

# Amazing CHINA 中国

8D7N

成都 / 九寨沟 / 牟尼沟 / 达古冰川 /  
奶子沟彩林 / 茂县 / 都江堰 / 黄龙溪 /  
乐山大佛 / 峨眉山

CHENGDU/JIUZHAIGOU/MOUNIGOU/DAGU GLACIER/NAIZI VALLEY COLORFUL  
FOREST/MAOXIAN/DUJIANGYAN/HUANGLONGXI/LESHAN/EMEI MOUNTAIN

Tour Code: CAX

 **Golden**  
Destinations



China  
中国



DAGU GLACIER NATIONAL PARK  
达古冰川景区



Zhaga Waterfall  
牟尼沟扎嘎瀑布



LeShan Giant Buddha  
乐山大佛

行程次序，以当地旅社安排为准。  
Sequences of Itinerary are subject  
to local arrangement.

Jiuzhaigou Scenic Area  
九寨沟风景区



Naizi Valley Colorful Forest  
奶子沟彩林



Huanglongxi Ancient Town  
黄龙溪古镇



Selfie Panda Statue  
仰天窝熊猫自拍广场

## 精简行程：

**第一天 启程 成都** (机上用餐/晚)

- ☑ 宽窄巷子

**第二天 成都** (217公里) (早/午/晚)  
**叠溪海子** (82公里)  
**松潘古城** (95公里) **九寨沟**

- ☑ 叠溪海子
- ☑ 松潘古城 (不上城墙)

**第三天 九寨沟风景区** (早/午/晚)

- ☑ 九寨沟风景区 (含公共环保车)
  - 双龙海瀑布 (新景观)
  - 树正沟 (诺日朗瀑布、树正群海、芦苇海)
  - 日则沟 (镜海、珍珠滩瀑布、五花海)
  - 则查洼沟 (长海、五彩池)

**第四天 九寨沟** (106公里) (早/午/晚)  
**牟尼沟** (209公里) **达古冰山**

- ☑ 牟尼沟扎嘎瀑布

**第五天 达古冰川** (120公里) **茂县** (早/午/晚)

- ☑ 达古冰川景区 (含观光车 & 缆车)
  - 金猴海
  - 乘坐全球第一高海拔观光索道(缆车)
  - 打卡世界最高海拔的咖啡屋
- ☑ 奶子沟彩林 (季节限定)
- ☑ 远眺色尔古藏寨

**第六天 茂县** (126公里)  
**都江堰** (204公里) **乐山** (40公里)  
**峨眉山** (早/午/晚)

- ☑ 仰天窝熊猫自拍广场
- ☑ 灌县古城
- ☑ 乐山大佛 (含船票)

**第七天 峨眉山** (127公里) (早/午/晚)  
**黄龙溪** (57公里) **成都**

- ☑ 大牌坊
- ☑ 报国寺
- ☑ 伏虎寺(含景区小巴)
- ☑ 黄龙溪古镇
- ☑ 春熙路、太古里商圈

**第八天 成都 回程** (早/午/机上用餐)

- ☑ 锦里古街

## 观光景点：

### 达古冰川 (平均海拔约4860米左右)

- ◆ **达古冰川** - 全球海拔最低，面积最大，年纪最轻的冰川，是离城市最近的冰川，是冰川区域内迄今为此所见的景色最美丽多姿的冰川。游览金猴海后进入藏民情体验区，神牛湖，达古湖，还可以乘坐全球第一高海拔观光索道。
- ◆ **奶子沟红叶 (季节限定)** - 藏语中是美丽富饶、幸福安宁之意。奶子沟彩林因身处深谷独享清幽雅静的奶子沟而得名，又以美甲天下的彩林世界闻名。这里植被丰茂，阳光灿烂，氧气充足，是个天然的大“氧吧”。奶子沟彩林洋洋洒洒长达八十里，进入彩林世界你会感觉进了油彩的世界，蔚为壮观。

### 九寨沟 (平均海拔约2000-3200米左右)

- ◆ **九寨沟风景区** - 位于四川省阿坝藏族羌族自治州九寨沟县内，地处青藏高原、川西高原向四川盆地过渡地带，是一条纵深50余千米的山沟谷地，又树正沟、则查洼沟和日则沟三条沟构成，森林覆盖面积80%，因沟内有九个藏族村寨坐落在这片美丽的高山湖泊中而得名。“雪山、海子、彩林、叠瀑、藏羌风情”系九寨五绝，驰名中外。
- ◆ **牟尼沟** - 位于四川省阿坝藏族羌族自治州松潘县境内，距成都三百多公里，占地160平方公里，最高海拔4070米，最低海拔2800米，年平均气温7℃，自然风光迷人、民族风情浓郁，汇聚了原始森林之神韵，牟尼沟风景主要以原始森林、高山湖泊、温泉、巨型钙华瀑布、环形瀑布、钙华彩池为主要特色。

### 黄龙溪

- ◆ **黄龙溪镇** - 位于中国四川省成都市双流县西南部边缘，双流、彭山、仁寿三县交界处，距成都市区约40公里，是中国历史文化名镇之一，鹿溪河在此汇入锦江。黄龙溪镇拥有2100多年的历史，汉代起便成为锦江水路运输的重要一站。黄龙溪镇至今保留着较为完好的古镇格局和众多传统民俗活动，其中黄龙溪火龙灯舞、“府河号子”入选了中国国家级非物质文化遗产。

### 都江堰

- ◆ **灌县古城** - 被誉为“山水入怀、生活道场”的灌县古城，以厚重的文化积淀、特有的风土人情和浪漫的生活情调吸引四面八方的游客。

### 乐山

- ◆ **乐山大佛** - 位于乐山市岷江、青衣江和大渡河交汇处凌云山的岩壁上，被联合国教科文组织批准“世界文化与自然遗产”。乐山大佛的造型为弥勒佛坐像，是唐代摩崖造像艺术的精品。随后乘船远眺这一宏伟作，并一睹巨型睡佛。

### 峨眉山

- ◆ **报国寺** - 是峨眉山第一座佛寺、门户。建于明万历年间，寺内正殿原供奉着佛、道、儒三教的代表，故为“三教会宗”。
- ◆ **伏虎寺** - 位于四川峨眉山山麓，与报国寺相邻，晋代为一小庙，唐代云安禅师重建，旁有龙神堂、药师殿；宋朝时为“神龙堂”；明朝被毁，清朝顺治八年重建，更名“虎溪精舍”，后因附近虎患，寺僧建尊胜幢以镇压，更名“伏虎寺”。

### 成都

- ◆ **锦里古街** - 现为成都市著名步行商业街，为清末民初建筑风格的仿古建筑，以三国文化和四川传统民俗文化为主要内容。这里有各式各样的当地美食，手工艺品，您也可以在这里找到纪念品送于亲友。
- ◆ **宽窄巷子** - 由宽巷子、窄巷子、井巷子平行排列组成，为青黛砖瓦的仿古四合院落，这里也是成都遗留下来的较成规模的清朝古街道，被称为：成都新十景、四川十大最美街道等称号，为成都三大历史文化名城保护街区。

#### 注意事项：

1. 高原反应 - 此行程内景点多数属于高海拔地区，为防高山反应，老年人和身体弱者需备 好药品，最好配备小型氧气瓶；游客在高原旅行期间禁止饮酒，不要剧烈运动，多食蔬菜和水果；心脏病患者和患有哮喘的人不建议参与此行程。
2. 高原气候 - 高原气候变化多样，昼夜温差大；气候多变请带足保暖防寒衣物，也随时可 能下雨，倾斜带好雨伞或雨衣，高原山区紫外线、日照、阳光反射都很强，旅客长时间在 户外活动，需要带上太阳镜，防晒霜，润唇膏，穿好防晒衣保护皮肤，手套、围巾，防滑 性好的旅游或徒步鞋。
3. 如行程景点因天气或其他不可抗拒因素不对外开放，将改为其他景点游览。



✓ 7 早餐 / 7 午餐 / 7 晚餐

风味餐：

藏羌风味      粤菜风味      峨眉山甜皮鸭风味      川菜风味      火锅风味



酒店住宿 (7 晚)

- ✓ 成都雅爵酒店或同级4\*      x 1 晚      ✓ 茂县凤凰阁大酒店或同级4\*      x 1 晚
- ✓ 保利·新九寨宾馆或同级5\*      x 2 晚      ✓ 世纪阳光酒店或同级5\*      x 1 晚
- ✓ 达古冰山大酒店或同级4\*      x 1 晚      ✓ 泰合国际大饭店或同级5\*      x 1 晚

自费项目：九寨沟藏羌歌舞秀+峨眉山功夫秀+最美夜景廊桥+九眼桥酒吧一条街=RMB380/人

免责声明：由于新冠肺炎疫情旅行限制当地/宗教节日，公众假期，天气状况，交通等情况，自然灾害，必要时黄金旅程保留对行程进行适当调整（调整景点游览顺序）

以确保行程顺利进行，会或否事先通知。

备注：如果旅游行程受到上述问题的影响，将不予退款或更换。图片仅供参考。



Guan County Ancient City  
灌县古城



Windy Yard  
宽窄巷子



Die Xi Lake  
叠溪海子

## SCHEDULE

### D1 DEPARTURE ✈️ CHENGDU (MOB/D)

- ☑ Windy Yard

### D2 CHENGDU (217KM) DIE XI LAKE (82KM) SONGPAN ANCIENT TOWN CITYWALL (95KM) JIUZHAIGOU (B/L/D)

- ☑ Die Xi Lake
- ☑ Songpan Ancient Town City Wall (Outlook)

### D3 JIUZHAIGOU SCENIC AREA (B/L/D)

- ☑ Jiuzhaigou Scenic Area
  - Shuanglonghai Waterfall (New scenic spot)
  - Shuzhenggou (Nuorilang Waterfall, Shuzheng Qunhai, Reed Sea)
  - Rize Ditch (Mirror Lake, Pearl Shoal Waterfall, Five Flower Lake)
  - Zechawagou (Changhai Lake, Wucui Pool)

### D4 JIUZHAIGOU (108KM) MUNIGOU (209KM) DAGU GLACIER NATIONAL PARK (B/L/D)

- ☑ Zhaga Waterfall

### D5 DAGU GLACIER NATIONAL PARK (120KM) MAOXIAN (B/L/D)

- ☑ Dagou Glacier Scenic Area (Include Sightseeing Bus & Cable Car)
  - Golden Monkey Sea
  - The World's Highest Altitude Cable Car
  - The World's highest Coffee House
- ☑ Naizi Valley Colorful Forest (Seasonal)
- ☑ Se'er Ancient Tibetan Village (En Route View)

### D6 MAOXIAN (126KM) DUJIANGYAN (204KM) LESHAN (40KM) EMEI MOUNTAIN (B/L/D)

- ☑ Selfie Panda Statue
- ☑ Guanxian Ancient Town
- ☑ Giant Buddha (Include Boat ride)

### D7 EMEI MOUNTAIN (127KM) HUANGLONGXI (57KM) CHENGDU (B/L/D)

- ☑ Archway of Mount Emei
- ☑ Baoguo Temple
- ☑ Fuhu Temple (Include Shuttle Bus)
- ☑ Huanglongxi Ancient Town
- ☑ Chunxi Road, Taikoo Li Shopping Area

### D8 CHENGDU ✈️ DEPARTURE (B/L/MOB)

- ☑ Jinli Ancient Town

## TOURIST ATTRACTIONS:

### DAGU GLACIER NATIONAL PARK (Average Altitude at 4860M)

- ◆ **Dagou Glacier National Park** - is the lowest, largest and youngest glacier in the world. And it is the nearest glacier from city and the most beautiful scenery in glacier region so far. "Da Gu" literally mean glacier in Tibetan. Dagou Glacier is a geological & ecological tourism region. It integrates the features of modern and fossil glaciers, primeval forest, alpine meadows, snowy mountains, Tibetan villages, and rare plants and animals, making it an ideal destination for sightseeing, holiday-making recreation, as well as scientific exploration. You can visit "Golden Monkey Sea" for experience the Tibetan area. Take the world most high-altitude sightseeing cable car, arrive altitude 4860 meters of glacier wonderland.
- ◆ **Naizi Valley Colorful Forest (Seasonal)** - beautiful and rich, happy and peaceful in Tibetan. Naizigou Bashili Cailin Style Valley is named for the quiet and elegant Naizigou in the deep valley, and is also famous for the colorful forest world of manicure world. It is a natural big "oxygen bar" with lush vegetation, bright sunshine and sufficient oxygen. The colorful forest in Naizigou is as long as eighty miles, which is very spectacular.

### JIUZHAIGOU (Average Altitude at 2000-3200M)

- ◆ **Jiuzhaigou Scenic Area** - Jiuzhaigou National Park is a network of valleys in China's Sichuan province. In the northern Shuzheng Valley, Nuorilang Waterfall cascades from the edge of a large tree-fringed lake. The Zhuru Monastery is a place of worship for the park's Tibetan villages. In the south, Rize Valley's mountains are covered with ancient forests. Fallen trees are scattered on the bottom of the striking, multicolored Five Flower Lake.
- ◆ **Mounigou** - located in Songpan County, Aba Tibetan and Qiang Autonomous Prefecture, Sichuan Province, more than 300 kilometers away from Chengdu, covering an area of 160 square kilometers, with the highest altitude of 4,070 meters and the lowest altitude of 2,800 meters. The annual average temperature is 7°C, with charming natural scenery and strong ethnic customs. Gathering the charm of virgin forest, the scenery of Muni Valley is mainly characterized by virgin forest, alpine lakes, hot springs, giant travertine waterfall, circular waterfall, and travertine color pool.

### HUANGLONGXI

- ◆ **Huanglongxi Ancient Town** - located on the southwestern edge of Shuangliu County, Chengdu City, Sichuan Province, China, at the junction of Shuangliu, Pengshan and Renshou counties, about 40 kilometers away from Chengdu City. It is one of the famous historical and cultural towns in China, where the Luxi River flows into Jin Jiang. Huanglongxi Town has a history of more than 2,100 years. Since the Han Dynasty, it has become an important stop on the waterway transportation on the Jinjiang River. Huanglongxi Town has preserved a relatively intact ancient town layout and many traditional folk activities, among which Huanglongxi Fire Dragon Lantern Dance and "Fuhe Haozi" have been selected as China's national intangible cultural heritage.

### DUJIANGYAN

- ◆ **Guanxian Ancient Town** - attracts visitors from all over the world with its rich cultural heritage, the main scenic spots are South Bridge, West Street, Confucian Temple, Water Conservancy Mansion, Yangliu River etc.

### LESHAN

- ◆ **Giant Buddha** - Located on the cliffs of Lingyun Mountain at the confluence of Minjiang River, Qingyi River, and Dadu River in Leshan City, it has been approved as a "World Cultural and Natural Heritage" by UNESCO. The Leshan Giant Buddha is a sitting statue of Maitreya Buddha representing the essence of cliff side stone carving art in Tang Dynasty. Afterwards, take a boat ride tour to enjoy this magnificent masterpiece.

### MOUNT EMEI

- ◆ **Baoguo Temple** - Buddhist temple located on Mount Emei, its origins to the former Huizong Hall, founded by Mingguang in the Wanli period of the Ming dynasty.
- ◆ **Fuhu Temple** - Ancient buddhist temple located in the foothills of Mount Emei, built in the Tang Dynasty and was rebuilt in Shaoxing during the Southern Song Dynasty. During the reign of Shunzhi in the Qing Dynasty, the monk of Guan zhi led his disciples to rebuild the temple, named "Huxi Zen Forest", also known as Fuhu Temple. The reason for the name of Fuhu Temple is that there is a tiger wound in the mountains near the temple.

### CHENGDU

- ◆ **Jinli Ancient Street** - The buildings are in the Qing Dynasty style. The theme is Three Kingdoms Culture, a traditional folk custom. There are many bars, inns, snack stores and souvenir shops.
- ◆ **Wide and Narrow Alleys** - form with wide, narrow and well alleys arranged in the parallel all of which are antique quadrangle courtyards made of Qingdai brick tiles. It is also a relatively large-scale ancient street of Qing Dynasty left over from Chengdu, and together with Daci Temple and Wenshu Courtyard, it is known as the three protected blocks of Chengdu's famous historical and cultural cities.

#### Remarks:

1. Altitude Sickness - most of the scenic spots in this trip belong to high altitude areas. In order to prevent mountain reactions, elderly people and weak people must prepare common medicines, it is best to have small oxygen cylinders. Tourists are prohibited drinking alcohol during high altitude travel. Exercise, eat more vegetables and fruits; heats disease and asthma patients are not recommended to participate in this trip.
2. Plateau Climate - the climate change of the plateau is diverse, the temperature difference between day and night is large; if the climate is changeable, please bring warm and cold clothes, and it may rain at any time. Please bring an umbrella or raincoat. The ultraviolet rays, sunshine and sunlight reflection in the plateau mountains are very strong. For long periods of time outdoors wear sunglasses, sunscreen, lip balm, sun protection clothes, skin protections, gloves, scarves slip-resistant sneakers or hiking walking shoes.
3. If the scenic spot not open to the public due to weather or other irresistible factors, will be replaced by other scenic spot.



✓ 7 Breakfast / 7 Lunch / 7 Dinner  
Special Cuisine:  
Tibetan Qiang Flavour  
Emeishan Sweet Duck Flavour  
Cantonese Cuisine Flavour  
Sichuan Cuisine  
Hot Pot Flavour

#### HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Chengdu Yajue Hotel or similar class 4\* x 1 Night
- ✓ Poly New Jiuzhai Hotel or similar class 5\* x 2 Nights
- ✓ Dagou Glacier International Hotel or similar class 4\* x 1 Night
- ✓ FengHuangGe Hotel or similar class 4\* x 1 Nights
- ✓ Century Sunshine Hotel or similar class 5\* x 1 Night
- ✓ Taihe International Hotel or similar class 5\* x 1 Night

Optional Tour : Jiuzhaigou Tibetan-Qiang Ethnic Song and Dance show + Emeishan Kung Fu Show + Most Beautiful Night View Of Langqiao + Jiuyanqiao Bar Street [RMB 380/pax]

**Disclaimer:** Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.

**Remark:** There will be no refund or replacement if the tour logistic affected by the above issue. All pictures are for illustration purpose only.

# General Information

## · 成都 CHENGDU ·



<b>货币</b> Currency 	<b>Chinese Yuan</b> - CNY <b>Renminbi</b> - RMB 中国元 - CNY 人民币 - RMB	<b>信用卡</b> Credit Card 	* 致电信用卡中心，以延长你的信用卡额度  * Major credit cards such as Visa and Master card are mostly widely used
<b>货币兑换率</b> Exchange Rate 	<b>10 CNY = MYR 6.50</b> <b>10 元 = 马币 6.50</b>  <small>*Subject to currency of the day* *以当天汇率为准*</small>	<b>拨号代码</b> Dial Code 	<b>China</b> : +86  <b>中国</b> : +86
<b>电压</b> Voltage 	<b>Voltage - almost always 220 V</b> 电压 - 220伏特	<b>插座</b> Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin  类型 / Type B - 两脚扁型 + 一圆型插头 / 2 flat blade pin + 1 round pin  类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"
<b>时差</b> Time Different 	<b>China - No time different with Malaysia</b> 中国 - 时间与马来西亚时间标准时无相差	<b>行李托运</b> Luggage Allowance 	Each individual are entitled to check in 1 luggage of not more than 20 kg and a hand carry bag not more than 7 kg.  每人只限携带一件不超过7公斤的手提行李上机，以及托运行李不超过20公斤。
<b>气候</b> Weather 	<input type="checkbox"/> <b>Spring 春季</b> 3月 - 5月 Mar to May 25°C ~ 3°C <input type="checkbox"/> <b>Summer 夏季</b> 6月 - 8月 Jun to Aug 30°C ~ 19°C <input type="checkbox"/> <b>Autumn 秋季</b> 9月 - 11月 Sep to Nov 24°C ~ 3°C <input type="checkbox"/> <b>Winter 冬季</b> 12月 - 2月 Dec to Feb 10°C ~ -3°C <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
<b>飞机型号</b> Aircraft Type 	<b>A330</b> <b>B737</b> <b>B787</b>		

Departure Date: 出发日期:	<input type="text"/>	Flight: 航班行程:	<input type="text"/>
Tour Fare: 团费:	<input type="text"/>	Airport Tax & Fuel Surcharge: 机场税及燃油附加费:	<input type="text"/>
Tipping: 小费:	<input type="text"/>	Agent Collection Fee: 旅行社代收费:	<input type="text"/>
Visa: 签证:	<input type="text"/>	Travel Insurance: 旅行保险:	<input type="text"/>
		TOTAL: 总数:	<input type="text"/>

GD Partner:

