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8天7晚

雪域西藏

成都/林芝/拉萨/羊湖/西宁/青藏铁路

CHENGDU/NYNGCHI/LHASA/YANG TSO/
XINING TIBET RAILWAY



8D7N EXTREME TIBET

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.

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 your hotel. Do take a rejuvenating rest so as to acclimatize to the high altitude before continuing your journey. Continue on coach to **Sejila Scenic Area** to view the world’s 15th tallest peaks, **Namcha Barwa** which is 7,787 metres 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.

DAY 03 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 **Tsodzong 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.

DAY 04 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 colourful, unique hand-made handicraft by the various minority tribes at your own expense. Tibet flavor mushroom steamboat will be served for dinner.

DAY 05 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.

DAY 06 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 07 TIBET RAILWAY ARRIVAL XINING (- / 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 **Dongguan Mosque**-Restored recently, it was originally built in 1380 and has colorful white arches along the outside of the wide building. After to **Limeng commercial street**, set up more than 30 years, is the most bustling commercial street in the ancient city of Xining

DAY 08 XINING - CHENGDU - KUALA LUMPUR (Breakfast / Lunch / Dinner / Meals On Board)

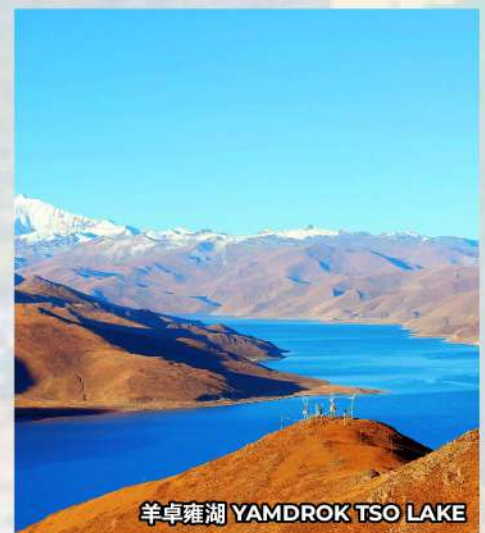
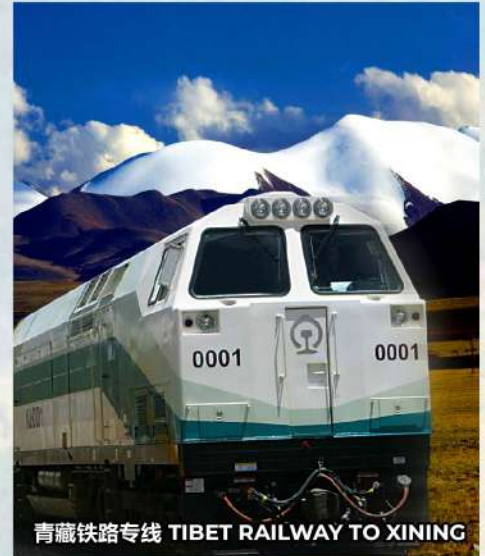
After breakfast, arranged, take flight back Chengdu. Afterward, arrive at **Kuanzhai Alley**, which is one of the well-preserved Qing Dynasty ancient streets in Chengdu. Then go to **Taikoo Li shopping precinct** for shopping. After dinner, proceed to the airport for your flight back to Malaysia.

Optional Tour:

1. Princess Wencheng Show : RMB 380 per Adult / Child same price

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.





巴松错 BASONG LAKE

行程亮点 TOUR HIGHLIGHT

- 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
- 游览赏雪峰冰川下的西藏圣湖【巴松错】，【羊卓雍湖】
- 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
- 夜游【布达拉宫广场】，感受夜色中的布达拉宫独特魅力
- 游览1350年历史的藏传佛教信徒心中的圣地【大昭寺】
- 拉萨最热闹的步行街【八角街】手工艺品市场游览
- 乘搭世界海拔最高的【青藏铁路专列】饱览高原雪域风光，【保证软卧4人1房】

贴心高原服务：拉萨段旅游车上免费提供专业氧气钢瓶供应氧气

- 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
- Night view of the Potala Palace feel the unique charm of the Potala Palace in the night
- Visit the Jokhang Temple, a sacred site in the hearts of Tibetan Buddhist followers
- Explore Barkhor Street, the bustling pedestrian street 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)

地道特色料理 SPECIALTY MEAL

- 蘑菇养生汤锅 WILD MUSHROOM HOT POT
- 尼泊尔风味 NEPALESE FOOD
- 当地风味 LOCAL CUISINE
- 石锅鸡汤锅STONE POT CHICKEN

景点特色 SPECIAL HIGHLIGHT

林芝 NYINGCHI

- 翻越色季拉山景区 COACH TO SEJILA SCENIC AREA
- 远眺南迦巴瓦峰 VIEW NAMCHA BARWA
- 鲁朗林海 LULANG FOREST
- 巴松错 BASONG LAKE
- 错宗寺 TSODZONG MONASTERY
- 穿越米拉雪山 ACROSS MILA MOUNTAIN

拉萨 LHASA

- 布达拉宫 THE POTALA PALACE
- 大昭寺 JOKHANG TEMPLE
- 八角街 BARKHOR STREET
- 羊卓雍湖 YAMDROK TSO LAKE
- 夜游布达拉宫广场 NIGHT VIEW THE POTALA PALACE SQUARE
- 青藏铁路专线列车 TIBET RAILWAY TO XINING

西宁 XINING

- 东关清真寺 DONGGUAN MOSQUE
- 力盟商业街 LIMENG COMMERCIAL STREET

成都 CHENGDU

- 宽窄巷子 KUANZHAI ALLEY
- 太古里步行街 TAIKOO LI SHOPPING PRECINCT

