

# 9D7N | CHINA TIBET

# MYSTERY TIBET

## CHENGDU | XINING | LHASA | NYINGCHI

No Shopping Stop & No Optional

# 9天7晚 | 中国 神秘西藏 成都 | 西宁 | 拉萨 | 林芝

无购物站 & 无自费

## HIGHLIGHTS 特色行程

## 打卡圣地 POPULAR PHOTO SPOTS



- **Tibet Railway – Soft Berth Cabin**  
• 青藏铁路-软卧

- **Personal Photo Shooting with Tibetan Costume** Complimentary 10 soft copy photos
- 传统特色藏装由专业摄影师拍照-赠送10张电子底片

- **Wenching Princess Performance**  
• 实景表演-文成公主

- **Yamdroktso Lake** Complimentary photo with domestic yak and Tibetan Mastiff
- 羊卓雍措(含圣湖边牦牛和藏獒拍照)



LOVELY  
VACATION

我爱旅游

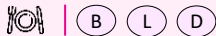
TOUR CODE:-9CCT- | UPDATED: 23JUL2024

## 第一天 吉隆坡国际机场 - 成都



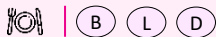
- 机场集合办理登记手续，前往成都

## 第二天 成都 - 西宁 - 青藏铁路



- 乘坐内陆航班至西宁
- 力盟商业街  
是国家AAAA旅游景区，是中国第27条“中国著名商业街”融汇数千年河湟文化内涵，承载城市特色，传袭城市文化底蕴，充分展示城市发展活力
- 乘坐青藏火车前往拉萨  
欣赏青藏铁路无限美丽风光，途经中国最大的地热发电站【羊八井地热发电站】；过五道梁，抵达昆仑山口(4837m)，远观西王母瑶池神宫、昆仑玉珠峰、西大滩冰川等，从昆仑山至沱沱河段，还可观赏到高原野生动物，如藏羚羊、野驴、黄羊等，观赏【长江第一桥】。翻越【唐古拉山(5231m)】，遥望长江的发源地格拉丹东冰峰

## 第三天 青藏铁路 - 拉萨



- 青藏火车抵达拉萨
- 拉萨  
是中国西藏自治区的首府，西藏的政治、经济、文化和宗教中心，也是藏传佛教圣地，拉萨位于西藏高原的中部、喜马拉雅山脉北侧，海拔3650米（要防内源氧缺乏症），拉萨全年多晴朗天气，降雨稀少，冬无严寒，夏无酷暑，气候宜人。全年日照时间在3000小时以上，素有“日光城”的美誉。拉萨接火车后送回酒店休息适应高原环境

## 第四天 拉萨



- 布达拉宫  
世界上最高的宫殿，也是达赖喇嘛的冬宫，历代达赖喇嘛驻锡地，然后参观西藏最大的手工艺品和地毯厂，了解西藏当地特产和工艺。下午前往著名的
- 大昭寺  
是藏王松赞干布为尼泊尔王妃建的寺庙
- 八角街  
围绕在大昭寺周围的一圈老城街道，藏族人活动的中心。八廓街是传统藏族街道
- 传统特色藏装由专业摄影师拍照  
赠送10张电子底片

## 第五天 拉萨 - 羊湖 - 拉萨



- 羊卓雍措(含圣湖边牦牛和藏獒拍照)  
湖面波光粼粼，风景如画，好像人间天堂！
- 大型实景剧 - 文成公主表演  
以拉萨自然山川为背景，在高原圣域的璀璨星空下，讲述了大唐文成公主与吐蕃王松赞乾布和亲的故事

## 第六天 拉萨 - 巴松措 - 林芝



- 巴松措  
也叫「措高湖」，意为“绿色的水”，湖面海拔3700多米，有瑞士湖光山色之美，湖长约12公里，最深处60多米，总面积6000多亩，巴松措湖是红教-藏传佛教宁玛派的著名神湖和圣地，岛上有一座寺，面积200余平方米，名为【错宗寺】，香火十分鼎盛，始建于吐蕃赞普时期，属藏传佛教宁玛派寺庙，距今已有1500多年的历史。殿内还有两块天然鹅卵石，石上凹陷的圆窝，传说是格萨尔王征战此地实战马留下的蹄印。岛上的其他地方，也流传着许多神奇传说，如格萨尔王挥剑在石头上留下的剑痕，树叶上有自然形成的藏字母的“字母树”，松赞干布在石头上留下的足印，莲花生洗脸的神泉
- 林芝桃花沟(3月15日-4月10日)  
漫山遍野的桃花

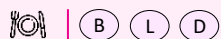
-按气候每年不同会有所改变，以上花期不能完全保证准确

## 第七天 林芝 - 成都



- 乘搭内陆航班返回成都
- 东门市井  
是成都有名的特色街区之一，街区划分为四川美食、市井赶场、传统休闲老茶馆三大部分

## 第八天 成都 - 吉隆坡



- 望江楼公园  
就在成都九眼桥锦江南岸。公园内有望江楼古建筑群、唐代著名女诗人薛涛纪念馆等文物遗迹
- 锦里古街  
西蜀历史上最古老、最具有商业气息的街道之一，早在秦汉、三国时期便闻名全国
- 宽窄巷子  
宽巷子与窄巷子是成都这个古老又年轻的城市往昔的缩影，一个记忆深处的符号，就是当地原住民原汁原味的生活区
- 晚餐后前往机场。

## 第九天 吉隆坡



- 结束美好的旅程



备注  
- 火车上安排软卧4人一间，铺位分别上/下铺，床位不能随意安排，客人可能被安排在上/下铺或与他人共用1房  
- 青藏铁路乘车时间乃根据铁路票务实际操作为准，所以旅行社无法人为控制并担保乘坐某指定车次。行程会以出发时获取的乘车时间为准，届时会给予客人最新通知



## KUALA LUMPUR - CHENGDU



- Depart from Kuala Lumpur International Airport to Chengdu and check in hotel.



## CHENGDU – XINING - TIBET RAILWAY



- **Take domestic flight to XiNing**
- **Limeng commercial street**  
The walking commercial street. One of the 27 famous street in China. The organic combination of Qin brick and Han tile and modern fashion, many original landscapes finally
- **Tibet Railway - Soft Berth Cabin**  
Extending 1,956 km from Lhasa and Xining, Qinghai-Tibet Railway is one of the world's greatest man-made marvels, which was once thought impossible. It holds the record for the world's highest train route, reaching altitudes of over 4,000m above sea level.



## TIBET RAILWAY - LHASA



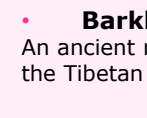
- **Arrival Lhasa by Railway**
- **Lhasa**  
The capital of the Tibet Autonomous Region, lies on the Lhasa River's north bank in a valley of the Himalayas. Rising atop Red Mountain at an altitude of 3,700m, the red-and-white Potala Palace once served as the winter home of the Dalai Lama. The palace's rooms, numbering around 1,000, include the Dalai Lama's living quarters, as well as murals, chapels and tombs



## LHASA - YAMDROKTSO - LHASA



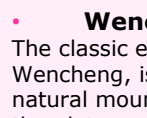
- **Potala Palace**  
It is considered a model of Tibetan architecture and also the highest palace in the world
- **Jokhang Monastery**  
An earliest architecture in Tibet, claimed to be the center around which the city of Lhasa developed, the complex is considered a model of Tibetan



## LHASA



- **Yamdrokto Lake (Complimentary photo with domestic yak and Tibetan Mastiff)**  
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



## Wenching Princess Performance

The classic epic masterpiece of the Tibetan culture, Princess Wencheng, is a large-scale real-life drama. It is based on the natural mountains and rivers of Lhasa. Under the starry sky of the plateau sanctuary, it tells the story of Datang Wencheng



## LHASA - BASUM-TSO - NYINGCHI



- **Draksum Tso**  
Also known as **Basum-Tso**. The lake and its surrounding views are beautiful and the site is also connected to the semi-mythical ruler of the Kham region and Guru Rinpoche. Walk through the bridge across the lake to visit the Tsodzung Monastery, most probably the highest attraction of this site.

- **Peach Blossom Ditch- (Mar 15 – Apr 15)**  
Is southeast of Nyingchi County, between Gala Village and Daze ditch. Nyingchi Peach Blossom ditch is famous, because it has a natural wild peach forest.

- Flower blooming dates are subject to seasonal changes



## NYINGCHI - CHENGDU



- **Take a domestic flight back to Chengdu**
- **East Gate Shijing**



## CHENGDU - KUALA LUMPUR



- **Wangjiang Pavilion Park**  
is located on the south bank of Jinjiang, the nine-eye bridge in Chengdu. In the park, there are cultural relics such as the ancient buildings of Wangjianglou and the famous Tang Dynasty female poet Xue Tao Memorial.
- **Jinli Ancient Street**  
Chengdu is a city brimming with a strong leisurely ambience with Jinli Street as the typical representative. The street is located to the east of the Wuhou Temple of Chengdu (the most famous Three Kingdoms period (220 - 280) relic museum in China).
- **Kuanzhai Alley**  
Also known as "Wide and Narrow Alley" or "Kuanzhaixiangzi Alley", consists of three historic paralleled alleys from Qing dynasty. Ancient style buildings, local Chengdu life, delicious Sichuan snacks, exquisite Sichuan handicrafts, etc. make it one of the most attractive places in Chengdu for people from the whole world
- After dinner transfer to airport



## KUALA LUMPUR



- Arrival home sweet home and end the tour.

### Remark

- Superior cabin is based on double-decker quad share basis. All the cabin allocations are fixed by railway authorities and unable to switch & select, and you might be sharing cabin with outsiders.  
- Departure time of Tibet Railway train is subject to actual time shown in automated ticketing system, hence we can't reserve and guarantee seats in particular train schedule. Any latest information will be notified to tour members the soonest.

## 航班详情 FLIGHT INFO

OD 672	KUL	TFU	2130	0215+1
OD 673	TFU	KUL	0315	0745

## 酒店详情 HOTEL INFO

当地4-5星住宿星级 (最后确认于同级酒店为准)

Hotel based on local 3-4 star or Onsen Class (Final confirmation on similar standard)

## CHENGDU

天府国际大酒店或同级

Tianfu International Hotel or similar

## LHASA (Trip.Best) 拉萨豪华酒店:

拉萨平措康桑自驾圣地富氧国际度假酒店或同级

Tibet Hostel or similar

## NINGCHI (Trip.Best) 米林当地风情酒店第1名

希尔顿酒店或同级

Hilton Linzhi Resort or similar

## CHENGDU

新希望武侯智选假日或同级

Holiday Inn Express Chengdu Wuhou or similar

## 餐食 MEALS INFO

天数 DAY	早餐 BREAKFAST	午餐 LUNCH	晚餐 DINNER
	x	-	机上用餐 Meal on board
2	酒店 Hotel	中式合菜 Chinese Cuisine	中式合菜 Chinese Cuisine
3	酒店 Hotel	火车正餐 Train Restaurant Dining	火车正餐 Train Restaurant Dining
4	酒店 Hotel	中式合菜 Chinese Cuisine	野山菌火锅 Mushroom Steamboat
5	酒店 Hotel	烤鸭风味 Roasted Duck Cuisine	韩式烤肉 Korea BBQ Cuisine
6	酒店 Hotel	中式料理 Chinese Cuisine	石锅鸡风味 Stone Pot Chicken
7	酒店 Hotel	中式合菜 Chinese Cuisine	四川风味 Sichuan Cuisine
8	酒店 Hotel	成都小吃 Chengdu Snack Cuisine	成都特色火锅 Sichuan Steamboat
9	机上用餐 Meal on board	-	-

## TERMS &amp; CONDITIONS

- Flights, transportation, hotels, meals and itinerary stated in the brochure are subject to change without prior notice. Any changes after booking shall be advised accordingly.
- The sequence of itinerary, meals and hotel arrangements are subject to the final confirmation by the local ground operator due to weather situation.
- Tour buses are arranged based on group size. Every passenger is entitled to one seat each. Should there be extra seats remaining, it shall be reserved for the baggage storage.
- Tour is conducted in Mandarin, unless otherwise stated.
- Purchase of travel insurance is highly advisable.
- The images shown in tour itinerary are only for indicative.
- For other conditions, please refer to overleaf of your booking form for our standard terms and conditions.
- The english version of itinerary shall prevail.

## 条款与条件

- 行程表所列出的航班资料, 交通, 行程, 酒店住宿及膳食安排, 将可能因应不同的出发日期而有所变动, 恕可能不及时通知。若报名后行程有所变动, 本社将另行个别通知。
- 行程, 膳食及住宿的先后次序, 将以当地接待社和天气情况安排为准。
- 本公司会根据团量来安排旅游巴士的大小, 但若巴士行李舱放置空间不足时, 若会遇上行李箱得放置在车厢内的可能, 所以一人一座位为前提。
- 基本上全程中文讲解为主。若需要以其他语言讲解, 务必在报名时提前通知本社。本社将另作安排, 但将以最终确认为准。
- 团队出发前建议购买旅游保险以则安心。
- 行程表附上的照片仅供参考。
- 为确保消费者权益, 详情请参阅单据背面之基本条款细节。
- 行程最终将以英文版本为准。