

8D7N

APPLE®

CHINA 中国



走 返 川 西

TOWARDS WESTERN SICHUAN

成都 | 四姑娘山 | 新都桥 | 理塘 |
日瓦 | 稻城 | 亚丁
CHENGDU | MT. SIGUNIANG |
XINDUQIAO | LITANG | RIWA |
DAOCHENG | YADING

无购物站
NO SHOPPING STOP
&
无自费
NO OPTIONAL



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.

墨石公园，
仿佛流落在川西的孤独星球。
Moshi Park,
like a lonely planet adrift in Western Sichuan.

墨石公园
Moshi Park



第1天

吉隆坡 ✕ 成都

集合于吉隆坡国际机场，飞往成都。

A: 早上航班

宽窄巷子

宽窄巷子是成都遗留下来的清朝古街道，由宽巷子、窄巷子和井巷子三条平行排列的城市老式街道及其之间的四合院群落组成。在这里可以找到地道的成都小吃，体验采耳等特色民俗。

锦里古街

西蜀历史上最古老、最具有商业气息的街道之一，由一大片清末建筑风格的仿古建筑组成，被誉为“成都版清明上河图”。

B: 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

猫鼻梁观景台

远观海子沟

观四姑娘山全貌和日出、日落的最佳地点。从这里向前望是海子沟，后面是四姑娘山，晴朗无雾时，蓝天白云与雪峰尽收眼底，景色震撼人心。

四姑娘山

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。

季节限定

5月1日 - 7月31日 : 高山格桑花

5月15日 - 6月30日 : 高山杜鹃

9月15日 - 10月31日 : 红叶

※花季会受气候影响而有所改变。

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。

沿途风景:

八美大草原 白塔群 外观塔寺

八美墨石公园

含电瓶车

这里的石林由糜棱岩构成，受地质运动影响，形成了独特的景观。墨石颜色随着季节和天气变化而异，被誉为“中国最美景观大道第八美”，也被地质专家称为“中国地质百慕大”。

第4天

新都桥 -200公里- 理塘
-230公里- 日瓦

沿途风景:

高尔寺山-海拔4412米 剪子湾山-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



亚丁风景区
Yading Scenic Area

长青寺科尔寺

含观光车 讲解

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 & 电瓶车 扎嘎崩 洛绒牛场

远观3座神山: 仙乃日神山、央迈勇神山及夏诺多吉神山

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。

※不含骑马费，由于从洛绒牛场到牛奶海及五色海，目前只有徒步或骑马进去，路途危险，故不建议客人参加。

季节限定

5月1日 - 7月31日 : 高山格桑花

10月10日 - 10月23日 : 彩林

※花季会受气候影响而有所改变。

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 珍珠海

贡嘎郎吉岭寺

稻城县最大的黄教寺院，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

※稻城亚丁机场海拔4411公尺，成为世界上海拔最高的民用机场。飞机常因高原气候因素无法正常起降，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、大慈寺

A: 下午航班

送往机场，返回温暖的家。

B: 晚上航班

宽窄巷子

宽窄巷子是成都遗留下来的清朝古街道，由宽巷子、窄巷子和井巷子三条平行排列的城市老式街道及其之间的四合院群落组成。在这里可以找到地道的成都小吃，体验采耳等特色民俗。

锦里古街

西蜀历史上最古老、最具有商业气息的街道之一，由一大片清末建筑风格的仿古建筑组成，被誉为“成都版清明上河图”。

晚餐后送往机场，返回温暖的家。



天路十八弯
Pilgrim Eighteen Bends

走进川西

中国四川省西部地区
以独特的自然风光和
藏族文化闻名

四姑娘山
Mount Siguniang



四姑娘山的景观多变，既有雪山冰川，也有原始森林，因此有着“东方圣山”的美誉。Mt. Siguniang features diverse landscapes, including snow-capped mountains, glaciers, and primordial forests. It is known as the "Holy Mountain of the East".

墨石公园
Moshi Park



墨石公园位于中国318国道上，是一处壮丽的风景线，也是中国唯一的高原石林景观。最令人称奇的是，石林的颜色会随着温度和湿度的变化而不同，春夏时偏灰色，而秋冬则呈现灰蓝色。Moshi Park, located along China's National Highway 318, is a stunning highland stone forest. Remarkably, the stone colours shift with the seasons—greyish in spring and summer, and grey-blue in autumn and winter.

蓝色星球上的最后一块净土
The Last Pure Land of the World



稻城亚丁被誉为旅行者心中的神圣风景。仙乃日、央迈勇和夏诺多吉三座雪山宛如守护神，巍峨雪山银装素裹，山脉在阳光下泛着金色光辉，天空蔚蓝，仿佛触手可及。Daocheng Yading is a sacred destination for travelers. The snow-capped peaks of Xiannairi, Yangmai Yong, and Xianuoduoji stand as guardian deities. The majestic mountains shimmer in golden light under a clear, reachable blue sky to you.

川西旅游小贴士

高原反应 Altitude sickness

川西地处高原地区，海拔较高，初到可能会有高原反应。The Western Sichuan area is located in a high-altitude region, which might cause altitude sickness.

如何解决？
How to Handle It?

建议到达后多休息，保持充足的水分，避免剧烈运动，并提前准备一些抗高原反应的药物，如红景天、氧气瓶等。Rest, stay hydrated, avoid strenuous activities, and prepare altitude sickness medications like Rhodiola and an oxygen bottle in advance.

天气变化 Weather Changes

川西的天气变化多端，尤其在高山地区，早晚温差大。Weather in Western Sichuan can be highly variable, especially in mountainous areas, with significant temperature differences between day and night.

如何解决？
How to Handle It?

建议带上适合的衣物，包括防风、防水的外套和保暖衣物。Bring suitable clothing, including windproof and waterproof jackets, as well as warm layers.

不必执着于终点，最美的风景就在路上。
The beauty of the journey is found not in the destination, but in the scenery along the way.

胡杨林 The Populus Forests



稻城县城周围的河滩宛如一幅色彩斑斓的油画。在前往亚丁景区的路上，马路两旁的胡杨林如同卫兵般守护着稻城。每到秋季，胡杨在秋风中变得金光灿烂，蓝天白云和河滩的映衬下，显得格外迷人。
Moshi Park, located along China's National Highway 318, is a stunning highland stone forest. Remarkably, the stone colours shift with the seasons—greyish in spring and summer, and grey-blue in autumn and winter.

贡嘎郎吉岭寺 Gongga Lang Jiling Monastery



贡嘎朗吉岭寺，藏语是“雪山洲”的意思，因贡嘎雪山3个主峰终年积雪不化而得名。
Gongga Lang Jiling Monastery, meaning "Snow Mountain Region" in Tibetan, is named for the three main peaks of Gongga Snow Mountain, which are covered in snow year-round.

稻城亚丁机场 Daocheng Yading Airport



稻城亚丁机场位于海拔4,411米的青藏高原上，是世界上海拔最高的民用机场。由于地处高原，午后风大，适航时间较短，因此航班通常安排在中午之前。
Daocheng Yading Airport, at 4,411 meters on the Tibetan Plateau, is the highest civil airport in the world. Due to high altitude and strong afternoon winds, flights are typically scheduled before noon.

交通情况 Transportation

川西山区道路曲折，路况可能不稳定，且部分景区距离较远。
Mountain roads in Western Sichuan are winding and sometimes unstable, with attractions being distant.

**如何解决？
How to Handle It?**

建议备好应急药品，如晕车贴、晕车药、高反药、葡萄糖等。
Bring emergency medications, including pills or patches for motion sickness, altitude sickness meds, and glucose.

饮食文化 Cuisine

川西地区饮食以藏族风味为主，辣味和重口味较多。
Food in Western Sichuan primarily features Tibetan flavours, often with spicy and strong tastes.

**如何解决？
How to Handle It?**

建议提前了解餐馆的菜单，选择适合的食物。
Check restaurant menus in advance and choose dishes that suit your taste.

文化礼仪 Cultural Etiquette

尊重当地藏族的宗教和文化习俗。在寺庙和宗教场所，请遵循当地的礼仪，例如脱帽、安静等。
Respect local Tibetan customs and follow rules in temples, such as removing hats and being quiet.

**拍照小提示
Photography Tips**

在一些宗教场所和藏族家庭中，拍照可能需要征得同意。遇到需要征询的情况时，请礼貌对待。
Ask for permission before taking photos in religious sites or Tibetan homes. Always ask politely if required.



藏服拍摄
Photo Shooting with Tibetan Costume

DAY 1 KUALA LUMPUR ✕ CHENGDU

Assemble at KL International Airport for flight to Chengdu.

A: Morning Flight

📍 Kuanzhai Street

Kuanzhai Street in Chengdu is a historic Qing Dynasty street with traditional courtyard houses. It features authentic Chengdu snacks and unique local customs like ear-cleaning.

📍 Jinli Old Street

One of the oldest and most commercial streets in Western Shu, featuring late Qing Dynasty-style architecture, it's known as the "Chengdu version of Along the River During the Qingming Festival".

B: Evening Flight

Upon arrived, direct transfer to hotel check in.

DAY 2 CHENGDU -220KM- MT.SIGUNIANG

📍 Maobiliang

Distant View of Haizi Valley

The best spot to view Mount Siguniang, Haizi Valley, and the stunning sunrise and sunset, especially in good weather.

📍 Mount Siguniang

Shuangqiao Valley (Include 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.

Seasonal Arrangement

May 1 - Jul 31 : Galsang Flowers
May 15 - Jun 30 : Rhododendron
Sep 15 - Oct 31 : Red leaves

※The blooming season may vary due to climate conditions.

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 crownshaped 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 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

Exterior View of Tagong Temple

📍 Moshi Park

Include Electric Car

The Stone Forest is formed from mylonite, features a unique landscape shaped by geological movements. The "Moshi" will change color with the seasons and weather. It's known as the "Eighth Wonder of China's Scenic Avenues" and the "Bermuda of Geology" by experts.

DAY 4 XINDUQIAO -200KM- LITANG -230KM- RIWA

Sceneries along the road :

Mt. Gao Er Si - Altitude: 4412m

Mt. Jian Zi Wan- Altitude:4659m

Mt. Haizi - Altitude: 4500m

Glacier Ruins - Altitude: 3380m

📍 Changqing Chunke-Er Si

Include Shuttle Bus Commentary

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.



海鲜自助餐
Seafood Buffet

DAY 5 RIWA -5KM- YADING

📍 Yading Scenic Area

Include Shuttle Bus & Electric Car

Zaguanbeng Dam

Lurong Cattle Farm

Distant View of 3 Holy Mountains: Mt. Xiannairi, Mt. Yangmaiyong, Mt. Xianuoduoji

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.

※Horseback riding fee not included. The access to Milk Lake and Five Color Lake from Lurong Cattle Farm is only available by walking or riding. Due to the dangerous terrain, we advise against participation.

Seasonal Arrangement

May 1 - Jul 31 : Galsang Flowers
Oct 10 - Oct 23 : Colorful Forests

※The blooming season may vary due to climate conditions.

DAY 6 YADING -77KM- DAOCHENG

📍 Double Entry - Yading Scenic Area

Include Shuttle Bus Chonggu Temple

Pearl Lake

📍 Gongga Lang Jiling Monastery

The largest Gelug monastery in Daocheng, features magnificent architecture and exquisite murals. It also holds a valuable bronze Maitreya statue gifted by the Fifth Dalai Lama.

Seasonal Arrangement

※OCT: Enjoy the acres of populus forests along the way.

DAY 7 DAOCHENG ✕ CHENGDU

※Daocheng Yading Airport is situated at 4,411 meters above sea level, is the highest airport in the world. Due to high-altitude weather conditions, flights often experience delays. If such situations occur, the guide and tour leader will adjust the itinerary accordingly. We appreciate your understanding.

📍 Foot bath + massage experience (80 minutes)

DAY 8 CHENGDU ✕ KUALA LUMPUR

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

A: Morning Flight

Transfer to airport for the flight back home.

B: Evening Flight

📍 Kuanzhai Street

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📍 Jinli Old Street

One of the oldest and most commercial streets in Western Shu, featuring late Qing Dynasty-style architecture, it's known as the "Chengdu version of Along the River During the Qingming Festival".

After dinner, transfer to airport for flight back home.

行程亮点 HIGHLIGHTS

体验: 藏服拍摄 | 足浴 + 按摩体验
景点: “中国最美六大乡村古镇”之首 - 甲居藏寨
 东方的阿尔卑斯 - 四姑娘山
 地球最后一片净土 - 亚丁风景区
 异域星球 - 墨石公园
享受: 全程 VIP 2+1 座椅旅游巴士 | 单程国内航班 | 指定景点安排观光车
品尝: 当地必吃: 丹巴风味 | 理塘风味 | 日瓦风味 | 川菜风味
高餐标: 海鲜自助餐

EXPERIENCE : Photo Shooting with Tibetan Costume | Foot Bath + Massage Experience
ATTRACTIONS : China's Most Beautiful Ancient Village - Jiaju Tibetan Village
 The Eastern Alps - Mt. Siguniang
 Last Pure Land on Earth - Yading Scenic Area
 Alien Planet - Moshi Park
ENJOY : 2+1 VIP Coach | Domestic Flight from Daocheng Yading to Chengdu | Shuttle Bus Arrangement at Designated Attractions
TASTE : **Must Try:** Danba Cuisine | Litang Cuisine | Riwa Cuisine | Sichuan Cuisine
High-cost Meal: Seafood Buffet

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 Meal on Board	粤菜风味 Cantonese Cuisine 80	成都温江皇冠假日酒店 或 同级 Chengdu Wenjiang Crowne Plaza Hotel or Similar
2	酒店 Hotel	当地风味 Local Cuisine 70	酒店用餐 Hotel Dinner 80	成都天府国际大酒店 或 同级 Chengdu Tianfu International Flight or Similar
3	酒店 Hotel	丹巴当地风味 Danba Local Cuisine 70	酒店用餐 Hotel Dinner 80	小金新四姑娘山酒庄酒店 或 同级 New Mt.Siguniang Hotel or Similar
4	酒店 Hotel	理塘风味 Litang Cuisine 70	酒店用餐 Hotel Dinner 80	康定新都桥赞普大酒店 或 同级 Kangding Xinduqiao Zanbo Hotel or Similar
5	酒店 Hotel	景区餐厅 Scenic Area Restaurant 70	酒店用餐 Hotel Dinner 80	日瓦华美达安可酒店 或 同级 Riwa Ramada Encore Hotel or Similar
6	酒店 Hotel	日瓦风味 Riwa Cuisine 70	酒店用餐 Hotel Dinner 80	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 Sichuan Cuisine 70	海鲜自助餐 Seafood Buffet 538	成都滨江希尔顿逸林酒店 或 同级 Chengdu Riverside DoubleTree by Hilton or Similar
8	酒店 Hotel	自理 Own Arrangement	机上用餐 On Board 粤菜风味 Cantonese Cuisine 80	-

■ *早上航班 Morning Flight ■ *晚上航班 Evening Flight

*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:

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