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异域南疆

EXOTIC SOUTHERN XINJIANG

乌鲁木齐 | 喀什 | 塔县 | 莎车 |
和田 | 阿克苏 | 库车 | 库尔勒
URUMQI | KASHGAR |
TASHKURGAN | YARKANT |
HOTAN | AKSU | KUQA |
KORLA



盘龙古道

盘龙古道的平均海拔约4100米，是‘塔县—瓦恰乡’公路的一段。虽然长度仅有30公里，却有639个弯道，全部是S弯和U型弯，因此有‘今日走过了所有的弯路，从此人生尽是坦途’的说法。

Panlong Ancient Road

The Panlong Ancient Road, with an average elevation of 4,100 meters, is a segment of the 'Tashkurgan to Waqia Township' route. Despite being only 30 kilometers long, it features 639 turns, including S-curves and U-bends.

人生如梦，一尊还酹江月。
The journey of life is like a dream,
toasting to the moon by the riverside.



温宿大峡谷
Wensu Grand Canyon

第1天

吉隆坡 ✕ 乌鲁木齐

集合于吉隆坡国际机场，飞往乌鲁木齐。

第2天

乌鲁木齐 ✕ 喀什

喀什老城

老城内的建筑大多充满了伊斯兰和维族风情，街道纵横交错，是中国唯一保存下来的具有古典伊斯兰特色的迷宫式历史街区。

昆仑塔

喀什新地标，塔高169米。登上昆仑塔，可以俯瞰喀什全貌，欣赏中国最晚日落的绝美景色。

第3天

喀什 -300公里- 塔县

布伦口白沙湖

骑牦牛拍照留念

白沙湖是一个由雪水融汇成的浅湖，冬天雪山停止融化，湖水会干枯，大风把湖里的白沙吹到对面的山坡上，整个山体被白沙所覆盖，远看像是雪山。

卡拉库里湖

又称“黑海”，是一座高山冰蚀冰碛湖，坐落在壮丽的慕士塔格冰山脚下。

第4天

塔县 -300公里- 喀什

换乘小车游览盘龙古道

班迪尔蓝湖

又称下坂地水库或坎儿洋龙池，是为了储水而建造的水库，湖水为冰川融水，因为特殊矿物质呈蓝色，经由光线折射出孔雀绿与深邃蓝。

第5天

喀什 -195公里- 莎车

喀什老城

含旅拍

老城内的建筑大多充满了伊斯兰和维族风情，街道内纵横交错，非常适合拍照。

第6天

莎车 -328公里- 和田

莎车王府

莎车有着3000多年的历史，曾几度成为西域闻名遐迩的部落国，是古丝绸之路的要冲，中亚文化与西域文化融为一体的历史文化名城。

约特干故城

以民俗文化为背景、历史文化遗迹为史料，融合现代光影技术全景演绎，再现千年前丝绸之路上古于阗的繁华盛景。

第7天

和田 -550公里- 阿克苏

途径沙漠公路

热瓦克佛寺遗址

佛寺始建于南北朝时期，被发现之时保存完好，有多达91尊大型佛像。然而，后来被盗掘殆尽，如今已不知所踪。佛寺以佛塔为中心，外围有双层围墙，形成回字形布局，是典型的印度佛教风格。

第8天

阿克苏 -270公里- 库车

温宿大峡谷

含区间车

温宿大峡谷是中国西部最美的丹霞地质奇景、中国最大的岩盐喀斯特地质胜景。

库车王府

位于新疆库车县城，是1759年清朝乾隆皇帝为表彰当地维吾尔族首领鄂对协助平定大小和卓叛乱的功绩，专门派遣内地汉族工匠建造而成。

第9天

库车 -300公里- 库尔勒

克孜尔千佛洞

含讲解

克孜尔石窟是龟兹石窟中规模最大，保存壁画面积最多的一处石窟群，是龟兹石窟的典型代表。



苏巴什古城

Subashi Ancient City

苏巴什古城

又名“昭怙厘大寺”，在古代是有名的女儿国，波涛滚滚的库车河穿城而过。

第10天

库尔勒 -480公里- 乌鲁木齐

国际大巴扎

巴扎，在维吾尔语里是“集市”的意思。这里是世界规模最大的大巴扎，是探索多元文化和品味异国风情的理想之地。



国际大巴扎

International Big Bazaar

第11天

乌鲁木齐 ✕ 吉隆坡

送进机场，返回温暖的家。



白沙湖骑牦牛拍照留念

Photo Session with Yak Riding at Baisha Lake

中国

新疆

你知道新疆有多大吗? How big is Xinjiang?

新疆面积166万平方公里,是马来西亚的五倍。若不间断地开车从南到北,足足需要3天的时间,而从阿勒泰到喀什的飞行时间也长达3小时!因此,新疆景点之间距离较远,每日车程约300-500公里。

Xinjiang covers an area of 1.66 million square kilometers, five times of Malaysia. Driving non-stop from south to north takes 3 days, while a flight from Altay to Kashgar takes about 3 hours! With attractions far apart, daily drives are around 300-500km.

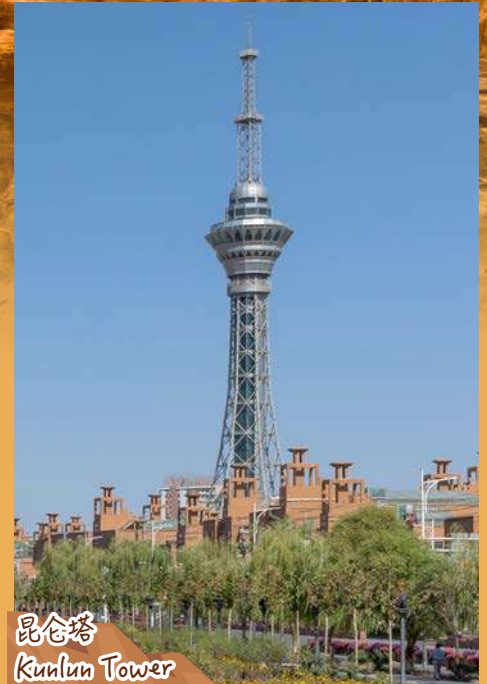
新疆印象

Impressions of Xi

- 位于中国西北部,邻接8个国家
- 人口最多的少数民族是维吾尔族
- 美食清单:烤全羊 | 抓饭
- Located in northwest China, bordering 8 countries
- Most populous minority: Uighurs
- Must Eat: Roasted Whole Lamb

喀什老城,是中国唯一保存下来的具有古典伊斯兰特色的迷宫式历史街区。
Kashgar Old Town is the only preserved labyrinthine historic neighbourhood in China with classical Islamic characteristics.

喀什老城
Kashgar Old Town



昆仑塔
Kunlun Tower



温宿大峡谷
Wensu Grand Canyon

被誉为“活的地质演变博物馆”,谷中山壁岩层分布清晰,经历了亿万年的风蚀日晒和雨水冲刷,形成了高耸的绝壁。
Known as the "Living Museum of Geological Evolution," the valley's cliff walls exhibit clearly defined rock layers, shaped over millions of years by wind erosion, sunlight, and rainfall, forming towering precipices.



烤全羊
Roasted Whole Lamb



布伦口白沙湖
Bulungkol Baisha Lake

坐落在帕米尔高原上的湖泊,隐匿于沙漠之中,四周被白色的沙山环绕,犹如一颗湛蓝的明珠。
Located on a plateau, the lake hides amidst the desert, surrounded by white sand dunes, resembling a gleaming blue gem.

Xinjiang



bordering 8 countries

Pilaf

南疆小百科

Southern Xinjiang Travel Guide



- 南疆大概占了新疆总面积的2/3
- 帕米尔高原平均海拔是4500米
- Southern Xinjiang is roughly 2/3 of Xinjiang
- Pamir Plateau's average altitude: 4500 meters



温馨提示:

Gentle Reminder:

由于高原地区地理环境特殊，资源相对匮乏，当地的餐食以简单为主。

Due to the plateau's unique geography, the local cuisine is simple and resource-constrained.

喀什小贴士

Kashgar Tips



- 中国最西边的城市
- 中国日落时间最晚的城市
- China's westernmost city
- Latest sunset time in China



约特干故城
Yotkan Ancient Town

白天的约特干故城展现了清新淡雅之美，独特的异域风格白色建筑让人仿佛置身摩洛哥；夜幕降临时，大型实景演出《万方乐奏有于阕》结合现代光影与历史主题在故城上演，带游客穿越千年，体验丝路繁华。By day, Yotkan Ancient Town has a fresh, Moroccan-like elegance. At night, an immersive performance blends modern light with historical themes to reveal the splendor of the Silk Road.

克孜尔千佛洞近年来得到重视，保护和考古工作不断推进。由于石窟内的壁画和雕塑长期暴露于沙漠环境，现代科技和保护措施正用于应对风化和褪色问题。In recent years, the Kizil Caves have received increased attention. Conservation and archaeological work are ongoing, with modern technology used to address weathering and fading due to the desert environment.

克孜尔千佛洞
Kizil Thousand-Buddha Grottoes



莎车王府
Yarkant County



新疆国际大巴扎
International Big Bazaar



抓饭
Pilaf



热瓦克佛寺遗址
Rawak Buddhist Stupa Ruins

DAY 1

KUALA LUMPUR ✕
URUMQI

Assemble in KL International Airport for flight to Urumqi.

DAY 2

URUMQI ✕ KASHGAR

Kashgar Old Town

The Old Town features Islamic and Uyghur architecture with a maze-like layout, and is the only preserved classical Islamic district in China.

Kunlun Tower

Kashgar's new landmark, standing 169 meters tall. From the top, you can view the entire city and enjoy China's latest sunset.

DAY 3

KASHGAR -300KM-
TASHKURGAN

Bulungkol Baisha Lake

Photo Session with Yak Riding

Baisha Lake is a shallow lake that is merged by snow and water. The whole mountain is covered by white sand, which looks like a snow mountain.

Karakul Lake

Also known as the "Black Sea," it is a high-mountain glacial moraine lake situated at the foot of the magnificent Muztagh Ata Mountains.

DAY 4

TASHKURGAN -300KM-
KASHGAR

Transfer to a shuttle car to visit Panlong Ancient Road.

Bandier Blue Lake

The glacial meltwater appears blue due to minerals and reflects peacock green and deep blue hues when light is refracted.

DAY 5

KASHGAR -195KM-
YARKANT

Kashgar Old Town

Include Travel Photography Section

Most of the buildings in the old city are full of Islamic and Uyghur customs, and the streets are criss-crossed, which is very suitable for taking pictures.



喀什旅拍
Travel Photography Section



约特干故城
Yotkan Ancient Town



库车王府
Kuqa Residence

DAY 6

YARKANT -328KM-
HOTAN

Yarkant County

With a history of more than 3,000 years, it was not only a prominent tribal state in the Western Regions but also a crucial hub along the ancient Silk Road.

Yotkan Ancient Town

The ancient city uses folk culture as the background, historical and cultural relics as materials, and integrates modern light and shadow technology for panoramic interpretation, recreating the prosperous scene of ancient Khotan.

DAY 7

HOTAN -550KM- AKSU

Drive passed Desert Highway

Rawak Buddhist Stupa Ruins

This temple once had 91 large Buddha statues but was later looted. It featured a central pagoda and a double-layered wall in a square layout, reflecting typical Indian Buddhist style.

DAY 8

AKSU -270KM- KUQA

Wensu Grand Canyon

Include Shuttle Bus

The Wensu Grand Canyon is the most beautiful Danxia geological wonder in western China and the largest rock and karst geological scenic spot in China.

Kuqa Residence

It was built in 1759 by Emperor Qianlong of the Qing Dynasty to commend the local Uyghur chiefs for helping to calm down the size and rebellion.

DAY 9

KUQA -300KM- KORLA

Kezil Thousand-Buddha Grottoes

Include Commentary

The largest in scale and contain the most extensive collection of murals among the Gaochang Caves.

Subashi Ancient City

Also known as Zhaoliqi Temple. It was a famous daughter's country, with the Kuqa River passing through the city.

DAY 10

KORLA -480KM- URUMQI

International Big Bazaar

Bazaar means "market" in Uyghur. This is the world's largest grand bazaar, perfect for exploring diverse cultures and exotic flavors.

DAY 11

URUMQI ✕ KUALA
LUMPUR

Transfer to airport for flight back home.



沙漠公路
Desert Highway

行程亮点 HIGHLIGHTS

体验: 记录美好瞬间: 在白沙湖骑牦牛拍照 | 喀什旅拍
穿越沙漠公路, 感受中国第一大流动沙漠

景点: 南疆地标: 喀什老城
中国西部最美的丹霞地质: 温宿大峡谷
令人陶醉的天然宝藏: 布伦口白沙湖
帕米尔高原上的蓝宝石: 班迪尔蓝湖
昆仑山中的“心电图”: 盘龙古道

享受: 景区安排区间车 | 单程内陆航班

品尝: 特色至上: 湖边小宴 | 猪手风味 | 烤全羊风味 | 抓饭风味
高餐标: 火锅风味 | 酒店自助餐

EXPERIENCE : Capture the Memories: Riding a Yak at Baisha Lake | Kashgar Travel Photography
Journeying across the desert highways, to experience China's largest drifting desert

ATTRACTIONS : Southern Xinjiang Landmark : Kashgar Old Town
Western China's Most Beautiful Danxia Landforms: Wensu Grand Canyon
Enchanting Natural Gem : Bulungkol Baisha Lake
The Sapphire of the Pamirs Plateau: Bandier Blue Lake
The "ECG" of Kunlun Mountains: Panlong Ancient Road

ENJOY : Shuttle bus in designated tourist spot | Domestic One-way Flight

TASTE : Specialty Cuisine: Lakeside Feast | Pork Knuckle Cuisine | Roasted Whole Lamb Cuisine | Pilaf Cuisine
High-Cost Meal: Steamboat Cuisine | Hotel Buffet



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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	-	-	-	-
2	机上用餐 On Board	中式合菜 Chinese Cuisine 50	粤式风味 Cantonese Cuisine 100	喀什希尔顿欢朋酒店 或 同级 Kashgar Hampton by Hilton or Similar
3	酒店 Hotel	湖边小宴 Lakeside Feast 50	猪手风味 Pork Knuckle Cuisine 80	塔县万达美华酒店 或 同级 Tashkurgan Wanda Moments Hotel or Similar
4	酒店 Hotel	大盘鸡风味 Dapan Chicken Cuisine 50	烤全羊风味 Roasted Whole Lamb Cuisine 120	喀什希尔顿欢朋酒店 或 同级 Kashgar Hampton by Hilton or Similar
5	酒店 Hotel	维吾尔特色 Uyghur Cuisine 60	粤式风味 Cantonese Cuisine 80	莎车静安路云居酒店 或 同级 Yarkant Renjoy Hotel or Similar
6	酒店 Hotel	抓饭风味 Pilaf Cuisine 50	晚餐自理 Own Expenses	和田希尔顿欢朋酒店 或 同级 Hotan Hilton Happiness Inn or Similar
7	酒店 Hotel	沙漠简餐 Desert Lunch 50	火锅风味 Steamboat Cuisine 110	阿克苏希尔顿花园酒店 或 同级 Aksu Hilton Garden Hotel or Similar
8	酒店 Hotel	古城风味 Ancient Town Cuisine 50	酒店自助餐 Hotel Buffet 88	库车大饭店 或 同级 Kuqa Grand Hotel or Similar
9	酒店 Hotel	中式合菜 Chinese Cuisine 50	豆花鱼风味 Tofu Pudding Fish Cuisine 80	库尔勒康城建国国际酒店 或 同级 Korla Kangcheng Jianguo International Hotel or Similar
10	酒店 Hotel	拌面风味 Noodle Cuisine 50	酒店自助餐 Hotel Buffet 198	乌鲁木齐福朋喜来登酒店 或 同级 Urumqi Four points by Sheraton Hotel or Similar
11	酒店 Hotel	-	-	-

*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。
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- 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。
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- 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.

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 - 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.
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 - 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-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.

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Printed Date: NOV 2024

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