

藍色地球上最後一片淨土

海螺溝冰川森林公園～木格措～“最後的香格里拉”稻城亞丁單飛 8 日

深度體驗 ● 絕對秘境

專屬定制 ● 獨家線路

風景震撼 ● 保證出片

目的地介紹:

稻城亞丁: 這裡是英國詹姆斯·希爾頓 (James Hilton) 所著《消失的地平線》書中的香格里拉秘境。被譽為“最後的香格里拉”、“藍色地球上的最後一片淨土”。



海螺溝冰川: 位於貢嘎山東坡，是亞洲最東低海拔現代冰川，這裡有舉世無雙的冰川瀑布、高山杜鵑、紅石灘、雪穀溫泉、原始森林等自然景觀，屬國家 5A 級風景區，國家森林公園。

木格措: 川西北最大的高山湖泊之一，由七色海、杜鵑峽穀、藥池沸泉、木格措（野人海）等景點構成。

新都橋: 這裡的光影被稱為“光與影的世界”、“攝影家的天堂”。

這是一個得天獨厚、獨具特色的自然生態聖地：雪山、草原、湖泊、冰川、原始森林、地熱溫泉和多元性文化歷史印記和鮮明地域特徵交織的地方；也是你一生值得一去的地方……

~心靈與視覺的饗宴~

【線路優勢】行程相對輕鬆合理，特別安排在亞丁村住一晚，感受不一樣的雪山星空氛圍，可以欣賞不一樣的風景。最大優勢：將“蜀山之王”海螺溝冰川、藍色地球上的最後一片淨土·稻城亞丁、康定木格措；光與影的世界·新都橋一一遊到；

【特別贈送】礦泉水無限量供應、苦蕎茶水、紅景天養生茶、鋼瓶氧氣罐。

【行程購物】絕不安排旅遊購物商店。

【推薦特產】土特產品。

The last pure land on the blue planet

Hailuoguo Glacier Forest Park～Mugecuo～"the last Shangri-La" Daocheng Yading (Fly from Daocheng to Chengdu) 8 days

Deep experience ● Absolute mystery Exclusive custom ● Exclusive lines Shock scenery ● Guaranteed photos

Destination description:

Daocheng Yading: This is a mysterious place called Shangri-La in James Hilton's novel "Lost Horizon". Known as "the last

Shangri-La", "the last piece of pure land on the blue planet".

Hailuogou Glacier: Located on the eastern slope of Gongga Mountain, it is famous in the world for its low-altitude contemporary glaciers. There are unparalleled glacier waterfalls, alpine rhododendrons, red stone beach, snow valley hot spring, old-growth forest and other natural landscape, it is a National 5A Scenic Spot, National forest park.

Mugecuo: One of the largest alpine lakes in northwest Sichuan, composed of scenic spots such as the Seven-Color Sea, Rhododendrons Valley, Medicinal hot springs, and Mugetso etc.

Xindu Bridge: The light and shadow here is called "the world of light and shadow" and "the paradise of photographers".

This is a unique natural ecological holy land with unique features: snow mountains, grasslands, lakes, glaciers, old-growth forest, canyons and places where cultural and historical diversity and distinct regional characteristics interweave. It's a place worth going to in your life...

——Spiritual and visual feast——

[Route advantage] This route is relaxed and reasonable, special arrangement in the core scenic spot of Yading Village stay for one night, feel the different atmosphere of snow mountains and stars, enjoy the different scenery. The biggest advantage: Visit "the king of Shushan" Hailuogou Glacier, the last pure land on the blue planet • Daocheng Yading, Kangding Mugecuo; the world of light and shadow • Xindu Bridge one by one.

[Special gift] Unlimited supply of mineral water, buckwheat tea, rhodiola healthy tea, oxygen supply equipment.

[Trip shopping] No shopping.

[Recommend local products] Native products.

行程安排:

第一天: 成都(四川省省會) 雙流國際機場接機 → 寬窄巷子 → 入住酒店

宿: 成都

第二天: 成都 → 上裏古鎮 → 成雅·雅康高速 → 磨西鎮(老街)

宿: 磨西鎮

第三天: 海螺溝冰川森林公園【環保車、往返索道】 → 康定

宿: 康定

第四天: 康定·木格措風景區【環保車】 → 折多山 → 新都橋 → 雅江

宿: 雅江

第五天: 雅江 → 理塘·長青春科爾寺 → 兔子山 → 海子山 → 桑堆 → 稻城

宿: 稻城

第六天: 稻城 → 亞丁核心風景區【沖古寺、亞丁村、卓瑪拉措、仙乃日雪山】

宿: 亞丁村

第七天: 亞丁核心風景區【落絨牛場、央邁勇雪山、牛奶海、珍珠海】 → 稻城

宿: 稻城

第八天: 稻城機場 → 乘機返程結束愉快的攝影之旅【備註: 稻城飛成都基本都是早班機】

Brief itinerary:

Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu International Airport → Kuanzhai Alley → Hotel
Accommodation: Chengdu

Day 2: Chengdu → Shangli Ancient Town → Chengdu • Ya 'an-kangding Expressway → Moxi Town (old street)
Accommodation: Moxi Town

Day 3: Hailuogou National Glacier Forest Park [eco-friendly car + cableway(round-trip)] → Kangding
Accommodation: Kangding

Day 4: Kangding • Mugecuo Scenic Resort [eco-friendly car] → Zheduo Mountain → Xindu Bridge → Yajiang
Accommodation: Yajiang

Day 5: Yajiang → Litang • Changqingchunkeer Temple → Rabbit Hill → Haizi Mountain → Sangdui → Daocheng
Accommodation: Daocheng

Day 6: Daocheng → Yading core Scenic Area [Chonggu Temple, Yading Village, Zhuoma La Lake, Xiannairi Mountain]
Accommodation: Yading Village

Day 7: Yading core Scenic Area [Lurong Pasture, YangMaiyong Snow Mountain, Milk Sea, Pearl Sea] → Daocheng
Accommodation: Daocheng

Day 8: Daocheng Airport → Take the flight home and end the pleasant photography tour [Notes: The flights from Daocheng to Chengdu are basically early flight]

詳細行程:

第一天: 成都(四川省省會) 雙流國際機場接機 → 寬窄巷子 → 入住酒店

成都雙流國際機場接團。【寬窄巷子】由寬巷子、窄巷子組成，是成都現存較成規模的清朝古街道。

行進順序: (機場 20KM 寬窄巷子 15KM 酒店)

公里數及行車時間: (35KM)。城區路。行車約 1 小時 20 分。

住地海拔: 成都市 500 米

用餐: 午餐*** 晚餐(中式合菜 50)

住宿: 成都新希望高新皇冠假日酒店同級(五星)

Detailed itinerary:

Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu International Airport → Kuanzhai Alley → Hotel

Pick up at Chengdu Shuangliu International Airport.

[Kuanzhai Alley] It is composed of Broad Alley and Narrow Alley, is the existing relatively large scale of the Qing Dynasty Alley in Chengdu.

Specific line: Airport 20KM Kuanzhai Alley 15KM Hotel

Kilometres and driving time: 35KM. Urban road, driving about 1 hour 20 minutes. Residential elevation: Chengdu city 500M

Dining: Lunch *** Dinner (Chinese dish 50)

Accommodation: Chengdu Crowne Plaza Hotel or equivalent

第二天: 成都 → 上裏古鎮 → 成雅·雅康高速 → 磨西鎮(老街)

【上裏古鎮】四川省“十大古鎮”之一，曾經是南絲綢之路和茶馬古道的重要驛站。沿大渡河抵達海螺溝畔的磨西小鎮，逛老街，休味當地風土民俗。

行進順序: (成都 158KM 上裏古鎮 168KM 磨西)

公里數及行車時間: (320KM)。高速+柏油路。行車約 5.5 小時。

住地海拔: 磨西鎮 1600 米。

用餐: 早餐(酒店內)、午餐(中式合菜 50)、晚餐(中式合菜 50)。

住宿: 海螺溝長征大酒店同級(四星)

Day 2: Chengdu → Shangli Ancient Town → Chengdu·Ya'an-kangding Expressway → Moxi Town (old street)

[Shangli Ancient Town] It is one of the "top ten ancient towns" in Sichuan Province, which was once an important posthouse on the southern Silk Road and the Ancient Tea Horse Road. Follow the Dadu River, arrive at the Moxi Town which is near the Hailuoguo, visit old street, experience the local tradition and customs.

Specific line: Chengdu 158KM Shangli Ancient Town 168KM Moxi

Kilometres and driving time: 320KM. Highway + Asphalt road. Driving about 5.5 hours. Residential elevation: Moxi Town 1600M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Hailuoguo Changzheng Hotel or equivalent

第三天: 海螺溝冰川森林公園【環保車、往返索道】 → 康定

【海螺溝冰川森林公園】景區內位於貢嘎山東坡的大冰川瀑布，是亞洲最東低海拔現代冰川，這裡高山杜鵑、紅石灘、雪谷溫泉、原始森林、雲霧奇觀堪稱一絕！

行進順序: (磨西鎮 27KM 海螺溝景區 75KM 康定)

公里數及行車時間: (77KM)。高速+柏油路。行車約 2 小時。

住地海拔: 康定 2560 米。

用餐: 早餐(酒店內)、午餐(中式合菜 50)、晚餐(酒店桌餐 50)。

住宿: 康定希譽酒店同級(准四)

Day 3: Hailuoguo National Glacier Forest Park [eco-friendly car + cableway(round-trip)] → Kangding

[Hailuoguo National Glacier Forest Park] The great glacier waterfall is located on the eastern slope of Gongga Mountain, it is famous in the world for its low-altitude contemporary glaciers, the Alpine rhododendrons, red stone beach, snow valley hot spring, old-growth forest, clouds and other wonders here are truly unique!

Specific line: Moxi Town 27KM Hailuoguo Scenic Area 75KM Kangding

Kilometres and driving time: 77KM. Highway + Asphalt road. Driving about 2 hours. Residential elevation: Kangding 2560M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Kangding Sedney Hotel or equivalent

第四天: 康定·木格措風景區【環保車】→折多山→新都橋→雅江

【木格措風景區】距離康定市區約 17 公里, 景區內有川西北最大的高山湖泊之一的七色海, 杜鵑峽穀、藥池沸泉、野人海等景點。

行進順序: (康定 17KM 木格措 96KM 新都橋 69KM 雅江)

公里數及行車時間: (182KM)。柏油路。行車約 4.5 小時。

住地海拔: 雅江縣 2640 米

用餐: 早餐(酒店內)、午餐(中式合菜 50)、晚餐(酒店桌餐 60)。

住宿: 雅江驛都大酒店同級(四星)

Day 4: Kangding • Mugecuo Scenic Resort [eco-friendly car] → Zheduo Mountain → Xindu Bridge → Yajiang

[Mugecuo Scenic Area] About 17 kilometers away from the Kangding City, one of the largest alpine lakes in northwest sichuan, it composed of scenic spots such as the Seven-Color Sea, Rhododendrons Valley, Medicinal hot springs, and Mugecuo etc.

Specific line: Kangding 17KM Mugecuo 96KM Xindu Bridge 69KM Yajiang

Kilometres and driving time: 182KM. Asphalt road. Driving about 4.5 hours.

Residential elevation: Yajiang County 2560M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (hotel table meal 60)

Accommodation: Yajiang Yidu Hotel or equivalent

第五天: 雅江→理塘長青春科爾寺→兔子山→海子山→桑堆→稻城

【長青春科爾寺】是康區第一大格魯派(黃教)寺廟, 素有康南佛教聖地之稱, 地位與拉薩三大寺齊平。

行進順序: (雅江 134KM 理塘 150KM 稻城)

公里數及行車時間: (284KM)。柏油路。行車約 5 小時。

宿地海拔: 稻城 3600 米

用餐: 早餐(酒店內)、午餐(中式合菜 50)、晚餐(酒店桌餐 60)

住宿: 稻城陽光溫泉酒店同級(准五)

Day 5: Yajiang → Litang Changqingchunkeer Temple → Rabbit Hill → Haizi Mountain → Sangdui → Daocheng

[Changqingchunkeer Temple] It is the largest Gelug sects (Shamanism) temple in Kang District, known as the Buddhist holy land in southern Kang, and as an equal status with the three major temples in Lhasa.

Specific line: Yajiang 134KM Litang 150km Daocheng

Kilometres and driving time: 284KM. Asphalt road. Driving about 5 hours.

Residential elevation: Daocheng 3600M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (hotel table meal 60)

Accommodation: Daocheng Sunshine Hot Spring Hotel or equivalent

第六天: 稻城→【亞丁核心風景區】亞丁村·沖古寺·卓瑪拉措·仙乃日雪山·日照金山

【亞丁風景區】被稱為“最後的香格里拉”、“藍色星球最後一片淨土”, 是英國詹姆斯·希爾頓 (James Hilton) 所著《消失的地平線》書中的“藍月山谷”。亞丁的夜空是最為乾淨的, 如果天氣好, 可以拍雪山·星軌·銀河·村莊題材。

行進順序: (稻城 75KM 日瓦 35 KM 亞丁村)

公里數及行車時間: (110KM)。柏油路。行車約 3 小時。

宿地海拔: 亞丁村 3900 米

用餐: 早餐(酒店內)、午餐(中式合菜 50)、晚餐(酒店桌餐 60)

住宿: 核心景區亞丁見山酒店同級(准四)

Day 6: Daocheng → [Yading core Scenic Area] Yading Village • Chonggu Temple • Zhuoma La Lake • Xiannairi Mountain • Snow Mountain of Sunrise

[Yading Scenic Area] Known as "the last Shangri-La", "the last piece of pure land on the blue planet". This is the "Blue Moon Valley" from James Hilton's novel "Lost Horizon". The night sky in Yajiang is the cleanest, if the weather is good, you can shoot snow mountains • star trails • village and other theme.

Specific line: Daocheng 75KM Riwa 35km Yading Village

Kilometres and driving time: 110KM. Asphalt road, driving about 3 hours.

Residential elevation: Yading Village 3900M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (hotel table meal 60)

Accommodation: Yading core Scenic Area Yading Village Jianshan Hotel or equivalent

第七天: 亞丁核心風景區·落絨牛場·牛奶海·五色海·央邁勇雪山·夏諾多季雪山

【落絨牛場】可以看到那最美的雪山——央邁勇雪山, 雪山與草地構成了一幅迷人的景色, 如果還有體力, 可以前往二個美麗而神秘的湖泊(牛奶海及五色海), 一路雪山隨人相伴, 沿途皆是美景!

提示: 此處風景甚好, 但海拔高(約 4800 米左右), 屬於山間放牧道, 故: 量體力而行, 切勿勉強, 須注意安全。

行進順序: (亞丁村 4KM 亞丁景區大門 114 KM 稻城)

公里數及行車時間: (118KM)。柏油路。行車約 3 小時。

宿地海拔: 稻城 3600 米

用餐: 早餐(酒店內)、午餐(景區自助 60 或盒飯)、晚餐(酒店桌餐 60)

住宿: 稻城雪域花園溫泉酒店同級(准五)

Day 7: Yading core Scenic Area ▪ Luorong Pasture ▪ Milk Sea ▪ Five-Color Sea ▪ YangMaiyong Snow Mountain ▪ XianuoDuoji Snow Mountain

[Luorong Pasture] To see the most beautiful snow mountain — YangMaiyong Mountain, The snowy mountains and meadows make a fascinating scene, if you still have energy, you can head to two mysterious lakes(Milk Sea and Five-Color Sea), along the way are accompanied by snow mountains and beauty.

Tip: the scenery here is very good, but here is high altitude(about 4800 meters), it is a mountain grazing path, therefore: measure your physical strength, do not force, must pay attention to safety.

Specific line: Yajiang Village 4KM Yading Scenic Area 114km Daocheng

Kilometres and driving time: 118KM. Asphalt road. Driving about 3 hours.

Residential elevation: Daocheng 3600M

Dining: Breakfast (in the hotel) Lunch (Scenic buffet 60 or boxed meal) Dinner (hotel table meal 60)

Accommodation: Daocheng Snow Area Hot Spring Garden Hotel or equivalent

第八天: 稻城機場→乘機返程結束愉快的攝影之旅【備註: 稻城飛成都基本都是早上起飞的航班】

乘車前往世界上海拔最高的民用機場—亞丁機場(海拔 4411 米), 乘機返程結束愉快的攝影之旅。

行進順序: (稻城 48KM 亞丁機場)

公里數及行車時間: (48KM)。柏油路。行車約 1 小時。

用餐: 早餐(簡餐)、午餐: ***

Day 8: Daocheng Airport → Take the flight home and end the pleasant photography tour [Notes: The flights from Daocheng to Chengdu are basically early flight]

Go to the highest elevation Civil Airport in the world—Daocheng Yading Airport (At an altitude of 4,411 meters), take the flight home and end the pleasant photography tour.

Specific line: Daocheng 48KM Airport

Kilometers and driving time: 48KM. Urban Road, driving about 1 hour.

Dining: Breakfast (in the hotel) lunch: ***

出發前的服飾準備:

高原海拔高, 日照強烈, 早晚溫差非常大, 需準備戶外保暖衣褲, 同時備好手套、墨鏡、防曬霜、防曬帽、潤唇膏、登山鞋、雨衣等。

Dress preparation before departure:

The altitude of the plateau is high, the sunshine is intense, the temperature difference between morning and evening is big, need to prepare outdoor warm clothes, suggest at the same time prepared sunglasses, sunblock, sun hat, lip balm, hiking shoes, raincoat etc.

頌: 旅途愉快! 收穫滿滿!

——Have a nice trip! Full of harvest!——