

西藏

Tibet

10D 08N

成都 / 林芝 / 波密 / 来古冰川 / 然乌 / 巴松措 / 拉萨

Chengdu / Nyingchi / Bome / Laigu Glacier / Ranwu / Basongcuo / Lhasa

绝对独特体验 | Exclusive Exploration Experiences

▣ 野奢酒店的顶流-松赞系

▣ Wild Luxury
Hotel Songtsam Series

▣ 冰川与仙境探索

▣ Glacier and
Fairyland Exploration

▣ 终极心愿秘境

▣ The Ultimate
Sacred Land

DAY 1 – KUALA LUMPUR	✈	CHENGDU (MOB)	👤 MOB
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Arrive at Chengdu Tianfu Airport, be picked up by your tour guide, and check into the hotel to rest.

DAY 2 – CHENGDU	✈	NYINGCHI	👤 B/L/D
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Take a domestic flight to Nyingchi.
※Nyingchi is known as the Jiangnan of Tibet. Here, the peach blossoms in spring and the greenery in summer are quite similar to the Swiss scenery against the blue sky and snow-capped mountains.

※Visit the **Giant Cypress Park**. A giant cypress in the park is 2000-2500 years old and is protected by local people as a "sacred tree".

DAY 3 – NYINGCHI – BOME	380KM	👤 B/L/D
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※**Sejila Mountain** and overlook the most beautiful Namjagbarwa Peak at the eastern end of the Himalayas. It is the holy land of the oldest Buddhist "Yongzhongben Sect" in Tibet and is known as the "Father of the Mountains in Tibet".

※**Lulang Linhai**, Lulang is located on the Sichuan-Tibet Online Line 75 kilometers east of Bayi Town, Nyingchi. Lulang means "Dragon King Valley" in Tibetan and is also a place that "makes people miss home". It is the largest and most popular tourist attraction in the third most intact forest area.

※**Gangxiang spruce** forest was selected as "one of the ten most beautiful forests in China" by "China National Geographic" magazine.

※**Guxiang Lake** is one of the ten most beautiful lakes in Tibet. It is a barrier lake formed by the huge mudslide in Kargon Nongba blocking the Parung Zangbo River. It is one of the famous freshwater lakes in southeastern Tibet.

DAY 4 – BOME	140KM	👤 B/L/D
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※Admire the source of the Palong Zangbo River and the beautiful **Ranwu Lake**, known as the "Sleeping Beauty". The long and narrow lake surface of Ranwu Lake extends all the way to Laigu Glacier.

※**Laigu Glacier (including sightseeing cars)** The largest and widest glacier known in Tibet and one of the three largest glaciers in the world. Laigu means a hidden paradise-like village in Tibetan. The first time you see Laigu Glacier, you will be astonished by the sudden appearance of a beautiful woman in front of you. It was very shocking and beautiful to watch live!

※**Special experience: Experience the Laigu Glacier up close: give away crampons, take photos next to the huge ice wall, walk on the frozen Ranwu Lake, and feel the unique charm of the exotic planet.**

DAY 5 – BOME – NYINGCHI – BASONGCUO	380KM	👤 B/L/D
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※Visit **Lulang International Town (Included Horse Ride)**, an important station on National Highway 318, which is an open natural pasture. The meadows here are gentle, surrounded by forests and mountains, and the environment is very fresh.

※Enjoy the scenery of the intersection of the **Brahmaputra River** and the **Niyang River** along the way.

DAY 6 – BASONGCUO – LHASA	380KM	👤 B/L/D
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※**Basongcuo (including sightseeing bus + boat ride)**, Basongco is called the Little Switzerland of Tibet. The scenery is very similar to Switzerland. It is also called "Cogao Lake" in Tibetan, which means "green water"

※**The Mila Mountain Tunnel** is a 409.2-kilometer-long Linla high-grade highway connecting Linzhi City to Lhasa City, with a total investment of 38 billion yuan. The entire line is constructed to four-lane first-class highway standards, with a design speed of 80 kilometers per hour. After the opening of the train, the driving time from Lhasa to Nyingchi will be shortened from 8 hours to 4 hours. Then arrive in Lhasa.

DAY 7 – LHASA	👤 B/L/D
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※**Potala Palace (UNESCO)**, the tallest palace in the world, the winter palace of the Dalai Lama, and the residence of the Dalai Lama in the past dynasties.

※**Jokhang Temple**, which was built by Tibetan King Songtsen Gampo for the Princess of Nepal.

※**Bajiao Street**, a traditional Tibetan street, the center of traditional Tibetan people's activities, and a famous commercial street in Lhasa.

Special experience Tibetan costume and be photographed by a professional photographer, 10pcs electronic negatives will be given as gift.

DAY 8 – LHASA	✈	CHENGDU	👤 B/L/D – OWN EXPENSES
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※**Zhaji Temple** is the most famous temple of wealth in Tibet. This female goddess of wealth likes to drink. It is a very popular temple in Lhasa, with an endless stream of businessmen and tourists passing by. After lunch, take a flight to Chengdu.

DAY 9 – CHENGDU	✈	KUALA LUMPUR	👤 B/MOB
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※**Chunxi Road Pedestrian Street**, It is a lively and bustling commercial street with a long history. It is the most representative, prosperous and bustling commercial pedestrian street in Chengdu.

※**Taikoo Li**, Six traditional courtyards and buildings have been preserved and injected with new life; at the same time, the adjacent Daci Temple also adds to the historical and cultural atmosphere of the complex.

※ Transfer to the airport and return home

DAY 10 – ARRIVAL IN MALAYSIA

Your trip to Tibet ends here, I wish you good luck and good health!

第1天 – 吉隆坡	✈	成都	👤 机上用餐
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抵达成都天府机场，导游接机，入住酒店休息。

第2天 – 成都	✈	林芝	👤 早/午/晚
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乘内陆航班飞往—林芝。
※林芝号称西藏的江南，在这里，春天的桃花和夏季的苍翠在在蓝天和雪山的映衬下颇有几分瑞士风光的意境。

※**巨柏树公园**，园内1株巨柏的年龄已有2000-2500年之久，被当地人以“神树”之尊加以保护。

第3天 – 林芝 – 波密	380公里	👤 早/午/晚
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※**翻越色季拉山**，远眺喜马拉雅东端最美的南迦巴瓦峰，它是西藏最古老的佛教"雍仲本教"的圣地，有"西藏众山之父"之称。

※**鲁朗林海**，鲁朗位于林芝八一镇以东75公里的川藏在线，鲁朗藏语意为“龙王谷”、也是“叫人不想家”的地方，是中国面积最大、保持最完好的第三大林区。

※**岗乡云杉林**，被《中国国家地理》杂志评选为“中国最美十大森林之一”。

※**古乡湖**，西藏十大最美湖泊，由卡贡弄巴形成巨大泥石流堵塞帕龙藏布江而形成的堰塞湖，是藏东南著名的淡水湖之一。

第4天 – 波密	140公里	👤 早/午/晚
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※观赏帕隆藏布江的源头，被誉爲“睡美人”的角色美景然乌湖。**然乌湖**狭长的湖面一直延伸到来古冰川。

※**来古冰川 (含观光车)** 是西藏已知的面积最大和最宽的冰川，世界三大冰川之一。来古在藏语意思就是隐藏着世外桃园般的村落，第一眼看见来古冰川就犹如眼前突然出现一美女一阵惊艳。现场看非常震撼和漂亮！

※**特色体验：近距离体验来古冰川：赠送冰爪，在巨大的冰墙旁拍照，步行上已经结冰的然乌湖上，感受异域星球的独特魅力。**

第5天 – 波密–林芝–巴松措	380公里	👤 早/午/晚
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※参观**鲁朗国际小镇(含骑马)**， 318国道重要驿站，是一处开阔的天然牧场。这里草甸平缓，周围有森林、群山环绕，环境非常清新。

※沿途欣赏**雅鲁藏布江**和**尼洋河**两江交汇风光。

第6天 – 巴松措 – 拉萨	380公里	👤 早/午/晚
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※**巴松措 (含观光车 + 游船)**，巴松措被称为西藏的小瑞士，风景和瑞士十分相似，藏语也叫「措高湖」，意为“绿色的水”

※**米拉山隧道**，连接林芝市至拉萨市的林拉高等级公路全长409.2公里，总投资380亿元，全线采用四车道一级公路标准建设，设计时速80公里。通车后拉萨至林芝的行车时间将由原来的8小时缩短为4小时。之后抵达拉萨市。

第7天 – 拉萨	👤 早/午/晚
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※参观世界遗产保护---**布达拉宫**，世界上最高的宫殿，也是达赖喇嘛的冬宫，历代达赖喇嘛驻锡地。

※**大昭寺**，是藏王松赞干布为尼泊尔王妃建的寺庙。

※然后游览**八角街**，围绕在大昭寺周围的一圈老城街道，藏族人活动的中心。八廓街是传统藏族街道，是传统的藏族百姓活动的中心，也是拉萨市著名的商业街。

※**特色体验：穿上传统特色藏装由专业摄影师拍照，并赠送10张电子底片。**

第8天 – 拉萨	✈	成都	👤 早/午/晚–自费
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※**扎基寺**，西藏最著名的财神庙，这位女财神喜饮酒，在拉萨属于香火非常旺的寺庙，过往商人游客络绎不绝。午餐后乘机前往成都。

第9天 – 成都	✈	吉隆坡	👤 早/机上用餐
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※**春熙路步行街**，是一条历史悠久，热闹繁华的商业街，是成都最具代表性、最繁华热闹的商业步行街。

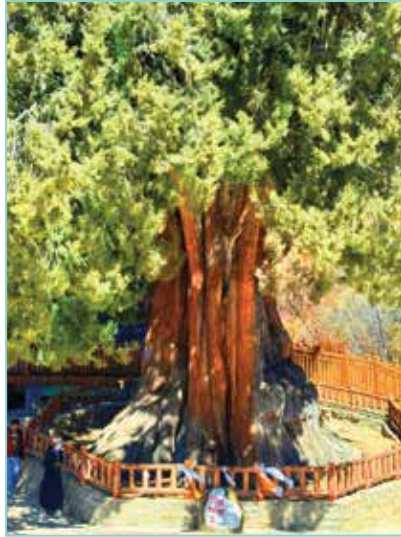
※**太古里**，六座传统庭院和建筑被保留下来，并注入新的生机；同时，毗邻的大慈寺也增加了该建筑群的历史和文化气息。

※ 送机返回家园

第10天 – 抵达马来西亚

您的西藏之行就到此结束，祝您好运，身体健康！

DAY
探索 **2.** 巨柏树公园 Giant Cypress Park



DAY
探索 **3.** 色季拉山 Sejila Mountain



DAY
探索 **3.** 鲁朗林海 Lulang Linhai



DAY
探索 **3.** 岗乡云杉林 Gangxiang spruce forest



DAY
探索 **3.** 古乡湖 Guxiang Lake



DAY
探索 **4.** 然乌湖 Ranwu Lake



DAY
探索 **4.** 来古冰川 Laigu Glacier



DAY
探索 **5.** 鲁朗国际小镇 (含骑马) Lulang International Town (including horse riding)



DAY
探索 **5.** 雅鲁藏布江和尼洋河 Brahmaputra River and Niyang River



DAY
探索 **5. 巴松措** (含观光车 + 游船)

Basongcuo (including
sightseeing bus +
cruise ship)



DAY
探索 **6. 米拉山隧道** Mira Mountain Tunnel



DAY
探索 **7. 布达拉宫** Potala Palace



DAY
探索 **7. 大昭寺** Jokhang Temple



DAY
探索 **7. 八角街** Bajiao Street



DAY
探索 **7. 穿上藏装由专业摄影师拍照，并赠送10张电子底片。**

Wear Tibetan clothes and have your photo taken by a professional photographer.



DAY
探索 **8.**扎基寺 Zaki Temple



DAY
探索 **9.**东门市井 Dongmen Market



DAY
探索 **9.**鹤鸣茶楼 Heming Tea House



【酒店系列】

[Hotel Series]

5* 松赞波密山居

5* SONGTSAM BOME LODGE



/ 靠近古乡湖，建于湖边，秘境优雅，世外桃源 /

/ Close to Guxiang Lake, built on the lakeside, the secret is elegant and a paradise /

5* 松赞巴松措林卡

HOTELS IN SONGZAN BASONG TSORINKA



/ 国家5A景区内的野奢酒店 /

/ Wild luxury hotel in the national 5A scenic spot /

5* 拉萨香格里拉大酒店

SHANGRI LA HOTEL LHASA



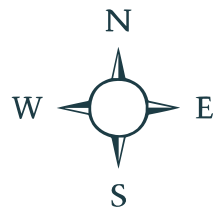
/ 用以心相待的服务为您提供雅致舒适的客房与套房 /

/ Provide you with elegant and comfortable rooms and suites with heart-to-heart service /

住宿 ACCOMMODATION

留宿 STAY	地点 LOCATION	特选酒店 (或同级) SELECTED HOTELS (OR SIMILAR)
1 NIGHT 1晚	CHENGDU 成都	5★ 天府国际酒店 Tianfu International Hotel
1 NIGHT 1晚	LINZHI 林芝	5★ 林芝工布庄园希尔顿酒店 Hilton Linzhi Resort
2 NIGHTS 2晚	BOME 波密	5★ 松赞波密山居 Songtsam Bome Lodge
1 NIGHT 1晚	BASONGCUO 巴松措	5★ 松赞巴松措林卡酒店 Songtsam Linka Retreat Lake Basongcuo
2 NIGHTS 2晚	LHASA 拉萨	5★ 拉萨香格里拉大酒店 Shangri-La Hotel Lhasa
1 NIGHT 1晚	CHENGDU 成都	5★ 非遗博览园堤沃丽酒店 Tivoli Chengdu At Cultural Heritage Park

西藏 秒懂行程地图 TRAVEL MAP



GENERAL INFORMATION OF CHINA 中国概况

地点 LOCATION	春 SPRING (MAR - APR)	夏 SUMMER (MAY - AUG)	秋 AUTUMN (SEP - OCT)	冬 WINTER (NOV - FEB)
LHASA 拉萨	-3 / 14°C	5 / 24°C	7 / 20°C	-5 / 9°C
NYINGCHI 林芝	0 / 16°C	7 / 22°C	5 / 20°C	-5 / 10°C

Tour Fare 团费 PRICE QUOTED BASED ON PER PERSON

DEPARTURE 出发日期	Adult Twin 成人	Child Twin 小孩占床	Child W/B 小孩加床	Child N/B 小孩无床	Single Supp 单人房差	Upgrade 升级	Travel Insurance 旅游保险

TERMS & CONDITIONS 备注：

- Flights, transportation, hotels, meals and itineraries and sequences stated in the brochure are subject to change without prior notice and subject to final confirmation. We reserves the right to alter itineraries at any time (without compensation) due to unforeseen circumstances, especially during peak periods or force majeure.
- Purchase of travel insurance is compulsory. The Company or our consortium agents shall not be liable for any losses or personal expenses incurred by tour members during the tour. Or in the event of unforeseen circumstances such as adverse weather conditions/natural disaster or other causes which may lead to traffic delays/extend stays, cancellation, rescheduling or others losses.
- Unless otherwise specified by request, tours are conducted in English.
- Tour buses are arranged based on group size which make sure every passenger is entitled to one seat each.
- Expenses of personal nature like tipping, laundry, telephone calls/internet data, beverages, photography fee at sightseeing, optional tour, medical expenses, any insurance or etc are on own expenses.
- No refund shall be entertained for any unutilized portion of the tour.
- Notwithstanding the place or country in which a course of action arises, it is expressly agreed hereto that all causes of actions shall at all times be commence within the jurisdiction and territory of the country.
- Airport taxes, fuel surcharges and visa fees do not form part of the tour fare and it should be borne by the passenger. The Company is only acting as an agency to collect the above charges therefore it is subject to the Terms and Conditions of the respective authorities & airlines in case if there is any hike if any of these fee without notice by the authorities.
- In case on any currency fluctuations or amendment in local Government & Hotel taxes, or any fuel hike, we reserve the right to adjust the tour price accordingly without any notice.
- Flight timing and schedules are not guaranteed and do not form part of the contract. They are subject to change at the insistence of the Aviation of Government Authorities for the Tour Member's safety, security and other reasons. Neither The Company nor the Carrier concerned will accept liability for reasons of flight cancellations, delays or diversions that is not within its control.
- The Company reserves the right to cancel or withdraw at any time bookings made by or on behalf of Tour Members prior to departure. However, the company will reserve the absolute right to vary the group size due to unforeseen circumstances. The decision of The Company shall be final and inclusive and no liabilities whatsoever shall be incurred by the Company for such cancellation.
- It is the Tour Member's responsibility to ensure that they have a valid passport with at least 6 months validity from the date of departure.

Deposit / Tour Payments

A non-refundable of RM 3000 per person must be paid upon reservation. Full payment shall be made 60 days before departure. If full payment is not received 60 days or more prior to departure date, the Company reserves the right to forfeit the deposit and cancel the reservation.

- Amendment fee is applicable to all booking which are confirmed and deposit paid. All amendments will need to be made 60 days before departure date amendment fee of (min RM300) will be charged and may vary depending on the changes. Any subsequent cost increases and surcharges will be borne by the tour member.
- Cancellation of booking must be made in writing. Deposit of RM3000 per person will be forfeited if the company received notice more than 60 working days. If the company received notice to cancel less than 60 working days before the date of departure, a 100% cancellation of tour fare will be charged.