

8D7N

APPLE®

CHINA 中国




# 云南秘境 香格里拉

MYSTICAL  
YUNNAN  
SHANGRILA

无购物站  
NO SHOPPING STOP  
&  
无自费  
NO OPTIONAL

昆明 | 大理 | 丽江 | 香格里拉 |  
巴拉格宗

KUNMING | DALI | LIJIANG |  
SHANGRI-LA | BALAGEZONG

 噶丹松赞林寺

作为云南最大的藏传佛教寺院，松赞林寺也被称为桂花寺，是康地区著名的寺院之一。它位于佛坪山脚下的香格里拉县附近。

**Gedan•Songzanlin Monastery**

Being the largest Tibetan Buddhist monastery in Yunnan, Songzanlin Monastery, also known as Guihua Monastery, is one of the famous monasteries in the Kang region. It is located near Shangri-La County, at the foot of Foping Mountain.

彩云之南，  
人间仙境。



蓝月谷景区  
Blue Moon Valley

## 第1天

吉隆坡 ✕ 昆明

集合于吉隆坡国际机场，飞往昆明。

## 第2天

昆明 -330公里- 大理

大理S弯洱海生态廊道 **网红打卡**

等风来咖啡馆 品尝咖啡+甜点

湖光山色，一面是各具特色的白族传统村落，人文和自然融在一起，恰似一幅乡愁画卷。

大理古城

漫步洋人街

大理古城是大理风景区的“三大古城”（古城，古塔，古碑）之一。它可以追溯到明朝时期的1382年，自1982年以来一直是中国历史上最顶尖的历史名城之一。

## 苹果特别安排

大理特色饮料，每人各选一杯

风花雪月大理啤酒或椰青普洱茶

## 第3天

大理 -192公里- 丽江

喜洲古镇 **网红打卡**

转角楼 转角楼冰棒 小马车 网红墙 稻田公路

千年历史的白族历史文化名镇，具有浓郁的民族风情和历史文化气息。

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。

### 季节限定

3月5日-3月15日期间抵达的团队：

网红樱花大道：赏樱花

※按每年气候不同会有所改变，以上花期不能完全保证准确。



蓝花楹  
Jacaranda Flower



玉龙雪山  
Jade Dragon Snow Mountain

## 第4天

丽江

玉龙雪山

冰川公园（含往返大索道） 甘海子

蓝月谷景区（含电瓶车）

《印象丽江》实景歌舞表演

一座雄伟壮丽的高山。玉龙雪山是云南省最南端的一座大山，海拔最高峰海拔约为5596米。它以其独特的地貌、丰富的植被和壮丽的自然景观而闻名，吸引着大量的游客和登山爱好者。

※如大索道遇天气或其它因素影响，将以云杉坪替代。

※如遇天气影响或其它因素导致停演，将以《丽水金沙》替代。



丽江古城  
Lijiang Old Town

## 第5天

丽江 -180公里- 香格里拉

途中远眺长江第一湾

虎跳峡

含扶手电梯

世界最险峻的大峡谷之一，落差近千米，被《中国国家地理》杂志评选为“中国最美的峡谷之一”，更是“世界十大经典徒步路线之一”。

独克宗古城

龟山公园 转经筒

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，让游客踏上它的那一刻。

## 第7天

香格里拉 ✕ 昆明

噶丹松赞林寺

含环保车

外形与西藏的布达拉宫很相似，有“小布达拉宫”之称。

### 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：赏蓝花楹

※按每年气候不同会有所改变，以上花期不能完全保证准确。

### 温馨提示

11月至次年3月为冬季期间，受高原天气因素影响，香格里拉至昆明的航班常因无法正常起降而取消。为确保行程顺畅，并调整为丽江飞往昆明航班。

## 第6天

香格里拉 -82公里- 巴拉格宗  
-82公里- 香格里拉

巴拉格宗景区

含环保车 凤凰菩提树 巴拉村 卓玛拉康

回音壁栈道 玻璃景台 香格里拉大峡谷

巴塘人的神山，香巴拉最好的秘境，地处滇藏川三角区域中心地带，与德钦梅里雪山相邻，又与孽壁峡谷共同组成香格里拉大峡谷，美如人间圣地。

## 第8天

昆明 ✕ 吉隆坡

昆明老街

隐匿在繁华闹市中的昆明老街，承载着900年的人情温情与生机，漫步在古建筑间，仿佛回到民国时代。

## 苹果特别安排

品尝云南麒麟大口茶

送往机场，返回温馨的家园。

Colorful Clouds in the South,  
a Wonderland on Earth.



巴拉格宗景区  
Balagezong Scenic Area

## DAY 1 KUALA LUMPUR ✕ KUNMING

Assemble at KLIA for flight to Kunming.

## DAY 2 KUNMING -330KM- DALI

Erhai Lake Ecological Corridor IG Hotspot

Cafe AWAITS WIND

Include a cup of Coffee & Dessert

Scenic lakes and mountains, traditional Bai ethnic villages blending culture and nature, like a nostalgic painting.

Dali Ancient Town

Foreigner's Street

It is a historic gem dating back to the Ming Dynasty (1382). It has been recognized as one of China's top historical cities since 1982.

APPLE Special Arrangement

Each person is entitled for a complimentary drink.

Dali Local Beer (Fenghua Xueyue) or Coconut Puer Tea.

## DAY 3 DALI -192KM- LIJIANG

Xizhou Ancient Town IG Hotspot

Corner Tower Horse-drawn carriage

Corner Tower famous ice cream

Instagrammable Wall Paddy Field

A thousand-year-old historical and cultural town of the Bai ethnic group, exuding a rich ethnic charm and historical cultural ambiance.

Lijiang Old Town - Square Street

A culturally rich and well-preserved ancient city, is the heart of the Naxi Ethnic Minority in Yunnan Province.

### Seasonal Arrangement

Group arrival on Mar 5 - Mar 15:  
Lijiang Cherry Blossom Avenue: Cherry Blossom  
\*The floral growing season is subject to weather conditions.

## DAY 4 LIJIANG

Jade Dragon Snow Mountain

Glacier Park (Include Two-way Cable Car)

Blue Moon Valley (Include Electric Car)

<Impression of Lijiang> Show

Ganhaizi Meadow

Located in the southernmost part of Yunnan Province, is a majestic peak known for its grandeur. With its highest peak reaching approximately 5,596 meters, it offers breathtaking landscapes, diverse vegetation, and captivating natural beauty.

\*If cable car not operating due to unforeseen weather condition, will be replace by Yunshanping.

\*In case of uncontrollable weather condition or unforeseen circumstances causing show to cancel, it will be replaced to <Lishui Jinsha Art Training Center>.

## DAY 5 LIJIANG -180KM- SHANGRI-LA

Pass by First Bend of Yangtze River

Tiger Leaping Gorge

Includes Elevator

World's most dangerous canyon, nearly thousand-meter drop, named one of "China's Most Beautiful Canyons" by China National Geography, and a "Top Ten Classic Hiking Route" globally.

Dukezong Ancient Town

Kameyama Park Prayer Wheel

The largest and 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 Han-Tibetan cultural exchange.



虎跳峡  
Tiger Leaping Gorge

## DAY 6 SHANGRI-LA -82KM- BALAGEZONG -82KM- SHANGRI-LA

Balagezong Scenic Area

Includes Electric Car

Holy Banyan of Thousands of Years

Bala Village Zhuomalakang

Huiyinbi Blass walkway

Glass Platform

Shangri-La Grand Canyon

Sacred mountain of Batang people, hidden paradise of Shambhala, a heavenly sanctuary on Earth.

## DAY 7 SHANGRI-LA ✕ KUNMING

Gedan Songzanlin Monastery

Includes Electric Car

The appearance similar to the Potala Palace in Tibet, known as the "Little Potala Palace" and it's built in 1679, the temple was built in the mountains and faces the lake with their magnificent and mysterious.

### Seasonal Arrangement

Group arrival on Apr 20 - May 10 will arrange to visit: Jacaranda Flower

\*The floral growing season is subject to weather conditions.

### Gentle Reminder

Due to winter season from November to March on the plateau will effect the flight cancellations. We will re-route to returning flight from Lijiang to Kunming instead of Shangri-la to avoid disruptions of the flights.

## DAY 8 KUNMING ✕ KUALA LUMPUR

Kunming Street

Hidden amidst the bustling city, Kunming Old Street carries 900 years of human warmth and life. Strolling through the ancient buildings, it feels like traveling back to the Republican era.

APPLE Special Arrangement

Savour Yunnan Instagrammable Tea

Transfer to airport, home sweet home.

## 行程亮点 HIGHLIGHTS

**体验:** 玉龙雪山大索道直到4506米 | 乘坐小马车游览喜洲古镇  
**景点:** 世界文化遗产: 丽江古城  
 北半球最南的雪山: 玉龙雪山  
 世界最险峻的峡谷之一: 虎跳峡  
 香巴拉的秘密: 巴拉格宗风景区被誉为“小布达拉宫” | 葛丹颂赞林寺  
**享受:** 单飞内陆航班: 不走回头路, 省时间 | 提供轻便耳机: 导游讲解滴水不漏 | 全程舒适2+1 VIP旅游巴士 | 入住大理古城绝佳位置酒店 | 品尝大理特调饮料: 椰青冰普洱或大理风花雪月 | 转角楼间红冰淇淋  
**品尝:** 吃在当地: 民族风味 | 白族风味 | 精品合菜 | 老滇味风味+汽锅鸡  
**当地必吃:** 野生菌火锅 | 雪厨小火锅 | 藏式风味

**EXPERIENCE:** Jade Dragon Snow Mountain Cable Car | Horse-drawn Carriage Tour of Xizhou Ancient Town  
**ATTRACTIONS:** UNESCO: Lijiang Old Town - Square Street | The Southernmost Snow Mountain in the Northern Hemisphere: Jade Dragon Snow Mountain | One of the Most Precipitous Grand Canyon: Tiger Leaping Gorge | Shangri-La Hidden Paradise: Balagezong Scenic Area | Known as Little Potala Palace: Gedan Songzanlin Monastery  
**LEISURE:** Hassle Free No Back Track: One Way Domestic Flight | Headphones provided so you won't miss a single word from your guide | Comfortable 2+1 VIP Coach throughout the journey | Strategic Hotel Location: Stay in Dali Ancient Town | Savour Dali Special Drinks: Coconut Pu'er Tea or Dali Fenghua Xueyue Beer | Instagrammable Popsicle at Corner Tower  
**TASTE:** Local Delicacies: Culture Cuisine | Bai's Cuisine | Boutique Cuisine | Lao Dian's Cuisine + Claypot Chicken  
**Must eat:** Mushroom Hotpot | Mini Steamboat | Tibetan Cuisine



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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	民族风味 Culture Cuisine (50)	昆明悦城国际大饭店 或 同级 Kunming Happy International Castle Hotel or Similar
2	酒店 Hotel	精品合菜 Boutique Cuisine (50)	白族风味 Bai's Cuisine (60)	大理红龙井酒店 或 同级 Dali Honglongjing Hotel or Similar
3	酒店 Hotel	砂锅鱼风味 Clay pot Fish Cuisine (50)	私房菜 Private Kitchen (80)	丽江金茂凯悦臻选酒店 或 同级 Jinmao Hotel Lijiang, the Unbound Collection by Hyatt Hotel or Similar
4	酒店 Hotel	雪厨小火锅 Mini Steamboat (108)	韩式烤肉 Korean BBQ Cuisine (70)	
5	酒店 Hotel	中式合菜 Chinese Cuisine (50)	藏式风味 Tibetan Cuisine (80)	香格里拉大酒店 或 同级 Shangri-La Resort or Similar
6	酒店 Hotel	农家风味 Fam Cuisine (50)	酒店自助餐 Hotel Buffet (148)	
7	酒店 Hotel	藏式风味 Tibetan Cuisine (60)	野生菌火锅 Mushroom Steamboat (150)	昆明悦城国际大饭店 或 同级 Kunming Happy International Castle Hotel or similar
8	酒店 Hotel	老滇味风味+汽锅鸡 Old Dian's Cuisine + Claypot Chicken (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。

### 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-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:

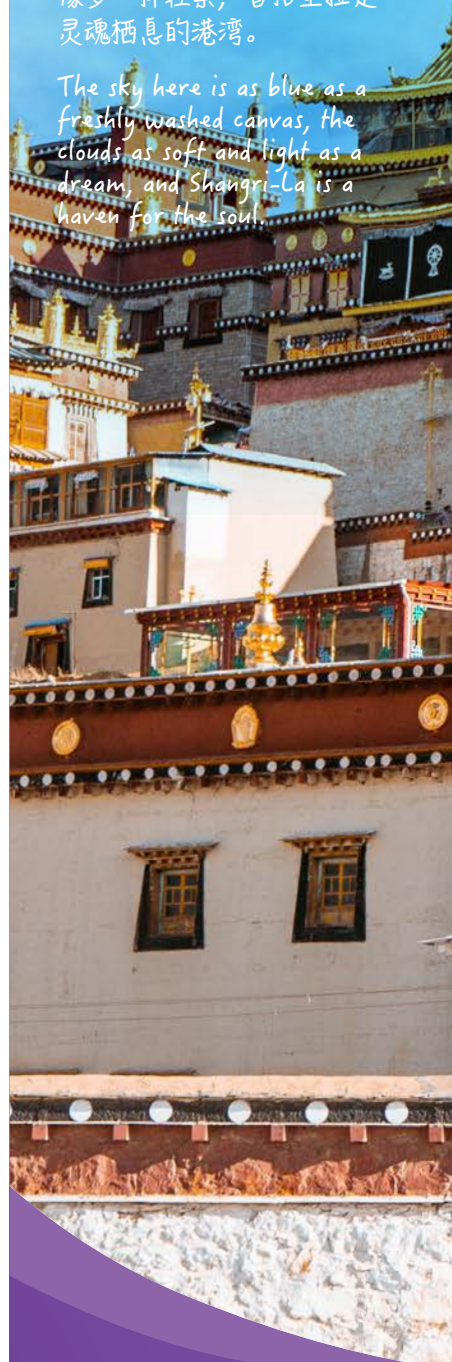
- Tours are conducted in Mandarin.
- Triple Room - Third person shall be based on rollaway bed.
- Tour fare quoted is for MALAYSIAN, non-Malaysian surcharge applied.
- In-coach Shopping - For your convenience, a variety of local snacks are offered for sale on board the coach. If interested, please place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

For Agent Use Only:

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这里的天空湛蓝如洗, 云朵像梦一样轻柔, 香格里拉是灵魂栖息的港湾。

The sky here is as blue as a freshly washed canvas, the clouds as soft and light as a dream, and Shangri-La is a haven for the soul.



蘋果旅遊

APPLE VACATIONS

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VALIDITY:  
January - December  
(1月 - 12月)