



**PARLO
TOURS**
EXPERIENCES MATTER

SCKM-AK

airasia

Colourful Yunnan & Shangri-la

• 七彩云南 & 香格里拉 •

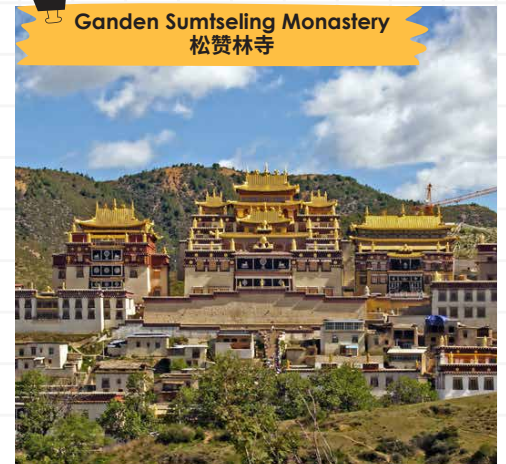
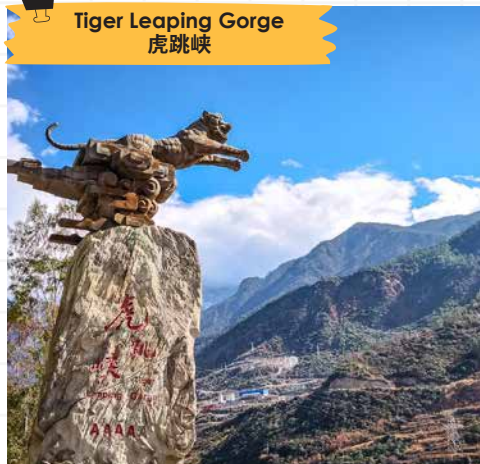


SCAN ME!



8D
7N

Kunming, Shilin, Jiuxiang, Lijiang, Shangri-la, Dali
昆明, 石林, 九乡, 丽江, 香格里拉, 大理

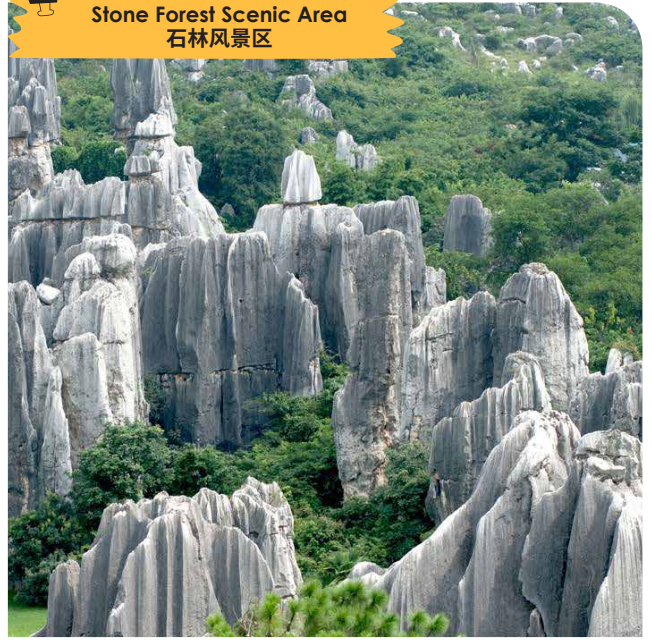


Valid from Mar 2026 有效期从2026年03月

Jade Dragon Snow Mountain
玉龙雪山



Stone Forest Scenic Area
石林风景区



Features 行程特色

- Special arrange seasoning flower admire scenic area ~ A four seasons flower blooming in Yunnan.
- Visit the filming locations of the movie "Meet Yourself" ~ Erhai, Dali Ancient Town and Xizhou Ancient Town.
- Instagrammable Spot ~ Erhai Ecological Corridor.
- Visit the natural karst landforms, world natural heritage site ~ Stone Forest Scenic Area.
- Visit the underground karst caves Jiuxiang Scenic Area by cable car and boat ride.
- Explore Lijiang Ancient Town ~ A well preserved town of ethnic minorities.
- Take a glacier park cableway to visit the beautiful Jade Dragon Snow Mountain.
- Visit the largest Tibetan Buddhist monastery in Yunnan ~ Ganden Sumtseling Monastery.
- Savour Yunnan Local Delicacies ~ Yiliang Roast Duck, Mushroom Steamboat, Naxi Feast, Tibetan Tsampa Feast, Claypot Fish, Cantonese Specialty, Cross Bridge Rice Noodles, ...

- 特别安排四季赏花景点 ~ 四季鲜花开不败, 云南无处不飞花。
- 游览电视剧《去有风的地方》取景地 ~ 洱海、大理古城和喜洲古镇。
- 网红打卡点 ~ 洱海生态廊道。
- 游览典型的喀斯特地貌, 经过亿万年地质变化形成的世界自然遗产 ~ 石林风景区。
- 乘搭索道和游船游览地下大小溶洞 ~ 九乡风景区。
- 游览小桥流水, 古朴悠静的中国历史文化名城 ~ 丽江古城。
- 乘搭冰川公园大索道, 游览海拔5596米, 壮阔瑰丽的玉龙雪山。
- 参观有“小布达拉宫”之称, 云南藏传佛教的首要寺庙 ~ 松赞林寺。
- 游览中国落差最大的峡谷, 以奇险雄壮有名, 号称“长江第一峡” ~ 虎跳峡。
- 品尝云南道地风味餐 ~ 宜良烤鸭、野生菌火锅、纳西晚宴、藏式土司宴、砂锅鱼风味、粤式风味、过桥米线...



Total number of meals 行程总餐数



Breakfast : 7
早餐 : 7



Lunch : 7
午餐 : 7



Dinner : 7
晚餐 : 7



NIL : 0
自理 : 0

Itinerary Detail

详情行程

8D7N Colourful Yunnan & Shangri-la
8天7晚 七彩云南 & 香格里拉

SCKM-AK

Valid from Mar 2026
有效期从2026年03月

Day
01

Kuala Lumpur 吉隆坡 → Kunming 昆明 (80km) 🚗 Shilin 石林



Meal onboard / (D) Flower Feast
机上用餐 / (晚) 鲜花宴



Tong Ce International Hotel, Shilin - 5* or similar
同策国际酒店, 石林 - 5* 或同级

Day
02

Shilin 石林 (60km) 🚗 Jiuxiang 九乡 (86km) 🚗 Kunming 昆明

- * **Stone Forest Scenic Area** (entrance & buggy included) ~ walking through the site, marvel at the natural stone masterpieces and bewitched by the magnificent formations, distinguish characteristic, a typical example of karst topography.
- * **Jiuxiang Scenic Area** (entrance, one way cable car & boat ride included) ~ comprehensive scenic area famous for its underground karst caves, intoxicating natural landscapes, humanity sights and ethnic culture of the Yi Minority.
- * **石林风景区** (含门票 & 电瓶车) ~ 典型的喀斯特地貌, 经过亿万年的地质变化而形成。主要由大、小石林, 乃古石林, 芝云洞, 长湖, 大叠水等景区组成。
- * **九乡溶洞风景区** (含门票、单程索道 & 游船) ~ 溶洞景观为主体, 洞外自然风光、人文景观、民族风情为一体的综合性风景名胜。拥有上百座大、小溶洞, 为国内规模最大、数量最多、溶洞景观最奇特的洞穴群落体系。



(B) Hotel / (L) Yiliang Roast Duck Specialty /
(D) Mushroom Steamboat
(早) 酒店 / (午) 宜良烤鸭 / (晚) 野生菌火锅



Hilton Garden Inn Dianchi, Kunming - 5* or similar
滇池希尔顿花园, 昆明 - 5* 或同级

Day
03

Kunming 昆明 (4hrs) 🚗 Lijiang 丽江

- * **Lijiang Ancient Town** ~ a well-preserved city of ethnic minorities. The center of the ancient town is the Square Street, four main streets radiate from here and extend to the four different directions with countless lanes in all directions formed a network and connected every corner of the town.
- * **Black Dragon Pool** ~ which was named after a legendary black dragon living in the pool in ancient times.
- * **丽江古城四方街** ~ 中国历史文化名城唯一没有城墙的古城, 城内景色优美, 小桥流水, 古朴悠静, 还有一些古色古香的小购物店, 别有一番景色。古城保留了大片明清时代的居民建筑, 均是土木结构瓦屋面楼房, 多数为三坊一照壁, 也有不少四合院, 融合了纳西、白、汉等民族建筑艺术的精华。
- * **黑龙潭** ~ 传说丽江龙王黑龙的龙宫就在此地, 加之潭水又特别幽深, 故名“黑龙潭”, 又名玉泉公园, 始建于清乾隆二年, 是一个充分利用自然山水加以人工改造的园林。



(B) Hotel / (L) Chinese / (D) Mabang Specialty
(早) 酒店 / (午) 中式合菜 / (晚) 马帮菜



Lijiang International Hotel, Lijiang - 5* or similar
丽江国际大酒店, 丽江 - 5* 或同级

Day
04

Lijiang 丽江

- * **Jade Dragon Snow Mountain** (cableway, buggy & coach included) ~ This 13-peak glacier mountain reaches 5,596m and stays snow-covered year-round. The cableway offers stunning close-up views of peaks that look like a silver dragon in the clouds, surrounded by rare plants and wildlife.
- * **Dry Sea Meadow** ~ A former glacier lake turned into beautiful pastureland with spectacular mountain views.
- * **White Water River & Blue Moon Valley** (buggy included) ~ Enjoy cascading waterfalls, terraced landscapes, and pure spring water against a backdrop of snow-capped peaks.
- * **Impression Lijiang Performance** (ticket included) ~ An outdoor cultural show set against the dramatic Jade Dragon Snow Mountain backdrop.
- * **Baisha Ancient Town** ~ The birthplace of the Naxi people, featuring well-preserved Ming and Qing dynasty buildings and famous ancient frescoes. Located at the mountain's base with stunning peak views on clear days.
- * **玉龙雪山** (含门票、大索道、电瓶车) ~ 中国最南端雪山, 13峰终年积雪, 最高5596米, 如玉龙横卧山巅的多功能旅游胜地。
- * **甘海子** ~ 雪山东麓观景最佳位置, 原为冰蚀湖泊, 后干涸得名。
- * **白水河 & 蓝月谷** (含电瓶车) ~ 雪山融水汇成, 以雪峰为背景, 水质纯净清澈。
- * **印象丽江歌舞表演** (含门票) ~ 张艺谋导演的雪山实景演出, 400多名演员展现原生态纳西文化。
- * **白沙古镇** ~ 纳西族发源地, 保存明清建筑和珍贵的白沙壁画, 可观雪山美景。



(B) Hotel / (L) Snow Mountain Specialty / (D) Naxi Feast
(早) 酒店 / (午) 雪山风味 / (晚) 纳西晚宴 (篝火打跳)



Lijiang International Hotel, Lijiang - 5* or similar
丽江国际大酒店, 丽江 - 5* 或同级

Day
05

Lijiang 丽江 (170km) 🚗 Shangri-la 香格里拉

- * **Harmony Tazhongta** ~ A Tibetan Buddhist pagoda with a unique design featuring one pagoda built inside another.
- * **Tibetan Family Visit** ~ Experience authentic Tibetan culture through interactive activities and see traditional home decorations.
- * **Napahai Lake** ~ During rainy season, the lake expands and drains through nine holes into the Jinsha River; in dry season, it becomes grassland.
- * **Ganden Sumtseling Monastery** (entrance & public coach included) ~ Yunnan's largest Tibetan Buddhist monastery and one of the Kang region's most famous.
- * **和谐塔中塔** ~ 藏传佛教塔中塔建筑, 塔外有塔, 塔在塔中。
- * **白天藏家访** ~ 体验原生态藏族风俗, 参观传统装饰。
- * **纳帕海** ~ 海拔3266米的季节性湖泊, 因绿草繁盛又名草海, 是香格里拉最大草原。
- * **松赞林寺** (含门票 & 环保车) ~ 建于1679年的“小布达拉宫”, 依山面湖, 气势恢弘, 云南藏传佛教首要寺庙。



(B) Hotel / (L) Chinese / (D) Tibetan Tsampa Feast
(早) 酒店 / (午) 中式合菜 / (晚) 藏式土司宴



Hilton Garden Inn Hotel, Shangri-la - 5* or similar
希尔顿花园酒店, 香格里拉 - 5* 或同级

Day
06**Shangri-la 香格里拉 (307km) 🚗 Dali 大理**

- * **Dukezong Ancient City** ~ "Sun and Moon City" in Tibetan, this well-preserved ancient city has the largest Tibetan population and features the world's largest Tibetan wheel. It was a key Tea Horse Road hub.
- * **Guishan Garden** ~ Hillside garden topped by the three-story Chaoyang Building, offering panoramic views of the ancient city.
- * **Tiger Leaping Gorge** (entrance + elevator included) - The world's longest, deepest, and narrowest gorge, named after a legendary tiger that leaped across its rocks.
- * **Xizhou Bai Ethnic** ~ Visit preserved Bai architecture, taste traditional three-course tea (bitter, sweet, final), and watch authentic Bai dance performances.
- * **独客宗古城** ~ 藏区"日月城", 中国最大保存最好的藏民居群, 茶马古道枢纽, 有世界最大转经筒。
- * **龟山公园** ~ 康熙年间依山而建, 山顶朝阳楼可俯瞰古城全景。
- * **虎跳峡** (含门票+上下扶梯) ~ 世界落差最大峡谷, "长江第一峡", 以奇险雄壮著称。
- * **喜州白族居民** ~ 参观完好白族建筑群, 品尝"一苦二甜三回味"三道茶, 观赏传统歌舞。

(B) Hotel / (L) Chinese / (D) Claypot Fish Specialty
(早) 酒店 / (午) 中式合菜 / (晚) 砂锅鱼味Santayuan Hotel, Dali - 5* or similar
三塔苑酒店, 大理 - 5* 或同级Day
07**Dali 大理 (335km) 🚗 Kunming 昆明**

- * **Dali Ancient Town** ~ One of Dali's "Three Ancients" with traditional Bai houses and charming cobblestone streets full of ancient elegance.
- * **Foreigner Street** ~ Sample traditional Bai snacks and local flavors.
- * **Erhai Ecological Corridor** ~ Photo stop with beautiful Erhai Lake views.
- * **Dali Santorini** (buggy included) ~ Romantic lakeside spot on Erhai's eastern shore, ideal for afternoon tea and relaxation.
- * **大理古城** ~ 棋盘式布局, 保存完好的白族民居, 古色古香的庭院街道, 可远眺三塔。
- * **洋人街** ~ 白族传统建筑改建的茶楼食肆, "三坊一照壁、四合五天井"格局别致。
- * **洱海生态廊道** ~ 连接古村与洱海的生态走廊。
- * **大理"圣托里尼"** (含上行电瓶车) ~ 洱海东岸浪漫小镇, 花草满街, 蜿蜒如画, 享受悠闲下午茶。

(B) Hotel / (L) Bai Ethnic Specialty / (D) Cantonese Specialty
(早) 酒店 / (午) 白族风味 / (晚) 粤式风味Hilton Garden Inn Dianchi, Kunming - 5* or similar
滇池希尔顿花园, 昆明 - 5* 或同级Day
08**Kunming 昆明 🚗 Kuala Lumpur 吉隆坡**

- * **Golden Horse and Jade Rooster Memorial Arches** ~ a distinctive ethnic characteristics and the symbol of Kunming.
- * **金马碧鸡坊** ~ 始建于明宣德年间, 历史上曾有"金碧交辉"之说。高12米, 宽18米, 具有民俗特色, 雕梁画栋, 精美绝伦。

(B) Hotel / (L) Cross Bridge Rice Noodles / Meal on board
(早) 酒店 / (午) 过桥米线 / 机上用餐**Other information 其他信息 :**

- Seasonality: **Spring** (Mar - May) / **Summer** (Jun - Aug) / **Autumn** (Sep - Nov) / **Winter** (Dec - Feb)
- Currency: Chinese Yuan (RMB)
- Optional: Dynamic Yunnan Performance approx. RMB280/pax (subject to change without any prior notice)
- NO Shopping Stop
- Tour commentary will be conducted in Mandarin with simple English or Cantonese translation by Tour Leader.
- All pictures shown are for illustration purposes only, actual may varies.
- The itinerary is subject to availability, and Parlo Tours may charge additional fees if needed during the tour.
- Parlo Tours can modify the sequence, amend or cancel hotel accommodations, meals, and sightseeing activities in the itinerary due to unforeseen circumstances, such as peak periods, trade fairs, major events, or force majeure.
- Parlo Tours is not responsible for extra expenses incurred by individuals due to transportation delays, changes, illness, adverse weather conditions, or force majeure. Participants in tour do so at their own risk.
- Parlo Tours is not liable for omissions or errors in printing or presentation, whether in the itinerary, brochures, or other media. Parlo Tours reserves the right to correct such errors as needed.
- Itineraries, meals, hotels and transportation are subject to change without prior notice.
- Kindly refer to Parlo Tours Sdn Bhd's terms & conditions and company policy for full details.

• 季节: 春季 (三 - 五月) / 夏季 (六 - 八月) / 秋季 (九 - 十一月) / 冬季 (十二 - 二月)

• 货币: 人民币 (RMB)

• 自费: 云南映象歌舞表演大约人民币280/人 (如有更改恕不另行通知)

• 全程无购物站

• 全程使用中文讲解, 领队将以英文或粤语简约地说明。

• 所有图片仅供参考, 实际可能有所不同。

• 行程安排严格以可用性为准, Parlo Tours 在旅行规划或进行的过程中如有需要, 可能会收取额外费用。

• Parlo Tours 会根据不可预见的情况 (高峰期、贸易展览会、重大活动或不可抗力活动) 修改行程顺序、更改或取消酒店住宿、用餐和观光活动。

• Parlo Tours 不对个人因交通延误、更改、疾病、恶劣天气条件或不可抗力活动而产生的额外费用负责, 参加旅行的人需要自行承担风险。

• Parlo Tours 不对行程、宣传册或其他媒体中的遗漏或错误承担责任。Parlo Tours 保留根据需要更正此类错误的权利。

• 行程、膳食、酒店住宿和交通可能会有所更动, 恕不另行通知。

• 请仔细阅读Parlo Tours Sdn Bhd的条款和公司政策。

Operated by

**PARLO TOURS SDN. BHD. 壩羅旅遊社有限公司**

197501002374 (24106-H) KPL0218 (outbound)

Wisma Parlo, No. 72, Jalan Kampong Attap, 50460 Kuala Lumpur, Malaysia. Email: digitalcare@parlotours.com.my Website: www.parlotours.com.my

Kuala Lumpur 603-2726 6088 | Ipoh 605-255 9566