

CHMSDY
9天
7晚
Nights

四姑娘山 + 稻城亚丁

MOUNT SIGUNIANG + DAOCHENG YADING

成都 / 康定 / 稻城 / 日瓦 / 新都桥 / 四姑娘山

Chengdu / Kangding / Daocheng / Riwa / Xinduqiao / Mount Siguniang

《世界最后的净土》

<WORLD'S LAST PURE LAND>



特色安排

SPECIAL ARRANGEMENT

- 全程不入购物店 Zero Shopping Shop
- 古龙藏寨家访 Home Visit Gulong Tibetan Village
- 深度稻亚行，汽车往返，感受沿途不一样的美景。
Great In-Depth Travel Experience,
Exploring The Amazing Scenery Along The Way



行程特点 ITINERARY HIGHLIGHTS

- 蜀山皇后【四姑娘山】
Queen Of Sichuan's Peaks 【Mount Siguniang】
- 十大水乡古镇【上里古镇】
Top Ten Ancient Towns 【Shangli Ancient Town】
- 世界最后一块净土【稻城亚丁】
The World Last Pure Land 【Daocheng Yading】 **TICKET**
- 四姑娘山最美的沟【双桥沟风景区】
Mount Siguniang Most
Beautiful Valley 【Shuangqiao Valley】 **TICKET**
- 中国最美景观大道第八美【墨石公园】
The Eighth Most Beautiful
Landscape Avenue in China 【Moshi Park】 **TICKET**

* **TICKET** 含票 Include Ticket



膳食 MEALS

- 理塘干锅鸡 Litang Dry Pot Chicken
- 川菜风味 Sichuan Specialty
- 粤菜风味 Cantonese Specialty
- 四川火锅 Sichuan Steamboat



酒店特色 HOTEL HIGHLIGHTS

- 住宿当地4星级酒店 Stay At Local 4 Stars Hotel



乐趣购物 FUN SHOPPING

- 春熙路步行街 Chun Xi Road Shopping District
- 宽窄巷子 Kuan-Zhai Alley
- 锦里一条街 Jinli Street



飞机 Flight →
往 Toward→
地点 Destination —●—
过夜 Overnight —1—
注：以上的行程地图只供参考，
如突发状况我们会保留更改行程的权利。
Remark: Route are subject to change
based on any circumstances.



四姑娘山
Mount Siguniang



猫鼻梁
Maobiliang Bridge

第1天 出境 ✈️ 成都

机上用餐

集合于国际机场，乘搭国际航班飞往天府之国美称的成都。

第2天 成都 259km 康定

早午晚

上里古镇: 中国“十大水乡古镇”之一，南方丝绸之路临邛古道进入雅安的重要驿站，是唐蕃古道上的重要边茶关隘和茶马司所在地。

泸定桥: 又名大渡桥，为铁索桥，13根铁链固定在两岸桥台落井里，全桥体重40余吨。两岸桥墩为木结构古建筑，为中国国内独有。

第3天 康定 422km 稻城

早午晚

海子山(途经): 海子山平均海拔4500米，最高峰果银日则海拔为5020米，共有1145个大小海子。其规模密度在中国是独一无二的，故名海子山。

剪子弯山: 剪子弯山为雅砻江与吉珠沟的分水岭，因翻越其驿道傍山成剪刀形弯曲而上故名，藏名“博浪贡”，意为全天有雾的山顶。

古冰川遗迹: 嶙峋怪石及大小海子星罗棋布，在平均海拔4500-5000公尺高的山上，约1145个大小海子如上帝失手撒下的一千颗钻石一般闪烁在山间，其规模密度为中国之最。

秋季加点-稻城胡杨林: 胡杨一般在寒温带高原难得看到，每到秋季，秋风就会让胡杨变得金光灿灿，在蓝天白云和河滩的衬托下，显得格外美丽。去往亚丁景区的路上，车子开出县城就可以看到马路两边的白杨林像一排排卫兵，守护着这稻城。

第4天 稻城 75km 日瓦

早午晚

亚丁景区(含环保车+电瓶车往返): 1928年，美国植物学家、探险家约瑟夫洛克，到达此地，回国后在美国《国家地理杂志》上撰文并刊登所摄照片，将亚丁介绍给了全世界。被称为“最后的香格里拉”和“蓝色星球上的最后一片净土”。

冲古寺: 位于仙乃日神山脚下，海拔3900米，“冲古”意为填湖造寺之意，也有人译为湖泊源头的寺庙。

珍珠海: 海拔4100米，藏语为“卓玛拉措”就像“雪山脚下是绿宝石”，又称仙女湖。水色如祖母绿，碧波荡漾、天水一色。湖畔四周，参天巨树，苍翠如萍。

洛绒牛场: 海拔4180米，为藏民放牧的高山牧场，广阔壮美的景致，“日松贡布”三座神山环绕周围，仿佛进入香格里拉神秘境界。也是观赏三怙主雪山的最佳地点，也成亚丁风景区最名的观光胜地。

仙乃日神山(远眺): 意为“观音菩萨”，海拔6032米，是三座神山的北峰。看似观音菩萨坐于莲花台上。

央迈勇神山(远眺): 藏语意为“文殊菩萨”，海拔5898米，是三座神山的南峰。文殊菩萨在佛教中是有，智慧的化身。

夏诺多吉神山(远眺): 意为“金刚手菩萨”，海拔5898米，是三座神山的东峰。夏诺多吉在佛教中除暴安良的神，他是勇猛和刚烈的化身。

特别提示: 亚丁景区气候变化不定，请带上雨具和手套，景区内手机信号尚未全部覆盖，另建议可自带一些高能量的食品，以备需时及时补充能量。

第5天 日瓦 237km 新都桥

早午晚

秋季加点-红草地: 桑堆镇公路边一个小水塘，每年秋天布满红色的水草，因而得名。生长在水中的红草，大都疏密相间，像灌木枝扎根在水池中。这些红草在阳光的照射下，紫里透红，非常吸引眼球。

尊胜塔林: 这座白塔是稻城最大的室外佛塔，是亚丁风景区以外的地标。它还是四川省最大的佛塔群落，处处都彰显着藏地的庄严之美！

古龙藏寨(家访): 参观藏族家庭是一种独特的体验，它可以让游客更深入地了解这个地区的文化和生活方式。

特别提示: 古龙藏寨家访可能会有当地藏民的特色物品销售。

第6天 新都桥 323km 四姑娘山

早午晚

八美草原: 走川藏公路会经过成片的大草原，一望无际，辽阔自在，海拔高度为3500米，是典型的高山生态景区。

墨石公园(含电瓶车): 拥有罕见的世界地质奇观，中国唯一的高原石林景观，享有“中国最美景观大道第八美”的美誉。

塔公草原: 因为草原中心坐落着的塔公寺而得名。

塔公寺(外观): “塔公”藏语的意思为“菩萨喜欢的地方”，有小昭寺的美誉，是一座藏传佛教萨迦派的大寺。

梭坡碉楼(远眺): “梭坡”藏语意为“蒙古族”，据说古时曾经有大批蒙古人在此放牧。是古碉最集中的地方，共有84座之多，其中包括世界上唯一的五角碉，其价值不言而喻。

第7天 四姑娘山 211km 成都

早午晚

猫鼻梁: 巴郎山至日隆的必经之地，观四姑娘山全貌和日出、日落的最佳点。在猫鼻梁远眺，前面是海子沟，后面是四姑娘山，风景绝对的震撼。

双桥沟景区(含观光车): 当地居民为了方便通行，在沟内搭建了两座木桥，一座由杨柳木搭建称杨柳桥；另一座由红杉木搭建称便桥，因此得名。以雪峰、牧场、草地、森林等为主，是四姑娘山最美丽的沟。

第8天 成都

早午晚

春熙路步行街: 成都最热闹的商圈，除当地各式品牌商店外，各大百货公司、国际品牌也都在此设点。

太古里: 这里不仅是随心购物、醉享美食、自在玩乐的都会中心，更是引领时尚锋潮、倍受瞩目的城市名片。

宽窄巷子: 至今遗留着老成都的风韵。清朝旗人的聚居地，也是达官贵人的住所，一幢幢的青砖墙、四合院、高门楼、花墙裙，既结合川西民居特色，也有北方文化的内涵。

锦里一条街: 传说曾是西蜀历史上最古老、最具有商业气息的街道之一，早在秦汉、三国时期便闻名全国。

旅程结束，送往机场乘搭客机飞返美丽的家园。

第9天 成都 ✈️ 入境

机上用餐

鸿运旅游期待与您再出发！





上里古镇
Shangli Ancient Town



墨石公园
Moshi Park

Day 1 Depart ✈️ Chengdu MOB

Assemble at international airport, departure flight to Chengdu, provincial capital of Sichuan, which known as "Land Of Heaven".

Day 2 Chengdu 259km Kangding BLD

Shangli Ancient Town: An important courier station on the South Silk Road. Listed as the "Top 10 Ancient Towns".

Luding Bridge: An iron suspension bridge over Dadu River. The whole bridge has 13 iron chains, each of them weighing 2.5 tons.

Day 3 Kangding 422km Daocheng BLD

Haizi Mountain (Pass-by): Refers to a big area of mountains and lakes between Litang and Daocheng, at some other sources it also include the high mountain ranges around Litang.

Jianziwan Mountain: It is named after crossing its post road and surrounding the mountain into a scissor-like curve. The Tibetan name "Bolang Gong" means the top of a foggy mountain all day long.

Ancient Glacier Ruins: Rugged rocks and few lakes are dotted all over the mountain. About 1145 large and small lakes shine in the mountains like a thousand diamonds accidentally dropped by God.

Autumn Season - Daocheng Populus Euphratica: Populus euphratica is rarely seen in cold temperate plateaus. Every autumn, the populus euphratica shine golden, and it looks particularly beautiful against the blue sky, white clouds and river beaches.

Day 4 Daocheng 75km Riwa BLD

Yading Scenic Area (Include Shuttle + Return Buggy): Form by three mountains and the surrounding rivers, lakes and alpine, known as "The Last Shangri-La".

Chonggu Temple: Located at the foot of the Mountain Xiannairi, here got Zaba chanting Buddha and dedicated Gautama Buddha.

Pearl Sea: Tibetan as "Zhuomalacuo" just like "Emerald at the foot of Snow Mountain".

Luorong Cattle Farm: The Tibetan grazing pastures, leisurely herds of sheep or cattle enjoy the green grass, clear water and warm sunlight.

Mount Xiannairi (Viewing): Means compassion, north mount of the three main mountains. It seems like the Bodhisattva sitting on lotus stage 6032m above the sea level.

Mount Yangmaiying (Viewing): Means wisdom, south mount of the three main mountains. Manjusri Buddha is the embodiment of wisdom. At 5898m above the sea level.

Mount Xianuoduoji (Viewing): Means powerful, east mount of the three mountains. Vajrapani is the gods of violence and safety, brave and vigorous. At 5898m above the sea level.

Special Note: The climate change in Yading Scenic Area is uncertain, please bring rain gear and gloves. Here is poor mobile network coverage. Recommend to bring along some high-energy foods to makes the perfect energy boost.

Day 5 Riwa 237km Xinduqiao BLD

Autumn Season - Red Grassland: A small pond beside the road in Sangdui Town is covered with red water plants every autumn, hence its name. Most of the red grass growing in the water is sparse and dense, like shrub branches taking root in the pool. Under the sunlight, these red grasses turn purple and red, which is very eye-catching.

Zunsheng Pagoda: This white pagoda is the largest outdoor pagoda in Daocheng and a landmark outside the Aden Scenic Area. It is also the largest pagoda community in Sichuan Province, showing the solemn beauty of Tibet everywhere!

Gulong Tibetan Village (Home Visit): Visiting a Tibetan home is a unique experience that allows visitors to gain a deeper understanding of the culture and lifestyle of the area.

Special Note: During the home visit to Gulong Tibetan Village, there may be special items for sale by local Tibetans.

Day 6 Xinduqiao 323km Mount Siguniang BLD

Bamei Grassland: Drive through Sichuan-Tibet Highway will pass by an endless prairie with beautiful scenery.

Moshi Park (Include Buggy): It has a rare geological wonder in the world, the only plateau stone forest landscape in China, and enjoys the reputation of "The Eighth Most Beautiful Landscape Avenue in China".

Tagong Grassland: It is named after the Tagong Temple located in the center of the grassland.

Tagong Temple (Exterior): "Tagong" in Tibetan means "Bodhisattva favorite place". One of the famous Tibetan temple with over a thousand years of history.

Suopo Tibetan Village (Pass-by): "Sopo" in Tibetan means "Mongolian", it is said that there have been a large group of Mongolians were grazing in here.

Day 7 Mount Siguniang 211km Chengdu BLD

Maobiliang Bridge: Here is the best point of sunrise and sunset Mount Siguniang. In front is the Haizi Valley, behind is the Mount Siguniang.

Shuangqiao Valley (Include Shuttle Bus): The most easily accessible valley with vistas of snowy peaks, pastures, grassland and forests. It is the most beautiful valley of Mountain Siguniang (Four Maidens).

Day 8 Chengdu BLD

Chun Xi Road Shopping District: The most popular shopping district and lots of shops selling fashions, electronics, and jewelry.

Taikoo Li: Here represents the international concept of leisure, leading the trend of life, to create an artistic environment, thoughtful quality service, for each guest to bring a unique leisure shopping experience.

Kuan-Zhai Alley: An ancient street with hundreds of years' history combined with modern elements. There you can imagine the old Chengdu by walking past the Qing Dynasty (1636-1912) style buildings.

Jinli Street: One of the most ancient commercial streets. It was famous throughout the whole country in period of Sanguo.

End of journey, return flight to home.

Day 9 Chengdu ✈️ Return MOB

iO Travel hope to serve you again soon !





梭坡碉楼
Suopo Tibetan Village



海子山
Haizi Mountain



春熙路步行街
Chun Xi Road Shopping District



尊胜塔林
Zunsheng Pagoda

20240103

出发日期 DEPARTURE DATE :

团费 TOUR FARE :

必须符合条款：

1. 本公司保留对行程内容因当地天气、路况、突发情况以及不可抗力因素，做出适当更改和调整的权力。
2. 所有航班如有更改，恕不另行通知。
3. 旅游细则与附带条件，以收据背项为准。
4. 自由活动期间自费项目由客人自行选择与付费。
5. 如有包含门票，将特别注明。
6. 如有购物站，将特别注明。
7. 旅程以华语、粤语或英文讲解。
8. 每团至少16位成员才能铁定出发。如团体少于16为成员，本公司保留决定操作或取消此行程。
9. 所有酒店评级，均以当地为标准。如遇到当地酒店客满，不可预测等因素，将以同级酒店取代。
10. 房型是根据酒店分配，本公司不负责所分配房型差异。
11. 本公司建议购买旅游保险，为您的旅程做个保障。
12. 英文版本是翻译自中文版本，如有差异将以中文版为。

Terms & Conditions Apply :

- 1) IO reserves the right to make appropriate changes and adjustments of the itinerary due to local weather, road conditions, unexpected situations and irresistible factors without prior notice.
- 2) All flight are subject to change without prior notice.
- 3) All Booking will be subjected to terms and conditions as stipulated in the official receipts.
- 4) Participation of optional tours will be at passengers own expense.
- 5) Admission and entrance ticket will be included where specified.
- 6) Shopping stops will be included where specified.
- 7) Tour is conducted in Chinese, Cantonese or English.
- 8) Minimum group size of 16 passenger is required for a confirmed departure. Group size of 15 and below will solely be at discretion of IO travel.
- 9) All hotel rating are based on local standard. In the event that accommodation if the stated hotel is unavailable, it will be replaced by hotel of similar standards.
- 10) Room types are based on run of house an allocated by respective hotels. IO will not be responsible for the differences of the room allocated.
- 11) IO travel recommends you to buy travel insurance for your travel related coverage.
- 12) In the event if discrepancies between English and Chinese itinerary, please refer to Chinese Version.



io TRAVEL



IPOH OVERLAND TOURS & TRAVEL SDN. BHD.

(173557-U) (KKP-1478) (KPL/LN 1478/2)

IPOH OFFICE:

+605 253 2766 / +6016 559 8766

NO. 19, JALAN SULTAN ABDUL JALIL,
30300 IPOH, PERAK, MALAYSIA.

