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APPLE®

CHINA 中国



云南 探秘 勇闯 女儿国

MYSTERIOUS
YUNNAN
DISCOVER
WOMEN'S KINGDOM

昆明 | 大理 | 沙溪 | 泸沽湖 |
丽江 | 香格里拉 | 德钦
KUNMING | DALI | SHAXI |
LUGU LAKE | LIJIANG |
SHANGRI-LA | DEQIN



泸沽湖-女儿国

谜样的东方女儿国、神秘的摩梭人女系社会的“走婚”习俗与生活文化、神话级秘境香格里拉、世遗级景点丽江古城、远眺“藏区八大神山之首”梅里雪山等一连串神秘感满溢的人间秘境，全都由苹果带您一同逐一深入探索！

Lugu Lake - Women's Kingdom

Enigmatic Eastern Daughter Country, Mysterious of Mosuo Women's Kingdom "Walk Marriage" Customs and Culture, Mythological Shangri-La, UNESCO World Heritage Sites in Lijiang Ancient City, overlooking the top Eight Tibetan Mountains "Meili Snow Mountain", Let's APPLE bring you to discover the mysterious series of the mystery human and place!

丽江古城，一抹古色古香，一缕静谧幽雅。
Lijiang Ancient Town, a touch of antiquity,
a thread of tranquility and elegance.



第1天

吉隆坡 ✕ 昆明

集合于吉隆坡国际机场，飞往昆明。

📍 南强夜市

第2天

昆明 -150公里- 大理
沙溪

📍 沙溪古镇

先锋沙溪白族书局 寺登街 古戏台 玉津桥

🚗 小黄车

沙溪古镇是唯一保留着茶马古道的古集市。此外，他也是《去有风的地方》电视剧的拍摄场地。

第3天

沙溪 -295公里- 泸沽湖

📍 十八湾景台

📍 泸沽湖景区

走进泸沽湖，如同进入了一个神秘世界，湛蓝的湖水被群山围绕，美妙绝伦的湖光山色间居住着多情浪漫又勤劳善良的摩梭人，他们至今还沿着古老的母系氏族社会的走婚习俗。

📍 泸沽湖观景台

📍 里格观景台

📍 摩梭博物馆

摩梭女儿国风格的花楼、祖母屋、经堂、文物馆、图片资料、世界非物质文化遗产为主题的大小型展馆。

📍 篝火晚会：与当地摩梭人跳舞

第4天

泸沽湖 -214公里- 丽江

📍 里务比岛

登岛及猪槽船游环岛

西娃岛和里格岛被称为泸沽湖的三个神奇岛屿。琉璃岛是摩梭人在该地区最早几年所居住的岛屿。

📍 里务比寺

里务比岛上的寺庙属黄教喇嘛寺，始建于公元1634年。

📍 丽江古城-四方街

丽江古城，保存完好的文化灿烂的少数民族古城，是云南省纳西族丽江自治县的中心城市。



📍 独克宗古城
Dukezong Ancient Town



📍 金沙江大转弯
Great Bend of Jinsha River

第5天

丽江 -185公里- 香格里拉
-176公里- 德钦

📍 雪山峡谷演艺公园

电瓶车 玻璃栈道 峡谷

位于玉龙雪山脚下，并且联合于荣光导演打造的“木府风云山水情景景区”。

第6天

德钦 -176公里- 香格里拉

📍 飞来寺观景台

远眺梅里雪山日照金山的壮丽景观。

※“日照金山”具体观感效果将视当时天气情况而定

📍 金沙江大转弯

📍 独克宗古城

龟山公园 经筒

正宗藏族住宅，镀金的祈祷大厅和宝塔，以及各种形状的灯笼沿着狭窄蜿蜒的小巷照亮了道路，充满了古老的神秘感和古老的神秘感。

第7天

香格里拉 ✕ 昆明

📍 普达措国家森林公园

是国家5A级旅游景区，也是世界自然遗产“三江并流”的重要组成部分。其拥有地质地貌、湖泊湿地、森林草甸、珍稀动植物等。

季节限定

4月20日 - 5月10日抵达的团队，特别安排网红打卡点

：赏蓝花楸 📸 网红打卡

※按每年气候不同会有所改变，以上花期不能完全保证准确

第8天

昆明 ✕ 吉隆坡

📍 昆明老街

📍 品尝云南网红大口茶

送往机场，返回温馨的家园。



📍 里务比岛
Liwubi Island



DAY 1 KUALA LUMPUR ✕ KUNMING

Assemble at KLIA for flight to Kunming.

📍 Nanqiang Night Market

DAY 2 KUNMING DALI -150KM- SHAXI

📍 Shaxi Ancient Town

Librairie Avant-Garde Sideng Street

The Ancient Stage Yujin Bridge

Buggy

Shaxi Ancient Town is the only ancient town retaining the ancient Tea Horse Road and it is also a filming location for the TV drama "Where the Wind Blows".

DAY 3 SHAXI -295KM- LUGU LAKE

📍 Observation Deck, Lining Eighteen Bend

📍 Lugu Lake Scenic Area

Walk into Lugu Lake like entering the mysterious world, the wonderful lakes and mountains are inhabited by passionate, romantic and diligent Mosuo people and they still follow the uniqueness of matriarchal society and walking marriage.

📍 Lugu Lake Observatory Deck

📍 Lige Observatory Deck

📍 Mosuo Museum

Mosuo's daughter-style flower hall, grandmother's house, Buddhist scriptures, photo materials, World's intangible cultural heritage theme exhibition hall.

📍 Bonfire Camp

Experience dancing with Mosuo people.



DAY 4 LUGU LAKE -214KM- LIJIANG

📍 Liwubi Island

Include visit island & round island by boat

Liwubi Island, Xiwa'e Island and Lige Island have been called the three magical islands of Lugu Lake. Liwubi Island was an island the Mosuo dwelled on during their earliest years in the region.

📍 Liwubi Temple

The temple on the island of Regoji is a Yellow Lama Temple, which was built in 1634 AD.

📍 Old Town of Lijiang-Square Street

The Old Town of Lijiang, a well-preserved old city of ethnic minorities with brilliant culture, is a central town of the Lijiang Autonomous County of the Naxi Ethnic Minority in Yunnan Province.

DAY 6 DEQIN -161KM- SHANGRI LA

📍 Feilai Temple Observatory Deck

Enjoy spectacular view of Meili Snow Mountain

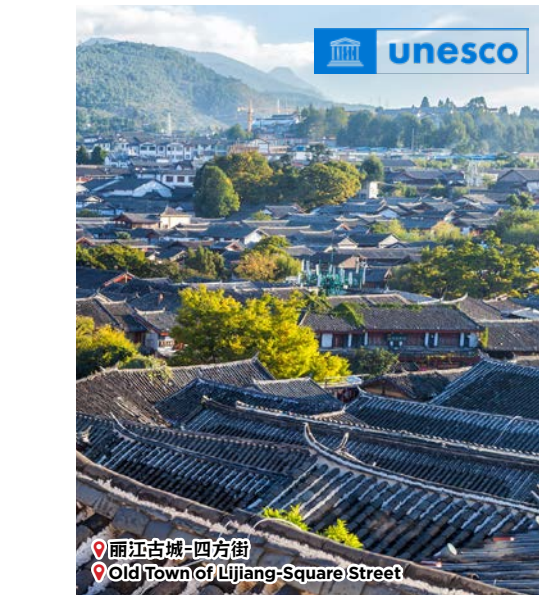
※ The spectacular view are subject to unpredictable weather condition

📍 Great Bend of Jinsha River

📍 Dukezong Ancient Town

Kameyama Park Prayer Wheel

The largest best-preserved Tibetan city among the 147 Tibetan counties in China, it serves as a vital hub along the ancient Tea Horse Road and a significant focal point for HanTibetan cultural exchange.



DAYS 5 LIJIANG -185KM- SHANGRI LA -176KM- DEQIN

📍 Snow Mountain Canyon Park

Include Electric Car Glass Bridge Canyon

Located at the foot of Jade Dragon Snow Mountain and jointly created with director YuYongrong, the "Mufu Fengyun Shanshui Scenery Scenic Area" showcases breathtaking scenery, beauty, photography, and cuisine.

DAY 7 SHANGRI LA ✕ KUNMING

📍 Potatso National Park

Important component of the Three Parallel Rivers, a UNESCO World Heritage Site. It boasts geological landscapes, lakes and wetlands, forests and grasslands, as well as rare flora and fauna.

Seasonal Arrangement

Group arrival on APR 20 - MAY 10 will arrange to visit: Jaranda Flower 📸 IG Hotspot

※ The floral growing season is subject to weather conditions.

DAY 8 KUNMING ✕ KUALA LUMPUR

📍 Kunming Street

📍 Savour Yunnan Instagrammable Tea

Transfer to airport, home sweet home.

行程亮点 HIGHLIGHTS

体验: 透过造访、饮食与活动参与深入了解摩梭特有文化 | **篝火晚会:** 与摩梭人共舞 | **飞来寺:** 让你体验日照金山的绝美景观

景点: **沙溪古镇:** 念念不忘的世外桃源
泸沽湖: 女儿国摩梭文化所在
丽江古城: 世界遗产, 丽江No.1 热爆景点

独克宗古城: 最大的藏民居群

享受: 入住丽江古城景区内 | 猪槽船: 乘当地特色木船环游里务比岛 | 指定景点安排环保车 | 品尝云南网红大口茶

品尝: **吃在当地:** 白族风味 | 沙溪私房菜 | 泸沽湖私房菜 | 藏式风味
当地必吃: 野生菌火锅 | 梅里黄铜小火锅 | 过桥米线

EXPERIENCE : Visit, Savour, Participate Mosuo's Cultural In Depth | **Dance with Mosuo's People:** Traditional Mosuo's Bonfire | **Feilai Temple:** Experience the stunning view of Rizhao Jin Mountain

ATTRACTIONS : **Shaxi Ancient Town:** An unforgettable utopia
Lugu Lake : Origin's Place of Mosuo's Culture Women's Kingdom
Lijiang Old Town: Lijiang's No. 1 Famous Attraction which listed as UNESCO

Dukezong Ancient Town: The largest Tibetan residential area

LEISURE : Stay in Lijiang Old Town, Strategic Location | Unique Wooden Boat ride along Liwubi Lake | Electrical Car at Designated Attractions | Savour Yunnan Instagrammable Tea

TASTE : **Local Delicacies:** Bai Minority Cuisine | Shaxi Private Kitchen | Lugu Lake Private Kitchen | Tibetan Cuisine

Must eat: Mushroom Hotpot | Mini Steamboat | Crossing-the Bridge Rice Noodle



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食宿 MEAL & ACCOMMODATION

※餐标 人民币 | Meal Cost RMB※

天 Day	早餐 Breakfast	午餐建议 Proposed Lunch	晚餐建议 Proposed Dinner	住宿建议 Proposed Accommodation
1	-	机上用餐 On Board	过桥米线 Crossing-the Bridge Rice Noodle 50	昆明中维天恒大酒店 或 同级 Horizon Hotel or similar
2	酒店 Hotel	白族风味 Bai Minority Cuisine 60	沙溪私房菜风味 Shaxi Private Kitchen Cuisine 80	沙溪兰林阁酒店 或 同级 Landscape Hotel Shanxi or similar
3	酒店 Hotel	农家风味 Farm Cuisine 50	泸沽湖私房菜风味 Lugu Lake Private Kitchen Cuisine 100	诗莉莉泛蜜月·泸沽湖晓驻摩梭酒店 或 同级 Poetry and honeymoon Lugu Lake and Mosuo at dawn Hotel or similar
4	酒店 Hotel	石锅鱼风味 Stone Pot Fish Cuisine 50	韩式烤肉 Korean BBQ Cuisine 70	丽江金茂凯悦臻选酒店 或 同级 Jinmao Hotel Lijiang, the Unbound Collection by Hyatt Hotel or similar
5	酒店 Hotel	藏式风味 Tibetan Cuisine 50	火锅风味 Steamboat Cuisine 158	德钦高山别庄 或 同级 Deqin High Mountain Resort or similar
6	酒店 Hotel	雪域风情餐 Xueyu Cuisine 60	酒店自助餐 Hotel Buffet 148	香格里拉大酒店 或 同级 Shangri-La Resort or Similar
7	酒店 Hotel	藏式风味 Tibetan Cuisine 60	野生菌火锅宴 Mushroom Steamboat 150	昆明中维天恒大酒店 或 同级 Horizon Hotel or similar
8	酒店 Hotel	老滇风味 Lao Dian Cuisine 80	机上用餐 On Board	-

*餐饮与酒店会随着季节与当时情况, 作最适当的调整。

*Meals & hotels above are subject to change without prior notice.

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更动, 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, 苹果旅游将保留更改或取消行程的权利。
- 若苹果旅游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。
- 每位参与苹果旅游团的成员, 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, 苹果旅游一概不负责, 旅客需自行负责额外的费用。
- 详情条款, 请参阅单据背面或浏览 <https://www.applevacations.my/web/terms.php>
- 以上图片仅供参考, 请以实物为准。

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

中国团 - 附加条款:

- 所有行程以中文讲解为主。
- 三人房一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, 车上会售卖当地小吃。若您有兴趣购买, 请向我们的导游咨询。
- 各景点乐龄人士门票优惠仅限中国公民享有。

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.

For Agent Use Only:

Updated Date: FEB 2024

蘋果旅遊

APPLE VACATIONS

快来聊一聊 LET'S CHAT
03-2705 8218

VALIDITY:
March - June
September - December
(3月 - 6月 | 9月 - 12月)

在女儿国, 时间仿佛变得缓慢, 让你有足够的时间去品味生活的点滴, 去感受岁月的静好。

In the Land of Daughters, time seems to slow down, allowing you ample time to savor life's little moments and to feel the tranquility of the passing years.

