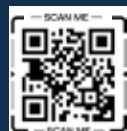
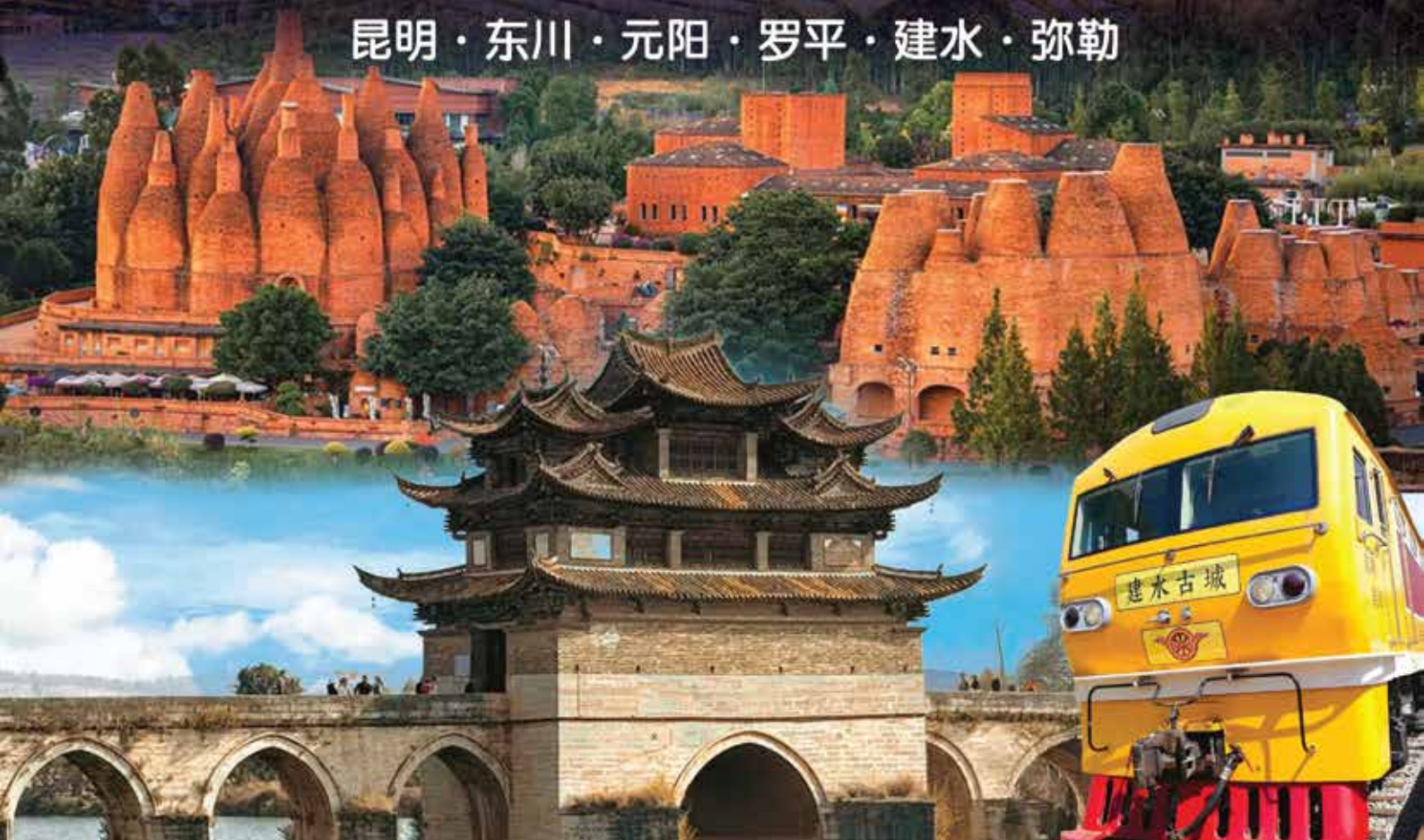


彩云之南，云上画卷

昆明 · 东川 · 元阳 · 罗平 · 建水 · 弥勒



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KL Bukit Jalil Office

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Sarawak Office

NO 11, 1ST FLOOR, LORONG ULU SUNGAI MERAH 35B2, 96000 SIBU, SARAWAK.

LET'S CHAT!



0146994596




昆明 (起点) → 宜良 → 罗平 → 弥勒 →
元阳 → 建水 → 东川 → 元谋 →
昆明 (终点)

DAY
1

吉隆坡/昆明/宜良 KUALA LUMPUR / KUNMING / YILIANG

集合于吉隆坡国际机场，搭乘国际航班飞往云南省省会“春城”昆明。抵达后，送往宜良享用晚餐及入住酒店休息。Gather at Kuala Lumpur International Airport and take an international flight to Kunming, the capital of Yunnan Province. Upon arrival, transfer to Yiliang for dinner and check in to the hotel for rest.

 **餐食** 晚：老滇风味 | D: Old Yunnan Cuisine

 **酒店** 宜良华美达温泉酒店当地5*或同级 Yiliang Ramada Hot Spring Hotel, local 5* or similar

DAY
2

宜良/罗平 YILIANG/LUOPING

早餐后，乘车前往罗平。游览金鸡峰林，每年花期时候，满山遍野的油菜花扑面而来，无不令人醉心。金鸡岭作为一个小村庄，它的乡土的气息可以让久在城市的人们放松心情。这里是一个欣赏油菜花和享受田园风光的好地方。金鸡峰林被《中国国家地理》“选美中国”活动评选为“中国最美的五大峰林”第5名。（含花海观光车）牛街“螺丝田”是一个最著名油菜花拍摄点，这里的梯田是圈状的，远远看去真像是螺丝上的旋纹。

After breakfast, drive to Luoping. Visit Jinji Peak Forest. Every year when it blooms, the rape flowers are everywhere, which is intoxicating. As a small village, Jinjiling's rural atmosphere can relax people who have been in the city for a long time. This is a good place to appreciate rape flowers and enjoy the countryside. Jinji Peak Forest was selected as the 5th of "China's Five Most Beautiful Peak Forests" by the "Beauty China" event of "National Geographic China". (Including flower sea sightseeing bus) Niujie "Screw Field" is the most famous rape flower shooting point. The terraced fields here are ring-shaped, and from a distance, they really look like spiral patterns on screws.

 **餐食** 早：酒店 午：农家风味 晚：精品合菜
B:Hotel L:Nongjia Cuisine D:Local Cuisine

 **酒店** 宜良华美达温泉酒店当地5*或同级 Yiliang Ramada Hot Spring Hotel, local 5* or similar



DAY
3

罗平/弥勒 LUOPING / MILE

九龙瀑布群被誉为是“中国最美丽的瀑布”。由于特殊的地质构造和水流的千年侵蚀，在此形成了十级高低宽窄不等，形态各异的瀑布群，其中最大的一级宽112米，高56米，气势恢宏，蔚为壮观，号称九龙第一瀑布。体验“飞天魔毯”活动（单程），从北岸到观景台，俯瞰九龙瀑布群全景。（含竹筏）+ 乘车前往弥勒，参观红酒庄，了解红酒文化与酿造工艺。之后前往蒙自入住。

Jiulong Waterfalls is known as "the most beautiful waterfalls in China. Due to the special geological structure and the erosion of water for thousands of years, ten waterfalls of different heights, widths and shapes have been formed here. The largest one is 112 meters wide and 56 meters high. It is magnificent and spectacular, known as the No. 1 waterfall in Jiulong. Experience the "Flying Magic Carpet" activity (oneway), from the north bank to the viewing platform, overlooking the panoramic view of Jiulong Waterfalls. (Raft included) + Take a car to Mile, visit the winery, and learn about the wine culture and brewing technology. Then go to Mengzi to check in.



餐食 早：酒店 午：农家风味 晚：精品合菜
B:Hotel L:Local Cuisine D:Nongjia Cuisine

酒店 巨人雅阁酒店当地5*或同级 Giant Accord Hotel Local 5* or similar

DAY
4

弥勒/元阳 MILE / YUANYANG

打卡先锋书店，乘车前往以梯田闻名的元阳。途中参观百年滇越铁路碧色寨火车站——中国最早的火车站之一，极具年代感的拍照胜地。前往坝达梯田景区，属元阳梯田国家湿地公园及申遗核心区，海拔800米至2000米间分布3700多级梯田，如天梯直达云端。夕阳下金银辉映，美不胜收，是观赏云海、日落和村寨的最佳地点。次日清晨前往多依树梯田观日出。

CCheck in at Pioneer Bookstore and take a bus to Yuanyang, famous for its terraced fields. En route, visit the century-old Bisezhai Railway Station—one of China's earliest stations and a perfect spot for nostalgic photography. Continue to Bada Terraced Fields, part of the Yuanyang Terraced Fields National Wetland Park and World Heritage core area. Stretching from 800m to 2000m above sea level with over 3,700 steps, the fields rise like a ladder to the clouds. At sunset, they shimmer gold and silver, offering stunning views of the sea of clouds, sunset, and villages. The next morning, head to Duoyi Tree Terraced Fields for sunrise.



餐食 早：酒店 午：农家风味 晚：精品合菜
B:Hotel L:Local Cuisine D:Nongjia Cuisine

酒店 万缙度假酒店当地5*或同级 Wanshan Resort Hotel, local 5* or similar

DAY
5

元阳/建水 YUANYANG/JIANSUI

多依树梯田景区位于元阳梯田国家湿地公园及申报世界文化遗产核心区，距老县城（新街镇）23千米，地处海拔1900米，有650公顷梯田分布在多依树、爱春、大瓦遮等状如海湾的25°至50°山坡，是观赏、拍摄云海梯田、日出及山寨的最佳景区。全福庄梯田在或陡或缓的山坡上向上或向下延伸，田里的水映着天光，一层一层，正像是通向天庭的阶梯。阿者科村位于元阳梯田半山深处一座六十多户人家的哈尼族小村寨，世界文化遗产里的古村落，这里保留有典型的“森林-水系-梯田-村庄”生态聚落和传统茅草顶蘑菇房。+前往历史悠久，古迹荟萃的文化古城。自由闲逛建水古城，品尝当地小吃。Duoyishu Terraces, in the core of Yuanyang Terraces National Wetland Park and World Heritage area, sit 23km from Xinjie Town at 1900m altitude. Covering 650 hectares on 25°-50° bay-shaped slopes (Duoyishu, Aichun, Dawazha), it's the best spot for sunrise, sea of clouds, and village views. Quanfuzhuang Terraces rise and fall along steep and gentle slopes, their waters reflecting the sky like stairs to heaven. Nearby Azheke Village, with over 60 Hani households, preserves the traditional "forest-water-terraces-village" layout and mushroom-roof houses. The trip continues to historic Jianshui Ancient City for sightseeing and local snacks.



餐食 早：酒店 午：农家风味 晚：建水紫陶街自理
B:Hotel L:Nongjia Cuisine D:Jianshui Cuisine

酒店 建水临安酒店当地5*或同级
Jianshui Lin'an Hotel local 5* or similar



DAY
6

建水/东川 JIANSUI / DONGCHUAN

穿越千年好时光——乘坐具百年历史的云南米轨小火车，欣赏个碧临屏铁路沿途风光，途中游览中国十大古桥之一的双龙桥、法式建筑乡会桥车站是一座已有百年历史的中法建筑特点相结合的单檐现代建筑。前往东川入住酒店。

Travel through the good times of thousands of years - take the Yunnan meter-gauge train with a history of 100 years, enjoy the scenery along the Bi-Lin-Ping Railway, visit the Shuanglong Bridge, one of the ten ancient bridges in China, and the French-style Xianghui Bridge Station, which is a modern single-eaved building that combines the characteristics of Chinese and French architecture with a history of 100 years. Go to Dongchuan and check in at the hotel.

 **餐食** 早：酒店 午：汽锅宴 晚：哈尼风味
B:Hotel L:Qi Guo Cuisine D:Hanni Cuisine

 **酒店** 旺统大酒店酒店当地5*或同级
Wangtong Hotel Local 5* or similar

DAY
7

东川/元谋 DONGCHUAN / YUAN MOU

车赴东川，这里土地常年红色冬，和红土地的颜色搭配，形成一幅画卷，有如调色板灿烂多彩，被摄影家称为“遗落在人间的调色板”游览红土地景区、锦绣园、老龙树、落霞沟、乐谱四。乘车前往元谋入住酒店。Drive to Dongchuan, where the land is red all year round in winter, and the color of the red land forms a picture scroll, like a brilliant and colorful palette, which is called "the palette lost in the world" by the photographer who took the beautiful white snow. Visit the Red Land Scenic Area, Jinxiu Garden, Laolongshu, Luoxiagou, and Lepusi. Drive to Yuanmou and check in to the hotel

 **餐食** 早：酒店 午：农家风味 晚：弥勒风味
B:Hotel L:Nongjia Cuisine D:Mile Cuisine

 **酒店** 远达国际温泉度假酒店5*或同级
Yuanda International Hot Spring Resort Hotel 5* or similar

DAY
8

元谋/昆明 YUAN MOU / KUNMING

前往浪巴铺土林（又名新华土林）是元谋境内土林群落中面积更大、景色更壮观的土林。（含电瓶车）乘车返回昆明。前往南坪步行街和昆明老街逛逛游览。Go to Langbapu Tulin (also known as Xinhua Tulin), which is the largest and most spectacular tulin in the tulin community in Yuanmou. (Including battery car) Return to Kunming by car. Go to Nanping Pedestrian Street and Kunming Old Street for sightseeing.

 **餐食** 早：酒店 午：牛哆啰音乐农庄 晚：菌火锅
B:Hotel L:Niu DuoLo Cuisine D:Mushroom Steamboat

 **酒店** 远达国际温泉度假酒店5*或同级
Yuanda International Hot Spring Resort Hotel 5* or similar

DAY
9

元谋/昆明 KUNMING / KUALA LUMPUR

前往翠湖公园赏樱、观鸥。（需视红嘴鸥在翠湖停留情况、天气及花期而定）今午餐后，送往机场乘客机返往吉隆坡。Go to Green Lake Park to enjoy cherry blossoms and seagulls. (Subject to the stay of the red seagulls at Green Lake, weather and flowering period) After lunch today, transfer to the airport to take a flight back to Kuala Lumpur.

 **餐食** 早：酒店 午：过桥米线+汽锅鸡
Guoqiao Mixian + Qiguo Chicken

