

云南&四川大环线 16 日

【雅西高速/泸沽湖/丽江古城/梅里雪山/稻城亚丁（2次进入）
/新都桥/海螺沟冰川/四姑娘雪山】

深度体验 ● 绝对秘境

专属定制 ● 独家线路

风景震撼 ● 保证出片



目的地介绍:

稻城亚丁: 这里是英国詹姆斯·希尔顿 (James Hilton) 所著《消失的地平线》书中的香格里拉秘境。被誉为“最后的香格里拉”、“蓝色星球上的最后一块净土”。

新都桥: 这里被称为“光与影的世界”、“摄影家的天堂”。

海螺沟冰川: 位于贡嘎山东坡，是亚洲最东低海拔现代冰川，这里有举世无双的冰川瀑布、高山杜鹃、红石滩、雪谷温泉、原始森林等自然景观，属国家 5A 级风景区，国家级森林公园。

四姑娘山: 由四座终年积雪的山峰组成，被誉为“东方阿尔卑斯”和“蜀山皇后”。四座雪峰高度分别为 6250 米、5664 米、5454 米、5355 米。

泸沽湖: 为川滇两省界湖，为四川云南两省共有，素有“高原明珠”“蓬莱仙境”之称。

梅里雪山: 是云南省最高的山峰，全长有 150 公里，称为“太子十三峰”。

这是一个得天独厚、独具特色的自然生态圣地：雪山、草原、湖泊、冰川、原始森林、地热温泉和多元性文化历史印记和鲜明地域特征交织的地方；也是你一生值得一去的地方……

~心灵与视觉的飨宴~

【线路优势】全面深度体验大香格里拉环线魅力，行程轻松合理，两次进入亚丁景区，特别安排在亚丁村住一晚，感受不一样的雪山星空氛围。线路纵横四川云南两省，综合行进 3000 多公里，无走回头路，将蜀山之王（海螺沟冰川）和蜀山皇后（四姑娘雪山）同时纳入囊中！感受不同异域人文风貌……

【特别赠送】矿泉水无限量供应、苦荞茶水、红景天养生茶、钢瓶氧气罐。

【行程购物】绝不安排旅游购物商店。

【推荐特产】土特产品。

**Ya'an-Xichang Expressway~Lugu Lake~Old Town of Lijiang~
Meili Snow Mountain~Daocheng Yading (enter twice)~Xindu
Bridge~Hailuoguo Glacier~Siguniang Snow Mountain & Yunnan
+ Sichuan Circle Line 16 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".

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

Hailuoguo 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.

Siguniang Mountain: It consists of four mountains covered with snow all the year round, Known as "the Oriental Alps" and "the Queen of Shushan". The height of the four peaks is 6250 meters, 5664 meters, 5454 meters and 5355 meters respectively.

Lugu Lake: It is the boundary lake of Sichuan and Yunnan Provinces, and is shared by the two provinces, known as "the plateau pearl" and "Penglai fairyland".

Meili Snow Mountain: It is the highest mountain in Yunnan Province, with a total length of 150 kilometers, referred to as "the 13 Prince Peaks".

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] Fully and deeply experience the charm of the Shangri-La circle line, this circle line is reasonable and relatively relaxed, enter Yading scenic spot twice, special arrangement in the core scenic spot of Yading Village stay for one night, feel the different atmosphere of snow mountains and stars. The route crosses sichuan and yunnan provinces and covers more than 3,000 kilometers, no turning back, we can take the king of Shushan (Hailuoguo Glacier) and the queen of Shushan (Siguniang Mountain) at the same time! To experience the different humanities styles.....

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

[Trip shopping] No shopping.

[Recommend local products] Native products.

简要行程:

第一天: 成都(四川省省会) 双流国际机场接机→雅安→上里古镇

第二天: 云端上的高速【雅西高速】→凉山州府西昌→邛海风光

第三天: 西昌→盐源→女儿国【泸沽湖】【草海子】【天下第一走婚桥】

第四天: 泸沽湖晨景→猪槽船游泸沽湖→里格半岛→甯蒨→云南丽江古城

第五天: 丽江古城→【香格里拉风光】→【独克宗古城】

第六天: 中甸→奔子栏→得荣→【乡城风光·白藏房】

第七天: 乡城→亚丁核心风景区(一次进入)

第八天: 亚丁核心风景区(二次进入)→稻城

第九天: 稻城晨景→【桑堆】【海子山】【兔子山】→魔界·新都桥

第十天: 新都桥→甲根坝→伍须海风景区

第十一天: 九龙→日鲁库→折多山风光→康定→磨西老街

第十二天: 海螺沟冰川森林公园

第十三天: 磨西→丹巴·中国最美的乡村藏寨-甲居藏寨

第十四天: 丹巴·梭坡碉楼→四姑娘山·双桥沟风景区

第十五天: 猫鼻梁观四姑娘山全景→巴郎山风光→映秀地震遗址→宽窄巷子

第十六天: 黄龙溪古镇→乘机返程结束愉快之旅

宿: 雅安

宿: 西昌

宿: 泸沽湖

宿: 丽江

宿: 中甸

宿: 乡城

宿: 亚丁村

宿: 稻城

宿: 新都桥

宿: 九龙

宿: 磨西

宿: 磨西

宿: 丹巴

宿: 日隆

宿: 成都

Brief itinerary:

Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu International Airport → Ya'an → Shangli Ancient Town
Accommodation: Ya'an

Day 2: The expressway on the cloud [Ya'an-Xichang Expressway] → The capital of Liangshan State, Xichang → Qionghai Lake scenery

Accommodation: Xichang

Day 3: Xichang → Yanyuan County → The Land of women [Lugu Lake] [Caohai Lake] [Walking Marriage Bridge]

Accommodation: Lugu Lake

Day 4: Morning view of Lugu Lake → Visit Lugu Lake in a canoe → Lige Island → Ninglang County → Old Town of Lijiang

Accommodation: Lijiang

Day 5: Old Town of Lijiang → [the scenery of Shangri-La] → [Dukezong Ancient Town]

Accommodation: Zhongdian

Day 6: Zhongdian → Benzilan → Derong → [The scenery of Xiangcheng County • White Tibetan House]

Accommodation: Xiangcheng County

Day 7: Xiangcheng County → (The first time into) Yading core Scenic Area

Accommodation: Yading village

Day 8: (The second time into) Yading core Scenic Area → Daocheng

Accommodation: Daocheng

Day 9: Morning view of Daocheng → [Sangdui] [Haizi Mountain] [Rabbit Hill] → Xindu Bridge

Accommodation: Xindu Bridge

Day 10: Xindu Bridge → Jiagenba Village → Wuxu Lake Scenic Spot

Accommodation: Jiulong County

Day 11: Jiulong County → Riluku → Zheduo Mountain → Kangding → Moxi Ancient Street

Accommodation: Moxi

Day 12: Hailuogou Glacier forest park

Accommodation: Moxi

Day 13: Moxi → Danba • the most beautiful village in China • Jiaju Tibetan village

Accommodation: Danba

Day 14: Danba • Suopo Ancient Stone Watchtowers → Siguniang Mountain • Shuangqiao Gully Scenic Spot

Accommodation: Rilong

Day 15: Mao Bi Liang view the panorama of Siguniang Mountain → Balang Mountain scenery → Earthquake memorial sites in Yingxiu → Kuanzhai Alley

Accommodation: Chengdu

Day 16: Huanglongxi Ancient Town → Take the flight home and end the pleasant journey

行程安排/Detailed itinerary:**第一天: 成都(四川省省会) 双流国际机场接机→雅安→上里古镇**

成都双流国际机场接团。

【上里古镇】四川省“十大古镇”之一，曾经是南丝绸之路和茶马古道的重要驿站。沿大渡河抵达海螺沟畔的磨西小镇，逛老街，体味当地民风民俗。

行进顺序: 成都双流国际机场 (145KM 约 2.5H) 上里镇 (25KM 约 1H) 雅安

公路里程数及行车时间: (170KM)。柏油路+高速，行车约 3.5 小时。

宿地海拔: 雅安市 580 米

早餐: *** 午餐: 中式合菜 50 晚餐: 中式合菜 50

住宿: 雅安红株宾馆同级 (4 星)

Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu International Airport → Ya'an → Shangli Ancient Town

Pick up at Chengdu Shuangliu International Airport.

[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 Hailuogou, visit old street, experience the local tradition and customs.

Specific line: Airport (145KM about 2.5 hours) Shangli Ancient Town (25KM about 1 hour) Ya'an

Kilometres and driving time: 170KM. Asphalt road + Highway, driving about 3.5 hours. Residential elevation: Ya'an city 580M

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

Accommodation: Ya'an Hongzhu Hotel or equivalent

第二天: 云端高速【雅西高速】→凉山州府西昌→邛海风光

【雅西高速】线展布在崇山峻岭之间，每向前延伸一公里，平均海拔高程就将上升 7.5 米，被称作“天梯高速”、“云端上的高速公路”。

【邛海】位于四川省凉山彝族自治州西昌市的泸山东北麓，水域面积 31 平方公里，四川省第二大淡水湖。

行进顺序: 雅安 (310KM 约 4.5H) 西昌市

公里数及行车时间: (316KM)。柏油路+高速路。行车约 4.5 小时。

住地海拔: 西昌市 1500 米

早餐: 酒店内 午餐: 中式合菜 50 晚餐: 中式合菜 50

住宿: 西昌美丽山水酒店同级 (准 5)

Day 2: The expressway on the cloud [Ya 'an-Xichang Expressway] → The capital of Liangshan State, Xichang → Qionghai Lake scenery

[Ya 'an-Xichang Expressway] The line stretches between the mountains, rising an average of 7.5 meters in elevation for every kilometer it extends, it is called "expressway like a ladder", "the expressway above the clouds".

[Qionghai Lake] Located in the northeast foot of Mount Lu, Xichang City, Liangshan Yi Autonomous Prefecture, Sichuan Province, the area of water is 31 square kilometers, the second largest fresh water lake in Sichuan Province.

Specific line: Ya 'an (310KM about 4.5 hours) Xichang City

Kilometres and driving time: 316KM. Asphalt road + Highway, driving about 4.5 hours. Residential elevation: Xichang City 1500M

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

Accommodation: Xichang Beautiful Landscape Hotel or equivalent

第三天: 西昌→盐源♀女儿国·泸沽湖【草海子】【天下第一走婚桥】

【泸沽湖】为川滇两省界湖,为四川、云南两省共有,素有“高原明珠”“蓬莱仙境”之称。

【草海】地处泸沽湖的东南面,全长约七千米,平均宽约八百米。

【天下第一走婚桥】在泸沽湖东侧,长约 300 米,两侧是生长在草海水中的大片芦苇。走婚桥是泸沽湖周围的一处著名景观。摩梭族奉行“男不娶,女不嫁”的走婚习俗,而走婚时男子都会经过走婚桥去往女方家里,因此这座桥也被称为:“天下第一鹊桥”。

行进顺序: (西昌 137KM 盐源县 118KM 泸沽湖)

公里数及行车时间: (255KM)。柏油路。行车约 6 小时。

宿地海拔: 泸沽湖镇 2668 米

早餐: 酒店内 午餐: 中式合菜 50 晚餐: 中式合菜 50

住宿: 泸沽湖摩梭家园酒店同级 (准 4)

Day 3: Xichang → Yanyuan County → The Land of women · Lugu Lake [Caohai Lake] [Walking Marriage Bridge]

[Lugu Lake] It is the boundary lake of Sichuan and Yunnan Provinces, and is shared by the two provinces, known as "the plateau pearl" and "Penglai fairyland".

[Caohai Lake] Located in the southeast of Lugu Lake, it is about 7 kilometers long and about 800 meters wide on average.

[Walking Marriage Bridge] About 300 metres long, is located on the east side of Lugu Lake. There are large amount of reeds growing along the lake. The Zouhun Bridge is a famous attraction around Lugu Lake. The Mosuo people practice the marriage customs of "walking marriage" which meaning that man doesn't get a wife and woman also do not marry to a man. Man can walk to the woman's house for the night over this bridge, so the bridge is also called the "first love bridge under the heaven".

Specific line: Xichang City 137KM Yanyuan County 118KM Lugu Lake

Kilometres and driving time: 255KM. Asphalt road, driving about 6 hours. Residential elevation: Lugu Lake Town 2668M

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

Accommodation: Lugu Lake Mosuo Home Hotel or equivalent

第四天: 泸沽湖晨景→猪槽船游泸沽湖→里格半岛→甯蒞→云南丽江古城

【猪槽船游泸沽湖】乘坐猪槽船游览泸沽湖,欣赏晨景中的泸沽湖美景。

【里格半岛】位于泸沽湖的北侧,被誉为“蓬莱三岛”之一。

行进顺序: 泸沽湖 80KM 宁蒞县 123KM 丽江

公里数及行车时间: (203KM)。柏油路。行车约 6.5 小时。

宿地海拔: 丽江市 2400 米

早餐: 酒店内 午餐: 中式合菜 50 晚餐: 中式合菜 50

住宿: 丽江观光酒店同级 (4 星)

Day 4: Morning view of Lugu Lake → Visit Lugu Lake by canoe → Lige Island → Ninglang County → Old Town of Lijiang

[Visit Lugu Lake by canoe] Take a canoe to visit Lugu Lake and enjoy the beautiful scenery of Lugu Lake in the morning.

[Lige Island] Located on the north side of Lugu Lake, it is known as one of the "Penglai three islands".

Specific line: Lugu Lake 80KM Ninglang County 123KM Lijiang

Kilometres and driving time: 203KM. Asphalt road, driving about 6.5 hours. Residential elevation: Lijiang City 2400M

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

Accommodation: Yunnan Aviation Sightseeing Hotel or equivalent

第五天: 丽江古城→【香格里拉风光】→【独克宗古城】

【丽江古城】有 800 余年历史,是我国保存最为完整,最具纳西族风格的古代城镇。

【独克宗古城】布局犹如八瓣莲花,中心是月光广场,古朴的藏式木屋一幢接一幢环绕在四周。

行进顺序: 丽江 185KM 独克宗古城

公里数及行车时间: (185KM)。柏油路。行车约 3.5 小时。

宿地海拔: 中甸 (香格里拉市) 3300 米

早餐: 酒店内 午餐: 中式合菜 50 晚餐: 中式合菜 50

住宿: 中甸茂源酒店同级 (4 星)

Day 5: Old Town of Lijiang → [the scenery of Shangri-La] → [Dukezong Ancient Town]

[Old Town of Lijiang] With a history of more than 800 years, it is the most well-preserved and most Naxi Minority style of ancient town in China.

[Dukezong Ancient Town] The layout is like an eight-petal lotus, the center is the moonlight square and the quaint Tibetan wooden houses one by one surround the area.

Specific line: Lijiang 185KM Dukezong Ancient Town

Kilometres and driving time: 185KM. Asphalt road, driving about 3.5 hours.

Residential elevation: Zhongdian (Shangri-la City) 3300M

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

Accommodation: Zhongdian Maoyuan Hotel or equivalent

第六天: 中甸风光 → 【乡城风光】 → 【乡城民居】

告别美丽的香格里拉, 前往四川省管辖乡城县, 沿途欣赏乡城特有的白藏房、民俗风情自然风光。

行进顺序: 中甸 306KM 乡城

公里数及行车时间: (306KM)。柏油路。行车约 6.5 小时。

宿地海拔: 乡城县 2856 米

早餐: 酒店内 午餐: 中式合菜 50 晚餐: 中式合菜 50

住宿: 乡城德勒大酒店同级 (准 4)

Day 6: Zhongdian → [The scenery of Xiangcheng County] → [White Tibetan House]

After leaving the beautiful Shangri-La, go to the township county under the jurisdiction of Sichuan Province, enjoy the special white Tibetan house, unique folk customs and natural scenery of the township.

Specific line: Zhongdian 306KM Xiangcheng

Kilometres and driving time: 306KM. Asphalt road, driving about 6.5 hours. Residential elevation: Xiangcheng County 2856M

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

Accommodation: Xiangcheng Dele Grand Hotel or equivalent

第七天: 乡城 → 一次进入亚丁核心风景区

【亚丁风景区】被称为“最后的香格里拉”、“蓝色星球最后一片净土”, 是英国詹姆斯·希尔顿 (James Hilton) 所著《消失的地平线》书中的“蓝月山谷”。亚丁的夜空是最为干净的, 如果天气好, 可以拍雪山·星轨·银河·村庄题材。

行进顺序: (乡城 155KM 约 3.5H 亚丁村 5 KM 约 0.2H 扎灌崩 5KM 约 0.2H 亚丁村)

公里数及行车时间: (155KM)。柏油路+景区公路。行车约 4.5 小时。

宿地海拔: 亚丁村 3900 米

早餐: 酒店内 午餐: 中式合菜 50 晚餐: 中式合菜 50

住宿: 亚丁见山酒店同级 (准 4)

Day 7: Xiangcheng County → (The first time into) Yading core Scenic Area

[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: (Xiangcheng 155KM about 3.5 hours Yading Village 5KM about 0.2 hour Zhaguanbeng 5KM about 0.2 hour Yading Village)

Kilometres and driving time: 155KM. Asphalt road + Scenic road, driving about 4.5 hours.

Residential elevation: Yading Village 3900M

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

Accommodation: Yading Village Jianshan Hotel or equivalent

第八天: 二次进入亚丁核心风景区 → 稻城

【落绒牧场】可以看到那最美的雪山——央迈勇雪山, 雪山与草地构成了一幅迷人的景色, 如果还有体力, 可以前往二个美丽而神秘的湖泊 (牛奶海及五色海), 一路雪山随人相伴, 沿途皆是美景!

提示: 此处风景甚好, 但海拔高 (约 4800 米左右), 属于山间放牧道, 故: 量力而行, 切勿勉强, 须注意安全。

行进顺序: (亚丁村 4KM 亚丁景区大门 114 KM 稻城)

公里数及行车时间: (118KM)。柏油路。行车约 3 小时。

宿地海拔: 稻城 3600 米

用餐: 早餐 (酒店内) 午餐 (景区自助餐或盒饭 60) 晚餐 (中式合菜 50)

住宿: 圣地映像精品主题酒店同级 (准 5)

Day 8: (The second time into) Yading core Scenic Area → Daocheng

[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) Dinner (Chinese dish 50)

Accommodation: Daocheng Holy Land Image Hotel or equivalent

第九天: 稻城晨景→桑堆→海子山→兔子山→新都桥镇

途径桑堆(9月、10月此处绿草变红,似火焰燃烧),翻越海子山、兔子山,经过理塘、雅江、新都桥,沿途拍摄光影多变的新都桥美景。这里因光影奇特,被摄影家称为“光与影的世界”、“摄影家的天堂”。

行进顺序: 稻城约(60KM约1H)海子山(90KM约1.5H)理塘(195KM约4H)新都桥

公里数及行逆曳露: (345KM)。柏油路。行逆罪6.5小时。

宿地海拔: 新都桥镇 3300米

早餐: 酒店内 午餐: 中式合菜 50 晚餐: 酒店桌餐 50

住宿: 印象雅致精品酒店同级(准4)

Day 9: Daocheng → Sangdui → Haizi Mountain → Litang → Yajiang → Xindu Bridge

Through Sangdui (green grass turns red in September and October, like a burning flame), over Haizi mountain and Rabbit mountain, after Litang, Yajiang, Xindu Bridge, along the way to shoot the changing light and shadow about Xindu Bridge scenery. The light and shadow here is called "the world of light and shadow", "the paradise of photographers".

Specific line: Daocheng (60KM about 1 hour) Haizi Mountain (90km about 1.5 hours) Litang (195KM about 4 hours) Xindu Bridge

Kilometres and driving time: 345KM. Asphalt road, driving about 6.5 hours.

Residential elevation: Xindu Bridge 3300M

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

Accommodation: Daocheng Holy Land Image Hotel or equivalent

第十天: 新都桥→甲根坝→伍须海风景区

【伍须海风景区】位于九龙县的北部,由山峰、森林、溪流,花海、高山草甸与湖泊、奇树和各种珍稀动植物及独特的藏族风情组成,被当地人喻为“仙女梳妆的明镜”。

行进顺序: 新都桥(30KM约1H)甲根坝(132KM约2.5H)九龙(25KM约0.5H)伍须海(25KM约0.5H)九龙

公里数及行车时间: (212KM)。柏油路。行车约4.5小时。

宿地海拔: 九龙县 2960米

早餐: 酒店内 午餐: 中式合菜 50 晚餐: 酒店桌餐 50

住宿: 九龙龙海大酒店同级(准4)

Day 10: Xindu Bridge → Jiagenba village → Wuxu Lake Scenic Spot

[Wuxu Lake Scenic Resort], which is located in the north of Jiulong county, it consists of mountain peaks, forests, streams, sea of flowers, alpine meadows and lakes, miraculous trees, various rare plants and animals, and unique Tibetan customs, the local people described it as "fairy dressing mirror."

Specific line: Xindu Bridge (30KM about 1 hour) Jiagenba village (132KM about 2.5 hours) Jiulong (25KM about 0.5 hour) Wuxu Lake (25KM about 0.5 hour) Jiulong

Kilometres and driving time: 212KM. Asphalt road, driving about 4.5 hours.

Residential elevation: Jiulong County 2960M

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

Accommodation: Jiulong Longhai Hotel or equivalent

第十一天: 九龙→日鲁库→折多山风光→康定→磨西老街

【日鲁库草原】海拔为3654米,景区集草原、高山、溪谷于一体。

【磨西老街】海螺沟畔的磨西小镇,逛老街,体味当地民风民俗。

行进顺序: 九龙(162KM约3.5H)新都桥(75KM约1.5H)康定(101KM约2H)磨西

公里数及行车时间: (338KM)。柏油路。行车约7小时。

宿地海拔: 磨西镇 1600米

早餐: 酒店内 午餐: 中式合菜 50 晚餐: 酒店桌餐 50

住宿: 长征大酒店同级(准4)

Day 11: Jiulong County → Riluku → Zheduo Mountain → Kangding → Moxi Ancient Street

[Riluku Grassland] The elevation of Riluku Grassland is 3654 meters, the scenic spot is a combination of grassland, mountain and valley.

[Moxi Ancient Street] Arrived at the Moxi Town which on the bank of Hailuogou, stroll on the old street, experience the local customs.

Specific line: Jiulong County (162KM about 3.5 hours) Xindu Bridge (75KM about 1.5 hours) Kangding City (101KM about 2 hours)

Moxi Town

Kilometres and driving time: 338KM. Asphalt road, driving about 7 hours. Residential elevation: Moxi Town 1600M

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

Accommodation: Changzheng Hotel or equivalent

第十二天: 全天海螺沟冰川森林公园【环保车+索道】

【海螺沟冰川森林公园】位于贡嘎山东坡的大冰川瀑布, 以低海拔现代冰川著称于世, 这里高山杜鹃、红石滩、雪谷温泉、原始森林、云雾奇观堪称一绝!

行进顺序: 磨西 (34KM 约 1.5H) 海螺沟景区 (34KM 约 1.5H) 磨西

公里数及行车时间: (68KM)。柏油路+景区公路。行车约3小时。

宿地海拔: 磨西镇 1600 米

早餐: 酒店内 午餐: 景区自助餐 50 晚餐: 酒店桌餐 50

住宿: 长征大酒店同级 (准 4)

Day 12: All-day in Hailuogou Glacier forest park [eco-friendly car + cableway]

[Hailuogou Glacier forest park] Located in 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 (34KM about 1.5 hours) Hailuogou Scenic Area (34KM about 1.5 hours) Moxi

Kilometres and driving time: 68KM. Asphalt road+Scenic road, driving about 3 hours. Residential elevation: Moxi Town 1600M

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

Accommodation: Changzheng Hotel or equivalent

第十三天: 磨西→泸定桥→丹巴·中国最美乡村藏寨——甲居藏寨

【泸定铁索桥】是一座由清朝康熙帝御批建造的悬索桥, 距今 300 多年的历史。

【甲居藏寨】距丹巴县城 7 公里, 是康巴高原上一张靓丽的民俗风情名片。藏寨像群星般撒落在依山起伏向上的缓坡上, 或星落棋布, 或稠密集中, 或在高山悬崖上, 或在河坝绿茵间, 不时炊烟袅袅, 若幻若真, 真可谓“别有天地非人间”。

行进顺序: 磨西 (50KM 约 1H) 泸定桥(174KM 约 4.5H)甲居藏寨 (8KM 约 0.5H) 丹巴

公里数及行车时间: (232KM)。柏油路+景区公路。行车约6.5 小时。

宿地海拔: 丹巴县 1800 米

早餐: 酒店内 午餐: 中式合菜 50 晚餐: 酒店桌餐 50

住宿: 丹巴美人谷大酒店同级 (准 4)

Day 13: Moxi → Luding Bridge → Danba · the most beautiful village in China ——Jiaju Tibetan village

[Luding Bridge] It is a suspension bridge built by Kangxi Emperor of the Qing Dynasty with a history of more than 300 years.

[Jiaju Tibetan village] Jiaju Tibetan village is 7 kilometers from Danba County, it is a beautiful folk custom business card on the Kham Plateau. Its buildings are scattered like stars on the gentle slopes of the ups and downs of the mountains, or the stars are falling, or densely dense, or on the cliffs of the mountains, or between the rivers and greenery, from time to time, smoke curling up from kitchen chimneys, like an illusion and like a real, it can be said that "there is no other world, really is another realm".

Specific line: Moxi Town (50KM about 1 hour) Luding Bridge (174KM about 4.5 hours) Jiaju Tibetan village (8KM about 0.5 hour) Danba

Kilometres and driving time: 232KM. Asphalt road+Scenic road, driving about 6.5 hours. Residential elevation: Moxi Town1800M

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

Accommodation: Danba Meiren valley hotel or equivalent

第十四天: 丹巴·梭坡碉数→四姑娘山·双桥沟风景区【环保车】

【梭坡古碉群】是世界上最集中的古碉群, 共 84 座, 有“千碉之乡”的美誉。

【双桥沟风景区】四姑娘山风景区由双桥沟、长坪沟、海子沟三部分组成。其中双桥沟景区, 景点最为集中, 风景最为迷人。

行进顺序: (丹巴 15KM 梭坡乡 100KM 双桥沟)

公里数及行车时间: (115KM)。柏油路。行车约 3.5 小时。

住地海拔: 日隆镇 3250 米。

用餐: 早餐 (酒店内)、午餐 (中式合菜 50)、晚餐 (中式合菜 50)

住宿: 四姑娘山风情大酒店同级 (准 4)

Day 14: Danba · Suopo Ancient Stone Watchtowers → Siguniang Mountain · Shuangqiao Gully Scenic Spot

[Suopo Ancient Stone Watchtowers] It has the world's most concentrated ancient Watchtowers group, a total of 84, has the "the township of the thousand Watchtowers" reputation.

[**Shuangqiao Gully Scenic Spot**] Siguniang Mountain core scenic spot consists of Shuangqiao Gully, Changping Gully and Haizi Gully. Shuangqiao Gully is the best and most concentrated Scenic Spot of Siguniang Mountain Scenic Spot.

Specific line: Danba 15KM Suopo Village 100KM Shuangqiao Gully

Kilometres and driving time: 115KM. Asphalt road, driving about 3.5 hours. Residential elevation: Rilong Town 3250M

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

Accommodation: Siguniang Mountain Fengqing Hotel or equivalent

第十五天: 猫鼻梁观四姑娘山全景→巴郎山风光→映秀地震遗址→宽窄巷子

【**猫鼻梁**】是观赏四姑娘山全景的最佳位置。站在猫鼻梁顺着公路前上方望去，四座山峰依次排列，最高的么妹峰雪白圣洁，峭壁如削，直插云霄，气势非凡。

【**映秀地震遗址**】车观映秀地震遗址。

【**宽窄巷子**】由宽巷子、窄巷子组成，是成都现存较成规模的清朝古街道。

行进顺序: 日隆镇(36KM 约 1H) 双桥沟景区内终点站(36KM 约 1H) 日隆镇(25KM 约 0.5H) 巴朗山(180KM 约 3.5H) 成都市

公里数及行车时间: (277KM)。柏油路+高速。行车约 6 小时。

宿地海拔: 成都市 500 米

早餐: 酒店内 午餐: 中式合菜 50 晚餐: 钦善斋药膳 68

住宿: 成都赛仑吉地大酒店或同级(准 5)

Day 15: Mao Bi Liang view the panorama of Siguniang Mountain → Balang Mountain scenery → Earthquake memorial sites in Yingxiu → Kuanzhai Alley

[**Mao Bi Liang**] is the best place to see the panoramic view of Siguniang Mountain. Here, overlooking Siguniang Mountain, the four peaks are arranged in turn, the highest sister peak is white and holy, standing quietly in the northeast, the steep cliffs, straight into the sky, looks is magnificent.

[**Earthquake memorial sites in Yingxiu**] Take the tour bus to visit Yingxiu Earthquake memorial sites.

[**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: Rilong Town (36KM about 1 hour) Shuangqiao Gully (36KM about 1 hour) Rilong Town (25KM about 0.5 hour) Balang Mountain (180KM about 3.5 hours) Chengdu

Kilometres and driving time: 277KM. Asphalt road + Highway, driving about 6 hours. Residential elevation: Chengdu 500M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (herbal cuisine 68)

Accommodation: Siguniang Mountain Fengqing Hotel or equivalent

第十六天: 黄龙溪古镇→成都(四川省省会) 双流国际机场送团

【**黄龙溪古镇**】素有“影视城”、“中国好莱坞”之称，这里的古街、古树、古庙、古建筑使人产生穿越时空错觉。之后前往双流国际机场，乘机返程结束愉快之旅！

行进顺序: (成都 43KM 黄龙溪古镇 38KM 机场)

公里数及行车时间: (81KM)。城区路。行车约 2.5 小时

早餐: 酒店内 午餐***

Day 16: Huanglongxi Ancient Town → Take the flight home and end the pleasant journey

[**Huanglongxi Ancient Town**], which is known as "movie city" and "Hollywood of China", the ancient streets, trees, temples and ancient buildings here create the illusion of time travel. After that, go to the Shuangliu International Airport and end the pleasant journey.

Specific line: Chengdu 43KM Huanglongxi Ancient Town 38KM Airport

Kilometers and driving time: 81KM. Urban Road, driving about 2.5 hours.

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

出發前的服飾準備:

高原海拔高，日照强烈，早晚温差大，需准备户外保暖衣裤，同时建议备好墨镜、防晒霜、防晒帽、润唇膏、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.

颂: 旅途愉快! 收获满满!

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