



8 天稻城亚丁/海螺沟之旅

YD-1



地球最后一片净土---稻城亚丁

中国康区最大黄教寺庙-喇嘛教格鲁派---理塘大寺

★独家：稻城—纯净而神秘的地方，为其淳朴民风而倾心微笑，放牧自己灵魂

★独家：亚丁--失落的阳光之地，人间的「世外桃源」，永远的香格里拉

★独家：新都桥：一片如诗如画的风彩，令人神往的光与影的世界、摄影家的天堂。

风味餐：★理塘高原鱼风味 ★四川特色鸳鸯火锅 ★养生药膳

第一天：新加坡—成都—140km 雅安 （晚餐）

集合樟宜国际机场搭机航班飞往成都。欣赏沿途风光，沿成雅高速前往以“雅雨、雅女、雅鱼”三绝而闻名于世的雅安。大约2小时。

第二天：雅安—海螺沟 （早午晚餐）

早餐后前往游览亚洲最大的冰川—海螺沟冰川。海螺沟位于四川最高峰，向来称「蜀山之王」的贡嘎山风景区东侧，藏语“贡”为雪“嘎”为白，意为洁白无瑕的雪峰。造就了这里举世罕见且发达的冰川奇观。行程带领您搭乘景区园车穿越二、三号营地，欣赏森林生态，及搭乘长达4公里缆车深入四号营地遍览壮丽的冰川美景。沿着缆车路线才可以看到由贡嘎山雪峰上延伸下来宛如银色巨龙般的大冰瀑，仿佛瞬间凝结的奔腾瀑布，气势惊人。并有时间安排高山温泉泡汤(请自备泳衣)

第三天：海螺沟—110 km(2小时)康定80km—(2小时)新都桥—68km雅江 （早午晚餐）

途径泸定，游览泸定桥。途径高原城市，沿川藏公路经过摄影家的天堂康定至新都桥 73 公里的路途中要翻越海拔4900米的折多山，新都桥处于川藏线南北分叉路口，是一片如诗如画的世外桃源。神奇的光线，无垠的草原，弯的小溪，秋天那金黄的柏杨，山峦连绵起伏，藏寨散落其间，牛羊安详地吃草，一个个典型的藏族村落依山傍水地散落在公路两旁，一条浅浅的小河绕着村前缓缓流过。村前村后矗立着棵棵挺拔的白桦。午餐后，离开川藏公路南线往南前行，翻越高尔寺山(4412米)，经雅砻江畔，康巴小山城，后抵达雅江。

第四天：雅江135km理塘154km稻城72km日瓦(早午晚餐)

早餐后，翻越高尔寺山和卡子拉山，抵达世界第一高城—理塘(4014米)。随后游览甘孜州最大的黄教寺庙—

【理塘大寺(长青春科尔寺)】。下午翻越著名的【海子山风景区】(4300-4700米)，领略青藏高原最巨大的古冰川遗迹，抵达稻城欣赏红草地并拍照留念。今天我们将前往日瓦入住酒店。

第五天：日瓦36km—亚丁110—稻城(早午晚餐)

早餐后乘车进入亚丁自然保护区。车行至农同坝营地，改骑上高原骡马(上程)，在纯朴的藏族马夫的牵引下，沿贡嘎银沟走进神奇、美丽、迷人的香格里拉。先游览【冲古寺】，步行前往珍珠海观赏第一座神山【仙乃日】。四周景致如画。然后乘坐电瓶车到洛绒牛场，途中可近距离欣赏夏诺多吉峰不同角度的英姿，抵达后，可另外观赏到第三座神山【央迈勇峰】(海拔5958米)返回稻城入住酒店。(午餐为路餐)

第六天：稻城—350km 新都桥 （早午晚餐）

沿着川藏线经过理塘、雅江、到新都桥，沿途回味甘孜无数美景，再次把神秘的雪山、温柔的草地，美丽的姑娘，雄壮的康巴汉子留进你的相机和脑海里。回味这里拥有最纯粹的生灵：傲视天穹的苍鹰、自由生活的各种野生动物、草场林间婉转歌唱的鸟儿、静静地放牧着牛群也牧着自己的牧人。

第七天：新都桥—380km 成都 （早午晚餐）

早餐后留恋于金秋新都桥的美景之中，沿川藏线返回成都。经过康定返回成都入住酒店

第八天：成都—新加坡 （早午餐）

前往有成都名片之称的**宽窄巷子**游览，在这里不仅能触摸到历史留下的痕迹，也能体味到成都最原滋原味的休闲生活方式。今天我们将前往机场搭乘国际航班返回新加坡温暖的家(最终确认行程根据交通天气原因以当地旅行



社最终确认及航班时间为准)

Ren Ren Travel Pte Ltd

www.renrentravel.com.sg

8D Yading Daocheng + Hailuo Glacier Tour

YD-1



Day 1: Singapore -Chengdu - Ya'An (D)

Assemble at Changi International Airport for your pleasant flight to Chengdu. Upon arrival, we will head straight to Ya'An, the main market for a special kind of tea which is grown in this part of the country and exported in very large quantities to Tibet via Kangting and over the caravan routes through Batang (Paan) and Teko. Check-in hotel and rest for the day.

Day 2: Ya'An - Hailuo Glacier (B/L/D)

After breakfast, we will start our journey to Hailuo Glacier and will visit **Hailuoguo Glaciers Park**. Located at Mt. Gongga, it extends for 30.7km and has many geologic features, landforms, rare animals and plants. There are endless ice holes, ice lakes, ice mushrooms, ice doors and ice steps which make up a wonderful ice world here. Take the Cable car to the 4th camp to view Glacier. Along the cable car line can be seen only by the extension of the Gongga Mountain xuefeng down like a large silver dragon-like icewaterfall, as if the moment of condensation Pentium waterfalls, amazing momentum.

Day 3 : Hailuo Glacier - XinDu Bridge - Ya'Jiang (B/L/D)

After breakfast, depart for Ya'Jiang. On the way we will pass by KangDing, a city surrounded by three hills, streams dihydrate folder, folding multi-River runs through the town, the rich variety of ethnic style of building in spread River. We then will continue our trip to Ya'Jiang. Passing by 4,300 meters high **Zheduo Mountai**. Hiking in this area will require you to be in very good physical condition due to the altitude and rough terrain, so don't overdo it. Then we will arrive at **Xindu Bridge** a place known as Eastern Russia with the height 3,450 meters above sea level. It is a famous place for photographers due to its magical light, the vast grassland and curved stream. This is **Xindu Bridge**, fascinating, "Lights and Shadows of the world", "photographer's paradise." Tonight we will arrive **Ya'Jiang** to Check hotel here.

Day 4 : Ya'Jiang - Li Tang- DaoCheng – Riwa (B/L/D)

Morning after breakfast, across Jianziwan Mountain (the altitude is 4659Km), Kazila Mountain (the altitude is 4712Km), get to the large open area of Litang grassland (the altitude is 4100Km). It's "the highest city in the world". Litang County, prominent geographical advantage, since ancient times, is the Tibetan and Chinese exchanges must pass through as well as "tea-horse trade" goods to the place together.. **Litang Monastery**, Litang Monastery nine years in the Ming Dynasty (1581) from the Dalai Lama III measures to create, is the first region Garze Gelugpa monasteries. Temple has a main hall can accommodate 3,500 people, Tantric Temple, hospital law.The outside is very unique, by the Sino-Tibetan believers countless of thousands of co-financing the construction of the wall towers. Today we will check-in hotel at Riwa.

Day 5 : Riwa - Yading – Daocheng (B/L/D)

Today we will go to **Yading Nature Reserve**. We will ride horses from Long Longba to Chonggu Temple. Along this way we can view Holy Mt. Xianuoduoji that the east peak with an altitude of 5958m, means the Buddha with warrior's hands, resembling a young man of strong character, tall and handsome..It's the third of the sacred mountains. And we will view Yangmaiying Mountain which the south peak with an altitude of 4958m, means the Bodhisattva Manjusri. It is dignified and stately, gentle, quiet, noble and impeccable. After trekking around 40min to take photo for Peal lake, we will take the shuttle bus to Luorong farm. Here is the best place to view The Holy Mt.YangMaiyong. and wildlife watching, mountain-tipped stamens, snow-capped mountains , forests, glaciers, lakes, rivers, nature in harmony and experience the natural outstretched. Today we will back Daocheng for dinner and check hotel.

Day 6 : Daocheng – Xindu bridge (B/L/D)

After breakfast, we will take a long journey back to Ya'Jiang. Along the way we could again flash back all the great scenery and culture of the places we had visited.

Day 7 : Xindu Bridge – Chengdu (B/L/D)

Along the Tibet-Sichuan highway, passing by Kangding, we will backtrack to Chengdu.

Day 8 : Chengdu – Singapore (B/L/D)

After breakfast, we will visit the **Kuan Zhai Xiang Zi**, an old neighborhood that got a thorough facelift - it is now a trendy pedestrain alley that fuses beautifully restored traditional architecture with modern and well-appointed restaurants, teahouses, cafes, restaurants and shops. And lastly we will take flight back to Singapore.

Finally, we hope you had an enjoyable trip with **REN REN TRAVEL**.

Remarks:

Final itinerary by local tour operator will be deemed accurate. Sequence and timings of itinerary are subject to change without prior notice.

In the event of discrepancy between the English and Chinese itineraries, please refer to the Chinese version.)