



SPRING CITY  
GOLF & LAKE RESORT  
KUNMING · CHINA  
春城湖畔度假村  
中国·昆明



*World's 100 Greatest Golf Courses*  
*A Luxury Resort for Unforgettable Vacations*

世界百佳球场 理想度假胜地





# First Impression Of Spring City Golf & Lake Resort

## 春城湖畔 初印象

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议的理想之地。

Located in the southeast of Kunming, Spring City Golf & Lake Resort is nestled in the mountains with breathtaking views of the Yang Zong Hai 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.

## 高尔夫球场 Golf Course



Holiday Villa  
度假别墅



Five Star Club  
五星级会所



Deluxe Room  
豪华客房



Conference  
and Amenities  
会议康乐设施



# Unparalleled Golf Courses in China and Asia

领跑中国 笑傲亚洲

在乐山乐水  
之间的  
诗意图景

Poetic Landscape Between  
Mountains and

River



杰克·尼克劳斯

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。

Since its opening in 1998, Spring City Golf & Lake Resort has become the epitome of golf courses in China and Asia. Its award-winning courses designed by Jack Nicklaus and Robert Trend Jones Jr. boast mesmerizing natural views and world-class turf management, attracting golfers from all over the world to visit.



## 山景球场

Mountain Course

山景球场坐落于昆明阳宗湖畔高坡，既得水岸风光之开阔写意，又得山地美景之幽静深邃。

The 18-hole Mountain Course sits proudly on the high grounds overlooking the Yang Zong Hai Lake, which offers an incredible blend of the lake's expanse and mountains' tranquility.



## 湖景球场

Lake Course

湖景球场环绕于阳宗湖畔，傲立岸头，看落霞与沙鸥齐飞、赏烟水共长空一色，阳宗海旖旎风光尽收无遗。

The 18-hole Lake Course rolls along the banks of the Yang Zong Hai Lake, where at sunset seagulls glide in the sunset glow when the boundless lake merges into the sky.



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
- 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

《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

奖项及荣誉  
Awards and honors

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 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 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





## CERTIFICATE OF CONFORMITY

Certificate Number: BVC-GSTC-CHN-00001-1  
GSTC License Number: HABV230117

Bureau Veritas Certification Hong Kong Ltd. certifies that the company:

### Spring City Golf & Lake Resort

Spring City Golf & Lake Resort, Tangchi, Yiliang, Kunming, Yunnan, China

GSTC member number: N/A

Has been assessed and found to be in conformity with GSTC certification requirements as detailed below.

### Global Sustainable Tourism Criteria

Ref.: GSTC Hotel (version 2016/12/21)

For its activities concerning: **Hotel, Restaurants, Golf and Non-golf (Indoor entertainment activities, outdoor activities, ecological base activities) Operations**

Criteria assessed\*:

- ☒ Hotels (including other accommodations)  
☐ Tour Operators (including Tours)

Date of the first GSTC certification: 25/05/2023

Subject to the continued satisfactory operation of the organisation's Management System, this certificate is valid from 25/05/2023 to 24/05/2026

Further clarifications regarding the scope of this certificate and the applicability of the management system requirements may be obtained by consulting the organisation.

Hong Kong, on 25/05/2023

Certification Authority



Managing office address: Bureau Veritas Certification Hong Kong Limited, Rm. 23-25, 10/F., Pacific Trade Centre, Kowloon Bay, Kowloon, Hong Kong.  
Bureau Veritas Certification Hong Kong Ltd is accredited for the GSTC Certification schemes.  
This certificate remains the property of Bureau Veritas Certification Hong Kong Ltd. All copies or reproductions and the certificate itself shall be immediately returned to Bureau Veritas Certification Hong Kong Ltd on request.  
The certificate can be withdrawn in case of termination as mentioned in the contract or in case of changes in the above information. The licensee is obliged to inform Bureau Veritas Certification Hong Kong Ltd immediately of any changes in the above-mentioned data. Only an original and signed certificate can be used as valid evidence of certification.

# 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2023年获颁由全球可持续旅游委员会 (Global Sustainable Tourism Council, 简称“GSTC”) 可持续发展酒店标准认证，成为云南首家获得此认证的机构；并且于2010年荣获奥杜邦国际经典栖息地认证。

With its initiatives in green environment, ecological protection, natural and cultural heritage, employment, and economy, Spring City Golf & Lake Resort was awarded the Sustainable Development Hotel Standard Certification by the Global Sustainable Tourism Council (GSTC) in 2023, becoming the first institution in Yunnan to receive this certification. It also received the Audubon International as a Classic Sanctuary in 2010.



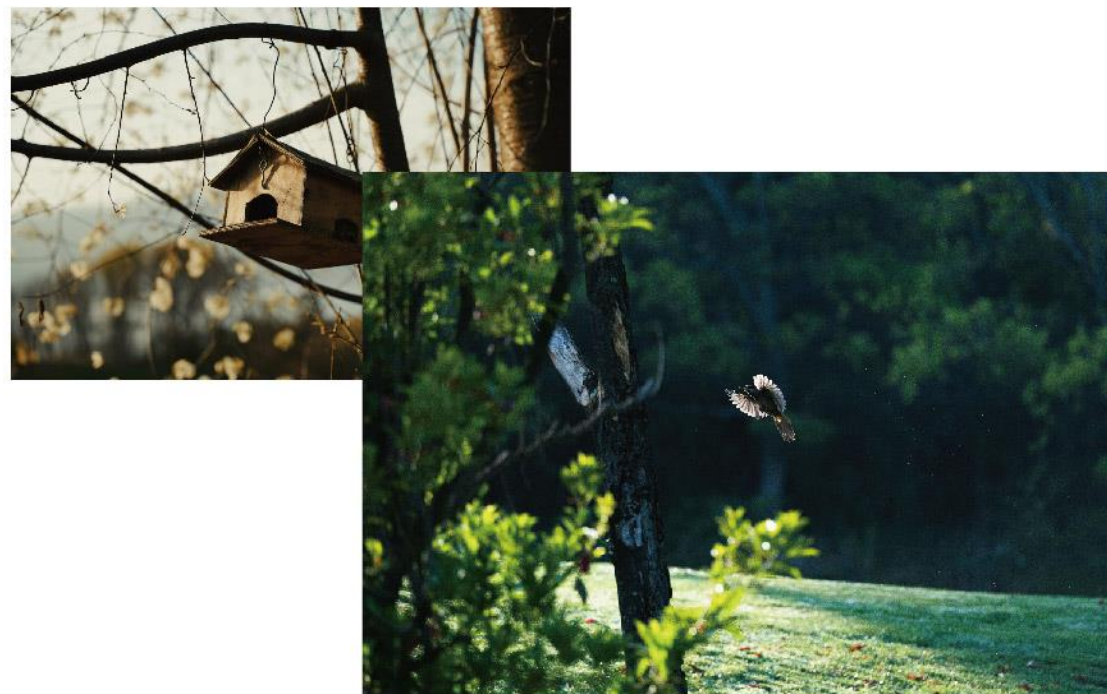


# 奥杜邦国际经典栖息地认证

## Certified Audubon International Classic Sanctuary

春城一直以来十分注重生态环保，长期认真细致的工作使球场多年来始终保持着良好的生态环境。2009年春，春城成功通过世界权威组织奥杜邦国际鸟类合作项目认证，成为奥杜邦国际自然保护区的一员。2010年10月，春城再次通过奥杜邦国际经典栖息地认证，成为全球第四家获此殊荣的成员。

Spring City Golf & Lake Resort has always paid great attention to ecological and environmental protection. In the spring of 2009, Spring City was recognized as having obtained the status of Certified Audubon Cooperation Sanctuary. In October 2010, Spring City was officially certified as Audubon International Classic Sanctuary, the fourth member in the world to receive this award.





# 春城湖畔·优住

ACCOMMODATION IN SPRING CITY



聚雅Primrose



水韵松涛La Quinta



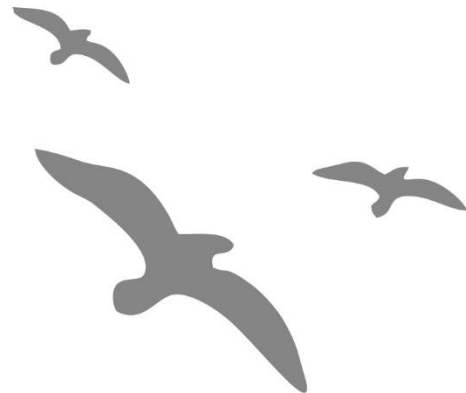
沁峰御庭Hill Crest



玉兰Magnolia



杜鹃Azalea



度假村提供客房和别墅百余套，满足不同客人的住宿要求。  
每个房间布局和风景不尽相同，独具特色。

The resort has over one hundred guest rooms including deluxe lodges and holiday villas, each of which features unique decoration and view, to meet the various needs of our guests.



# 春城湖畔 鷹巢餐厅

Eagle's Nest Restaurant

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。

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.



## 精致餐饮 中西合璧

Fine Dining with Delicacies that Combine Chinese and Western Flavors

六间精美的包房，装饰高雅、环境私密、亲水面湖，是商务宴请、朋友欢聚的不二选择。

Six luxurious private dining rooms, with their elegant decoration, intimate environment and close location to the lake, are perfect places to host business banquets and friends' gatherings.

面湖而居的鷹巢餐厅，坐拥阳宗海秀美湖光山色，为来宾提供荟萃中西的美味佳肴。西班牙装修风情的主餐厅提供各式川、滇及南洋风味菜式。

Decorated in the Spanish style, the restaurant rests comfortably by the Yang Zong Hai Lake. While taking in splendid mountain and lake views, visitors are in for a treat of diverse delicacies that combine Chinese and Western flavors, including Sichuan, Yunnan and Southeast Asian dishes.

外籍厨师团队匠心打造 100% 纯正美式风味，感受美式文化和美景打卡的双重享受。

At 19<sup>th</sup> Hole Gastropub, our foreign chef and team create dishes that are of 100% authentic American flavor. It offers a taste of both the American food and culture.



Conference Rooms  
and Banquet Hall



## 春城湖畔 会议厅&宴会厅

宴会厅总面积 450 平方米，可以接纳 200 至 250 人的各种类型宴会，灵活的隔墙可分成若干小厅，满足各式会晤需求。精心打造的波浪形水晶挂灯，辅之以高贵典雅的褐红色地毯，堪称完美。

The Banquet Hall, with a total area of 450 m<sup>2</sup>, can accommodate all kinds of banquets for 200 to 250 people. It could also be divided into several smaller conference rooms with movable partitions to meet conference needs. Crystal chandeliers in the shape of waves hang in great harmony with the elegant maroon carpets on the floor, making the banquet hall an ideal place for dinners and meetings.





# 春城湖畔 配套乐享

## Facilities and Amenities

### SPA 康养

SPA and Wellness

通过调理改善自己的生活，无论是放松小憩，还是调养身体，我们会以专业性的服务，让您感到物超所值。

At the SPA, our professional services will detoxify your body and mind so as to restore and rebalance your energy. We aim for an experience that you will never forget.



### 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.



### 健身房

Gym

此时此刻，让我们放下烦恼，拥抱自我，用锻炼的方式打造更加美好的自己。让每一个动作都是一种艺术表达，让健身成为我们生活中不可或缺的一部分。

It is time to let go of all your troubles to regenerate yourself through exercises. When working out becomes an indispensable part of your life, every move of the body will become an artistic expression of your love to life.



### 瑜伽房

Yoga Room

在这个喧嚣的世界中，我们总是被各种各样的压力所包围。但是，有一种古老的方法，可以帮助我们静下心来，放松身体，重新焕发活力——那就是瑜伽。

The hustle and bustle of modern life is more stressful than ever before. Fortunately, an ancient way of rejuvenation can help us calm our mind and relax our body. That is Yoga.





## Birdie 披萨屋

Birdie Pizza

一口香浓芝士，配以番茄或蘑菇，加点腊肠，生活都是满足感。

Have a bite of our freshly baked pizza to amaze at the stretchy cheese, fresh tomatoes/ mushrooms and savory pepperoni. Good food has the magic of making us feel good!



## 春城露营

Unboxed Sport Park

在露营中，我们可以逃离城市的喧嚣，呼吸新鲜空气，感受大自然的美妙。这不仅仅是一次旅行，更是一次内心的修行；让我们一起来享受这场露营之旅，释放心灵，沉淀灵魂。

Camping is a great way to escape from the hustle and bustle of city life. Nature is full of blessings that could be as simple as a breath of fresh air. Camping is not just a trip for fun but a journey to practice our spirit. Let's enjoy this camping journey to relax our mind and fortify our spirit.



## 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的光辉。

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!



## 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!

pickleball 匹克球





# 春城湖畔 & 研学农场

可持续绿色环保的亲子研学农场

Green Farm for Kids to See and Learn



春城引用可持续发展理念, 让孩子与小动物亲密接触, 推荐可持续环保菜品, 体验可持续田园生活的乐趣, 感受自然的恩赐。自然科普、动物保育、食还有育、木工创造等课程。

The Green Farm at our resort is developed based on the concept of sustainability, where kids can get in close contact with small farm animals, taste fresh farm produce, experience the fun of farm life and appreciate the blessings of nature. Parents and kids can also take part in a variety of activities, including nature knowledge learning, animal feeding, food literacy, carpentry etc.

# 高尔夫新手课

GOLF CLASS FOR NOVICES



趣味高尔夫基础知识分享/专业高尔夫教练教学/练习场+果岭推杆深度体验

fun golf introduction/professional coaching  
/practice+putting experience

# 奥杜邦球场观光

AUDUBON GOLF COURSE TOUR



奥杜邦环保百科/网红点必拍体验/  
世界百佳球场参观

Audubon environmental protection knowledge  
/internet-famous photo-taking spots  
/tour of world's 100 greatest golf courses





## 阳宗海山海风光徒步

### MOUNTAIN HIKING

4-7公里徒步线路可选 | 走访阳宗海周边村落原貌及汤池老街集市| 感受当地自然风光和人文风情

Optional hiking routes from 4 to 7km | Visit to Yangzonghai original village and local street fair in Tangchi Town | Experience the natural scenery and cultural customs.

## 云南微度假

### HIGH-END TOURISM PACKAGE OF YUNNAN

昆明-大理-丽江经典旅游线路 | 世界百佳高尔夫球场+大理洱海美景+5A级丽江玉龙雪山 | 高端私享品质度假

Classic travel route in Kunming, Dali and Lijiang | World's 100 greatest golf courses + Scenic view of Dali Erhai Lake + National 5A scenery site of Lijiang Yulong Snow Mountain | High-end and private vacation experience.





# 春城湖畔 婚礼&旅拍

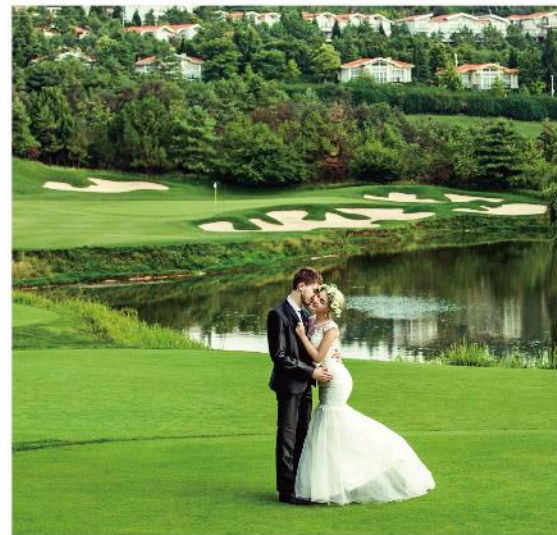
Weddings & Photography

湖畔青草处，徜徉阳宗海山光水影，山麓暖风中，尽览春城壮阔风光。  
锦绣山水间，见证真爱地久天长。

Our resort makes a perfect venue for weddings because of its unique combination of lake and mountain views. Wedding photos taken on our lush grass will bear witness to a love that endures.

Romantic wedding and photo-taking at Spring City

浪漫春城 梦幻婚礼 自此启航





# 春城湖畔康养业务布局Brand Eco-System

## 运动 Sports

- 高尔夫  
Golfing
- 强悍泥人障碍挑战  
Tough Mudder Obstacle Challenge

## 健身 Fitness

- 体能强化及调整  
Strength and Conditioning
- 瑜伽及普拉提  
Yoga and Pilates

## 营养膳食 Nutrition

- 体重控制  
Weight Loss

## 康复及复健 Recovery/Rehab

- 按摩（火罐、艾灸、针灸）  
Massage(Cupping, Moxibustion, Acupuncture)
- 红外线理疗  
Infra Red Therapy
- 冷水浸泡疗法  
Cold Water Immersion

## 针对企业高管、白领专业人才及初级运动员等人群开展 Lead 能力模型培训课程：

Mental class for C-Suite Executives, White Collar Professionals and Junior Athletes

- 领导自己 Lead Yourself
- 领导团队 Lead Teams
- 领导组织 Lead Organization
- 领导转型 Lead Transformation

## 艺术及文化 Art & Culture

- 翡翠玉雕  
Jade
- 艺术展览  
Art Exhibitions
- 设计  
Design

## 餐食 Food & Beverage

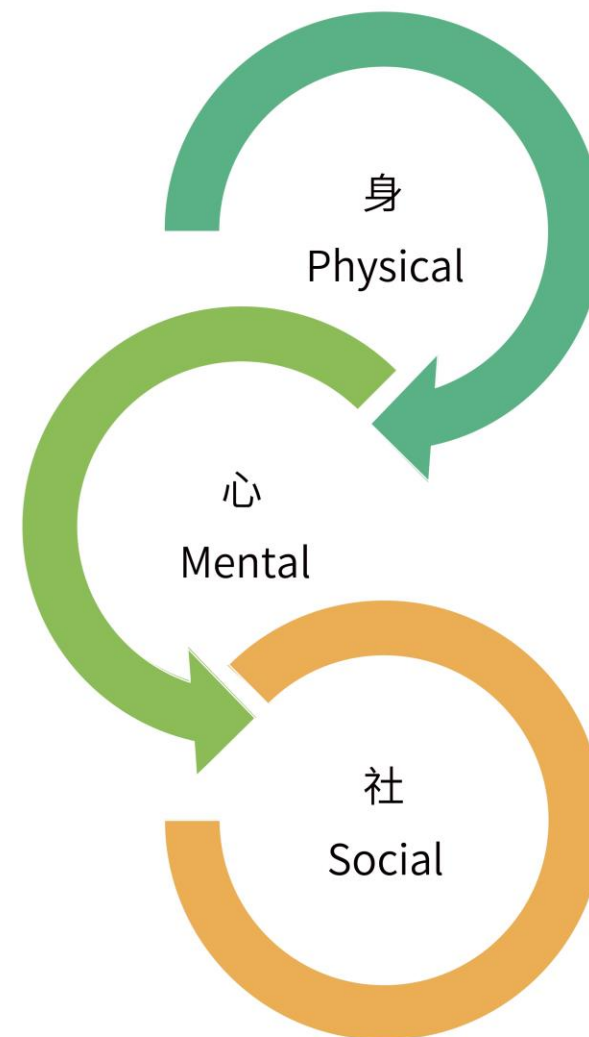
- 主题晚宴  
Themed Dinners
- 社交酒会  
Wine Socials

## 峰会 / 专题论坛 Summit/Panel Talks

- 各个学科  
Various Disciplines

## 音乐 Music

- 户外音乐节  
Outdoor Concert
- 音乐现场酒吧  
Live House





# Physical

## 春城湖畔 & Tough Mudder

授权IP+国内极限运动团建目的地

Venue for X-sport Team Building

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 team work. Team participation is encouraged, where individual participants work together to race against the clock, instead of each other.







强悍泥人 风靡全球

A WORLDWIDE MOVEMENT  
SINCE 2010...

2022

正式回归中国

Officially returned to China in 2020

19个

举办国家

19 host countries

超400万

累计参与人次

Accumulating over 4 million participants

120+

活动天数

Event duration of 120+ days

3200万

累计英里

Accumulating 32 million miles

600万

全球社媒平台粉丝

Global social media platform followers exceed 6 million



# 精彩障碍挑战

## BEST OBSTACLES



### 共攀高峰

EVEREST



### 万岳之巅

MUDDERHORN



### 笼中脱困

CAGE CRAWL



### 极寒之渊

ARCTIC ENEMA



### 方块巨兽

BLOCKNESSMONSTER



### 泥泞之吻

KISS OF MUD



### 泥流勇进

MUD MILE



### 悠铃激荡

WELL SWUNG



# 我们的受众

OUR AUDIENCE



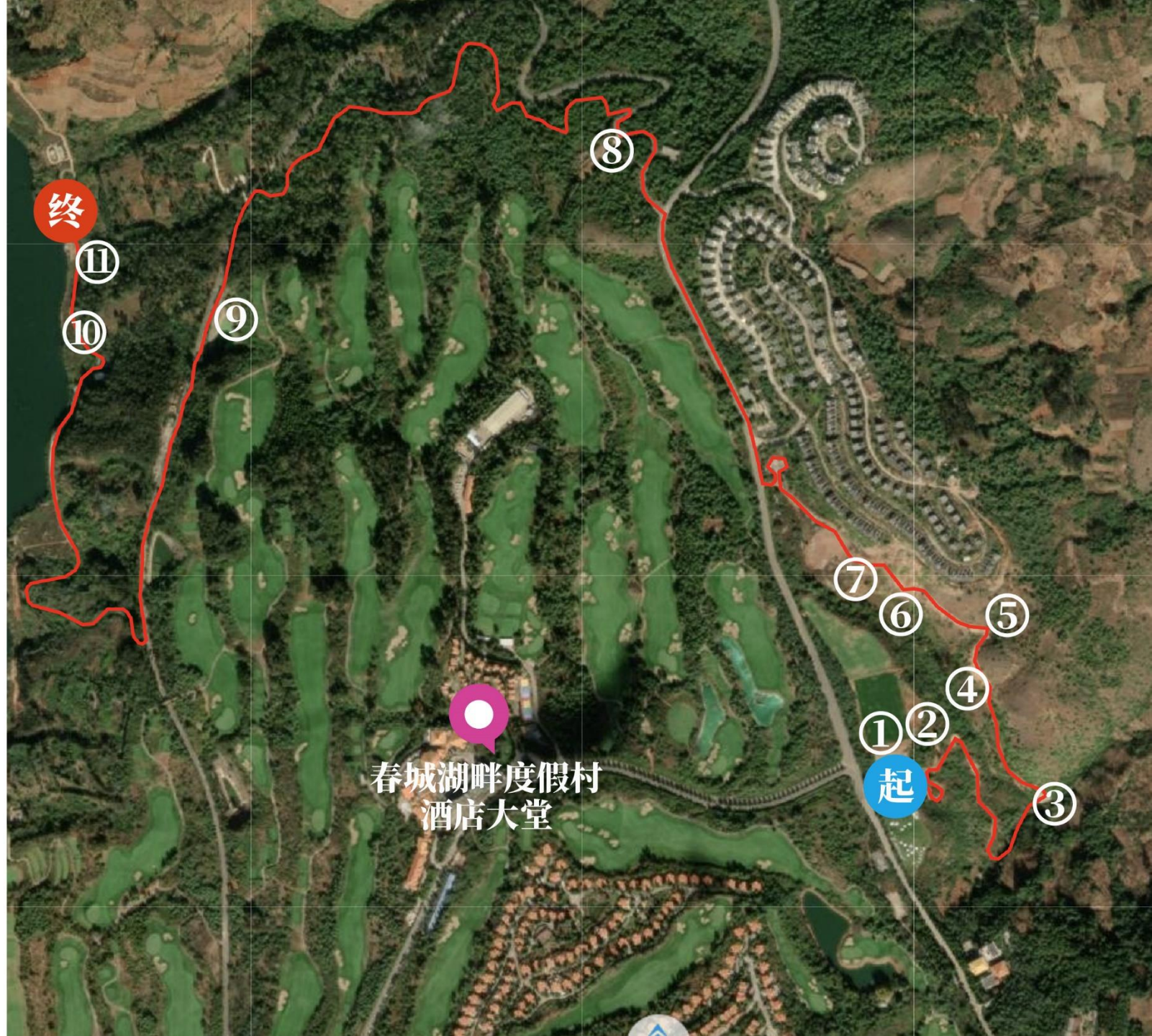


# 昆明赛道路线图

## KUNMING RACE TRACK MAP

组别	年龄段	距离	障碍数量
ADULT	14岁以上	5KM	11
GROUP	AGES	DISTANCE	OBSTACLES

- ① 勇者高墙 BERLIN WALLS 4/5/8FT
- ② 泥流涌进 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





# 挑战组别PLUS 团建产品

## OUR AUDIENCE

**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
- Ice-breaking and 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





# Mental

## 春城湖畔 & 利丰哎吡哎吖 国际大健康供应链+阳宗海优质文旅资源

### INTERNATIONAL WELLNESS DESTINATION

双方利用各自竞争优势互相赋能，进行成建制资源匹配和合作，并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”的端到端大健康目的地消费的创新商业模式。

Spring City and iBiR use their respective competitive advantages to empower each other, match and cooperate with institutional resources to create an end-to-end innovative business model of wellness destination with the five pillars of “exam, eat, sport, mental and sleep” as the core, evidence-based medicine and related scientific research as the support and featuring the health experience of sports such as golf, and taking educational courses and derivative consumer goods as matrix.





"Good business leaders create a vision, articulate the vision, passionately own the vision, and relentlessly drive it to completion..."

愿景如此重要，  
但是大部分企业或是没有愿景，  
或是混淆了愿景和使命；  
少数做对了的，  
却也不能够很好地诠释和宣传愿景，  
更不用说实现愿景了。



**Jack Welch**

**CEO, April 1982 to Sept 2001**  
**GE Market Cap \$402B**



Fit2Lead 愿景 Workshop 把公司决策管理层置身于远离闹市，人天合一的春城湖畔。世界最有效的愿景打造流程与“身、心、社”的活动有机融合。当团队离开春城的时候，他们带回去的不仅仅是公司下一个 5 -10 年的 GPS，更是一个充满活力，充满信心去将愿景变为现实的一个整体。

The core management team have the Fit2Lead Vision Workshop in the Spring City Golf & Lake Resort, far away from the busy city. The world's most effective vision building process is integrated with the activities of "physical, mental and social". When the team left Spring City, they will take home not only the GPS of the company for the next 5-10 years, but also a whole group full of energy and confidence to turn the vision into reality.





# 用经过50年循证医学大数据验证的方法 帮助商业领袖找回失去的平衡

HELP BUSINESS LEADERS REGAIN THEIR LOST BALANCE

WITH METHODS PROVEN BY 50 YEARS OF EVIDENCE-BASED MEDICINE BIG DATA.

- 院士领军携国际一流跨界专家
  - 体卫融合非医疗干预康复多年时间积累
  - 五十年循证医学为基础
  - 洋为中用，古为今用
- 
- 简单易行体适能检测实操
  - 康复原本很简单，只有简单才能找回健康
  - “检吃动心睡”五大支柱
  - 经典案例分享









# 训练营特色： 用书做教材，用书开处方， “朱联璧合”兄弟兵讲师团携特邀嘉宾



朱为众先生

利丰集团iBiR大健康CEO



赵锋博士

哈佛医学院归国营养学家



肖刚总教练

北欧持杖健走中国创始人  
国际持杖走联合会中国区代表



朱为模院士

美国运动科学院院士



# Social

## 春城湖畔 & Nordisk Village & 岚野

中国高端户外生活方式社区/可持续旅游目的地

High-end Outdoor Lifestyle Community



Nordisk (大白熊), 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。

Nordisk (Great White Bear) is a Danish outdoor brand that offers premium outdoor products and builds Nordisk Villages around the world. Nordisk believes that "Nature is Luxury" and aspires to build a sustainable planet for adventures. With Nordisk, you can have an authentic experience of creating links with nature in the Hygge way.





如同在大自然中探险般的酒店,感受身心沉浸在大自然的与众不同的时刻。

Like an adventure in nature, you can feel the unique moments of nature.







在人与自然的空间接触里，享受如同身临北欧斯堪的纳维亚半岛野营般的体验。

In the space contact between people and nature, you can enjoy the experience like camping in Scandinavia in Northern Europe.







每一个Nordisk Village在保有北欧简约风格基础上,以云南当地风格为核心讲述文化概念,它们独特而独立,与周围自然环境紧密相连,结合现代主义的室内设计,同时将度假精神注入到舒适的户外空间。

On the basis of maintaining the simple Nordic style, each Nordisk Village talks about cultural concepts with the local style of Yunnan as the core. They are unique and independent, closely connected with the surrounding natural environment, combined with modernist interior design, and injects the holiday spirit into a comfortable outdoor space.





在这里, 每一个人都能在敞亮帐篷提供的开放空间中度过闲暇时光, 也可以去北欧风格的室内放松身心, 或在公共的室外厨房烹饪, 从山海美景中放松自己, 获取能量, 从有机农场中采摘蔬菜, 享受真正意义上的人与自然连接的生活方式。

Here, everyone can spend their leisure time in the open space provided by the open tent, relax in the Nordic-style room, or cook in the public outdoor kitchen, relax from the beauty of the mountains and seas, get energy, pick vegetables from organic farms, and enjoy the real connection between people and nature.







营地周边拥有丰富的休憩活动和景观, 让您能体验Nordisk Village式户外活动, 休闲假日, 乐趣x休闲x户外活动, 给您提供无比开心的一天。

There are rich recreational activities and landscapes around the camp, allowing you to experience Nordisk Village-style outdoor activities, leisure holidays, fun x leisure x outdoor activities, providing you with an extremely happy day. To choose Nordisk Village, choose a lifestyle.



# Commercial Partner





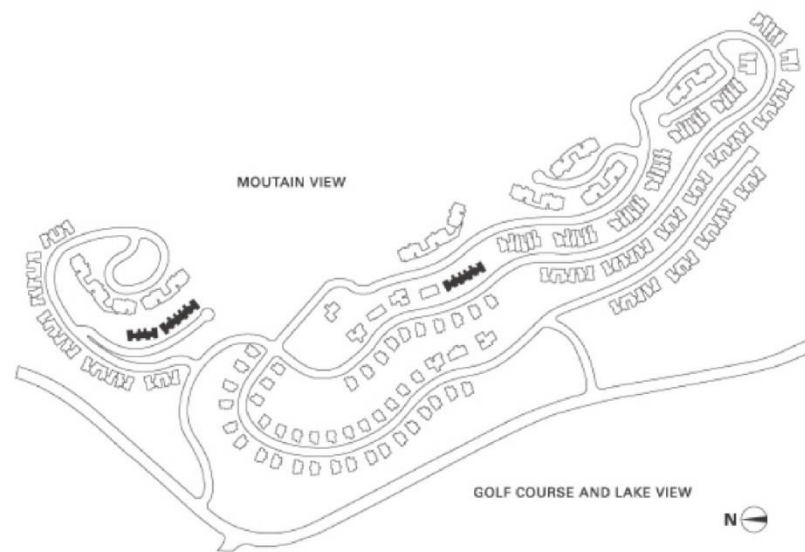
# 稀缺别墅 限量发售

EXCLUSIVE VILLA, LIMITED SALES

## 沁风御庭

Hill Crest Residence

别墅依山就势而建，户型各具形态又风格统一，数个突出式阳台层层而上，气势恢宏，山景湖景，世界级果岭等景观永不落幕。豪华主卧室开放木质阳台，全览大扇落地窗之外，果岭松涛间的山海境界。挑空客厅高阔格局，山海美景全幅让入客厅内，与主人名门气度相得益彰。





# 稀缺别墅 限量发售

EXCLUSIVE VILLA, LIMITED SALES

沁风御庭

Hill Crest Residence

连排别墅矗立半山，每款户型皆备无敌视野，浪漫主卧，典雅客厅，雍容次卧，处处坐揽壮阔海景与优雅高尔夫。开放式木质突出阳台，全览大扇落地窗之外，纵享果岭松涛间的山海境界。





# 户型推荐 – 独栋别墅VB

RECOMMENDATION – VILLA VB



VB1 公寓(单套)

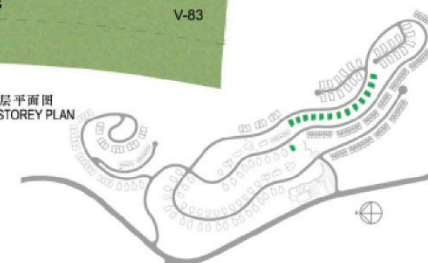


一层平面图  
1ST STOREY PLAN



二层平面图  
2ND STOREY PLAN

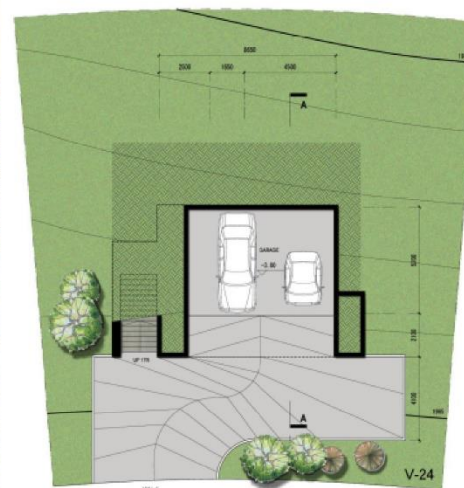
户型 VB1 (3室, 203.6m<sup>2</sup>)





# 户型推荐 – 独栋别墅VF

RECOMMENDATION – VILLA VF



地下一层平面图  
BASEMENT PLAN  
(NON-GFA)



一层平面图  
1ST STOREY PLAN



二层平面图  
2ND STOREY PLAN

户型 VF (3室, 201M<sup>2</sup>)



VF 公寓(单套)



# 户型推荐 – 公寓

## RECOMMENDATION – APARTMENT



公寓 APARTMENT





# 户型推荐 – 大型别墅

## RECOMMENDATION – BIG VILLA



V65  
362.51m<sup>2</sup>



V66  
406.63m<sup>2</sup>



V67  
420.37m<sup>2</sup>



V68  
368.24m<sup>2</sup>



昆明市区  
Kunming City

距昆明市中心 30 公里，  
昆石高速公路出汤池出口后，  
延度假村指示牌前行 5 公里即到

Our resort is 30 km away from down-  
town 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.

昆石高速  
Kunshi Highway



Spring City

阳宗海

Yang Zong Hai Lake

宜良县

Yiliang County



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+86-871 67671188

● 官方网站

[www.springcityresort.com](http://www.springcityresort.com)

For more information/service hotline/website