含电瓶车公共环保车
- 摄影天堂新都桥
- 大熊猫基地（含电瓶车）
- 情歌故乡—康定

## 赠品

- 矿泉水畅饮 · 登山拐杖(每人1枝)
- 便携式氧气(每人1瓶) · 哈达迎宾
- 品尝酥油茶

## 特点美食

- 四川火锅 · 川菜风味
- 中式合菜 · 稻城亚丁景区便当

## 第一天 吉隆坡 / 成都

机上用餐

全体团员集合于吉隆坡机场乘搭客机飞往成都，抵达后入住酒店休息。

酒店: 汇融智选假日或同级 (当地5星级酒店)

## 第二天 成都 (328KM) 新都桥

早 / 午 / 晚

早餐后出发，沿着最美的**雅西高速公路**出发到**新都桥**。**雅西高速公路**全长240公里，由经四川盆地边缘向横断山区爬升，跨越青衣江、大渡河、安宁河等水系和12条地震断裂带，展布在崇山峻岭之间，山峦重叠、地势险恶。因此，雅西高速才有了「天梯高速」的别称。路上我们经过**青衣江**，又称平羌江，李白《峨眉山月歌》里的“影入平羌江水流”即指青衣江。沿途翻越**折多雪山**，远眺跑马溜溜的山脉直到抵达摄影天堂—**新都桥**。**新都桥**是川藏国道中的一片世外桃源，与其说是地名不如说是一幅画，有着“摄影师的天堂”或“摄影家长廊”之美誉。晚餐后送入酒店休息。

酒店: 云顶星空酒店或同级 (当地4星级酒店)

## 第三天 新都桥 (255KM) 日瓦

早 / 午 / 晚

早餐后，沿途欣赏**新都桥自然风光**，新都桥又称东俄罗，位于318国道川藏南北线的分叉路口，在这可以拍摄到无垠的草甸，曲折的溪流，金黄的秋叶，山坡上大片在觅食的牛羊，散落着的藏族村寨。随便一按快门都能得出一张绝美的风景照，欣赏她那无与伦比的魅力，山、水、树、牛、草交织在其中，你会感到仿佛置身于一幅田园山水画中。午餐后，途径**毛垭大草原**位于世界高城理塘县境内2005年中国国家地理评选其为中国最美的六大草原之一。**长青春科布寺**位于四川甘孜州理塘县，又称：理塘寺，是康巴地区格鲁派第一大寺庙，由三世达赖索南嘉措于1580年主持建造。**海子山**以“稻城古冰帽”著称。海子山最独特的景观即是大大小小的砾石构成的石河、石海以及形态各异的冰蚀湖。**卡子拉山**海拔4718米，位于理塘县和雅江县分界处。这里海拔较高，树木稀少，主要是高山草甸。晚餐后送入酒店休息。

酒店: 亚丁驿站酒店或藏缘酒店或同级 (当地4星级酒店)

## 第四天 日瓦

早 / 午 (景区便当) / 晚

早餐后进入**亚丁景区 (含电瓶车公共环保车)**在1928年，美国植物学家、探险家约瑟夫洛克，到达此地，回国后在美国《国家地理杂志》上撰文并刊登所摄照片，将亚丁介绍给了全世界。被称为“最后的香格里拉”和“蓝色星球上的最后一块净土”。**冲古寺**位于仙乃日神山脚下，海拔3900米，“冲古”意为填湖造寺之意，也有人译为湖泊源头的寺庙。**洛绒牛场**海拔4180米，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。也是观赏三怙主雪山的最佳地点，也成亚丁风景区最名的观光胜地。**央迈勇神山**（远眺）藏语意为“文殊菩萨”，海拔 5898 米，是三座神山的南峰。文殊菩萨在佛教中是有，智慧的化身。晚餐后送入酒店休息。

酒店: 亚丁驿站酒店或藏缘或同级 (当地4星级酒店)

**特别提示:** 亚丁景区气候变化不定，请带上雨具和手套，景区内手机信号尚未全部覆盖，另建议可自带一些高能量的食品，以备需时及时补充能量。

只进2个购物站：乳胶、玉店

保证自费：藏族家访歌舞秀 + 川剧变脸秀 + 车游府南河夜景 = RM300/人

\* 倘若原定的景点不对外开放，将由其他景点取代

\* 以上的景点先后顺序可根据具体的情况有所调整。

\* 在主要节日，商业展览，旅游旺季期间，住宿酒店可能需要安排在另一个城市。

联络方式：

价格：

出发日期：

## 第五天 日瓦 (268KM) 稻城亚丁

早 / 午 (景区便当) / 晚

早餐后，再次进入**亚丁景区 (含公共环保车电瓶车)**不含骑马，前往**珍珠海**海拔4100米，藏语为“卓玛拉措”就像“雪山脚下是绿宝石”，又称仙女湖。水色如祖母绿，碧波荡漾、天水一色。湖畔四周，参天巨树，苍翠如萍。**夏诺多吉神山**（远眺）意为“金剛手菩薩”，海拔5898米，是三座神山的东峰。夏诺多吉在佛教中除暴安良的神，他是勇猛和刚烈的化身。**仙乃日神山**（远眺）意为“观音菩萨”，海拔 6032 米，是三座神山的北峰。看似观世音菩萨坐于莲花台上。毕后前往稻城用晚餐然后送入酒店休息。

酒店: 旺吉大酒店或同级 (当地4星级酒店)

## 第六天 稻城亚丁 (430KM) 康定

早 / 午 / 晚

早餐后，前往**稻城白塔群**康南地区唯一的白塔为主题的公园，而且是以藏族同胞心中至高无上的，在全世界都是绝无仅有的。来到**桑堆小镇**风景绚丽，在公路沿线的牧场开阔平展，河流平缓如镜。遥望远处，在起伏的山峦间散落着村落、牧人、牛羊，呈现一派宁静祥和的景象。接着来到**红草滩 (季节性)**一团团一簇簇水草像被点燃了一样，红的像火，吸引了川藏线上无数的行人驻足。午餐后前往**折多山**“折多”在藏语中是弯曲的意思，折多山上的盘山公路九曲十八弯，山名由此而来。这里也可以**远眺贡嘎雪山**座落在青藏高原东部边缘，在横断山系的大雪山中段，位于大渡河与雅砻江之间。“贡嘎山”，藏语意为“最高的雪山”，主峰海拔7556米，峰顶平台终年被冰雪覆盖，是中国最独特的冰川奇观之一。然后前往**情歌故乡—康定**，路途上的美景美不胜收。晚餐后送入酒店休息。

酒店: 康定康巴大酒店酒店或同级 (当地4星级酒店)

## 第七天 康定 (328KM) 成都

早 / 午 / 晚

早餐后，沿途经过康定县城周围有三座山环绕，其中之一就是以一曲康定情歌而扬名世界—**跑马山(远眺)**藏名：拉姆则，意为仙女山。接着游览**泸定桥**桥面是用铁索和木板搭建的，游客如果站在桥上，感受湍急的河水从脚下奔涌，回忆当年的革命先烈在这里冲锋。午餐后返回成都游览**宽窄巷子**这是一条 具有老成都原态的历史文化街，该街是以旅游、休闲为主、具有鲜明地域特色和浓郁巴蜀文化氛 围的复合型文化商业街。成都作为变脸的发祥地，有着最纯正的川剧变脸演出，今晚将会观赏**四川川剧变脸秀**。晚餐后入住酒店休息。

酒店: 凯宾斯基酒店或总府皇冠酒店或同级 (当地5星级酒店)

## 第八天 成都 / 吉隆坡

早 / 午 / 晚

早餐后，前往**大熊猫基地 (含电瓶车)**，近距离观看国宝的野外生活，了解熊猫人工培育过程。全世界现存约1000多只大熊猫，其中的85%生活在四川，成为大熊猫的故乡。过后前往**玉石翡翠专业直营店**和**乳胶床垫直营店**。乳胶从橡胶树上采集来的橡胶树汁，通过精湛的技术工艺来结合现代化设备和技术来进行起模、发泡、凝胶、硫化、水洗、干燥、成型和包装等工艺来生产出具有多种优良性能的适合人体优质健康睡眠的现代化绿色寝室用品。午餐后自由购物于**春熙路步行街**并自费享用当地小吃美食。晚餐后集合送机。

## 第九天 吉隆坡

机上用餐

带着美好的回忆抵达吉隆坡





9<sup>D</sup>  
7<sup>N</sup>

# WONDERLAND DAO CHENG YA DING

Chengdu / Xinduqiao / Riwa / Daochengyading / Kangding

Local Hotel  
4★ + 5★



## Highlights :

- Enter Daochengyading Twice (Include Eco Car Ride)
- Photography Paradise - Xinduqiaozhen
- Chengdu Research Base Of Giant Panda Breeding (Includes Buggy Ride)
- Hometown Of The Famous Love Song - Kangding

## FREE

- Mineral Water • Trekking Pole • Vehicle Oxygenerator
- Portable Oxygen Kit ( 1 Bottle Per Person )
- Tibetan Khata Ceremony • Butter Tea Tasting

## Meal Highlights :

- Sichuan Streamboat
- Chinese Banquet Cuisine
- Sichuan Cuisine
- Scenic Boxed Lunch

## Day 1 KUALA LUMPUR / CHENGDU

MOB

Assemble at Kuala Lumpur International Airport for your departure flight to Chengdu. Upon arrival, transfer to check in hotel  
[Hotel: Holiday Inn Express Chengdu Dafeng \(Local 5 stars hotel\)](#)

## Day 2 CHENGDU ( 328KM ) XINDUQIAO

B / L / D

After breakfast, proceed to **Xinduqiao** along the most beautiful **Yaxi highway**. **Yaxi highway** a 240-kilometer-long road connecting Ya'an and Xichang in southwest China's Sichuan province, is regarded as a "ladder-like sky road". The road is a combination of viaducts and tunnels. The total length of the 25 tunnels along the road is about 41 kilometers. On the way we passed **Qingyi River**, a major river in western Sichuan. This beautiful river is mentioned in one of the poetry of the famous poet in China — Li Bai . Then we over the way on **Zheduo Mountain** and passing by the stunning scenery of mountains until we reached "the paradise for photographers" — **Xinduqiao**. After dinner transfer to check in hotel .  
[Hotel: Cloud Top Starry Sky Hotel or similar \(Local 4 stars hotel\)](#)

## Day 3 XINDUQIAO ( 255KM ) RIWA

B / L / D

After breakfast transfer to **Xinduqiao Natural Scenery** stands on the Sichuan-Tibet Highway (318 National Highway) where the beautiful surroundings, especially the Ten-mile Gallery. Enthusiasts of photography will be marveled at the fabulous natural lights and shadows, and the idyllic landscape of vast grassland where flocks of sheep and cattle are scattered, soft clear brooks, golden poplars in autumn, snow-capped mountains afar that's make Xinduqiao a picturesque place. Next proceed to **Maoya Grassland** which is one of the most beautiful grassland in China . Continue to **Litang Monastery** also known as Ganden Thubchen Choeckhorling Monastery, meaning Happy Buddha Dharma, symbolizing the moral dharma turning and the true essence holds forever. This monastery was founded by the Dalai Lama III in 1580. Then proceed to **Haizi Mountain**, a provincial nature reserve in Sichuan. There are many different sizes of granite boulders and a lot of glacial rock basin of various shapes. Continue by crossing the **Kazila Mountain ( 4718 metres )** . After dinner transfer to check in hotel .  
[Hotel: Daocheng Yading Yizhan Hotel or Zangyuan Hotel or similar \(Local 4 stars hotel\)](#)

## Day 4 RIWA

B / L / D

After breakfast enter to **Yading Scenic Area (Include Eco Car Ride)**, Honored as the "last pure land on our blue planet", Daocheng Yading Nature Reserve was first introduced to the world when the famous American adventurer Joseph F. Rock published an article and photographs of Daocheng in the National Geographic in 1928. "Where in all the world is to be found scenery comparable to that which awaits the explorer and photographer!" **Chonggu Monastery** stands at the foot of the peak Chenrezig, 3880 meters above sea level. The name literally means "a monastery built" on the lake in Tibetan. Thanks to the excellent location, the monastery is one of the must-go destinations in the Yading Nature Reserve. **The Luorong Grasslands** lie at an elevation of 4180 meters and offer an amazing view of all 3 holy mountains. Luorong is one of the most scenic spots in Yading. From here you can overlooking the **Yangmai Yong Peak ( 5898 metres )** . Mt. Yangmai-yong (Jampelyang) is one of the 3 holy mountains of Yading Nature Reserve. The mountain's name translates to "Wisdom." After dinner transfer to check in hotel .  
[Hotel: Daocheng Yading Yizhan Hotel or Zangyuan Hotel or similar \(Local 4 stars hotel\)](#)

**Special Note:** The weather in the Yading scenic spot is unpredictable. Please bring rain gear and gloves. The mobile phone signal in the scenic area has not yet been fully covered. It is also recommended that some high-energy foods can be brought in to provide timely energy supplements when needed.

## Day 5 RIWA ( 268KM ) DAOCHENGYADING

B / L / D

After breakfast we enter **Yading Scenic Area (Include Eco Car Ride, but horse ride is no t include )** for the second time . Proceed to **Pearl Lake**, it believed to be the cosmetic mirror of fairies, is an excellent spot to admire the mountain. On sunny days, you can see the reflection of Mt. Chenrezig on the lake surface. --->

--->Then Pass by **Mt. Chanadorje (5898 meters)** also known as " Xianuoduoji " rises against the skyline. As high as Mt. Jambayang, it is in the shape of a triangular pyramid, grand and precipitous, just like a handsome young man. Continue to pass by the **Mt. Chenrezig (Xiannairi)**, with an altitude of 19,790 feet (6,032 meters), it's the highest peak in Daocheng County. The whole peak takes the shape of an honorable Buddha who is leaning back. The Buddha, often regarded as the Bodhisattva of Mercy, sits in a lotus seat, with a giant pagoda in her arms. When the sun shines, the whole mountain is draped in a veil of golden light, presenting a really magnificent view. After dinner transfer to check in hotel .  
[Hotel: Wang Ji Hotel or similar \(Local 4 stars hotel\)](#)

## Day 6 DAOCHENGYADING ( 430KM ) KANGDING

B / L / D

After breakfast proceed to **White Tower Of Daocheng** in the Kangnan area, It's a very unique white tower theme park and it's very important in Tibetan heart. Continue to **Sangdui Town**, 28km away from Daocheng County. Seen from afar, villages, herdsman, cattle and sheep are among rolling mountains, showing a peaceful and tranquil scene. Then came to **Sangdui Red Grass Field (seasonal)** , It is a very special land grown with reddish grass, surrounded by Tibetan houses and dotted with poplar trees, a spectacular photogenic spot. After lunch proceed to **Zheduo Mountain**. From here we can see the **Mount Gongga** (Minya Konka) who is located in the southern part of Kangding in Sichuan. Mount Gongga is the main range of the snow mountain in Sichuan region. With a title of the King of Mountains in Sichuan, the main peak of Mount Gongga is in a height of 7,556 inches above the sea level. Mount Gongga is the easternmost 7000 m peak in the world and the third highest peak outside of the Himalaya/Karakoram. After that we proceed to the love song hometown - **Kangding**, the scenery along the road is stunning beautiful. After dinner transfer to check in hotel .  
[Hotel: Kamba Hotel Hotel or similar \(Local 4 stars hotel\)](#)

## Day 7 KANGDING ( 328KM ) CHENGDU

B / L / D

After breakfast pass by the three mountains around Kangding City. One of them is the **Paoma Mountain** which is famous because of the Kangding Love Song. Since there is flat lawn on the mountain, the horsing racing activity prevails here, which makes this mountain much more famous. Continue to **Luding Bridge**, the entire bridge possesses thirteen iron chains. Each iron chain has a weight of two and half tons. when the Long March occurred, the warriors of 4th Regiment of army of Workers and Peasants in China protected Luding Bridge as an essential one for Red Army to cross. After lunch proceed to **Wide and Narrow Alley (Kuanzhai Xiangzi)**, a popular entertainment and nightlife block as well as a famous tourism site, with lots of restaurants, pubs, teahouses, and stores selling featured souvenirs. Tonight we will proceed enjoy the **Sichuan Opera Face Change Show**. After dinner transfer to check in hotel .  
[Hotel: Kempinski Hotel or Crowne Plaza Chengdu City Center or similar \(Local 5 stars hote\)](#)

## Day 8 CHENGDU / KUALA LUMPUR

B / L / D

After breakfast transfer to **Chengdu Research Base Of Giant Panda Breeding (Includes Buggy Ride)** It has been created and imitated the natural habitat of giant pandas in order that they might have the best possible environment for rearing and breeding. Afterwards, proceed to the **Professional Jade Store** and the **Latex Mattress Direct Store**. Latex rubber sap collected from rubber trees, combined with modern equipment and technology to carry out the process of moulding, foaming, gelling, vulcanization, washing, drying, forming and packaging to produce a variety of excellent Performance of modern green bedroom amenities for the body's quality and healthy sleep.. After lunch, enjoy shopping at **Chunxi Street** and enjoy local snacks at your own expense. After dinner you will be taken to the airport and going back Kuala Lumpur by flight.

## Day 9 KUALA LUMPUR

MOB

Arrive home with all the sweet memories.

**Only 2 Shopping stop : Latex & Jade**

**Optional : Tibetan Home Visits Show + Sichuan Opera Face Change Show + Jin River Night Car Tour : RM 300 / pax**

\* If a place of visit is closed to visitors, it will be replaced with an alternative. \* The itinerary are subject to the final discretion of the local land operator. \* During major events / trade shows / peak season, accommodation may not be in the city mentioned .

Contact :

Price :

Departure Date :