

西藏 | 来古冰川 | 成都 | 林芝 | 然鸟 | 拉萨

MYSTERIOUS TIBET + LAIGU GLACIER + CHENGDU + NYINGCHI + RANWU + LASHA

「人一辈子,一定要去一次西藏」

。 穿越西藏的神秘之地,探索来古冰川的壮丽奇观,每一步都是一段灵魂的对话,每一处都是心灵的静谧天堂。

让我们共同领略自然与宗教的奇妙融合。 感受身心在这片高原之上的深刻触动与启迪 专业摄影 领队带队



专业领队将在出发前详细讲解如何应对高原反应, 并提供氧气瓶和葡萄糖口服液, 确保您的旅程舒适无忧。

Our professional guides will brief you on altitude sickness prevention and **provide complimentary oxygen cylinders and glucose oral solutions** for a comfortable journey.

Stop & No Obtional Topy 无购物站 无自费项目















往返机票 RETURN AIRFARE 酒店住宿 ACCOMMODATION 膳食餐饮 MEALS 交通接送 TRANSPORTATION 导游服务 TOUR GUIDE 景区门票 ADMISSION TICKET 特色景点 ATTRACTIONS

直飞拉萨 **Direct Flight to Lhasa**





节省22小时的青藏火车旅程

无需长途火车,轻松直达拉萨, 让您的旅程更高效、更舒适。

Save 22 Hours on the Qinghai-Tibet Train

Skip the long train ride and fly directly to Lhasa for a more efficient and comfortable journey.

专业摄影领队 **Professional Photography Guide**









为您记录美好旅途记忆

专业摄影领队随行, 为您捕捉每一刻美好瞬间。

Capture Beautiful Travel Memories

A professional photography guide capturing every beautiful moment of your trip.

特别赠送旅游小视频

免费获得由领队制作的个性化旅游小视频, 留住难忘回忆。

Complimentary Personalized Travel Video

Receive a free personalized travel video to cherish your unforgettable memories.

来古冰川 Laigu Glacier







传统藏装摄影





观光车和骑马双重体验

亲身感受来古冰川的雄伟壮丽, 领略冰川的神奇美景。

Includes Sightseeing Bus and Horse Riding

Enjoy the breathtaking views of Laigu Glacier with a dual experience of a sightseeing bus and horse riding.



西藏三大圣湖之一

在圣湖边与牦牛和藏獒合影,留下独特的旅行 纪念,感受羊卓雍措的宁静与神圣。

Photo Opportunity by the Sacred Lake

Take unique photos with yaks and Tibetan mastiffs by the sacred Yamdrok Yumtso Lake.

Tibetan Costume Photography



专业摄影师拍摄

身穿传统藏装, 由专业摄影师为您拍照, 赠送10张精美电子底片。

Professional Photos with 10 Digital Copies

Dress in traditional Tibetan attire and have your photos taken by a professional photographer.

巴松措 **Basum Tso Lake**





然乌湖





乘坐电瓶车游览

轻松欣赏巴松措的清澈碧绿湖水, 体验湖光山色的秀丽风光。

Includes Electric Shuttle Tour

Discover the beauty of Basum Tso Lake effortlessly with an electric shuttle tour.

鲁朗林海 **Lulang Forest Sea**



仙境般的童话小镇

探索鲁朗林海的广袤森林, 呼吸清新空气, 享受大自然的宁静与美好。

Immerse in Scenic Beauty

Explore the stunning scenery of Lulang Forest Sea and enjoy the gifts of nature.

Ranwu Lake



川藏线沿途最美的风景

欣赏然乌湖的静谧湖水, 倒映周围的雪山和森 林,感受自然的和谐之美。

Serene Lake Views

Admire the serene beauty of Ranwu Lake and feel the tranquility and harmony of nature.



布达拉宫

THE POTALA PALACE



享有「世界屋脊上的明珠」的美誉

布达拉宫,位于西藏自治区拉萨市中心,是世界上海拔最高、规模最大的藏式宫殿建筑,也是藏传佛教的重要寺庙之一。宫殿始建于公元7世纪,历经数次修建和扩建,现存主体建筑建于17世纪。布达拉宫以其雄伟壮丽的建筑风格和丰富的文化积淀,被誉为"西藏的灵魂"。

它外观金碧辉煌,内部布置精美,展示了深厚的宗教信仰和艺术技艺。作为世界文化遗产和中国国家AAAAA级旅游景区,布达拉宫不仅是信徒朝圣之地,也吸引着全球游客前来探索其独特的建筑艺术和文化内涵。



The Potala Palace, located in Lhasa, Tibet Autonomous Region, is the highest-altitude and largest-scale Tibetan-style palace complex in the world. It is also one of the most important monasteries in Tibetan Buddhism. Built in the 7th century AD and expanded several times since then, the current main structure dates back to the 17th century.

The exterior of the Potala Palace is magnificent with its golden roofs, while the interior is richly decorated, showcasing profound religious and cultural heritage. It is a UNESCO World Heritage Site and a National 5A Tourist Attraction in China.



神秘西藏+来古冰川 9D7N CHINA TIBEJ

9天7夜中国:



来古冰川

LAIGU GLACIER



打卡西藏来古冰川蓝色之美

来古冰川位于西藏自治区昌都地区的八宿县,是世界上罕见的融汇了雪山、冰川、湖泊和原始森林的自然奇观。来古冰川被誉为"冰川博物馆",它汇聚了来自周边多个山脉的冰川,形成了壮观的景观。

这里四季分明,无论是夏季的冰川消融,还是 冬季的冰雪覆盖,都是摄影爱好者的天堂。游 客可以在冰川脚下感受大自然的力量,欣赏蔚 蓝的冰湖和洁白的冰川,体会与世隔绝的宁静 和壮丽。



Located in Bāxù County, Qamdo Prefecture of the Tibet Autonomous Region, Laigu Glacier is a rare natural wonder that integrates snow-capped mountains, glaciers, lakes, and pristine forests. Known as the "Glacier Museum," Laigu Glacier gathers ice flows from surrounding mountains, creating a breathtaking landscape.

The area experiences distinct seasons, making it a paradise for photographers whether during the summer thaw or winter snow cover. Visitors can feel the power of nature at the foot of the glacier, admire the azure ice lakes and pristine glaciers, and experience the serene and majestic beauty of this remote location.



LAIGU GLACIER'S BLUE ICE CAVES



来古冰川最惊艳的蓝色异域世界

来古冰川的蓝冰洞堪称大自然的奇迹,这些冰 洞在阳光的照射下, 散发出如宝石般璀璨的蓝 色光芒,仿佛置身于一个梦幻般的异域世界。 冰洞内部的冰壁透明而纯净, 蓝色光线在其中 折射, 仿佛蓝色的精灵在冰壁间跳跃, 营造出 一种神秘而迷人的氛围。

洞内的冰层层叠叠,形态各异,有的像雕刻精 美的艺术品,有的如天然形成的冰帘,让人仿 佛进入了一个冰雪奇境。来古冰川的蓝冰洞不 仅是摄影爱好者的天堂,更是探险者的圣地, 每一步都充满了惊喜与震撼。



Laigu Glacier's blue ice caves are a mesmerizing natural wonder. Bathed in sunlight, these caves emit a radiant blue light like precious gemstones, creating a surreal atmosphere. Inside, the transparent ice walls allow blue light to refract and dance, enhancing the sense of mystery.

The diverse ice formations, resembling intricate artworks and natural ice curtains, make visitors feel as if they've entered a magical icy realm. Laigu Glacier's blue ice caves are a paradise for photographers and adventurers alike, with every step revealing new wonders.



景点特色 ATTRACTIONS FEATURES

羊卓雍措

YAMDROK YUMTSO LAKE



西藏三大圣湖之一

羊卓雍措,简称羊湖,位于西藏自治区山南市浪卡子县,是西藏三大圣湖之一。湖面海拔4441米,面积675平方公里,被誉为"天上的绿宝石"。

羊卓雍措的湖水呈现出深邃的蓝绿色,四周环绕着雪山和草原,景色如诗如画。湖边的牧民生活安详,牛羊成群,构成了一幅人间仙境的画卷。羊卓雍措不仅是自然景观的瑰宝,也是藏族人民心中的圣地,许多信徒每年都会前来朝圣和祈福。



Yamdrok Lake, often referred to as Yamdrok Yumtso, is one of the three sacred lakes in Tibet, located in Langkazi County, Shannan Prefecture. The lake sits at an elevation of 4,441 meters and covers an area of 675 square kilometers, earning it the title "Heavenly Green Jewel." The lake's waters display a profound turquoise hue, surrounded by snow-capped mountains and verdant grasslands, creating a picturesque and poetic landscape.

The pastoral life of the local herders, with their flocks of yaks and sheep, adds to the idyllic scenery. Yamdrok Lake is not only a natural treasure but also a sacred site for the Tibetan people, attracting numerous pilgrims each year who come to worship and seek blessings.



巴松措

景点特色

BASUM TSO LAKE



国家5A级旅游景区

巴松措,又称错高湖,位于中国西藏自治区林 芝市工布江达县东部,是国家5A级旅游景区和 西藏三大圣湖之一。海拔3484米,湖面面积 25.5平方公里,由于冰川堰塞形成,东西长约 13.8公里, 南北宽约1.85公里, 最大水深达60

巴松措被壮丽的高山环抱,湖水清澈见底,常 年保持碧蓝如玉的色彩,景色宁静而神秘。湖 的西南岸有扎西岛,岛上有宁玛派寺庙措宗 寺,是信仰活动的重要场所,寺庙门前的木刻 反映了当地的宗教文化。



Basong Lake, also known as Cogao Lake, is located in the eastern part of Gongbo'gyamda County, Nyingchi City, Tibet Autonomous Region, China. It is designated as a National 5A Tourist Attraction and is one of the three sacred lakes in Tibet. At an elevation of 3484 meters, the lake covers an area of 25.5 square kilometers. Formed by glacial moraine, it stretches approximately 13.8 kilometers from east to west and averages 1.85 kilometers wide from north to south, with a maximum depth of 60 meters.

Surrounded by majestic mountains, Basong Lake boasts crystal-clear waters that maintain a jade-like blue color year-round, offering a serene and mystical atmosphere.





鲁朗林海

LULANG FOREST SEA



被誉为 「藏地小瑞士」

鲁朗林海位于中国西藏自治区林芝市波密县境内,是一片被誉为"藏地小瑞士"的原始森林景区。这里群山环抱,森林茂密,海拔约3000米,气候宜人,四季分明。

鲁朗林海以其独特的地理位置和丰富的生物多样性闻名,被称为"植物王国"。游客可以在这里感受到青翠的树木、清澈的溪流和多样的野生动植物,是摄影爱好者和自然爱好者的理想去处。



The Lulang Forest Sea, located in Bomi County, Nyingchi City, Tibet Autonomous Region, China, is an area known as the "Switzerland of Tibet" due to its pristine forest scenery. Surrounded by mountains, the forest stands at an altitude of around 3000 meters, boasting a pleasant climate with distinct seasons.

Lulang Forest Sea is renowned for its unique geographical location and rich biodiversity, often referred to as the "Kingdom of Plants." Visitors can experience lush forests, clear streams, and diverse wildlife here, making it an ideal destination for photographers and nature enthusiasts alike.





然乌湖

RANWU LAKE



被誉为 「西藏的眼泪」

然乌湖,位于中国西藏自治区林芝市米林县和 工布江达县交界处,是西藏三大圣湖之一。湖 面海拔约3950米,是一个高山湖泊,面积约38 平方公里。然乌湖因其碧绿的湖水和周围雄伟 的雪峰而闻名,被誉为"西藏的眼泪"。

湖水清澈见底,反射出蔚蓝的天空和壮丽的山景,景色绝美。这里也是珍稀鸟类和野生动物的栖息地,吸引着众多自然爱好者和摄影师前来探索和拍摄。



Ranwu Lake, located at the junction of Milin County and Gongbujiangda County in Nyingchi City, Tibet Autonomous Region, China, is one of the three sacred lakes in Tibet. Situated at an altitude of approximately 3950 meters, it is a high-altitude lake covering an area of about 38 square kilometers. Ranwu Lake is renowned for its emerald-green waters and majestic snow-capped peaks, earning it the nickname "Tears of Tibet."

The lake's crystal-clear waters reflect the azure sky and stunning mountain scenery, creating a breathtaking landscape. It is also a habitat for rare birds and wildlife, attracting numerous nature enthusiasts and photographers to explore and capture its beauty.





1 第一天 吉隆坡国际机场 - 成都 (机上用餐)

• 机场集合办理登记手续,前往成都。

2 第二天 成都 - 拉萨 (早/午/晚)

- 乘坐内陆航班飞往拉萨
- 拉萨: 融合了宏伟的布达拉宫、庄严的大昭寺和充满神秘色彩的藏传佛教文化,被称为"雪域高原的圣地。

3 第三天 拉萨 (早/午/晚)

- 布达拉宫: 世界最高的宫殿, 融合了藏族、唐朝和尼泊尔建筑风格, 内部珍藏着丰富的佛像和历史文物。
- 大昭寺:西藏最重要的藏传佛教寺院之一,寺内供奉着巨大的释迦牟尼佛铜像,是信徒朝圣的重要地点。
- 八廓街:又称拉萨老城区,保留着大量传统的藏式建筑和商铺,是体验藏族文化和购物的理想去处。
- 传统特色藏装拍摄: 专业摄影师为您捕捉最传统的藏族服饰, 让您留下珍贵的旅行回忆。

4 第四天 **拉萨-羊湖-拉萨**(早/午/晚)

羊卓雍措(含圣湖边牦牛和藏獒拍照):湖面波光粼粼,被称为人间天堂的美丽圣湖,牧场上的牦牛和雪域高原上的藏獒,共同营造出一幅如诗如画的景象。

5 第五天 拉萨-林芝 (早/午/晚)

- 沿途欣赏雅鲁藏布江和尼洋两江交汇的壮丽景色。
- 巴松措(含观光车): 轻松欣赏巴松措的清澈碧绿湖水,体验湖光山色的秀丽风光。

6 第六天 林芝-然乌(早/午/晚)

- 行车途中翻越壮丽的色季拉山,远眺神秘的南迦巴瓦峰。
- 鲁朗林海: 以其茂密的针叶林和多样的植被,形成了一片如同迷失在绿色海洋中般的神秘景观。

7 第七天 **然乌 - 林芝** (早/午/晚)

- 然乌湖:被称为"睡美人"的绝色美景,是帕隆藏布江的源头,让您可以在静谧中享受大自然的馈赠。
- 来古冰川(含观光车+骑马):包括亚隆、美西、若骄、东嘎、雄加和牛马冰川,位于西藏昌都地区八宿县然 乌镇境内,紧邻然乌湖。观光车和骑马的旅行方式让您近距离欣赏这些壮丽冰川,湖畔的原始森林和古老的藏 族村落增添了一份神秘感。

来古冰川,西藏已知面积最大且宽度最广的冰川之一,被誉为世界三大冰川之一。 每年12月到第二年2月底,来古冰川湖面结冰,游客可以步行到冰面上, 近距离触摸并拍摄那些蓝色冰川墙和蓝冰景观。

8 第八天 林芝-成都-吉隆坡 (早/午/晚)

- 乘坐内陆航班返回成都
- 锦里古街: 这是成都知名的步行商业街, 融合了古色古香的建筑和现代商业氛围。
- 宽窄巷子:包括宽巷子、窄巷子和井巷子,这些平行排列的巷子保留了成都传统的街区风貌。
- 晚餐后,前往机场,结束愉快的旅程。

9 第九天 抵达吉隆坡 (机上用餐)









D1 KUALA LUMPUR - CHENGDU (MEAL ON BOARD)

- Depart from Kuala Lumpur International Airport to Chengdu
- · Check in hotel.

D2 CHENGDU - LHASA (BREAKFAST/LUNCH/DINNER)

- · Take domestic flight to Lhasa
- Lhasa, the capital city of Tibet

is renowned for its majestic Potala Palace, sacred Jokhang Temple, and bustling Barkhor Street. It is a spiritual and cultural hub, offering a glimpse into Tibetan Buddhism and a rich tapestry of traditional Tibetan life amidst breathtaking Himalayan landscapes.

D3 LHASA (BREAKFAST/LUNCH/DINNER)

- Potala Palace
- Jokhang Monastery
- Barkhor Street
- Personal Photo Shooting with Tibetan Costume (Complimentary 10 soft copy photos given to every tour member)
- Personal Take a group photo in the square of the Potala Palace at night

D4 LHASA – YAMDROKTSO - LHASA (BREAKFAST/LUNCH/DINNER)

Yamdroktso Lake

One of the three great holy lake in Tibet. Lakeside area with its rich water supply and lush grass, serve as an excellent grazing land. Complimentary photo with domestic yak and Tibetan Mastiff

LHASA - NYINGCHI (BREAKFAST/LUNCH/DINNER)

- Enjoy the scenery of the intersection of the Brahmaputra and Niyang rivers
- Draksum Tso (Also known as Basum-Tso)

D6 NYINGCHI - RANWU (BREAKFAST/LUNCH/DINNER)

- Sejila Mountains (Driving over)
- Namcha Barwa Peak (Pass over)
- Lulang Forest
- Bomegang Village Spruce Village
- Guxiang Lake

RANWU - NYINGCHI (BREAKFAST/LUNCH/DINNER)

- Rakwa Tso
- Laigu Glacier (Include sightseeing car + horse riding)

The largest and widest glacier known in Tibet and one of the three largest glaciers in the world. Every year from the second of December to the end of February, the Laigu Glacier Lake freezes. You can walk to the ice surface, observe the blue glacier wall up close, and take photos with the blue ice.

NYINGCHI - CHENGDU - KUALA LUMPUR (BREAKFAST/LUNCH/DINNER)

- · Take a domestic flight back to Chengdu
- Jinli Ancient Street Kuanzhai Alley
- After dinner transfer to airport

D9 KUALA LUMPUR (MEAL ON BOARD)

















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- **直飞拉萨(节省22小时的青藏火车旅程):**无需乘坐长途火车,轻松直达拉萨,让您的旅程更高效、更舒适。
- 专业摄影领队(为您记录美好旅途记忆): 专业摄影领队随行为您捕捉每一刻美好瞬间。
- 旅游小视频(特别赠送): 免费获得由领队制作的个性化旅游小视频,留住难忘回忆。
- **传统藏装摄影(赠送10张精美电子底片):**身穿传统藏装,由专业摄影师为您拍照,留下美好的旅途记忆。
- 来古冰川 (观光车和骑马双重体验): 亲身感受来古冰川的雄伟壮丽, 领略冰川的神奇美景。
- 羊卓雍措 (西藏三大圣湖之一): 在圣湖边与牦牛和藏獒合影,留下独特的旅行纪念,感受羊卓雍措的宁静与神圣。
- 巴松措(乘坐电瓶车游览): 轻松欣赏巴松措的清澈碧绿湖水, 体验湖光山色的秀丽风光。
- 鲁朗林海(仙境般的童话小镇):探索鲁朗林海的广袤森林,呼吸清新空气,享受大自然的宁静与美好。
- 然乌湖(川藏线沿途最美的风景): 欣赏然乌湖的静谧湖水,倒映周围的雪山和森林,感受自然的和谐之美。
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- Laigu Glacier: Includes Sightseeing Bus and Horse Riding
- Yamdrok Yumtso Lake: Take unique photos with yaks and Tibetan mastiffs by the sacred Yamdrok Yumtso Lake.
- Basum Tso Lake: Discover the beauty of Basum Tso Lake effortlessly with an electric shuttle tour.
- Lulang Forest: Explore the stunning scenery of Lulang Forest and enjoy the gifts of nature.
- Ranwu Lake: Admire the serene beauty of Ranwu Lake and feel the tranquility and harmony of nature.

天	早餐	午餐	晚餐	酒店住宿
DAY	BREAKFAST	LUNCH	DINNER	ACCOMMODATION
01	-	-	机上用餐 MEAL ON BOARD	天府国际大酒店或同级 TIANFU INTERNATIONAL HOTEL OR SIMILAR
02	酒店早餐	中式合菜	石锅鸡风味	拉萨扎什颇章酒店或同级
	HOTEL BREAKFAST	CHINESE CUISINE	STONE POT CHICKEN FLAVOUR	LHASA TASHI PHODRANG HOTEL OR SIMILAR
03	酒店早餐	鲁朗石锅鸡风味	野山菌火锅风味	拉萨扎什颇章酒店或同级
	HOTEL BREAKFAST	LULANG STONE POT CHICKEN	MUSHROOM STEAMBOAT	LHASA TASHI PHODRANG HOTEL OR SIMILAR
04	酒店早餐	中式合菜	韩式烤肉	拉萨扎什颇章酒店或同级
	HOTEL BREAKFAST	CHINESE CUISINE	KOREAN BBQ FLAVOUR	LHASA TASHI PHODRANG HOTEL OR SIMILAR
05	酒店早餐	中式合菜	中式合菜	中恒藏吉喜玛酒店或同级
	HOTEL BREAKFAST	CHINESE CUISINE	CHINESE CUISINE	ZHONGHENG ZANGJI XIMA HOTEL OR SIMILAR
06	酒店早餐	中式合菜	排骨火锅	八宿紫宸泊閱大酒店(然烏湖店)或同级
	HOTEL BREAKFAST	CHINESE CUISINE	PORK RIB HOT POT	ZICHEN BOYUE HOTEL OR SIMILAR
07	酒店早餐	中式合菜	石锅鱼风味	林芝希尔顿大酒店或同级
	HOTEL BREAKFAST	CHINESE CUISINE	STONE POT FISH FLAVOUR	HILTON LINZHI RESORT OR SIMILAR
08	酒店早餐 HOTEL BREAKFAST	中式合菜 CHINESE CUISINE	四川鸳鸯火锅 SICHUAN STEAMBOAT	-
09	机上用餐 MEAL ON BOARD	-	-	-

Travel Essentials:

- Passport or Visa Participants are responsible for ensuring that their passports are valid for at least 6 months from the return date and obtaining necessary visas and permits.
- Travel Insurance We recommend purchasing comprehensive travel insurance before departure.

Terms and Conditions:

- $1. Tour \ fare \ quoted \ is \ for \ Malaysian, \ non-Malaysian \ surcharge \ applied.$
- 2. The itinerary, meals, accommodations, and transportation are subject to adjustments without prior notice.
- 3. The sequence of itinerary, meals, and accommodations will be arranged according to local hosts and weather conditions.
- 4. In unforeseen circumstances, especially during peak travel seasons, we reserve the right to modify or cancel the itinerary.
- 5. We shall not be held responsible for any printing errors or omissions in our promotional materials or any other communication media, and reserve the right to rectify such inaccuracies.
- ${\bf 6.} \\ {\bf Each \, member \, participating \, in \, our \, tours \, is \, responsible \, for \, their \, own \, safety \, and \, conduct.}$
- 7. In the event of unforeseen circumstances (such as transportation delays/cancellations, weather, illness, demonstrations, war, etc.) leading to additional expenses, we bear no responsibility, and travelers must bear the extra costs themselves.
- 8. The above images are for reference purposes only. Actual conditions may vary.

旅行必备:

- 参团者需确保护照有效期至少为返程日期的六个月,并取得必要的签证和准证。
- 出发前,我们建议您购买全面的旅游保险。

条坝:

- 1. 团费仅适用于大马公民, 外国公民则需缴付额外费用。
- 2. 旅程、膳食、住宿和交通的先后顺序将根据当地接待社和天气情况可能会有所调整,恕不另行通知。
- 3.在无法预料的特殊情况下,尤其是在旅游旺季期间,我们将保留修改或取消行程的权利。
- 4. 若宣传手册或任何传播媒介出现任何印刷错误或遗漏,本社概不负责,并保留更正的权利。
- 5.参与本社旅游团的每位成员必须对自己的安全和行为负责。
- 6.若发生无法预料的特殊情况(如:交通延误/取消、天气、疾病、示威、战争等),导致额外支出,我们概不负责,旅客需自行承担额外费用。
- 7. 上述图片仅供参考,请以实际情况为准。

For Agent Use Only: 仅供代理商使用:

Updated Date 更新日期: JUL 2024