

GREAT EXPECTATION TRAVEL SERVICE

& Dzogchen Community

2018 09创景大理丽江香格里拉 Itinerary & Quotation

Group Name : ChuangJing Group创景团队

Duration : 9.18-9.28 2018

Pax : 25

City : Dali & Lijiang & Shangri-la, China 中国大理+丽江+香格里拉

Date of creation : Mar 21st, 2018 2018年3月21日

日程安排

2018.09.18—2018.09.20 Chengdu-Dali 成都-大理

2018.09.21—2018.09.23 Meeting 会议

2018.09.24—2018.09.28 Dali-Lijiang 大理-丽江

● 日程详情

Date 日期	City 城市	Transportation 交通	Meal 用餐	Accommodation 住宿
Day 1 2018-9-18 Tue	Chengdu-Dali 成都-大理	Tourism Bus 旅游车	Local Restaurant 当地餐厅 (晚餐)	Dali 大理

14:10-15:50成都到大理（参考航班MU9744） Chengdu-Dali
16:30-17:30接机并入住酒店 Airport to hotel (pick-up service)
18:00-20:00晚餐 Dinner
20:00-返回酒店休息或者自由活动 Back to room

Date 日期	City 城市	Transportation 交通	Meal 用餐	Accommodation 住宿
Day 2 2018-9-19 Wed	Dali 大理	Tourism Bus 旅游车	Local Restaurant 当地餐厅 (早中晚餐)	Dali 大理

09:20-09:50酒店出发至龙龕码头 Hotel to Long Kan Wharf

前往龙龕码头乘坐游船 Sightseeing boat program

10:00-13:00 乘大游轮游览洱海（前往南诏风情岛）

Visit by boat on Erhai Lake (To NanZhao island)

洱海游船分公司拥有杜鹃号、苍山号、大运号、洱海一号、洱海二号等大型豪华双体旅游船，它是洱海水上的大型旅游企业。

Cruise on the large luxury Catamaran ship of Erhai, which is specialized in luxury cruises.

豪华游船是云南省内规模最大、档次最高、设施齐全、速度最快的游船，额定载客量从400人至950人不等。游船上设有KTV包房、民族歌舞表演厅、商品部和五朵金花摄影部等多功能设施。游船上开展具有浓郁民族特色的“白族三道茶歌舞表演”，让您领略白族人民独特的民族风情歌舞。

This particular luxury cruise ship is the most famous in the Yunnan province. It is a deluxe, high quality, fastest cruise ship with a carrying capacity of 400 to 950 people. It has KTV rooms, a performance hall for national dances, a shopping area, five “Golden Flower Photography” areas and other multi-functional facilities. It is possible to enjoy the characteristic performance of the "Bai Three teas Dance", with its unique ethnic folk songs and dances of the Bai people.



南诏风情岛是洱海三岛之一，位于苍洱国家级风景名胜区的黄金地段---洱源县东南端的双廊乡境内。该岛四面环水，东靠著名佛教圣地鸡足山，北接石宝山，南连大理，西对苍山洱海，因占据着得天独厚的旅游资源，故素有“大理风光在苍洱，苍洱风光在双廊”之美誉。大理南诏风情岛被列为云南省25个旅游精品项目之一，并是99昆明世界园艺博览会定点接待单位。

Nanzhao is one of the Erhai Islands, located southeast of Eryuan county. In the east there is the famous Jizu Buddhist mountain. In the North you can find the “Baoshan Stone”, in the west the Cangshan Erhai. Being one of the most important tourist resources of the area, it is known as "Dali scenery, the double corridor". The Dali Nanzhao island is listed as one of the 25 main tourist projects of the Yunnan Province, and has been designated as the venue of the 99° World Horticultural exposition.







13:00-13:30 至午餐餐厅 To Dining hall

13:30-14:30午餐 Lunch

14:30-14:40 前往崇圣寺三塔景区 To the Three Towers scenic area of the Chong Sheng Temple

崇圣寺三塔位于大理古城西北部1.5公里处，西对苍山应乐峰，东对洱海，距山脚约为1500米。南336米处有桃溪向东流过。北76米处有梅溪，东靠滇藏公路。三塔由一大二小三阁组成。大塔又名千寻塔，当地群众称它为“文笔塔”，通高69.13米，底方9.9米，凡16级，为大理地区典型的密檐式空心四方砖塔。南北小塔均为十级，高42.17米，为八角形密檐式空心砖塔。三座塔鼎足而立，千寻塔居中，二小塔南北拱卫。1961年3月4日，被国务院公布为第一批全国重点文物保护单位

The tower is located in the northwest of the Dali City, 1.5 kilometres west of Cangshan and east of Erhai, on the East Yunnan Tibet highway. This tower is also known as the “Chihiro tower” and the local people call it "the Style Tower". It's 69.13 meters high, at the bottom it is 9.9 meters large and it has 16 floors as a typical Dali square pagoda. The North and South towers are 42.17 meters high and are octagonal. The two northern towers are also called “guard towers”. On March 4th 1961, the State Council announced this tower to be under the national cultural relics protection.

三塔的塔砖上面布满了佛教密宗的各种各样的梵文和汉文的经咒，以下塔砖均由崇圣寺中塔（千寻塔）1978年维修时拆出，为南诏劝丰祐保和、天启年间（824～859）的遗物。

The towers are made of brick and covered with scriptures of Esoteric Buddhism and Chinese and Sanskrit mantras. The tower of the Chongsheng temple (Chihiro tower) was restored in 1978, by Nanzhao Feng, who discovered that it had originally been constructed in 824AD or 859AD..



14:40-16:30 游览三塔景区visit to the Three Tower Area



16:30-16:40乘车前往大理古城 To Dali ancient city by bus

大理古城又名叶榆城、紫城。古城其历史可追溯至唐天宝年间，南诏王阁逻凤筑的羊

苴咩城，为其新都。古城始建于**明洪武**十五年（1382年），占地面积3平方公里。大理古城在唐、宋500多年的历史间是云南的政治、经济、文化的中心，在古城内分布了14处市级以上的重点文物保护单位，承载着大理历史文化、宗教文化、民族文化，是大理旅游核心区。

古城楼：**文献楼、五华楼、南城楼、北城楼**

城池的布局为棋盘式，南北城门相互对称，而东西城门相错，南北有三条街，东西有六条街构成了大理城主要道路格局。城市的中心偏西，南北轴线不居中，形成了西重东轻的城市布局。而东西城门相错，是采用了白族建筑中的“东西南北不取中正”的原则。

城内建筑风格统一、尺度合宜、市容古朴。街道四周街街流水，户户养花。街巷中的一些老宅，花木扶疏，“三家一眼井，一户几盆花”的景象。城内依然保存着大量的明清以及民国时期的建筑，寺庙、书院、教堂等古建筑点缀其间，如蒋公祠，杜文秀帅府遗迹，天主教堂等古迹。

Visit the ancient city of Dali, also known as the “purple leaf”. The history of this ancient city can be retraced back to the period of Tang Tianbao, the king of Nanzhao. In 1382 it covered an area of 3 square kilometres. The ancient city of Dali in Tang and Song Dynasty have 500 years of Yunnan’s political, economic and cultural history. The whole city has been under the cultural protection act for its historical culture and religious significance.

These ancient buildings are: the “Literature building”, the “Wuhua buildings”, the building of Nancheng North City .

The city layout is like a chessboard. North and South gates are symmetrical, and there are six streets that constitute the Dali main road pattern.

The city still retains a high number of buildings of Ming and Qing dynasties and of the Republic of China. Among other ancient buildings it contains important landmarks such as the Jiang ancestral hall, the ruins of Du Wenxiu, the Catholic Church and other monuments.



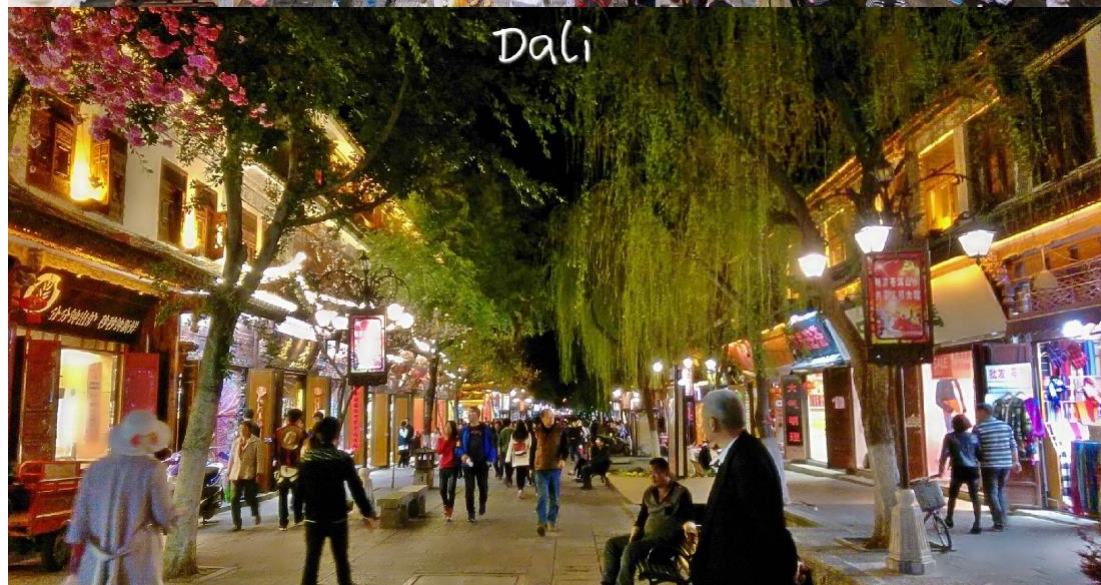


16:40-18:30 自由游览大理古城 Visit Dali ancient city by self

大理古城东西宽约1000余米，南北长约2000余米，南北纵向有三条大街，东西向有五六条小巷。城内房屋皆土木结构瓦顶民居，街道大多由青石板铺设而成。大多数街道有引自苍山的清泉水流淌。古城方圆十二里，建有四座城门楼以及四座角楼。城墙四面设有四道城门，即东门洱海门（又称通海门），南门双鹤门（又称承恩门），西门苍山门，北门三塔门（又称安远门）。城外有护城河。清代多次重修，城内保持着典型的棋盘式结构，南北城门对称，城内街道纵横交错，有“九街十八巷”之称。

The ancient city of Dali is wide about 1000 meters and long about 2000 meters if you look at it from north to south. There are three vertical streets and five or six main lanes. Buildings have a particular roof structure and streets are mostly cobblestone paved. This ancient city has four city gates and four towers. The four gates are called: the East Gate also known as Tong Er

Haimen, the South Gate also known as Cangshan gate and the North Gate Tower also known as Ann road. There is a large medieval moat or ditch surrounding the city. The Qing Dynasty rebuilt the city several times, but the city maintained a checkerboard structure that is typical of the South, and the streets in the city have "Eighteen lanes" arranged in a crisscross pattern, known as the nine streets..







18:30-20:00晚餐 Dinner

20:00-返回酒店休息或者自由活动 Back to hotel

Date 日期	City 城市	Transportation 交通	Meal 用餐	Accommodation 住宿
Day 3 2018-9-20 Thu	Dali 大理	Tourism Bus 旅游车	Local Restaurant 当地餐厅 (早中晚餐)	Dali 大理

08:30-09:30酒店出发至喜洲古镇 To Xizhou ancient town

喜洲位于大理古城以北18公里处，东临洱海，西枕苍山，喜洲是重要的白族聚居的城镇，这里有着保存最多、最好的白族民居建筑群。从布局上看是典型的“三坊一照壁”及“四合五天井”的白族庭院格局。这些民居雕梁画栋、斗拱重叠、翘角飞檐、门楼、照壁、山墙的彩画装饰艺术绚丽多姿，充分体现了白族人民的建筑才华和艺术创造力。

一到喜洲，首先见到的是村头那两棵枝叶繁如叶盖的大青树。这是在我国北方难得见到的一种乔木，俗名又叫万年青，学名是高山榕树。白族人认为，大青树是一个村庄兴的象征，因此又把它称作“风水树”。大青树是一个古老的白族村庄都有少不了有自己的风水树。这种树通常与戏台一起组成村民们的群体活动中心。喜洲村头的这两棵树，年代已经很古老。传说这是两棵一阴一阳树，一棵萌发另一棵落叶，周而复始，交替繁荣；一棵结果另一棵永不结果。劳动间歇时，村民常在树荫下的小憩；“绕三录”的长蛇阵般的队伍

要绕着它狂着它狂欢；就是村上的人死了，送葬的人群也要朝着它绕一周，并把纸幡插在树下烧毁，藉以寄托死者对村庄的依恋。不远处东北角的村在里也有一棵老太太青树。每当秋天到来，常栖满了雪白的鹭鸶，这是喜洲特殊性有的景观。

Xizhou is located 18 kilometres north of the Dali City, it is east of Erhai and west of Cangshan. Xizhou Bai has the most preserved original Bai residential buildings. These houses have a richly ornamented overlapping “Qiaojiao” cornices, with a colourful painting decorative art. Bai people's buildings are full of beautiful artistic ornaments.

In Xizhou, you can first visit the village, where a rare Chinese banyan tree grows. The Bai people consider this big old tree as the symbol of the village of Xing, so they called it the “fengshui tree”. During the Haruki carnival the villagers put burned paper under the tree, as a token of good luck for the village. In autumn this area has a very special and beautiful landscape.





09:30-11:30自由游览喜洲古镇 Visit Xizhou ancient town by self

喜洲镇压中心四方街，是由店铺围成的小广场。这里竖着一座石坊，这就是近年来修建的“文明坊”。这个地方原来的石坊叫“题名坊”，是明代镇上出了几位进士之后建的，那时候凡是在科举中取得功名的村民都可能性以把名字刻上，现在喜洲是一个行政区划镇压征府的所在地，但历史上它却具有一个城市的规模。早在南诏迁移过来洱海周围之前，这里就是白族先民“河蛮”的聚居地，当时称大厘城，居民已尼经很多，传说，隋文帝的将领有个叫史万岁的在这里扎兵马，所又称它为史城，附近的平坝子就称作“史贇”（贇与甸广告州意思相同）。到了南诏牟时，又在这里建造了皇宫。城的格局从现在的地名上可以找到蛛丝马迹，周围就有城北、城东、城南等村名，过去考古工作者还在镇上发掘到南诏时的有字瓦、布纹厚瓦和莲花纹瓦当等。

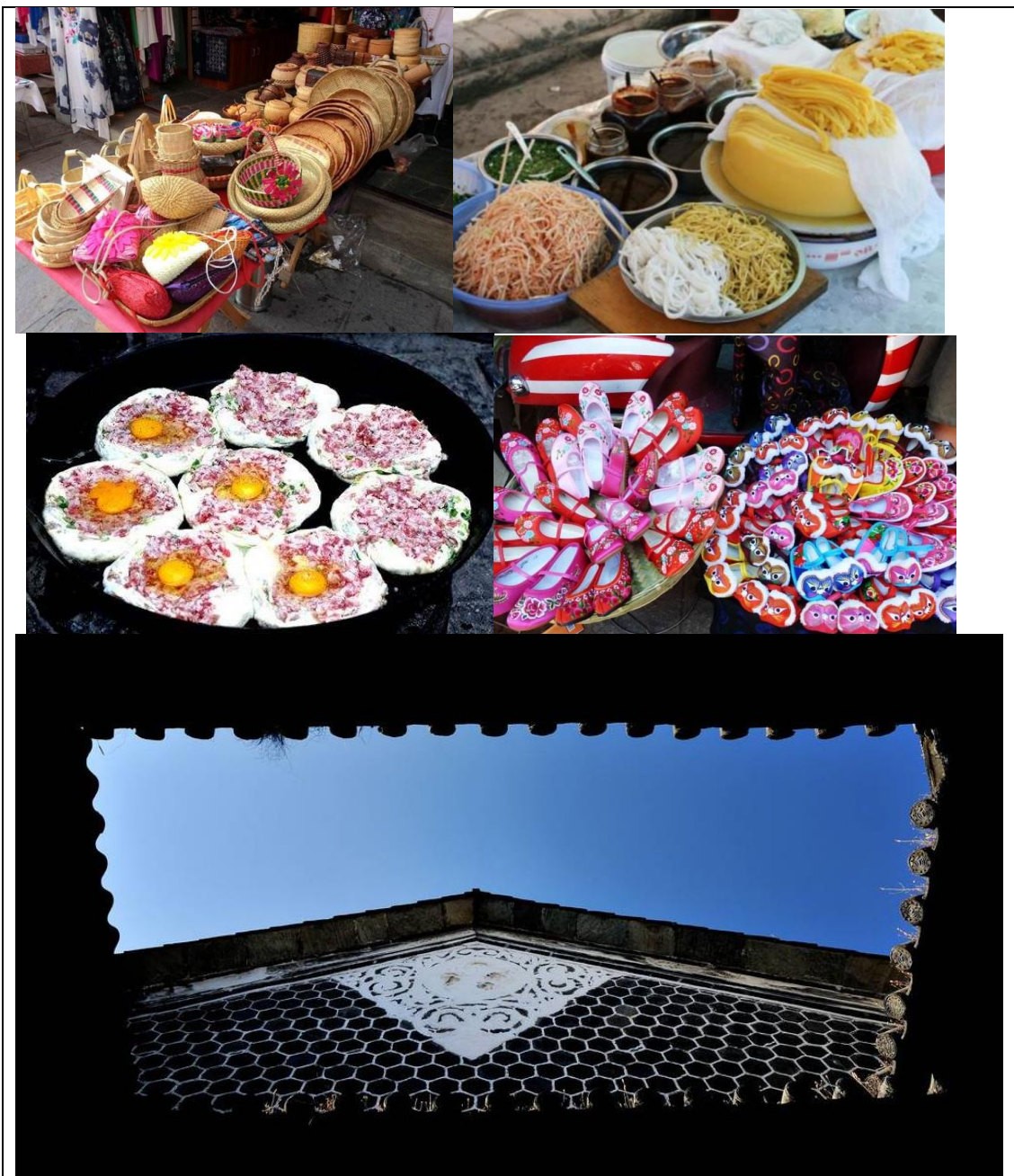
历史上喜洲镇是南诏的军事重镇，文化比较发达，曾为国家输出了许多社会各界的知名人士。过去喜洲的工商业也比较发达，曾是云南的商贸中心之一。

Xi Zhou centre square is a small square surrounded by shops. A Shifang has been built there in recent years in the "civilization square". This place is called "the original Shifang square" where a tower was built after the Ming dynasty. Now Hi Chau is an administration building of the government, but it has an ancient history. Before Nanzhao migrated around Erhai, Xi Zhou was the original settlement of the Bai people. Archaeologists explored the territory and found other villages around the actual city and the old city confines.

Xizhou town has a military history linked to the Nanzhao family. It has a

flourishing culture and there are many celebrities that passed through there and some spent their life in this country. Xizhou business is relatively well developed, and it surely is one of the commercial centres of Yunnan.





12:00-13:00 喜洲古镇内使用午餐 Lunch in Xizhou ancient town

13:00-13:30前往周城白族村 To Bai village in Zhou ancient city

周城被誉为“白族扎染之乡”，位于大理古城北23公里，坐落在离下关38公里处滇藏公路旁，是云南省最大的自然村，面积4.7平方公里，人口10000多人，几乎全是白族。全村居住1500余户白族居民，是大理最大的白族村镇，为对外开放的白族民俗旅游村。

周城不仅因为其境内的蝴蝶泉而闻名遐迩，而且还因为这里至今仍十分完好地保留着白族的各种传统习俗，又被誉为“白族民俗的活化石”。密如蛛丝的石板路，汨汨的泉水顺着七拐八弯的巷道流淌，古朴而又幽静。巷道两侧一幢幢白墙青瓦楼房，是周城白族的传统石墙土木结构建筑，“大理有三宝，石头砌墙不会倒”是这种建筑特征的写照。

周城的白族主要信奉佛教，周城境内有银相寺、[龙泉寺](#)等佛教寺院。与其他白族村庄一样，周城也有本主崇拜，周城有两座本土庙。灵帝庙供奉的本主是蝴蝶泉边的斩蟒英雄杜朝选；景帝庙供奉的本主则是开辟周城的始祖赵木郎岗。他们都是传说中的英雄和祖先，是本村本地的保护神。

在这里可参观白族民居，集市，白族扎染的制作，并可领略白族婚礼，还可品尝白族风味食品，选购白族民间[工艺品](#)。

The city known as "Bai dyed clothes" is located 23 kilometres to the north of Dali and 38 kilometres from Shimonoseki positioned on the Yunnan-Tibet highway. It's the biggest of the Yunnan province villages, with an area of 4.7 square kilometres and a population of more than 10000 people (almost all belonging to the Bai nationality). The village has more than 1500 households.

The fame of the city came not only because of its beauty, but also for its well preserved Bai tradition. For this reason the city is also known as the "living fossil of Bai's folk custom". Buildings are traditionally made of stone and both sides are covered in white tiles. The famous quote "Dali stone walls will never fall" portrays its architectural features.

Zhou Cheng Bai is predominantly a Buddhist area and is in possession of a beautiful silver temple, Longquan. Like other Bai villages, Zhou city also has Benzhu worshippers so there are two temples. The Emperor Ling and Zhao Mulang are the local legendary heroes and are the designated protectors of the village.

We will visit Bai houses, the bazaar, make a Bai tie dye and enjoy a Bai traditional wedding. We will also taste local cuisine and shop for the Bai folk art crafts.





13:30-16:30学习和体验扎染 Learn and have a try of cloth dyeing, the local traditional culture

扎染布由手工针缝线扎，反复冷染浸制而成，显色青里带翠，凝重素雅，精工制作，图案清新，色彩绚丽，远销海内外。用扎染布制作的工艺品既充满浓浓的民族风味，也很具现代韵味。

昔日周城白族先辈们赶马驮货走夷方、下海捕鱼都成了老人摆古的话题，但周城的白族经商和从事手工艺品加工的古老传统习惯一直沿袭着。已有300余年历史的扎染手工艺在新时期大放异彩。扎染又称绞缬染，俗称扎花布，是将白布按绘制好的图案用线缝扎起来，染以天然的植物染料，经漂洗拆线后即呈图案，美丽古朴。

The local technique of cloth dyeing is of dignified elegance. Exquisite workmanship of patterns and brilliant colours make these in high demand in both China and abroad.

Customs of traditional Bai Zhou City business and handcraft processing hadn' t changed in 300 years of history. These dyed clothes are also called Jiaoxie. They use particular patterns and natural vegetable dyes. After rinsing the dye a beautiful pattern remains..





16:30-17:30 前往晚餐餐厅 To dining hall

17:30-19:30晚餐 Dinner

19:30-返回酒店休息或者自由活动 Back to hotel

Date 日期	City 城市	Transportation 交通	Meal 用餐	Accommodation 住宿
Day 4- 6 2018-9- 21~23 Fri~Sun	Dali 大理	NO 不需要	NO 自理	Dali 大理

内部会议和活动 自由活动和安排 Free time with no arrangement
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Date 日期	City 城市	Transportation 交通	Meal 用餐	Accommodation 住宿
Day 7 2018-9-24 Mon	Dali-Lijiang 大理-丽江	Tourism Bus 旅游车	Local Restaurant 当地餐厅 (早中晚餐)	Lijiang 丽江

<p>丽江出发前往大理 To Dali from Lijiang</p> <p>13:00-14:00午餐 Lunch</p> <p>14:00-15:00 抵达酒店办理入住并短暂休息 Hotel Check-in</p> <p>15:00-18:00 自由游览古城 (木府) Visit to the ancient city (Mu's Residence)</p> <p>丽江古城内的街道依山傍水修建，以红色角砾岩铺就，有四方街、木府、五凤楼等景点。丽江为第二批被批准的中国历史文化名城之一，是中国以整座古城申报世界文化遗产获得成功的两座古城之一。</p> <p>丽江古城有着多彩的地方民族习俗和娱乐活动，纳西古乐、东巴仪式、占卜文化、古镇酒吧以及纳西族火把节等，别具一格。丽江古城体现了中国古代城市建设的成就，是中国民居中具有鲜明特色和风格的类型之一。</p> <p>丽江古城内的街道依山傍水修建，以红色角砾岩铺就，有四方街、木府、五凤楼、丽江古城大水车、白沙民居建筑群、束河民居建筑群等景点。</p> <p>The old town of Lijiang paved with red breccia stones has a “square street”, wood houses and other attractions. Lijiang is the second historical and cultural Chinese city, and is considered world cultural heritage.</p> <p>Old Town of Lijiang has interesting local customs and recreational activities such as Naxi ancient music, the Dongba ceremony, divination rites, ancient bars and the unique “Naxi Torch Festival”. The old town of Lijiang embodies the ancient Chinese architecture with a distinctive Chinese style.</p> <p>文化古迹：木府、万古楼、丽江东巴文化博物院、五凤楼、方国瑜故居、周霖故居、</p>

普济寺、四方街、古桥、科贡坊

民俗文化：丽江古乐、东巴音乐、白沙细乐、素神仪式、东巴仪式、素神仪式、占卜文化、丽江壁画

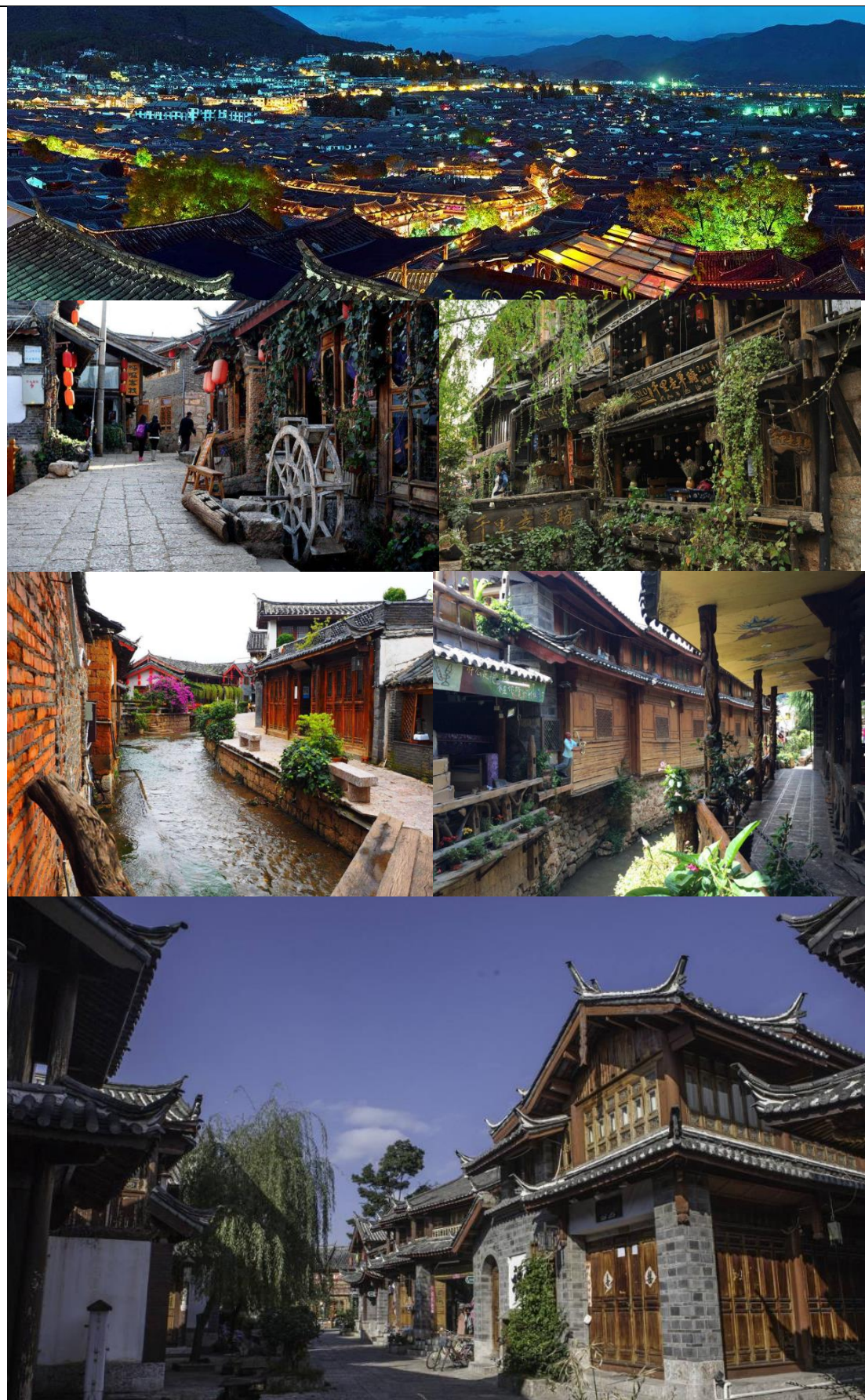
特色美食：鸡豆凉粉、丽江粑粑、麻补、灌猪肺、吹猪肝、青松毛粘糯米饵块、酥油茶

Cultural attractions: traditional wood houses, Lijiang Dongba Culture Museum, the residence of Fang Guoyu, Zhou Lin's residence, Puji temple, square street, old bridge and the Kogon square

Folk Culture: Lijiang traditional music, Dongba traditional music, God Dongba ceremonies, divination rites, Lijiang murals

Special delicacies: Chicken jelly beans, Lijiang Baba, Ma Bu, lung, liver, blown sugar, sticky rice, rice cakes, butter tea





木府：是丽江**木氏土司**衙门的俗称，位于**丽江古城狮子山下**，是丽江古城文化之“大

观园”。整个建筑群坐西向东，是一座辉煌的建筑艺术之苑。

纳西族人原来没有汉族的姓氏，朱元璋建立明王朝后，远在滇西北丽江纳西族土司阿甲阿得审时度势，于公元1382年“率从归顺”，举人臣之礼，此举大获朱元璋赏识，朱将自己的姓去掉一撇和一横，钦赐其“木”姓，从此纳西传统的父子连名制得以改成汉姓名字。

“北有故宫，南有木府”，木府是一座辉煌的建筑艺术之苑，它充分反映了明代中原建筑的风采气质，同时保留了唐宋中原建筑古朴粗犷的流风余韵，而其座西朝东，府内玉沟纵横，活水长流的布局，则又见纳西族传统文化之精神。丽江旅游有一句话：“不到木府，等于不到丽江”。

木氏土司建造了规模宏大的宫殿式建筑群，如以石和木做的三座大型牌坊、木家院、皈依堂、玉皇阁、三清殿、光碧楼、经堂、家庙、万卷书楼、玉音楼等。

木府门前的石牌坊，用采自下虎跳金沙江边的汉白玉建成，宽9米，高约18米，4根石柱撑着牌坊上的碑、椽、檐和坊盖，匾额上镌刻著明神宗钦赐的“忠义”二字。

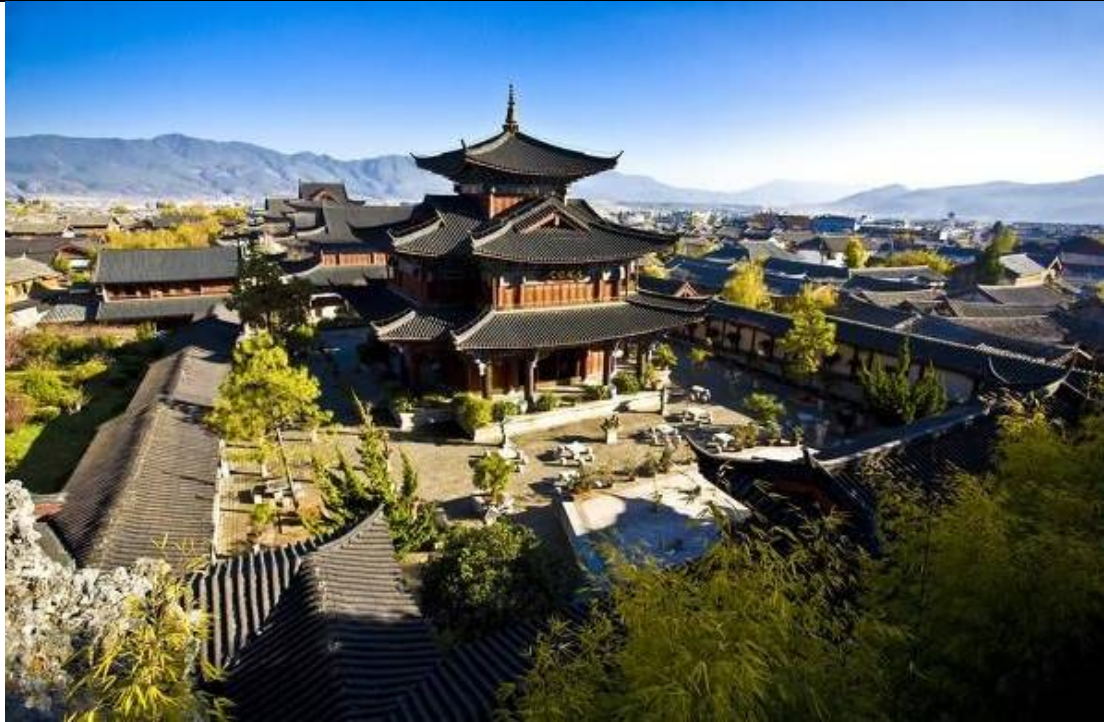
Wood houses are commonly known as Lijiang Mu yamen, located in the old town of Lijiang on the "lion mountain" . The old town of Lijiang has a culture of "grand view gardens" incorporated in the architecture.

The imperial palace is a brilliant example of local architecture and particularly the style of the Ming Dynasty. Tang and Song Dynasties architecture perfectly embodies the spirit and tradition of the Naxi culture. Lijiang tourists always say that if it weren' t for the wooden houses, there would be no Lijiang.

Chieftain Mu built large scale palace buildings made of stone and wood with large arches and wooden homes. The Huang Ge Hall, the San Qingdian building, Bi Jing Tang, the ancestral temple and the beautiful library building are part of the complex.

In front of the wooden houses there is a white marble arch built on the Jinsha River. It is 9 meters wide and about 18 meters high, with 4 pillars supporting the church at its top.





18:30-20:00晚餐 Dinner

20:00-返回酒店休息或者自由活动 Back to hotel

Date 日期	City 城市	Transportation 交通	Meal 用餐	Accommodation 住宿
Day 8 2018-9-25 Tue	Lijiang 丽江	Tourism Bus 旅游车	Local Restaurant 当地餐厅 (早中晚餐)	Lijiang 丽江

08:30-09:20酒店早餐后前往雪山景区 To the Jade Dragon Snow Mountain

玉龙雪山为[云南省丽江市](#)境内[雪山群](#)，地处东经100° 4′ 2″ ~100° 16′ 30″、北纬27° 3′ 2″ ~27° 18′ 57″ 之间，在[丽江](#)北面约15千米处，全长75千米，是[北半球](#)最近赤道终年积雪的山脉，隔江西与中甸雪山、东与[绵绵山](#)相并列，北自三江口，向南延伸到北纬27°，如扇面向古城展开。全山的13座山峰由南向北纵向排列，主峰[扇子陡](#)最高处海拔5596米，终年积雪，发育有[亚欧大陆](#)距离赤道最近的温带海洋性[冰川](#)。

玉龙雪山在[纳西语](#)中被称为“欧鲁”，意为银色的山岩。其十三座雪峰连绵不绝，宛若一条“巨龙”腾越飞舞，故称为“玉龙”。又因其岩性主要为[石灰岩](#)与[玄武岩](#)，黑白分明，所

以又称为“黑白雪山”。是纳西人的神山，传说纳西族保护神“三多”的化身。

1984年，云南玉龙雪山省级自然保护区建立。2001年，玉龙雪山被评为4A级旅游景区，2007年5月成为全国首批5A级旅游景区。

Jade Dragon snow mountain is located in Lijiang city in the Yunnan Province. Snow covers the 13 peaks of the mountain. Its highest peak is 5596 meters above sea level.

Jade Dragon Snow Mountain is called "Auroux" in the Naxi language which means silver rock. The thirteen peaks are arranged in an unbroken line, as if though a dragon was flying over it, and it is called "Eron" or the "black and white snow". The Naxi legend states that Kamiyama reincarnated himself as this mountain in order to protect his people.

In 1984 the Yunnan Jade Dragon Snow Mountain has become a natural reserve park. In 2001 it has been ranked a 4A level scenic spot and in May 2007 it became the first national 5A level scenic spot..

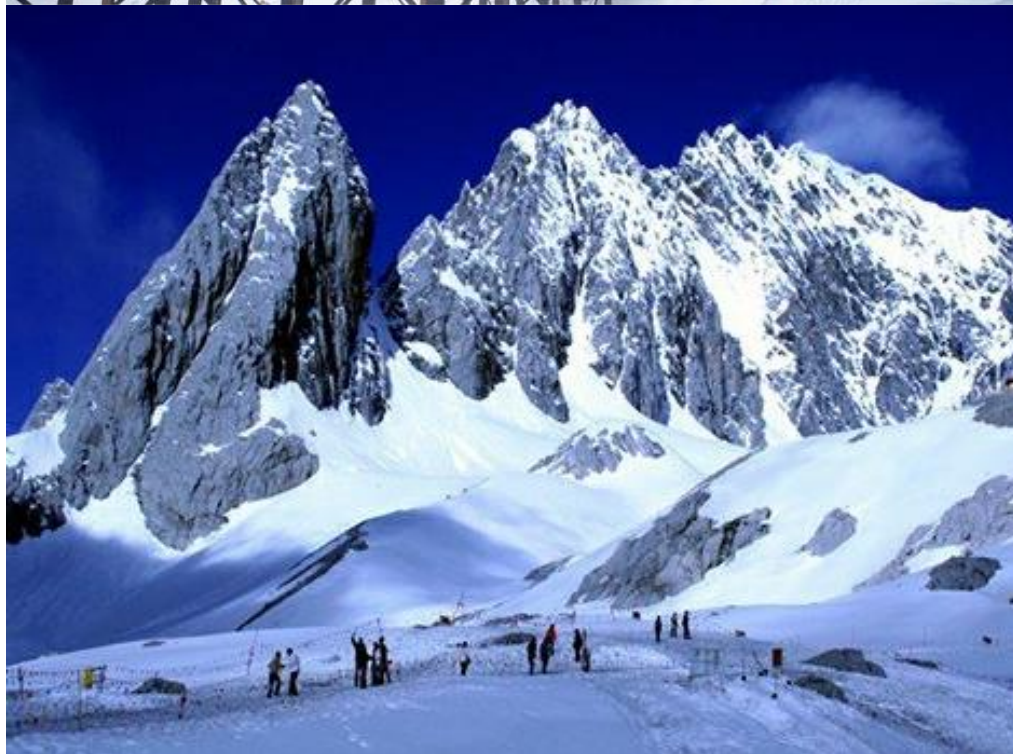




09:30-12:00 乘坐索道到观景平台To the view terrace by ropeway







12:30-13:30午餐-雪厨餐厅 Lunch in a “Snow Kitchen” dinning hall

雪山景区唯一一家餐厅 The only one dining hall in the snow mountain area



13:30-14:30观看大型实景演出-印象丽江 Enjoy the performances of Lijiang city

《印象·丽江》是继《印象·刘三姐》之后推出了又一部大型实景演出，总投资达2.5亿元，上篇为“雪山印象”，下篇为“古城印象”，原生态大型实景演出《印象·丽江》，由中国最具影响力的导演张艺谋携手王潮歌、樊跃共同执导，历时1年多时间，经上百次修改完成，演出剧场位于海拔3050米世上最高的实景演出场地——玉龙雪山景区甘海子，是目前唯一一部在白天进行的实景演出。人员由《印象·刘三姐》的原班人马组成。《印象·雪山》以雪山为背景，汲天地之灵气，取自然之大成，以民俗文化为载体，用大手笔的写意，在海拔3100米的世界上最高的演出场地，让生命的真实与震撼，如此贴近每一个人。与此同时《印象丽江》还获“国家文化产业示范基地”称号。

Lijiang organized a large-scale live cultural art performance, with a total investment of 250 million yuan, called the "Snow Mountain impression" and the "original large-scale live performance of the ancient city of Lijiang". Directed by Zhang Yimou, China most influential director and Wang Chaoqe with collaboration of Fan Yue. It was performed at an altitude of 3050 meters at the top of the world on the Jade Dragon Snow Mountain scenic area of Gansu Haizi. "The performance of Lijiang" also won the "national cultural demonstration" prize.



茶马古道给人一种行走在天上的感觉，[丽江古城](#)成为滇西茶马古道上的重镇，都是因为马

帮的原因。马帮影响着纳西人的生活，他们以能参加马帮，当上马锅头为荣。马鞍舞展现了大马帮男人的英雄色彩。

纳西民族的风俗认为，大丈夫不应为家务事所累，女人应当操持家务，田间劳作，生儿育女，以能吃苦为荣，她们甚至羞于让男人插手家务。在纳西女人看来，自己的男人有学识，能交友，有成就，便是妻儿的荣耀。筐舞展现了纳西妇女任劳任怨的伟大母性情怀。

云南的马都是矮脚的马，这种马跑不太快，却很善于走山路。只有这种好脚力的马才能驮着沉重的货物，走过漫长艰险的茶马古道，走过连折12层而上，仅一尺多宽的马帮路。因此纳西人十分推崇马，马是他们的崇拜物之一。马帮在红顶上奔跑，仿佛是六百年前茶马古道上“山间铃响马帮来”的震撼再现。

The “tea horse road” will give the tourists a feeling of walking in the sky. The old town of Lijiang has become an important centre on the tea horse road because of the frequent caravan passage. Caravans still affect the life of the Naxi people. A dance on horses’ saddles tells the stories of Damabang, the local hero.

The Naxi ethnic traditions are quite strict: women should be doing the housework, field work and raise the children honouring their capacity to endure hardships. In the eyes of Naxi woman the man is the knowledge holder, he can make friends and through his achievements he can become the pride of his wife and children. The “Basket dance” will show the maternal feelings of the Naxi women.

Yunnan horses are of a dwarf race, not too fast but very good in the mountains. Only a good horse can carry a heavy cargo and follow long and dangerous mountain paths. Therefore, the Naxi people admire Ma who is one of their idols.





纳西人是天的儿子，纳西人是自然的兄弟。

对天的崇拜和对自然的亲和是纳西人从古至今所一直推崇的。这个人口不到30万的民族，在东巴经书中曾经这样记录：“我是九天先祖的后代，我是七地先宗的后代，越过九十九座山不累者的后代，猛狮壮象的后代，力大无穷的巨人的后代，口含竹纳乱卵神山不嫌重者的后代，大江大河吸干后不解渴者的后代，三袋炒面一口吞下不呛人的后代，三根腿骨一口咬断牙不碎者的后代，身经百战而不死者的后代……”

在震撼人心的鼓声中，在老东巴振振有词的唱经声中，我们仿佛已经感受到了一个生生不息的纳西民族。

Naxi people are the sons of the sky and its natural brothers.

Days of worship of the natural elements have always been carried on by the Naxi

people since ancient times. The population is less than 300000 people.

The drum beat in the ancient Dongba songs will introduce you to the Naxi ethnic life and their worship of the nature



15:00-16:30 前往蓝月谷景区并游览 Visit to Blue Moon Valley

蓝月谷，其前身为早前人们所熟知的“白水河”。在晴天时，水的颜色是蓝色的，而且山谷呈月牙形，远看就像一轮蓝色的月亮镶嵌在玉龙雪山脚下，所以名叫蓝月谷。而白水河这个名字是因为湖底的泥巴是白色的，下雨时水会变成白色，所以又叫白水河。

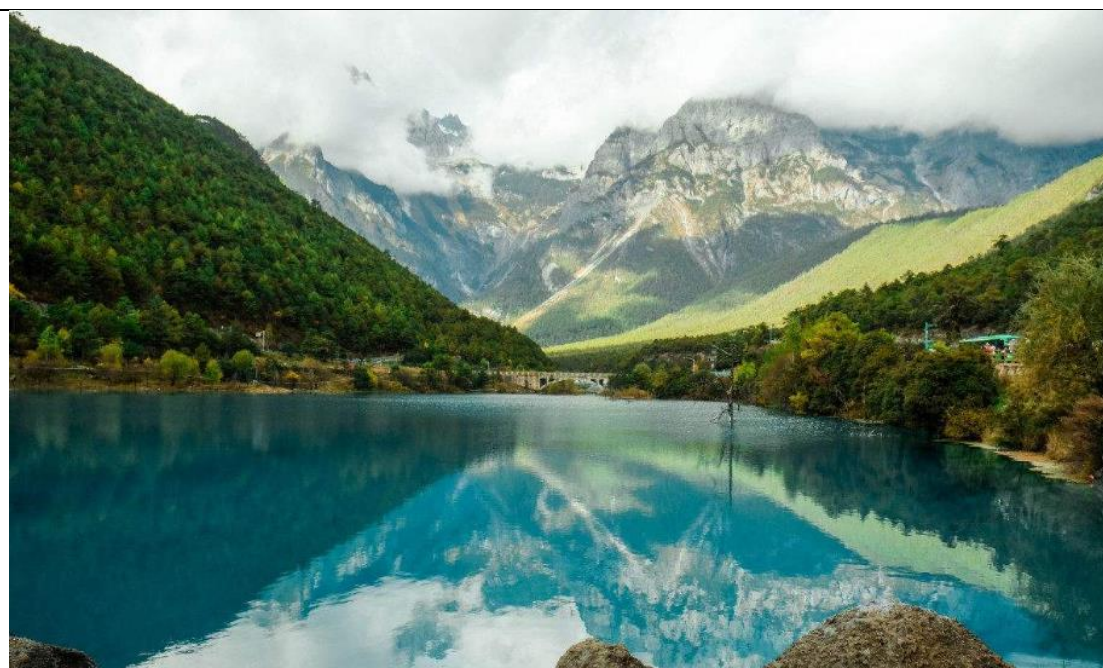
蓝月谷中的河水在流淌过程中因受山体阻挡，形成了四个较大的水面，人称“玉液”湖、“镜潭”湖、“蓝月”湖和“听涛”湖。湖水的水较凉。蓝月谷的水里面有铜离子，所以不能

饮用。

Blue Moon Valley was earlier known as the "white river". When days are sunny the colour of the water has an intense blue colour. The valley looks like a blue moon at the feet of the Jade Dragon Snow Mountain (hence its name). When it rains its water becomes white because of the white mud of its shores and so it is also called "white river" .

Due to the natural mountain barrier Blue Valley' s river becomes a lake called "jade lake," Mirror Lake", " blue moon "or " waterside Lake" . Its water is cold and contains copper ions, so it is not drinkable.





16:30-17:30乘车返回丽江市區 Back to Lijiang downtown by bus

17:30-19:30 晚餐 Dinner

19:30-返回酒店休息或者自由活动 Back to the hotel

Date 日期	City 城市	Transportation 交通	Meal 用餐	Accommodation 住宿
Day 9 2018-9-26 Wed	Lijiang & Shangri-la 丽江-香格里拉	Tourism Bus 旅游车	Local Restaurant 当地餐厅 (早中晚餐)	Shangri-la 香格里拉
08:30-10:30酒店早餐退房前往虎跳峡景区 To Tiger Leaping Gorge <p>虎跳峡，以“险”名天下，是中国最深的峡谷之一。虎跳峡有香格里拉段和丽江段和之分，而香格里拉虎跳峡是国家AAAA级旅游风景名胜区，它包括上、中、下虎跳峡，高路徒步线。突遇玉龙、哈巴两座雪山的阻挡，原本平静祥和的江水顿时变得怒不可遏，虎跳峡是万里长江第一大峡谷，横穿与哈巴和玉龙雪山之间因猛虎跃江心石过江的传说而得名。3900米下的水石咆哮，216米短距离落差，以其山高谷深，雄奇险峻闻名于世。</p> <p>Tiger Leaping Gorge is one of the most famous gorges in the world and Chinese deepest canyon. It is a national AAAA class tourist scenic spot, which is comprised of the Tiger Leaping Gorge and its high road line. Two peaceful rivers suddenly become enraged when they encounter the mountain barrier. Its name comes from a legend in which a tiger jumped across the river. The canyon is 3900 meters deep. With its high mountains and deep valleys Tiger Leaping Gorge is a magnificent place that is worldly renowned.</p>				





10:30-12:00游览虎跳峡景区Visit Tiger to Leaping Gorge







12:00-13:00 午餐 Lunch

13:00-15:00 前往香格里拉 To Shangri-la city

15:00-16:30 抵达酒店办理入住并短暂休息 Hotel Check-in

16:30-18:30 游览独克宗古城 Visit the old city of Dukezong

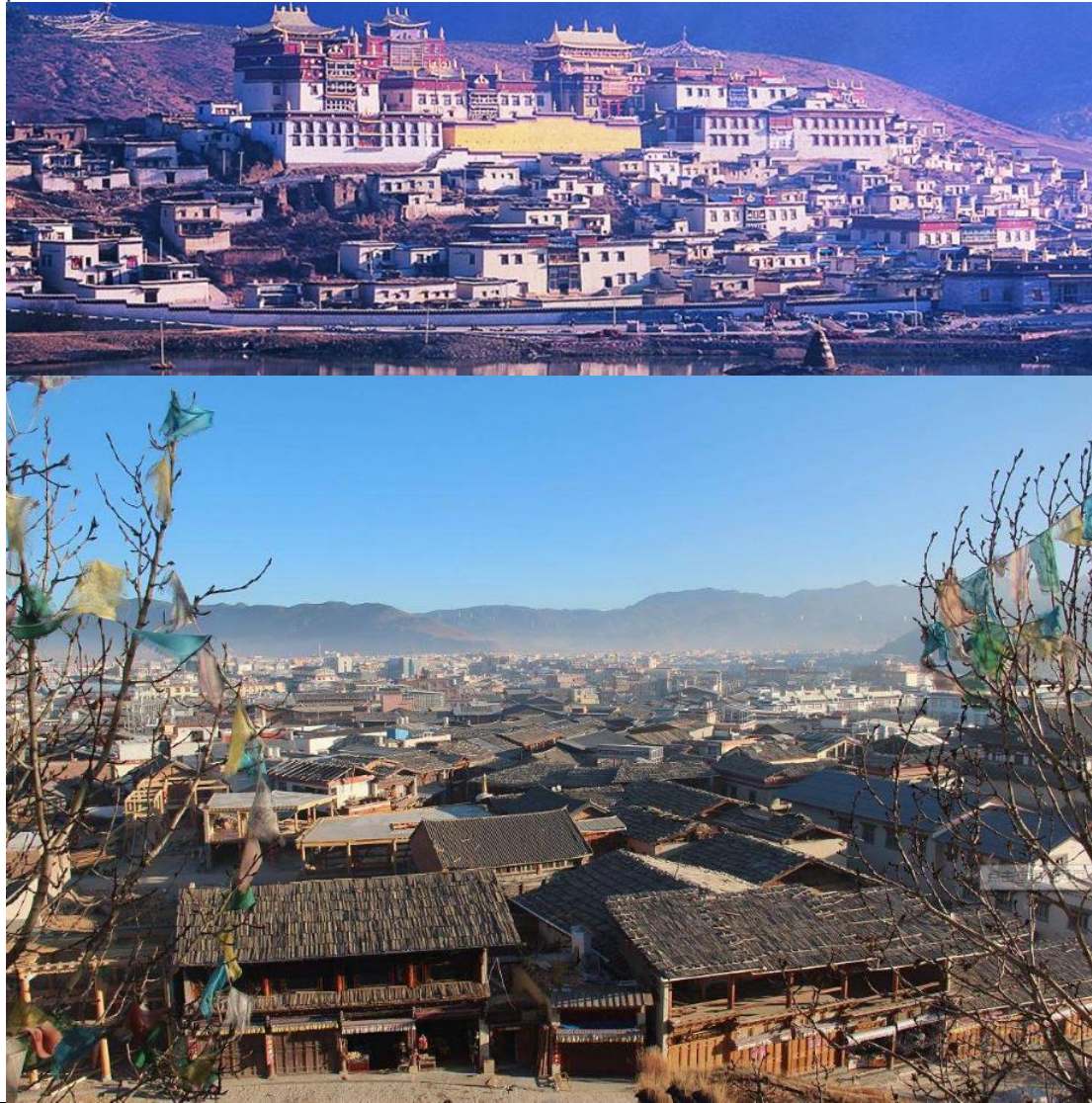
独克宗古城是中国保存得最好、最大的藏民居群，而且是[茶马古道](#)的枢纽。位于云南省[迪庆州](#)[香格里拉](#)县的独克宗古城，是一座具有1300多年历史的古城，曾是雪域藏乡和滇域民族文化交流的窗口，川藏滇地区经济贸易的纽带。

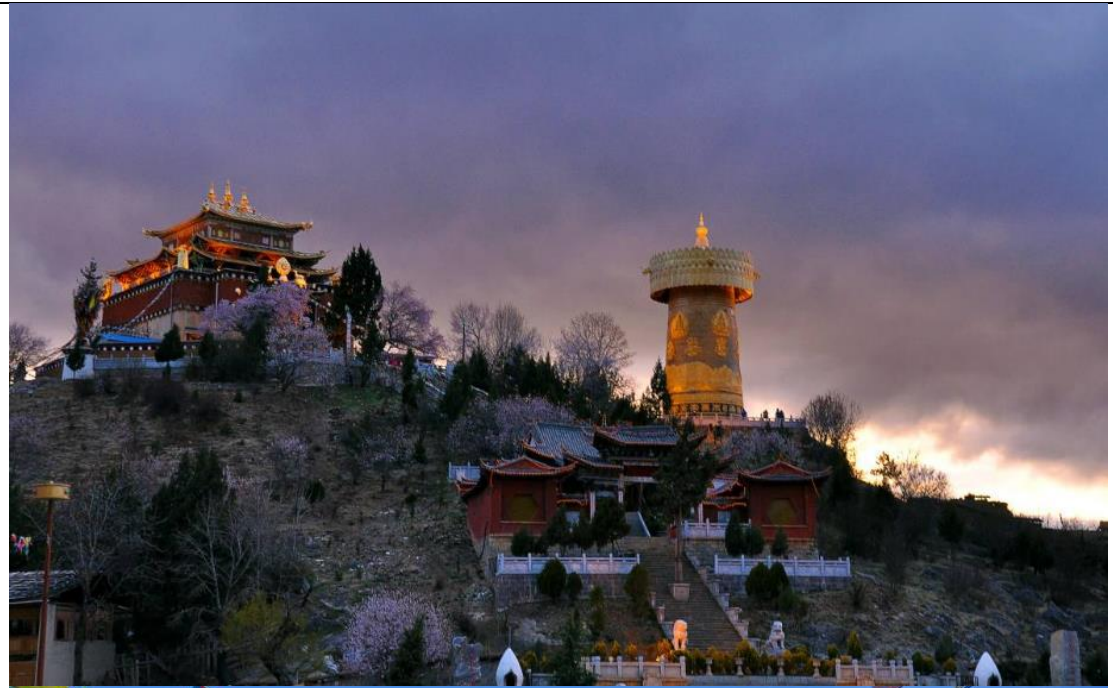
Dukezong has preserved original Tibetan dwellings on the "tea horse road" junction. Dukezong city is located in the Shangri-La county of Yunnan. It is a city with 1300 years of history and was Tibet's and Yunnan's cultural doorway and a main trade centre between Sichuan and Yunnan areas.

近年来，随着当地旅游事业的发展，香格里拉县加强对独克宗古城的保护和修缮工作，重现古城的历史风采。唐[仪凤](#)、[调露](#)年间（公元676-679年），[土蕃](#)在这里的大龟山顶设立寨堡，名“独克宗”，一个藏语发音包含了两层意思，一为“建在石头上的城堡”，另为“月光城”。后来的古城就是环绕山顶上的寨堡建成的。与此呼应的是在奶子河边的一座山顶上建立的“尼旺宗”，为“日光城”，其寨堡已经没有了，原址上是一座白塔。独克宗古城依山势而建，路面起伏不平，那是一些岁月久远的旧石头就着自然地势铺成的，至今，石板路上还留着深深的马蹄印，那是当年的马帮给时间留下的信物了。对于穿越茶马古道的马帮来说，独克宗古城，是茶马古道上的重镇，也是马帮进藏后的第一站，这算是相当舒服的一段路。2001年，独克宗古城被批准为云南省历史文化名城。

In recent years, with the development of the local tourism, Shangri-La County made efforts in reproducing the ancient local architecture. A fortress called "Dukezong" has been built in the ancient times. Its name is a Tibetan word that has two meanings: one is "Stone Castle" and another "Moonlight city". Later on, a protective fortress wall has been constructed around the city. The bumpy road to the ancient Dukezong city has been paved with old stones. The caravans have left visible marks on the road made of old

cobble stones. It is the first stop on the “Tea horse road”. In 2001, Dukezong was officially acknowledged as an important historical and cultural city of the Yunnan province.







18:30-20:00特色晚餐-藏民家访 Special dinner - visit into Tibetan houses





20:00- 返回酒店休息或者自由活动 Back to hotel

Date 日期	City 城市	Transportation 交通	Meal 用餐	Accommodation 住宿
Day 10 2018-9-27 Thu	Shangri-la 香格里拉	Tourism Bus 旅游车	Local Restaurant 当地餐厅 (晚餐)	Shangri-la 香格里拉

08:30-09:00早餐后前往普达措国家公园 To Pudacuo National Park

普达措国家公园，位于滇西北“三江并流”世界自然遗产中心地带，由国际重要湿地碧塔海自然保护区和“三江并流”世界自然遗产哈巴片区之属都湖景区两部分构成，以碧塔海、属都湖和弥里塘亚高山牧场为主要组成部分，也是香格里拉旅游的主要景点之一。

海拔在3500米至4159米之间，属省级自然保护区，是“三江并流”风景名胜区的重要组成部分。普达措国家公园拥有地质地貌、湖泊湿地、森林草甸、河谷溪流、珍稀动植物等，原始生态环境保存完好。距香格里拉市城区22公里，总面积约1313平方千米。

Pudacuo National Park is located to the northwest of Yunnan and Sanjiang. Became a "World Natural Heritage Centre" alongside the international Bitahai Nature Reserve. Sanjiang is an area which includes the Haba Lake scenic area. The scenic area comprises the Bita Lake and the Mi subalpine pasture pond.

The area is at an altitude from 3500 meters to 4159 meters. Pudacuo National Park has a typical geological landform, lakes, wetlands, forests, meadow and valleys. There are also some rare animals and plants and the original ecological environment has been well preserved. The Shangri-La city is 22 kilometres far and has a total area of about 1313 square kilometres.

主要景点：属都湖、碧塔海、文化村

Main attractions: Lake, Bita Lake, village culture





09:00-13:00游览普达措景区Visit to Pudacuo Park









13:00-14:00 午餐 Dinner

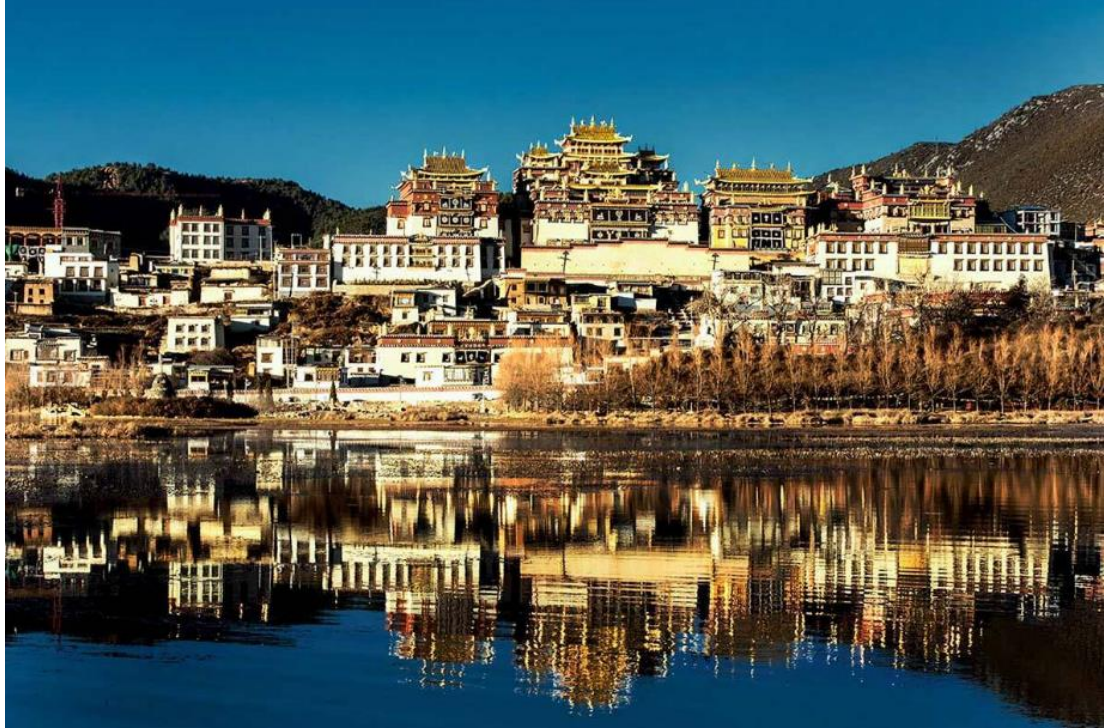
14:00-14:30 前往松赞林寺 To Ganden Sumtseling Monastery

松赞林寺是云南省规模最大的藏传佛教寺院，也是康区有名的大寺院之一，还是川滇一带的黄教中心，在整个藏区都有着举足轻重的地位，被誉为“小布达拉宫”。该寺依山而建，外形犹如一座古堡，集藏族造型艺术之大成，又有“藏族艺术博物馆”之称。该寺又称归化寺，距中甸县城5公里，是一座古镇规模的古堡群建筑。于公元1679年（藏历第十一绕迥阴土羊年）兴建，公元1681年（阴铁鸡年）竣工。五世达赖喇嘛亲赐名“噶丹·松赞林”。

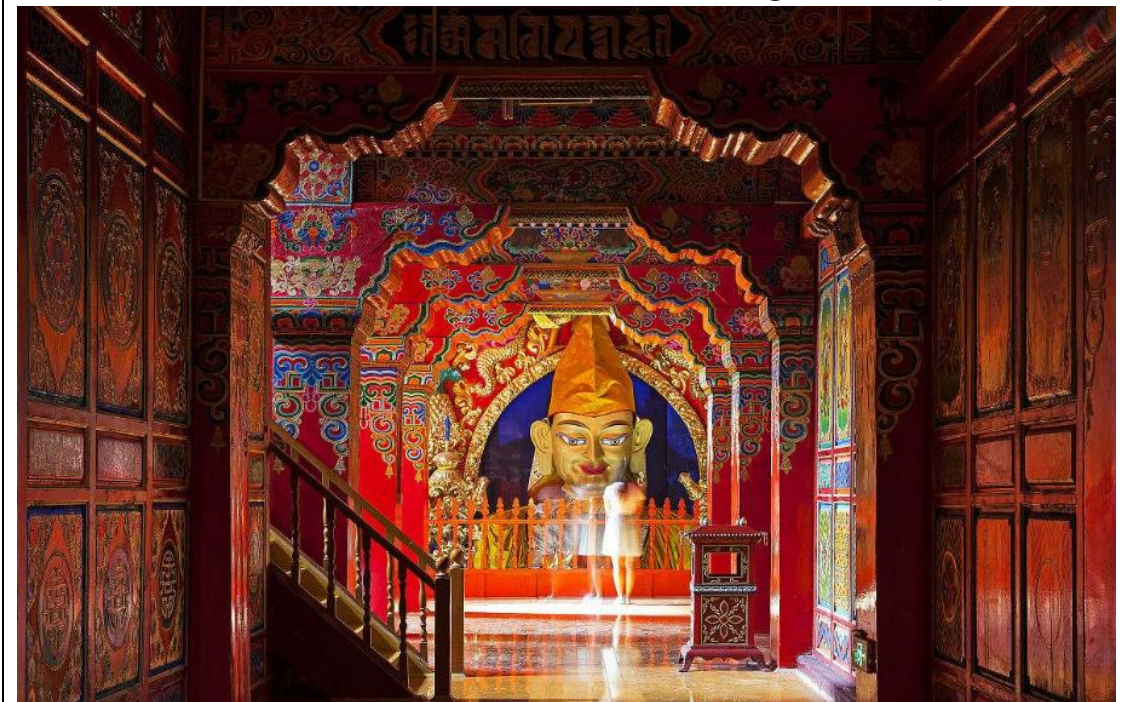
Sumtseling Monastery is the largest Tibetan Buddhist temple in Yunnan province and one of the major Chinese temples. It holds an important position in the whole area and is known as the "small Potala Palace". The temple stands on a hillside and its architecture is reminiscent of a medieval

castle and is an important Tibetan art museum.

There is also a monastery called the Guihua temple, 5 kilometres from the Zhongdian County. The local town has the size of the castles buildings. Its construction started in the year 1679 (Tibetan Earth Sheep year) and was completed in 1681 (Tibetan Metal Bird year).



14:30-16:30 游览松赞林寺 Visit to Ganden Sumtseling Monastery







16:30-19:00晚餐 Dinner

19:00- 返回酒店休息或者自由活动 Back to hotel

Date 日期	City 城市	Transportation 交通	Meal 用餐	Accommodation 住宿
Day 11 2018-9-28 Fri	Shangri-la- Chengdu 香格里拉-成都	Tourism Bus 旅游车	Hotel 酒店 (早餐)	
15:00-16:00 酒店早餐 Breakfast 自由活动或者退房 Leave 安排送机 (参考航班MU9745) Hotel to Airport				

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