



AMANDAYAN



## Activities Guide 活动指南

Lijiang is a fabled city tucked into the north-western corner of China's Yunnan Province. Renowned as one of the most beautiful places in China, it is often favourably compared to the mythical Shangri-La of Himalayan lore and is called the 'Land of Eternal Spring' due to its mild climate.

Surrounded by snow-capped peaks including the revered Jade Dragon Snow Mountain and home to a harmonious fusion of cultures, the city's Old Town was listed as a Unesco World Heritage Site in 1997. Amandayan rests on just over a hectare atop Lion Hill above the winding lanes and canals of Old Town, with panoramic views of Lijiang and the region's majestic mountain ranges on the horizon.

丽江是一个传奇的城市，位于中国云南省的西北角。它是中国最美的地方之一，常被比作喜马拉雅神话中的香格里拉，因其温和的气候而被称为“常春之境”。

群山环绕，其中白雪覆盖的玉龙雪山更是神圣而令人尊敬，和古城的文化和谐融合。丽江古城在1997年被联合国教科文组织列为世界遗产。大研安缇就憩息于狮子山顶大约一公顷左右的地方。狮子山位于古城蜿蜒的小巷和河流之上，在这里可以将丽江古城的全景和壮丽的山脉尽收眼底。这个度假胜地的名字来源于梵语中的“和平”和“大研”的意思，而大研是13世纪由统治丽江的木氏家族所建立的一个具有历史意义的名字，丽江也意味着“美丽的江流”。



The resort draws its name from the Sanskrit-derived word for 'peace' and 'Dayan', the historic name for Lijiang when it was first established by the ruling Mu family in the 13th century. Lijiang itself means 'beautiful river'.

Blessed with a magnificent natural setting, a rich cultural heritage and historic places of interest on just about every street corner, Lijiang offers a host of activities and excursions to suit all interests. Amandayan provides the perfect base to explore the town, experience the many facets of the indigenous Naxi culture and take in the region's spectacular natural attractions including Tiger Leaping Gorge.

得天独厚的自然环境，丰富的文化遗产和历史名胜几乎散布于每一条街头巷尾，丽江为对它感兴趣的每一位探险者提供了一系列的活动和短途旅游。而大研安缦则为这些探险家在探索古镇、体验各种纳西文化、欣赏包括虎跳峡在内的壮丽的自然景观的同时提供了一个完美的栖息地。







## Wenchang Palace 文昌宫

A special part of Amandayan is the carefully preserved Wenchang Palace located on the property. It was built in 1723 as an examination hall for scholars taking the famous entrance examinations to enter the Chinese civil service.

大研安缦的一个独特之处在于其内保存完好的文昌宫。它建于公元1723年，是为参加著名的中国古代公务员考试的学者设立的考场。

## Wangu Pavilion 万古楼

Just a few minutes' stroll from Amandayan is Wangu Pavilion – a 33-metre high wooden structure at the top of Lion Hill. This landmark building offers spectacular views of the Old Town with its sophisticated system of canals, outlying Naxi villages with their patchwork of fields, and Jade Dragon Snow Mountain on the horizon.

万古楼距离大研安缦仅有几分钟的路程，它是狮子山山顶上一座33米高的木架结构建筑。在这个地标性的建筑上可以看到壮观的景色，河流交错的丽江古城，远处农田沃沃的纳西族村庄，当然，还有从地平线拔地而起的玉龙雪山。



## Dayan Old Town 大研古城

Personalised tour: 5 hours

个性化定制行程: 5 小时

Lijiang is known for its unique Naxi architecture and is a treasure trove of history and culture. Known as Dayan when it was first built at the end of the Song dynasty, the Old Town occupies 3.8 square kilometres and is a Unesco World Heritage Site. It is as famous for its intricate system of canals and bridges, as for the traditional embroidery of its artisans. A stroll through Old Town's narrow lanes and over its 354 bridges will lead one to a host of notable historic sites. These include Mu Mansion, the former residence of the founding Mu Clan and today a museum.

丽江以其独特的纳西建筑而闻名，是历史和文化的宝库。这座古城始建于宋朝末期，原名大研，占地3.8平方公里，被联合国教科文组织列为世界文化遗产。它闻名于错综复杂的河流和桥梁，也因巧手工匠们的传统刺绣而著名。漫步在古城里悠长的小巷，穿梭于354座形态各异的桥梁，你会发现很多著名的历史遗迹，其中包括统治者木氏家族的故居木府，它现在作为博物馆面向大众。



## Baisha Old Town & Village Tour 白沙古镇

Discover one of the oldest towns in Lijiang and the birthplace of Tusi, the chief of the Mu clan. Part of the Lijiang World Heritage Site along with Shuhe Old Town, Baisha was the former capital of the Nakhi from 658 to 1107 and has changed very little over the centuries. Famous for the frescoes in Dabaoji Palace, the town offers fascinating insight into the region's history and traditional culture.

白沙古镇是丽江三大古城中历史最为悠久的一座，也是丽江第一大家族木氏土司的发源地。它与束河古镇一起是丽江世界文化遗产的一部分，从公元658年至公元1107年，白沙作为纳西族人的经济文化政治中心，几个世纪以来变化并不大，它以大宝积宫的壁画而闻名，这个小镇对于历史和传统文化有着迷人的洞察力。





## Shuhe Old Town & Village Tour 束河古镇

Personalised tour: 5 hours (Baisha and Shuhe)

个性化定制行程: 5 小时 (白沙+束河)

Also protected by Unesco, Shuhe was one of the earliest sites inhabited by the Nakhi. The Nakhi historically traded with Lhasa and India via the dangerous overland trade links known as the 'Tea and Horse Caravan' routes. Shuhe became an essential staging post. Just four kilometres from Dayan Old Town, Shuhe boasts cobbled streets, 200-year-old tea houses, idyllic ponds and beautifully detailed houses. It is known today for its leather industry.

束河古镇也是纳西族最早居住的遗址之一，同时也受联合国教科文组织保护。纳西族历史上通过路线险峻的“茶马古道”与拉萨和印度进行贸易往来，束河就是当时一个非常重要的中转站。它距离大研古城大约四公里，现在的束河有保存完好的鹅卵石街道，拥有200年历史的茶馆，田园般的池塘以及装饰精美的房屋，当然还有它著名的皮革工业。



## Yuhu Village

### 玉湖村

Personalised tour: 5 hours (Yuhu and Baisha)

个性化定制行程: 5 小时 (玉湖+白沙)

Tucked into the foothills of Jade Dragon Snow Mountain about 15km north of Lijiang, Yuhu is known for its traditional architecture. Much of this village is constructed from a clay-rich stone known locally as 'monkey head'. The ubiquitous use of this material gives the village and its picturesque houses a strong sense of unity. The village's museum is housed in the former home of botanist Dr. Joseph Rock (1884-1962).

玉湖村位于丽江以北约15公里处的玉龙雪山脚下，以其传统建筑而闻名。这个村庄大部分是由一种当地人叫做“猴头”的粘性很强的石头建造的。这种材料的广泛使用使得村子里的房子有一种很强烈的壮观的美感，现在村子里有一个博物馆就是当年植物学家约瑟夫·洛克博士 (1884-1962) 的故居。





## Baoshan Stone Village 宝山石头城

Personalised tour: 10 hours

个性化定制行程: 10 小时

Explore the mysterious Nakhi village of Baoshan deep in the Jinsha River Valley about 110km from Amandayan. The drive takes about 3.5 hours but the scenery is well worth the effort. Built on a giant slab of stone, the village is set above the river and terraced rice paddies and surrounded by cliffs, with just a narrow path - a metre wide - leading to the outside world. Finish your adventure with a picnic lunch in a secluded location with breathtaking views.

探索距离大研安缇110公里，处于金沙江峡谷深处神秘的宝山纳西村落。开车大约要花3.5个小时，但是那里的风景非常值得一看。整个村庄建立在一块独立的蘑菇状巨石之上，错落的梯田，四周都是悬崖峭壁，只有一条一米宽的窄路通向外面的世界。在一个僻静的地方看着令人惊叹的景色，一边野餐一边结束您的冒险。



## Shaxi Old Town 沙溪古镇

Personalised tour: 6 hours

个性化定制行程: 6 小时

Another important stop on the ancient 'Tea and Horse Caravan' trading route, Shaxi is situated in Jianchuan County, 200km from Lijiang. Wandering its peaceful narrow streets is much like exploring Lijiang Old Town 20 years ago.

沙溪是古代“茶马古道”贸易路线上另一个重要的站点，位于距丽江200公里的剑川县。行走在宁静狭长的街道，就像在探索20年前的丽江古城。



## Dali Old Town 大理古城

Personalised tour: 8 hours

个性化定制行程: 8 小时

Dali is one of Yunnan's most popular tourist destinations, known for its natural scenery and its historical and cultural heritage. It was the medieval capital of both the Bai Kingdom of Nanzhao and the Kingdom of Dali, but the present Old Town dates back to 1382 during the Ming dynasty. It is renowned for the Three Pagodas of Chongsheng Temple and serene Erhai Lake.

大理是云南最受欢迎的旅游目的地之一，以其自然风光和历史文化遗产而闻名。它是中世纪南诏白族和大理白族的都城，但现在的古城可以追溯到1382年的明朝。它以崇圣寺三塔和宁静的洱海而闻名。



## Shangri-La 香格里拉

Personalised tour: 9 hours

个性化定制行程: 9 小时

Living up to the peaceful promise of its legendary name, Shangri-La lies 200km from Amandayan in northwestern Yunnan. Primarily Tibetan, it is located on the southeast edge of the Qinghai-Tibet Plateau, where the Three Parallel Rivers of Yunnan Province originate. A visit to Shangri-La would not be complete without visiting Songzanlin Monastery, also known as Little Potala Palace. Finished in 1681, it is one of the top three lamaseries in China. Tiger Leaping Gorge lies on the way to Shangri-La and is well worth photographing on the way.

心中的日月香格里拉不负其传奇的名字，它距大研安缦200公里，位于云南的西北部和青藏高原东南缘，是三江并流的源头，主要以藏族人聚居为主。有一句话说如果没有游览过松赞林寺（又称小布达拉宫），香格里拉之旅就不算完整。它完建于公元1681年，是中国三大喇嘛庙之一，虎跳峡就在去往香格里拉的路上，风景也是非常值得您掏出相机拍照留念。







## Jade Dragon Snow Mountain Cable Car

### 玉龙雪山缆车

Personalised tour: 6 hours

个性化定制行程: 6 小时

The tallest mountain overlooking Lijiang is Jade Dragon Snow Mountain, also known as Yulong Mountain or Mount Satseto. Shanzidou is the highest of 13 peaks at 5,600 metres.

Take the cable car to 4,506 metres and enjoy breathtaking vistas in all directions. It is possible to climb the mountain to 4,680 metres, but this is only recommended for those with mountain climbing experience and a high level of fitness. Glacier Park, Spruce Meadow, Yak Meadow and Blue Moon Valley are beautiful sites accessible to all.

这座俯瞰着丽江的庄严地雪山也被称为玉龙山，扇子陡是13座山峰中最高的一座，海拔5600米。

乘坐缆车到4506米的地方可以看到一览众山小的壮丽景色和云海，当然你也可以挑战自己爬到4680米的地方欣赏更壮阔的风景，但这只建议那些有登山经验的和身体强壮的人去挑战，冰川公园、云杉坪、牦牛坪还有蓝月谷都是雪山行程沿途吸睛的风景区。



## Black Dragon Pool 黑龙潭

Personalised tour: 2 hours

个性化定制行程: 2 小时

Built in 1737 during the Qing dynasty, Black Dragon Pool is situated in Jade Spring Park, located at the foot of Elephant Hill, just a short walk north of Old Town. The white marble bridge over the pool offers one of the finest views of Jade Dragon Snow Mountain.

黑龙潭始建于清朝年间(公元1737年),坐落于象山脚下的玉泉公园,沿着古城北边逆流而上,短途一公里即达。潭上有一座大理石桥与远处的玉龙雪山倒映在水面也是一道美丽的风景。



## Tiger Leaping Gorge

### 虎跳峡

Personalised tour: 5 hours

个性化定制行程: 5 小时

A 15km canyon between Jade Dragon Snow Mountain and Haba Snow Mountain, Tiger Leaping Gorge is situated about 60km north of Lijiang. Famed for its beauty, the gorge is located where the Jinsha River passes between the mountains in a series of rapids under steep 2,000-metre high cliffs. Legend claims that an enormous tiger jumped across the river at the narrowest point of the gorge in order to escape from a hunter. Part of Unesco's 'Three Parallel Rivers of Yunnan Protected Areas' World Heritage Site, Tiger Leaping Gorge is divided into Upper, Middle and Lower sections and is distinctly different in each.

Amandayan offers a range of excursions into the gorge ranging from strenuous hikes to gentle walks focusing on photography.

虎跳峡位于丽江以北60公里处，介于玉龙雪山和哈巴雪山之间，全长15公里。金沙江因其美丽而闻名于世，它流经群山之间，在2000米高的陡峭悬崖下有湍急的河流。传说有一只巨大的猛虎为了躲避猎人的追捕，在江中的礁石上稍一脚便从峡谷中最窄的地方一跃而下，虎跳峡便因此而来。虎跳峡是联合国教科文组织世界遗产“云南三江并流”的一部分，分为上虎跳、中虎跳、下虎跳三段，每一段都有非常明显的不同的景色。

大研安缦也为阁下设计了徒步远足的不同路线，有艰险的跋山涉水也有边拍边走的闲庭阔步。



## Lashi Lake birdwatching and horse riding

### 拉市海观鸟、骑马

Personalised tour: 4 hours

个性化定制行程: 4 小时

Situated at 2,500m above sea level, Lashi Lake is a crystal clear alpine lake and a National Wetland Park. Just 10km from Amandayan (a 30-minute drive), the lake rests in pristine natural surroundings and is overlooked by Zhiyun Temple, built in 1727 during the Qing dynasty. Covering an area of 5,330 hectares, Lashi Lake is a paradise for birds, with 57 indigenous species and over 30,000 birds migrating here annually to escape Siberia's harsh winter. Rare species include black-neck cranes.

Amandayan can arrange horse riding along the lake's shores.

拉市海海拔2500米，是一个如明镜般的高原湖泊，同时也是国家湿地公园，距离大研安缙仅30分钟的车程，整个湖泊被原始的自然环境包围，可以在那俯瞰指云寺（建于公元1727年）。拉市海占地5330公顷，可以说是鸟类的天堂，光本土的鸟类就有57种，每年冬天还有超过3万只候鸟迁徙到这里避寒。珍稀物种有黑颈鹤。

在大研安缙，我们可以安排阁下沿着湖边走马观“鸟”。



## Golf 高尔夫

Designed by Nelson Haworth, Jade Dragon Snow Mountain Golf Club is located in Ganhaizi at the foot of the mountain it is named after. The longest par 72 course in the world, it is also the highest course in Asia at an altitude of 3,100m. Thanks to its elevation, the ball flies some 15% to 20% farther than at sea level. The course is a 40-minute drive from Amandayan.

由Nelson Haworth亲自操刀设计的玉龙雪山高尔夫俱乐部位于甘海子山脚下，它是世界上最长的72杆高尔夫球场，也是亚洲最高的高尔夫球场，海拔3100米，由于它特殊的高度，您挥杆而出的小小高尔夫球的飞行距离会比海平面远15%到20%。想去体验一下吗？从大研安缦出发，只要40分钟车程。



## Tai Chi 太极拳

On a wooden deck surrounded by trees, practice this ancient Chinese wellness art guided by an experienced Tai Chi master. The slow graceful movements focus the mind in a kind of moving meditation, and the holding of postures drawn from martial arts strengthens muscles and increases stamina. Tai Chi is considered an Intangible Cultural Heritage of China by Unesco. In case of inclement weather, your private session will be held in the Library.

跟着经验丰富的太极大师在绿树环葱里学习这种古老的中国养生技艺。缓慢优雅的动作让人的注意力在移动中冥想，从武术中衍生出来的动作可以增强肌肉和增加耐力。太极拳被联合国教科文组织列为中国非物质文化遗产。那下雨了怎么办？没关系，我们将在图书馆为您安排私人指导。



## Yoga 瑜伽

Enjoy a yoga session surrounded by nature in the grounds of Amandayan, or in the Library if it rains. This ancient wellness practice incorporates breathing techniques (prana) and physical postures (asana) that calm the mind and strengthen the body. Originating in India thousands of years ago, yoga is one of six schools of Hindu philosophical traditions, and is also an important practice in Buddhism and Jainism. Today it is appreciated worldwide for its holistic health benefits and can be enjoyed by all ages.

在大研安缦的庭院深深与自然同呼吸，或者雨天里在图书馆感受时间的流动。瑜伽这种古老又健康的运动结合了呼吸技巧（prana）和身体姿势（asana），它能让你头脑清醒，身体强壮。瑜伽起源于数千年前的印度，是印度六大哲学传统流派之一，也是佛教和耆那教的重要实践活动。由于它对健康的益处而受到全世界所有年龄层的人的推广。







## Gateway to a Living Past

### 国艺大研

Personalised tour: Xxx hours

个性化定制行程: Xxx 小时

This thoroughly enjoyable half- or full-day excursion takes in historic Wenfeng Temple and its spectacular camellia- and pine-scattered grounds, as well as the ancient village of Ciman, known for its remarkable Nakhi architecture and the longevity of its people. It also includes demonstrations of traditional Nakhi singing and dancing, and lessons in Dongba writing, before an authentic seasonal Nakhi meal rounds off the experience.

Situated just 8 kilometres from Old Town at the foot of Mount Wenbi, Wenfeng Temple nonetheless claims an elevation of 3,465m with astounding views of Lijiang and Jade Dragon Snow Mountain. With extensive gardens and pristine fresh mountain air, this beautiful place was founded by the 17th-century Nakhi king, Mu Tian Wang.

在大研安缙宁静的天堂，跟着大师们学习更多关于中国的传统艺术，他们将带领您一起分享并展示他们的知识和技能。每天下午，客人在享受下午茶的同时还可以跟当地的东巴文化传承者学习东巴书法，用大麦制作十二生肖，学习绘画艳丽的唐卡以及东巴造纸。



It became known for its holy meditation cave and sacred spring, and is today the highest institution of learning for Kagyu Lamaism in northwest Yunnan.

Next learn the secrets of longevity as you explore the tranquil age-old streets of Ciman, a Nakhi Village lost in time. Home to more centenarians than just about any other village in China, Ciman is also extremely picturesque, with cobbled streets overlooked by traditional Nakhi houses - many over two-hundred years old. After being welcomed in one such home, learn about Nakhi and Dongba culture - its languages and arts - then sit down for a memorable Nakhi meal prepared with the freshest seasonal produce by your host

在大研安缙宁静的夫堂，跟着夫师们学习更多关于中国的传统艺术，他们将带领您一起分享并展示他们的知识和技能。每天下午，客人在享受下午茶的同时还可以跟当地的东巴文化传承者学习东巴书法，用夫麦制作十二生肖，学习绘画艳丽的唐卡以及东巴造纸。

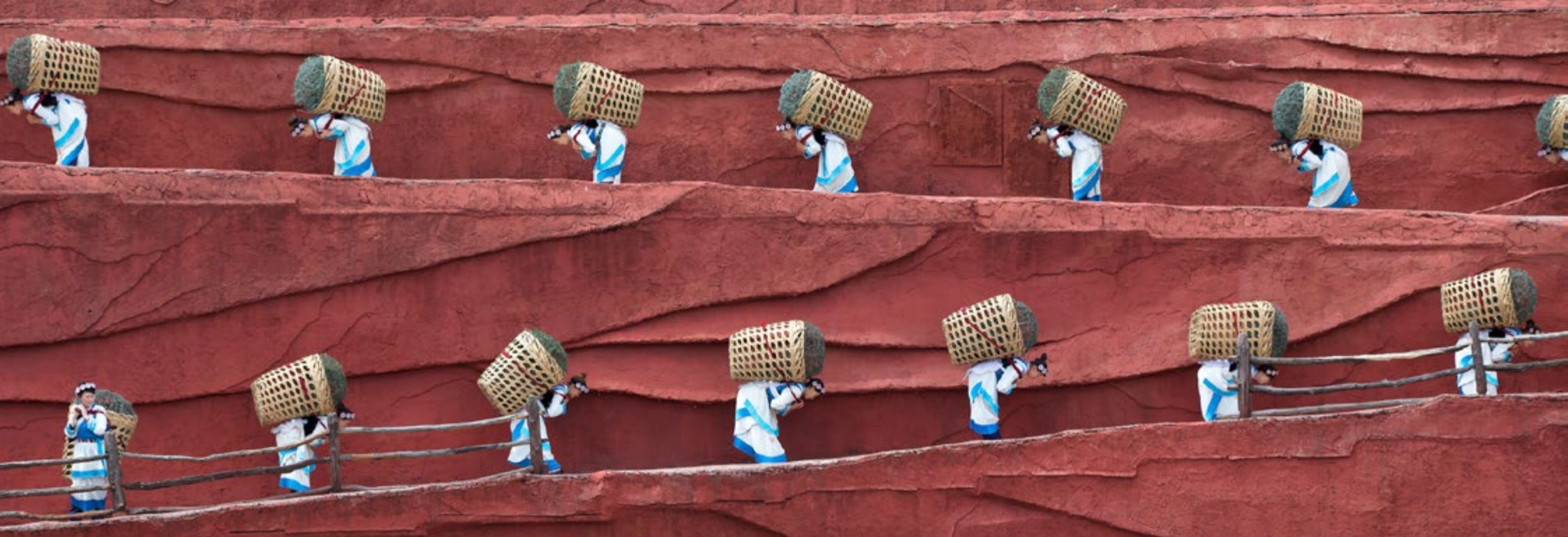


## Chinese arts at Amandayan 国艺大研

Lessons are offered daily at an additional fee  
同时每天还有额外收费的定制课程

In Amandayan's gracious Lounge, learn more about traditional Chinese arts from masters who will demonstrate and share their knowledge and skill. Every afternoon guests can enjoy complimentary afternoon tea then join experts from the local community to learn the art of Dongba calligraphy, make traditional Zodiac figures from barley, learn to paint in the colourful Thangka style and practice traditional Dongba paper making.

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## Impression Lijiang 印象丽江

Duration: 1 hour show twice daily (11am and 2pm),  
with an additional 9am show in season

时长: 每天2场, 每场1小时(上午11点, 下午2点),  
每个季度增加一场上午9点

The whole family will enjoy Zhang Yimou's *Impression Lijiang*, a 60-minute open-air show held daily on a grand stage at the base of Jade Dragon Snow Mountain. It reveals the daily lives of the Nakhi and other ethnic groups through music and dance.

男女老少都爱看张艺谋导演的大型露天表演《印象丽江》，60分钟让你通过震撼的音乐和舞蹈目不暇接的感受纳西族和其他民族的日常生活。



## Architectural Tour 建筑之旅

Personalised tour: 5 hours

个性化定制行程: 5 小时

Lijiang is renowned for its Naxi architecture, which played an intrinsic role in the city being awarded Unesco World Heritage Site status in 1997. The feature of Lijiang most representative of Naxi architecture is its wealth of domestic dwellings.

Naxi houses are built in the standard Han courtyard style and are usually two-storied. While the mud brick and wood structures may look simple at first glance, closer inspection reveals elaborate patterns and vivid carvings of people, animals and auspicious symbols on casements and doors, as well as elegant pillars and pillar supports.

Amandayan offers guided walks around the Old Town with exclusive access to a number of protected properties.

丽江以纳西族建筑闻名于世，纳西族建筑在1997年联合国教科文组织评选世界文化遗产的过程中发挥了重要作用。丽江最能代表纳西族建筑的特色就是其丰富的民居。

纳西族的房子是标准的汉族庭院式风格，通常是两层。虽然泥砖和木结构乍一看很简单，但仔细观察就会发现，在窗户和门上都有精致的图案、生动的人物、动物和代表吉祥的符号，当然还有讲究的柱子和承重结构。

大研安缇可为阁下安排由导游带领徜徉于古城之间，还可以参观一些受保护文物。





#### January

Bangbang Festival: Usually celebrated in mid-January at several open markets, this festival includes a flower exhibition as well as religious and folk performances over a period of three days.

#### February or March

Sanduo Festival: Celebrated with feasting and dancing on the 8th day of the 2nd lunar month, this festival is in honour of the local protective deity, Sanduo, and is the Nakhi's most important annual event.

#### May or June

Shangri-La Horserace: This show of horsemanship and culture in Shangri-La is a three-day affair

#### 一月

棒棒节: 通常在一月中旬在几个开放的农贸市场庆祝, 它包括为期三天的花卉展览以及宗教和民间表演。

#### 二月或三月

三朵节(三多节): 在农历二月初八, 人们会设宴跳舞庆祝, 这个节日是为了纪念丽江当地的保护神三多, 也是纳西族最重要的年度活动。

#### 五月或六月

香格里拉赛马: 这是在香格里拉一个为期三天展示马术和文化的活动, 通常在农历5月举行。当地人会带着全麦的绶带参加比赛并且伴有喜庆的歌舞表演。



usually held during the 5th lunar month. Locals attend in full regalia and the competitions are accompanied by festive singing and dancing.

Azaleas in spring: A paradise for horticulturists, Yunnan is home to at least half of China's more than 600 species of azalea. This is an impressive proportion considering there are only around 850 species worldwide. Yunnan's azaleas usually bloom from March to May and are mainly white, pink, yellow, red and purple.

#### **July or August**

Huoba Festival: Known as the Fire Torch Festival, this celebration of heat and light is held on the 24th or 25th day of the 6th lunar month.

春天的杜鹃花：这是一个园艺学家的天堂，云南是拥有中国一半以上超过600种杜鹃花的家园，多么令人深刻的一个比例，因为这世上只有大约850个杜鹃花物种。云南的杜鹃花通常在3月到5月开放，主要有白色、粉色、黄色、红色和紫色。

#### **七月或八月**

火把节：顾名思义火把节就是大家围着火把庆祝，在农历6月24日或25日举行。







## Afternoon Tea at the Tea House 品食茶舍

Enjoy the peace and ceremony of a traditional afternoon tea at the Tea House, savouring the finest Yunnan Black Tea, impeccably aged Puer Tea and even Fujian Tieguanyin Tea, brewed in mineral spring water from Jade Dragon Snow Mountain.

在茶舍享受充满仪式感的下午茶，品尝上等的滇红，挑不出毛病的陈年普洱还有用雪山清泉冲泡的福建铁观音。



## Matsutake Mushroom Hunting 松茸的狩猎季节

Personalised excursion: 5 hours

个性化定制行程: 5小时

Revered throughout Asia, the pine (matsu) mushroom (take) is the most anticipated of autumn flavours and greatly cherished as a gift. More than a seasonal delicacy, matsutake symbolises good fortune, happiness and fertility. Lending its pungent, cinnamon-spice aroma to any preparation, it is low in fat, high in protein and rich in vitamin B. Savouring its unique flavour is a pleasure once reserved for nobility and today sought after by gastronomes worldwide. Matsutake season coincides with the rainy season in Yunnan, usually between June and September. The best place to pick these delicacies is in Heqing, in the village of Xi Deng, a two-hour drive from Amandayan. Join locals who have been collecting these mushrooms for years, then learn how best to cook them in a local farmhouse or savour them back at Amandayan with a chef-prepared gourmet meal.

松茸在亚洲备受推崇，是最令人期待的秋季风味，也是人们最珍视的礼物。松茸不仅仅是一种时令美食，它还象征着好运、幸福和丰饶。它的脂肪含量低，蛋白质含量高并且富含维生素B。品尝它独特的香味曾经是贵族们的专利，而如今全世界的美食家都在追求它。

松茸生长的季节与云南的雨季吻合，通常在6月到9月之间。采摘松茸最佳的地点是鹤庆，距离大研安缙两小时车程的溪登村，跟着当地有着多年采摘经验的农夫去亲手采摘，然后试着在当地农民家里烹饪一下，或者您也可以把丰收的果实带回大研安缙让我们的厨师为您烹制，再美美的吃下肚。



Yunnan Hot Pot Dinner at Man  
Yi Xuan Chinese Restaurant  
在缦逸轩打边炉

Savour a traditional Yunnan Nakhi Hot Pot, a rustic local dish ideal for chilly evenings. Warming and full of flavour, the broth is heated over glowing charcoal in a central table well, into which vegetables, thinly sliced meat and bean-curd sheets are added. The finishing touch is a variety of dipping sauces on the table.

品尝传统的纳西族火锅，真的超级适合在寒冷的夜晚温暖您的脾胃，汤汁温热，味道浓郁，咕嘟咕嘟，加入蔬菜、肉片和百叶，最后裹上蘸酱满满一口塞进嘴里，让味蕾在舌尖起舞。





## Your own private cinema 私人影院

Amandayan's cinema offers 30 reclining leather seats and is the only private cinema in Lijiang Old Town. Choose your film from a wide selection then enjoy it with popcorn and other snacks.

大研安缇拥有全丽江唯一的私人影院，可容纳30人同时观影，吃着爆米花和小吃，躺在舒服的皮革躺椅上，观看自己喜欢的电影，美哉！



## Outdoor experiences 走出去 看世界

All of Amandayan's outdoor experiences can be tailored to suit families with children of different ages. Children will love taking the cable car up Jade Dragon Snow Mountain, horse riding along side the Lashi Lake and visiting Tiger Leaping Gorge.

大研安缇可以根据有不同年龄段孩子的家庭定制适合的户外体验项目，孩子们喜欢缆车，我们就去玉龙雪山，他们喜欢骑马，我们就去拉市海，孩子体力很好，我们可以去虎跳峡走走。







## Dongba calligraphy 东巴书法

The only living hieroglyphs still in use in the world today, Dongba calligraphy is composed of original pictorial characters that describe the characteristics of things in the natural world. Known as Dongba, Nakhi sages are the custodians of this art, and are also deeply knowledgeable about astronomy, medicine, dance and more. An expert from Lijiang Dongba School will demonstrate and teach Dongba calligraphy to Amandayan guests.

东巴书法是目前世界上唯一还在使用的象形文字，它是由描述自然界事物特征的原始象形文字组成的。被称为东巴的纳西族圣贤是这门艺术的保管人，而且在天文学、医学、舞蹈等方面也有很深的造诣。来自丽江东巴学校专家会向大研安缦的客人示范和教授东巴书法。



## Dongba paper making 东巴造纸

Paper was invented in China, around 100 BC, and Dongba paper making is still very similar to the original process. This paper will last for thousands of years and is remarkably immune to damage caused by insects. Made from a plant called Jinhua which grows on the hills surrounding Lijiang, the paper making process involves soaking and cooking the raw materials, then beating them, stretching them, and finally drying them. Labour intensive but extremely satisfying, this experience will leave you with a new found appreciation of something we very much take for granted today.

纸是在公元前100年左右的中国发明的，东巴造纸的工艺至今仍与原始工艺非常相似。这种纸可以保存几千年，而且对虫害有很强的免疫力。造纸的原料是一种生长在丽江附近山上叫做堯花的植物，造纸的过程包括浸泡、烹煮原料，然后把它们打烂、拉伸、烘干。这可是一项体力活，但相信结果会令您非常满意，这种体验将给您一种新的发现美的能力，您也将获得一项新技能，新技能在当今时代很有用。



## Thangka painting 唐卡绘画

This Tibetan style of painting originally used precious minerals including gold, silver, pearls and other gems, as well as precious natural substances such as saffron to get the brightest possible colours on cotton and silk canvases. These natural materials ensured that surviving Thangkas over hundreds of years old, are still as vivid as the day they were painted. Honouring the sacred world of Buddha, Thangkas usually depict Buddhist deities or scenes, or beautiful mandalas – geometric patterns used to aid meditation. Paint your own beautiful Thangka with the help of an artist from Lijiang Dongba School.

藏式绘画最初使用的是包括金、银、珍珠和其他宝石在内的珍贵矿物，以及藏红花等珍贵天然物质，以在棉、丝画布上展现出明亮的色彩。这些天然的材料可以确保唐卡在经历百年风霜后仍然鲜活如初。唐卡描绘的是佛祖的神圣世界，通常是描绘一些佛教的神灵或场景，还有美丽的曼荼罗，一些用来帮助冥想的几何图案。跟着来自丽江东巴学校的艺术家画出属于你的唐卡吧！

## Excursion price list

### 旅游线路

Price (RMB/Pax); the more people the lower price.

价格(元/位); 人越多, 价格越低。

#### Dayan Old Town Tour, 5 hours

(Old Town, Mu's Mansion, Balck Dragon Pool Park)

1 pax: 850 2 pax: 525/pax 3-6 pax: 420/pax

#### Wenbifeng, 5 hours

(Wen Feng Temple)

1 pax: 1580 2 pax: 1080/pax 3-6 pax: 780/pax

#### Shuhe & Baisha Old Town Tour, 5 hours

(Old Towns, Pu'er Museum, Embroidery School)

1 pax: 1200 2 pax: 790/pax 3-6 pax: 620/pax

#### Yuhu Village & Baisha Old Town Tour, 5 hours

(Old towns, Embroidery School, Rock's former Residence)

1 pax: 1200 2 pax: 790/pax 3-6 pax: 620/pax

#### Yuhu Village, Baisha Old Town & Blessing Temple, 7 hours

(Old Town, Embroidery School, Rock's Former Residence, Blessing Temple)

1 pax: 1580 2 pax: 980/pax 3-6 pax: 780/pax

#### Lashi Lake Tour, 4 hours

(Lashi Lake, Zhi Yun Temple, Excluding Horse Riding)

1 pax: 1300 2 pax: 840/pax 3-6 pax: 720/pax

#### Hiking Elephant Hill & Black Dragon Pool Park, 4 hours

1 pax: 1100 2 pax: 690/pax 3-6 pax: 520/pax

#### Jade Dragon Snow Mountain Tour, 6 hours

(Impression Lijiang VIP seat, Glacier Park or Spruce Meadow or Yak Meadow, Blue Moon Valley)

1 pax: 2600 2 pax: 2000/pax 3-6 pax: 1850/pax

#### Tiger Leaping Gorge Tour, 5 hours

1 pax: 2100 2 pax: 1450/pax 3-6 pax: 1250/pax

#### Tiger Leaping Gorge Trek, 6 hours

1 pax: 2400 2 pax: 1750/pax 3-6 pax: 1550/pax

#### 大研古城游, 5 小时

(古城, 木府, 黑龙潭公园)

1 位: 850 2 位: 525/位 3 位: 420/位

#### 文笔峰, 5 小时

(文峰寺、金刚亥母灵洞)

1 位: 1580 2 位: 1080/位 3 位: 780/位

#### 束河&白沙古镇游, 5 小时

(古镇, 普洱茶博物馆, 刺绣学校)

1 位: 1200 2 位: 790/位 3 位: 620/位

#### 玉湖村&白沙古镇游, 5 小时

(古镇, 刺绣学校, 洛克故居)

1 位: 1200 2 位: 790/位 3 位: 620/位

#### 玉湖村&白沙古镇&福国寺游, 7 小时

(古镇, 刺绣学校, 洛克故居、福国寺)

1 位: 1580 2 位: 980/位 3 位: 780/位

#### 拉市海游, 4 小时

(拉市海观光&指云寺, 不含骑马)

1 位: 1300 2 位: 840/位 3 位: 720/位

#### 象山徒步&黑龙潭公园, 4 小时

1 位: 1100 2 位: 690/位 3 位: 520/位

#### 玉龙雪山一日游, 6 小时

(印象丽江 VIP 票, 冰川公园或云杉坪或牦牛坪, 蓝月谷)

1 位: 2600 2 位: 2000/位 3 位: 1850/位

#### 虎跳峡游, 5 小时

1 位: 2100 2 位: 1450/位 3 位: 1250/位

#### 虎跳峡徒步, 6 小时

1 位: 2400 2 位: 1750/位 3 位: 1550/位

## Excursion price list

### 旅游线路

Price (RMB/Pax); the more people the lower price.

价格(元/位); 人越多, 价格越低。

#### **Baoshan Stone Village, 10 hours**

(Seasonal Tour, Not in Rainy Season)

1 pax: 3500 2 pax: 2100/pax 3-6 pax: 1700/pax

#### **Heqin Matsutake Picking Trip, 8 hours**

(Seasonal Trip, only in the Raining Season)

1 pax: 3500 2 pax: 2100/pax 3-6 pax: 1700/pax

#### **Shaxi Old Town, 6 hours**

1 pax: 2800 2 pax: 1850/pax 3-6 pax: 1650/pax

#### **Dali One Day Tour, 8 hours**

(Xizhou Old Town, Dali Old Town, 3 pagoda)

1 pax: 3500 2 pax: 2100/pax 3-6 pax: 1700/pax

#### **Shangri-la One Day Tour, 9 hours**

(Tiger Leaping Gorge, High-land Plateau,  
Songzan Monastery)

1 pax: 3500 2 pax: 2100/pax 3-6 pax: 1700/pax

#### **宝山石头城, 10 小时**

(季节性行程, 不能安排在雨季)

1 位: 3500 2 位: 2100/位 3 位: 1700/位

#### **鹤庆松茸采摘之旅, 8 小时**

(季节性行程, 只能安排在雨季)

1 位: 3500 2 位: 2100/位 3 位: 1700/位

#### **沙溪古镇游, 6 小时**

1 位: 2800 2 位: 1850/位 3 位: 1650/位

#### **大理一日游, 8 小时**

(喜洲古镇或大理古城, 三塔公园)

1 位: 3500 2 位: 2100/位 3 位: 1700/位

#### **香格里拉一日游, 9 小时**

(虎跳峡, 高原牧场, 松赞林寺)

1 位: 3500 2 位: 2100/位 3 位: 1700/位

#### Contact

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