

TOUR CODE: 10LHS-TFU

10D 9N

探秘西藏

- 佈達拉宮
- 大昭寺
- 八角街
- 藥王山
- 來古冰川
- 桃花溝
- 巴鬆措
- 羊卓雍措
- 色季拉山



悠游假期有限公司 (231521-W)

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D1 吉隆坡 - 成都 KUALA LUMPUR - CHENGDU 机上用餐 MEAL ON BOARD

- Assemble at International airport
- Check-in to the hotel
- 集合于吉隆坡国际机场
- 入住酒店

Hotel 住宿: Tianfu Airport Hotel or similar class 成都天府机场酒店或同级

D2 成都 - 西宁 - 青藏铁路 (软卧 四人车厢) CHENGDU - XINING QINGZHANG RAILWAY (Four paxs Compartment) 早/午/晚 B/L/D

- Domestic flight to Xining
- The Dongguan Grand Mosque, South Xiaojie Street
- Take the Qinghai-Tibet Railway to Lhasa
- 内陆航班飞往西宁
- 东关清真大寺, 南小街
- 搭乘青藏铁路前往拉萨

Hotel 住宿: Tibet Railway Superior Cabin 火车上软卧

D3 拉萨 LHASA --/--/晚 --/--/D

- 22hrs Journey on the Qinghai-Tibet Railway. **Meals on the train at your own expense*
- We will be headed to the hotel to rest and slowly adapt to the plateau environment.
- 22小时的青藏之路之旅*火车上点餐自理
- 入住酒店休息, 慢慢适应高原环境

Hotel 住宿: Lhasa Qiaomulangzong Hotel or similar class 拉萨乔穆朗宗酒店或同级

D4 拉萨 - 林芝 - 波密 LHASA - NYINGCHI - BOMI 早/午/晚 B/L/D

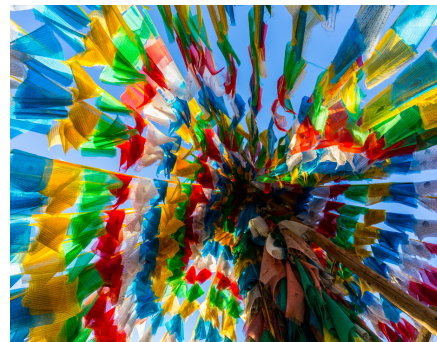
- Crossing the Sejila Mountain with an elevation of 4,728 meters
- Mount Namjagbarwa (viewed from a distance) - the 15th highest peak in the world
- Lulang Forest - Known for its beautiful scenery and rich wildlife
- 翻越【色季拉山】最高海拔4,728米
- 南迦巴瓦峰 (远眺) 世界第十五高峰
- 鲁朗林海 - 美丽的风景和丰富的野生动物而闻名

Hotel 住宿: Bomi Tibetan King Hotel or similar class 波密藏王大酒店或同级

D5 波密 - 然乌镇 - 波密 BOMI - RANWU TOWN - BOMI 早/午/晚 B/L/D

- Laigu Glacier - One of the world's three major glaciers
- Ranwu Lake - A picturesque plateau lake
- 来古冰川- 世界三大冰川之一
- 然乌湖 - 是一个风景如画的高原湖泊

Hotel 住宿: Bomi Tibetan King Hotel or similar class 波密藏王大酒店或同级



D6 波密 - 鲁朗 - 林芝 BOMI - LULANG - NYINGCHI

早/午/晚
B/L/D

- Bomi Peach Blossom Valley – The best time to view the peach blossoms is from late March to early April.
- Guxiang Lake – A picturesque lake surrounded by stunning natural scenery.
- Tongmai Bridge
- Palong Zangbu River
- Nyingchi Gala Peach Blossom Valley – Peach blossoms bloom in spring.
- 波密桃花沟 (桃花的最佳观赏期是在3月下旬至4月初)
- 古乡湖-是一个风景如画的湖泊
- 通麦大桥
- 帕隆藏布江
- 林芝噶拉桃花沟-春季时节, 桃花盛开

Hotel 住宿: Nyingchi Impression Hotel or similar 林芝印象大酒店或同级

D7 林芝 - 拉萨 NYINGCHI - LHASA

早/午/晚
B/L/D

- Basong Lake + Cuosong Monastery + Sightseeing Bus – Basong Lake is a beautiful lake in the Nyingchi region of Tibet.
- Visit to Tibetan-style homes.
- 巴松措+错松寺+观光车 - 巴松措是西藏林芝地区的一个美丽湖泊
- 藏式民居探访

Hotel 住宿: Lhasa Qomolangma Resort Hotel or similar 拉萨乔穆朗宗酒店或同级

D8 拉萨 LHASA

早/午/晚
B/L/D

- Yao Wang Mountain Viewing Platform – The best viewpoint to overlook the entire Lhasa city and the Potala Palace.
- Potala Palace – Originally the winter palace of the Dalai Lamas, now a museum and a Buddhist holy site.
- Jokhang Temple – Houses the golden statue of Sakyamuni.
- Barkhor Street –
- Potala Palace Night View –
- 药王山观景台-俯瞰整个拉萨市区和布达拉宫的最佳 viewpoint
- 布达拉宫-原为西藏历代达赖喇嘛的冬宫, 现为博物馆和佛教圣地
- 大昭寺-供奉着释迦牟尼的金像
- 八廓街
- 布达拉宫夜景

Hotel 住宿: Lhasa Qomolangma Resort Hotel or similar 拉萨乔穆朗宗酒店或同级

D9 拉萨 LHASA

早/午/晚
B/L/D

- Yamdrok Lake – One of the three sacred lakes in Tibet.
- Tibet Museum
- Tibetan God of Wealth Temple - Zaki Monastery – Filled with a strong religious atmosphere.
- Jiu Se Mandala – A Tibetan Buddhist mandala.
- 羊卓雍措-西藏三大圣湖之一
- 西藏博物馆
- 西藏财神庙-扎基寺 - 充满浓厚的宗教氛围
- 九瑟坛城-是一座藏传佛教的坛城

Hotel 住宿: Lhasa Qomolangma Resort Hotel or similar 拉萨乔穆朗宗酒店或同级

D10 拉萨 - 成都 - 吉隆坡 LHASA - CHENGDU - KUALA LUMPUR

早/机上用餐
B/MOB

- Take a connecting flight back to Kuala Lumpur
- 中转飞返吉隆坡

SPECIAL CUISINE 特色美食

青海风味, 鲁朗石锅鸡, 巴河鱼风味, 粤菜风味, 野生菌汤
Qinghai flavor, Lulang stone pot chicken, Bahe fish flavor, Cantonese cuisine, wild mushroom soup



*行程次序, 以当地旅社安排为准。Sequences of Itinerary are subject to local arrangement.

*不含旅游保险, 自费项目, 个人消费, 其他不列明项目 Exclude: Travel Insurance, additional tours, personal expenses, any others no specified in the itinerary

出发日期
Departure Date成人 Adult /
小孩 Child航班时间
Flight Details