

# 中国



## 8/10天 聖地稻城亞丁\*四姑娘山 探秘

地球上最后一块净土，人世间最后的香格里拉

### 稻城亞丁景區

“最后的香格里拉”

风景与英国作家詹姆斯希尔顿《失落的地平线》一书中描述的几乎相同；鲜花遍野的草场，流水潺潺的小溪，圣洁高耸的雪峰。以仙乃日，央迈勇，夏纳多吉三座雪峰为核心，南北向分布，是中国保存最完整的一处自然生态系统。其海拔为 3750 米，境内最高海拔达 6032 米；自然风光优美，尤以古冰体遗迹“稻城古冰帽”著称于世。

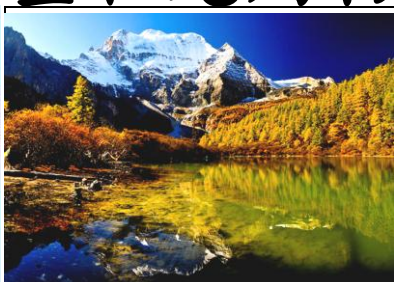


### 全程无购物



### 四姑娘山

被誉为东方圣山，由四座雪峰和双桥沟，长坪沟和海子沟三沟组成；雄峻奇异的山峰，鬼斧神工的地貌，丰富独特的景观，成为观光者的胜地，登山者的天堂，徒步人的迷宫，摄影家的乐园。四座绵延不断的山峰，长年冰雪覆盖，其中主峰幺妹峰有蜀山之后，东方阿尔卑斯山之称，与“蜀山之王”贡嘎山遥遥相望。



### 諾絨牛場

海拔 4150 米，被三座神山环绕；贡嘎河从草场穿梭，林间溪流潺潺，成群的牛羊在此享受着充足的阳光，青青的草地和纯净的湖水。雪峰，森林，草场，溪流，湖泊，瀑布和牧场木屋相映成趣，构成一幅原始又迷人的景色



### “光与影的世界、摄影家的天堂” 新都桥

海拔约 3300 米，沿线 10 余公里被称为摄影家走廊。神奇的光线，无垠的草原，弯弯的小溪，金黄的柏杨，山峦连绵起伏，藏寨散落其间，牛羊安详地吃草...川西的平原风光美丽地绽放在这田园牧歌式的图画中



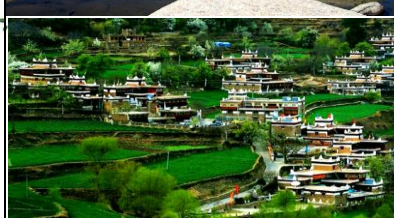
### 康定木格措 九寨沟浓缩版

海拔 3700 余米，川西北最大的高山湖泊之一，水质清冽，能见度接近 10 米，雪山融水是其主要水源。四周被群山和森林草甸及几十个大小不一的海子围绕着，犹如众星捧月。



### 海子山

嶙峋怪石及大小海子星罗棋布，在平均海拔 4500 米高的山上，分布有 1145 个大小海子，其规模密度为中国之最。



### 丹巴甲居藏寨“千碉之国”“美人谷”

海拔 1860 米，集雪山，森林，海子，温泉，草甸于一体；纳山水，林，崖，洞 108 圣景于一炉；在河谷两岸，密密麻麻林立的碉群，气势壮观，让你领略不一样的高原之美。





# 中国



天数	早餐	午餐	晚餐	城市	CTUD8 / 10 4★ 酒店 或同级
8天 (7早,6午,5晚)/10天(9早,8午,7晚)					
1	-	-	✳	成都	提升 准 5★ 城市名人酒店
2	酒店	✓	川菜风味	康定	准 4★ 康巴大酒店 或 康定玉玲雪酒店
3	酒店	四川小吃	✓	新都桥	准 4★ 唐古特酒店
4	酒店	✓	藏家风味	日瓦	4★ 华美达酒店 或 智选假日酒店
5	酒店	✓	✓	稻城	准 4★ 金珠酒店 或 洛克家园大酒店
6	酒店	✓	✓	新都桥	准 4★ 唐古特酒店
7A	酒店	药膳风味	✳	成都	提升 准 5★ 城市名人酒店
8A	酒店	✳	-	结束 8 天行程, 康泰祝您旅途愉快!	
7B	酒店	✓	✓	丹巴	准 4★ 澜峰酒店 或 美人谷酒店
8B	酒店	✓	✓	四姑娘山	准 4★ 新四姑娘山庄
9	酒店	药膳风味	✳	成都	提升 准 5★ 城市名人酒店
10	酒店	✳	-	结束 10 天行程, 康泰祝您旅途愉快!	

此行程自2024年4月起有效

- 若航班时间及行程次序如有任何更改,以航空公司及当地接待单位安排为准。
- 此路线为特种线路,沿途住宿及餐饮条件较为有限,旅途艰苦,敬请做好心理准备。
- 行程所经之处均是高原地带,约海拔均在3000米以上;团友可能会产生高山反应,敬请团友注意身体状况,详情参阅本社<高原反应须知>
- 如遇人力不可抗拒因素,如塌方,路阻,车辆抛锚等造成行程延误或不能完成上述景点等各种意外,本社概不负责。
- 当地导游司机服务费:8天团/人民币¥500 /10天团人民币¥600 CTUD8/10\_CN\_17-Jul-25
- 附加配套:人民币600/人 1) 塔公寺 或 蚌湾寺; 2) 石象湖景区; 3) 野生菌煲

第一天 新加坡 ✳ (约4小时) 成都

第二天 成都~穿过二郎山隧道~远眺大渡河峡谷风光~(约7小时) 康定(海拔 2560 米)

大渡河峡谷: 最大谷深 2600 米,比美国科罗拉多大峡谷还深 860 米,世代居住在峡谷深处的人们,至今还依靠跨江的溜索,垂直的天梯与外界接触。

第三天 康定~木格措风景区<含景区环保车>(海拔 3700 米)~(约4小时) 新都桥(海拔 3300 米)

木格措景区: 川西北最大的高山湖泊之一,四周被群山,森林,草原环抱,红海,黑海,白海等几个小海子环绕着,这里一日四时景,早晚不同天。

第四天 新都桥~(约4小时) 理塘~途经海子山自然保护区(海拔 4500 米)~(约5小时) 香格里拉乡-日瓦(海拔 2700 米)

海子山: 青藏高原最大的古冰体遗迹,在平均海拔 4500 米高的山上,嶙峋怪石及 1145 大小海子星罗棋布,其规模密度为中国之最,这里日光所及没有树木,河流,就连野草也只是偶尔丛生,“蛮荒”得像是太空中的火星表面。

第五天 日瓦~亚丁景区<含景区环保车>(海拔 3800 米)-诺绒牛场(4150 米)~(约1.5小时)稻城(海拔 3750 米)

亚丁风景区路线(游览需约 6 小时): 乘景区观光车深入念青贡嘎日松贡布(亚丁自然保护区) - 上行一小时后到达位于仙乃日雪峰脚下的冲古寺(3880 米) - 随后乘坐电瓶车蜿蜒上行抵达诺绒牛场 4150 米(需 30 分钟),这里是亚丁景区的核心,三座完全隔开,但相距不远,呈“品”字形排列的雪峰突现,北峰仙乃日(观世音菩萨,6032 米) / 南峰央迈勇(金文殊菩萨,5958 米)/东峰夏诺多吉(金剛手菩萨,5958 米) 随后乘观光车游览,观赏野生动物、高山花蕊、雪山、森林、冰川、湖泊、河流,体验人和自然和谐相处的天然妙趣,后原路返回稻城。

第六天 稻城~(约7小时) 新都桥

新都桥: 地处川藏线南北分叉路口,从西藏通往康定的必经之路,这里如诗如画,杨柳吐了金黄,草原无垠宽广,山峦连绵起伏,是令人神往的摄影天堂。

第七天 新都桥~(约8小时)成都~锦里民俗街~琴台古径

锦里民俗街: 采用明清时期四川古镇建筑风格,青瓦,翠竹,青石板路,屋檐的大红灯笼,客栈,戏楼坐落其间,在此悠闲地品味香茗,也可品尝地道的川菜。琴台古径: 以明清仿古建筑群为依托,展示汉代的礼仪,舞乐,宴饮等风土人情,全长 570 米,由 16 万块天然青石铺筑而成。

第八天 成都 ✳ (约4小时) 新加坡

8 天行程至此圆满结束, 康泰旅行社祝君旅途愉快

参加 10 天团的客人,继续行程如下

第七天 新都桥~穿过塔公草原(海拔 3730 米)~途经八美土石林~(约3小时)丹巴~甲居藏寨

塔公草原: 海拔 3730 米的高原地带,川藏公路穿境而过,沿线的河流,草原,森林,山体,寺庙,藏房建筑和浓郁的藏乡风情 汇集成迷人风光

八美土石林: 川西高原上,千姿百态的土石林与广袤的草甸,起伏的青山,迷人的藏寨,构成一幅绝妙的风情画,沿途前往丹巴的路上,有 30 公里的地段被称为“东谷天然盆景风景区”

甲居藏寨: 依着起伏的山势迤迤连绵,在相对高差近千米的山坡上,一幢幢藏式楼房洒落在绿树丛中,或呈罗棋布,或稠密集中,或在高山悬崖上,或在河坝绿茵间,不时炊烟袅袅,与充满灵气的山谷,清澈的溪流,皑皑的雪峰一起,被誉为“中国最美的六大乡村古镇”之首。

第八天 丹巴~(约3小时)四姑娘山景区(3200 米)-双桥沟<含景区环保车>(海拔 3500 米)

双桥沟: 全长 34.8 公里,是四姑娘山景区唯一能够坐汽车进入的一条沟,沟内有 37 条纵横交错的沟壑溪涧,高山雄峙,山水林木秀美迷人,是四姑娘山最有代表性的景区,也是最为集中,最为迷人,最为省力的一个景点。

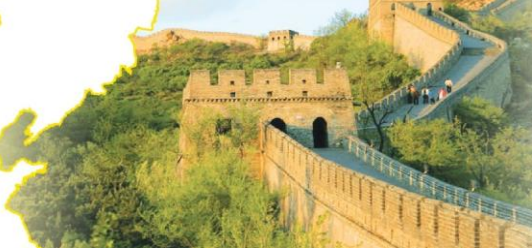
第九天 四姑娘山~(约4小时)成都~锦里民俗街~琴台古径

第十天 成都 ✳ (约4小时) 新加坡

10 天行程至此圆满结束, 康泰旅行社祝君旅途愉快



# CHINA



## 8/10D Daocheng \* Yading/Mt.Siguniang

Exploring Lost Horizon - Shangri-La in Daocheng Yading



### Daocheng Yading Scenic Area

is honoured as "the Last Shangri-La", world-famous for unique original natural sceneries, a number of snow-capped mountains, glacier-red lakes, and forested valleys. Mountains and lakes in the reserve are believed holy. The three sacred mountains Jambeyang (5958m), Chanadorje (5958m), Shenrezig (6032m) has saw stream of pious Tibetan pilgrims circling them, in the hope of a better and happier life.



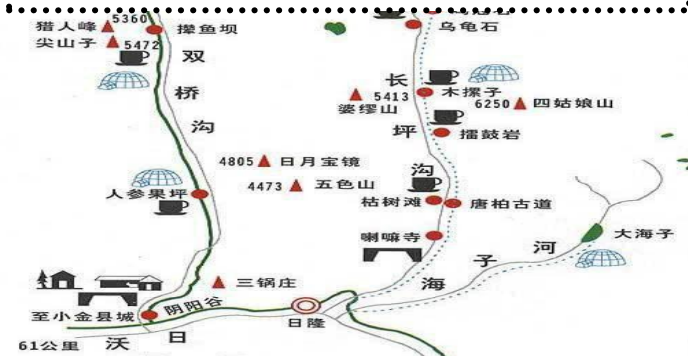
**Luorong Pasture (4150m)**  
which is a natural pasture for the local cattle and horses. enjoy the breathtaking landscape - herds of sheep and cows are scattered over the grassland and enjoy the great sunshine and pure lake water



**Xinduqiao**  
Be honored as the paradise of photographers; boasts of stone Tibetan houses, villages, wooden bridge, white poplar forest, hills, clean brooks, and all of them built a picture of harmony

### Mt.Siguniang

An unspoiled wilderness park famous for its beautiful scenery and is reputed to be the "Oriental Alps". The unusual shapes of the mountain peaks are rarely seen anywhere else in the world. The blue sky, clouds and mist, snow peaks, ancient cypress forests, rushing waterfalls, and alpine meadows make this area a nature lovers dream.



**Mugecuo Scenic Area**  
It is considered as Mini Jiuzhai for beautiful grasslands, thick forests, Snow Mountain...Endowed with numerous lakes, waterfalls, hot springs, dense woods, fragrant flowers, peculiar peaks, presents picturesque scenery all year round



**Mt.Haizi**  
in which there are many large and small granite boulders and a lot of glacial rock basin of various shapes. The highest peak is 5020 meters high and there is a total number of 1145 lakes.



**Danba Tibetan Village**  
It was selected as one of the most beautiful six villages in China by the Chinese National Geographic Magazine. More than 200 colorful Tibetan buildings spread over the green mountain under the blue sky, forming a stunning landscape painting.



# CHINA



Day	BKF	LUNCH	DINNER	City	CTUD8 / CTUD10
	8Days (7BF,6L,5D) / 10Days (9BF,8L,7D)				4★ Hotel or similar
1	-	-	✈	Chengdu	Upgrade Local 5★ Celebrity City Hotel
2	Hotel	✓	Sichuan Cuisines	Kangding	Local 4★ Kangba Hotel
3	Hotel	Sichuan Snacks	✓	Xinduqiao	Local 4★ Tanggute Hotel
4	Hotel	✓	Tibet Tribe Flavor	Riwa	4★ Ramada Hotel or Holiday In Express
5	Hotel	✓	✓	Daocheng	Local 4★ Jinzhu Hotel
6	Hotel	✓	✓	Xinduqiao	Local 4★ Tanggute Hotel
7A	Hotel	Herbal Tonic Cuisine	*	Chengdu	Upgrade Local 5★ Celebrity City Hotel
8A	Hotel	✈	Wish you enjoy 8 days holiday with Hong Thai		
7B	Hotel	✓	✓	Danba	Local 4★ Lanfeng Hotel
8B	Hotel	✓	✓	Mt.Siguniang	Local 4★ New Siguniang Shan Hotel
9	Hotel	Herbal Tonic Cuisine	*	Chengdu	Upgrade Local 5★ Celebrity City Hotel
10	Hotel	✈	Wish you enjoy 10 days holiday with Hong Thai		

**Day 1** Singapore ✈ (est. 4hrs) Chengdu

**Day 2** Chengdu~pass by Mt.Erlang ~Daduhe Grand Valley(outlook) ~ (est. 7hrs) Kangding  
Daduhe Grand Valley The deepest point is more than 2600m,It is one time deeper than Three Gorges and 860m deeper than Grand Canyon in Colorado.

**Day 3** Kangding~Mugecuo Lake Scenic Area<Incl. Shuttle Bus>~(est. 4hrs) Xinduqiao  
Mugecuo Lake Scenic Area Endowed with numerous lakes, waterfalls, hot springs, dense woods, fragrant flowers, peculiar peaks, and grotesque rocks, It presents picturesque scenery all the year round.

**Day 4** Xinduqiao~ (est. 4hrs) Litang ~ pass by Mt.Haizi Nature Reserve~(est. 5hrs) Riwa  
Haizi Mountain Nature Reserve It is one of the largest sites of quaternary period glacial topography in China. All of the glacial rock basins, glacial valleys, and lakes deserve a visit.

**Day 5** Riwa~Yading Scenic Area~Luorong Pasture<Incl.Shuttle Bus>~(est.1.5hrs) Daocheng  
Yading Scenic Area Take the local Battery Car to Luorong Pasture, then start your hiking tour up to Milk Lake (4600m) and Five-Color Lake (4600m) for breathtaking views of the three sacred peaks: Mt. Yangmaiying (5958m), Mt. Xianuaduoji (5958m) and Mt. Xiannairi (6032m).

**Day 6** Daocheng~ (est.7hrs)Xinduqiao  
Xinduqiao A picturesque small Tibetan town and famous for its plateau pasture scenery, with vivid green grassland, streams, mountains, and Tibetan counting houses surrounding it

**Day 7** Xinduqiao ~ (est. 8hrs) Chengdu ~Jingli Street ~Qin Tai Road  
Jinli Ancient Street It re-presents the architecture style of Ming & Qing Dynasty on the 400-metres long street with shops & stalls.

**Day 8** Chengdu ✈ (est. 4hrs) Singapore

**Wish you enjoy 8Days holiday with Hong Thai Travel!**

*For 10-day tour, D1-6's itinerary same as per above, D7-10 as the following:*

**Day 7** Xinduqiao~pass by Tagong Grassland~Bamei Stone Forest~ Danba Beauty Valley ~ (est. 3hrs) Danba~ Jiaju Tibetan Village

Tagong Grassland Vast expanse of green meadow surrounded by snow-capped peaks and dotted with Tibetan herdsmen and tents

Bamei Stone Forest as beautiful as the karst stone forest in South China, but it has its own uniqueness .It is splendor setting with the vast grassland, towering snow mountains and the charming Tibetan houses.

Jiaju Tibetan Village It is one of the most beautiful ancient villages, voted by the Chinese National Geographic in 2005.

**Day 8** Danba~(est. 3hrs)Mt.Siguniang-Shuangqiao Valley<Incl.Shuttle Bus>

Shuangqiao Valley is the most easily accessible valley with vistas of snowy peaks, pastures, grassland and forests. It is the most beautiful valley of Mt.Siguniang

**Day 9** Mt.Siguniang ~ (est. 4hrs) Chengdu ~Jingli Street ~Qin Tai Road

**Day 10** Chengdu ✈ (est. 4hrs) Singapore

**Wish you enjoy 10Days holiday with Hong Thai Travel!**

Effective from Apr'2024

CTUD8/10\_CN\_17-Jul-25

- Tour Sequence and Flight Schedule subject to local agent and airline's final arrangement
- In the event of unforeseen circumstances like the bad weather, the tour leader or local guide concerned possesses full discretion to change the tour sequence or cancel some itineraries.
- Your understanding on the limited conditions of some restaurants in Tibet is very much appreciated.
- Please note that Only rollaway bed will be provided in most China hotels for triple sharing room
- Due to its location at the high altitude sea level, some may experience discomfort in mountainous area.
- In the event of any discrepancy between the English and Chinese itineraries, the Chinese version shall prevail
- Tipping for local guide & driver - 8D RMB500 / 10D RMB600 Adult & Child same
- **Additional Tour : RMB600** Tagong Temple or Bangfu Temple ; Shixiang Lake Scenic ; Mushroom Hotpot