

# EVERYDAY YUNNAN 天天云南

📍 昆明/大理/丽江/泸沽湖·8天  
KUNMING/DALI/LIJIANG/LUGU LAKE 8-DAY



天天发班·Daily Departures

8人品质小团 | 2人起收  
Small Group Tour (8 Pax) | 2 can go



## TRIP HIGHLIGHTS / 行程亮點

- ◎ FIT post-landing conversion, Flexible post-arrival tour assembly
- ◎ 入境落地散，落地拼團，隨性出團
- ◎ Multiple destinations for a richer travel experience
- ◎ 可多種行程組合，多目的地組合，體驗豐富
- ◎ Iconic landmarks meet trending hotspots
- ◎ 經典景點+ 新晉網紅景點
- ◎ Bilingual guides & 24/7 travel concierge, bring to you a warm experience
- ◎ 中英文導游 + 旅游管家 24小時在綫，貼心用心省心
- ◎ Delivering consistent standards with our partnership with Wyndham Hotels & Resorts
- ◎ 全程4星+5星酒店，統一標準
- ◎ Muslim guests can share a group
- ◎ 穆斯林友好，可參團



## STANDARD / 接待標準

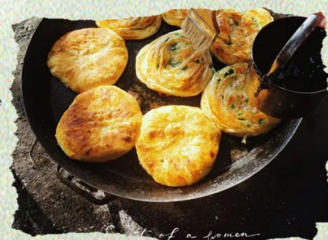
- ◎ Accommodation Standard: 4–star hotels throughout the trip plus 5–star hotels in Lijiang; stay in ancient town hotels in Dali; Tibetan–style hotels provided in Shangri–La.
- ◎ 住宿標準：全程四星酒店+麗江五星酒店，大理住大理古城酒店，香格裏拉提供藏式酒店
- ◎ Airport Pick–up Service: On–demand private business car transfers with no carpooling; drivers equipped with translation devices.
- ◎ 接送服務：商務車隨到隨走，不拼車；司機配置翻譯設備
- ◎ Transportation Standard: 9–seater vehicle with 1+1 VVIP seating for 2 – 6 people; 17–seater vehicle/19–seater vehicle for 7 – 8 people.
- ◎ 用車標準：2–6人9座車1+1 VVIP，7–8人17–19座車
- ◎ Guide Service: Certified bilingual tour guides (Chinese & English), serving as travel companions.
- ◎ 導游服務：中英文雙語持證導游，導游=旅游陪伴師
- ◎ Butler Service: 24/7 online real–person bilingual butler service (Chinese & English).
- ◎ 管家服務：24小時中英文真人管家線上服務



- ◎ Yunnan Specialty Cuisine: Upgrade to the same menu as at Fucksou Lou – the flagship store , Crossing–the–bridge noodles Dali , Nanjian Tiaocai Performance Dining, Lijiang Black Truffle
- ◎ 雲南特色餐：**昆明福照樓–首相同款菜式**，過橋米綫、大理南澗跳菜、麗江黑鬆露、野生菌火鍋



- ◎ Travel Gift Package: Mineral water, car–mounted power bank, Yunnan coffee, Yunnan cultural and creative fridge magnet, Xizhou Baba.
- ◎ 隨行禮包：礦泉水、雲南咖啡、雲南旅游文創–冰箱貼、喜洲粑粑





## WHY CHOOSE US? 為什麼選擇我們?



Price: Affordable and cost-effective; individual travelers enjoy group rates, lower than self-guided tours or private chartered groups.

價格：經濟實惠，散客享受團隊價，價格低於自助游或獨立成團



Convenience: Hassle-free and flexible, available for departure at any time with no restrictions.

便捷度：省心便捷，隨時出行，不受限制



Social Experience: Meet new friends from all over the world.

社交性：結識世界各地新朋友



Experience: Small-group in-depth guided tour with more personalized service and unique, off-the-beaten-path attractions.

體驗：小團深度陪伴  
關係更私人化，景點新穎



**SPECIAL EXPERIENCE / 特別體驗**



Santorini Ideal Land (Complimentary afternoon tea included)  
聖托裏尼理想邦下午茶

Panxi S Bay and enjoy the beautiful scenery of Erhai Lake  
洱海生態廊道騎行旅拍

Traditional Bai Ethnic Group Three Course Tea performance  
白族三道茶表演

備注：圖片僅供參考 / Note: All images displayed are for illustrative purposes only



## SNOWY MOUNTAIN SANCTUARY / 雪山秘境



Jade Dragon Snow Mountain Glacier  
Grand Cableway  
玉龍雪山·冰川大索道



Snow Mountain Sightseeing Train  
雪山觀光列車（單程）



**NOTABLE ATTRACTIONS / 主要景點**



Kunming Old Street  
昆明老街



Dali Ancient Town  
大理古城



Xizhou Ancient Town  
喜洲古鎮



night view of Lijiang Ancient Town  
麗江古城夜景



Blue Moon Valley  
藍月谷



Ganhai Grassland  
甘海子

備注：圖片僅供參考 / Note: All images displayed are for illustrative purposes only



PEARL OF THE PLATEAU · LUGU LAKE / 高原明珠 · 瀘沽湖



Mosou Bonfire Party  
摩梭篝火晚會



Take a boat tour on the lake  
豬槽船游湖

citywalk

# 特色推薦打卡 RECOMMENDATION

昆明



昆明老街推薦  
景星花街  
FASHIONABLE TRAVEL



昆明老街推薦打卡  
順城清真寺  
FASHIONABLE TRAVEL

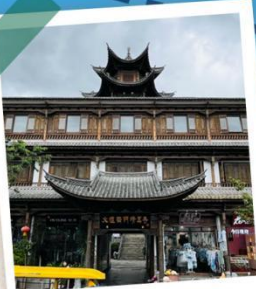


昆明老街推薦  
“巡津”藝術牆  
FASHIONABLE TRAVEL

大理



大理推薦打卡  
愛麗絲仙境花園  
FASHIONABLE TRAVEL



大理古城推薦打卡  
大理古城南門清真寺  
FASHIONABLE TRAVEL



大理推薦打卡  
霍比特城堡  
FASHIONABLE TRAVEL



麗江



麗江推薦打卡  
束河廢墟餐廳  
FASHIONABLE TRAVEL



麗江推薦打卡  
白水臺  
FASHIONABLE TRAVEL



麗江推薦打卡  
荒野之國  
FASHIONABLE TRAVEL



citywalk



自由活動特色美食推薦

KUN MING



昆明老街推薦  
罐罐米綫  
FASHIONABLE TRAVEL



昆明老街推薦  
野生菌燜飯  
FASHIONABLE TRAVEL



昆明老街推薦  
燒洋芋，燒豆腐  
FASHIONABLE TRAVEL



大理推薦  
清真肉餅  
FASHIONABLE TRAVEL

DA LI



大理推薦  
非凡油條  
FASHIONABLE TRAVEL



大理古城推薦  
烤乳扇  
FASHIONABLE TRAVEL



大理古城推薦  
耙肉餌絲  
FASHIONABLE TRAVEL



大理推薦  
鮮奶米布  
FASHIONABLE TRAVEL

LI JIANG



麗江推薦  
麗江臘排骨  
FASHIONABLE TRAVEL



麗江推薦  
七彩手抓飯  
FASHIONABLE TRAVEL



麗江推薦  
清真特色燒烤  
FASHIONABLE TRAVEL



## ITINERARY DETAILS / 詳細行程

DAY1

### 各地 - 昆明 / VARIES PLACES - KUNMING

Meal: / 餐食: / Accommodation: Kunming 酒店: 昆明

- 各地-昆明, 入住酒店  
Airport pickup, check-in at hotel

DAY2

### KUNMING - DALI / 昆明 - 大理

Meal: B/L/D 餐食: 早/中/晚 Accommodation: Dali 酒店: 大理

- 篆新市場-昆明老街-酒杯樓-乘車前往大理  
Zhuanxin Market, Kunming Old Street, Wine Cup Tower, Kunming to Dali by Vehicle

DAY3

### DALI / 大理

Meal: B/L/D 餐食: 早/中/晚 Accommodation: Dali 酒店: 大理

- 大理古城-磽溪S灣騎行+旅拍-大理聖托裏尼(下午茶)  
Dali Ancient Town, Panxi S Bay enjoy scenery of Erhai Lake, Dali Santorini and refreshments

DAY4

### DALI - LIJIANG / 大理 - 麗江

Meal: B/L/D 餐食: 早/中/晚 Accommodation: Lijiang 酒店: 麗江

- 喜洲古鎮-白族三道茶-大理乘車至麗江-黑龍潭-忠義市場-麗江古城夜景-晚餐黑鬆露+野生菌火鍋  
Xizhou Ancient Town, Bai Ethnic Group Three Course Tea performance, Dali to Lijiang by vehicle, Lijiang Black Dragon Pool, Zhongyi Market, night view of Lijiang Ancient Town, Dinner: black truffle & wild mushroom hot pot

DAY5

### LIJIANG / 麗江

Meal: B/L 餐食: 早/中 Accommodation: Lijiang 酒店: 麗江

- 束河古鎮-雪山觀光列車(單程), 玉龍雪山·冰川大索道-藍月谷-甘海子  
Shuhe Ancient Town, Snow Mountain Sightseeing Train(One way), Jade Dragon Snow Mountain Blue Moon Valley - Ganhai Grassland

DAY6

### LIJIANG - LUGUHU LAKE / 麗江-瀘沽湖

Meal: B/L/D 餐食: 早/中/晚 Accommodation: Lugu Lake 酒店: 瀘沽湖

- 麗江乘車至瀘沽湖-摩梭傳統走婚宴-篝火晚會  
Lijiang to Lugu Lake by Vehicle, traditional Mosuo Feast, Mosuo Bonfire Party

DAY7

### LUGUHU LAKE - LIJIANG - KUNMING / 瀘沽湖-麗江-昆明

Meal: B/L 餐食: 早/中 Accommodation: Kunming 酒店: 昆明

- 瀘沽湖-豬槽船游湖-摩梭家訪, 麗江乘高鐵返回昆明  
Lugu Lake Take a boat tour on the lake, visit a Mosuo family, take bullet train from Lijiang to Kunming

DAY8

### DEPARTURE / 送機

Meal: / 餐食: /

- 返程-Departure



## 8-Day Kunming / Dali / Lijiang/Lugu Lake Small Group Tour (8 Pax)

昆明/大理/丽江/泸沽湖 8天8人小团 (入境散客)

Day 天数	Itinerary 行程	Detail 详细安排	Meal 餐食	Meal 住宿	Intensity 活动强度
D1	- Kunming 各地 - 昆明	Airport pickup upon arrival, drive for 40mins to hotel, check in. 昆明接机, 乘车前往酒店 (约 40mins 车程), 入住酒店	/	Kunming 昆明	-
D2	Kunming - Dali 昆明 - 大理	Hotel breakfast. Drive approx. 30 minutes to visit Zhuanxin Market (approx. 1 hour). Enjoy Kunming's specialty Cross-Bridge Rice Noodles. Drive approx. 20 minutes to visit Kunming Old Street and the Wine Cup Tower (approx. 1.5 hours). Travel 4.5 hours by vehicle to Dali and have dinner. 酒店早餐, 驾车约 30mins, 游览篆新市场 (约 1h), 享用昆明特色过桥米线, 驾车约 20mins, 游览昆明老街和酒杯楼 (约 1.5h), 乘车 4.5h 到大理, 享用晚餐	B/L/D	Dali 大理	Medium 中
D3	Dali 大理	Hotel breakfast. Stroll through Dali Ancient Town. Drive approx. 1 hour to Dali Santorini, and enjoy refreshments while admiring Erhai Lake. Drive approx. 1.5 hours to cycle at Panxi S Bay and enjoy the beautiful scenery of Erhai Lake. Dinner included. 酒店早餐, 漫步大理古城, 乘车约 1h, 前往大理圣托里尼, 一边欣赏洱海一边享用茶点, 乘车约 1.5h, 在磻溪 S 湾骑行, 享受洱海美景, 享用晚餐。	B/L/D	Dali 大理	Medium 中
D4	Dali - Lijiang 大理 - 丽江	Hotel breakfast. Drive approximately 50 minutes to Xizhou Ancient Town. Lunch at 12:00, followed by a traditional Bai Ethnic Group Three Course Tea performance. Travel approximately 2 hours by vehicle to Lijiang. Visit Lijiang Black Dragon Pool for about 2 hours. Stroll through Lijiang Zhongyi Market. Dinner: black truffle & wild mushroom hot pot. Afterwards, enjoy the night view of Lijiang Ancient Town. 酒店早餐, 乘车约 50mins, 到达喜洲古镇, 中午 12 点享用午餐, 欣赏传统白族三道茶表演, 乘车前往丽江约 2h, 游览丽江黑龙潭约 2h, 漫步丽江忠义市场, 晚餐享用黑松露+野生菌火锅, 后欣赏丽江古城夜景	B/L/D	Lijiang 丽江	Medium 中
D5	Lijiang 丽江	Hotel breakfast, drive for approximately 10 minutes and visit <b>**Shuhe Ancient Town**</b> for about 1 hour. Drive for about 20 minutes, then take the <b>**Snow Mountain</b>	B/L	Lijiang 丽江	High 高

		<p>Sightseeing Train (one-way)** for around 35 minutes, enjoying views of snow-capped mountains, meadows and ancient towns along the way. Drive for about 30 minutes and enjoy lunch. Proceed to the **Yulong Snow Mountain Scenic Area**, take the **Glacier Sightseeing Cableway** and visit the area for about 2 hours.</p> <p>Afterwards, visit **Blue Moon Valley** and **Ganhaizi (electric sightseeing car not included)** for approximately 2 hours.</p> <p>酒店早餐，乘车约 10mins，游览<b>束河古镇</b>约 1h，驾车约 20mins，之后乘<b>雪山观光列车（单程）</b>约 35mins，沿途可以欣赏雪山、草甸和古镇。乘车约 30mins，享用午餐，前往玉龙雪山景区，乘坐<b>冰川大索道</b>，在冰川大索道处游览约 2h，之后游览<b>蓝月谷</b>，<b>甘海子（不含电瓶车）</b>约 2h</p> <p><b>* The visiting time of the Yulong Snow Mountain Glacier Sightseeing Cableway may be adjusted according to reservation status, and the itinerary sequence on the day will be flexibly arranged based on actual conditions.</b></p> <p><b>* 玉龙雪山冰川大索道的游览时间可能会因预约情况而有所调整，当天行程顺序也会根据实际情况灵活安排。</b></p> <p><b>* In case the Yulong Snow Mountain Glacier Sightseeing Cableway is closed, an alternative visit to **Baisha Ancient Town** will be arranged for guests.</b></p> <p><b>* 如遇玉龙雪山冰川大索道关闭的情况，将安排客人前往白沙古镇作为替代方案。</b></p>			
D6	Lijiang - Lugu Lake 丽江-泸沽湖	<p>Hotel breakfast, drive for approximately 3.5 hours to Lugu Lake. Overlook Lugu Lake at the viewing platform, enjoy the traditional Mosou Feast for about 2 hours, and experience the lively Mosou Bonfire Party for about 2 hours.</p> <p>酒店早餐，乘车约 3.5h，到达泸沽湖，在<b>观景台</b>观赏泸沽湖，感受<b>摩梭传统走婚宴</b>约 2h，感受热情的<b>摩梭篝火晚会</b>约 2h</p>	B/L/D	Lugu lake 泸沽湖	Medium 中
D7	Lugu Lake - Kunming 泸沽湖-昆明	<p>Hotel breakfast, drive for approximately 15 minutes. Take a boat tour on the lake, visit a Mosuo family, and enjoy a traditional lunch. Then drive for about 3.5 hours to Lijiang Railway Station, and take the D-train (second-class seat) from Lijiang to Kunming for approximately 4 hours.</p> <p>酒店早餐，乘车约 15mins，<b>乘船游湖</b>，<b>摩梭家访</b>，享用传统午餐，驾车约 3.5h，到达丽江站，乘坐丽</p>	B/L	Kunming 昆明	Medium 中

		<p>江到昆明的动车（二等座）约 4h</p> <p>* <b>Guests need to prepare their own portable meals for dinner on the high-speed train.</b></p> <p>* 客人需自行购买便携路餐，在高铁食用晚餐</p>			
D6	Departure 送机	<p>Escort guests to Kunming Changshui International Airport, tour ends.</p> <p>送客人前往昆明长水国际机场，结束行程</p> <p>* <b>International friends are recommended to arrive at the airport at least 3 hours in advance for smooth check-in and boarding.</b></p> <p>* 建议国际友人至少提前 3h 到达机场，以便顺利登机</p>	-	-	-
Standard 标准		<p><b>一、Accommodation 酒店</b></p> <p>4-diamond hotels throughout the trip, 5-diamond hotels in Lijiang 全程携程 4 星酒店，丽江 5 星酒店</p> <p>Kunming: Ramada Encore Hotel Guandu, Linyin Hotel or equivalent 昆明 - 官渡华美达安可酒店、林隐酒店或同级</p> <p>Dali: Guman Hotel, Dayuanli Humanities Hotel or equivalent 大理 - 古曼酒店、大院里·人文酒店或同级</p> <p>Lijiang: Gellé Frères Garden Hotel &amp; Spa Lijiang, Zhonghe Great Wall Jinlian International Hotel or equivalent 丽江 - 婕珞芙·花园酒店、中合长城金联国际酒店或同级</p> <p>Luguhu Lake - Lutingxu Hotel, Qingchen Holiday, Qingchen Zunpin, Qingchen Yipin or similar 泸沽湖 - 泸停叙、清尘假日、清尘尊品、清尘壹品或同级</p> <p><b>二、Meals 餐食</b></p> <p>Regular dinner: RMB 50 per person, Black Truffle &amp; Wild Mushroom Hot Pot: RMB 100 /person, Fu Zhao Lou RMB 100 /person 正餐 RMB50/人，黑松露&amp;野生菌火锅 RMB100/，福照楼 RMB100/人</p> <p><b>三、Tour Guide &amp; Service 导游</b></p> <p>Bilingual tour guide (Chinese &amp; English) for inbound tour group 24-hour on-line butler service One dedicated tour guide throughout Kunming, Dali and Lijiang (arrival &amp; departure transfers not included) 入境团中英文导游，24 小时真人管家在线服务，昆大丽全程一导（不含接送）</p> <p><b>四、Transportation 交通</b></p> <p>Guaranteed admission to the Big Cableway, one-way sightseeing train on Snow Mountain, and second-class seat tickets for high-speed trains. 9-seater vehicle with 1+1 VVIP layout for 2-6 people; 19-seater vehicle for 7-8 people. 1. 保证大索道，保证雪山单程观光列车，保证动车票二等座。 2. 2-6 人 9 座车 1+1 VVIP，7-8 人 19 座车。</p> <p><b>五、Scenic spot tickets 景点门票</b></p> <p>The first-entry ticket to the attractions listed in the itinerary. 行程中所列景区首道门票</p>			

## Expenses not included 不含:

Transportation at various scenic spots (e.g. electric sightseeing cars, shuttle buses, etc.)

Personal expenses, Tips for the driver and tour guide

1. 各景点交通（如电瓶车、摆渡车等）
2. 个人消费，司机和导游的小费。

## Trip Highlights 行程亮点

### Kunming 昆明



### Zhuanxin Market 篆新市场

Zhuanxin Market is no longer a traditional food market in Kunming, but one of the city's most popular "Internet-famous attractions", known as the "Yunnan Local Specialty Museum". It is the most efficient window to understand local Yunnan products, gathering featured ingredients from all 16 prefectures of Yunnan. Almost every classic Yunnan flavor you can imagine can be found here.

篆新市场已经不再是昆明传统意义上的菜市场，而是昆明最火的“网红打卡地”之一，被誉为“云南在地风物博物馆”。这里是了解云南在地风物的最高效的窗口，集齐了云南 16 个地州的特色食材。你能想到的云南味道，几乎都能在篆新市场实现：

**Snacks** Freshly baked flower cakes, tofu rice noodles, lemon shredded chicken, grilled rushan cheese, grilled erkuai rice cakes.

小吃：现烤鲜花饼、豆花米线、柠檬手撕鸡、烤乳扇、烤饵块。

### Kunming Old Street 昆明老街

Kunming Old Street is not a single scenic spot, but a historic district located in the city center, bordered by Zhengyi Road to the east, Wuyi Road to the west, South Huashan Road to the north, and West Dongfeng Road to the south. It is crisscrossed by more than ten streets and lanes, including Guanghua Street, Wenming Street, Jingxing Street and Qianwang Street. Retaining the street pattern from the Ming and Qing dynasties to the present, it is the last well-preserved old block in Kunming.

昆明老街不是一个具体的景点，而是位于市中心的一片历史街区（东起正义路、西至五一路、北起华山南路、南至东风西路），由光华街、文明街、景星街、钱王街等十余条街巷纵横交错而成。它保留了从明清延续至今

的街巷格局，是昆明城中最后一片保存完好的老街区。

## Wine Cup Tower 酒杯楼

Officially named Duiyue Building, this is an iconic landmark of great historical and aesthetic value in Kunming Old Street. It consists of two symmetric curved buildings embracing each other, resembling a tall wine glass from a distance, symbolizing celebration and blessings. It is a classic example of modern urban architecture in Kunming. Viewed from the side, the building appears as thin as a piece of paper, earning it the nickname **\*\*Paper Building\*\***. Combining profound historical heritage with modern Internet-famous popularity, it has become an iconic symbol of Kunming's urban memory and cultural tourism landscape.

酒杯楼本名“对月楼”，是昆明老街极具历史与美学价值的地标建筑。它由两栋弧形楼宇对称环抱而成，远观如一只高脚酒杯，寓意欢庆与祝福，也是昆明近代城市建筑的经典之作。楼体侧面视觉上窄如纸片，因此也被称作“纸片楼”，兼具历史底蕴与现代网红打卡属性，是昆明城市记忆与文旅风貌的标志性符号。

## Dali 大理



### Xizhou Ancient Town 喜洲古镇

Xizhou Ancient Town is the core area of Bai ethnic history and culture with a thousand-year history. It was an important commercial town on the Ancient Tea-Horse Road. The town preserves numerous exquisite traditional Bai residences, famous for the architectural styles of “three houses with one screen wall” and “four-sided courtyard with five wells”. The ancient stone-paved streets are quiet and elegant, surrounded by pastoral scenery, offering an authentic experience of Bai lifestyle. It is also an ideal place to taste Xizhou Baba (local pastry) and experience Bai folk customs.

喜洲古镇是白族历史文化核心区，距今已有千年历史，是茶马古道上的重要商贸重镇。这里保存着大量精美白族传统民居，以“三坊一照壁、四合五天井”的建筑特色闻名，古镇内石板街巷古朴幽静，田园风光环绕，可感受原汁原味的白族生活气息，也是品尝喜洲粑粑、体验白族民俗的绝佳之地。

### Dali Santorini 大理圣托里尼

Dali Santorini (Ideal Bang Resort Town) is located on the cliff of the east bank of Erhai Lake, backed by Cangshan Mountain and facing Erhai Lake. It features iconic white stepped buildings, blue domes and arched corridors, blending Mediterranean style with Bai culture, known as the “Oriental Santorini”. It is a popular scenic spot along Erhai Lake, perfect for sightseeing, afternoon tea, travel photography and wedding photography, with a panoramic view of Cangshan Mountain and Erhai Lake, full of romance and relaxing atmosphere.

大理圣托里尼（理想邦度假小镇）坐落于洱海东岸崖壁之上，背靠苍山、面朝洱海，以纯白阶梯式建筑、蓝顶穹顶与拱形廊道为标志性景观，融合地中海风情与白族文化，被誉为东方圣托里尼。这里是洱海一线网红打卡地，适合观景、下午茶、旅拍与婚纱摄影，可尽览苍山洱海全景，浪漫惬意，氛围感拉满。

## Bai Ethnic Group Three-Course Tea 白族三道茶

The Three-Course Tea is the most grand welcoming ceremony of the Bai ethnic group and a national intangible cultural heritage. The three courses are "bitter tea, sweet tea and aftertaste tea", symbolizing that life is first bitter then sweet with a long aftertaste. While tasting the tea, visitors can enjoy Bai folk performances such as singing and dancing, tie-dye and overlord whip dance, immersing in the hospitable culture of the Bai people.

白族三道茶是白族最隆重的迎宾礼仪，也是国家级非物质文化遗产。三道茶分别为“苦茶、甜茶、回味茶”，寓意人生先苦后甜、回味悠长。品尝三道茶时可同步欣赏白族歌舞、扎染、霸王鞭等民俗表演，沉浸式感受白族热情好客的文化传统。



## Panxi S-Bay 磻溪 S 湾

Panxi S-Bay is one of the most scenic sections of the Erhai Lake Ecological Corridor. The winding lakefront road stretches along the water, forming a graceful S-curve. Here, blue sky blends with clear water; green trees and swaying reeds line the shore, paired with Bai villages and pastoral scenery. Every shot is like a postcard. It is perfect for cycling, strolling and travel photography, representing the best of Erhai's leisure experience.

磻溪 S 湾是洱海生态廊道最美路段之一，蜿蜒的环湖公路沿湖延伸，形成优美的“S”形曲线。这里蓝天碧水相映，岸边绿树成荫、芦苇摇曳，搭配白族村落与田园景致，随手一拍都是风景大片，适合骑行、漫步、旅拍，是洱海休闲体验的精华点位。

## Dali Ancient Town 大理古城

Dali Ancient Town was first built in the Ming Dynasty and was the historical core of the Nanzhao and Dali Kingdoms. It features intact ancient city walls, four gate towers and crisscrossing old streets. Popular spots include Wenxian Tower, Wuhua Tower, Foreigner Street and Renmin Road. The town combines profound historical heritage with artistic vitality, allowing you to feel the charm of a thousand-year-old capital while enjoying local food, handicrafts and a slow-living atmosphere. 需要我把\*\*1-5 段全部合并\*\*成一份可直接放进 Word 的景点介绍完整版吗？

大理古城始建于明代，是南诏国、大理国的历史核心，拥有完整的古城墙、四门城楼与纵横交错的古街巷。城内文献楼、五华楼、洋人街、人民路等景点云集，兼具历史厚重感与文艺烟火气，既可感受千年古都韵味，也能体验特色美食、手作文创与慢生活氛围。

## Lijiang 丽江



## **Black Dragon Pool 黑龙潭**

Black Dragon Pool Park, also known as Jade Spring Park, is one of the iconic landmarks of Lijiang. With clear spring water, scattered ancient bridges, and historic buildings such as Longshen Temple and Deyue Pavilion set against mountains and waters, it offers a tranquil, picturesque view with the reflection of Jade Dragon Snow Mountain in the distance. It is a classic spot to experience the ancient charm and natural beauty of Lijiang.

丽江黑龙潭公园又名玉泉公园，是丽江标志性景观之一。园内泉水清澈、古桥错落，龙神祠、得月楼等古建筑依山傍水，远眺可见玉龙雪山倒影，景致清幽如画，是感受丽江古韵与自然之美的经典去处。

## **Old Town of Lijiang 丽江古城**

The Old Town of Lijiang is a UNESCO World Heritage Site with a history of more than 800 years and a major town on the Ancient Tea-Horse Road. Centered around Sifang Street, the town features waterfront alleys, bluestone roads, small bridges, flowing streams, and traditional Naxi houses. At night, the town is brilliantly lit, blending ethnic customs and artistic atmosphere, making it the core attraction of Lijiang.

丽江古城是世界文化遗产，距今已有 800 多年历史，是茶马古道上的重镇。古城以四方街为中心，街巷依水而建，青石板路、小桥流水、纳西民居相映成趣，夜晚灯火璀璨，兼具民族风情与文艺气息，是丽江旅行核心打卡地。

## **Shuhe Ancient Town 束河古镇**

Shuhe Ancient Town is an important part of Lijiang's ancient town system. Quieter and more primitive than Dayan Old Town, it retains a complete Naxi village style. Surrounded by clear springs and adjacent to farmland, it features well-preserved Tea-Horse Road relics, Sifang Listening Square, Qinglong Bridge and other spots full of original charm. It is ideal for strolling, relaxing and experiencing authentic Naxi life.

束河古镇是丽江古城的重要组成部分，比大研古城更安静古朴，保留着完整的纳西村落风貌。古镇清泉环绕、田园相依，茶马古道遗迹、四方听音广场、青龙桥等景点尽显原生态韵味，适合慢逛、休闲、体验纳西生活。



## **Snow Mountain Sightseeing Train 雪山观光列车**

The Snow Mountain Sightseeing Train is a popular and unique experience in Lijiang. Running along the foot of the snow mountain, the train offers close-up views of Jade Dragon Snow Mountain, alpine meadows, forest valleys, and Naxi villages. The magnificent scenery along the route makes it an unmissable immersive viewing experience on the way to the snow mountain scenic area.

雪山观光列车是丽江特色网红交通体验，列车沿雪山脚下穿行，沿途可近距离观赏玉龙雪山、高山草甸、森林河谷与纳西村落，一路风光壮阔，是前往雪山景区途中不可错过的沉浸式观景体验。

## **Jade Dragon Snow Mountain Glacier Sightseeing Cableway 玉龙雪山冰川大索道**

The Jade Dragon Snow Mountain Glacier Sightseeing Cableway is the main transport to the main peak viewing platform. It reaches the viewing platforms at 4,506m to 4,680m above sea level, allowing visitors to enjoy close-up views of ten-thousand-year-old glaciers and snow-capped peaks, and experience the shocking high-altitude landscape. It is the core experience for visiting Jade Dragon Snow Mountain.

玉龙雪山冰川大索道是抵达雪山主峰观景台的核心交通，索道直达海拔4506米至4680米观景平台，可近距离观赏万年冰川、雪域高峰，感受高海拔震撼景观，是游览玉龙雪山的核心体验项目。

## **Blue Moon Valley 蓝月谷**

Located at the foot of Jade Dragon Snow Mountain, Blue Moon Valley is famous for its bright, sapphire-blue water. Formed by snow meltwater, the lakes are crystal clear and surrounded by green hills, earning it the nickname "Little Jiuzhaigou". Inside the valley, Yuye Lake, Jingtian Lake, Blue Moon Lake and other scenic spots are beautifully scattered, forming a natural paradise for photography.

蓝月谷位于玉龙雪山脚下，因湖水呈湛蓝通透的宝石色而得名，雪山融水形成的湖泊清澈见底，四周青山环抱，有“小九寨沟”之称。谷内玉液湖、镜潭湖、蓝月湖等景点错落分布，山水相映，是天然摄影胜地。

## **Ganhaizi 甘海子**

Ganhaizi is an alpine meadow pasture at the foot of Jade Dragon Snow Mountain. It is open, flat, and covered with lush grass, making it the best place to enjoy a full panoramic view of Jade Dragon Snow Mountain. It offers a wide-open vision to overlook the 13 continuous peaks of the snow mountain, and is an ideal spot for taking photos of the full snow mountain and grassland scenery.

甘海子是玉龙雪山脚下的高山草甸牧场，地势开阔平坦，绿草如茵，是全方位观赏玉龙雪山全景的最佳位置。这里视野开阔，可远眺雪山十三峰连绵起伏，也是拍摄雪山全景与草原风光的理想地点。

## **Lugu lake 泸沽湖景区**



## Lugu Lake 泸沽湖

Lake Lugu Lake is located on the border between Yunnan and Sichuan provinces. It is a high-altitude freshwater lake with crystal-clear blue water, surrounded by green mountains and dotted with small islands, offering a pure and stunning landscape. It is the hometown of the Mosuo people, who preserve a unique matriarchal clan culture. Known as a "fairyland on earth" and the "pearl of the plateau", it is a must-visit destination for sightseeing, lake-circling and experiencing ethnic customs.

泸沽湖位于云南与四川交界处，是高原淡水湖泊，湖水湛蓝清澈、四周青山环抱，湖中有小岛点缀，风光纯净绝美。这里是摩梭人的故乡，保留着独特的母系氏族文化，被誉为“人间仙境”“高原明珠”，是观景、环湖、体验民族风情的必到之地。

### Mosuo Walking Marriage Feast 摩梭走婚宴

The Mosuo Walking Marriage Feast is a most distinctive traditional banquet of the Mosuo people, held in memory of the matriarchal "walking marriage" custom. Dishes are made with local ecological ingredients, including Lugu Lake fish, Mosuo roasted meat, highland barley wine, butter tea and more. It features authentic flavors and a strong sense of ritual, making it a must-taste feast for in-depth experience of Mosuo food culture.

摩梭走婚宴是摩梭人最具特色的传统宴席，为纪念母系氏族“走婚”习俗而设。菜品以当地原生态食材为主，包含泸沽湖鱼、摩梭烤肉、青稞酒、酥油茶等，风味地道、仪式感浓厚，是深入体验摩梭饮食文化的必尝美食。

### Bonfire Party 篝火晚会

The bonfire party is a traditional folk activity of the Mosuo people in Lugu Lake. At nightfall, a bonfire is lit; Mosuo people in ethnic costumes sing and dance heartily. Tourists can join hands to dance and sing folk songs together, enjoying a warm and lively atmosphere and fully experiencing the hospitality and unique culture of the Mosuo people.

篝火晚会是泸沽湖摩梭人传统民俗活动，夜幕降临时点燃篝火，摩梭人身着民族服饰载歌载舞，游客可一同牵手共舞、对唱民歌，氛围热烈欢快，充分感受摩梭人的热情与独特文化。

### For Muslim Guests 穆斯林专属服务

- Hotel breakfast is available for free choice; for other needs, the tour guide can help order halal takeaway or purchase halal dairy products and pastries on behalf of guests.

酒店早餐可自由选择，若有其他需求导游可代为预订清真外卖，或代购清真奶制品、面点等。

- Lunch and dinner can be arranged at nearby halal restaurants, or pre-ordered as halal takeaway by the tour guide. Guests who arrange meals on their own are eligible for a meal refund.

正餐可安排在就近清真餐厅用餐，或由导游提前预订清真外卖，或需自行安排餐食的客人可退餐费。

- The tour guide will kindly remind guests of the daily prayer times.

穆斯林专属工作人员将温馨提醒每日礼拜时间。