



CHINA



新东方
NEW EASTERN TRAVEL

10天9晚

西藏 林芝 + 青藏铁路

TIBET NYNGCHI + TIBET RAILWAY
LCN10T

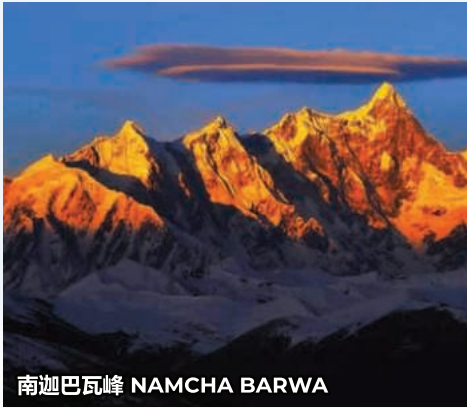


保证
无购物
纯玩品质游
NO SHOPPING STOP

成都 | 波密 | 拉萨 | 羊湖 | 西宁
CHENGDU | BOMI | LHASA | YANGTZO | XINING

10天9晚 西藏林芝 + 青藏铁路

LCN10T



南迦巴瓦峰 NAMCHA BARWA



青藏铁路专线 TIBET RAILWAY TO XINING



八角街 BARKHOR STREET

DAY 01 吉隆坡 - 成都 (机上用餐)

集合于吉隆坡国际机场，乘机前往四川省会—古称“巴蜀”的成都，抵达后入住酒店。
酒店：成都天府国际酒店或同级*

DAY 02 成都 - 林芝 (早餐/午餐/晚餐)

上午乘机飞往海拔仅 2500 米鲜花绽放、四季常青的西藏江南林芝，抵达位于西藏东南林芝八一镇南部雅鲁藏布江河谷地带五十五公里处的林芝机场，降落时可以观赏飞行航道丛林密布，山势突兀，河流纵横的雅鲁藏布江河谷旖旎美丽的风光。专业导游接机敬献哈达。林芝植被丰富海拔较低且含氧量较高，可更好的适宜游客经过一段时间的过渡逐渐适应高原气候。游览巨柏树公园，海拔3000米，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。誉为“活的文物”“世界柏树王”。2019年这株巨柏被世界认证机构审核确认为“界树龄最长的巨柏”。

酒店：林芝中恒藏吉喜玛酒店或同级*

DAY 03 林芝 - 波密 (早餐/午餐/晚餐)

早餐后，驱车翻越色季拉山景区，远眺中国最美的山世界第十五高峰南迦巴瓦峰。南迦巴瓦峰意为“直刺蓝天的战矛”，主峰高耸入云，北坡为万丈绝壁，充满了神奇的传说，是全世界最难攀登的山峰之一。接着观赏鲁朗林海，一览藏东原始森林自然风光。终年不化的雪峰冰川下是莽莽林海，使游客留连忘返。下午前往，米堆冰川(含电瓶车)，游客可徒步至冰川脚下。米堆冰川，是由世界级的冰瀑布汇流而成，是中国三大海洋冰川之一，也是世界上海拔最低的冰川。米堆冰川冰洁如玉，与周围农田，村庄，森林，溪流构成一幅美丽的画卷。之后抵达波密。

酒店：波密恒鑫藏王酒店或同级*

DAY 04 波密 - 林芝 (早餐/午餐/晚餐)

早餐后，乘车前往观赏这帕隆藏布江的源头，被誉为“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，周围是茂密的森林，幽深的冰川，如茵的草甸，白雪皑皑的雪山倒影在如镜的湖中，千娇百态，如诗如画。

酒店：林芝中恒藏吉喜玛酒店或同级*

DAY 05 林芝 - 拉萨 (早餐/午餐/晚餐)

早餐后，前往拉萨，途中游览西藏最美丽的湖泊雪山森林环绕中被称为小瑞士的巴松错。巴松错又名错高湖，这是一个令人沉醉的地方，一泓晶莹柔美的湖水，有如童话般静卧在雪峰冰川下松软如床的湖畔碧草之上，宛若世外桃源，又似人间仙境。抵达巴松错后前往错宗寺游览和休闲徒步。接着继续穿越的米拉雪山经墨竹工卡和达孜平原前往拉萨，沿途观赏西藏最美的河流尼洋河谷旖旎的自然风光。拉萨是一座有着 1300 多年历史的古城，是西藏政治、经济、文化、宗教的中心。由于拉萨一年的日照时间很长，故被称为日光城。拉萨在藏语的意思为圣地，市内名胜古迹繁多。抵达拉萨后作高原气候适应性休息。

酒店：拉萨香格里拉大酒店或同级*

DAY 06 拉萨 (早餐/午餐/晚餐)

上午参观当今世界海拔最高的古代宫堡式建筑群布达拉宫自公元七世纪以来历代达赖喇嘛驻地和西藏政教权力的中心。下午前往藏传佛教信徒心中的圣地，吐蕃古寺大昭寺。距今已有1350年的历史，大昭寺在藏传佛教中拥有至高无上的地位。大昭寺始建于七世纪吐蕃王朝的鼎盛时期，据传说是为了供奉一尊明久多吉佛像，即释迦牟尼 8 岁等身像。接着赴拉萨最热闹的步行街八角街手工艺品市场游览，浏览和选购各式充满民族特色和异域风情的手工艺品。在此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。晚餐特别安排西藏特有的高原风味菌类火锅。

酒店：拉萨香格里拉大酒店或同级*

DAY 07 拉萨 - 羊湖 - 拉萨 (早餐/午餐/晚餐)

翻越海拔 4900 米的冈巴拉雪山，远眺冈巴拉雷达站，前往世界上最高有天上圣湖美誉的羊卓雍措清澈的湖水和蓝天融为一体，陶醉、震撼并涤荡着你的灵魂。在藏人心中被看做是“神女散落的绿松石耳坠”，俯瞰羊卓雍措，不同时刻照射，会显现出不同层次，极其丰富的蓝色。湖水随光线变幻，演化成千变万化的蓝色。乘车返回拉萨，特别安排夜游布达拉宫广场，体会这座宫殿的庄严、神秘。夜幕降临，传递着藏传佛教千年秘密的布达拉宫，散发着无法言语的神秘魅力。

酒店：拉萨香格里拉大酒店或同级*

DAY 08 拉萨 - 青藏铁路赴西宁 (早餐/ - / -)

早餐后，送往拉萨火车站，搭乘世界海拔最高的青藏铁路专线列车前往西宁。火车上不含餐，用餐自理全日搭乘世界海拔最高的青藏铁路专线列车前往西宁，拉萨-当雄-那曲-安多-沱沱河-格尔木-西宁沿着世界海拔最高、里程最长、景色最壮观的高原铁路，走过羌塘草原、错那湖、唐古拉山、戈壁红柳长江源、可可西里、昆仑山和青海湖，观赏青藏高原雪域风光，以及奔腾撒欢的藏羚羊、野牦牛和其它各种动物。

DAY 09 青藏铁路专列抵达西宁 - 成都 (- /午餐/晚餐)

列车沿唐朝文成公主进藏的唐蕃古道，黄土高原与青藏高原、汉文化与藏文化的分界线，沿着面积 4500 多平方公里，中国最大的内陆咸水湖青海湖湖畔贯穿青海抵达西宁，这是一段全景画般展现青藏高原雪域风光的精彩历程，是梦想者的心路之旅。上午抵达素有“青藏门户”之称的高原明珠城市西宁，乘坐旅游车前往黄河发源-贵德阿什贡国家地质公园(含观光车)，多种多样的地质遗迹反映了地质历史时期青藏高原的演化过程，也记录了黄河的发育史和贵德自然环境的变迁。贵德阿什贡国家地质公园被誉为“高原小江南”。之后搭乘内陆航班飞往成都。

酒店：成都新良酒店或同级*

DAY 10 成都 - 吉隆坡 (早餐/午餐/机上用餐)

早餐后，依约定时间，前往机场搭乘航班返回吉隆坡。

备注：

行程若更改，需受公司的条款与细则所约束。

顾客尤其需注意以下事项：(1)在公司无法控制的情况下，行程可能更改。(2)指定城市的住宿需视客房供应情况而定。(3)行程顺序可能更改。

(4)不同团体可能合并成一团。(5)若有更改不被接受，需遵守条款与细则中的退款规定。

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, Dangxiang, 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)

波密

- 然乌湖
- 巴松错
- 错宗寺
- 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 Stone Pot Chicken
- 四川火锅 Shichuang Hot Pot



备选配套 RECOMMENDED OPTIONAL TOUR

- 大型实景剧《文成公主》：
人民币 400 元/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

*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.



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]
- 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]
- 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] 为历代达赖喇嘛驻地和西藏政教权力的中心
- 游览拉萨最热闹的步行街 [八角街] 手工艺品市场, [穿上传统特色藏装由专业摄影师拍照]

- 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



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NEW EASTERN
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