

中国



8天 广西世界长寿之乡巴马·南宁



巴马长寿之乡

世界五大长寿之乡中百岁老人分布率最高的地区,被誉为“世界长寿之乡·中国人瑞圣地”。其中甲篆乡平安村巴盘屯是巴马的长寿村。全屯515人,百岁老人多达7人,是国际上世界长寿之乡标准的近200倍。

1 新加坡 ✈️ (约5小时) 南宁~大新

- 齐聚新加坡樟宜机场,乘客机飞往【南宁】

2 大新

- 【德天跨国大瀑布】世界第二大跨国瀑布
- 【明仕田园】中越边境山水画廊著名景点,壮族民居博物馆,位于风光如画的明仕河边,特色的建筑点缀在清幽淡雅的山水之间,宛如天上神仙境地..康泰特别安排团友乘坐竹排

3 大新~(约2小时)靖西

- 【峒那屿湾景区】喀斯特山水风光,景区中有丰富的土司、边关、壮乡文化。
- 【龙宫仙境】被誉为“中越边境百里画廊第一溶洞”,拥有三大“世界之最”——世界上最高的钟乳石、世界上面积最大的洞内石林和世界上最密集的溶洞宝藏厅

4 靖西~(约3小时)巴马

- 【旧州景区】四面被喀斯特地貌群山层层环抱,古城在两条河流的汇集处依水而建,年平均气温19.9℃,四季宜人。
- 【绣球一条街】自由购物
- 【鹅泉】中国西南部的三大名泉之一,又是亚洲第一大跨国瀑布——德天瀑布的源头
- 【百鸟岩】配套
- 【长寿村】自古以来就有生命超过百岁的老人存在,它是一个令人神往、神奇而美丽的地方,人称长寿之乡。

5 巴马

- 【仁寿山庄】专门介绍巴马当地的长寿养生文化,少数民族风情,是巴马首个大型的旅游观光、休闲养生度假山庄。
- 【百魔洞】长寿老人绝大多数都饮用这里的山泉水。喀斯特地形的山泉水,保持着特有的清澈
- 【水晶宫+命河观景台】配套
- 【少数民族篝火表演】

6 巴马~(约3.5小时)柳州

- 【龙潭公园】-丰富的植物景观和深厚的文化底蕴,成为了柳州市乃至广西的一张闪亮名片
- 【窑埠古镇】一个充满历史韵味和文化底蕴的古镇,也是柳州市的重要旅游景点之一

7 柳州~(约3小时)南宁

- 【柳侯公园】是柳州人民为纪念唐代八大家之一——柳宗元而建的历史文化名园
- 【三街两巷步行街】自由活动

8 南宁 ✈️ (约5小时) 新加坡

- 于指定时间集合,专车送往机场,乘客机返回新加坡

行程至此圆满结束,祝君旅途愉快!

~行程顺序按实际情况可能前后调动,以当地接待单位最后安排为准~



明仕田园

中越边境百里天然画廊之精华,典型喀斯特地貌,峰村疏落,山明水秀,恬美宁静农舍田园,仿佛世外桃源,宛如天上神仙境地。(含竹筏游)

德天大瀑布

横跨中国,越南两国相连,亚洲第一,世界第二大的跨国瀑布

百魔洞

典型的喀斯特溶洞,最为雄伟壮观的石灰岩溶洞;洞内景物随季节而变幻。

窑埠古镇

柳州古老的村落之一,总建筑面积约43万平米。历史久远,见证了柳州古城的千年沧桑巨

保证全程无购物

天数	早餐	午餐	晚餐	城市	KWLBM8 4-5★酒店或同级
	8天(7早,6午,6晚餐)				
1	✈️	x	✓	大新	2晚 4★维也纳酒店
2	酒店	✓	德天土鸡		
3	酒店	✓	✓	靖西	2晚 准5★长丰国际酒店
4	酒店	旧州糯米	巴马火麻	巴马	提升2晚5★ 赐福湖君澜度假酒店
5	酒店	✓	长桌宴		
6	酒店	✓	✓	柳州	准5★柳州宾馆
7	酒店	✓	x	南宁	准5★华笙酒店
8	酒店	✈️	-	结束8天精彩行程,康泰祝您旅途愉快!	

生效日期 2026年3月起 KWLBM8_CN_5-Mar-26

- 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
- 若乘搭低成本航空公司的航班将不包含机上用餐
- 中国各地酒店所提供的三人间多为折叠加床,条件有限,敬请团友谅解。
- 广西属中国多山内陆地区,各地酒店早餐多为中式早餐,少有咖啡面包供应,敬请团友谅解。
- 导游司机服务费-人民币¥40/人/天-两岁之小朋友亦需缴付
- 行程中所列自费活动,请参阅自费项目团友须知。

附加配套:人民币600/人

水晶宫 + 百鸟岩 + 命河观景台

备选配套:1. 船游柳州夜景: 人民币300/人

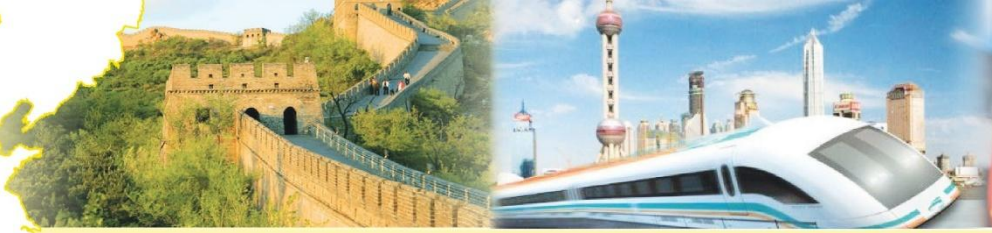


康泰旅行社 6533 1788

#02-121, #04-25/26 珍珠坊
电邮订位服务: enquiries@hongthai.com.sg
www.hongthai.com.sg

*订团须知规则,请参阅订单 /
Tour Booking Form

CHINA



8D BAMA LONGEVITY VILLAGE* NANNING



Bama Longevity Village

Located in the northwest of Guangxi Bama Yao Autonomous County, since ancient times there are more than 100 years old life there, it is a fascinating, magical and beautiful place, known as longevity. A full Tuen 515 person, centenarians up to 7 people, is the international "World of Longevity" standard nearly 200 times.

1 Singapore ✈ Nanning/Daxing

-Depart from Changi Airport to Nanning Upon arrival, transfer to hotel for your overnight stay.

2 Daxing

- [Detian Waterfall] Shatun Waterfall
- [Mingshi Village] a place where flowers and plants complement the birds. Green water terraces with a small bridge cross the flowing stream with village residences. With culture show.

3 Daxing ~ (est 2hrs) Jingxi

- [Dongnayuwan Scenic Area] The scenic area features stunning karst landscapes and is enriched with Tusi heritage, border culture, and Zhuang ethnic traditions
- [Dragon Palace Cave] "First Cave of the Hundred-Mile Border Gallery between China and Vietnam." This karst cave boasts three world

4 Jingxi ~ (est 3hrs) Bama

- [Jiuzhou Ancient Town]
- [Embroidered Ball Cultural Street]
- [Goose Spring]
- [Bainiao Grotto] Own Expenses
- [Longevity Village] Here is much longevity old man since ancient times, most of the old man is away from illness, is the famous "world longevity of the township".

5 Bama

- [Renshou Villa] A Retreat in Bama, the Land of Longevity
- [Baimo Cave] It is regarded as the greatest karst limestone cave, renowned for its unique geological formations.

-[Bama Crystal Palace & Minghe Scenic Platform] Own Expenses

- [Minority performances]

6 Bama ~ (est 3.5hrs) Liuzhou

- [Longtan Park] is Liuzhou's largest urban park, offering a harmonious blend of natural beauty, cultural heritage, and recreational facilities
- [Yaobu Ancient Town] A Glimpse into Traditional Chinese Culture

7 Liuzhou ~ (est 3hrs) Nanning

- [Liuhou Park] An urban green space that integrates natural landscapes with cultural and historical heritage.
- [Sanjie Liangxiang] Nanning's Historic Cultural Quarter

8 Nanning ✈ Singapore

-Transfer to airport for your flight back to Singapore



Mingshi Karst

Landscape Here stunning limestone pinnacles, tranquil river, paddy fields and farmer' houses around the Mingshi Bridge, compose a peaceful and harmonious pastoral life



Detian Waterfall

The largest waterfall in Asia, and the second largest transnational waterfall in the world. In all seasons, it always looks so green and abundant and of tremendous momentum.



Baimo Cave

There are four big halls in the cave, which are resplendent and magnificent. The grandest is the hall which is over 100m high, hundreds meters wide and more than 1000 meters long.



Yaobu Ancient Town

As one of the oldest villages in Liuzhou, Yaobu Ancient Town covers a total construction area of approximately 430,000 square meters.

No Shopping Stops

DAY	BKF	LUNCH	DINNER	CITY	KWLBM8 4-5★ Hotel or Similar
	8Days (7B, 6L & 6D)				
1	✈	x	✓	Daxing	2N Local 4★ Vienna Hotel
2	Hotel	✓	Detian Chicken		
3	Hotel	✓	✓	Jingxi	Local 5★ Changfeng Int'l Hotel
4	Hotel	Glutinous Rice	Bama Flavour	Bama	Upgrade 2N 5★ Narada Resort & Spa Cifu Lake
5	Hotel	✓	Long Table Banquet		
6	Hotel	✓	✓	Liuzhou	Local 5★ Liuzhou Hotel
7	Hotel	✓	x	Nanning	Local 5★ Halson Hotel
8	Hotel	✈	-	Wish you enjoy 8Days Holiday	

Tour Code: KWLBM8 Effective from: Mar'26

- Tour Sequence and Flight Schedule subject to local agent and airline's final confirmation
- Please note that only foldable roll-over bed will be provided in most China Hotels for tripling sharing room
- No Meal on Board will be provide for carrier: TZ/TR
- In the event of discrepancy between the Chinese and English tour itineraries, please refer to the former for accuracy
- Tipping for local guide and driver: RMB¥40/Pax/day (Adult / Child Same)
- Please refer to our optional list for details and price for our recommended optional activities

Additional Tours RMB600/P.P.:

1. Bama Crystal Palace
2. Bainiao Grotto
3. Minghe Scenic Platform