

8D7N

绝代双城 稻城亚丁·四姑娘山

成都 | 日瓦 | 理塘 | 新都桥

无购物站 & 无自费

EXTREME DAOCHENG YADING MT. SIGUNIANG

CHENGDU | RIWA | LITANG | XINDUQIAO

NO SHOPPING STOP & NO OPTIONAL

CNDCY08_002



亚丁

亚丁是中国四川省西南部稻城县的国家级保护区。这是一个山区避难所和主要的西藏朝圣地，包括由第五世达赖喇嘛神圣化的三座山峰。

Yading

Yading is a national level reserve in Daocheng County, in the southwest of Sichuan Province, China. It is a mountain sanctuary and major Tibetan pilgrimage site comprising three peaks sanctified by the 5th Dalai Lama.



四姑娘山 Mt. Siguniang

符号表示：★含门票；◎游览站点

第1天 吉隆坡 ✕ 成都

集合于吉隆坡国际机场，飞往成都。

早上航班

- ◎宽窄巷子
- ◎锦里古街

晚上航班

抵达后，送往酒店休息。

第2天 成都 -220公里- 四姑娘山

★四姑娘山【猫鼻梁观景台】【远观海子沟】【双桥沟 含观光车】
四姑娘山被当地藏民崇敬为神山。相传为四位美丽善良的姑娘，为了保护她们心爱的大熊猫，同凶猛的妖魔作巨勇斗争，最后变成了四座挺拔秀美的山峰。双桥沟距日隆镇约7公里，景区全长34.8公里，游览最好能乘车加步行，如果全步行是非常难走的。景区比较有特色的是撵鱼坝栈道，四姑娘山景区的灵秀与宏伟在这里很好地融合在一起。

※景区内，不含团队单独包车，如团友们有意自费包车，将视景区当天供应情况而定

第3天 四姑娘山 -280公里- 新都桥

★甲居藏寨【含观光车】【穿藏服拍摄】
甲居藏寨是康巴高原上一张靓丽的民俗风情名片。石头藏房如山城一般建在坡上，一幢幢藏式楼房洒落在绿树丛中，雪白的墙，深红色的屋檐，构成一道独具特色的景观。

◎梭坡碉楼

梭坡羌族碉楼位于康定至丹巴的路边，离丹巴县城几十公里。“梭坡”藏语意为“蒙古族”。据说古时曾经有大批蒙古人在此放牧，故而得名。

沿途欣赏八美大草原、白塔群、石林、八美墨石公园【含电瓶车】

◎塔公寺

已有上千年历史的塔公寺是藏传佛教萨迦派著名寺庙之一，有“小大昭寺”之称，是康巴地区藏民朝拜的圣地之一。“塔公”藏语意为“菩萨喜欢的地方”，其最大亮点就是寺内有一尊与拉萨大昭寺一样的释迦牟尼的12岁等身佛像。

第4天 新都桥 -200公里- 理塘 -230公里- 日瓦

沿途风景：

- 【尔寺山-海拔4412米】【剪刀湾山-海拔4659米】
- 【海子山自然保护区-海拔4500米】【谷冰川遗址-海拔3380米】

◎理塘大寺（长青春科寺）【含观光车】

1580年由三世达赖喇嘛索朗加措创建。是康区最古老、规模最大的藏传佛教黄教寺院。

第5天 日瓦 -5公里- 亚丁

★亚丁风景区【含观光车】

不仅有壮丽神圣的雪山，还有辽阔的草甸、五彩斑斓的森林和碧蓝通透的海子，雪域高原最美的一切几乎都汇聚于此，这一切的一切都让人流连忘返。

★扎罐崩

★洛绒牛场

洛绒牛场是亚丁自然保护区著名景点之一，海拔4150米，是附近藏民牧的牧场。洛绒牛场背靠三座神山，是观赏三怙主雪山的最佳地点。
※不含骑马费，由洛绒牛场到牛奶海和五色海，目前只有徒步或骑马进去，路途危险，故不建议客人参加。

第6天 亚丁 -77公里- 稻城

★亚丁二次进风景区【含观光车】

★冲古寺

冲古寺位于仙乃日神山脚下，海拔3880米。原寺院损毁严重，入眼一片残垣断壁。冲古寺隶属贡嘎郎吉岭寺，有扎巴在此念经诵佛，经堂内供奉有佛祖释迦牟尼佛像。

★珍珠海

珍珠海在藏语中称为“卓玛拉措”，是仙乃日的融雪形成的海子。面积约0.1平方公里。密林中的珍珠海如一颗镶嵌在莲花宝座上的绿宝石，碧波荡漾，粼粼波光中透出无限清丽，湖畔四周，参翠如屏。

◎贡嘎郎吉岭寺

贡嘎郎吉岭寺为稻城县最大黄教寺院，贡嘎郎吉岭寺建筑宏伟，壁画精美，寺中存有五世达赖所赠弥勒铜像一尊，为珍贵文物。

季节限定：

※10月：沿途欣赏万亩胡杨林

第7天 稻城 ✕ 成都

※稻城机场海拔4411公尺，成为世界上海拔最高的民用机场。常因高原天候因素，飞机无法正常起降，航班延误已成常态，如有遇上上述情况发生导游与领队会适时调整行程，敬请原谅。

★足浴+按摩体验(80分钟)

第8天 成都 ✕ 吉隆坡

◎春熙路、IFS熊猫、太古里、太慈寺

送往机场，返回温暖的家。

晚上航班

- ◎春熙路、IFS熊猫、太古里、太慈寺
- ◎宽窄巷子
- ◎锦里古街

晚餐后送往机场，返回温暖的家。



亚丁风景区 Yading Scenic View

DAY 1 Kuala Lumpur ✕ Chengdu

Assemble at KL International Airport for flight to Chengdu.

Morning Flight

- ◊ Kuanzhai Street
- ◊ Jinli Old Street

Evening Flight

Upon arrived, direct transfer to hotel check in.

DAY 2 Chengdu -220km- Mt.Siguniang

★ Mount Siguniang

[Maobiliang] [Distance view of Haizi Valley]
[Shuangqiao Valley (Includes Shuttle Bus)]

Mount Siguniang is well-known for its grandness, straightness and forcefulness. It is a natural forest area with abundant forest, thick green grass, and clear flowing rivers.

※Does not include private shuttle bus in the attraction area, if the tour group request for a private shuttle bus, it'll be subjected to the availability and arrangement from the attraction spot.

DAY 3 Mt.Siguniang -280km- Xinduqiao

★ Jiaju Tibetan Village [Includes Shuttle Bus]

[Photo Shooting with Tibetan Costume]

The Tibetan-style houses, which are all distinctive with their crown-shaped roofs, red eaves and white walls. They are scattered all over and around just like the stars in the sky or the pieces on a chessboard.

◊ Suopo Towers

The Suopo Yizuo Tower is located on the roadside from Kangding to Danba. It is said that there were a large number of Mongolians grazing here in ancient times, hence the name.

Sceneries along the road : Bamei Grassland, White Tower, Stone Forest, Moshi Park Scenic Area [Includes Electrical Car]

◊ Tagong Temple

"Tagong" literally means "A place favored by Buddha". The legend goes that when Princess Wencheng, the Chinese would-be bride of Tibetan king of Songtsen Gampo, was on her way to Lhasa passing by this place.

DAY 4 Xinduqiao -200km- Litang -230km- Riwa

Sceneries along the road :

[Mt. Gao Er Si - Altitude:4412m] [Mt. Jian Zhi Wan- Altitude:4659m]
[Mt. Haizi - Altitude:4500m] [Glacier Ruins - Altitude:3380m]

◊ Litang Monastery (Changqing Chunke-Er Si)
[Includes Shuttle Bus]

Was founded in 1580 by the third Dalai Lama sonangjiacuo. It is the oldest and largest yellow religion temple of Tibetan Buddhism in Kham district.

DAY 5 Riwa -5km- Yading

★ Yading Scenic View [Includes Electrical Car]

Inside the Yading Scenic Area are the 3 holy mountains of Chenresig, Chana Dorje and Jampelyang. These 3 snow-capped peaks sit in a triangle formation with forested valleys, clear rivers, glacier-fed lakes and abundant wildlife between them.

★ Zaguanbeng Dam

★ Luorong Farm

Luorong cattle farm was surrounded by three snow mountain, The best place to watch the three religious Lord snow mountain.

※The tour does not include horse riding from luorong cattle farm to five-colored sea. The only way to enter the area is by walking or horse riding, as the path is dangerous, it is not recommended for tour members to participate.

DAY 6 Yading -77km- Daocheng

★ Double Entry – Yading Sceneries [Includes Shuttle Bus]

★ Chonggu Monastery

It sits at 4,000 meters. This small monastery is nearly 800 years old and sits at the base of Mt. Chenresig's north face. Mt. Chenresig, known in Chinese as Xiannairi, is the highest mountain in the reserve rising to 6,032 meters. The views of Chenresig from Chonggu Temple on a clear day are superb.

★ Pearl Lake

Pearl Lake (Zhenzhu Hai), at the foot of Chenrezig, and believed to be the cosmetic mirror of fairies, is an excellent spot to admire the mountain.

◊ Gongga Lang Jiling Monastery

Gongga Langjiling Monastery is located in the southern part of Daocheng.

Seasonal Arrangement:

※OCT: Acres Hu Yang Lin scenery along the road

DAY 7 Daocheng ✕ Chengdu

※Dao Cheng Airport is situated at 4411 meter above sea level and is the highest airport in the world. Due to unpredictable weather condition in higher altitudes, the aircraft is unable to carry out normal takeoff and landing. Thus, flight delays may be frequent. If such a case may happen, the tour guide & tour leader will adjust itinerary accordingly.

★ Foot bath + massage experience (80 minutes)

DAY 8 Chengdu ✕ Kuala Lumpur

◊ Chunxi Road, IFS Panda, Tai Koo Li, Daci Temple

Transfer to airport for flight back home.

Evening Flight

- ◊ Chunxi Road, IFS Panda, Tai Koo Li, Daci Temple
- ◊ Kuanzhai Street
- ◊ Jinli Old Street

After dinner, transfer to airport for flight back home.

※Under any unforeseen circumstances caused, the above itineraries may be replaced with other itinerary.

※The flower and maple leaves season is subject to weather conditions.



行程亮点 HIGHLIGHTS

[体验]

VIP 2+1座椅旅游巴士 | 单飞从稻城飞往成都 | 藏服拍摄

[景点]

甲居藏寨 - 最美的古村落之一

四姑娘山(双桥沟) - 以其美丽而闻名

亚丁风景区 - 令人惊叹和壮观的风景区

贡嘎郎吉岭寺 - 建于明崇祯十五年 (公元1642年)

[享受]

亚丁景区二次进入 | 指定景点安排环保车

[品尝]

理塘风味 | 日瓦风味 | 客家风味



塔公寺 Tagong Temple

[EXPERIENCE]

2+1 VIP Coach | Domestic Flight From Daocheng To Chengdu | Photo Shooting with Tibetan Costume

[ATTRACTIONS]

Jiaju Tibetan Village - One of the most beautiful ancient villages

Mount Siguniang - Shuangqiao Gou is renowned for its beauty

Yading Scenic View - Stunning and spectacular scenic areas

Gongga Lang Jiling Monastery - Built in Ming Chongzhen 15th years (1642 AD)

[ENJOY]

Double Entry For Yading Scenic Area |

Shuttle bus at Designated Attractions

[GOURMET]

Litang Cuisine | Riwa Cuisine | Hakka Cuisine



甲居藏寨 Jiaju Tibetan Village

餐饮安排 MEAL PLAN | 住宿 ACCOMMODATIONS

※餐标 人民币 | Meal Cost RMB※

天数 DAYS	早餐 BREAKFAST	午餐 LUNCH	晚餐 DINNER	特选酒店 SELECTED HOTELS
1		早上航班: 粤菜风味 80/ 晚上航班: 机上用餐 Cantonese Cuisine for Morning Flight / MOB for Evening Flight		成都天府国际大酒店 或 同级 Chengdu Tianfu International Hotel or Similar
2	酒店 Hotel	当地风味 70 Local Cuisine	酒店用餐 80 Hotel Dinner	小金新四姑娘山庄酒店 或 同级 New Mt.Siguniang Hotel or Similar
3	酒店 Hotel	丹巴当地风味 70 Danba Local Cuisine	酒店用餐 80 Hotel Dinner	康定新都桥赞蕃大酒店 或 同级 Kangding Xinduqiao Zanbo Hotel or Similar
4	酒店 Hotel	理塘风味 70 Litang Cuisine	酒店用餐 80 Hotel Dinner	日瓦华美达安可酒店 或 同级 Riwa Ramada Encore Hotel or Similar
5	酒店 Hotel	景区餐厅 70 Scenic Area Restaurant	酒店用餐 80 Hotel Dinner	
6	酒店 Hotel	日瓦风味 70 Riwa Cuisine	酒店用餐(菌汤锅风味) 80 Hotel Dinner (Mushroom Soup Cuisine)	稻城雪域花园温泉酒店 或 同级 Daocheng Snow Area Hot Spring Garden Hotel or Similar
7	酒店 Hotel	川菜风味 70 Sichuan Cuisine	海鲜自助餐 538 Seafood Buffet	成都樾悦隆堡酒店 或 同级 Chengdu Rhombus Park Aura Hotel or Similar
8	酒店 Hotel	下午航班 - 酒店用早餐后, 午餐: 自理, 送往机场 Afternoon flight: Breakfast at hotel, Lunch: Own Expenses, transfer to airport.		-
		晚上航班 - 早餐酒店用餐, 午餐: 自理, 晚餐: 粤菜风味 80 Night Flight: Breakfast at hotel, Lunch: Own Expenses, Dinner: Cantonese Cuisine.		

Travel Essentials:

Passport & Visas - Each tour member is responsible to ensure their passport is valid for at least six (6) months from the return date of the trip and all necessary visas and permits have been acquired.

Travel Insurance - It's essential that you take out a comprehensive travel insurance before travel.

Terms & Conditions:

- Itineraries, meals, hotels and transportation are subject to change without prior notice.
- AVSB reserves the right to make changes to or cancel the itinerary at any time due to unforeseen circumstances, especially during peak periods or in the event of a force majeure.
- AVSB is not responsible for omissions, printing and/or presentation errors in brochures or in any media where such information may be presented; AVSB reserves the right to make corrections as required.
- Every person participating in AVSB's tours shall travel at his/her own risk. AVSB shall not be held liable to any person for additional expenses that may be incurred due to delays or changes in any transport services, sickness, weather, strikes, war or other causes.
- For other terms & conditions, refer overleaf of invoice or visit <https://www.applevacations.my/web/terms.php>
- All pictures shown are for illustration purpose only.
Note: AVSB refers to Apple Vacations Sdn Bhd

China Tours - Additional Terms & Conditions:

- Tours are conducted in Mandarin.
- Triple Room - Third person shall be based on rollaway bed.
- Tour fare quoted is for MALAYSIAN, non-Malaysian surcharge applied.
- In-coach Shopping - For your convenience, a variety of local snacks are offered for sale on board the coach. If interested, please place your order with our tour guide.
- Discounted ticket prices only applicable for China local senior citizens.

旅行必备:

护照或签证 - 团员有责任确保护照有效期需至少6个月(从返程日期算起), 并且取得必要的签证和准证。

旅游保险 - 出发前, 建议您购买全面的旅游保险。

条款:

- 行程、膳食、酒店住宿和交通可能会有所变动, 恕不另行通知。
- 若出现无法预测的特殊情况, 特别是在旅游旺季期间, 蘋果旅遊将保留更改或取消行程的权利。
- 若蘋果旅遊的宣传手册或任何传播媒介, 出现任何形式的印刷失误或遗漏, 本公司一概不负责, 并且保留更正的权利。
- 每位参与蘋果旅遊团的成员, 必须为自身安全或行为负责。若出现无法预测的特殊情况 (例如: 交通延误/取消、天气、疾病、示威、战争等等), 因而引发额外支出的问题, 蘋果旅遊一概不负责, 旅客需自行负责额外的费用。
- 详情条款, 请参阅单张网页或浏览 <https://www.applevacations.my/web/terms.php>
- 以上图片仅供参考, 请以实物为准。

中国团 - 附加条款:

- 所有行程以中文讲解为主。
- 三人房 - 房内第三名住客的床褥, 将以折叠式为准。
- 团费仅适用于大马公民, 外国公民则需缴付额外费用。
- 车上购物 - 为了您的方便起见, 车上会有售卖道地小吃。若您有兴趣购买, 请向我们的导游洽询。
- 各景点乐龄人士门票优惠仅限中国公民享有。

For Agent Use Only:

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