

## 絕世貢嘎·驚豔稻城

### 蜀山之王貢嘎山～稻城亞丁攝影之旅單飛 8 日

【雅哈壩口·聖母之淚冷噶措·泉華灘·子梅壩口·稻城亞丁·牛奶海】

深度體驗●絕對秘境

專屬定制●獨家線路

風景震撼●保證出片



#### 目的地介紹

**貢嘎山:** 貢嘎山以冰川聞名，山麓有現代冰川 159 條，主峰海拔 7556 米，是地球同緯度及四川省最高的山峰，被譽為“蜀山之王”。圍繞主峰周圍有 45 座海拔 6000 米以上的雪峰，方圓 390 多平方公里內，有眾多冰川、溫泉、湖泊、森林、高山草甸及珍稀動、植物。

**雅哈壩口:** 雅哈壩口海拔 4568 米，距貢嘎山主峰直線距離約 30km，是觀貢嘎主峰及貢嘎群峰的極佳點！

**聖母之淚·冷噶措:** 位於康定市貢嘎山西側幫木吉德村後方海拔 4500 米以上的高山上，有一個冰雪融化形成的終年不涸的高山湖泊，被人譽為“貢嘎山的一滴眼淚”，當地藏族同胞稱之為“聖母之淚·冷噶措”。冷噶措的湖邊，是眺望貢嘎山主峰最正面的絕佳位置，蹲下，則看見貢嘎山的雪峰倒影在湖面上，渾然天成，大氣磅礴！被稱為“大自然的驚豔之作！”。

**稻城亞丁:** 這裡是英國詹姆斯·希爾頓（James Hilton）所著《消失的地平線》書中的香格里拉秘境。被譽為“最後的香格里拉”、“藍色星球上的最後一片淨土”。

## ——心靈與視覺的饗宴——

【特別贈送】礦泉水無限量供應、苦蕎茶水、紅景天養生茶、鋼瓶氧氣罐、氧氣瓶。

【行程購物】絕不安排旅遊購物商店。

【推薦特產】土特產品。

## Unique Gongga · Amazing Daocheng

### The king of Shushan Gongga Mountain～Daocheng Yading Photography Tour (Fly from Daocheng to Chengdu) 8 Days

[Yaha Yakou · lady-tears Lengga Lake · Quanhuan · Zimei Yakou · Daocheng Yading · Milk Sea]

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

### Destination description:

**Gongga Mountain:** Gongga mountain is famous for its glaciers, there are 159 contemporary glaciers at the foot of the mountain, the main peak is 7,556 meters above sea level, it is the highest mountain in Sichuan Province in the same latitude of the earth, known as "The king of Shushan". Around the main peak there are 45 snow-capped peaks with an altitude of more than 6,000 meters, within an area of more than 390 square kilometers, there are numerous glaciers, hot springs, lakes, forests, alpine meadows, rare animals and plants.

**Yaha Yakou:** Yaha Yakou is 4,568 meters above sea level, about 30km away from the main peak of Gongga Mountain as the crow flies, it is an excellent point for viewing the main peak of Gongga Mountain and the group peaks of Gongga Mountain!

**lady-tears · Lengga Lake:** Located at the rear of Bangmujide Village on the west side of Gongga Mountain in Kangding City at an altitude of more than 4,500 meters, there is a alpine Lake formed by the melting of ice and snow, which is never dry all the year round, known as "a drop of tears on Gongga Mountain", the local Tibetans call it "the lady-tears · Lengga Lake". On the edge of the Lengga Lake, it is the best place to view the front of the main peak of Gongga Mountain, if you squat down, you can see the snowcapped peak of the Gongga Mountain reflected on the lake, natural and majestic! Known as "nature's stunning work"!

**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".

## ——Spiritual and visual feast——

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

[Trip shopping] No shopping.

[Recommend local products] Native products.

### 簡要行程/Brief itinerary:

第一天: 成都(四川省省會) 雙流國際機場接機→寬窄巷子·拍攝【川劇變臉VIP座】	宿: 成都
第二天: 成都→成雅·雅康高速→康定→新都橋→雅哈垭口拍貢嘎雪山主峰(日落)	宿: 玉龍西民居
第三天: 聖母之淚·冷噶措→子梅垭口拍蜀山之王貢嘎日落	宿: 子梅村
第四天: 泉華灘→新都橋→黑石城貢嘎群山→雅江	宿: 雅江
第五天: 雅江→亞丁核心風景區【亞丁村、夏諾多吉雪山、仙乃日雪山、星空、星軌】	宿: 亞丁村
第六天: 亞丁核心風景區【日照金山、央邁勇雪山、牛奶海、五色海、星空、星軌】	宿: 亞丁村
第七天: 亞丁核心風景區【日照金山、青蛙海】→稻城	宿: 稻城
第八天: 稻城飛成都→乘機返程結束愉快之旅	

Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu International Airport → Kuanzhai Alley · Sichuan Opera Face VIP seat

Accommodation: Chengdu

Day 2: Chengdu → Chengdu-Ya'an · Ya'an-Kangding Expressway → Kangding → Xindu Bridge → Photograph the main peak of Gongga Snow Mountain in Yaha Yakou (sunset)

Accommodation: Yulong west folk houses

Day 3: Lady-tears · Lengga Lake → Zimei Yakou Photograph the sunset of Gongga Mountain, the king of Shushan

Accommodation: Zimei Village

Day 4: Quanhua Beach → Xindu Bridge → Black Stone City Gongga mountains → Yajiang

Accommodation: Yajiang County

Day 5: Yajiang → Yading core Scenic Area [Yading Village、XianuoDuoji Holy Mountain、Xiannairi Mountain、Starry Sky、Star Trail]

Accommodation: Yading Village

Day 6: Yading core Scenic Area [Golden Sun lights Showering Over The Snow Mountains、YangMaiyong Snow Mountain、Milk Sea、Five-Color Sea、Starry Sky、Star Trail]

Accommodation: Yading Village

Day 7: Yading core Scenic Area [Golden Sun lights Showering Over The Snow Mountains、Frog Sea] → Daocheng

**Accommodation: Daocheng****Day 8: Daocheng Airport → Take the flight home and end the pleasant photography tour****詳細行程/Detailed itinerary:****第一天：成都(四川省省會) 雙流國際機場接機→寬窄巷子·拍攝【川劇變臉 VIP 座】**

成都雙流國際機場接團。

【寬窄巷子】由寬巷子、窄巷子和井巷子組成，是成都現存較成規模的清朝古街道。

【川劇變臉】欣賞國粹（VIP 座），川劇是漢族戲曲劇種之一，是歷代川劇藝人共同創造並傳承下來的藝術瑰寶。川劇三大絕活包括變臉、滾燈、吐火。

備註：便於拍攝工作，川劇變臉保證 VIP 座。

行進順序：（機場 20KM 寬窄巷子 22KM 酒店）

公里數及行車時間：（42KM）。城區路。行車約 1.5 小時。

住地海拔：成都市 500 米

用餐：早餐\*\*\* 午餐\*\*\* 晚餐（中式合菜 50）

住宿：成都賽倫吉地大酒店同級（准五）

**Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu International Airport → Kuanzhai Alley · Sichuan Opera Face VIP seat**

Pick up at Chengdu Shuangliu International Airport.

[Kuanzhai Alley] It is composed of Broad Alley and Narrow Alley, is the existing relatively large scale of the Qing Dynasty Alley in Chengdu.

[Sichuan Opera Face] Appreciate the quintessence of Chinese culture (VIP seat), Sichuan opera is one of the Han operas, it is an artistic treasure created and inherited by the artists of the past dynasties. Sichuan Opera three unique technique including face - face changing, rolling lights and fire spitting.

Notes: In order to facilitate the shooting of photos, Sichuan Opera Face guarantee VIP seats.

Specific line: Airport 20KM Kuanzhai Alley 22KM Hotel

Kilometres and driving time: 42KM. Urban road, driving about 1.5 hours. Residential elevation: Chengdu city 500M

Dining: Lunch \*\*\* Dinner \*\*\* Dinner (Chinese dish 50)

Accommodation: Chengdu Serengeti Hotel or equivalent

**第二天：成都→康定→新都橋→雅哈啞口拍貢嘎雪山主峰（日落）**

【雅哈啞口】海拔 4568 米，距貢嘎山主峰直線距離約 30 千米，是觀賞“蜀山之王”貢嘎山主峰（海拔 7,556 米）及貢嘎群峰的極佳點。

備註：民居標間獨衛，條件相對艱苦，但為了拍到震撼驚人的大片，我們不得不在此附近入住 2 晚。

行進順序：（成都 340KM 新都橋 59KM 雅哈啞口 22KM 玉龍西）

公里數及行車時間：（421KM）。柏油路+土石爛路。行車約 7.5 小時。

住地海拔：玉龍西村 3700 米

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（中式合菜 50）。

住宿：玉龍西民居（獨衛）。

**Day 2: Chengdu → Kangding → Xindu Bridge → Photograph the main peak of Gongga Snow Mountain in Yaha Yakou (sunset)**

[Yaha Yakou] Yaha Yakou is 4,568 meters above sea level, about 30km away from the main peak of Gongga Mountain as the crow flies, it is an excellent point for viewing the main peak of "the king of Shushan" Gongga Mountain (altitude: 7,556 m) and the group peaks of Gongga Mountain.

Notes: The standard room of the residence with independent toilet, the condition is relatively difficult, however, in order to get the stunning pictures, we have to stay here for 2 nights.

Specific line: Chengdu 340KM Xindu Bridge 59KM Yaha Yakou 22KM Yulongxi

Kilometres and driving time: 421KM. Asphalt road + Rocky road, driving about 7.5 hours.

Residential elevation: Yulongxi Village 3700M

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

Accommodation: Yulongxi folk house (independent toilet)

**第三天：聖母之淚·冷噶措→子梅啞口拍蜀山之王貢嘎日落**

【冷噶措】空拍貢嘎群山，拍攝神山倒影。冷噶措位於康定市貢嘎山西側海拔 4500 米以上的高山上，有一個冰雪融化形成的終年不涸的高山湖泊，被人譽為“貢嘎山的一滴眼淚”，當地藏族同胞稱之為“聖母之淚·冷噶措”。冷噶措的湖邊，是眺望貢嘎山主峰（海拔 7,556 米）最正面的絕佳位置，蹲下，則看見貢嘎山的雪峰倒影在湖面上，渾然天成，大



氣磅礴！被稱為“大自然的驚豔之作！”。

【子梅垭口】海拔 4550m，這裡與貢嘎山直線距離僅 5km，是近距離貢嘎山的最近的地方。拍貢嘎山日落。

備註：攝影團都會安排日出及日落，具體以實際天氣為準。貢嘎地區早晚溫差非常大，請做好禦寒準備。

行進順序：（玉龍西 22KM 冷噶措 24KM 子梅垭口 17KM 玉龍西）

公里數及行車時間：（63KM）。柏油路+土石爛路。行車約 2 小時。

住地海拔：子梅村 3600 米

用餐：早餐（藏式簡餐）、午餐（備乾糧 50）、晚餐（中式合菜 50）。

住宿：子梅村民居（獨立衛生間）。

### Day 3: Lady-tears · Lengga Lake → Zimei Yakou Photograph the sunset of Gongga Mountain, the king of Shushan

[Lengga Lake] Aerial photography of the Gongga Mountains, shooting the reflection of the sacred mountain. Lengga Lake located at the rear of Bangmujide Village on the west side of Gongga Mountain in Kangding City at an altitude of more than 4,500 meters, there is a alpine Lake formed by the melting of ice and snow, which is never dry all the year round, known as "a drop of tears on Gongga Mountain", the local Tibetans call it "the lady-tears · Lengga Lake". On the edge of the Lengga Lake, it is the best place to view the front of the main peak of Gongga Mountain (altitude: 7,556 m), if you squat down, you can see the snow-capped peak of the Gongga Mountain reflected on the lake, natural and majestic! Known as "nature's stunning work"!

[Zimei Yakou] With an altitude of 4,550m, about 5km away from the Gongga Mountain as the crow flies, this is the closest place to Gongga Mountain. Photograph the sunset of Gongga Mountain.

Notes: The Photography Tour will arrange sunrise and sunset, the specific time is subject to the actual weather. The temperature difference between morning and evening in Gongga area is very large, please prepare for the cold weather conditions.

Specific line: Yulongxi 22KM Lengga Lake 24KM Zimei Yakou 17KM Yulongxi

Kilometres and driving time: 63KM. Asphalt road + Rocky road, driving about 2 hours.

Residential elevation: Zimei Village 3700M

Dining: Breakfast (Tibetan meal) Lunch (Solid food 50) Dinner (Chinese dish 50)

Accommodation: Zimei Village folk house (independent toilet)

### 第四天：泉華灘→新都橋→黑石城貢嘎群山→雅江

【泉華灘】位於貢嘎山鄉玉龍西村，幾十個形狀各異、五彩斑斕五彩池延綿不斷，可與黃龍媲美！在泉華灘的頂部，噴湧而出的冷泉和溫泉約有半人高。

【黑石城】具有“外星球”之稱，在這裏拍攝蜀山之王貢嘎山及 145 座雪山全景！

行進順序：（泉華灘 139KM 新都橋 49KM 黑石城 98KM 雅江）

公里數及行車時間：（286KM）。柏油路+土石爛路。行車約 6.5 小時。

住地海拔：雅江縣 2670 米

用餐：早餐（藏式簡餐）、午餐（中式合菜 50）、晚餐（中式合菜 50）。

住宿：雅江驛都大酒店或同級（准四）

### Day 4: Quanhua Beach → Xindu Bridge → Black Stone City Gongga mountains → Yajiang

[Quanhua Beach] Located in Yulongxi Village, Gongga Mountain Township, there are dozens of different shapes, multicolored pools stretch continuously, comparable to the Huanglong! At the top of Quanhua Beach, the cold springs and hot springs gushed out about half a man's height.

[Black Stone City] Known as the "outer planet", here to take photos of the king of Shushan Gongga mountain and panoramic view of 145 snow-capped mountains.

Specific line: Quanhua Beach 139KM Xindu Bridge 49KM Black Stone City 98KM Yajiang

Kilometres and driving time: 286KM. Asphalt road + Rocky road, driving about 6.5 hours.

Residential elevation: Yajiang County 2670M

Dining: Breakfast (Tibetan meal) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Yajiang Yidu Hotel or equivalent

### 第五天：雅江→亞丁核心風景區【亞丁村、夏如多季雪山、仙乃日雪山、星空、星軌】

【亞丁風景區】被稱為“最後的香格里拉”、“藍色星球最後一片淨土”。遊覽沖古寺、卓瑪拉措。這裏是英國詹姆斯·希爾頓（James Hilton）所著《消失的地平線》書中的“藍月山谷”。亞丁的夜空是最為乾淨的，如果天氣好，可以拍雪山·星軌·銀河·村莊題材。

行進順序：（雅江 359KM 日瓦 35 KM 亞丁村）

公里數及行車時間：（392 KM）。柏油路。行車約 7.5 小時。

宿地海拔：亞丁村 3900 米

用餐：早餐（酒店內）、午餐（中式合菜 50）、晚餐（酒店桌餐 60）

住宿：核心景區亞丁藏亞文化酒店同級（准四）

## Day 5: Yajiang → Yading core Scenic Area [Yading Village、XianuoDuoji Holy Mountain、Xiannairi Mountain、Starry Sky、Star Trail]

[Yading Scenic Area] Known as "the last Shangri-La", "the last piece of pure land on the blue planet". Visit Chonggu Temple, Zhuoma La Cuo. 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 359KM Riwa 35KM Yading Village

Kilometres and driving time: 392KM. Asphalt road, driving about 7.5 hours. Residential elevation: Yading Village 3900M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (hotel table meal 60)

Accommodation: Yading Zangya Culture Hotel or equivalent

### 第六天：亞丁核心風景區【日照金山、央邁勇雪山、牛奶海、五色海、星空、星軌】

【落絨牛場】可以看到那最美的雪山——央邁勇雪山，雪山與草地構成了一幅迷人的景色，如果還有體力，可以前往二個美麗而神秘的湖泊（牛奶海及五色海），一路雪山隨人相伴，沿途皆是美景！

提示：此處風景甚好，但海拔高（約 4800 米左右），屬於山間放牧道，故：量體力而行，切勿勉強，須注意安全。  
為了更好的方便攝影，午餐給大家準備簡餐。

公里數及行車時間：（12KM）。景區路。行車約 0.5 小時。

宿地海拔：亞丁村 3900 米

用餐：早餐（酒店內）、午餐（簡餐 50）、晚餐（酒店桌餐 60）

住宿：核心景區亞丁藏亞文化酒店同級（准四）

## Day 6: Yading core Scenic Area [Golden Sun lights Showering Over The Snow Mountains、YangMaiyong Snow Mountain、Milk Sea、Five-Color Sea、Starry Sky、Star Trail]

[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.

Kilometres and driving time: 12KM. Scenic road, driving about 0.5 hour.

Residential elevation: Yading Village 3900M

Dining: Breakfast (in the hotel) Lunch (Solid food) Dinner (hotel table meal 60)

Accommodation: Yading Zangya Culture Hotel or equivalent

### 第七天：亞丁核心風景區【日照金山、青蛙海】→稻城

【青蛙海】是一個呈反逗號型狀的高原海子，一個不為人知的秘境，比牛奶海、五色海加起來還大得多，這裡是拍攝雪山、鮮花、海子的好地方。

提示：為了更好的方便攝影，午餐給大家準備簡餐。

行進順序：（亞丁村 4KM 亞丁景區大門 114 KM 稻城）

公里數及行車時間：（118KM）。柏油路。行車約 3 小時。

宿地海拔：稻城縣 3600 米

用餐：早餐（酒店內）、午餐（簡餐 50）、晚餐（酒店桌餐 50）

住宿：稻城聖地映像精品酒店或同級（准四）

## Day 7: Yading core Scenic Area [Golden Sun lights Showering Over The Snow Mountains、Frog Sea] → Daocheng

[Frog Sea] It is an inverted comma-shaped plateau lake, an unknown secret area, much bigger than the Milk Sea and Five-Color Sea combined, which is a good place to photograph the snow mountain, flower and lake.

Tip: For better convenience of photography, will prepare light lunch for everyone.

Specific line: Yading Village 4KM Yading Scenic Area entrance 114KM Daocheng

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

Residential elevation: Daocheng county 3600M

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

Accommodation: Daocheng Holy Land Image Hotel or equivalent

### 第八天：稻城機場→乘機返程結束愉快的攝影之旅【備註：稻城飛成都基本都是早上起飞的航班】

乘車前往世界上海拔最高的民用機場—亞丁機場（海拔 4411 米），乘機返程結束愉快的攝影之旅。

行進順序：（稻城 48KM 亞丁機場）

公里數及行車時間：（48KM）。柏油路。行車約 1 小時。

用餐: 早餐(簡餐)、午餐: \*\*\*

### **Day 8: Daocheng Airport → Take the flight home and end the pleasant photography tour [Notes: The flights from Daocheng to Chengdu are basically early flight]**

Go to the highest elevation Civil Airport in the world—Daocheng Yading Airport (At an altitude of 4,411 meters), take the flight home and end the pleasant photography tour.

**Specific line: Daocheng 48KM Airport**

**Kilometers and driving time: 48KM. Urban Road, driving about 1 hour.**

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

#### **出發前的器材準備:**

廣角、中焦、長焦段鏡頭為主，如果不是商業拍攝，為了減少負重，一鏡走天下的鏡頭也行。備三腳架、快門線、中灰鏡、偏振鏡、充足的電池（高寒地區，電池續航性特差）、充足的內存卡、充電插線板等。

#### **出發前的服飾準備:**

高原海拔高，日照強烈，早晚溫差非常大，需準備戶外保暖衣褲，同時備好手套、墨鏡、防曬霜、防曬帽、潤唇膏、登山鞋、雨衣等。

#### **Equipment preparation before departure:**

Drone, camera lens are mainly, wide-angle, medium and telephoto lenses, if not commercial shooting, in order to reduce the load, or choose a lens that covers wide-angle, medium and telephoto lenses. Equipped with tripod, cable release, neutral density filter, polarizer, adequate battery (at alpine region, battery life is particularly poor), adequate memory card, plug board etc.

#### **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.

**頌: 旅途愉快! 收穫滿滿!**

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