



## 8天7晚 昆明.大理.丽江.石林

### 第一天 吉隆坡 ~ 昆明 (晚餐)

请旅客准时前往吉隆坡国际机场离境大厅指定航空公司柜台集合，并由公司专职人员协助办理登机手续后，乘搭飞机飞往春光明媚，风景秀丽，有“春城”之称的昆明。抵达昆明巫家坝机场，由专职导游接团，乘专车前往游览中国四大名楼之一，建于清代的位于昆明西南郊滇池之滨的**大观楼**，公园内因挂有被誉为“古今第一长联”的大观楼长联而得名。接着前往昆明最古老的佛教胜地，参观游览千年古刹**圆通寺**，该寺是云南，昆明市佛教协会所在地，寺内建有圆通胜境，八角亭，等建筑。晚餐后送往酒店休息。

### 第二天 昆明 ~ 阿庐古洞 ~ 石林 (早/午/晚餐)

早餐后，乘旅游车前往**阿庐古洞** [车程约 2½小时]。此洞是一组奇特壮观的地下溶洞群，即地下喀斯特地貌。为亚洲最壮观的天然溶洞之一。“阿庐古洞”为彝语，意即“前面有平坦草地的虎洞”，系宋元时云南“三十七蛮部”之一“阿庐部”的穴居点。阿庐古洞是规模宏大的溶群，约成型于二亿年前，原曾是一片汪洋，后来地壳隆起，海水退位，形成了典型的岩溶景观。下午乘车前往位于石林县境内，享誉国际的石林风景名胜区 [车程约 2 小时]。

### 第三天 石林 ~ 昆明 (早/午/晚餐)

早餐后，游览被誉为天下第一奇观的世界最典型的喀斯特地貌景观 - **石林**。这里如群峰壁立，石峰，石柱拔地而起，远望犹如一片莽莽森林，“大鹏展翅，刀山火海，千钧一发，阿诗玛石”等等这些天造奇观，定会让您陶醉其间，赞叹大自然的鬼斧神工。下午乘旅游车返回昆明 [车程约 2 小时]。到达昆明后稍作休息。接着前往昆明的象征 - **金马碧鸡坊**。该坊始建于明朝宣德年间。金马碧鸡坊的独特之处，在于某个特定的时候，会出现“金碧交辉”的奇景。

### 第四天 昆明 ~ 大理 (早/午/晚餐)

早餐后，前往滇池西岸旁的道教石窟 - **西山森林公园**。此处峰峦起伏，古树苍天，浩如烟海的滇池在此一览无疑，沿着弯曲石阶，去感受“一登龙门，身价百倍”的境界。此**龙门**位于西山风景区终端，是云南最大、最美丽的道教石窟。“龙门胜景”以“奇、绝、险、幽”为特色，在国内外享有很高的知名度。后参观当地的**中药材批发市场**。下午乘旅游车前往有着东方瑞士美誉的大理白族自治州 - 大理 [车程约 4½小时]。大理历史悠久，少数民族风情多姿多彩，名胜古迹众多，是中国重要的历史文化名城之一。

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**第五天****大理****(早/午/晚餐)**

早餐后, 前往《**天龙八部**》**影视城**, 此城是为拍摄金庸著名武侠剧“天龙八部”而专门建盖的大型影视拍摄基地, 是近年来较为热门的旅游景点。接着前往**周城白族村**。周城是大理最大的白族村镇。扎染在周城已有 300 余年历史, 是将白布按绘制好的图案用线缝扎起来, 染以天然的植物染料, 经漂洗折线后即呈图案, 美丽古朴。后前往大理喜洲白族民居 - **喜洲严家院**。此院由自北而南的两院“三坊一照壁”、两院“四合五天井”二层楼房和一院独立的三层西式楼房共五院组成。严家院为喜洲严子贞建于本世纪 20 年代。在那里可品尝白族特色茶点之一 - **白族三道茶及歌舞表演**。白族“三道茶”指的是“苦茶”、“甜茶”、“回味茶”, 先苦后甘, 能提神补气, 三道回味茶, 放有花辣等佐料, 喝了能满口清香, 回味无穷。前往**洱海公园**。洱海为云南容水量最大的淡水湖泊, 因其形状似人耳, 故得名。公园以苍山, 洱海独特的自然风光作背景, 景色极其优美。续往**大理古城**游览。此古城为棋盘式建筑, 巍峨的宫殿, 保存完好的白族民居, 小巧的庭院, 静静的街道, 幽静典雅, 古色古香, 古城中售有, 手工艺品, 腊染布, 大理石等等, 都为当地有名的物产, 您可自由逛街购物。随后**远眺三塔**, 位于大理城北边的三塔是大理最著名的古塔, 三塔鼎屹, 撑天拄地, 卓然挺秀, 俊逸不凡, 为苍山, 洱海间的胜景之一。

**第六天****大理 ~ 丽江****(早/午/晚餐)**

早餐后, 乘旅游车前往高原姑苏 - 丽江 [车程约 4 小时]。抵达后前往位于丽江坝北边海拔 5596 公尺的玉龙雪山脚下。**玉龙雪山**是纳西族及丽江各族人民心目中的一座神圣之山, 纳西族的保护神“三朵”, 就是玉龙雪山的化身。乘索道上**云杉坪**。云杉坪海拔 3240 米, 是一块隐藏在原始云杉林中的巨大草坪。前往**甘海子**, 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”。续往白水河。**白水河**水质纯净, 未受任何污染, 河水冲涮的卵石, 清澈明晰, 因为白石为底, 水流其上, 水的颜色更加明净, 白水河也因此得名。之后前往**束河古镇**。此古镇为中国著名导演张艺谋电影作品《千里走单骑》的主要拍摄基地。在这里, 可以感受到更为古朴的纳西名俗。

**第七天****丽江  ~ 昆明 { 飞机 }****(早/午/晚餐)**

早餐后, 前往**四方街古城**, 此古城 1997 年被联合国教科文组织认定为世界文化遗产, 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。此古城是中国历史文化名城唯一没有城墙的古城。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。参观**大玉龙景区**。**东巴谷**主要展现了纳西民族的风情与文化。**玉水寨**则是纳西族中部地区的东巴胜地, 是丽江古城的溯源。继续参观**黑龙潭公园**, 传说丽江龙王黑龙的龙宫就在此地, 加之潭水又特别幽深, 故名“黑龙潭”。黑龙潭又名玉泉公园, 始建于清乾隆二年 (1737 年), 是一个充分利用自然山水加以人工改造的园林。下午乘内陆航班返回昆明, 接团后入住酒店休息。

**第八天****昆明  ~ 吉隆坡****(早餐)**

送往机场, 结束八天愉快的旅程, 带着美丽的回忆与纪念品, 与家人和朋友共同分享。

**\*\* 景点的先后顺序可根据具体情况有所调整 \*\***

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## 8D7N Kunming . Dali . Lijiang . Stone Forest

Day 1 KUALA LUMPUR  ~ KUNMING ( D )

Upon arrival the province city of Yunnan - Kunming, proceeds to **Grand View Pavilion**. This pavilion is located on the shore of Dianchi Lake and faces the Western Hills which are on the other side of Dianchi Lake. Continue visit to **Yuantong Temple**. With a history of more than 1200 years, Yuantong Temple is the grandest as well as the most important Buddhist temple in Yunnan Province.

Day 2  KUNMING ~ A'LU CAVE ~ STONE FOREST ( B/L/D )

After breakfast, coach transfer to **A Lu Ancient Cave** [about 2½ hours]. It is a group of Karst limestone caves in large scale. The cave has many specific and strange characteristics. It is a spectacular lime form cave with 3000-metre-long passage accessible to the tourist. In the Yi language, "A Lu" means with water and stone. The cave is called "A Lu Caves" because it used to serve as the living unit of "A Lu Tribe", one of the 37 barbarian tribes in the Song and Yuan Dynasties. Continue the journey to Stone Forest [about 2 hours].

Day 3  STONE FOREST ~ KUNMING ( B/L/D )

After breakfast, proceed to **Stone Forest Scenic Park**. The Stone Forest consists of exceptionally beautiful limestone formations. Walking through the Stone Forest, visitors marvel at the natural stone masterpieces and are bewitched by the intricate formations. The magnificent, strange and steep landscape creates countless labyrinthine vistas. After lunch, transfer back to Kunming [about 2 hours]. Continue visit to **JinMa BiJi**, built in Ming Dynasty, the race special feature is outstanding, and it was symbolized for Kunming by the praise. In a certain and particular time, will appear the wonderful view of "the green jade of gold hands crossing over" at there.

Day 4  KUNMING ~ DALI ( B/L/D )

After breakfast, visit to **Western Hill**, also called Biji Hill is on the west shore of Dianchi Lake. In the park one can see hills covered with dense forest. Main attraction of the park is Dragon Gate. **Dragon Gate** is built on cliff, you can stand on the edge of the cliff holding the railing, looking downward to experience the steepness of the hill and enjoy the spectacle of Dianchi Lake. Visit **Traditional Chinese Medicine market**. Then transfer to Dali [about 4 ½ hours], a historical and cultural city, which is the home of Bai Minority.

Day 5  DALI ( B/L/D )

After breakfast, proceed to **<Demi-Gods and Semi-Devils> Drama Studio**. This studio is built for the drama Demi-Gods and Semi-Devils which is a long martial arts novel written by Jinyong, one of the most influential modern Chinese language novelists. Continue visit to **Zhoucheng Bai Race Village**. Zhoucheng is the biggest Bai Race Village in Dali. Tie-dye is the most famous traditional arts at Zhoucheng. After that, visit to **Xi Zhou old town**, the houses are among the best examples of traditional Qing architecture in China and are exquisitely detailed. Local people will served one of the special traditional tea - Three Courses Tea. The **Three Course tea** is described as "first bitter, second sweet and third after tasty". Visit to Erhai Lake. **Erhai Lake** is a 400 sq km stretch of water which dominates the landscape around Dali. The lake is an important source of fish for the local people. Continue visit to **Dali Ancient City**. The ancient city of Dali is famous for its cultural and historical points of interest, natural beauty, and colorful ethnic minorities. The streets and alleys crisscross throughout the town in a typical "chess board" pattern. We also get chances to **view the Three Pagodas**. As its name implies, Three Pagodas are made of three ancient independent pagodas forming a symmetrical triangle. This is unique in China.

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## Day 6 DALI ~ LIJIANG

( B/L/D )

After breakfast, coach transfer to Lijiang [about 4 hours]. Take a cable car ride up to **YunShan Plateau** to have a breathtaking view of the **Jade Dragon Snow Mountain**. The snow-covered and fog-enlaced mountain resembles a jade dragon lying in the clouds, hence, become the names Jade Dragon Snow Mountain. Yunshan Plateau is grassland with gigantic spruces. Continue to Ganhaizi. **Ganhaizi** used to be a highland lake as its name tells, the meadow was formed after the water had dried up. Visit to **White Water River**. The first impression for the river is the color of white. The water is extremely clean as it is filtrated and purified by gravel and stones when running, and hasn't been polluted at all. The riverbed is formed by pieces of grayish-white sedimentary rocks. Thus the river looks white, and from this it gained its name. Continue to **Shuhe Ancient Town**. It is an important component of Lijiang as it is a well-preserved example of a town along the ancient tea route and one of the earliest settlements of the ancestors of Naxi People. This old town was the movie <Riding Alone for Thousands of Miles> taken, directed by Zhang Yi Mou, one of the famous director in China.

## Day 7 LIJIANG ~ KUNMING

( B/L/D )

Visit to **Lijiang Old Town - Shi Fang Street**. The old town is famous for its orderly system of waterways and bridges. This old town differs from other ancient Chinese cities in architecture, history and the culture of its traditional residents the Naxhi people. This town was registered on the UNESCO World Heritage in 1997. Visit to **Jade Dragon Scenic Area. Dongba Valley** represents the culture of Naxi people, and then **Jade Water Village** is a holy land of middle part of Naxi minority, a seedbed of Lijiang old town as well. Visit to **Black Dragon Pool Park**. In the legend said that the palace of the Black Dragon King of Lijiang is situated here, and there is a pool in the park, which is so deep that it seems to have been inhabited by a dragon. In afternoon, take a domestic flight back to Kunming.

## Day 8 KUNMING ~ KUALA LUMPUR

( B )

Transfer to airport for your flight back to home.

\* The Itinerary Are Subject To the Final Discretion of the Local Land Operator \*\*



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