

## 蜀山皇后·四姑娘山~“最後的香格里拉”稻城亞丁~木格措環線 8 日 蓝色地球上最后一片净土

深度体验 ● 绝对秘境

专属定制 ● 独家线路

风景震撼 ● 保证出片



### 目的地介紹:

**稻城亞丁:** 这里是英国詹姆斯·希尔顿 (James Hilton) 所着《消失的地平线》书中的香格里拉秘境。被誉为“最后的香格里拉”、“蓝色星球上的最后一片净土”。

**四姑娘山:** 由四座终年积雪的山峰组成, 被誉为“东方阿尔卑斯”和“蜀山皇后”。四座雪峰高度分别为 6250 米、5664 米、5454 米、5355 米。

**新都桥:** 这里的光影被称为“光与影的世界”、“摄影家的天堂”。

**木格措:** 川西北最大的高山湖泊之一, 由七色海、杜鹃峡谷、药池沸泉、木格措 (野人海) 等景点构成。

这是一个得天独厚、独具特色的自然生态圣地: 雪山、草原、湖泊、冰川、原始森林、地热温泉和多元性文化历史印记和鲜明地域特征交织的地方; 也是你一生值得一去的地方……

【线路优势】行程相对轻松合理, 特别安排在核心景区亚丁村住一晚, 感受不一样的雪山星空氛围, 回程走环线返回成都, 欣赏不一样的风景。

【特别赠送】矿泉水无限供应、苦荞茶水、红景天养生茶、钢瓶氧气罐。

【行程购物】绝不安排旅游购物商店。

【推荐特产】土特产品。

——心灵与视觉的飨宴——

Queen of Shushan · Siguniang Mountain ~ "the last Shangri-La" Daocheng Yading  
~ Mugecuo Circle line 8 days

The last pure land on the blue planet

Deep experience ● Absolute mystery Exclusive custom ● Exclusive lines Shock scenery ● Guaranteed photos

### Destination description:

**Daocheng Yading:** This is a mysterious place called Shangri-La in James Hilton's novel "Lost Horizon". Known as "the last Shangri-La", "the last piece of pure land on the blue planet".

**Siguniang Mountain:** It consists of four mountains covered with snow all the year round, Known as "the Oriental Alps" and "the Queen of Shushan". The height of the four peaks is 6250 meters, 5664 meters, 5454 meters and 5355 meters respectively.

**Xindu Bridge:** The light and shadow here is called "the world of light and shadow" and "the paradise of photographers".

**Mugecuo:** One of the largest alpine lakes in northwest Sichuan, composed of scenic spots such as the Seven-Color Sea, Rhododendrons Valley, Medicinal hot springs, and Mugetso etc.

This is a unique natural ecological holy land with unique features: snow mountains, grasslands, lakes, glaciers, old-growth forest, canyons and places where cultural and historical diversity and distinct regional characteristics interweave. It's a place worth going to in your life...

## ——Spiritual and visual feast——

[Route advantage] This route is relaxed and reasonable, special arrangement in the core scenic spot of Yading Village stay for one night, feel the different atmosphere of snow mountains and stars, return to Chengdu by Circle Line, enjoy the different scenery.

[Special gift] Unlimited supply of mineral water, buckwheat tea, rhodiola healthy tea, oxygen supply equipment.

[Trip shopping] No shopping.

[Recommend local products] Native products.

### 簡要行程:

第一天: 成都(四川省省会) 双流国际机场接机→猫鼻梁观四姑娘山全景	宿: 成都
第二天: 四姑娘山双桥沟风景区【景区环保车】→丹巴【甲居藏寨】	宿: 丹巴
第三天: 丹巴→犛牛穀→八美→塔公·雅拉雪山→新都橋→雅江	宿: 雅江
第四天: 雅江→亚丁核心风景区【景区环保车】·亚丁村·卓瑪拉措·仙乃日雪山日	宿: 亚丁村
第五天: 全天亚丁核心风景区【景区环保车+电瓶车】·落絨牛場·牛奶海·五色海	宿: 稻城
第六天: 稻城→桑堆→海子山→兔子山→理塘→雅江→新都橋→康定	宿: 康定
第七天: 康定·木格措风景区【景区环保车】→雅康·成雅高速→成都	宿: 成都
第八天: 黃龍溪古鎮→乘机返程结束愉快之旅	

### Brief itinerary:

Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu International Airport → Mao Bi Liang view the panorama of Siguniang Mountain

Accommodation: Siguniang Mountain

Day 2: Siguniang Mountain Shuangqiao Gully Scenic Area [eco-friendly car] → Danba [Jiaju Tibetan village]

Accommodation: Danba

Day 3: Danba → Yak Valley → Bamei → Tagong · Yala Snow Mountain → Xindu Bridge → Yajiang

Accommodation: Yajiang

Day 4: Yajiang → Yading Scenic Area [eco-friendly car] · Yading Village · Zhuoma La Lake · Xiannairi Mountain

Accommodation: Yading Village

Day 5: All-day Yading Scenic Area [eco-friendly car + battery car] · Luorong Pasture · Milk Sea · Five-Color Sea

Accommodation: Daocheng

Day 6: Daocheng → Sangdui → Haizi Mountain → Rabbit Hill → Litang → Yajiang → Xindu Bridge → Kangding

Accommodation: Kangding

Day 7: Kangding · Mugecuo Scenic Area [eco-friendly car] → Yakang · Chengdu-Ya'an expressway → Chengdu

Accommodation: Chengdu

Day 8: Huanglongxi Ancient Town → Take the flight home and end the pleasant journey

### 详细行程:

第一天: 成都(四川省省会) 双流国际机场接机→猫鼻梁观四姑娘山全景

成都双流国际机场接团, 乘车前往四姑娘山, 途经猫鼻梁, 【猫鼻梁】是观赏四姑娘山全景的最佳位置。站在猫鼻

梁顺着公路前上方望去，四座山峰依次排列，最高的么妹峰雪白圣洁，峭壁如削，直插云霄，气势非凡。

行进顺序：（成都 84KM 映秀 115KM 猫鼻梁 13KM 四姑娘山）

公里数及行车时间：（212KM）。柏油路。行车约 5 小时。

宿地海拔：日隆镇 3260 米

用餐：早餐\*\*\* 午餐（中式合菜 50） 晚餐（中式合菜 50）

住宿：风情大酒店同级（准四）

### Detailed itinerary:

#### Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu International Airport → Mao Bi Liang view the panorama of Siguniang Mountain

Pick up at Chengdu Shuangliu International Airport, drive to Siguniang Mountain, through the Mao Bi Liang, [Mao Bi Liang] is the best place to see the panoramic view of Siguniang Mountain. Here, overlooking Siguniang Mountain, the four peaks are arranged in turn, the highest sister peak is white and holy, standing quietly in the northeast, the steep cliffs, straight into the sky, looks is magnificent.

Specific line: Chengdu 84KM Yingxiu 115KM Mao Bi Liang 13KM Siguniang Mountain

Kilometres and driving time: 212KM. Asphalt road. Driving about 5 hours. Residential elevation: Rilong County 3260M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Fengqing Hotel or equivalent (4-star)

#### 第二天：四姑娘山双桥沟风景区【景区环保车】→小金→丹巴【甲居藏寨】

前往四姑娘山【双桥沟风景区】游览，四姑娘山风景区由双桥沟、长坪沟、海子沟三部分组成。其中双桥沟景区，景点最为集中，风景最为迷人；下午前往中国最美乡村【甲居藏寨】，甲居藏寨距丹巴县城 7 公里，是康巴高原上一张靓丽的民俗风情名片。藏寨像群星般撒落在依山起伏向上的缓坡上，或星落棋布，或稠密集中，或在高山悬崖上，或在河坝绿茵间，不时炊烟袅袅，若幻若真，真可谓“别有天地非人间”。

行进顺序：（日隆镇 54KM 小金县 62KM 丹巴）

公里数及行车时间：（116KM）。柏油路。行车约 3 小时。

宿地海拔：丹巴县 1800 米

用餐：早餐（酒店内） 午餐（中式合菜 50） 晚餐（中式合菜 50）

住宿：丹巴美人谷大酒店同级（准四）

#### Day 2: Siguniang Mountain Shuangqiao Gully Scenic Area [eco-friendly car] → Danba [Jiaju Tibetan village]

Visit Siguniang Mountain [Shuangqiao Gully Scenic Area], Siguniang mountain scenic area consists of Shuangqiao Gully, Changping Gully and Haizi Gully. Shuangqiao Gully is the most concentrated and the most attractive scenery Scenic Spot; Afternoon to the most beautiful village in China [Jiaju Tibetan village], Jiaju Tibetan village is 7 kilometers from Danba County, it is a beautiful folk custom business card on the Kham Plateau. Its buildings are scattered like stars on the gentle slopes of the ups and downs of the mountains, or the stars are falling, or densely dense, or on the cliffs of the mountains, or between the rivers and greenery, from time to time, smoke curling up from kitchen chimneys, like an illusion and like a real, it can be said that "there is no other world, really is another realm".

Specific line: Rilong Town 54KM Xiaojin County 62km Danba

Kilometres and driving time: 116KM. Asphalt road. Driving about 3 hours. Residential elevation: Danba County 1800M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Danba Meiren Valley Hotel or equivalent (4-star)

#### 第三天：丹巴→犛牛谷→八美→塔公·雅拉雪山→新都桥→雅江

乘车前往雅江，经过牦牛谷，翻越疙瘩梁子山、八美抵达塔公草原，近距离欣赏呈莲花宝座形状的雅拉雪山，拍摄之后继续乘车经过新都桥，抵达雅江。

行进顺序：（丹巴 83KM 八美 30KM 塔公 33KM 新都桥 70KM 雅江）

公里数及行车时间：（216KM）。柏油路。行车约 6 小时。

宿地海拔：雅江县 2670 米

用餐：早餐（酒店内） 午餐（中式合菜 50） 晚餐（中式合菜 50）

住宿：雅江驿都大酒店同级（准四）

#### Day 3: Danba → Yak Valley → Bamei → Tagong · Yala Snow Mountain → Xindu Bridge → Yajiang

To Yajiang, through the Yak valley, crossing the Liangzi Mountain and Bamei to Tagong Grassland, looking closely the lotus throne shaped Yala Snow Mountain, then continue to through Xindu Bridge to Yajiang.

Specific line: Danba 83KM Bamei 30km Tagong 33KM Xindu Bridge 70KM Yajiang

Kilometres and driving time: 216KM. Asphalt road. Driving about 6 hours. Residential elevation: Yajiang County 2670M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Yajiagn Yidu Hotel or equivalent (4-star)



**第四天: 雅江→亚丁核心风景区【景区环保车】·亚丁村·卓瑪拉措·仙乃日雪山日**

经过理塘县, 翻越兔子山、海子山, 抵达香格里拉镇, 换乘景区环保车进入【亚丁风景区】, 这里被称为“最后的香格里拉”、“蓝色星球最后一片净土”。游览冲古寺、卓瑪拉措。这里是英国詹姆斯·希尔顿 (James Hilton) 所著《消失的地平线》书中的“蓝月山谷”。亚丁的夜空是最为干净的, 如果天气好, 可以拍雪山·星轨·银河·村庄题材。

行进顺序: (雅江 134KM 理塘 150KM 稻城 75KM 日瓦 35 KM 亚丁村)

公里数及行车时间: (394KM)。柏油路+景区公路 行车约 7.5 小时。

宿地海拔: 亚丁村 3900 米

用餐: 早餐 (酒店内) 午餐 (中式合菜 50) 晚餐 (中式合菜 50)

住宿: 亚丁村见山酒店同级 (准四)

**Day 4: Yajiang → Yading Scenic Area [eco-friendly car] · Yading Village · Zhuoma La Lake · Xiannairi Mountain**

Through the Litang County, crossing the Rabbit Mountain and Haizi Mountain, arrive at Shangri-la Town, transfer to the scenic eco-friendly car to enter [Yading Scenic Area], known as "the last Shangri-La", "the last piece of pure land on the blue planet". This is the "Blue Moon Valley" from James Hilton's novel "Lost Horizon". The night sky in Yajiang is the cleanest, if the weather is good, you can shoot snow mountains · star trails · village and other theme.

Specific line: Yajiang 134KM Litang 150km Daocheng 75KM Riwa 35KM Yajiang Village

Kilometres and driving time: 394KM. Asphalt road+Scenic road. Driving about 7.5 hours.

Residential elevation: Yajiang County 3900M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Yading Village Jianshan Hotel or equivalent (4-star)

**第五天: 全天亚丁核心风景区【景区环保车+电瓶车】·落絨牛場·牛奶海·五色海**

早起拍摄仙乃日雪山的日照金山! 前往落絨牛场, 去看那最美的雪山——央迈勇雪山, 雪山与草地构成了一幅迷人的景色, 如果还有体力, 可以前往二个神秘的湖泊 (牛奶海及五色海), 一路雪山随人相伴, 沿途皆是美景! 提示: 此处风景甚好, 但海拔高 (约 4800 米左右), 属于山间放牧道, 故: 量体力而行, 切勿勉强, 须注意安全。

行进顺序: (亚丁村 4KM 亚丁景区大门 114 KM 稻城)

公里数及行车时间: (118KM)。柏油路。行车约 3 小时。

宿地海拔: 稻城 3600 米

用餐: 早餐 (酒店内) 午餐 (景区自助 60 或盒饭) 晚餐 (中式合菜 50)

住宿: 稻城圣地映像精品主题酒店

**Day 5: All-day Yading Scenic Area [eco-friendly car + battery car] · Luorong Pasture · Milk Sea · Five-Color Sea**

Get up early and shoot "Ri Zhao Jin Shan (The sun shone on the snow hill)" of Xiannairi snow mountain! Then go to Luorong Pasture, to see the most beautiful snow mountain — YangMaiyong Mountain, The snowy mountains and meadows make a fascinating scene, if you still have energy, you can head to two mysterious lakes (Milk Sea and Five-Color Sea), along the way are accompanied by snow mountains and beauty.

Tip: the scenery here is very good, but here is high altitude (about 4800 meters), it is a mountain grazing path, therefore: measure your physical strength, do not force, must pay attention to safety.

Specific line: Yajiang Village 4KM Yading Scenic Area 114km Daocheng

Kilometres and driving time: 118KM. Asphalt road. Driving about 3 hours.

Residential elevation: Daocheng 3600M

Dining: Breakfast (in the hotel) Lunch (Scenic buffet 60 or boxed meal) Dinner (Chinese dish 50)

Accommodation: Daocheng Holy Land Image Hotel

**第六天: 稻城→桑堆→海子山→兔子山→理塘→雅江→新都桥→康定**

途径桑堆 (9 月、10 月此处绿草变红, 似火焰燃烧), 翻越海子山、兔子山, 经过理塘、雅江、新都桥, 沿途拍摄光影多变的新都桥美景。晚抵康定城。

行进顺序: (稻城县 150KM 理塘县 134KM 雅江县 69KM 新都桥 75KM 康定)

公里数及行车时间: (428KM)。柏油路。行车约 8 小时。

宿地海拔: 康定 2560 米。

用餐: 早餐 (酒店内) 午餐 (中式合菜 50) 晚餐 (中式合菜 50)

住宿: 康定希誉酒店同级 (准四)

**Day 6: Daocheng → Sangdui → Haizi Mountain → Rabbit Hill → Litang → Yajiang → Xindu Bridge → Kangding**

Through Sangdui (green grass turns red in September and October, like a burning flame), over Haizi mountain and Rabbit mountain, after Litang, Yajiang, Xindu Bridge, along the way to shoot the changing light and shadow about Xindu Bridge scenery. Arrive at Kangding city in the evening.

**Specific line: Daocheng County 150KM Litang County 134km Yajiang County 69KM Xindu Bridge 75KM Kangding**  
**Kilometres and driving time: 428KM. Asphalt road. Driving about 8 hours. Residential elevation: Kangding 2560M**  
**Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)**  
**Accommodation: Kangding Xiyu Hotel or equivalent (4-star)**

### 第七天: 康定·木格措风景区【景区环保车】→雅康·成雅高速→成都

前往距离康定市区约 17 公里, 川西北最大的高山湖泊之一的【木格措风景区】, 游览七色海、杜鹃峡谷、药池沸泉、木格措(野人海)等景点; 返回成都。

行进顺序: (新都桥 75KM 康定 17KM 木格措 75KM 泸定 235KM 成都)

公里数及行车时间: (402KM)。柏油路。行车约 8 小时。

宿地海拔: 成都 500 米。

用餐: 早餐(酒店内) 午餐(中式合菜 50) 晚餐(中式合菜 50)

住宿: 成都赛仑吉地大酒店同级(准五)

### Day 7: Kangding ▪ Mugecuo Scenic Area [eco-friendly car] → Yakang ▪ Chengdu-Ya'an expressway → Chengdu

Go to [Mugecuo Scenic Area], one of the largest alpine Lake in northwest Sichuan, about 17 kilometers away from Kangding City, and visit the Seven-Color Sea, Rhododendrons Valley, Medicinal hot springs, Mugecuo and other scenic spots; return to chengdu.

**Specific line: Xindu Bridge 75KM Kangding 17km Mugecuo 75KM Luding 235KM Chengdu**

**Kilometres and driving time: 402KM. Asphalt road. Driving about 8 hours. Residential elevation: Chengdu 500M**

**Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)**

**Accommodation: Chengdu Serengeti Hotel or equivalent (5-star)**

### 第八天: 黄龙溪古镇→乘机返程结束愉快之旅

前往素有“影视城”、“中国好莱坞”之称的【黄龙溪古镇】, 这里的古街、古树、古庙、古建筑使人产生穿越时空错觉。之后前往双流国际机场, 乘机返程结束愉快之旅!

行进顺序: (成都 43KM 黄龙溪古镇 38KM 机场)

公里数及行车时间: (81KM)。城区路。行车约 2.5 小时

用餐: 早餐(酒店内) 午餐\*\*\*

### Day 8: Huanglongxi Ancient Town → Take the flight home and end the pleasant journey

Go to [Huanglongxi Ancient Town], which is known as "movie city" and "Hollywood of China", the ancient streets, trees, temples and ancient buildings here create the illusion of time travel. After that, go to the Shuangliu International Airport and end the pleasant journey.

**Specific line: Chengdu 43KM Huanglongxi Ancient Town 38KM Airport**

**Kilometers and driving time: 81KM. Urban Road, driving about 2.5 hours.**

**Dining: Breakfast (in the hotel) lunch: \*\*\***

### 出發前的服飾準備:

高原海拔高, 日照强烈, 早晚温差大, 需准备户外保暖衣裤, 同时建议备好墨镜、防晒霜、防晒帽、润唇膏、登山鞋、雨衣等。

### Dress preparation before departure:

The altitude of the plateau is high, the sunshine is intense, the temperature difference between morning and evening is big, need to prepare outdoor warm clothes, suggest at the same time prepared sunglasses, sunblock, sun hat, lip balm, hiking shoes, raincoat etc.

颂: 旅途愉快! 收获满满!

——Have a nice trip! Full of harvest!——