

9D7N

中国西藏
CHINA TIBET

LOVELY
VACATION
WHERE HAPPINESS BEGINS

西藏 | 来古冰川 | 成都 | 林芝 | 然乌 | 拉萨

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

神秘西藏+来古冰川 TIBET

「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。

Professional Photography Guide



专业摄影
领队带队

Exclusive Small Group Tour below 20 Pax



精致小团
不超20人

No Shopping Stop & No Optional Tour



无购物站
无自费项目

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.



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

(TOUR CODE: 9CTB)



行程细节

TOUR ITINERARY

TOUR BY LOVELY VACATION (TOUR CODE: 9CTB)

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(含圣湖边牦牛和藏葵拍照)：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葵，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)



• 布达拉宫



• 羊卓雍措(含圣湖边牦牛和藏葵拍照)



• 来古冰川

*所列明行程、餐饮和住宿安排的顺序可能会由当地地接运营商根据实际的天气情况进行最终确定。



行程细节

TOUR ITINERARY

TOUR BY LOVELY VACATION (TOUR CODE: 9CTB)

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

D5 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

D7 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.

D8 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)





特色亮点 HIGHLIGHT

- **直飞拉萨 (节省22小时的青藏火车旅程) :** 无需乘坐长途火车, 轻松直抵拉萨, 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。
- **Direct Flight to Lhasa :** Save 22 Hours on the Qinghai-Tibet Train
 - **Professional Photography Guide :** A professional photography guide capturing every beautiful moment of your trip.
 - **Complimentary Personalized Travel Video :** Receive a free personalized travel video to cherish your unforgettable memories.
 - **Tibetan Costume Photography :** Dress in traditional Tibetan attire & Professional Photos with 10 Digital Copies
 - **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 DAY	早餐 BREAKFAST	午餐 LUNCH	晚餐 DINNER	酒店住宿 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 HOTEL BREAKFAST	中式合菜 CHINESE CUISINE	石锅鸡风味 STONE POT CHICKEN FLAVOUR	拉萨扎什颇章酒店或同级 LHASA TASHI PHODRANG HOTEL OR SIMILAR
03	酒店早餐 HOTEL BREAKFAST	鲁朗石锅鸡风味 LULANG STONE POT CHICKEN	野山菌火锅风味 MUSHROOM STEAMBOAT	拉萨扎什颇章酒店或同级 LHASA TASHI PHODRANG HOTEL OR SIMILAR
04	酒店早餐 HOTEL BREAKFAST	中式合菜 CHINESE CUISINE	韩式烤肉 KOREAN BBQ FLAVOUR	拉萨扎什颇章酒店或同级 LHASA TASHI PHODRANG HOTEL OR SIMILAR
05	酒店早餐 HOTEL BREAKFAST	中式合菜 CHINESE CUISINE	中式合菜 CHINESE CUISINE	中恒藏吉喜玛酒店或同级 ZHONGHENG ZANGJI XIMA HOTEL OR SIMILAR
06	酒店早餐 HOTEL BREAKFAST	中式合菜 CHINESE CUISINE	排骨火锅 PORK RIB HOT POT	八宿紫宸泊閣大酒店 (然烏湖店) 或同级 ZICHEN BOYUE HOTEL OR SIMILAR
07	酒店早餐 HOTEL BREAKFAST	中式合菜 CHINESE CUISINE	石锅鱼风味 STONE POT FISH FLAVOUR	林芝希尔顿大酒店或同级 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.
6. 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。

条款:

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