8/10天 云南女儿国秘境泸沽湖·艺术弥勒/香格里拉

昆明、大理、丽江、泸沽湖、弥勒单动车+香格里拉单动车

康泰独家安排：动车体验。快旅慢游

弥勒 大理动车连线，轻装出游省时省力。**康泰独家安排**：专属行李车送达酒店，无需携带大件行李乘坐动车，让您体验动车的速度。

泸沽湖女儿国秘境

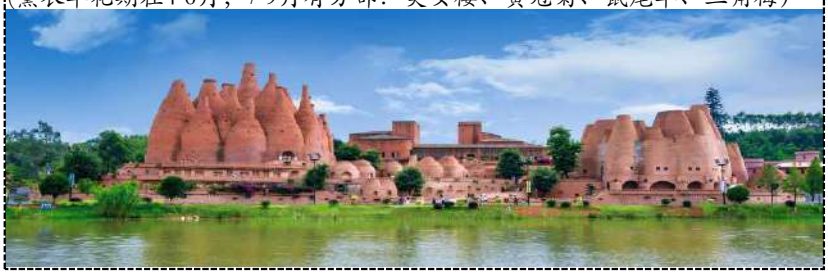
走进“东方女儿国”，登**里格观景台**瞰湖光山色，**乘猪槽船游里务比岛**，夜赴**摩梭篝火晚会**对歌起舞，体验原始母系氏族文化。

云南必游美景

弥勒艺术奇境

探访“东方摩洛哥”**东风韵小镇**！红砖**万花筒艺术馆**，魔幻如城堡，漫步**七彩薰衣草花田**。

(薰衣草花期在4-6月，7-9月有分部：美女樱、黄冠菊、鼠尾草、三角梅)



玉龙雪山-冰塔林大索道

玉龙雪山--冰塔林大索道(含往返景区环保车)，海拔4506米，北半球 最南的大雪山，以险、奇、美、秀著称于世，随时令和阴晴的变化，时而云蒸霞蔚、玉龙时隐时现；时而碧空如水，群峰晶莹耀眼。

大理喜洲古镇

漫步千年喜洲古镇，品三道茶赏白族歌舞，感受民居建筑之美。

香格里拉松赞林寺

被誉为“小布达拉宫”。该寺依山而建，外形犹如一座古堡，集藏族造型艺术之大成，又有“藏族艺术博物馆”之称。

四季采果乐

水果采摘（1-3月草莓；4月樱桃；5-6月蓝莓、油桃；7月葡萄、黄桃、鹰嘴桃；8月石榴、山楂；9月枇杷、猕猴桃；10-12月枇杷、草莓） 季节限定安排
每年12月至次年3月：水果采摘可替换为宜良樱花谷，赏万亩樱花

天数	早餐	午餐	晚餐	城市	KMG8/10M 5☆酒店或同级
	8天(7早6午6晚)/10天(9早8午7晚)				
1	×	×	民族迎宾宴	昆明	准5☆ 官渡豪生Life酒店或希尔顿惠庭
2	酒店	中式合餐	弥勒卤鸡风味	弥勒	准5☆巨人雅阁酒店（温泉酒店）或维也纳温泉酒店
3	酒店	√	×	大理	准5☆水云书院酒店或六合云燕酒店
4	酒店	√	石锅鱼	泸沽湖	准4☆清尘假日酒店
5	酒店	√	纳西风味	丽江	准5☆ 麦克达温德姆酒店或希尔顿惠庭酒店
6	酒店	升级雪厨小火锅 (锅底：鸡肉或排骨)	√		
7A	酒店	√	过桥米线	昆明	准5☆ 官渡豪生Life酒店或希尔顿惠庭
8A	酒店	✈	✈	结束8天行程，康泰祝您旅途愉快！	
7B	酒店	√	藏式风味	香格里拉	准5☆华美达酒店或智选假日酒店
8B	酒店	√	动车简餐	昆明	准5☆ 官渡豪生Life酒店或希尔顿惠庭
9B	酒店	√	×	昆明	准5☆ 官渡豪生Life酒店或希尔顿惠庭
10B	酒店	✈	✈	结束10天行程，康泰祝您旅途愉快！	

精选礼品

云南三宝：
普洱茶 / 鲜花饼 / 民族手信

印象丽江：
张艺谋指导的大型实景演出

- **团号：KMG8/10M 自2025年9月起生效。**
- 以上航班，车程时间均为正常情况下的估算时间，若航班时间及行程次序因不可抗拒因素有所更动，须以航空公司及当地接待安排为准。
- 中国各地酒店的三人间提供的是折叠加床，玉龙雪山，香格里拉等景区餐厅因条件所限，食物均较一般餐厅差，敬请团友谅解。
- 导游司机服务费：人民币¥40/人/天，两岁小童亦须缴付。
- 若中英文行程版本出现不符之处，将以中文版本为依据；行程中所列自费活动，详情及价格请参阅自费项目团友须知。

NO SHOPPING
★全程无购物★

康泰旅行社 6533 7377
#02-121 珍珠坊
电邮订位服务: enquiries@hongthai.com.sg
www.hongthai.com.sg

*订团须知规则，请参阅订单 / Tour Booking Form

团号：KMG8/10M　　自2025年9月起有效

1 新加坡✈(约4小时) 昆明

* 新加坡樟宜机场集合,乘豪华客机飞往云南省会,四季如春的【昆明】

2 昆明~（约1.5小时）四季采果乐~（约1.5小时）弥勒~东风韵含电瓶车~万花筒艺术馆~七彩花田

*【四季采果乐】四季水果采摘.1-3月草莓,4月樱桃；5-6月蓝莓、油桃；7月葡萄、黄桃、鹰嘴桃；8月石榴、山楂；9月枇杷、猕猴桃；10-12月枇杷、草莓。

(具体价格以园区定价为准，时令水果采果期会根据当年天气况有所调整，请知晓)

*【东风韵】有着“东方摩洛哥”之称，是一座以文化艺术为 主题的特色小镇，这里建筑风格独特，景区内有独特的酒文化。

*整体以红砖为主，打造出一个个造型各异的建筑,充满了艺术感，随便一拍都是大片，网红拍照打卡被誉为“魔幻未来主义的魔幻城堡”--【万花筒艺术馆】

*【七彩花田】又被称之为：（薰衣草主题公园），漫步花海中感受着微风拂面，仿佛置身于“普罗旺斯”。

(薰衣草花期在4-6月,7-9月有分部：美女樱、黄冠菊、鼠尾草、三角梅)

<温泉酒店（注：泡温泉请自备泳衣，泳裤）>

3 弥勒~🚄(动车约3.5小时)大理~洱海音乐巡游车(配套)~喜洲古镇~品三道茶~观看歌舞表演

*【洱海音乐巡游车】[含体验民俗服装+旅拍+饮料] 每人赠送3张电子照片+30秒航拍视频+洱海边打跳

*【喜洲古镇】白族民居典范，雕梁画栋遍布。三坊一照壁间，尽显田园古镇水墨画卷。喜洲白族民居，品三道茶，观看歌舞表演。

<乘坐动车，大件行李由专用行李车送达酒店，客人无需携带大件行李乘坐动车>

4 大理~（约4.5小时）泸沽湖~泸沽湖观景台~里格观景台~情人滩~篝火晚会

*【泸沽湖观景台】俯瞰湖心蓬莱,格姆女神尽览。女儿国仙境画卷,湖山如画尽收眼底。

*【里格观景台】半岛水墨心形湖湾，远眺格姆女神山。女儿国仙境画卷，人间天上共此蓝。

*【情人滩】情人树下相依伴,碧水映山天.格姆见,证浪漫定格人间。

*【篝火晚会】篝火映红笑脸，甲搓舞步踢踏欢！摩梭儿女对歌，心跳应和女儿国夜未央！

5 泸沽湖~乘猪槽船游里务比岛含船游环岛（配套）~里务比寺~摩梭民居~（约4.5小时）丽江~丽江古城~四方街

*【乘猪槽船游里务比岛】听摩梭船夫吟唱摩梭歌谣。

*【里务比寺】湖心岛藏传古刹,经幡舞动水天间。梵音低语伴清波,摩梭仙境彼岸禅。

*【摩梭民居】探秘祖母屋母系血脉，火塘温暖岁月长。花楼静立,聆听摩梭人家故事。

*【丽江古城·四方街】大小街巷桥梁纵横，玉龙雪山清溪穿越而过，家家泛水绕户转，户户垂柳赛江南，古朴街道房舍，平静悠闲的纳西族及纳西古乐，被联合国列入《世界文化遗产名录》。入夜灯火通明，商铺酒吧人潮汹涌，热闹非凡。

6 丽江~玉龙雪山--冰塔林大索道含景区往返环保车~蓝月谷含电瓶车(配套)~甘海子~白沙古镇

*【玉龙雪山--冰塔林大索道】海拔4506米，北半球最南的大雪山，以险、奇、美、秀著称于世,随时令和阴晴的变化，时而云蒸霞蔚、玉龙时隐时现；时而碧空如水，群峰晶莹耀眼。<如冰塔林大索道遇到索道检修或风过大停运，则更改为云杉坪索道+栈道电瓶车，无差价退补>

*【印象丽江】著名导演张艺谋执导的大型实景演出,以玉龙雪山为背景,用大手笔的写意,在海拔3100米的世界上最高的演出场地,让生命 的真实与震撼,贴近每位观众<赠送产品若因特殊情况停演,将无任何替代行程>

*【白沙古镇】雪山脚下纳西原乡，壁画古乐岁月长。街巷静缓烟火慢，古韵未染喧嚣藏。

7 丽江~（约2小时）大理~大理古城~洋人街~（约4.5小时）昆明~金马碧鸡坊

*【大理古城】千年文献名邦，苍山门开洱海风。青石街巷烟火漫，风花雪月慢时光。

*【洋人街】到处可见陶醉于白族古朴民风和悠久历史文化中的国外游客,流连风格各异的酒吧,食肆,招牌广告多用洋文书写,无论日与夜都是精彩。

*【金马碧鸡坊】昆明心脏,金马碧鸡六百载雄坊。东西辉映耀古城，南北通衢人潮涌。昔日“金碧交辉”奇观地,今朝繁华市井烟火浓。

8 昆明✈(约4小时) 新加坡

* 于指定时间送往昆明机场,乘坐飞机返新加坡。

8天团行程至此圆满结束,康泰旅行社祝您旅途愉快!

⇨10 天团的团友,行程如下

7B 丽江~(约1.5小时)虎跳峡含上下扶梯~独克宗古城~转经筒

*【虎跳峡】金沙江咆哮劈开哈巴、玉龙雪山，峡谷深险世界惊！巨浪翻腾虎跳石，涛声如雷撼人心。勇者徒步天堂路，绝壁千仞壮歌行！

*【独克宗古城】千余年历史的香格里拉古城,城内的房屋处处展 现藏族风情-大门楹以大红大绿的颜彩,屋顶斜向一边,上铺草皮,撒着 花种.石板路,石砌的民居,在岁月的浸渍下,泛着灰旧而不破败的颜色，展现着一种不事修饰的随意和魅力。

* 继而登龟山公园,可亲自转动大世界吉尼斯纪录的【转经筒】据说亲自转动这个世界上最大的转经筒,将会让您实现人生中更多的梦想.

8B 香格里拉~松赞林寺~车游纳帕海打卡天空之门~🚄(动车约5小时)昆明

*【松赞林寺】被誉为“小布达拉宫”。该寺依山而建,外形犹如一座古堡,集藏族造型艺术之大成，又有“藏族艺术博物馆”之称。

*车游【纳帕海】，打卡天空之门。车辙丈量高原明镜，纳帕海四季流转云影徘徊。驶向天空之门立苍穹，云海草甸触手可及，定格香巴拉纯净瞬间。

<乘坐动车,最少10人起安排大件行李由专用行李车送达酒店,客人无需携带大件行李乘坐动车>

9B 昆明~四季观花~金马碧鸡坊~南屏街

*【四季观花】11-2月海洪温地公园观海鸥，4-5月:蓝花楹；大观楼公园：荷花季(7-8月)装饰花，菊花(9-10月)。

备注：以上花期会因当年的天气情况有所调整，最终赏花内容以当年具体情况为准，打卡内容以单团确认书为准。

10B 昆明✈(约4小时) 新加坡

* 于指定时间送往昆明机场,乘坐飞机返新加坡。

10天团行程至此圆满结束,康泰旅行社祝您旅途愉快!

~行程顺序按实际情况可能前后调动,以当地接待单位最后安排为准~

附加配套:人民币 700/人:

1)洱海音乐巡游车[含体验民俗服装+旅拍+饮料] 每人赠送3张电子照片+30秒航拍视频+洱海边打跳; 2)蓝月谷(含电瓶车); 3)乘猪槽船游里务比岛(含船游环岛)

备选配套： 1) 丽江宋城千古情 RMB300/人

2)昆明西山龙门石窟 RMB200/人3) 昆明<云南映象秀>乙票 RMB300 /人

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#02-121 珍珠坊
电邮订位服务: enquiries@hongthai.com.sg
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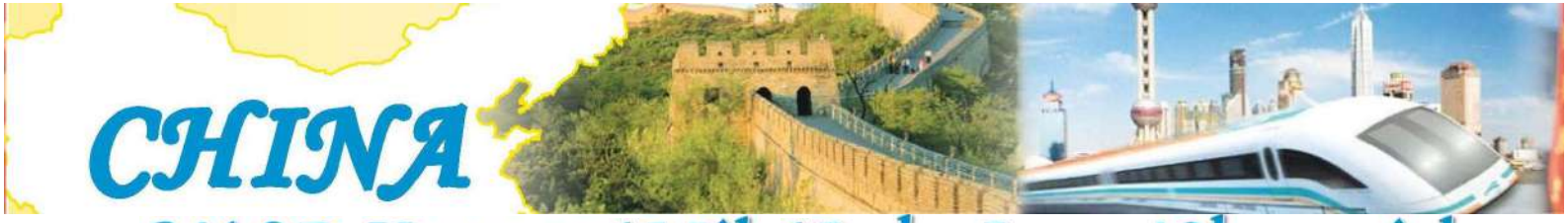
*订团须知规则，请参阅订单 / Tour Booking Form



8/10D Yunnan*Mile*Lake Lugu/Shangri-la

Kunming, Dali, Lijiang, Lugu Lake, Mile Single H.Speed Train + Shangri-La Single H.Speed Train

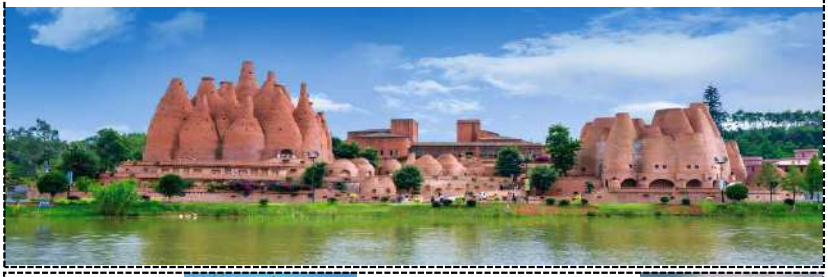
H.Speed Train, Fast Transit, Savored Exploration

Mile Dali by H.Speed Train,travel light,save time and energy. **HongThai Exclusive**: Private luggage transfer to hotel, hands-free bullet train travel.

Best Recommand

Mile's Art Wonderland

Explore "Oriental Morocco" - Dongfengyun Town! Kaleidoscope Art Gallery, castle-like magic. Stroll through vibrant lavender fields.
(Lavender blooms Apr-Jun; Jul-Sep see also: Verbena, Crown Daisies, Sage, Bougainvillea)

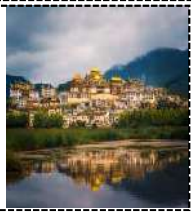


Xizhou Town

Stroll timeles Xizhou,Savor Three-Course Tea& Bai Dance, admire edifice.

Songzanlin Lmasery

Dubbed "Little Potala" Fortress-like Structure Cascading Down Mountainside. Epitome & Living Museum of Tibetan Art.



Year-Round Fruit Picking

Fruit Picking (1-3 strawberries; 4 cherries; 5 -6blueberries; 7 grapes、peaches; 8 hawthorns; 9 loquats; 10-12 strawberries)
seasonal alternative Dec-Mar: Yiliang Cherry Blossom Valley, enjoy 10,000 Acre Blooms.

Lugu Lake – The Mosuo

Like a beautiful pearl shining among the hills of the northwest plateau in Yunnan. It is called the "mother lake" by the Mosuo. Enjoy the view of Grass Sea and Walking Marriage Bridge.

Jade Dragon Snow Mountain:Ice Tower Forest Cableway

Jade Dragon Snow Mountain:Ice Tower Forest Cableway(Includes round-trip shuttle) 4,506m altitude Northern Hemisphere's southernmost major snow-capped peak. Renowned for precipice, spectacle, beauty & charm , shifting weather: Mist-cloaked summits play hide-and-seek; crystalline peaks dazzle under sudden clear skies.

Day	BKF	LUNCH	DINNER	City	KMG8/10M 5☆Hotel or similar
	8Days(7B、6L、6D)/10Days(9B、8L、7D)				
1	×	×	Ethic Feast	Kunming	Local 5☆ Howard Johnson Life GUANDU KUNMING Hotel or Home2 Suites by Hilton Kunming Hotel
2	Hotel	Farmer's Flavors	Spiced Chicken	Mile	5☆Argyle Hotel or Vienna Hotel(Miller lake spring)
3	Hotel	√	×	Dali	Local 5☆Dali Shuiyun College hotel or LiuHeYunYan hotel
4	Hotel	√	Stone Pot Fish	Lugu Lake	Local 4☆Lugu Lake Qingchen Holiday Hotel
5	Hotel	√	Naxi Tribe Flavors	Lijiang	Upgrade Local 5☆ Microtel by Wyndham Old Town of Lijiangor Lijiang Gucheng Home2 Suites by Hilton Hotel
6	Hotel	Buffet Hot spot (Chicken/Pork Borth)	√		
7A	Hotel	√	RiceNoodle	Kunming	Local 5☆ Howard Johnson Life GUANDU KUNMING Hotel or Home2 Suites by Hilton Kunming Hotel
8A	Hotel	✈	✈	Wish you enjoy 8 days holiday with Hong Thai!	
7B	Hotel	√	Tibetan Flavors	Shangri-La	Local 5☆Ramada by Wyndham Diqing Hotel orHoliday Inn Express Shangri-la Hotel
8B	Hotel	√	Package Meal	Kunming	Local 5☆ Howard Johnson Life GUANDU KUNMING Hotel or Home2 Suites by Hilton Kunming
9B	Hotel	√	×	Kunming	Local 5☆ Howard Johnson Life GUANDU KUNMING Hotel or Home2 Suites by Hilton Kunming
10B	Hotel	✈	✈	Wish you enjoy 10 days holiday with Hong Thai!	

Bonus

Free Gifts:
Pu'er Tea/FlowerCake /Yunnan Traditional Souvenir

Impression Lijinag:
Live-show by Zhang Yimou

- **Effective from Sep 2025**
- All durations are estimates under normal conditions. Schedules are changed due to force majeure; final arrangements determined by airlines/local operators.
- Triple rooms: Provided with rollaway beds (May be narrower than standard beds)
- Attraction restaurants (e.g. Jade Dragon Snow Mountain/Shangri-La): Limited facilities result in simpler meals than regular restaurants. Your understanding is appreciated.
- Guide & driver tips: ¥40/pax/day Applicable to all travelers including infants (Age 2+)
- Chinese version prevails if discrepancies exist between language versions; own expense: Details&pricing in own expense items notice.

NO SHOPPING

HONG THAI TRAVEL 6533 7377
#02-121 People's Park Complex
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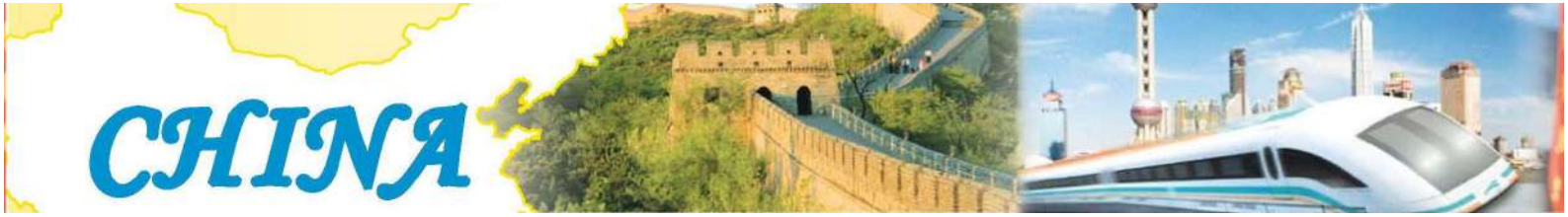
www.hongthai.com.sg

*Please refer to Tour Booking Form for Terms & Conditions



Tour Code: **KMG8/10M** Effective from Sep 2025

1 Singapore ✈(est.4hrs) Kunming

* Assemble at Changi airport , fly premium to Kunming --Spring City.

2 KMG~(est.1.5hrs) Fruit Picking~(est.1.5 hrs) Mile ~Dongfengyun Incl. Shutter Bus ~Kaleidoscope Art Gallery ~Rainbow Flower

* 【**Fruit Picking**】(**1-3** strawberries; **4** cherries; **5 -6**blueberries; **7** grapes、peaches; **8** hawthorns; **9** loquats; **10-12** strawberries)
(Fruit picking is subject to weather conditions. If the season has passed or raining, there will be no replacement)
* 【**Dongfengyun**】"Oriental Morocco", It is a artistic town, the architectural style here is unique, and named for distinctive wine culture.
*The whole is dominated by red bricks, creating buildings of different shapes, anyshot is a blockbuster, Internet celebrity photo is known as "magical futuristic magic castle" - 【Kaleidoscope Art Gallery】
* 【**Rainbow Flower Field**】 Also known as: (Lavender Theme Park), strolling in the sea of flowers, as if you are in "Provence".
(Blooms from Apr-Jun, Jul-Sep: Beauty Cherry, Yellow Crown Chrysanthemum, Sage, Bougainvillea)

3 Mile ~ 🚄 (H.Speed Train est.3.5 hrs)Dali ~Erhai MusicTour(Own Expense) ~Xizhou Ancient Town ~Three-Course Tea ~Bai Dance Show

* 【**Erhai Music Tour**】Hand - in - hand, dance by the waves, blending joy into the wind and getting lost in the picturesque scenery.
* 【**Xizhou Ancient Town**】Deeply visit Xizhou Bai people's houses, taste three-course tea, watch song and dance performances.
<Big luggage will be specially arranged, guests can enjoy a hands-free on train.>

4 Dali~(est.4.5hrs) Lugu Lake~Overlook Platform ~Lige Overlook~Lovers Beach~Bonfire Party

* 【**Lugu Lake Overlook Platform**】Overlooking the lake's heart like Penglai. Ge Mu Goddess in full view.
* 【**Lige Overlook**】Kingdom of Women's fairyland scroll, sharing the same blue,heaven and earth.
* 【**Lovers Beach**】Beneath lover's tree, captures romance true.
* 【**Bonfire Party**】Mosuo youth sing call and response, heartbeats in rhythm, the kingdom's endless night!

5 Lugu Lake ~Taking Zhucao Boat Boat Tour Around the Island (Own Expense) ~LiWuBi Temple~Mosuo House ~(est.4.5hrs) Lijiang ~Ancient City~Sifang Street

* 【**Taking Zhucao Boat Tour LiWuBi Island**】Listening Mosuo ballad.
* 【**LiWuBi Temple**】The ancient temple of Tibet on the island in the middle of the lake, the prayer flag dances in the water and sky.
* 【**Mosuo House**】Explore the maternal blood of the grandmother's house, listens to the stories of the Mosuo people.
* 【**Lijiang Ancient Town·Sifang Street**】Listed on the World Cultural Heritage List by the United Nations, it is brightly lit at night, and the shops and bars are crowded and lively.

6 Lijiang~Yulong Snow Mountain:Ice Tower Forest Ropeway Incl. Shuttle Bus ~Blue Moon Valley Incl. Shuttle Bus (Own Expense)~Gan Haizi~Bai Sha Ancient Town

* 【**Yulong Snow Mountain-Ice Tower Forest Ropeway**】4,506m altitude Northern Hemisphere's southernmost major snow-capped peak. Renowned for precipice, spectacle, beauty & charm , shifting weather.
< If the glacier ropeway is closed due to weather, it will be replaced by the Yunshanping ropeway. >
* 【**Impression Lijiang**】 The large-scale live-action performance directed by Jokul, takes the Yulong Snow Mountain as the background make the reality and shock of life close to audience.
<There will not be any replacement when the show is not available.>
* 【**Bai Sha Ancient Town**】Foot of the snow-capped mountains, the original hometown of Naxi, the ancient music of murals has been long.

7 Lijiang~(est.2hrs) Dali~Dali Ancient Town~Foreigner Street ~(est.4.5hrs) Kunming~Jinmabiji Square

* 【**Dali Ancient Town**】A thousand-year-old documentary country, streets and alleys are full of fireworks, and the wind and snow are slow.
* 【**Foreign Street**】Foreign tourists can be seen intoxicated by the ancient and simple folk customs and the long history and culture of the Bai ethnic group.
* 【**Jinmabiji Square**】The heart of Kunming, have stood for six hundred years. The east and west shine brightly on the ancient city, and the north and south thoroughfares are bustling with people.

8 Kunming ✈(est.4hrs) Singapore

* Transfer to Kunming Airport at time and return to **Singapore** by plane.

Wish you enjoy 8 days holiday with Hong Thai!

⇨ For 10-day itinerary as follows

7B Lijiang~(est.1.5hrs) Tiger Leaping Gorge Incl. Up and Down Escalators ~ Dukezong Ancient City ~ Prayer Wheel

* 【**Tiger Leaping Gorge**】The huge waves churned the tiger and jumped stones, and the sound of the waves was like thunder. The brave hike on the road to heaven, and the cliffs are thousands of feet high!
* 【**Dukezong Ancient City**】In the ancient city of Shangri-La, which has a history of more than 1,000 years, the houses in the city show Tibetan style everywhere, showing a kind of casualness and charm without embellishment under the impregnation of time.
* Then climb to Guishan Park, where you can turn the Guinness World Records 【**Prayer Wheel**】 It is said that turning the prayer wheel in person will make you realize more dreams in life.

8B Shangri-La~Songzanlin Lmasery~Car Tour Napa Lake(Outlook) ~ 🚄 (H.Speed Train est.5hrs) Kunming

* 【**Songzanlin Lmasery**】Dubbed "Little Potala" Fortress-like Structure Cascading Down Mountainside.
* Car tour 【**Napa Lake**】Outlook, take photos at the gate of the sky, the Napa Sea flows through the four seasons. The sea of clouds is within reach, freezing the pure moment of Shambhala.
<Big Luggage will transfer by van for groups Min 10pax>

9B Kunming~Flower View~Jinmabiji Square~Nanping Street

* 【**Flower Viewing Yearly**】Nov-Feb-:Seagulls in Haihong Wendi Park, Apr- May:Jacaranda; Daguanlou Park: Lotus season (Jul-Aug) decorative flowers, chrysanthemums (Sep-Oct).
(Flower subject to weather conditions. If the season has passed or raining, there will be no replacement)

10B Kunming ✈(est.4hrs) Singapore

* Transfer to Kunming Airport at time and return to **Singapore** by plane.

Wish you enjoy 10 days holiday with Hong Thai!

~Sequence of the itinerary may be adjusted according to the actual situation.
The final arrangement of the local reception unit shall prevail~

Additional package own expense: RMB 700/Pax:

1)【Erhai Music Tour】[Incl Ethnic Costume+Travel Photography+Drink] free 3 dogital photos/pax+30s drone footage+erhai lakeside circle dance;
2)Blue Moon Valley shuttle bus ; 3)Taking Zhucao Boat tour around the island

Optional package own expense: **1) Lijiang Eternal Romance RMB300/pax**
2)KMG Longmen Grottoes Xishan RMB200/pax
3)KMG <Dynamic Yunnan> show Class B Ticket RMB300 /pax

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