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中国 CHINA
10天9晚

西藏 林芝 + 青藏铁路

TIBET NYNGCHI+ TIBET RAILWAY
LCN10T



保证
无购物
纯玩品质游

成都 | 波密 | 拉萨 | 羊湖 | 西宁
CHENGDU | BOMI | LHASA | YANG TSO | XINING

10D9N TIBET NYINGCHI+ TIBET RAILWAY

DAY 01 KUALA LUMPUR - CHENGDU (Meals on Board)

Assemble at Kuala Lumpur International Airport for your flight to the capital city of Sichuan – Chengdu, formerly known as “Bashu” during the ancient time. Check in hotel upon arrival.

Hotel: Chengdu Tianfu International Hotel or Similar*

DAY 02 CHENGDU - NYINGCHI (Breakfast / Lunch / Dinner)

After breakfast, transfer to Chengdu airport for your flight to Nyingchi. Upon arrival in evergreen Nyingchi which lies 2,500 metres above sea level and boasts of lush greenery and fresh blooms all year round. Take professional coach transfer to visit the 2,500-year-old Nyingchi King of Cypress, Giant Cypress Nature Reserve.

Hotel: Nyingchi Zhongheng Zangji Xima Hotel or Similar*

DAY 03 NYINGCHI - BOMI (Breakfast / Lunch / Dinner)

After breakfast, transfer to **Sejila Scenic Area** to view the world’s 15th tallest peaks, **Namcha Barwa** which is 7,787 meters above sea level. Namcha Barwa is also known fondly by locals as “the spear that pierces through the blue sky”. Its main peak towers above the clouds and its northern slope are filled with many mysterious legends. It is said to be one of the most difficult mountain peaks to climb in the world. Thereafter, view the natural scenery at the eastern Tibetan primitive forest, **Lulang Forest**. At the base of the snow-capped mountains are lush greenery and with its dream-like landscape, it is almost like heaven on earth. After lunch, proceed to **MiDui Glacier (including eco-car)**, you can hike to the foot of the glacier. It is formed by the convergence of world-class icefalls and is one of China's three major marine glaciers. Additionally, it holds the distinction of being the world's lowest-altitude glacier.

Hotel: Bomi Hengxin Zangwang Hotel or Similar*

DAY 04 BOMI - NYINGCHI (Breakfast / Lunch / Dinner)

After breakfast, transfer to visit the source of the Yarlung Zangbo River and enjoy the breathtaking beauty of **Ranwu Lake**, often referred to as the “Sleeping Beauty.” **Ranwu Lake** has a narrow and elongated surface that extends all the way to the Lhamo La-tso Glacier.

Hotel: Nyingchi Zhongheng Zangji Xima Hotel or Similar*

DAY 05 NYINGCHI - LHASA (Breakfast / Lunch / Dinner)

After breakfast, coach to the most beautiful lake in Tibet, **Basong Lake**, also known as “The Alps of Tibet”. Surrounded by snow-capped mountains and lush forest, **Basong Lake** has another name called **Tsokou Lake**. Located at the base of snow peak glaciers, **Basong Lake** boasts of crystal-clear lake water which will leave you mesmerized by this paradise on earth. Upon arrival at **Basong Lake**, proceed to explore the **Tsodzung Monastery** and stroll leisurely on **Xianren Island** located at the center of the lake. Thereafter, Traverse across the 5,230 meters high **Mila Mountain** during your journey to **Lhasa**. Enjoy the natural Tibetan beauty of the Nyingchi River Valley. Continue coach to **Lhasa**. **Lhasa** is an ancient town with over 1,300 years of history. It is the administrative, economic, cultural and religious capital of Tibet. Upon arrival in **Lhasa**, take ample rest in order to acclimatise to the high altitude.

Hotel: Lhasa Shangri-La Hotel or Similar*

DAY 06 LHASA (Breakfast / Lunch / Dinner)

This morning, visit **Potala Palace**, the world’s highest palace building built by **Songtsen Gampo**. Since the 7th century, it has been the centre of Tibetan government and spiritual power. In the afternoon, head to **Jokhang Temple**, the spiritual centre of ardent Tibetan Buddhist pilgrims. The temple has over 1,350 years of history and is regarded as the most sacred and important temple in Tibet in Tibetan Buddhism. According to legend, it is built to pay homage to an 8-year-old **Sakyamuni Buddha** statue. Then explore **Barkhor Street**, the most vibrant pedestrian street in **Lhasa**, to browse and buy colorful, unique hand-made handicraft by the various minority tribes at your own expense. Here, you can put on **traditional Tibetan attire** and have professional photographers take photos. Additionally, **you will receive 10 digital photos**. Tibet flavor mushroom steamboat will be served for dinner.

Hotel: Lhasa Shangri-La Hotel or Similar*

DAY 07 LHASA - YAMDROK TSO LAKE - LHASA (Breakfast / Lunch / Dinner)

Crossing the 4,900-meter-high **Gangbalan Snow Mountain**, you can have a distant view of the **Gangbalan Radar Station**. Proceeding towards the renowned **Yamdrok Tso Lake**, known as the “heavenly lake” with the highest elevation in the world, you will encounter the crystal-clear lake water blending harmoniously with the blue sky, creating a breathtaking and soul-cleansing experience. In the hearts of Tibetans, the lake is regarded as “turquoise earrings scattered by a goddess.” Overlooking **Yamdrok Lake**, you will witness varying shades and incredibly rich layers of blue, as the lake exhibits different hues depending on the lighting and time of day. The water of the lake undergoes mesmerizing transformations, presenting an ever-changing array of blue colors. We will coach back to **Lhasa** and appreciate the art of Tibetan Thangka. **At night, take car tour at the Potala Palace Square** and be awed by its mysterious charm.

Hotel: Lhasa Shangri-La Hotel or Similar*

DAY 08 LHASA - TIBET RAILWAY TO XINING (Breakfast / - / -)

After breakfast, proceed to **Lhasa Railway Station** to board the world’s highest railway, **Tibet Railway to Xining**. Also known as the world’s highest railway, the 1-day **Qinghai-Tibet Railway** will pass through **Lhasa, Dangxiong, Naqu, Anduo, Tuotuo River Xining, Ge’ermu, and Xining**. During the train journey, catch beautiful scenery along the way. You may see **Qinghai Lake, Mount Kunlun, Kekexili, Gebihongliu Changjiangyuan, Mount Dangla, Cuona Lake and Changtang Grassland**. You may also get the chance to see galloping Tibetan antelopes, wild yaks and other wildlife.

Note: Meals are not included/provided during train ride, please note to take care of your own meals.

DAY 09 TIBET RAILWAY ARRIVAL XINING - CHENGDU (- / Lunch / Dinner)

The train follows the **Tang-Tibet** ancient road that **Princess Wencheng** took to enter Tibet, which is also the boundary between the **Loess Plateau** and the **Qinghai-Tibet Plateau**, as well as the boundary between **Han and Tibetan culture**. Along the way, it passes through more than 4,500 square kilometers of **Qinghai Lake**, the largest inland saltwater lake in China, until it reaches **Xining**, a pearl on the plateau and the gateway to the **Qinghai-Tibet Plateau**. This is a magnificent journey that showcases the snow-covered scenery of the **Qinghai-Tibet Plateau**. Upon arriving in **Xining**, known as the “Gateway to Tibet,”. Upon arrival, visit the source of the **Yellow River - the Guide Ashigong National Geopark (including eco-car)**. The diverse geological formations here reflect the evolutionary history of the **Qinghai-Tibet Plateau** during different geological periods, documenting the development history of the **Yellow River** and the changes in the natural environment of **Guide**. Afterward, board a domestic flight to **Chengdu**.

Hotel: Chengdu Xinliang Hotel or Similar*

DAY 10 CHENGDU - KUALA LUMPUR (Breakfast / Lunch / Meals on Board)

After breakfast, proceed to the airport for your flight back to Malaysia.

Remarks

Revisions, if any, in itinerary are subject to the Company's Terms and Conditions. In particular, the Customer is requested to note the following: (1) Itinerary may be subject to change due to circumstances beyond the Company's control. (2) Accommodation in designated cities is subject to room availability. (3) Sequence of itinerary may be subject to change. (4) Different tour groups may be merged. (5) Proposed changes, if any, that are not accepted will be subject to the refund provisions set out in the Terms and Conditions.





米堆冰川 MIDUI GLACIER

🔦 旅游亮点 TOUR HIGHLIGHTS

林芝

- 巨柏树公园
- 色季拉山景区
- 南迦巴瓦峰
- 鲁朗林海
- 米堆冰川 (含电瓶车)

NYINGCHI

- Nyingchi King of Cypress
- Sejila Scenic Area
- Namcha Barwa
- Lulang Forest
- MiDui Glacier (including eco-car)

纳木

- 然乌湖
- 巴松措
- 纳宗寺
- 米拉雪山

BOMI

- Ranwu Lake
- Basong Lake
- Tsodzong Monastery
- Mila Mountain

拉萨

- 布达拉宫
- 大昭寺
- 八角街
- 穿上传统特色藏装由专业摄影师拍照
- 夜游布达拉宫广场

LHASA

- Potala Palace
- Jokhang Temple
- Barkhor Street
- Traditional Tibetan Attire
- Night Tour Of Potala Palace Square

青藏铁路赴西宁

- 拉萨 - 当雄 - 那曲 - 安多 - 沱沱河 - 格尔木 - 西宁

TIBET RAILWAY TO XINING

- Lhasa - Dangxiong - Naqu - Anduo - Tuotuo River Xining - Ge'ermu - and Xining

西宁

- 贵德阿什贡国家地质公园 (含观光车)

XINING

- The Guide Ashigong National Geopark (Including Eco-car)



贴心高原服务 Service

- 每人赠送两支氧气瓶
Each person will receive two oxygen cylinders
- 拉萨特别安排专业高原医生提供高原旅游医疗巡诊
Special arrangement of professional highland doctors for consultation service in the hotel



特色餐点 SPECIALTY MEAL

- 蘑菇养生汤锅 Wild Mushroom Hot Pot
- 贵德民族茶宴 Nepalese Food
- 当地风味 Local Cuisine
- 石锅鸡汤锅 Stone Pot Chicken
- 四川火锅 Shichuang Hot Pot



精选配套 RECOMMENDED OPTIONAL TOUR

- 大型实景剧《文成公主》：
人民币RMB400/人，成人/小孩同价
Princess Wencheng Show：
RMB 400 Per Adult/ Child same Price

*价格供参考，以实际价格为准

*price are for reference only, actual price is subject to confirmation



独特体验 EXCLUSIVE EXPERIENCES

- 舒适住宿入住3晚拉萨5星香格里拉大酒店或同级
- 乘坐世界海拔最高的 [青藏铁路专列] 饱览高原雪域风光, [保证软卧4人1房]
- 翻越色季拉山远眺 [南迦巴瓦峰], 沿途欣赏 [鲁朗林海] 及 [尼洋河谷] 自然风光
- 游览纳木错冰川下的西藏圣湖 [巴松措], [羊卓雍措]
- 参观是中国三大海洋冰川之一的 [米堆冰川]
- 世界海拔最高的古代宫堡式建筑群 [布达拉宫] 为历世达赖喇嘛驻地和西藏政教权力的中心
- 拉萨最热闹的步行街 [八角街] 手工艺品市场游览, [穿上传统特色藏装由专业摄影师拍摄]

- Enjoy comfortable accommodation with a 3-night stay at the Shangri-La Hotel or similar in Lhasa
- Take a ride on the Qinghai-Tibet Railway, the highest railway in the world guarantee of a Soft sleeper (4-berth train cabin)
- Enjoy the panoramic view of Mount Namcha Barwa, beauty of the Lulang Forest and the Niyang River Valley
- Visit and admire the sacred lake of Tibet, Basong Lake and Yamdrok Tso Lake
- The Potala Palace, the highest ancient palace in the world
- Visit one of China's three major marine glaciers MIDUI Glacier
- Explore Barkhor Street, the bustling pedestrian street in Lhasa.
- Special arrangement of professional highland doctors for consultation service in the hotel

*若中英文行程版本出现不符之处, 将以中文版本为依据。*图片仅供参考。*Pictures shown are for illustration purpose only.

