

彩云之南，云上画卷

昆明 · 东川 · 元阳 · 罗平 · 建水 · 弥勒 · 寻甸



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LET'S CHAT!

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

Kunming(Start) → Yuanmou → Dongchuan
→ Xundian → Luoping → Jianshui →
Yuanyang → Mile → Kunming(Final)

DAY
1

吉隆坡 - 昆明 KUALA LUMPUR - KUNMING

搭乘国际航班飞往“春城”【昆明】。抵达后专人接机，享用晚餐后入住酒店休息，开启精彩云南之旅。

Fly from Kuala Lumpur to Kunming, the “Spring City” of China. Upon arrival, meet and greet by local guide, enjoy dinner and transfer to hotel for check-in.

 餐食 晚：老滇风味 | D: Old Yunnan Cuisine

 酒店 昆明开臣酒店 (五星) | Kunming Kasion Hotel (5-Star)

DAY
2

昆明 - 元谋 KUNMING - YUANMOU

早餐后乘车前往元谋，游览被誉为“中国土林奇观之首”的【浪巴铺土林】（含电瓶车）。这里千姿百态的土柱、峡谷与奇特地貌历经千万年风雨雕琢而成，宛如一座天然艺术殿堂，也是深受摄影爱好者喜爱的天然摄影基地，让人惊叹大自然鬼斧神工的壮丽景观。

After breakfast, proceed to Yuanmou and visit the spectacular Langbapu Earth Forest (includes shuttle cart). Known as one of China's most impressive natural earth forest landscapes, its unique rock formations, canyons and dramatic geological features create a breathtaking natural masterpiece and a paradise for photography enthusiasts.

 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 元谋远达国际温泉酒店 (五星) | YuanDa Hot Springs International Resort Hotel (5-Star)



DAY 3 元谋 - 东川 YUANMOU - DONGCHUAN

早餐后清晨前往【物茂土林】欣赏壮丽日出景观。在晨曦映照下，形态各异的土林群呈现出迷人的光影变化，宛如天然雕塑艺术长廊，令人叹为观止。随后乘车前往著名摄影胜地【东川红土地】。抵达后游览【打马坎】、【乐谱凹】、【七彩坡】、【老龙树】等经典景点，欣赏层层叠叠、色彩斑斓的红土地风光。傍晚前往【落霞沟】欣赏迷人日落，在夕阳余晖映衬下感受东川红土地最绚丽动人的景色。晚餐后入住酒店休息。

After breakfast, enjoy the sunrise at Wumao Earth Forest, where the unique earth formations create stunning silhouettes under the morning light. Continue to Dongchuan Red Land, one of China's most famous photography destinations. Visit Damakan, Luopuwa, Qicaipo and the Old Dragon Tree, then enjoy the spectacular sunset view at Luoxiagou before checking in to the hotel for the night.

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

 **酒店** 寻甸旺统国际酒店 | Wangtong International Garden Hotel



DAY 4 寻甸 - 罗平 XUNDIAN - LUOPING

早餐后乘车前往“中国最美油菜花海”所在地【罗平】。抵达后游览《庆余年》取景地之一的【九龙瀑布】（含飞毯），层层叠叠的瀑布群依山而下，气势磅礴，被《中国国家地理》评选为中国最美瀑布之一，景色壮丽迷人。随后前往著名的【螺丝田】，欣赏独具特色的梯田景观。层层起伏的田地与金黄色花海交织成天然画卷，呈现出别具层次感与艺术感的田园风光，是罗平最具代表性的摄影胜地之一。

After breakfast, proceed to Luoping and visit the spectacular Jiulong Waterfalls (includes magic carpet ride), one of China's most beautiful waterfalls and a famous filming location of the TV drama "Joy of Life". Later, visit the unique Luosi Fields, where terraced farmlands and seasonal flower fields create a stunning natural landscape, making it one of Luoping's most iconic photography spots.

 **餐食** 早：酒店 午：中式合菜 晚：布依族风味
B: Hotel L: Chinese Set Meals D: Buyi Ethnic Cuisine

 **酒店** 罗平罗平云之梦酒店 | Cloud Hotel and Resort



DAY 5 罗平 - 建水 LUOPING - JIANSHUI

早餐后前往罗平最具代表性的【金鸡岭油菜花田】（含电瓶车/小火车），漫山遍野的金黄色花海与喀斯特峰林相互映衬，村落点缀其间，宛如一幅天然山水画卷，是云南著名的摄影胜地之一。随后乘车前往中国历史文化名城【建水】。抵达后游览【临安古城】，外观有“小天安门”之称的【朝阳楼】。接着参观《舌尖上的中国》拍摄地——【大板井】及百年豆腐坊，特别安排体验建水传统手工豆腐制作，并品尝现磨豆浆、豆花及特色豆制品。之后游览素有“滇南大观园”美誉的【朱家花园】，欣赏保存完好的清代宅院建筑群，感受建水深厚的人文历史底蕴与独特的滇南风情。

油菜花季 1月30-3月20

After breakfast, visit the famous Jinji Peak Rapeseed Flower Fields (includes shuttle cart/train), where golden blossoms and karst hills create a breathtaking landscape. Continue to the ancient town of Jianshui and explore Lin'an Ancient Town, including the iconic Chaoyang Gate Tower. Visit the famous Daban Well and traditional tofu workshop featured in "A Bite of China", with a hands-on tofu-making experience and local tasting. Later, tour the elegant Zhu Family Garden, a beautifully preserved mansion known as the "Grand Garden of Southern Yunnan".

Canola Flower Bloom Season: 30 January – 20 March

 **餐食** 早：酒店 午：农家风味 晚：自理
B: Hotel L: Local Cuisine D: Self-arranged

 **酒店** 建水临安酒店 (5星) | Jianshui Lin'an Hotel (5-Star)



DAY
6

建水 - 元阳 JIANSHUI - YUANYANG

早餐后前往建水古城小火车站，搭乘充满怀旧风情的【建水百年米轨小火车】，穿越田园乡村与古朴村落，感受百年滇越铁路的历史魅力。途中停靠【双龙桥】等特色站点，欣赏建水独有的人文与田园风光。随后参观建水新晋网红打卡地【贝山陶庄】，这里是国家级紫陶非遗文化传承基地，由陶罐、陶片与石材打造而成，被誉为“紫陶城堡”，独特建筑风格极具艺术气息与拍摄价值。之后乘车前往世界文化遗产地【元阳梯田】，傍晚前往【坝达梯田】欣赏壮丽日落景观。在夕阳映照下，层层梯田如镜面般闪耀，呈现出元阳最迷人的光影画卷（观赏效果视天气情况而定）。

After breakfast, board the historic Jianshui Mini Train and enjoy a nostalgic journey through the countryside and traditional villages. Visit the iconic Double Dragon Bridge before exploring Beishan Pottery Village, a unique cultural site known as the "Purple Pottery Castle". Continue to Yuanyang and visit the spectacular Bada Rice Terraces, where you can enjoy a breathtaking sunset over one of the world's most beautiful terraced landscapes (weather permitting).



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 元阳云之梦酒店 | Cloudreams Yuanyang Hotel and Resorts

DAY
7

元阳 - 弥勒 YUANYANG - MILE

清晨前往云雾缭绕的【多依树梯田】欣赏壮丽日出（观赏效果视天气情况而定），层层梯田在晨光映照下如诗如画，展现世界文化遗产的独特魅力。随后参观保存完好的哈尼族传统村落【阿者科民族村】，欣赏独具特色的蘑菇房建筑与壮观梯田景观，感受浓厚的民族风情与原生态生活文化。午餐后乘车前往“东方波尔多”——【弥勒】，走进云南知名葡萄酒庄园，展开一场葡萄酒文化之旅。参观百年地下酒窖，了解葡萄酒酿造工艺，并特别安排品尝庄园招牌玫瑰蜜红酒，感受弥勒独特的葡萄酒文化魅力。

After sunrise viewing at Duoyishu Rice Terraces (weather permitting), visit Azheke Hani Ethnic Village to admire the traditional mushroom-shaped houses and spectacular terraced fields. After lunch, continue to Mile and enjoy a wine culture experience at one of Yunnan's renowned wineries, including a visit to the century-old wine cellar and tasting of the signature Rose Honey Wine.



餐食 早：酒店 午：农家风味 晚：红酒风味
B: Hotel L: Nongjia Cuisine D: Red Wine-Infused Cuisine



酒店 弥勒巨人雅阁酒店 (5星) | Argyle Hotel Mile (5-Star)

DAY
8

弥勒 - 昆明 MILE - KUNMING

早餐后游览【东风韵景区】（含电瓶车），欣赏独具特色的红砖艺术建筑群，感受艺术与文化交融的魅力。午餐后乘车返回昆明，游览【捞鱼河湿地公园】，漫步湿地花海之间，欣赏缤纷景色与自然生态风光。

After breakfast, visit Dongfengyun Scenic Area (includes shuttle cart), famous for its unique red-brick art architecture. After lunch, return to Kunming and visit Laoyuhe Wetland Park, where beautiful flowers and wetland scenery create a relaxing and picturesque experience.



餐食 早：酒店 午：弥勒故事 晚：菌火锅
B: Hotel L: Mile Story Restaurant D: Mushroom Steamboat



酒店 昆明开臣酒店 (五星) | Kunming Kasion Hotel (5-Star)

DAY
9

昆明 - 吉隆坡 KUNMING - KUALA LUMPUR

早餐后游览【翠湖公园】，与红嘴鸥亲密互动（季节限定）。随后漫步【昆明老街】，感受老昆明的人文风情与历史韵味。午餐后前往机场，搭乘国际航班返回吉隆坡，结束愉快难忘的云南之旅。

After breakfast, visit Cuihu Park and enjoy close encounters with the famous red-billed gulls (seasonal). Then stroll through Kunming Old Street before transferring to the airport for your flight back to Kuala Lumpur.



餐食 早：酒店 午：过桥米线 Guoqiao Mixian

