

Amazing 中国
CHINA 中国

8D7N 成都/四姑娘山/丹巴/ 稻城亚丁/康定

CHENGDU/SIGUNIANG MOUNTAIN/DANBA/
DAOCHENG YADING/KANGDING

Tour Code: CAG-8



China
中国



Siguniang Mountain
四姑娘山



Shuangqiao Valley
双桥沟



Luding Bridge
泸定桥



Daocheng Scenic Area
稻城亚丁风景区

行程次序，以当地旅社安排为准。
Sequences of Itinerary are subject
to local arrangement.



Chonggu Temple
冲古寺



Daocheng White Pagoda Zunsheng Talin
稻城白塔尊胜塔林



Chunxi Road Pedestrian Street
成都春熙路步行街



精简行程

第一天 启程 ✈️ 成都 (机上用餐/晚)

- ☑ 东郊记忆公园

第二天 成都 🚗 (200公里) 四姑娘山 (早/午/晚)

- ☑ 猫鼻梁-四姑娘山全景拍摄点
- ☑ 双桥沟 (含观光车)

第三天 四姑娘山 🚗 (216公里) 墨石公园 (60公里) 新都桥 (早/午/晚)

- ☑ 丹巴甲居藏寨 (含电瓶车)
- ☑ 八美墨石公园 (含电瓶车)
- ☑ 新都桥风光 (海拔3300米)

第四天 新都桥 🚗 (195公里) 理塘 (152公里) 稻城 🚗 (75公里) 亚丁 (早/午/晚)

- ☑ 高尔寺山口 (途径)
- ☑ 剪子湾山口 (途径)
- ☑ 卡子拉山口 (途径)
- ☑ 世界高城理塘
- ☑ 海子山古冰川遗址
- ☑ 海子山桑堆小镇

第五天 亚丁 🚗 (2.5公里) 日瓦 🚗 (75公里) 稻城 (早/午/晚)

- ☑ 游览亚丁 (含环保车, 电瓶车往返)
 - 洛绒牛场
 - 冲古寺
 - 珍珠海

第六天 稻城 🚗 (343公里) 新都桥 🚗 (343公里) 康定 (早/午/晚)

- ☑ 稻城白塔尊胜塔林
- ☑ 参观古龙藏寨 (家访)
- 备注: 古龙藏寨家访可能会有当地藏民售卖特色物品。
- ☑ 稻城百亩胡杨林

第七天 康定 🚗 (57公里) 泸定 🚗 (238公里) 成都 (早/午/晚)

- ☑ 泸定桥
- ☑ 成都春熙路步行街
- ☑ 太古里文艺时尚聚集地
- ☑ 夜游宽窄巷子

第八天 成都 ✈️ 吉隆坡 (早/午/机上用餐)

- ☑ 锦里古街



✓ 7早餐/7午餐/7晚餐

风味餐:

- ★ 火锅风味
- ★ 藏式风味

- ★ 精品川菜风味

- ★ 精美石锅鱼

观光景点:

四姑娘山 (平均海拔约3400米至3850米左右)

- ◆ **猫鼻梁观景台** - 这里是一处海拔约3500米左右的观景平台, 这里是一处可以观赏四姑娘山全景且又交通便捷的好地方。
- ◆ **双桥沟景区** - 双桥沟的得名是因为当地老百姓为了便于通行, 在沟内搭建了两座木桥, 其中一座是由杨柳木搭建而成, 俗称杨柳桥; 另一座由红杉木搭建而成, 俗称便桥。沟内有37条纵横交错的沟壑溪涧, 高山雄峙, 山水林木秀美迷人, 是四姑娘山最有代表性的景区。

墨石公园 (平均海拔约3500米左右)

- ◆ **墨石公园** - 是中国4A级旅游景区, 地质科普中心, 格萨尔王发祥地之一, 道穿八美之一。世界地质奇观, 中国唯一高原石林景观, 集观光、体验、科考、科普价值于一体的多元化景区, 被誉为“中国最美景观大道第八美”。

稻城亚丁 (平均海拔约3700米左右)

- ◆ **稻城亚丁风景区** - 主要由“仙乃日、央迈勇、夏诺多吉”三座雪山和周围的河流、湖泊和高山草甸组成, 它的景致保持着地球上近绝迹的纯粹, 因其独特的地貌和原生态自然风光, 被誉为“香格里拉之魂”和“最后的香格里拉”, 被国际友人誉为“水蓝色星球上的最后一块净土”, 是摄影爱好者的天堂。
- ◆ **冲古寺** - 位于仙乃日神山脚下, 再亚丁自然风景区内占据最佳地理位置, 也是洛克笔下《消失的地平线》中美丽的蓝月山谷的原形。
- ◆ **洛绒牛场** - 亚丁风景区著名景点之一, 在这片附近藏民放牧的牧场上, 面向央迈勇雪山, 左眺夏诺多吉雪山, 是观赏三怙主神山的最佳地点。

康定

- ◆ **泸定桥** - 大桥于公元1706年建成, 康熙皇帝取泸水平定之意, 御笔亲书“泸定桥”三个大字。毛泽东《七律·长征》中“大渡桥横铁索寒”的诗句, 正是当年红军22勇士强渡大渡河, 突破大渡河天险, 红军才取得了陕北会师的胜利, 因而泸定铁索桥也成为红军长征史上的一座里程碑。

成都

- ◆ **锦里古街** - 现为成都市著名步行商业街, 为清末民初建筑风格的仿古建筑, 以三国文化和四川传统民俗文化为主要内容。这里有各式各样的当地美食, 手工艺品, 您也可以在这里找到纪念品送于亲友。
- ◆ **宽窄巷子** - 由宽巷子、窄巷子、井巷子平行排列组成, 全为青黛砖瓦的仿古四合院落, 这里也是成都遗留下来的较成规模的清朝古街道, 与大慈寺、文殊院一起并称为成都三大历史文化名城保护街区。

注意事项:

- 高原反应** - 此行程内景点多数属于高海拔地区, 为防高山反应, 老年人和身体弱者需备好药品, 最好配备小型氧气瓶; 游客在高原旅行期间禁止饮酒, 不要剧烈运动, 多食蔬菜和水果; 心脏病患者和患有哮喘的人不建议参与此行程。
- 高原气候** - 高原气候变化多样, 昼夜温差大; 气候多变请带足保暖防寒衣物, 也随时可能下雨, 倾斜带好雨伞或雨衣, 高原山区紫外线、日照、阳光反射都很强, 旅客长时间在户外活动, 需要带上太阳镜, 防晒霜, 润唇膏, 穿好防晒衣保护皮肤, 手套, 围巾, 防滑性好的旅游或登山鞋。
- 各段景区内都有标注温馨提示以及注意事项, 请游客认真阅读, 避免意外发生。



酒店住宿 (7晚)

- ✓ Holiday Inn Express 或同级
- ✓ 云天渡酒店或同级
- ✓ 新都桥印象雅致酒店或同级
- ✓ 华美达安可大酒店或同级
- ✓ 稻城旺吉酒店或同级
- ✓ 康定玉景雪莲酒店或同级

x2 晚
x1 晚
x1 晚
x1 晚
x1 晚
x1 晚

自费项目: 亚丁歌舞秀 + 四川变脸秀 + 最美廊桥夜景东门码头【人民币380/人】

免责声明: 由于新冠肺炎疫情旅行限制当地/宗教节日, 公众假期, 天气状况, 交通等情况, 自然灾害, 必要时黄金旅程保留对行程进行适当调整 (调整景点游览顺序) 以确保行程顺利进行, 会或否事先通知。

备注: 如果旅游行程受到上述问题的影响, 将不予退款或更换。图片仅供参考。



Kazila Mountain
卡子拉山



Wide and narrow alleys
夜游宽窄巷子



Haizi Mountain - Sangdui Town
海子山桑堆小镇



SCHEDULE

D1 DEPARTURE ✈️ CHENGDU (MOB/D)

- ☑ Dongjiao Memory Park

D2 CHENGDU 🚌 (200km) SIGUNIANG MOUNTAIN (B/L/D)

- ☑ Maobiliang Ridge - Siguniang Shooting Point
- ☑ Shuangqiao Valley Scenic Area (Include Public Eco Coach)

D3 SIGUNIANG MOUNTAIN 🚌 (216km) MOSHI PARK 🚌 (60km) XINDU BRIDGE (B/L/D)

- ☑ Danba Jiaju Tibetan Village
- ☑ Moshi Park
- ☑ Xinduqiao scenery (Altitude 3300m)

D4 XINDU BRIDGE 🚌 (195km) LITANG 🚌 (152km) DAOCHENG 🚌 (75km) YADING (B/L/D)

- ☑ Gaoersi Mountain (En route view)
- ☑ Jianziwan Mountain (En route view)
- ☑ Kazila Mountain (En route view)
- ☑ Litang (Highest Settlements on earth)
- ☑ Haizi Mountain Ancient Ice Cap
- ☑ Haizi Mountain - Sangdui Town

D5 YADING 🚌 (2.5km) RIWA 🚌 (75km) DAOCHENG (B/L/D)

- ☑ Yading Scenic Area (Including Public Eco-Friendly Cars)
 - Luo Rong Castle Farm
 - Chonggu Temple
 - Pearl Sea

D6 DAOCHENG 🚌 (343km) XINDUQIAO 🚌 (77km) KANGDING (B/L/D)

- ☑ Daocheng White Pagoda Zunsheng Talin
- ☑ Gulong Tibetan (Home Visit)
- Remark: Local tibetan may selling souvenir & local product.
- ☑ Daocheng Populus Exnphratca Forest

D7 KANGDING 🚌 (57km) LUDING 🚌 (238km) CHENGDU (B/L/D)

- ☑ Luding Bridge
- ☑ Chunxi Road Pedestrian Street
- ☑ Wide and narrow alleys (Night Tour)

D8 CHENGDU ✈️ DEPARTURE (B/L/MOB)

- ☑ Jinli Ancient Town



✓ 7 Breakfast / 7 Lunch / 7 Dinner

Special Cuisine:

- ★ Hot Pot
- ★ Sichuan Cuisine
- ★ Stone Pot Fish
- ★ Tibetan Cuisine
- ★ Yue Cuisine

TOURIST ATTRACTIONS:

SIGUNIANG MOUNTAIN (Average Altitude at 3400M - 3850M)

- ◆ **Cat Nose Ridge Observation deck** - 3,400 meters above sea level and is the best viewing spot of Siguniang Mountain.
- ◆ **Shuangqiao Valley** - It is named after two wooden bridges in the ditch. The main focus of the ditch is snow peaks, pastures, grasslands, forests, etc. It is the most beautiful ditch in Siguniang Mountain.

MOSHI PARK (Average Altitude at 3500M)

- ◆ **Moshi Park** - Moshi Park is a cluster of unique landforms of special rocks. These rocks are standing together in the rolling hills of Tagong Grassland.

DAOCHENG YADING (Average Altitude at 3700M)

- ◆ **Yading Nature Reserve (Aden Daocheng Scenic Area "Last Pure Land")** - mainly composed three snow-capped mountains called Xiannairi, Yangmai Yong, Xianuo Duoji and surround with rivers, lakes and alpine meadow. Located in Ganzi Tibetan Autonomous Prefecture of Sichuan province. It is still maintaining the purity of nearly extinct on the earth it also known as the soul of Shangri-la and the last of Shangri-la. In international called as the last piece of pure land on the water blue planet. It is also a paradise for photography lovers.
- ◆ **Chonggu Temple** - occupied the best geographic location in Yading Natural Reserve. It is also James Hilton written in <Lost Horizon> the beautiful Moon Valley.
- ◆ **Lurong Pasture** - one of famous attraction in the Yading Nature Scenic area. In this pasture near of Tibetan grazing, facing the Yang Mai Yong Mountain overlooked with Xianuo Duoji snow Mountain, is the best place enjoy the sight of Sankwu Main God Mountain.

KANGDING

- ◆ **Luding Bridge** - built in 1706AD, which named by Kangxi Emperor. This is considered a historical landmark. It was an important crossing on the road between Sichuan and Tibet.

CHENGDU

- ◆ **Jinli Ancient Street** - The buildings are in the Qing Dynasty style. The theme is Three Kingdoms Culture, a traditional folk custom. There are many bars, inns, snack stores and souvenir shops.
- ◆ **Wide and Narrow Alleys** - form with wide, narrow and well alleys arranged in the parallel all of which are antique quadrangle courtyards made of Qingdai brick tiles. It is also a relatively large-scale ancient street of Qing Dynasty left over from Chengdu, and together with Daci Temple and Wenshu Courtyard, it is known as the three protected blocks of Chengdu's famous historical and cultural cities.

Remarks:

1. **Altitude Sickness** - most of the scenic spots in this trip belong to high altitude areas. In order to prevent mountain reactions, elderly people and weak people must prepare common medicines, it is best to have small oxygen cylinders. Tourists are prohibited drinking alcohol during high altitude travel. Exercise, eat more vegetables and fruits; heats disease and asthma patients are not recommended to participate in this trip.
2. **Plateau Climate** - the climate change of the plateau is diverse, the temperature difference between day and night is large; if the climate is changeable, please bring warm and cold clothes, and it may rain at any time. Please bring an umbrella or raincoat. The ultraviolet rays, sunshine and sunlight reflection in the plateau mountains are very strong. For long periods of time outdoors wear sunglasses, sunscreen, lip balm, sun protection clothes, skin protections, gloves, scarves slip-resistant sneakers or hiking walking shoes.
3. All the scenic spots are marked with warm reminders and precautions, please read carefully to avoid accidents.



HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Chengdu Holiday Inn Express or similar
- ✓ Yuntian Resort Hotel or similar
- ✓ Impression Yazhi Boutique Hotel or similar
- ✓ Ramada Encore Hotel or similar
- ✓ Wangji Hotel or similar class
- ✓ Yujing Sausurea Boutique Hotel or similar

x2 Nights
x1 Night
x1 Night
x1 Night
x1 Night
x1 Night

Optional Tour : Yading Dance show + Sichuan Changing Face Show + Dongmen Wharf Night Tour [RMB 380/PAX]

Disclaimer: Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.

Remark: There will be no refund or replacement if the tour logistic a-ected by the above issue. All pictures are for illustration purpose only.

General Information

· 成都 CHENGDU ·



货币 Currency 	Chinese Yuan - CNY Renminbi - RMB 中国元 - CNY 人民币 - RMB	信用卡 Credit Card 	* 致电信用卡中心, 以延长你的信用卡额度 * Major credit cards such as Visa and Master card are mostly widely used
货币兑换率 Exchange Rate 	10 CNY = MYR 6.50 10 元 = 马币 6.50 <small>*Subject to currency of the day* *以当天汇率为准*</small>	拨号代码 Dial Code 	China : +86 中国 : +86
电压 Voltage 	Voltage - almost always 220 V 电压 - 220伏特	插座 Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type B - 两脚扁型 + 一圆型插头 / 2 flat blade pin + 1 round pin 类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"
时差 Time Different 	China - No time different with Malaysia 中国 - 时间与马来西亚时间标准时无相差	行李托运 Luggage Allowance 	Each individual are entitled to check in 1 luggage of not more than 20 kg and a hand carry bag not more than 7 kg. 每人只限携带一件不超过7公斤的手提行李上机, 以及托运行李不超过20公斤。
气候 Weather 	<input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 25°C ~ 3°C <input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 30°C ~ 19°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 24°C ~ 3°C <input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb 10°C ~ -3°C <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
飞机型号 Aircraft Type 	A330 B737 B787		

Departure Date:	<input type="text"/>	Flight :	<input type="text"/>
出发日期:	<input type="text"/>	航班行程:	<input type="text"/>
Tour Fare:	<input type="text"/>	Airport Tax & Fuel Surcharge:	<input type="text"/>
团费:	<input type="text"/>	机场税及燃油附加费:	<input type="text"/>
Tipping:	<input type="text"/>	Agent Collection Fee:	<input type="text"/>
小费:	<input type="text"/>	旅行社代收费:	<input type="text"/>
Visa:	<input type="text"/>	Travel Insurance:	<input type="text"/>
签证:	<input type="text"/>	旅行保险:	<input type="text"/>
		TOTAL :	<input type="text"/>
		总数:	<input type="text"/>

GD Partner:

