

## 山海之约

来自世界百佳球场的一份度假邀请

Of Majestic Mountains and Splendid Lakes

Embark on a holistic wellness journey amidst nature

Set amidst one of the world's top 100 golf courses





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亲爱的朋友,

春城湖畔度假村坐落在风景如画的阳宗湖畔, 7560 亩土地融山野、湖泊、深林为一体, 迷人的自然风情凝聚于季节的色彩上, 为身体和心灵提供了一个舒心的避风港。

诚邀您来到这里, 领略世界百佳高尔夫球场的独家魅力, 感受“身体、心灵、社交”三个维度的综合度假康养境界。

Dear Friends,

Nestled by the scenic and picturesque Yangzong Lake, Spring City Golf & Lake Resort covers an expansive area of 1245.4acres. The resort is known for its natural beauty and seasonal colors, featuring unparalleled mountain, lake and forest views. It indeed provides a peaceful sanctuary for your body and mind.

We sincerely invite you to visit us, enjoy the exclusive charm of our world's 100 best golf courses, and treat yourself to our three-dimensional resort experience that caters to your "physical, mental and social" wellbeing.

何斯祥 Mervin HO

春城湖畔度假村执行副总裁

Executive Vice President, Spring City Golf & Lake Resort



# 向往之境

It is the resort to visit

## 春城湖畔 初印象

### First Impression of Spring City Golf & Lake Resort

春城湖畔度假村坐落于昆明东南方向的阳宗海湖畔，群山环抱，湖水清丽。度假区占地 7560 亩，其中包括度假别墅、五星级会所、豪华客房、高尔夫球场以及会议康乐设施。度假村依山傍水，景致怡人，交通便利，是休闲度假及高端商务会所的理想之地。

Located in the southeast of Kunming, Spring City Golf & Lake Resort is nestled in the mountains with breathtaking views of the Yangzong Lake. Covering an area of 1245.4 acres, the resort is well-equipped with holiday villas, golf courses, five star clubs, deluxe rooms, conference facilities and amenities etc. The spectacular mountain and lake views, the first-class facilities and the easy transport links make our resort a perfect place for high-end vacations and meetings.





百佳球场  
奥杜邦国际认证  
World's 100 Greatest Golf Courses  
Certified Audubon International Class  
Sanctuary



依山伴水  
湖景客房及别墅  
Mountain and Lake View  
Deluxe Room and Holiday Villa



精致餐饮  
摩登云南创意美食  
Fine Dining with Delicacies  
Modern Yunnan Creative Cuisine



五星会所  
多功能宴会厅  
Five Star Club  
Multi-functional Banquet Ball Hall



至臻浪漫  
梦幻婚礼目的地  
Ultimate Romance  
Dream Destination Wedding



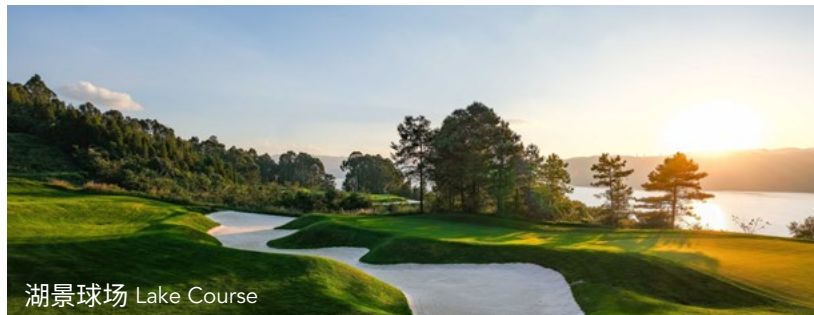
活动体验  
感受自然和谐之美  
Experience Activities  
Exploration the Beauty of Harmony  
with Nature

# 领跑中国 笑傲亚洲

## Unparalleled Golf Courses In China and Asia

自 1998 年开业以来，春城湖畔度假村已经成为中国乃至亚洲高尔夫球场的标杆。由两位设计大师杰克·尼克劳斯和小罗伯特·琼斯名家重金打造的 36 洞球场，坐拥阳宗海美景、草品养护精良，成为世界各地的高尔夫爱好者的朝圣宝地。

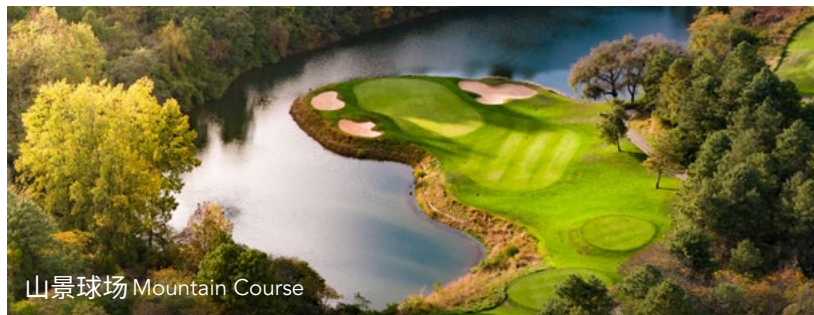
Golf is at the heart of all the wonderful experiences at Spring City Golf & Lake Resort. With two international standard 18-hole golf courses, the Lake Course and the Mountain Course, it has been a favorite destination for golf enthusiasts since its opening in 1998.



湖景球场 Lake Course

湖景球场沿阳宗海湖岸蜿蜒伸展，由“环保高尔夫球场设计之父” Robert Trent Jones Jr 设计，以其梯田状的果岭以及优美的水岸风光闻名，被誉为最具挑战性的球场之一。

The Lake Course, designed by Robert Trent Jones Jr., known as the "father of environmental golf course design," weaves along the shores of Yangzong Lake. Famous for its terraced greens and beautiful waterside scenery, it is considered one of the most challenging courses.



山景球场 Mountain Course

山景球场由美国 20 世纪最佳男球手，知名球场设计公司创始人 Jack Nicklaus 设计。球场利用起伏的自然地势，既兼水岸风光开阔之灵境，更得山地景观幽静之神韵。

The Mountain Course was designed by Jack Nicklaus, the best male golfer of the 20th century and the founder of a renowned golf course design company. The course makes use of the natural undulating terrain, combining the spirit of open waterside scenery with the serene charm of mountain landscapes.





SPRING CITY

GOLF & LAKE RESORT  
KUNMING · CHINA

## CHAPTER 01

# 春城湖畔 | 理念篇

SPRING CITY  
ANEW

# 春城湖畔的哲学

## Our Philosophy

### VISION

#### 愿景

打造昆明春城湖畔度假村成为一个注重可持续发展的世界一流康养中心。

To create a world class wellness destination with a focus on sustainability.

### MISSION

#### 使命

度假村定位为豪华度假村，提供“新奢华”体验。不仅仅是国内首屈一指的高尔夫球场，更是以内容为导向的度假胜地。

To position the resort as a luxury resort, delivering on the “new luxury” experience.

### STRATEGY

#### 战略

与我们全球合作伙伴一起打造沉浸式体验，专注于“身、心、社”与提升幸福指数。

Creating immersive experiences with a focus on physical, mental and social wellness.

### GOAL

#### 目标

使度假村成为老少皆宜的全新旅游度假目的地。

To achieve an increase in brand equity for the resort and in so doing, create heightened revenue stream.



## CHAPTER 02

## 春城湖畔 | 荣誉篇

SPRING CITY  
HONOR

Golf Digest

Golf Digest 世界100佳



世界旅行大奖  
World Travel Awards

世界高尔夫大奖  
World Golf Awards

世界高尔夫大奖  
World Golf Awards

《新旅行》2022 可持续大奖  
《新旅行》2022 可持续大奖

中国首家符合 GSTC 可持续旅游标准酒店  
The first resort in China certified by GSTC



亚洲领先的可持续度假村奖项  
Asia's Leading Sustainable Resort

2022 2023 中国最佳高尔夫酒店奖项  
China's Best Golf Hotel 2023 2022

2023 中国最佳高尔夫球场奖项  
China's Best Golf Course 2023



## 奖项及荣誉

Awards & Accolades

2022  
高尔夫旅行 亚洲百佳高尔夫球场 第 5 名 湖景球场  
Golf Travel Asia's Top 100 Golf Courses 2022 Rank 5 Lake Course

2021  
高尔夫旅行 亚洲百佳高尔夫球场 第 5 名 湖景球场  
Golf Travel Asia's Top 100 Golf Courses 2021 Rank 5 Lake Course

2020  
高尔夫旅行 亚洲百佳高尔夫球场 第 6 名 湖景球场  
Golf Travel Asia's Top 100 Golf Courses 2020 Rank 6 Lake Course

2019  
高球假期 十佳非凡高尔夫球场 第 1 名 湖景球场  
Golf Travel Asia's Top 10 Extraordinary Golf Courses Rank 1 Lake Course

2018  
高尔夫旅行 亚洲百佳高尔夫球场 第 7 名 湖景球场  
Golf Travel Asia's Top 100 Golf Courses 2018 Rank 7 Lake Course

2017  
阿里高尔夫 亚洲百佳高尔夫球场 第 6 名 湖景球场  
Ali Golf Asia's Top 100 Golf Courses Rank 6 Lake Course

2016  
高尔夫旅行 亚洲百佳高尔夫球场 第 7 名 湖景球场  
Golf Travel Asia's Top 100 Golf Courses 2016 Rank 7 Lake Course

2015  
世界高尔夫 中国十大高尔夫俱乐部 第 2 位  
Golf Punk Top 10 Golf Club Rank 2

2014  
亚洲高尔夫月刊 中国最佳球场 第 3 名 山景球场  
Asian Golf Monthly Best Course in China Rank 3 Mountain Course

2013  
高尔夫大师 中国百佳球场 第 4 名 湖景球场  
Golf Digest China Top 100 Golf Courses in China Rank 4 Lake Course

2012  
美国高尔夫文摘 美国以外世界 100 强球场 排名第 93 湖景球场  
US Golf Digest 100 Best Golf Courses outside the United States Rank 93 Lake Course

2011  
香港高球假期杂志 十大非凡高尔夫度假村 第 1 名  
HK Golf Vacation Magazine Top Ten Most Outstanding Golf Resorts Rank 1



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## CHAPTER 03

## 春城湖畔 | 环保篇

SPRING CITY  
GREEN





## 奥杜邦国际经典栖息地认证 Certified Audubon International Classic Sanctuary

春城湖畔度假村十分注重环境保护，尤其在生物多样性和生态完整性方面。度假村自 2009 年加入奥杜邦国际并于 2010 年获得经典栖息地认证以来，经过多年努力，已在环保方面取得了长足的进步。如今已有 15.5 万棵树木、9 万丛灌木、8 万株藤蔓植物安家这片土地，各类花卉更是达到惊人的 160 万株，花木郁郁葱葱，成为不断壮大的生物多样性栖息地。

Spring City Golf & Lake Resort places a strong emphasis on environmental conservation, particularly in biodiversity and ecological integrity. Since joining Audubon International in 2009 and attaining Classic Program certification in 2010, the resort has made significant strides. The landscape now boasts an impressive array of 155,000 trees, 90,000 bushes, 80,000 vine plants, and a stunning 1.6 million flowers, solidifying its status as a thriving biodiversity sanctuary.



## GSTC 认证 GSTC Certification

凭借在绿色环境、生态保护、自然人文、就业经济方面的举措，春城湖畔度假村获颁由全球可持续旅游委员会（Global Sustainable Tourism Council, 简称“GSTC”）认可的认证机构必维集团（Bureau Veritas, 简称“必维”）颁发的可持续发展酒店认证，成为必维集团认证的中国首家符合 GSTC 可持续旅游标准的酒店。

With our effortless initiatives in green environment, ecological protection, natural and cultural heritage employment and economy, Spring City Golf & Lake Resort was certified as the first sustainable hotel that meets the criteria of Global Sustainable Tourism Council





SPRING CITY

GOLF & LAKE RESORT  
KUNMING · CHINA

## CHAPTER 04

## 春城湖畔 | 配套篇

SPRING CITY  
FACILITIES



# 悠居·山海环绕下榻之享

## Accommodation · Enjoy the Embrace of Mountains and Lake

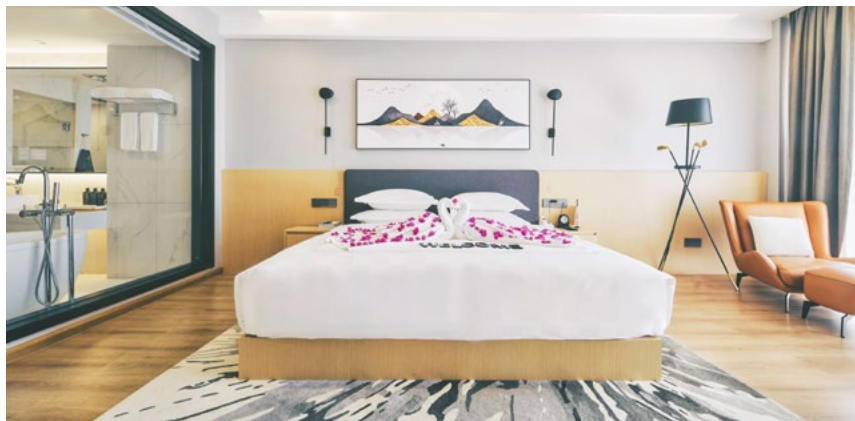
将阳宗海与丰沛的绿色生态自然呈现，春城湖畔度假村 73 间客房与套房，以及近百栋风格各异别墅寓所，通过令人倍感舒适的入住氛围，充满地中海风情的建筑设计，引领客人获得情绪与感官最温柔的慰藉。

Featuring the natural beauty of Yangzong Lake and an abundance of green ecology, the Spring City Golf & Lake Resort offers 73 rooms and suites, along with nearly a hundred uniquely styled villas. The resort provides a comfortable atmosphere, enhanced by Mediterranean-style architectural design, to offer guests the most soothing emotional and sensory experiences.



## 雅致享受—客房与套房

### Scenic Views From Each Elegantly Appointed Suites



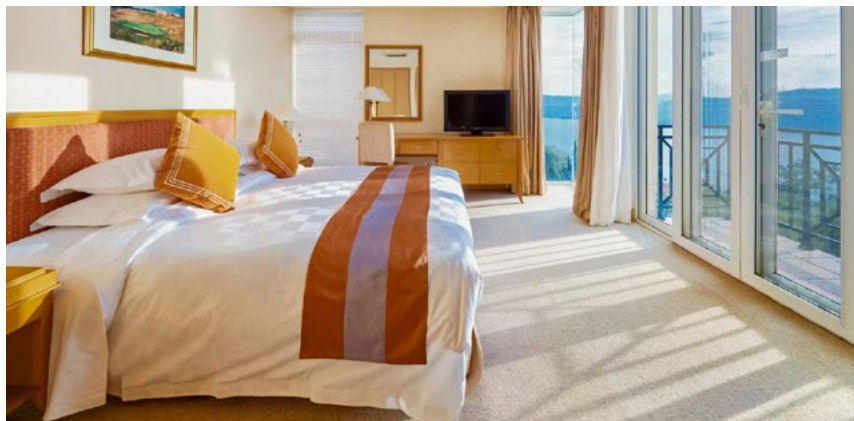
春城湖畔度假村 73 间客房与套房均设有阳台，每间寓所都面朝阳宗海。

其 1 楼客房与套房阳台连接生机盎然的户外花园；2 楼至 4 楼的房间则呈现出阳宗海生态独有的视觉景观。

The Spring City Golf & Lake Resort features 73 rooms and suites, each with a balcony facing the Yangzong Lake. The ground floor rooms and suites connect to a vibrant outdoor garden through their balconies; from the second to the fourth floor, rooms offer unique visual vistas of the ecological beauty of Yangzong Lake.

## 诗意入住—别墅

### Tranquil and Calming Ambience



春城湖畔度假村近百栋风格各异的别墅为您的行程营造更为隐秘的入住体验。

这些单卧、双卧、三卧别墅以更亲近自然的视角凝望着阳宗海，也让旅行更添一份家的温馨与随意。

The Spring City Golf & Lake Resort presents nearly a hundred uniquely designed villas, each promising a tranquil and private retreat for your journey. From one-bedroom to three-bedroom options, these villas offer intimate views of Yangzong Lake, infusing your travel experience with the warmth and comfort of home.

## 餐饮 · 体验摩登云南美食魅力

### Fine Dining · Experience the Allure of Modern Yunnan Cuisine

秉持从“农场到餐桌”的生态理念，在春城湖畔度假村，用餐不仅是一种满足味蕾、填饱肚腹的过程，更是一种消遣放松的方式，一种文化融合的途径，一种超越感官的期待。

Embracing the 'Farm to Table' philosophy, dining at the Spring City Golf & Lake Resort becomes more than just a feast for your taste buds and a means to satiate your hunger. It transforms into a form of leisurely relaxation, a conduit for cultural fusion, and a sensory journey that goes beyond expectations.



#### 鹰巢餐厅 Eagle's Nest Restaurant

以云南本土菜肴为创意灵感，餐厅将烹饪艺术融于唇齿间，全天供应中西式融合风味美食。餐厅外配备了 700 平方米的露台，近可欣赏湖景球场的精美奇崛和气势磅礴的绿茵球道，远可极目钟灵毓秀、波澜壮阔的湖景，更是各类酒会、下午茶和特色 BBQ 的绝佳场地。

Infused with inspiration from traditional Yunnan cuisine, the restaurant artfully blends culinary techniques into each bite, offering a delightful fusion of Chinese and Western flavors all day long. An outdoor terrace of 700 m<sup>2</sup> is attached to the restaurant which is a vantage point to take in the undulating courses, and spectacular mountain and lake views. The restaurant is an excellent choice for hosting cocktail, afternoon tea and BBQ parties.



### 19 洞音乐餐吧 19th Hole Gastropub

作为春城湖畔度假村全新打造的复古时尚空间，19 洞餐厅提供正宗美式慢熏烤肉，春城特色汉堡、炸鸡以及甜品烘焙，为客人带来一场穿越时空的美式盛宴。

Emerging as a fresh, retro-chic space within Spring City Golf & Lake Resort, the 19th Hole Gastropub presents authentic slow-smoked American barbecue, signature Spring City burgers, crispy fried chicken, and a delightful assortment of baked desserts. It invites guests on a culinary journey through time, delivering an unforgettable Gastropub experience.

### 咖啡吧 Par café

为宾客提供美味便捷的餐饮服务，咖啡吧集东南亚经典美食，如 Laksa、肉骨茶、海南鸡等；同时提供烘焙糕点以及经典咖啡，为您补充能量。

Dedicated to serving our guests with enticing and convenient dining options, our Par café showcases an array of Southeast Asian classics like the spicy, fragrant Laksa, the comforting Bak Kut Teh, and the tender Hainanese Chicken. Complement your meal with our selection of freshly baked pastries and Authentic Yunnan blend of coffees, perfect for an energy supplement.



### Birdie 披萨屋 Birdie Pizza Hut

以高尔夫术语“birdie / 小鸟球”命名的披萨屋，将云南传统菜肴融入披萨烘烤中，创意性的推出融合多重味蕾与文化享受的地区独有披萨。

Named after the golf term "birdie", this pizzeria blends traditional Yunnan dishes into its pizza preparation. The result is an inventive array of regionally unique pizzas that meld an array of flavors with cultural delight.



## 身心疗愈

### Body and Mind Healing

以身体的滋养为出发点，高品质的自然景观环境，周到的服务和全身的放松恢复体验，让您恢复身体的力量和活力。

With an initial focus on bodily nourishment, our high-quality natural landscape, attentive service, and comprehensive array of relaxation and recovery experiences are all meticulously designed to rejuvenate your body's strength and vitality.



#### Rituals SPA

来度假村“RITUALS SPA”，感受运动后身体与心灵的极致放松与舒适，寻找内心的一片“桃花源”。

Step into the tranquility of our 'RITUALS SPA' at the resort. Unwind with the ultimate post-exercise relaxation and comfort that soothes both body and soul. Immerse yourself in an experience that leads you to your personal 'Shangri-La', a peaceful sanctuary within.



#### 健身 CORE GYM

健身教练专业课程 Professional Fitness Coach Course  
春城湖畔度假村健身系列课程全新推出，提供个性化课程，让身体处于最佳状态。

Experience the ultimate fitness journey at Spring City Golf & Lake Resort with our brand new series of fitness classes. We offer specialized, personalized courses designed to help your body achieve its optimal state and take your fitness to the next level.



#### 瑜伽 YOGA

瑜伽心灵疗愈

在专业瑜伽及冥想师的带领下，在春城湖畔自然美景中踏上身心合一的舒适心灵旅途。

Begin a serene journey of body and mind unity under the expert guidance of our professional yoga and meditation instructors, set against the tranquil beauty of the Spring City Lakeside.

## 会议及宴会 Conference and Banquet



度假村宴会厅面积 450 平方米，无柱，风格具有现代感，可接纳 200 至 250 人的各类型婚礼宴会。

The Banquet Hall, with a total area of 450m<sup>2</sup>, can accommodate all kinds of banquets for 200 to 250 people.



## 目的地婚礼

### Wedding Destination

是婚礼，更是一场旅行。  
It's a wedding, but also a journey.

### 至臻浪漫 露天草坪

#### Ultimate Romance - Open-air Lawn

婚礼露天草坪位于度假村湖景球场 7 号洞蓝 T，延展于绵绵阳宗海湖畔，宛如一张美丽的绿色绒毯。其长 25 米，宽 13 米的草坪面积，视野开阔风景优美，呵护着每一位步入色彩胜境的客人，可同时容纳 100 人参加活动。

Located at the blue tee of the 7th hole on the Lake Course at the resort, the wedding open-air lawn stretches along the shores of Yangzong Lake, like a beautiful green velvet carpet. With a length of 25 meters and a width of 13 meters, the lawn offers a spacious and scenic landscape that cares for every guest stepping into this colorful environment. It can accommodate up to 100 people for events.





## 求婚仪式

### Proposal Ceremony

曾成功为奥运冠军等名人明星打造过独特的求婚仪式，让每一刻都值得铭记。

Having successfully crafted unique proposal ceremonies for celebrities including Olympic champions, making every moment worth remembering.



# 春城体育运动公园

## Unboxed Sports Park

春城体育运动公园是度假村内的综合户外休闲运动场地，包含多项主题运动，草坪足球场、集装箱咖啡吧可以满足玩乐拍照需求。场地内设有天幕及帐篷等可移动露营设备，满足情侣、家庭、团建的露营休闲和休憩需求。

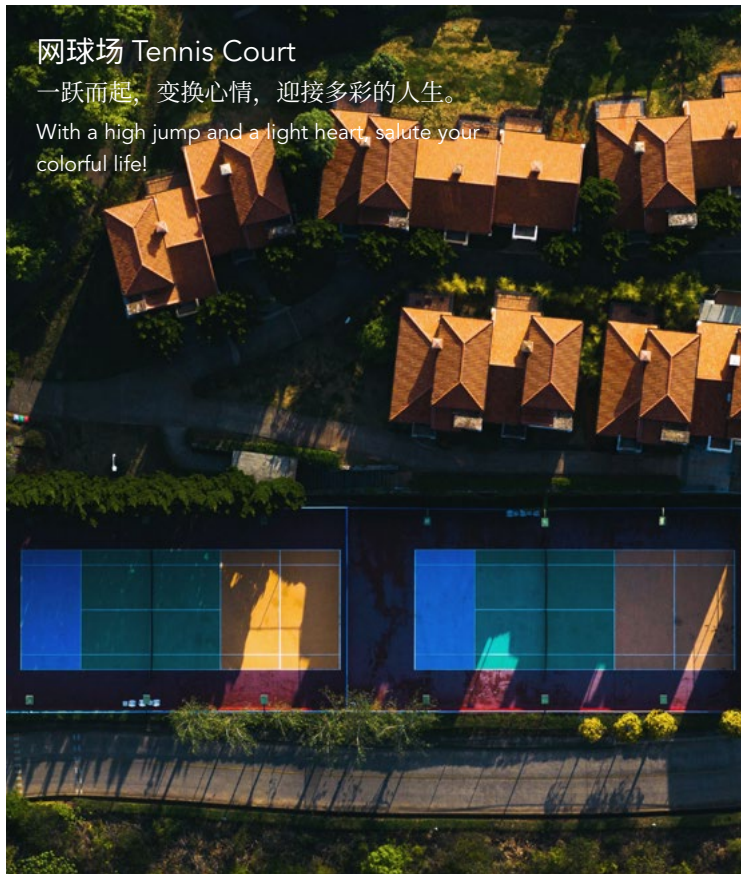
Unboxed Sports Park is a comprehensive outdoor sports park in the resort, including a number of theme sports, turf football field, container coffee bar, which is a perfect spot for fun and photography. The park is equipped with movable camping equipment such as tarps and tents, which can meet the camping leisure and rest needs of couples, families and groups.



## 网球场 Tennis Court

一跃而起，变换心情，迎接多彩的人生。

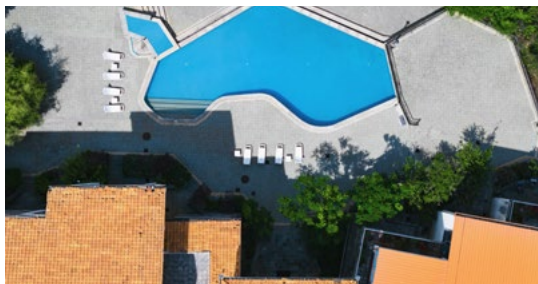
With a high jump and a light heart, salute your colorful life!



## 飞盘高尔夫 Frisbee Golf

飞盘高尔夫是一项新潮流户外运动，将高尔夫与飞盘的独特魅力完美融合。你的任务就是用投掷飞盘，试图将它精准地送目标，挑战每个独特的 " 高尔夫洞 "。

Frisbee golf is a new trending outdoor sports, a perfect combination of golf and the unique charm of Frisbee. You are challenged to complete each unique "golf hole" in as few throws as possible!



## 户外泳池 Outdoor Swimming Pool

被绿植树木包裹，当阳光铺满泳池，波光粼粼，发呆也是一种享受。

Surrounded by lush greenery, the swimming pool glints under the sun. It makes an ideal place to perfect the art of doing nothing.

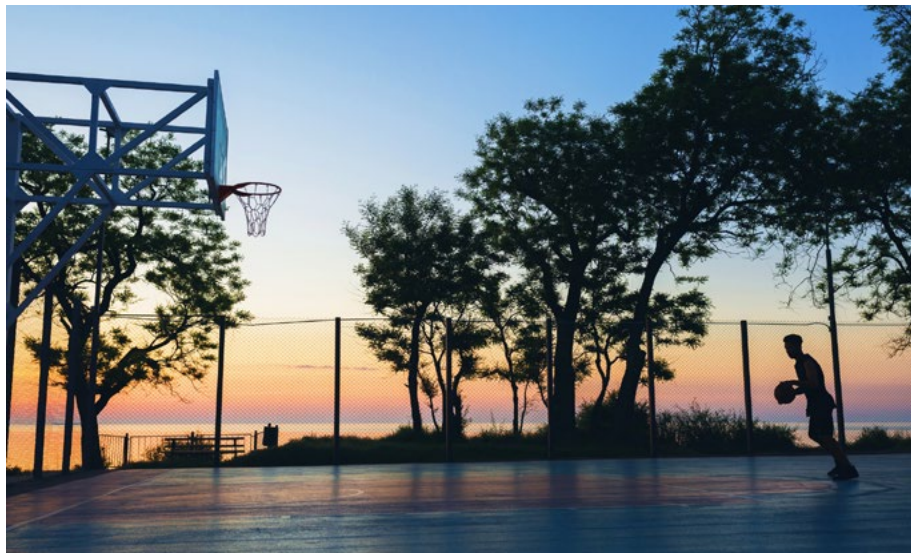


## 足球场 Soccer Field

竞争和友谊结合，狂野和理性连接，勇敢和技巧融洽，欢笑和泪水相伴，失败和成功比邻甜蜜与辛酸。青春的线条被描绘得淋漓尽致，尽在足球场上展现人性光辉。

Things in a soccer game always come in pairs: competition and friendship, wildness and rationality, bravery and skills, smiles and tears, failure and success, sweet and bitterness. So do youth and life.





## 篮球场 Basketball Court

给生活来次快乐的“运球”，给成功来次漂亮的“助攻”，给愁烦来次快速的“抢断”，给梦想来次精准的“投篮”。在这个充满激情的赛场，愿你打出幸福篮球，活出精彩人生！

“Dribble” happiness to your life; “assist” in its success; “steal” away the anxieties; and “shoot” your shot at your dream! This is a court full of passion and may your life be blessed with happiness!



## 匹克球 Pickleball

匹克球是网球、羽毛球和乒乓球这三种运动的混合体，它是美国发展最快的一项运动，在中国也逐渐掀起流行热潮，尤其受到中国年轻人的喜欢。

Pickleball, which is a hybrid of tennis, badminton and ping-pong, is the fastest-growing sport in America. At present this sport is making waves in China. Young people are growing especially fond of the game.



SPRING CITY

GOLF & LAKE RESORT  
KUNMING · CHINA

## CHAPTER 05

## 春城湖畔 | 康养篇

SPRING CITY  
WELLNESS



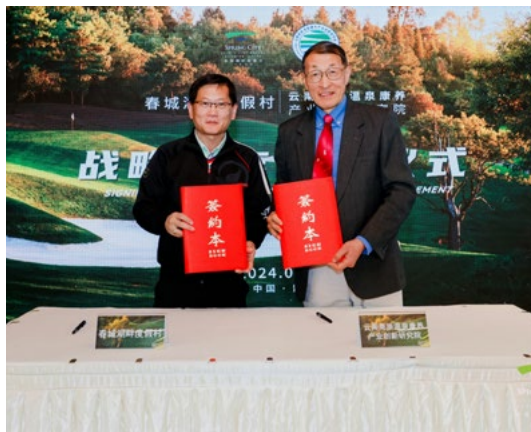


### 春城湖畔 & 利丰哎吡哎呀 Spring City & Lifung iBiR



双方利用各自竞争优势互相赋能，进行资源匹配和商业合作，通过合作在大健康行业推出以“检吃动心睡”五大支柱为核心，以“健康就是领导力”为差异化，以循证医学和相关科研为支撑；以高尔夫等运动项目的健康体验为特色，以教育课程和衍生消费品为矩阵，打造出一个以内容为王，以课程为触达手段和以衍生消费品赋能的大健康目的地消费创新商业模式。

Spring City and iBiR use their respective competitive advantages to empower each other. By matching our resources, we aim to build a premium wellness destination featuring an end-to-end innovative business model. The business model gives priority to content, and aims to reach our consumers with courses and empower them with derivative consumer goods. Our destination is supported by the five pillars of “health checks, diet, sports, mental wellness and sleep”, which draws inspiration from evidence-based medicine and related scientific research. Our wellness experience features sports activities such as golfing, educational courses and derivative consumer goods.



### 春城湖畔 & 云南高原温泉康养产业创新研究院



#### Spring City & Yunnan Plateau Thermal Health Industry Innovation Research Institute

春城湖畔度假村正式与全球权威研究机构《云南高原温泉康养产业创新研究院》达成战略合作，参与春城康养产品的发展融合健康管理、营养咨询、健身运动，为客户提供全方位个性化的康养服务，迈向最具幸福感的“身、心、社”生态疗愈栖息地，完成春城湖畔的身心社康养布局，同时在康养产品方面，致力于与合作伙伴一同探索工作平衡和健康的生活方式。

Spring City has officially started a strategic partnership with Yunnan Plateau Thermal Health Industry Innovation Research Institute, a globally renowned research body. Through this partnership, Spring City aims to integrate health management, nutrition consultation, and fitness activities into the development of its comprehensive wellness products and personalized wellness services. All the efforts will feed into completing its wellness layout—creating the most happiness-inducing ecological healing habitat that caters to people’s “physical, mental and social” well-being. Additionally, in terms of wellness products, the resort is dedicated to collaborating with partners to explore work-life balance and promote healthy lifestyles.



SPRING CITY

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KUNMING · CHINA

## CHAPTER 06

## 春城湖畔 | 探索 篇

SPRING CITY  
EXPLORATION





# 可持续探索旅行， 感受自然和谐之美

## Experience the Beauty of Harmony with Nature in Our Featured Activities

从有机生态到露营美学，春城湖畔度假村“乐玩春城”五项活动体验带领客人触摸人与自然的和谐之美。

From embracing the principles of organic ecology to appreciating the aesthetics of outdoor activities and camping, the 'Joy of Spring City' suite of five experiential activities at Spring City Golf & Lake Resort invites guests to immerse themselves in the beautiful harmony that exists between human and nature.





9:30-12:30

### 山海徒步

#### Mountain and Sea Hike at Yangzong Lake

在美丽的阳宗海湖畔，踏着原始的乡村小路，呼吸着最清新的空气在森林中漫步，感受水色山林的景致与原生态魅力。

Embark on a tranquil journey along the scenic shores of Yangzong Lake. As you tread gently on the time-worn, rustic trails of the village, breathe in the freshest air as you wander through the forest, and experience the picturesque views of the aquatic and mountainous landscape, appreciating the allure of its natural ecology.



10:00-12:00

### 永续农场

#### Permaculture Farm

森林环绕中的春城有机农场，从有机土壤到作物生长期管理，处处体现生态环保。在这里，孩子们不仅能采摘蔬菜，品尝土鸡火锅烧烤，还能学得不亦乐乎。

Nestled amidst forests, the Spring City Permaculture Farm is a shining example of ecological conservation, with practices ranging from the use of organic soil to sustainable long-term crop management. Here, children can not only enjoy themselves but also learn about the joys of sustainable farming and ecology, while obtaining internationally recognised learning certification in their experiential journeys.





14:00-15:00

### 自然手作 Natural Art and Craft

客人可以通过 DIY 手工烘培及各类手工课程体验（制作松塔、叶脉书签、露台写生等）回归自然，感受春城湖畔自然的美好。

Guests can immerse themselves in nature and experience the beauty of Spring City by participating in DIY baking and various handcraft courses. These include creating pine cone crafts, leaf vein bookmarks, tie-dyeing, aromatic candles, and digital oil painting.



15:00-17:00

### 高尔夫新手课 Golf Beginner's Class

通过趣味高尔夫基础知识分享，专业高尔夫教练教学后，您还可以下场至球场体验高尔夫运动，享受飞盘高尔夫的乐趣，并获得结课证书。

This class offers an engaging introduction to the basics of golf, guided by a professional coach. Participants will gain hands-on experience at the practice range and delve deeply into the art of putting on the green. This beginner's golf class allows guests to fully appreciate the joy of swinging a golf club amidst the scenic backdrop of mountains and water.



18:00-21:00

自然探索  
Audubon Golf Course Tour

走进如诗如画的奥杜邦世界百佳球场美景，体验球场野餐的惬意，欣赏湖光山色，在夜幕低垂中探索星空的美丽，留下最难忘的回忆。

Experience the picturesque beauty of the Audubon Golf Course, wander through the enchanting forest, and appreciate the idyllic views of lakes and mountains. As you step onto the green, renowned globally as one of the World's Top 100 Golf Courses, you can be assured that this experience will create a most beautiful and unforgettable memory.





## 2024 强悍泥人 障碍挑战

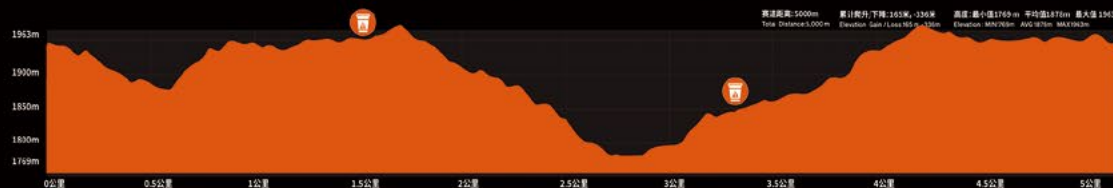
昆明春城湖畔高尔夫度假村

### 挑战路线图 COURSE MAP

障碍说明	OBSTACLE	
1 勇者高墙	BERLIN WALLS 8FT	
2 泥流勇进	MUD MILE	
3 泥泞之吻	KISS OF MUD	
4 木马拦截	LUMBERJACKED	
5 悠荡击铃	WELL SWUNG	
6 万岳之巅	MUDDERHORN	
7 极寒之渊	ARTIC ENEMA	
8 方块巨兽	BLOCKNESS MONSTER	
9 英雄之助	HERO CARRY	
10 笼中脱困	CAGE CRAWL	
11 共攀高峰	EVEREST	

### 图例 KEY

5.3 公里 11个障碍 / 5.3 KM 11 OBSTACLES





TOUGH MUDDER 强悍泥人旨在打造非传统的、极限挑战体验，倡导勇气、个人成就感和团队精神。每一项 TOUGH MUDDER 活动都建立在团队合作的基础上，并具有世界级的障碍。鼓励以团队形式参加，参与者约上好友同事，一起加入挑战，不为冠军头衔，无需争分夺秒。在这里，所有人的竞争对手只有自己。场上其他人，都是会随时助上一臂之力的队友。

Tough Mudder aims to create a unique team sport experience that pushes limits, champions courage, and stresses personal fulfillment and team spirit. It has world-class obstacles that can only be overcome with teamwork. Team participation is encouraged, where individual participants work together to race against clock, instead of each other.



## Nordisk Village 云南

NORDISK 是源自丹麦户外品牌，从精致的户外产品，到世界各地的 Nordisk Village，秉承「NATURE IS LUXURY」的信念，保证一个永续的冒险星球，去感受简约但又美好的宠爱自己 HYGGE 生活方式，从正统的家庭营地到简约的单人露营，再到渴望的豪华露营，建立人与自然的链接。

作为拥有百年历史的丹麦户外生活方式品牌，Nordisk 先后在世界各地开设 4 座 Nordisk Village，而 Nordisk Village 云南正式落地春城湖畔度假村，将融合丹麦 Hygge 生活方式与云南特色文化，续写独具魅力的户外体验。

With an initial focus on bodily nourishment, our high-quality natural landscape, attentive service, and comprehensive array of relaxation and recovery experiences are all meticulously designed to rejuvenate your body's strength and vitality.

As a brand with a century-long history, Nordisk has established 4 Nordisk Villages around the world. Now, Nordisk Village had come to Yunnan and officially lands in Spring City, a perfect combination of the Danish Hygge lifestyle with Yunnan's unique cultural elements. It is a new chapter of the brand's journey in creating captivating outdoor experiences.







# 周边旅游路线

Surrounding  
Sight-seeing Routes

交通便捷 自驾更省心

不用舟车劳顿，轻松度假

Easy Transport Links  
Self-driving Trips



距昆明市中心50公里，  
昆石高速公路出汤池出口后，  
沿度假村指示牌前行5公里即到

Our resort is 50 km away from  
downtown Kunming City. Get  
off the Kunshi highway at the  
Tangchi exit, and follow the  
signs to drive for 5 km to  
arrive at our resort.



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www.springcityresort.com