



# HIPPO 河马假期旅游有限公司

## TOURS & TRAVEL SDN BHD

KPL/LN. No. 4472

Wisma J&amp;A, No.2, Jalan Bayu Tinggi 2/KS 6, Batu Unjur, 41200 Klang, Selangor, Malaysia.

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## 南宁/巴马~巴马长寿村/ 象州/金秀

Tour Code: CGT



★ 风味餐: • 巴马风味 • 南宁老友粉 • 金秀土家菜

**精简行程:****第一天 启程-南宁**

(机上用餐/午/晚餐)

- 南宁东盟会馆
- 清秀山
- 工艺品

**第二天 南宁/巴马 (早/午/晚餐)**

- 百魔洞
- 百魔洞天坑
- 巴盘屯长寿村
- 竹炭纤维

**第三天 巴马/象州 (早/午/晚餐)**

- 象州温泉

**第四天 象州/金秀 (早/午/晚餐)**

- 东山寺  
(含大雄宝殿,天坛大佛,天王殿,钟鼓楼,观音殿...)

**第五天 金秀/南宁 (早/午/晚餐)**

- 莲花山  
(含盘瓠庙,会仙桥,石林仙都,金鸡报晓,一线天...)
- 土产

**第六天 南宁 - 回程**

(早餐/午/机上用餐)

- 南湖公园
- 御芳斋

**观光景点:**

南宁东盟会馆



巴盘屯长寿村



百魔洞天坑



莲花山

**南宁**

- 清秀山 - 因林木青翠, 山势秀拔而得名。景区内临江山顶上矗立的九层宝塔叫龙象塔, 俗称青山塔, 它是清秀山的象征。
- 南宁东盟会馆 - 是南宁的标志性建筑物, 会馆顶上的朱槿花是南宁的市花。
- 南湖公园 - 具有广西民族特色和亚热带风光特色的综合性公园。公园内设有李明瑞韦拔群百色起义陈列馆、盆景园、兰花圃、花圃等游乐设施

**巴马**

- 百魔洞 - 是一个神奇及最为雄伟壮观的石灰岩溶洞。其中最为壮观的是100多米高, 几百米宽、1000多米长的大殿堂内, 几十个70~80米高、3~5米直径的钟乳石柱, 构成庞大的石塔群, 让人惊叹不已。洞内所有均为几亿年岩溶发育的结晶, 堪称“大自然艺术之宫”。
- 百魔洞天坑 - 天坑上面是悬崖, 崖上有人家, 居住着勤劳善良、独享宁静的高山土瑶; 崖下百草园, 使人真切感受到崖上有人家、崖内有洞天, 洞天观玉树, 疑是入太虚的梦幻景象。底部拥有巴马最高的负氧离子含量。
- 巴盘屯长寿村 - 巴马是世界五大长寿之乡中百岁老人分布率最高的地区, 被誉为“世界长寿之乡·中国人瑞圣地”。探索一个没有游客干扰的长寿村, 呼吸新鲜的高负氧离子空气, 饮用小分子团水, 增进身体的健康。之后在长寿村寨之间漫步, 感受天地的灵气。全面了解巴马人长寿养生之道(家访请自备红包或糕点, 以便送给老人, 当地俗称“补粮”)

**象州**

- 象州温泉-旧名濮水名泉, 曾用名“花池温泉”, 当地群众传统俗称“热水”, 当地青山环抱, 在秀丽的乡村田园中, 常年热气腾腾, 雾气缭绕。温泉之水来自于离地面几百米深处的热岩, 泉水清澈透明, 含有偏硅酸、锶、铜、铁、镁、钙、碘、钡等二十多种对人体有益的微量元素, 用于沐浴可以预防和治疗皮肤病、胃病、消化不良、神经衰弱、风湿病等。洗净一身疲劳。
- 东山寺-建于中唐时期, 内有集大雄宝殿、天坛大佛、藏经阁、天王殿、钟鼓楼、观音殿、地藏殿、伽蓝殿、祖师殿、禅堂、方丈室、尊客堂、流通处、僧寮、居士寮、五观堂、照壁。

**金秀**

- 金秀-中国第一个瑶族自治县, 它因自然资源十分丰富, 山水风光秀丽奇特而得名, 意为“金山秀水”。这里的山景雄奇挺秀, 既有五岳的雄壮巍峨, 又有武夷、张家界等处山体的列峰排空, 怪石嶙峋。它的独特之处在于, 山与原始森林、瀑布、山溪、幽谷、云海、日出、幻雾等自然景色交融一体, 人在其中游, 有移步换形之妙。
- 莲花山-莲花山主峰海拔1350米, 因群峰耸立, 远远望去, 整个山体酷似一朵含苞待放的莲花, 因此而得名。其景观有莲花山群峰及棋盘山群峰等。山上景观以石林为主, 补以繁茂的原始森林, 加上云海杜鹃花林、古树, 形成了秀美、梦幻的奇景。游览盘瓠庙、会仙桥、石林仙都、金鸡报晓、一线天、鸵鸟恋月、棋盘山、画中游等景点。

**特别赠送**

● 每天一瓶矿泉水

行程次序, 以当地旅社安排为准。

自费项目: 白鸟岩+金秀民俗村表演+按摩+南宁夜景[RMB 500/人]

出发日期:

航班行程:

	团费	机场税及燃油附加费	小费	旅行社代收费	签证	旅行保险	总数
成人							
小孩							



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**6D5N**

## NANNING/BAMA LONGEVITY VILLAGE/ XIANGZHOU/ JINXIU

Tour Code: CGT



★ **Special Cuisine** : • Bama Flavor • JinXiu Local Cuisine  
• NANNING "Laoyou" Rice Noodles

### Schedule:

#### D1 ARRIVAL-NANNING

(MOB/L/D)

- Nanning ASEAN Hall
- Mount Qingxiu
- Handicraft

#### D2 NANNING/BAMA (B/L/D)

- Devil Cave (Baimo Cave)
- Devil Collapsed Cave (Tiankeng)
- Bapantun Longevity Village
- Bamboo Charcoal Fiber

#### D3 BAMA/XIANGZHOU (B/L/D)

- Xiangzhou Hot Springs

#### D4 XIANGZHOU/JINXIU

(B/L/D)

- Xiangzhou East Temple  
(Included Main Hall of the Temple, Tian Tan Buddha, Hall of God of Mercy, Emperor Hall, Bell & Drum Tower...)

#### D5 JINXIU/NANNING (B/L/D)

- LIANHUASHAN (LOTUS HILL)  
(Included Pan Hu Temple, Hui Xian Bridge, Immortal Stone Forest and View of Golden Rooster crowing...)
- Local Product Shop

#### D6 NANNING-DEPARTURE

(B/L/MOB)

- South Lake Park
- Chinese Herbs Shop

**Special FREE**

• Daily bottle mineral water per person.

Sequences of Itinerary are subject to local arrangement.

### Tourist Attractions:



#### NANNING

- **Mount Qingxiu** - Symbol of Nanning. The fresh air and picturesque scenery make Mt. Qingxiu become a necessary attraction to travel. On the top of the mount stands a pagoda, Longxiang Tower, which is the symbol of the mountain.
- **South Lake Park** - You can fully appreciate the views of various plants, such as Chinese fan palms, and other tropical trees. There is a garden with hundreds of precious flowers and bamboo, in which three inner gardens are very attractive places.
- **Nanning ASEAN Exposition Center** - Is the symbol building of Nanning.

#### BAMA

- **Devil Cave (Baimo Cave)** - it is one of the most majestic and spectacular limestone caves. It is praised as "the best limestone cave in the world". A subterranean cave leads for about thirty minutes to emerge in a wonderful 'tiankeng' (collapsed cave), with lush sub tropical vegetation. The cave is divided into four huge caverns, which are all worthy of a visit.
- **Bapantun Longevity Village** - Bama has the highest concentration of centenarians (People over 100) in the world, 58 out of 220,000 people, centenarians to total population. Bama, therefore has often been reputedly referred to as the "Village of Longevity, Sanctuary of China." To explore the mystery of the longevity. You may wander around the village and breathe the fresh air and feel the passion for life in Bama. (Friendly reminder: please prepare ang pao and tidbit as souvenir or "bu liang")

#### XIANGZHOU

- **Xiangzhou Hot Springs** - Formerly known as "the flower beds Spa". The hot spring water from the hot rocks at depths of a few hundred meters off the ground, crystal clear spring water contains metasilicate, strontium, copper, iron, magnesium, calcium, iodine, barium and other 20 kinds of trace elements beneficial to humans, used for bathing the prevention and treatment of skin diseases, stomach problems, indigestion, neurasthenia, rheumatism.
- **Xiangzhou East Temple** - Was built in the Tang dynasty. The temple set Main Hall, Tian Tan Buddha, scripture library, Emperor Hall, the Bell and Drum Tower, Hall of God of Mercy.

#### JINXIU

- **Jinxiu** - China's first Yao autonomous county. Famous with its rich natural resources and beautiful scenery landscape. Here the view of mountain is tall and graceful. The unique of the mountain as with primitive forests, waterfalls, glen, sea of clouds, the sunrise, magic fog and other natural scenery communion.
- **LIANHUASHAN (LOTUS HILL)** - Lianhuashan peak elevation of 1350 meters, form the towering peaks, from afar, the whole mountain resembles a budding lotus, Lotus Hill, hence the name. Lianhuashan set Huangshan, Lushan Mountain, Zhangjiajie beauty-in-one with magnificent scenery.

Optional Tour: • Birds Rock + Massage + Nanning NightView [RMB500/PAX]

Departure Date:

Flight :

	Tour Fare	Airport Tax & Fuel Surcharge	Tipping	ACF	Visa	Travel Insurance	Total
Adult							
Child							