

身心社 系列产品手册

Product Manual All-inclusive Package Specialized for
the Well-being in physical, mental and social aspects



SPRING CITY
GOLF & LAKE RESORT
KUNMING · CHINA



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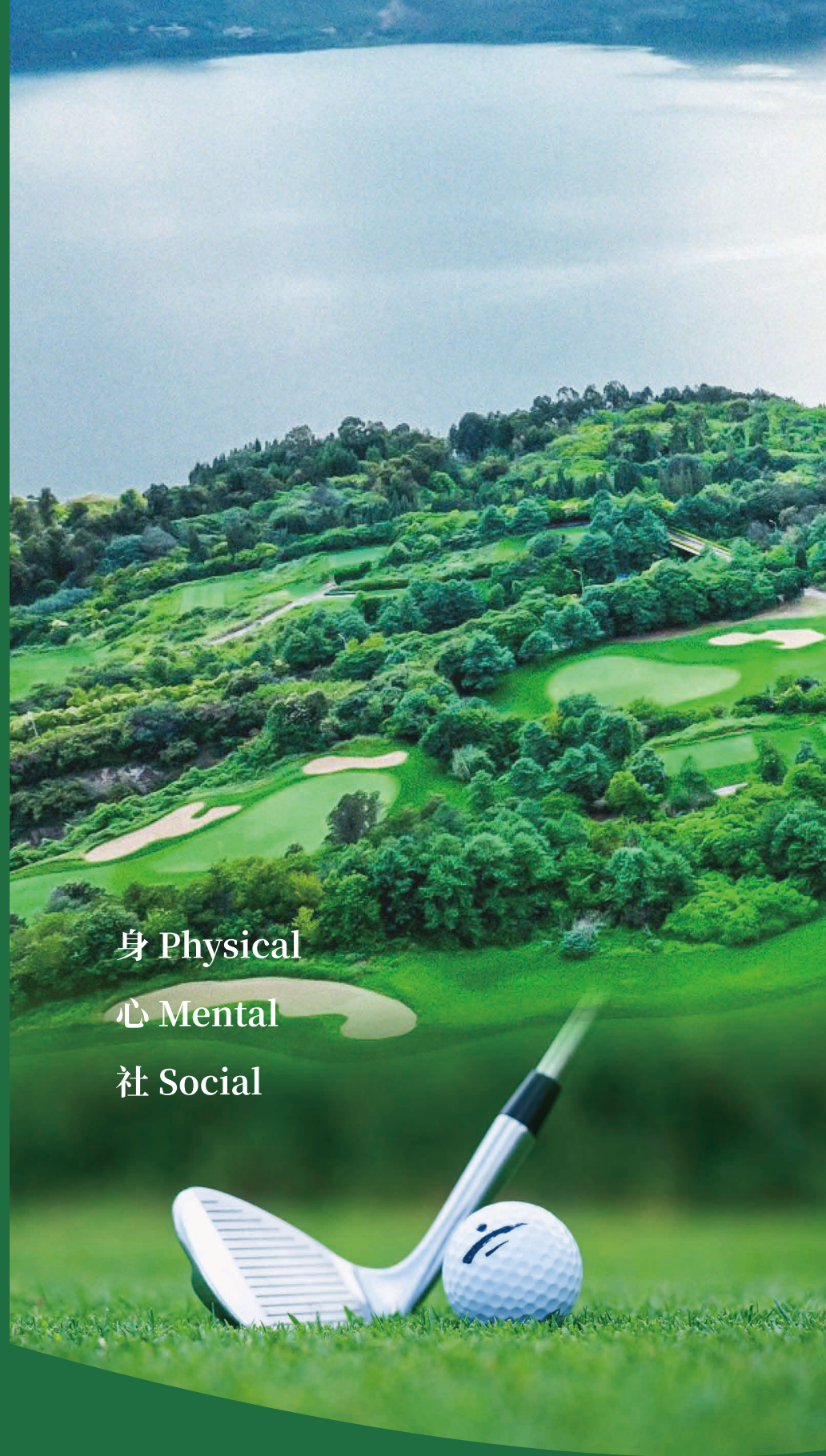
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身 Physical

心 Mental

社 Social





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



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



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



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



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



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

春城湖畔度假村的未来发展将以“身、心、社”为产品战略核心, 不断升级球场养护及会所客房等度假设施, 结合精彩纷呈的自然探索及优质球场体验, 呈现身心社维度的综合康养度假生活新境界。

As a key long-term development strategy, the Resort has designed its products to nurture the “physical, mental and social well-being” of its visitors. We will continually upgrade the resort facilities such as golf courses and accommodations, and offer once-in-a-lifetime vacation experiences that combine natural explorations with golf experiences. All in all, our resort aims to build a new and comprehensive wellness and vacation destination that nourishes your body, mind, and social life.



什么是身心社？ The Concept of “Physical Mental and Social”

身 · 运动悦活 · Physical

18洞山景+18洞湖景 高尔夫球场挥杆挑战

World Top 100 Golfing Experience (Mountain Course and Lake Course)

山海徒步或骑行 / 漫步阳宗海环湖步道 体验本地汤池文化

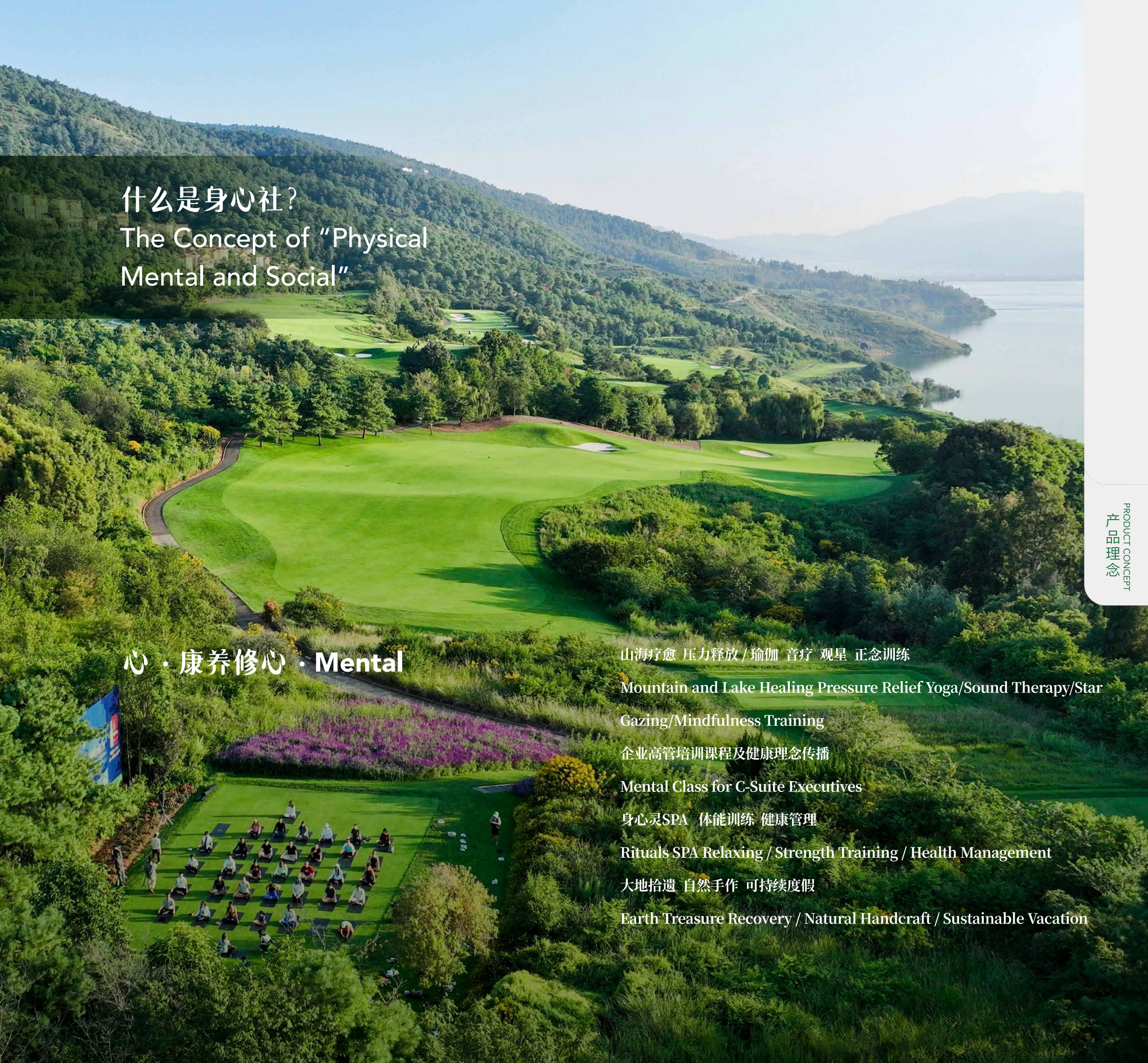
Hiking and Cycling around Yongzonghai Lake / Local Cultural Exploration

永续农场 / ECOCERT认证农场有机研学课程 生态农场采摘

Fun Tour of Permaculture Farm /Experiential Education Certified by ECO-CERT/Planting & Harvesting

强悍泥人- 非同寻常的户外泥泞狂欢体验

Tough Mudder – Extraordinary Outdoor Mud Carnival



什么是身心社？ The Concept of “Physical Mental and Social”

心 · 康养修心 · Mental

山海疗愈 压力释放 / 瑜伽 音疗 观星 正念训练

Mountain and Lake Healing Pressure Relief Yoga/Sound Therapy/Star
Gazing/Mindfulness Training

企业高管培训课程及健康理念传播

Mental Class for C-Suite Executives

身心灵SPA 体能训练 健康管理

Rituals SPA Relaxing / Strength Training / Health Management

大地拾遗 自然手作 可持续度假

Earth Treasure Recovery / Natural Handcraft / Sustainable Vacation

什么是身心社？
The Concept of "Physical
Mental and Social"

社 · 康养修心 · **Social**

音乐 · 时尚 · 艺术 · 美食 · 交流

Music · Fashion · Art · Delicacy Interaction

露营篝火派对

Camping Bonfire Park

运动嘉年华

Sports Carnival

户外音乐节 / 酒吧音乐现场

Outdoor Concert / Live House

行业论坛及分享会

Summit and Panel Talks

特色活动

Featured Activities



世界百佳球场挥杆
Golfing in World Top 100 Courses



强悍泥人障碍挑战
Tough Mudder Obstacle Challenge



新手高尔夫&迷你推杆
Golf Beginner's Class and Mini 9
Holes Golf Putting



阳宗海山海徒步
Mountain and Sea Hike at Yangzong Lake



自然疗愈 身心平衡
Natural Healing and Balance Program



永续农场游园会
Fun Tour of Permaculture Farm



自然美学手作课堂
Natural Art and Craft



定制主题欢迎晚宴
Themed Welcome Dinner



Farm to Table 生态美食
Organic Food of Embracing the 'Farm to
Table' philosophy

世界百佳球场挥杆 Golfing in the World's Top 100 Golf Course

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.

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.



强悍泥人障碍挑战

Tough Mudder Obstacle Challenge

挑战时长:3-3.5小时

Challenge Duration: 3-3.5 hours

障碍数量:根据团队定制,8-11个障碍不等

Number of Obstacles: Customized based on the team, ranging from 8-11 obstacles

团建人数:30-300人不等

Number of Participants: Ranging from 30 to 300 people

活动环节: Activity Agenda:

- 破冰
- Break the ice
- 热身环节
- Warm-up activities
- 障碍体验
- Obstacle Experience
- 赛后复盘
- Post-challenge Review and Analysis
- 总结、合影、颁奖
- Summary, Group Photo, and Award Ceremony

服务内容: Services Provided:

- 认证教练全程带领完赛
- Certified coaches to guide the participants throughout the event
- 全程摄影摄像服务
- Professional photography and videography services throughout the event
- 参赛服装logo印制
- Customized participant attire with printed logos
- 保险
- Insurance coverage



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



永续农场游园会 Fun Tour of Permaculture Farm

引用可持续发展理念 体验可持续田园乐趣

In line with the principles of sustainable development, Spring City Resort offers an opportunity to experience the joys of sustainable countryside lifestyle.



国际认证研学课程 **ECOCERT**
Experiential Education Certified by ECOCERT

精彩活动一览 Amazing activities include:

- ① 可持续旅游知识学习
Sustainable Tourism Knowledge Learning
- ② 有机农场研学课程(5-12岁)
Organic Farming Courses and Field Trips
- ③ 植物生长培育
Plant Cultivation
- ④ 蔬菜、水果、树木种植与采摘
Vegetable, Fruit, and Tree Planting & Harvesting
- ⑤ 自然与水循环系统了解
Understanding Nature and Water Cycle Systems
- ⑥ 动物农场喂养观察
Animal Farm Feeding and Observation
- ⑦ 非遗美食DIY
Traditional Cuisine DIY

自然美学 手作课堂 Natural Art and Craft

花草树木 大地拾遗 发现自然生活之美

Experience the nature beauty of Spring City by participating in various handcraft courses.



手作项目：

- ① 松果摆件Pinecone Decoration
- ② 叶脉书签Leaf Vein Bookmark
- ③ 扎染Tie-Dye
- ④ 冰箱贴Fridge Magnets Souvenir
- ⑤ 胸牌 Badge Souvenir
- ⑥ 草帽涂鸦 Straw Hat Graffiti
- ⑦ 植物拓染 Plant Overdyeing

阳宗海风光徒步 Mountain and Sea Hiking at Yangzong Lake

活动特色：

阳宗海42公里全闭合环湖绿道

The Yangzonghai 42-kilometer fully enclosed lake cycling route offers picturesque scenery, shimmering waves, and the most breathtaking views.

打卡最美S弯

Visit the most beautiful S Circuit



活动拓展：

① 山海徒步（4-7km可选）

Mountain and Sea Hiking (4 or 7km)

② 21km越野跑

21km Trail Running

③ 环湖骑行

Lake Cycling

高尔夫新手课 及迷你9洞推杆赛 Golf Beginner's Class and Mini 9 Holes Golf Putting

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.

课程安排Course Agenda:

① 高尔夫礼仪及知识分享课(室内30分钟)

Golf Etiquette and knowledge sharing class (Indoor Class , 30 minutes)

② 练习场挥杆教学(1小时)

Driving Range Coaching (Outdoor Class, 1 Hour)

③ 迷你9洞推杆比赛(1小时)

Mini 9 Holes Golf Putting (Outdoor Class, 1Hour)





自然疗愈 身心平衡 Nature Healing, Body and Mind Balance

阳宗湖畔, 风景如画, 伴随着微风、鸟叫、虫鸣、落叶, 体验一场超级解压的自然疗愈活动, 与大自然进行一场能量交换, 调整到最佳的精神状态。

Nestled by the scenic and picturesque Yangzonghai Lake, experience a super decompression natural healing activity, exchange energy with nature, and adjust to the best mental state.

活动类型Healing Activities:

① 户外瑜伽舒展

Outdoor Yoga Experience

② 颂钵音疗课程

Sound Therapy

③ 茶道花艺疗愈

Life Aesthetics Exploration By Tea Culture and Flower Art

定制主题 欢迎晚宴 Themed Welcome Dinner

度假村拥有室内外多场景用餐及派对场地, 为您提供给多元化的主题晚宴。

The resort has indoor and outdoor multi-scene dining and party venues to provide you with a variety of themed dinners.



可选场地Venue Options:

- ① 450m²室内宴会厅450m² Indoor Ballroom
- ② 33000m²户外活动草坪of 33000 m² Outdoor Lawn
- ③ 180°湖景露台 Lakeview Terrace
- ④ 19洞复古音乐餐吧19th Hole Gastropub

晚宴主题Theme Options:

- ① 民族风情欢迎晚宴Ethnic Minority Performance
- ② 露营篝火派对Camping Bonfire Party
- ③ 湖景露台鸡尾酒派对Lakeview Terrace Cocktail Party
- ④ 欢乐好声音K歌派对 Karaoke Party

Farm to Table 生态美食 Organic Food

Farm to table(农场到餐桌)是摩登云南系列美馔的核心特色:摩登云南系列的蔬菜原料,都产自春城湖畔度假村自有的有机菜地,春城标准出产的有机蔬菜,带来高标准的营养价值和天然口感。

Farm to Table is the core philosophy of Modern Yunnan cuisine series. With the fresh and organic vegetable supplied from permaculture farm, provide a high standard of nutritional value and natural taste to the guests.

生态美食推荐Organic Food Recommendations:

① 永续农场土鸡火锅

Fresh Chicken Hotpot at Permaculture Farm

② 有机沙拉精致料理

Organic Salad Delicate Cuisine

③ 摩登云南养生套餐

Modern Yunnan Healthy Cuisine



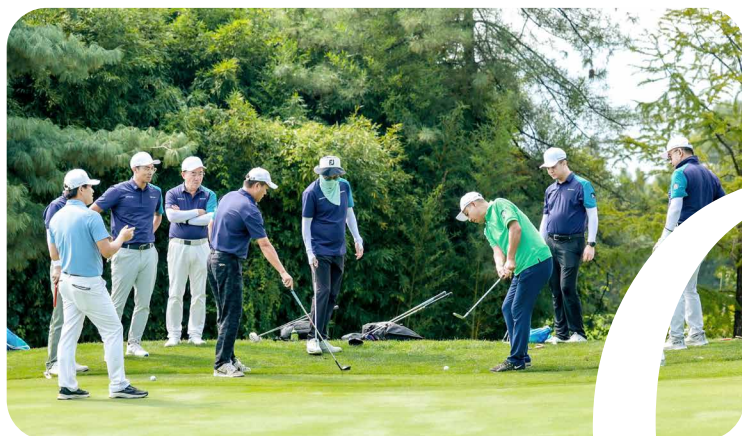
聚会时光

MOUNTAIN AND LAKE PARTY

2天1晚
2 Days 1 Night

高尔夫主题团建定制行程
Specially Recommended Itinerary for Golf Event

👤 单住Single ¥2588/人 👤 双住Twin ¥2388/人



7-8月18洞高尔夫加价300元/轮

Extra fee of RMB 300 per round of golf will charged in July and August.

Day 01

- 13:00-17:00 **亚洲百佳球场18洞挥杆** (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 **高尔夫自然疗愈** (呼吸/心率调整指导与体能强化指导二选一)
Golfer Mini Training Class (2 Options)
Breathing/Heart Rate Adjustment or Physical Strengthening
- 17:00-22:00 **身心灵SPA-中式传统舒缓按摩**
Rituals SPA-Chinese Traditional Massage
- 18:00-20:00 **定制主题欢迎晚宴** (篝火派对/颁奖主题)
Themed Welcome Dinner (Bonfire Party or Awards Dinner)
- 入住雅致客房**
Accommodation at Standard Room

Day 02

- 8:00-8:30 **晨修小课堂:正念饮食/体能训练** (二选一)
Morning Mini Class (2 Options)
Mindful-eating or Physical Strength Training
- 8:00-9:30 **鹰巢餐厅享用云南特色自助早餐**
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 10:00-11:30 **春城永续农场游园会** (农场参观/蔬菜种植及采摘)
Fun Tour at Permaculture Farm (Sustainable Exploration/Vegetable Planting and Harvesting)
- 11:30-13:30 **春城永续农场生态特色午餐**
Farm to Table Lunch at Permaculture Farm

3天2晚 | 高尔夫主题团建定制行程
3 Days 2 Nights | Specially Recommended Itinerary for Golf Event

👤 单住Single ¥5888/人 👥 双住Twin ¥5388/人

Day 01

- 13:00-17:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 高尔夫自然疗愈 (呼吸/心率调整指导与体能强化指导二选一)
Golfer Mini Trainng Class (2 Options)
Breathing/Heart Rate Adjustment or Physical Strengthening
- 17:00-22:00 身心灵SPA-中式传统舒缓按摩
Rituals SPA-Chinese Traditional Massage
- 18:00-20:00 定制主题欢迎晚宴 (篝火派对/颁奖主题)
Themed Welcome Dinner (Bonfire Party or Awards Dinner)
入住雅致客房
Accommodation at Standard Room

Day 02

- 7:00-7:30 晨修小课堂:正念饮食/体能训练 (二选一)
Morning Mini Class (2 Options),Mindful-eating or Physical Strength Training
- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 8:30-13:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 鹰巢餐厅健康午餐
Lunch at Eagle's Nest Restaurant
- 15:30-16:30 自然疗愈课程体验 (四选一)
舒缓瑜伽/颂钵音疗/正念冥想/中华初晴茶道“动中禅”及花道“心流”体验 (非遗传承项目)
Nature Healing Class (4 Options),Yoga/Sound Therapy/Mindfulness Meditation/Chinese Tea Ceremony and Flower Arrangment Art (Intangible Cultural Heritage Program)
- 17:30-19:00 摩登云南特色晚餐
Modern Yunnan Styled Dinner
- 19:30-20:00 绚烂瞬间 - 烟花秀 Firework Show
入住雅致客房 Accommodation at Standard Room

Day 03

- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 10:00-11:30 春城永续农场游园会 (农场参观/蔬菜种植及采摘)
Fun Tour at Permaculture Farm (Sustainable Exploration/Vegetable Planting and Harvesting)
- 11:30-13:30 春城永续农场生态特色午餐
Farm to Table Lunch at Permaculture Farm

4天3晚 | 高尔夫主题团建定制行程
4 Days 3 Nights | Specially Recommended Itinerary for Golf Event

👤 单住Single ¥7888/人 👥 双住Twin ¥7088/人

Day 01

- 13:00-17:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 高尔夫解密课堂 - 呼吸与挥杆节奏调整
Golfer Advanced Training - Matching on Breathing and Swing
- 17:00-22:00 身心灵SPA-中式传统舒缓按摩 Rituals SPA-Chinese Traditional Massage
- 18:00-20:00 定制主题欢迎晚宴 (篝火派对/颁奖主题)
Themed Welcome Dinner (Bonfire Party or Awards Dinner)
入住雅致客房 Accommodation at Standard Room

Day 02

- 7:00-7:30 晨修小课堂:正念饮食/体能训练 (二选一)
Morning Mini Class (2 Options),Mindful-eating or Physical Strength Training
- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 8:30-13:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 鹰巢餐厅健康午餐 Lunch at Eagle's Nest Restaurant
- 15:30-16:30 自然疗愈课程体验 (瑜伽舒缓/颂钵音疗/正念冥想三选一)
Nature Healing Class (3 Options),Yoga/Sound Therapy/Mindfulness Meditation
- 17:30-19:00 摩登云南特色晚餐 Modern Yunnan Styled Dinner
- 19:30-20:00 绚烂瞬间 - 烟花秀 Firework Show
入住雅致客房 Accommodation at Standard Room

Day 03

- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 8:30-13:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 鹰巢餐厅健康午餐 Lunch at Eagle's Nest Restaurant
- 15:00-16:30 生活美学探索:中华初晴茶道“动中禅”及花道“心流”体验 (非遗传承项目)
Life Aesthetics Exploration-Chinese Tea Ceremony and Flower Arrangment Art (Intangible Cultural Heritage Program)
- 17:30-19:00 摩登云南特色晚餐 Modern Yunnan Styled Dinner
入住雅致客房 Accommodation at Standard Room

Day 04

- 8:30-9:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 10:00-11:30 春城永续农场游园会 (农场参观/蔬菜种植及采摘)
Fun Tour at Permaculture Farm (Sustainable Exploration/Vegetable Planting and Harvesting)
- 11:30-13:30 春城永续农场生态特色午餐 Farm to Table Lunch at Permaculture Farm

聚会时光

MOUNTAIN AND LAKE PARTY

2天1晚
2 Days 1 Night

山海派对团建定制行程
Specially Recommended Itinerary for Non-Golf Event



单住Single ¥1888 /人



双住Twin ¥1688 /人



Day 01

- 15:00-17:00 新手高尔夫趣味体验(含教学及推杆练习) / 可持续探索徒步之旅二选一
Golf Beginner's Class or Hiking around Yangzonghai Lake
- 17:00-22:00 身心灵SPA-中式传统舒缓按摩
Rituals SPA-Chinese Traditional Massage
- 17:30-19:00 定制主题欢迎晚宴(篝火派对/颁奖主题)
Themed Welcome Dinner (Bonfire Party or Awards Dinner)
入住雅致客房 Accommodation at Standard Room

Day 02

- 7:00-8:00 晨修小课堂(二选一)
正念饮食
心灵疗愈:提升自我认知/镜像赋能成长/如何与压力共舞
Morning Mini Class (2 Options)
Mindful-eating or Mind Healing: Ways to deal with Stress and Unleash Your Inner Power Through Reflection
- 8:00-9:00 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 9:15-11:30 强悍泥人障碍挑战赛
Tough Mudder Obstacle Challenge
- 11:30-13:30 春城永续农场生态特色午餐
Farm to Table Lunch at Permaculture Farm

3天2晚 | 山海派对团建定制行程
3 Days 2 Nights | Specially Recommended Itinerary for Non-Golf Event

单住Single ¥3688 /人 双住Twin ¥3288 /人

Day 01

13:00-17:00 强悍泥人障碍挑战赛 Tough Mudder Obstacle Challenge

17:00-22:00 身心灵SPA-中式传统舒缓按摩
Rituals SPA-Chinese Traditional Massage

17:30-19:00 定制主题欢迎晚宴 (篝火派对/颁奖主题)
Themed Welcome Dinner (Bonfire Party or Awards Dinner)

入住雅致客房
Accommodation at Standard Room

Day 02

7:00-7:30 晨修小课堂, 心灵疗愈:提升自我认知/镜像赋能成长/如何与压力共舞
Morning Mini Class ,Mind Healing: Ways to deal with Stress and Unleash Your Inner Power Through Reflection

8:30-9:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

10:00-12:00 新手高尔夫趣味体验 (含教学及推杆练习) / 可持续探索徒步之旅二选一
Golf Beginner's Class or Hiking around Yangzonghai Lake

13:00-14:00 鹰巢餐厅健康午餐 Lunch at Eagle's Nest Restaurant

15:00-17:00 自然疗愈课程体验 (四选一)
舒缓瑜伽/颂钵音疗/正念冥想/中华初晴茶道“动中禅”及花道“心流”体验 (非遗传承项目)
Nature Healing Class (4 Options), Yoga/Sound Therapy/Mindfulness Meditation/Chinese Tea Ceremony and Flower Arrangement Art (Intangible Cultural Heritage Program)

17:30-19:00 摩登云南特色晚餐 Modern Yunnan Styled Dinner

19:30-20:00 绚烂瞬间 - 烟花秀 Firework Show

入住雅致客房 Accommodation at Standard Room

Day 03

8:30-9:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

10:00-11:30 春城永续农场游园会 (农场参观/蔬菜种植及采摘)
Fun Tour at Permaculture Farm (Sustainable Exploration/Vegetable Planting and Harvesting)

11:30-13:30 春城永续农场生态特色午餐
Farm to Table Lunch at Permaculture Farm

4天3晚 | 山海派对团建定制行程
4 Days 3 Nights | Specially Recommended Itinerary for Non-Golf Event

单住Single ¥5888 /人 双住Twin ¥5188 /人

Day 01

13:00-17:00 强悍泥人障碍挑战赛 Tough Mudder Obstacle Challenge

17:00-22:00 身心灵SPA-中式传统舒缓按摩
Rituals SPA-Chinese Traditional Massage

17:30-19:00 定制主题欢迎晚宴 (篝火派对/颁奖主题)
Themed Welcome Dinner (Bonfire Party or Awards Dinner)

入住雅致客房 Accommodation at Standard Room

Day 02

8:00-8:30 晨修小课堂 (二选一) 正念饮食/体能训练
Morning Mini Class (2 Options),Mindful-eating or Physical Strength Training

8:30-9:00 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

10:00-11:30 心灵疗愈课程体验 (提升自我认知/镜像赋能成长/如何与压力共舞)
Mind Healing Class: Ways to deal with Stress and Unleash Your Inner Power Through Reflection

13:00-14:00 鹰巢餐厅健康午餐 Lunch at Eagle's Nest Restaurant

15:30-17:00 生活美学探索: 中华初晴茶道“动中禅”及花道“心流”体验 (非遗传承项目)
Life Aesthetics Exploration-Chinese Tea Ceremony and Flower Arrangement Art (Intangible Cultural Heritage Program)

17:30-19:00 摩登云南特色晚餐 Modern Yunnan Styled Dinner

17:30-19:00 绚烂瞬间 - 烟花秀 Firework Show

入住雅致客房 Accommodation at Standard Room

Day 03

8:30-9:00 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

10:00-11:30 春城永续农场游园会 (农场参观/蔬菜种植及采摘)
Fun Tour at Permaculture Farm (Sustainable Exploration/Vegetable Planting and Harvesting)

11:30-14:00 春城永续农场生态特色午餐 Farm to Table Lunch at Permaculture Farm

15:00-17:00 新手高尔夫趣味体验 (含教学及推杆练习) / 可持续探索徒步之旅二选一
Golf Beginner's Class or Hiking around Yangzonghai Lake

17:30-19:00 摩登云南特色晚餐 Modern Yunnan Styled Dinner

入住雅致客房 Accommodation at Standard Room

Day 04

7:00-7:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

7:30-11:00 春城周边游 (官渡古镇或斗南花市二选一)
Sightseeing Tour around Spring City (2 Options)
Guandu Ancient Town or Dounan Flower Market

11:00-12:00 云南美食必吃榜-当地特色午餐 Lunch: try out Yunnan Must-Eat Dishes

挥杆山海

MOUNTAIN AND LAKE HEALING

2天1晚
2 Days 1 Night

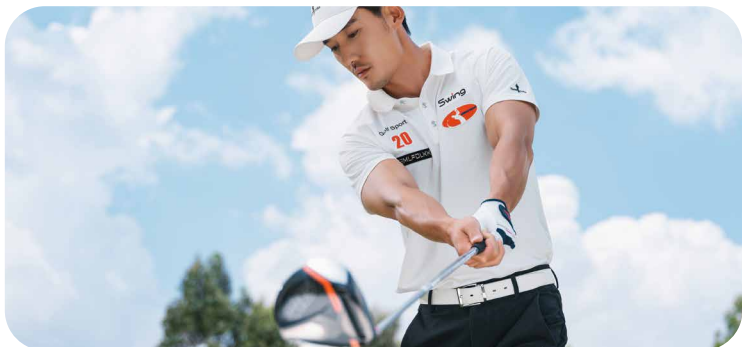
春城自然疗愈度假行程
Specially Recommended Itinerary for Golf Vacation



单住Single ¥2588 /人



双住Twin ¥2388 /人



7-8月18洞高尔夫加价300元/轮

Extra fee of RMB 300 per round of golf will be charged in July and August.

Day 01

- 13:00-17:00** 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00** 高尔夫自然疗愈 (呼吸/心率调整指导与体能强化指导二选一)
Golfer Mini Training Class (2 Options)
Breathing/Heart Rate Adjustment or Physical Strengthening
- 18:00-20:00** 摩登云南特色晚餐
Modern Yunnan Styled Dinner
- 20:00-22:00** 欢乐时光 (SPA/棋牌娱乐/春城影院三选一)
Happy Hour (3 Options) SPA/Card Playing or Mahjong/Movie
入住雅致客房
Accommodation at Standard Room

Day 02

- 8:00-8:30** 晨修小课堂:正念饮食/体能训练 (二选一)
Morning Mini Class (2 Options) Mindful-eating or Physical Strength Training
- 8:00-9:30** 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 10:00-11:30** 春城永续农场游园会 (农场参观/蔬菜种植及采摘)
Fun Tour at Permaculture Farm
(Sustainable Exploration/Vegetable Planting and Harvesting)
- 11:30-13:30** 春城永续农场生态特色午餐
Farm to Table Lunch at Permaculture Farm

INDIVIDUAL
个人度假

3天2晚

3 Days 2 Nights

春城自然疗愈度假行程

Specially Recommended Itinerary for Golf Vacation

单人

单住Single

¥5988/人

双人

双住Twin

¥5488/人

Day 01

13:00-17:00

亚洲百佳球场18洞挥杆 (湖景/山景任选)

18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)

13:00-14:00

高尔夫自然疗愈 (呼吸/心率调整指导与体能强化指导二选一)

Golfer Mini Training Class (2 Options),Breathing/Heart Rate Adjustment or Physical Strengthening

18:00-20:00

摩登云南特色晚餐 Modern Yunnan Styled Dinner

17:00-22:00

欢乐时光 (SPA/棋牌娱乐/春城影院三选一)

Happy Hour (3 Options) SPA/Card Playing or Mahjong/Movie

入住雅致客房 Accommodation at Standard Room

Day 02

7:00-7:30

晨修小课堂:正念饮食/体能训练 (二选一)

Morning Mini Class (2 Options) Mindful-eating or Physical Strength Training

7:30-8:30

鹰巢餐厅享用云南特色自助早餐

Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

8:30-13:00

亚洲百佳球场18洞挥杆 (湖景/山景任选)

18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)

13:00-14:00

鹰巢餐厅健康午餐

Lunch at Eagle's Nest Restaurant

15:30-16:30

身心平衡探索 (二选一):

高尔夫心理训练课程、中华初晴茶道“动中禅”、花道“心流”体验(非遗传承项目)

Exploration on Mind and Body Balance (2 Options)

Golfer Mental Training、 Experience on Chinese Tea Ceremony and Flower Arrangment Art (Intangible Cultural Heritage Program)

17:30-19:00

鹰巢餐厅养生晚餐

Regimen Dinner at Eagle's Nest Restaurant

19:30-20:00

入住雅致客房

Accommodation at Standard Room

Day 03

7:30-8:30

鹰巢餐厅享用云南特色自助早餐

Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

10:00-11:30

春城永续农场游园会 (农场参观/蔬菜种植及采摘)

Fun Tour at Permaculture Farm (Sustainable Exploration/Vegetable Planting and Harvesting)

11:30-13:30

春城永续农场生态特色午餐

Farm to Table Lunch at Permaculture Farm

4天3晚

4 Days 3 Nights

春城自然疗愈度假行程

Specially Recommended Itinerary for Golf Vacation

单人

单住Single

¥7388/人

双人

双住Twin

¥6588/人

Day 01

13:00-17:00

亚洲百佳球场18洞挥杆 (湖景/山景任选)

18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)

13:00-14:00

高尔夫自然疗愈 (呼吸/心率调整指导与体能强化指导二选一)

Golfer Mini Training Class (2 Options)

Breathing/Heart Rate Adjustment or Physical Strengthening

17:00-22:00

欢乐时光 (SPA/棋牌娱乐/春城影院三选一)

Happy Hour (3 Options), SPA/Card Playing or Mahjong/Movie

18:00-20:00

摩登云南特色晚餐 Modern Yunnan Styled Dinner

入住雅致客房 Accommodation at Standard Room

Day 02

7:00-7:30

晨修小课堂:正念饮食/体能训练 (二选一)

Morning Mini Class (2 Options),Mindful-eating or Physical Strength Training

7:30-8:30

鹰巢餐厅享用云南特色自助早餐

Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

8:30-13:00

亚洲百佳球场18洞挥杆 (湖景/山景任选)

18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)

13:00-14:00

鹰巢餐厅健康午餐

Lunch at Eagle's Nest Restaurant

15:30-16:30

身心平衡探索 (二选一):

高尔夫心理训练课程中华初晴茶道“动中禅”、花道“心流”体验(非遗传承项目)

Exploration on Mind and Body Balance (2 Options)

Golfer Mental Training, Experience on Chinese Tea Ceremony and Flower Arrangement Art (Intangible Cultural Heritage Program)

17:30-19:00

精致素食晚宴 Vegetarian Fine Dinner

入住雅致客房 Accommodation at Standard Room

Day 03

7:30-8:30

鹰巢餐厅享用云南特色自助早餐

Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

8:30-13:00

亚洲百佳球场18洞挥杆 (湖景/山景任选)

18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)

13:00-14:00

鹰巢餐厅健康午餐

Lunch at Eagle's Nest Restaurant

15:00-16:30

春城永续农场游园会 (农场参观/蔬菜种植及采摘)

Fun Tour at Permaculture Farm (Sustainable Exploration/Vegetable Planting and Harvesting)

17:30-19:00

春城永续农场生态特色晚餐

Farm to Table Dinner at Permaculture Farm

入住雅致客房 Accommodation at Standard Room

Day 04

7:00-7:30

鹰巢餐厅享用云南特色自助早餐

Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

7:30-11:00

春城周边游 (官渡古镇或斗南花市二选一)

Sightseeing Tour around Spring City (2 Options),Guandu Ancient Town or Dounan Flower Market

11:00-12:00

云南美食必吃榜-当地特色午餐

Lunch: Try out Yunnan Must-Eat Dishes

悦享时光

MOUNTAIN AND LAKE HEALING

2天1晚
2 Days 1 Night

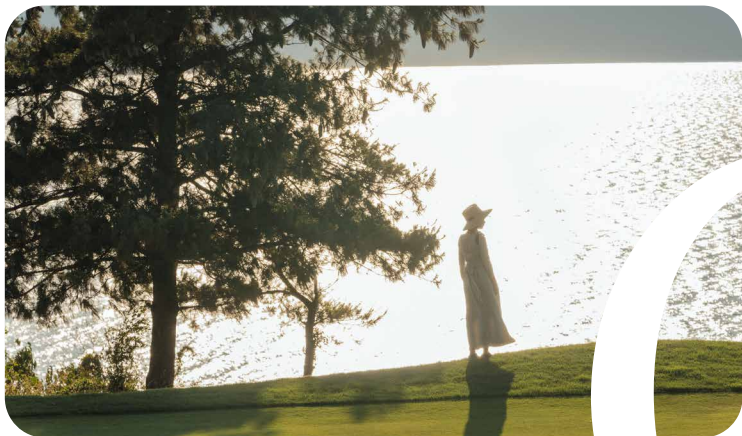
春城自然疗愈度假行程
Specially Recommended Itinerary for Non-Golf Vacation



单住Single ¥1788 /人



双住Twin ¥1588 /人



Day 01

13:00-17:00

强悍泥人障碍挑战

(30人起订, 如不满足人数, 活动更换为春城永续农场游园会)

Tough Mudder Obstacle Challenge
(Minimum 30 person to open and if less than the minimum participants, alter to Fun Tour Program of Permaculture Farm)

17:30-19:00

摩登云南特色晚餐

Modern Yunnan Styled Dinner

20:00-22:00

欢乐时光 (SPA/棋牌娱乐/春城影院三选一)

入住雅致客房

Happy Hour (3 Options), SPA/Card Playing or Mahjong/Movie

Day 02

7:00-8:00

晨修小课堂: 正念饮食

Morning Mini Class: Mindful-eating

8:00-8:30

鹰巢餐厅享用云南特色自助早餐

Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

9:30-11:30

山海徒步之旅 (4km或7km可选)

Mountain and Lake Hiking (4km or 7km)

11:30-13:30

春城永续农场生态特色午餐

Farm to Table Lunch at Permaculture Farm

INDIVIDUAL
个人度假

3天2晚 | 春城自然疗愈度假行程
3 Days 2 Nights | Specially Recommended Itinerary for Non-Golf Vacation

单住Single ¥3788 /人 双住Twin ¥3588 /人

Day 01

- 13:00-17:00 强悍泥人障碍挑战 (30人起订, 如不满足人数, 活动更换为春城永续农场游园会)
Tough Mudder Obstacle Challenge (Minimum 30 person to open and if less than the minimum participants, alter to Fun Tour Program of Permaculture Farm)
- 17:00-22:00 身心灵SPA-中式传统舒缓按摩
Rituals SPA-Chinese Traditional Massage
- 17:30-19:00 摩登云南特色晚餐 Modern Yunnan Styled Dinner
入住雅致客房 Accommodation at Standard Room

Day 02

- 7:00-7:30 晨修小课堂:正念饮食
Morning Mini Class:Mindful-eating
- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 9:30-12:00 山海徒步之旅 (4km或7km可选)
Mountain and Lake Hiking (4km or 7km)
- 12:00-13:30 鹰巢餐厅健康午餐 Lunch at Eagle's Nest Restaurant
- 14:00-15:00 自然美学手作课堂 (松果、叶脉书签、扎染、冰箱贴、胸牌、草帽涂鸦及拓染等)
Nature Handcraft and Art Class (Pinecone/Leaf Vein Bookmark/Tie-Dye/Fridge Magnet or Badge Souvenior/Straw Hat Graffiti/Plant Overdyeing)
- 17:30-19:00 自然疗愈课程体验 (四选一)
舒缓瑜伽/颂钵音疗/正念冥想/中华初晴茶道“动中禅”及花道“心流”体验 (非遗传承项目)
Nature Healing Class (4 Options), Yoga/Sound Therapy/Mindfulness Meditation/Chinese Tea Ceremony and Flower Arrangment Art (Intangible Cultural Heritage Program)
- 17:30-19:00 精致素食晚宴 Vegetarian Fine Dinner
入住雅致客房 Accommodation at Standard Room

Day 03

- 8:00-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 9:30-11:30 山海徒步之旅 (4km或7km可选)
Mountain and Lake Hiking (4km or 7km)
- 11:30-13:30 春城永续农场生态特色午餐
Farm to Table Lunch at Permaculture Farm

4天3晚 | 春城自然疗愈度假行程
4 Days 3 Nights | Specially Recommended Itinerary for Non-Golf Vacation

单住Single ¥5488 /人 双住Twin ¥4788 /人

Day 01

- 13:00-17:00 强悍泥人障碍挑战 (30人起订, 如不满足人数, 活动更换为春城永续农场游园会)
Tough Mudder Obstacle Challenge (Minimum 30 person to open and if less than the minimum participants, alter to Fun Tour Program of Permaculture Farm)
- 17:00-22:00 身心灵SPA-中式传统舒缓按摩
Rituals SPA-Chinese Traditional Massage
- 17:30-19:00 摩登云南特色晚餐 Modern Yunnan Styled Dinner
入住雅致客房 Accommodation at Standard Room

Day 02

- 7:00-7:30 晨修小课堂:正念饮食 Morning Mini Class:Mindful-eating
- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 9:30-12:00 山海徒步之旅 (4km或7km可选)
Mountain and Lake Hiking (4km or 7km)
- 12:00-13:30 鹰巢餐厅健康午餐
Lunch at Eagle's Nest Restaurant
- 14:00-15:00 自然美学手作课堂 (松果、叶脉书签、扎染、冰箱贴、胸牌、草帽涂鸦及拓染等)
Nature Handcraft and Art Class (Pinecone/Leaf Vein Bookmark/Tie-Dye/Fridge Magnet or Badge Souvenior/Straw Hat Graffiti/Plant Overdyeing)
- 14:30-15:30 心灵疗愈课程 (二选一) 提升自我认知和镜像赋能成长、如何与压力共舞
Mind Healing Class (2Options): Unleash Your Inner Power Through Reflection, Ways to deal with Stress
- 17:30-19:00 精致素食晚宴 Vegetarian Fine Dinner
入住雅致客房 Accommodation at Standard Room

Day 03

- 8:30-9:00 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 10:00-11:30 春城永续农场游园会 (农场参观/蔬菜种植采摘/美食DIY)
Fun Tour at Permaculture Farm (Sustainable Exploration/Vegetable Planting and Harvesting/Food DIY)
- 11:30-13:30 春城永续农场生态特色午餐 Farm to Table Lunch at Permaculture Farm
- 14:00-17:00 高尔夫球新手课 Golf Beginner's Class
- 17:00-18:00 自然疗愈课程体验 (颂钵音疗) Nature Healing Program (Sound Therapy)
- 18:30-19:30 19洞音乐餐吧特色晚餐 Lunch at 19th Hole Gastropub
入住雅致客房 Accommodation at Standard Room

Day 04

- 7:00-7:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 7:30-11:00 春城周边游 (官渡古镇或斗南花市二选一)
Sightseeing Tour around Spring City (2 Options),Guandu Ancient Town or Dounan Flower Market
- 11:00-12:00 云南美食必吃榜-当地特色午餐 Lunch: try out Yunnan Must-Eat Dishes

湖畔康养

MOUNTAIN AND LAKE WELLNESS

2天1晚
2 Days 1 Night

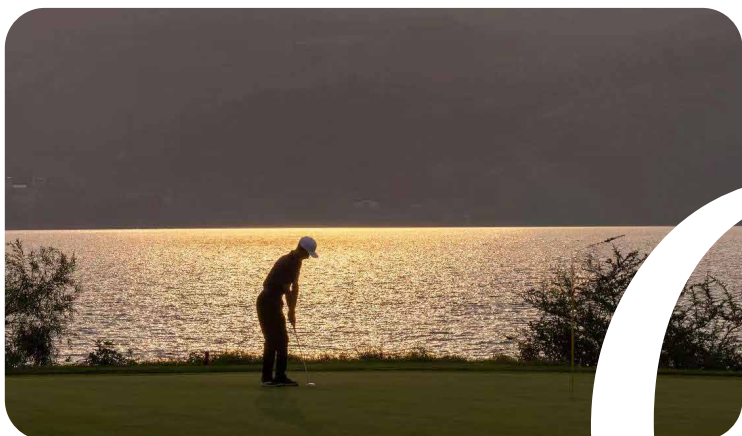
高尔夫主题度假行程
Specially Recommended Itinerary for Senior Golf Vacation



单住Single ¥2488 /人



双住Twin ¥2288 /人



7-8月18洞高尔夫加价300元/轮

Extra fee of RMB 300 per round of golf will be charged in July and August.

Day 01

- 13:00-17:00** | **亚洲百佳球场18洞挥杆** (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00** | **高尔夫自然疗愈** (呼吸/心率调整指导与体能强化指导二选一)
Golfer Mini Training Class (2 Options)
Breathing/Heart Rate Adjustment or Physical Strengthening
- 18:00-20:00** | **摩登云南特色晚餐**
Modern Yunnan Styled Dinner
- 20:00-22:00** | **欢乐时光** (SPA/棋牌娱乐/春城影院三选一)
Happy Hour (3 Options) SPA/Card Playing or Mahjong/Movie
入住雅致客房
Accommodation at Standard Room

Day 02

- 8:00-8:30** | **晨修小课堂:正念饮食/体能训练** (二选一)
Morning Mini Class (2 Options) Mindful-eating or Physical Strength Training
- 8:00-9:30** | **鹰巢餐厅享用云南特色自助早餐**
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 10:00-11:30** | **春城永续农场游园会** (农场参观/蔬菜种植及采摘)
Fun Tour at Permaculture Farm
(Sustainable Exploration/Vegetable Planting and Harvesting)
- 11:30-13:30** | **春城永续农场生态特色午餐**
Farm to Table Lunch at Permaculture Farm

3天2晚 | 高尔夫主题度假行程
3 Days 2 Nights | Specially Recommended Itinerary for Senior Golf Vacation

单人单住Single ¥5088/人 双人双住Twin ¥4588/人

Day 01

- 13:00-17:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 高尔夫自然疗愈 (呼吸/心率调整指导与体能强化指导二选一)
Golfer Mini Training Class (2 Options),Breathing/Heart Rate Adjustment or Physical Strengthening
- 18:00-20:00 摩登云南特色晚餐 Modern Yunnan Styled Dinner
- 17:00-22:00 欢乐时光 (SPA/棋牌娱乐/春城影院三选一)
Happy Hour (3 Options) SPA/Card Playing or Mahjong/Movie
- 入住雅致客房 Accommodation at Standard Room

Day 02

- 7:00-7:30 晨修小课堂:正念饮食/体能训练 (二选一)
Morning Mini Class (2 Options) Mindful-eating or Physical Strength Training
- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 8:30-13:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 鹰巢餐厅健康午餐
Lunch at Eagle's Nest Restaurant
- 15:30-16:30 身心灵SPA-精油按摩 Rituals SPA-Oil Massage
- 17:30-19:00 鹰巢餐厅养生晚餐 Regimen Dinner at Eagle's Nest Restaurant
- 19:30-20:00 入住雅致客房 Accommodation at Standard Room

Day 03

- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 10:00-11:30 春城永续农场游园会 (农场参观/蔬菜种植及采摘)
Fun Tour at Permaculture Farm (Sustainable Exploration/Vegetable Planting and Harvesting)
- 11:30-13:30 春城永续农场生态特色午餐
Farm to Table Lunch at Permaculture Farm

4天3晚 | 高尔夫主题度假行程
4 Days 3 Nights | Specially Recommended Itinerary for Senior Golf Vacation

单人单住Single ¥7188 /人 双人双住Twin ¥6288 /人

Day 01

- 13:00-17:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 高尔夫自然疗愈 (呼吸/心率调整指导与体能强化指导二选一)
Golfer Mini Training Class (2 Options)
Breathing/Heart Rate Adjustment or Physical Strengthening
- 17:00-22:00 身心灵SPA-中式传统舒缓按摩 Rituals SPA-Chinese Traditional Massage
- 18:00-20:00 摩登云南特色晚餐 Modern Yunnan Styled Dinner
- 入住雅致客房 Accommodation at Standard Room

Day 02

- 7:00-7:30 晨修小课堂:正念饮食/体能训练 (二选一)
Morning Mini Class (2 Options),Mindful-eating or Physical Strength Training
- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 8:30-13:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 鹰巢餐厅健康午餐 Lunch at Eagle's Nest Restaurant
- 15:30-16:30 身心灵SPA-精油按摩 Rituals SPA-Oil Massage
- 17:30-19:00 鹰巢餐厅特色养生晚餐 Regimen Dinner at Eagle's Nest Restaurant
- 入住雅致客房 Accommodation at Standard Room

Day 03

- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 8:30-13:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 鹰巢养生午餐 Regimen Lunch at Eagle's Nest Restaurant
- 15:00-16:30 春城永续农场游园会 (农场参观/蔬菜种植及采摘)
Fun Tour at Permaculture Farm (Sustainable Exploration/Vegetable Planting and Harvesting)
- 17:30-19:00 春城永续农场生态晚餐 Farm to Table Dinner at Permaculture Farm
- 入住雅致客房 Accommodation at Standard Room

Day 04

- 7:00-7:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 7:30-11:00 春城周边游 (官渡古镇或斗南花市二选一)
Sightseeing Tour around Spring City (2 Options),Guandu Ancient Town or Dounan Flower Market
- 11:00-12:00 云南美食必吃榜-当地特色午餐 Lunch: Try out Yunnan Must-Eat Dishes

湖畔康养

MOUNTAIN AND LAKE WELLNESS

2天1晚
2 Days 1 Night

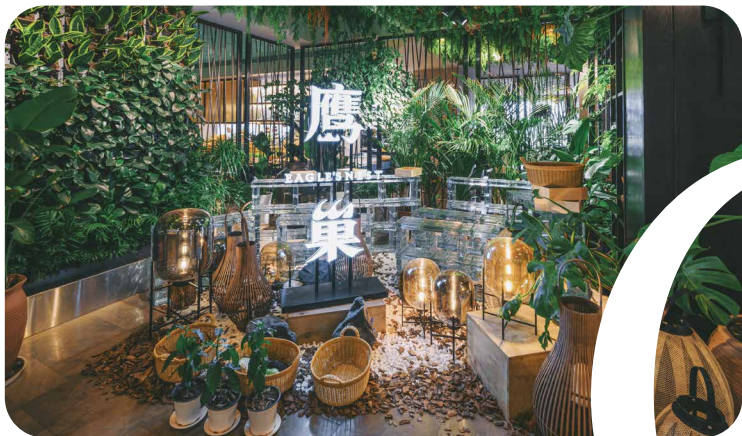
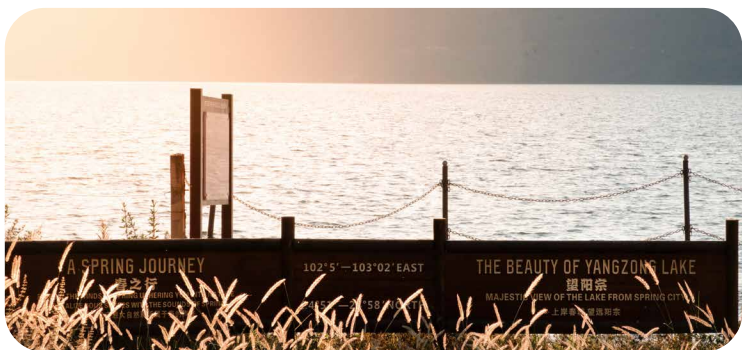
悠享时光度假行程
Specially Recommended Itinerary for Senior Non-Golf Vacation



单住Single ¥2088/人



双住Twin ¥1888 /人



Day 01

- 13:30-14:30 身心疗愈系列 - 正念饮食课程
Mind and Body Healing Class - Mindful Eating
- 15:00-16:00 身心疗愈系列 - 睡眠调理课程
Mind and Body Healing Class - Sleeping Improvement
- 17:30-19:00 精致素食晚宴
Vegetarian Fine Dinner
入住雅致客房
Accommodation at Standard Room

Day 02

- 7:00-8:00 晨修小课堂:正念饮食
Morning Mini Class: Mindful-eating
- 8:00-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 9:30-11:30 山海徒步之旅 (4km或7km可选)
Yangzonghai Lake Hiking (4 or 7km)
- 11:30-13:30 春城永续农场生态特色午餐
Farm to Table Lunch at Permaculture Farm

3天2晚 | 悠享时光度假行程
3 Days 2 Nights | Specially Recommended Itinerary for Senior Non-Golf Vacation

单住Single ¥3988 /人 双住Twin ¥3488 /人

Day 01

13:30-14:30 身心疗愈系列 - 正念饮食课程
Mind and Body Healing Class - Mindful Eating

17:00-22:00 身心疗愈系列 - 睡眠调理课程
Mind and Body Healing Class - Sleeping Improvement

17:30-19:00 精致素食晚宴 Vegetarian Fine Dinner
入住雅致客房 Accommodation at Standard Room

Day 02

7:00-8:00 晨修小课堂:正念饮食
Morning Mini Class:Mindful-eating

8:00-9:00 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

9:30-11:30 山海徒步之旅 (4km或7km可选)
Yangzonghai Lake Hiking (4 or 7km)

12:00-13:30 鹰巢餐厅健康午餐 Lunch at Eagle's Nest Restaurant

14:00-15:00 自然美学手作课堂 (松果、叶脉书签、扎染、冰箱贴、胸牌、草帽涂鸦及拓染等)
Nature Handcraft and Art Class (Pinecone/Leaf Vein Bookmark/Tie-Dye/Fridge Magnet or Badge Souvenior/Straw Hat Graffiti/Plant Overdyeing)

15:30-18:00 身心疗愈系列 - 柏联温泉SPA
Mind and Body Healing SPA - Bolian Hot Spring

18:30-19:30 鹰巢餐厅养生晚餐 Regimen Dinner at Eagle's Nest Restaurant
入住雅致客房 Accommodation at Standard Room

Day 03

8:00-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

8:45-10:45 身心疗愈系列
身体疗愈:太极/站桩二选一
心灵疗愈:重塑自我-精彩生活与年龄无关
Mind and Body Healing Class:
Body: Tai Ji or Standing Practice
Mind: Reinvent yourself - Age Has Nothing to do with Living A Wonderful Life

11:30-13:30 春城永续农场生态特色午餐
Farm to Table Lunch at Permaculture Farm

4天3晚 | 悠享时光度假行程
4 Days 3 Nights | Specially Recommended Itinerary for Senior Non-Golf Vacation

单住Single ¥5588 /人 双住Twin ¥4688 /人

Day 01

13:30-14:30 身心疗愈系列 - 正念饮食课程 Mind and Body Healing Class-Mindful Eating

15:00-16:00 身心疗愈系列 - 睡眠调理课程
Mind and Body Healing Class - Sleeping Improvement

17:30-19:00 精致素食晚宴 Vegetarian Fine Dinner
入住雅致客房 Accommodation at Standard Room

Day 02

7:00-7:30 晨修小课堂:正念饮食 Morning Mini Class:Mindful-eating

7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

8:45-10:45 身心疗愈系列 (身体疗愈:太极/站桩二选一, 心灵疗愈:重塑自我-精彩生活与年龄无关)
Mind and Body,Healing Class:Body: Tai Ji or Standing Practice,Mind: Reinvent yourself - Age Has Nothing to do with Living A Wonderful Life

11:00-12:00 身心灵SPA-精油按摩 Rituals SPA-Oil Massage

12:00-13:30 鹰巢餐厅健康午餐 Lunch at Eagle's Nest Restaurant

14:00-15:00 自然美学手作课堂 (松果、叶脉书签、扎染、冰箱贴、胸牌、草帽涂鸦及拓染等)
Nature Handcraft and Art Class (Pinecone/Leaf Vein Bookmark/Tie-Dye/Fridge Magnet or Badge Souvenior/Straw Hat Graffiti/Plant Overdyeing)

15:30-17:30 高尔夫球新手课程 Golf Beginner's Class

17:30-19:00 鹰巢餐厅养生晚餐 Regimen Dinner at Eagle's Nest Restaurant
入住雅致客房 Accommodation at Standard Room

Day 03

8:30-9:00 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

9:45-11:30 春城永续农场游园会 (农场参观/蔬菜种植采摘/美食DIY)
Fun Tour at Permaculture Farm (Sustainable Exploration/Vegetable Planting and Harvesting/Food DIY)

11:30-13:30 春城永续农场生态特色午餐 Farm to Table Lunch at Permaculture Farm

14:00-16:00 自然疗愈课程体验 (四选一)
舒缓瑜伽/颂钵音疗/正念冥想/中华初晴茶道“动中禅”及花道“心流”体验 (非遗传承项目)
Nature Healing Class (4 Options),Yoga/Sound Therapy/Mindfulness Meditation/Chinese Tea Ceremony and Flower Arrangment Art (Intangible Cultural Heritage Program)

18:00-19:00 19洞音乐餐吧特色晚餐 Dinner at 19th Hole Gastropub

19:00-22:00 欢乐时光 (SPA/棋牌娱乐/春城影院三选一) Happy Hour (3 Options),SPA/Card Playing or Mahjong/Movie
入住雅致客房 Accommodation at Standard Room

Day 04

7:00-7:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant

7:30-11:00 春城周边游 (官渡古镇或斗南花市二选一)
Sightseeing Tour around Spring City (2 Options),Guandu Ancient Town or Dounan Flower Market

11:00-12:00 云南美食必吃榜-当地特色午餐 Lunch: try out Yunnan Must-Eat Dishes

成长计划

MOUNTAIN AND LAKE ADVENTURE

2天1晚
2 Days 1 Night

青少年高尔夫定制行程
Specially Recommended Itinerary for Junior Golf Camp

单住Single ¥1688 /人 | 双住Twin ¥1488 /人



7-8月18洞高尔夫加价300元/轮

Extra fee of RMB 300 per round of golf will be charged in July and August.

Day 01

- 13:00-17:00** | **亚洲百佳球场18洞挥杆** (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00** | **高尔夫自然疗愈** (呼吸/心率调整指导与体能强化指导二选一)
Golfer Mini Training Class (2 Options)
Breathing/Heart Rate Adjustment or Physical Strengthening
- 18:00-20:00** | **摩登云南特色晚餐/19洞音乐餐吧特色晚餐**
Modern Yunnan Styled Dinner / 19th Hole Gastropub Dinner
- 20:00-22:00** | **高尔夫训练:积极心理学**
Golfer Advanced Training: Positive Psychology
入住雅致客房
Accommodation at Standard Room

Day 02

- 8:00-8:30** | **晨修小课堂:正念饮食/体能训练** (二选一)
Morning Mini Class (2 Options) Mindful-eating or Physical Strength Training
- 8:00-9:30** | **鹰巢餐厅享用云南特色自助早餐**
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 10:00-11:30** | **春城永续农场游园会** (研学课程+美食制作比赛)
Fun Tour at Permaculture Farm (Organic Farming Courses and Field Trips+Food DIY Contest)
- 11:30-13:30** | **春城永续农场生态特色午餐**
Farm to Table Lunch at Permaculture Farm

3天2晚

3 Days 2 Nights

青少年高尔夫定制行程

Specially Recommended Itinerary for Junior Golf Camp



单住Single ¥3888 /人



双住Twin ¥3388 /人

Day 01

- 13:00-17:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 高尔夫自然疗愈 (呼吸/心率调整指导与体能强化指导二选一)
english placehold english placehold
- 17:00-22:00 高尔夫训练:积极心理学
english placehold english placehold
- 17:00-22:00 定制主题欢迎晚宴(篝火派对/颁奖主题)
Themed Welcome Dinner (Bonfire Party or Awards Dinner)
- 入住雅致客房 Accommodation at Standard Room

Day 02

- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 8:30-13:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 鹰巢餐厅健康午餐
Healthy Lunch at Eagle's Nest Restaurant
- 14:30-15:30 成长课堂(新型亲子关系/克服焦虑二选一)
Growth Workshop (2 Options)
New Parent-Child Relationships or Overcoming Anxiety
- 15:45-17:30 自然美学手作课堂(松果、叶脉书签、扎染、冰箱贴、胸牌、草帽涂鸦及拓染等)
Nature Handcraft and Art Class (Pinecone/Leaf Vein Bookmark/Tie-Dye/Fridge Magnet or Badge Souvenior/Straw Hat Graffiti/Plant Overdyeing)
- 18:30-19:30 19洞音乐餐吧特色晚餐 Dinner at 19th Hole Gastropub
- 19:30-20:00 入住雅致客房 Accommodation at Standard Room

Day 03

- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 10:00-11:30 春城永续农场游园会(农场参观/蔬菜种植及采摘)
Fun Tour at Permaculture Farm (Tree Planting & Harvesting)
- 11:30-13:30 春城永续农场生态特色午餐
Farm to Table Lunch at Permaculture Farm

4天3晚

4 Days 3 Nights

青少年高尔夫定制行程

Specially Recommended Itinerary for Junior Golf Camp



单住Single ¥5888 /人



双住Twin ¥5388 /人

Day 01

- 13:00-17:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 高尔夫自然疗愈 (呼吸/心率调整指导与体能强化指导二选一)
Golfer Mini Trainng Class (2 Options)
Breathing/Heart Rate Adjustment or Physical Strengthening
- 17:00-22:00 高尔夫训练:积极心理学 Golfer Advanced Training: Positive Psychology
- 18:00-20:00 定制主题欢迎晚宴(篝火派对/颁奖主题) Themed Welcome Dinner (Bonfire Party or Awards Dinner)
- 入住雅致客房 Accommodation at Standard Room

Day 02

- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 8:30-13:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 鹰巢餐厅健康午餐 Healthy Lunch at Eagle's Nest Restaurant
- 14:30-15:30 成长课堂(新型亲子关系/克服焦虑二选一)
Growth Workshop (2 Options), New Parent-Child Relationships or Overcoming Anxiety
- 15:45-17:30 自然美学手作课堂(松果、叶脉书签、扎染、冰箱贴、胸牌、草帽涂鸦及拓染等)
Nature Handcraft and Art Class (Pinecone/Leaf Vein Bookmark/Tie-Dye/Fridge Magnet or Badge Souvenior/Straw Hat Graffiti/Plant Overdyeing)
- 18:30-19:30 19洞音乐餐吧特色晚餐 Dinner at 19th Hole Gastropub
- 19:30-20:00 绚烂瞬间·烟花秀 Firework Show
- 入住雅致客房 Accommodation at Standard Room

Day 03

- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 8:30-13:00 亚洲百佳球场18洞挥杆 (湖景/山景任选)
18 Holes Golf at Asia's Top 100 Course (Lake or Mountain Course)
- 13:00-14:00 鹰巢养生午餐 Regimen Lunch at Eagle's Nest Restaurant
- 15:00-16:30 运动强化系列-体能训练课程 Fitness Class: Physical Strengthening
- 17:30-19:00 摩登云南特色晚餐 Modern Yunnan Styled Dinner
- 入住雅致客房 Accommodation at Standard Room

Day 04

- 7:30-8:30 鹰巢餐厅享用云南特色自助早餐
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 10:00-11:30 春城永续农场游园会(研学课程+美食DIY)
Fun Tour at Permaculture Farm (Organic Farming Courses and Field Trips+Food DIY Contest)
- 11:30-13:30 春城永续农场生态特色午餐 Farm to Table Lunch at Permaculture Farm

成长计划

MOUNTAIN AND LAKE ADVENTURE

2天1晚
2 Days 1 Night

青少年研学定制行程
Specially Recommended Itinerary for Junior Non-Golf Camp



单住Single ¥1588 /人



双住Twin ¥1388 /人



Day 01

- 13:00-17:00** | **强悍泥人障碍挑战 (14-18岁) / 可持续探索山海徒步之旅二选一**
Tough Mudder Obstacle Challenge (Age 14 -18) or Mountain and Lake Hiking
- 17:00-18:00** | **自然美学手作课堂 (松果、叶脉书签、扎染、冰箱贴、胸牌、草帽涂鸦及拓染等)**
Nature Handcraft and Art Class (Pinecone/Leaf Vein Bookmark/Tie-Dye/Fridge Magnet or Badge Souvenior/Straw Hat Graffiti/Plant Overdyeing)
- 18:30-20:00** | **定制主题欢迎晚宴 (篝火派对/颁奖主题)**
Themed Welcome Dinner (Bonfire Party or Awards Dinner)
入住雅致客房
Accommodation at Standard Room

Day 02

- 7:00-7:30** | **晨修小课堂: 正念饮食**
Morning Mini Class: Mindful-eating
- 8:00-8:30** | **鹰巢餐厅享用云南特色自助早餐**
Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 9:30-11:30** | **山海徒步或永续农场采摘体验**
Mountain and Lake Hiking or Vegetable Planting & Harvesting at Permaculture Farm
- 11:30-13:30** | **春城永续农场生态特色午餐**
Farm to Table Lunch at Permaculture Farm



3天2晚
3 Days 2 Nights

青少年研学定制行程
Specially Recommended Itinerary for Junior Non-Golf Camp

 单住Single

¥2988 /人

 双住Twin

¥2488 /人

Day 01

- 13:00-17:00

强悍泥人障碍挑战 (14-18岁) /可持续探索山海徒步之旅二选一

Tough Mudder Obstacle Challenge (Age 14-18) or Mountain and Lake Hiking
- 17:00-18:00

自然美学手作课堂 (松果、叶脉书签、扎染、冰箱贴、胸牌、草帽涂鸦及拓染等)

Nature Handcraft and Art Class (Pinecone/Leaf Vein Bookmark/Tie-Dye/Fridge Magnet or Badge Souvenior/Straw Hat Graffiti/Plant Overdyeing)
- 18:30-20:00

定制主题欢迎晚宴 (篝火派对/颁奖主题)

Themed Welcome Dinner (Bonfire Party or Awards Dinner)

入住雅致客房

Accommodation at Standard Room

Day 02

- 7:00-7:30

晨修小课堂:正念饮食

Morning Mini Class:Mindful-eating
- 7:30-8:30

鹰巢餐厅享用云南特色自助早餐

Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 9:30-12:00

山海徒步之旅 (4km或7km可选)

Yangzonghai Lake Hiking (4 or 7km)
- 12:00-13:30

鹰巢餐厅健康午餐

Lunch at Eagle's Nest Restaurant
- 14:00-17:00

高尔夫球新手课

Golf Beginner's Class
- 17:30-19:00

19洞音乐餐吧特色晚餐

Dinner at 19th Hole Gastropub

入住雅致客房

Accommodation at Standard Room

Day 03

- 8:00-8:30

鹰巢餐厅享用云南特色自助早餐

Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 8:45-11:15

春城永续农场游园会 (研学课程+美食制作比赛)

Fun Tour at Permaculture Farm (Organic Farming Courses and Field Trips+Food DIY Contest)
- 11:30-13:30

春城永续农场生态特色午餐

Farm to Table Lunch at Permaculture Farm

4天3晚
4 Days 3 Nights

青少年研学定制行程
Specially Recommended Itinerary for Junior Non-Golf Camp

 单住Single

¥4288 /人

 双住Twin

¥3588 /人

Day 01

- 13:00-17:00

强悍泥人障碍挑战 (14-18岁) /可持续探索山海徒步之旅二选一

Tough Mudder Obstacle Challenge (Age 14-18) or Mountain and Lake Hiking
- 17:00-18:00

自然美学手作课堂 (松果、叶脉书签、扎染、冰箱贴、胸牌、草帽涂鸦及拓染等)

Nature Handcraft and Art Class (Pinecone/Leaf Vein Bookmark/Tie-Dye/Fridge Magnet or Badge Souvenior/Straw Hat Graffiti/Plant Overdyeing)
- 18:30-20:00

定制主题欢迎晚宴 (篝火派对/颁奖主题)

Themed Welcome Dinner (Bonfire Party or Awards Dinner)

入住雅致客房

Accommodation at Standard Room

Day 02

- 7:00-7:30

晨修小课堂:正念饮食

Morning Mini Class:Mindful-eating
- 7:30-8:30

鹰巢餐厅享用云南特色自助早餐

Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 9:30-12:00

山海徒步之旅 (4km或7km可选)

Mountain and Lake Hiking (4km or 7km)
- 12:00-13:30

鹰巢餐厅健康午餐

Lunch at Eagle's Nest Restaurant
- 14:00-17:00

高尔夫球新手课及成长课堂 (新型亲子关系/克服焦虑二选一)

Golf Beginner's Class & Growth Workshop (New Parent-Child Relationships / Overcoming Anxiety)
- 17:30-19:00

19洞音乐餐吧特色晚餐

Dinner at 19th Hole Gastropub

入住雅致客房

Accommodation at Standard Room

Day 03

- 8:00-8:30

鹰巢餐厅享用云南特色自助早餐

Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 8:45-11:15

春城永续农场游园会 (研学课程+美食制作比赛)

Fun Tour at Permaculture Farm (Organic Farming Courses and Field Trips+Food DIY Contest)
- 11:30-13:30

春城永续农场生态特色午餐

Farm to Table Lunch at Permaculture Farm
- 14:30-16:30

成长课堂 (新型亲子关系/克服焦虑二选一)

Growth Workshop (2 Options)

New Parent-Child Relationships or Overcoming Anxiety
- 18:00-19:00

摩登云南特色晚餐

Modern Yunnan Styled Dinner
- 19:00-22:00

青春舞动派对/球场星空探索二选一

Shake It Up Party / Stargazing at Golf Course

入住雅致客房

Accommodation at Standard Room

Day 04

- 7:00-7:30

鹰巢餐厅享用云南特色自助早餐

Buffet Breakfast of Yunnan Flavor at Eagle's Nest Restaurant
- 7:30-11:00

春城周边游 (官渡古镇或斗南花市二选一)

Sightseeing Tour around Spring City (2 Options),Guandu Ancient Town or Dounan Flower Market
- 11:00-12:00

云南美食必吃榜-当地特色午餐

Lunch: try out Yunnan Must-Eat Dishes

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.

