

9 DAYS 7/8 NIGHTS

DEEP INTO WESTERN SICHUAN

DISCOVER THE HIGHLANDS, EXPERIENCE THE CULTURE

Chengdu | Dujiangyan | Siguniangshan | Danba | Xinduqiao | Kangding
成都 | 都江堰 | 四姑娘山 | 丹巴 | 新都桥 | 康定



高原地区行程，期间每日提供每人1瓶氧气备用

HIGH-ALTITUDE AREA: 1 OXYGEN CANISTER WILL BE PROVIDED
PER PERSON PER DAY THROUGHOUT THE HIGH-ALTITUDE ITINERARY

川
西
深
行
记

康巴藏韵 · 雪山秘境

Tour code : PCCX

www.goldendestinations.com



WHY IN-DEPTH? 何为深度?



川西小瑞士 —— 毕棚沟

LANDSCAPE 深入自然

The "Little Switzerland" of Sichuan — Bipenggou Scenic Area

A glacially sculpted alpine wonderland where snow mountains, forests, meadows and crystal-clear lakes unfold across the landscape. Venture deeper to Shanghai Lake and Panyang Lake for spectacular mountain reflections.

由古老冰川作用塑造的高山秘境，雪山、冰川、森林、草甸与湖泊层层交织。深入上海子、磐羊湖，欣赏雪峰倒映湖面的壮丽景致。一次走进川西最完整的高山自然景观。



仍在生活的藏寨 —— 甲根坝提吾村

LOCAL LIFE 深入生活

The Living Tibetan Countryside — Tiwu Village

Discover a tranquil Tibetan village where streams, barley fields, grazing livestock and traditional homes come together. Not just a scenic stop, but a glimpse into the authentic rhythm of Tibetan village life.

小桥流水、青稞田、牛羊与藏式民居散落于山谷之间，这里没有被过度商业化的景区感。走进提吾村，看见的不是被包装的风景，而是依然在延续的藏区日常。



川西的天空之境 —— 斯丁措

HIDDEN GEM 深入秘境

The "Sky Mirror" of Western Sichuan — Sidingcuo

A hidden alpine lake with breathtaking views of Mount Gongga. On clear days, snow-capped peaks mirror across the tranquil waters, with the chance to witness the magical "Golden Mountain" at sunset.

藏在高原深处的绝美湖泊，拥有开阔的贡嘎雪山视野。天气晴朗时，雪峰倒映湖面；若遇上日落，更有机会邂逅“日照金山”。这里不是为了打卡一座湖，而是为了等待一场雪山与天空的相遇。



雪山下的一杯咖啡 —— 姑弄村

SLOW MOMENT 深入体验

A Coffee Break with Mount Yala — Gulong Village

Step into an authentic Tibetan village beneath Mount Yala, where traditional homes, alpine pastures and snow-capped peaks create a picture-perfect highland scene.

Specially arranged: One cup of coffee per person — sit back, slow down, and enjoy the mountain view.

走进雅拉雪山脚下的原生态藏寨，传统藏式民居、牧场与雪山构成最真实的川西画面。

特别安排一人一杯咖啡，不赶景点，在雪山前坐下来，看一场属于高原的慢生活。



三百年藏地人文 —— 惠远寺

CULTURE 深入人文

Monastery with Three Centuries of Stories — Huiyuan Monastery

Step into a nearly 300-year-old monastery and the birthplace of the 7th Dalai Lama. Surrounded by red walls, golden rooftops and fluttering prayer flags, discover the profound spiritual heritage of the Kham Tibetan region.

拥有近三百年历史的藏传佛教寺院，也是七世达赖喇嘛的诞生地。红墙金顶、经幡与梵音交织，至今仍保留着浓厚的宗教文化氛围。从自然风光深入藏区信仰，才是真正的川西深度。



9 DAYS 8/ 7 NIGHTS

Western Sichuan 川西之旅

Shuangqiao Valley
双桥沟

DAY 1

Kuala Lumpur ➔ Chengdu

(9D7N) - Check-in at KLIA

(9D8N) - Arrive in Chengdu & check-in to hotel.

DAY 2

Kuala Lumpur ➔ Chengdu (130KM) Dujiangyan

(Meal on board / Local Lunch / Local Dinner)

- Visit the **Panda Valley** and meet Chengdu's iconic and adorable pandas.
- Visit and take a photo at the **Yangtianwo "Selfie Panda" Plaza**
- Explore **Ancient Town of Guan County** [\[Special Arrangement : Aient Town Desert & Snack\]](#)

(9D7N)

- Upon arrival in Chengdu, head to a [spa centre](#) to enjoy breakfast unwind and refresh before beginning your unforgettable journey through Western Sichuan.

DAY 3

Dujiangyan (177KM) Bipenggou (32KM) Gu'ergou

(Hotel Breakfast / Local Lunch / Local Dinner)

- **Bipenggou Scenic Area (included buggy car):** Known as the "Little Switzerland of Western Sichuan," Bipenggou is renowned for its snow-capped peaks, alpine lakes, glaciers, and forests, offering spectacular scenery in every season.

DAY 4

Gu'ergou (250KM) Mount Siguniang (110KM) Danba

(Hotel Breakfast / Local Lunch / Local Dinner)

- Head to **Maobiliang Observation Deck**, a poetic window onto the panoramic view of Mount Siguniang, with the Silver Dragon Snow Peak within easy reach. Enjoy sunsets over the snow peaks and the serene beauty of the Tibetan plateau.
- **Shuangqiao Valley** (Buggy car included): The most scenic and well-developed valley in the Siguniang Mountain scenic area. With its steep cliffs, winding streams, and misty forests, the valley offers a serene, fairy-tale-like highland landscape.

DAY 5

Danba (212KM) Xinduqiao

(Hotel Breakfast / Local Lunch / Local Dinner)

- **Jiaju Tibetan Village** (buggy car included): Recognized as one of "China's most beautiful villages," set among terraced fields and snow-capped peaks. [\[Special arrangement : Tibetan costume experience & photoshoot including 5 digital photos\]](#)
- Visit the nearly 300-year-old **Huiyuan Monastery**, birthplace of the 7th Dalai Lama. Experience the serene Tibetan Buddhist atmosphere, sacred chants, and the rich spiritual heritage of the Kham Tibetan region.
- **Gulong Village**: Enjoy panoramic views of snow mountains and alpine pastures, admire traditional Tibetan houses, and experience the authentic Kham Tibetan culture. [\[Special Arrangement: A cup of coffee per person while enjoying the breathtaking view of Mount Yala.\]](#)
- Visit to **Tagong Grassland**, one of Western Sichuan's most iconic highland pastures, where vast grasslands meet snow-capped peaks. Enjoy the rich Tibetan culture and take in stunning views of the **sacred Yala Mountain**.

DAY 6

Xinduqiao

(Hotel Breakfast / Local Lunch / Local Dinner)

- **Jiagenba Tiwu Village**: Discover this hidden gem of Western Sichuan, where flowing streams, traditional Tibetan houses, and barley fields create a tranquil countryside scene. Experience the authentic Tibetan village charm and the peaceful highland lifestyle. [\(Seasonal Eros flower viewing in May.\)](#)
- Discover The "Sky Mirror of Western Sichuan"- **Sidingcuo Lake**, offering breathtaking views of Mount Gongga, the "King of Sichuan Mountains". Witness the magical moment of the golden sunset illuminating the snow-capped peaks.

DAY 7

Xinduqiao (77KM) Kangding (260KM) Chengdu

(Hotel Breakfast / Local Lunch / Local Dinner)

- **Xinduqiao scenery** known as a "photographer's paradise," it features open highland meadows, Tibetan villages, winding rivers, and distant snow-capped mountains—offering beautiful light and scenery in every season.
- Cross the "First Pass of the Sichuan-Tibet Route", **Zheduo Mountain**, standing at around 4,200m above sea level. Enjoy breathtaking views of snow-capped mountains, vast grasslands, and endless highland landscapes along the way.
- Stroll through **Kangding Liu Liu Town**, a charming cultural district blending Tibetan and Han traditions and experience the unique charm of Kangding, the "City of Love Songs".

DAY 8

Chengdu

(Hotel Breakfast / - / Local Dinner)

- Visit Chengdu's thousand-year-old **Wenshu Monastery**, a tranquil Buddhist temple known for its elegant architecture and serene atmosphere.
- Stroll along Chengdu's iconic historic street, **Jinli Ancient Street**, featuring traditional Sichuan architecture, rich Three Kingdoms culture, local customs, and the laid-back charm of Chengdu.
- Check-out the Chengdu iconic **Chengdu Twin Tower** night view!

DAY 9

Chengdu ➔ Kuala Lumpur

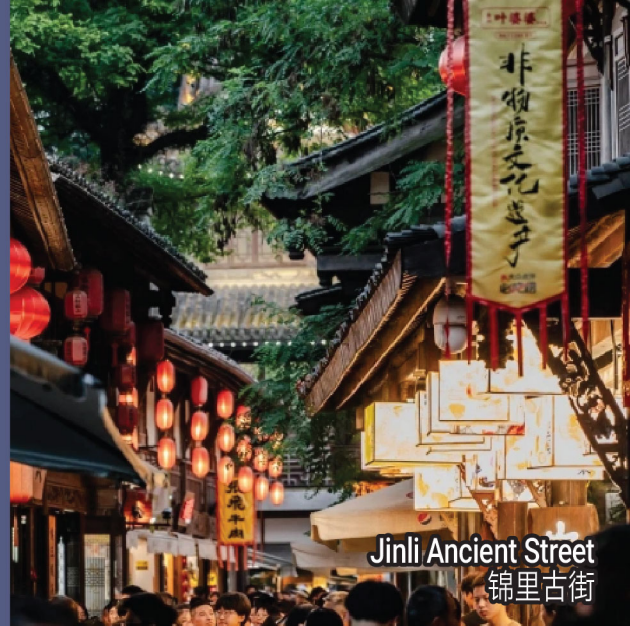
(Hotel Breakfast / - / Meal on Board)

- Enjoy free & easy time. (You may explore Chunxi road/ IFS/ Taikooli etc.)
- Depart back home!

- Sequences of itinerary are subject to local arrangement
- Itineraries, meals, hotels and transportation are subject to change without prior notice.
- Pictures for reference only



Maobiliang Observation Deck
猫鼻梁观景台



Jinli Ancient Street
锦里古街

第1天

吉隆坡 ✈ 成都

(9天8晚) - 抵达天府之国-成都！入住酒店休息。

(9天7晚) - 在吉隆坡机场集合

第2天

吉隆坡 ✈ 成都 (130KM) 都江堰

(机上用餐/当地午餐/当地晚餐)

- 到熊猫谷观看成都标志性的可爱大熊猫。
- 在都江堰打卡网红仰天窝广场的“自拍熊猫”。
- 闲逛灌县古城 [特色安排：古城老字号甜品+小吃]。

(9天7晚)

抵达天府之国——成都后，前往水疗中心放松身心，并享用早餐，洗去旅途疲惫，为精彩的川西之旅揭开序幕。

第3天

都江堰 (177KM) 毕棚沟 (32KM) 古尔沟

(酒店早餐/当地午餐/当地晚餐)

- 毕棚沟风景区 (含电瓶车)：走进被誉为“川西小瑞士”的毕棚沟，欣赏雪山、冰川、湖泊与原始森林交织的壮丽景观，感受四季变幻的高原之美。

第4天

古尔沟 (250KM) 四姑娘山 (110KM) 丹巴

(酒店早餐/当地午餐/当地晚餐)

- 前往猫鼻梁观景台，欣赏四姑娘山全景与河谷风光，可拍摄雪山日落与云海奇观，感受藏区高原宁静之美。
- 双桥沟 (含环保车)：四姑娘山景区中景色最丰富、开发最完善的沟谷。峡谷地势陡峭幽深，山水相依，草木繁盛，常有云雾缭绕，宛如高原仙境。

第5天

丹巴 (212KM) 新都桥

(酒店早餐/当地午餐/当地晚餐)

- 甲居藏寨：被誉为“中国最美的乡村”之一，坐落在层层梯田与雪山之间。白墙红顶的藏式民居点缀在山谷中，如画般宁静。这里保留着纯朴的藏族文化与独特的高原风情，是体验藏族生活与田园美景的绝佳之地。【特别安排：藏服体验&旅拍 (含5张电子底片)】
- 走进拥有近三百年历史、七世达赖喇嘛诞生地的惠远寺，感受庄严宁静的藏传佛教氛围，于红墙金顶间聆听梵音、虔诚礼佛，体验康巴藏区深厚的人文与宗教文化传承。
- 姑弄村：远眺雪山牧场，欣赏传统藏式民居，感受原生态的康巴人文风情与高原慢生活。【特别安排：一人一杯咖啡，悠闲观景壮美的雅拉雪山】
- 到川西最具代表性的高原牧场之一——塔公草原，欣赏辽阔草原与雪山相映的壮丽景色，感受浓厚的藏族风情，并远眺神圣的雅拉雪山。

第6天

新都桥

(酒店早餐/当地午餐/当地晚餐)

- 甲根坝提吾村- 探访川西秘境提吾村，小桥流水、藏式民居与青稞田交织成宁静画卷，感受原生态藏寨风情与悠然的高原慢生活。
- (5月可欣赏俄色花季节美景)
- 探访“川西天空之境”- 斯丁措，欣赏“蜀山之王”贡嘎神山壮丽全

第7天

新都桥 (77KM) 康定 (260KM) 成都

(酒店早餐/当地午餐/当地晚餐)

- 新都桥风光被誉为“摄影师的天堂”，以开阔的高原草地、散落的藏式村落、蜿蜒河流与远处雪山构成独特的光影美景。四季景色各具风情，是川西最具代表性的风光之一。
- 翻越川藏第一关——折多山，穿越海拔约4,200米的高原垭口，沿途欣赏壮丽雪山、辽阔草原与云海交织的川西高原风光，感受康巴藏区独特的自然魅力。
- 走进康定溜溜城，漫步于充满藏汉风情的特色街区，感受康定悠久的茶马古道文化与浓厚的人文魅力，探索这座“情歌之城”的独特韵味。

第8天

成都

(酒店早餐/-/当地晚餐)

- 走进成都千年古刹文殊院，感受清幽宁静的佛教文化氛围，欣赏古朴典雅的寺院建筑，体验成都深厚的历史底蕴与人文气息。
- 漫步成都著名历史文化街区——锦里古街，欣赏古色古香的川西建筑，感受浓郁的三国文化、民俗风情与成都悠闲慢生活。
- 打卡成都地标夜景-交子双塔！

第9天

成都 ✈ 吉隆坡

(酒店早餐/-/机上用餐)

- 自由活动 (可到春熙路/IFS/太古里)
- 启程回家！

* 行程次序以当地旅社安排为准。

* 行程、膳食、住宿、交通等可能会因不可抗拒因素而更动，恕不另行通知。

* 图片仅供参考。



Country-style Cuisine
农家风味



YinYong Hot Pot
鸳鸯火锅



STAY CLOSER TO THE LANDSCAPE
Selected stays surrounded by the beauty of Western Sichuan.

Special Arranged by

DAY 天	BREAKFAST 早餐	LUNCH 午餐	DINNER 晚餐	HOTEL 酒店 (or similar)
2	Hotel / Spa Centre Breakfast 酒店/水疗中心早餐	Chinese Cuisine 中式风味	Firewood Chicken Cuisine 柴火鸡风味	Mingzhi Shangchun Holiday Hotel 4★
3	Hotel Breakfast 酒店早餐	Chinese Cuisine 中式风味	Country-style Cuisine 农家风味	Gu Er Gou Hot Spring Resort 4★
4	Hotel Breakfast 酒店早餐	Chinese Cuisine 中式风味	Tibetan' Pork Cuisine 藏香猪风味	Yake Cloud Lodge (JiaJu Village) 4★
5	Hotel Breakfast 酒店早餐	Chinese Cuisine 中式风味	Black Chicken Herbal Nourishing Soup Hot Pot 松茸乌鸡养生汤锅	Ozz-nice5-Time Absolution Resort Hotel 4★
6	Hotel Breakfast 酒店早餐	Chinese Cuisine 中式风味	Tibetan Flavour 藏家风味	GINLAN SONG Qingtang Hotel 4★
7	Hotel Breakfast 酒店早餐	Chinese Cuisine 中式风味	Sichuan Cuisine 川菜风味	
8	Hotel Breakfast 酒店早餐	Self Arrangement 自理	YinYong Hot Pot 鸳鸯火锅	
9	Hotel Breakfast 酒店早餐	--	--	