

Amazing 中国
CHINA 中国

8D7N
西藏 ~ 成都 /
林芝 / 拉萨 / 羊卓雍措 /
卡若拉冰川 / 日喀则 (内陆双飞)
TIBET ~ CHENGDU / NYINGCHI / LHASA / YAMDROKTSO /
KAROLA GLACIER / SHIGATSE (02 WAY DOMESTIC)

Tour Code: CAH-12

Golden
Destinations

全程无购物站
NO SHOPPING STOP



China
中国

特别安排
SPECIAL ARRANGEMENT

- 游一生必去的雪域秘境-藏地江南林芝
- 卡若拉冰川 - 离公路最近的雪域冰川, 即将消逝的高原冰川遗迹
- 网红级体验: 布宫早地拔葱视频 + 布宫观景下午茶
- 唯美定格: 与西藏圣湖羊湖的航拍VLOG
- 特别在八廓特别体验唐卡绘画
- 贴心安排拉萨+日喀则酒店提升为豪华氧气房



Potala Palace
布达拉宫



Yamdrok Yumtso
羊卓雍措



Basum Tso
巴松措

Gala Peach Blossom Village
嘎啦桃花村

行程次序, 以当地旅社安排为准。

*图片仅供参考

Sequences of Itinerary are subject
to local arrangement.

*Pictures shown are for illustration purposes only

*季节限定 3月15日-4月15日

此景点根据气候每年不同会有所
改变, 以上花期不能完全保证准确



Kuanzhai Alley
宽窄巷子



Barkhor street
八角街



卡若拉冰川

Karuala Glacier
卡若拉冰川



精简行程

第一天

抵达成都

(机上用餐/晚)

- 洛带古镇 (博客楼, 洛带古街)

第二天

成都 ✈ 林芝

(早/午/晚)

- 世界柏树王园林 (桃花节期间替换游览: 林芝嘎拉桃花村)
- 高原适应性休息 (提升赠送: 高原能量包: 内含抗高反迷你氧气瓶 1瓶、葡萄糖口服液5瓶、为您的高原之行保驾护航, 并赠送西藏精美转经筒礼品每人一份)

季节限定:

3月15日-4月15日: 林芝嘎拉桃花村

*花期以外不参观此景点

*按气候每年不同会有所改变, 以上花期不能完全保证准确。

第三天

林芝 (120公里) 巴松措

(380公里) 拉萨

(早/午/晚)

- 巴松措 (含观光车)
 - 湖心岛、措宗寺、结巴村

第四天

拉萨 (108公里) 羊湖

(232公里) 日喀则

(早/午/晚)

- 羊卓雍措 + 航拍体验 (赠送与西藏三大圣湖羊湖的航拍视频)
- 卡若冰川 (西藏三大大陆型冰川)
- 满拉水库

第五天

日喀则 (267公里) 拉萨

(早/午/晚)

- 扎什伦布寺 (历代班禅的驻锡地)
- 特别体验: 专业摄影师拍摄旱地拔葱视频, 赠送剪辑视频15秒, 赠送咖啡+小点心 (1人一份小蛋糕、青稞饼干、随机提供)

第六天

拉萨

(早/午/晚)

- 布达拉宫
- 药王山观景台 (打卡布宫最佳机位夜景)
- 大昭寺
- 八廓街 (特别体验唐卡绘画, 可带走)

第七天

拉萨 ✈ 成都

(早/午/晚)

- 宽窄巷子
- 成都熊猫主题邮局打卡 (特别赠送熊猫明信片)

第八天

成都 ✈ 吉隆坡

(早/机上用餐)

- 春熙路
- 太古里
- IFS 金融中心

观光景点:

成都

- 宽窄巷子 - 是成都最具代表性的明清古街, 由宽巷子、窄巷子、井巷子组成, 是川西民居与老成都慢生活的地标。
- 成都熊猫邮局 - 它是全球首个大熊猫主题邮局, 兼具传统邮政服务与强文创体验, 是成都必打卡的文旅地标。

林芝 (海拔3000米)

- 林芝嘎拉桃花村 (季节限定) - 被誉为“雪域高原的小江南”。每年3月中旬至4月上旬是桃花盛花期, 绵延花海与雪山、尼洋河谷共同构成“雪山映桃花”的绝美画卷。景区内设有桃花大道、观景台等设施。
- 巴松措 - 也叫“错高湖”, 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【措宗寺】, 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。

拉萨 (海拔3650米)

- 布达拉宫 - 布达拉宫坐落于拉萨市, 是一座集宫殿、城堡和寺院于一体的建筑, 并收藏着极为丰富的历史文物。布达拉宫依山而建, 是世界上最高的宫殿, 最高处海拔为3700多米。
- 大昭寺 - 大昭寺已有1300多年的历史, 在藏传佛教中拥有至高无上的地位, 也是藏传佛教最神圣的地方之一。
- 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。

羊卓雍措 (海拔4150米)

- 羊湖 - 羊卓雍措, 藏语意为“碧玉湖”, 位于西藏自治区山南市贡嘎县和浪卡子县, 羊卓雍措是集高原湖泊、雪山、岛屿、牧场、温泉、野生动植物、寺庙等多种景观为一体的、独特的自然风景区, 与纳木措、玛旁雍措并称西藏三大天湖, 周围还有常年不落的雪山冰峰, 最高的达海拔7000多米。
- 卡若拉冰川 - 卡若拉冰川是近南北向展布的乃钦康桑峰的组成部分, 位于西藏浪卡子县与江孜县的交界处。卡若拉冰川的冰舌前缘海拔。
- 扎什伦布寺 - 扎什伦布寺与拉萨的“三大寺”甘丹寺、色拉寺、哲蚌寺合称藏传佛教格鲁派的“四大寺”。

注意事项:

1. 高原反应 - 此行程内景点多数属于高海拔地区, 为防高山反应, 老年人和身体弱者需备好药品, 最好配备小型氧气瓶; 游客在高原旅行期间禁止饮酒, 不要剧烈运动, 多食蔬菜和水果; 心脏病患者和有哮喘的人不建议参与此行程。

2. 高原气候 - 高原气候变化多样, 昼夜温差大; 气候多变请带足保暖防寒衣物, 也随时可能下雨, 倾斜带好雨伞或雨衣, 高原山区紫外线、日照、阳光反射都很强, 旅客长时间在户外活动, 需要带上太阳镜, 防晒霜, 润唇膏, 穿好防晒衣保护皮肤, 手套, 围巾, 防滑性好的旅游或徒步鞋。

3. 各段景区内都有标注温馨提示以及注意事项, 请游客认真阅读, 避免意外发生。



✓ 7早餐/6午餐/7晚餐

风味餐:

- ★ 藏香猪风味
- ★ 尼泊尔风味

- ★ 石锅鸡风味
- ★ 成都熊猫小吃

- ★ 韩式烤肉
- ★ 野山菌火锅



酒店住宿 (7晚)

- ✓ 成都天府悦享酒店或同级
- ✓ 林芝乔穆朗宗酒店或同级
- ✓ 拉萨平措康桑酒店或同级
- ✓ 日喀则穆伦拉宗酒店或同级
- ✓ 拉萨希尔顿惠庭酒店或同级
- ✓ 成都诺富特酒店春熙路店或同级

x1晚
x1晚
x1晚
x1晚
x2晚
x1晚

自费项目: 大型实景剧-文成公主 + 藏族甜茶【人民币480/人】(最少10人出发)

免责声明: 由于新冠肺炎疫情旅行限制当地/宗教节日, 公众假期, 天气状况, 交通等情况, 自然灾害, 必要时黄金旅程保留对行程进行适当调整 (调整景点游览顺序) 以确保行程顺利进行, 会或事先通知。

备注: 如果旅游行程受到上述问题的影响, 将不予退款或更换。图片仅供参考。



SCHEDULE

D1 DEPART CHENGDU (MOB/D)

- ✓ Luodai Ancient Town (Boke Building, Luodai Old Street)

D2 CHENGDU ✈ NYINGCHI (B/L/D)

- ✓ World Giant Cypress Kingdom (Replaced by Nyingchi Gala Peach Blossom Village during Peach Blossom Festival)
- ✓ High-altitude Acclimatization Rest
 - Enhanced Complimentary Package: Plateau Energy Kit Includes 1 Mini Oxygen Canister For Altitude Sickness Prevention And 5 Bottles Of Oral Glucose Solution, Providing Extra Support And Comfort Throughout Your High-Altitude Journey. In Addition, Each Guest Will Receive One Exquisite Tibetan Prayer Wheel Souvenir As A Complimentary Gift.

*Seasonal Special:

March 15 – April 15: Nyingchi Gala Peach Blossom Village Not Available Outside Flowering Period; Flowering Time Varies By Climate, Not Guaranteed.

D3 NYINGCHI (120KM) BASUMTSE LAKE (380KM) LHASA (B/L/D)

- ✓ Basumtso Lake (Include Shuttle Bus)
 - Tsozong Temple on Central Island, Jieba Village

D4 LHASA (108km) YAMDROK LAKE (232km) LAKESHIGATSE (B/L/D)

- ✓ Yamdrok Yumtso + Complimentary Aerial Video with The Sacred Lake
- ✓ Karola Glacier (One of Tibet's Three Continental Glaciers)
- ✓ Manla Reservoir

D5 SHIGATSE (267km) LHASA (B/L/D)

- ✓ Tashilhunpo Monastery
- ✓ Special Experience : Filming a 15-second Video with the Backdrop of the Potala Palace, With A Cup Of Coffee And Snacks Per Person.

D6 LHASA (B/L/D)

- ✓ Potala Palace (Include Entrance Ticket)
- ✓ Yaowangshan Observation Deck (Best Spot for Night View of Potala Palace)
- ✓ Jokhang Temple ("Heart of the Snowy Plateau")
- ✓ Barkhor Street (Special Experience: Thangka Painting – Take Your Artwork Home)

D7 LHASA ✈ CHENGDU (B/L/D)

- ✓ Kuanzhai Alley
- ✓ Chengdu Panda Theme Postcard Office (Complimentary Panda Postcard)

D8 CHENGDU ✈ KUALA LUMPUR (B/MOB)

- ✓ Chunxi Road Pedestrian Street
- ✓ Taikoo Li
- ✓ IFS Financial Center (Panda Climbing Wall Photo Spot)



✓ 7 Breakfast / 6 Lunch / 7 Dinner

Special Cuisine:

- ★ Tibetan Pork Flavor
- ★ Korean BBQ
- ★ Chengdu Panda Snacks
- ★ Stone Pot Chicken
- ★ Nepal Flavor
- ★ Wild Mushroom Hotpot

TOURIST ATTRACTIONS:

CHENGDU

- ◆ **Kuanzhai Alley** - Is Chengdu's most representative ancient street from the Ming and Qing Dynasties, composed of Kuan Alley, Zhai Alley, and Jing Alley. It is a landmark of Western Sichuan residential architecture and old Chengdu's slow-paced life. Chengdu Panda Post Office - It is the world's first panda-themed post office. Blending traditional postal services with extensive cultural and creative experiences, it has become a must-visit cultural landmark in Chengdu.

NYINGCHI (Altitude at 3000m)

- ◆ **Nyingchi Peach Blossom Village (Seasonal)** - Known as "Little Jiangnan on the Snowy Plateau". Mid-March to early April: full bloom. Snow-capped mountains + Nyang River Valley + peach blossoms create stunning scenery. Equipped with peach blossom avenue, viewing platforms.
- ◆ **Basumtso Lake** - Basum Tso is one of the largest glacial freshwater barrier lakes in eastern Tibet. Known as the "emerald" of Nyingchi, Tibet, this plateau lake sits at an altitude of 3,464 meters, its waters crystal clear and surrounded by snow-capped mountains. In spring, admire the peach blossoms; in autumn, gaze upon the colorful forests. Stroll on Tashi Island visiting the ancient temple, savor stone pot chicken and yak buns, and encounter the most poetic seasonal tapestry of Tibet.

LHASA (Altitude at 3650m)

- ◆ **Potala Palace** - Located in the Lhasa city, Potala Palace is a combination of a palace, castle and monastery and renowned for its extensive collection of historical artifacts.
- ◆ **Jokhang Temple** - Jokhang Monastery has a history of over 1300 years and it has a supreme role in Tibetan Buddhism and is one of the holiest places in Tibetan Buddhism.
- ◆ **Barkhor Street** - A circle of old city streets surrounding the Jokhang Temple is the center of Tibetan activities.

YAMDROK YUMTSE (Altitude at 4150m)

- ◆ **Yamdrok Yumtso** - Whose Tibetan name translates to "Jade Lake," is situated in Gonggar and Langkazi counties of Shannan, Tibet. It is a unique natural sanctuary that brings together a stunning variety of landscapes, including high-altitude lakes, snow-capped mountains, islands, pastures, hot springs, diverse wildlife, and ancient temples. Alongside Namtso and Mapam Yumtso, it is celebrated as one of the Three Great Sacred Lakes of Tibet. The area is framed by majestic, year-round snow peaks, with the highest rising over 7,000 meters above sea level.
- ◆ **Karuola Glacier** - Is part of the Noijin Kangsang Peak, which extends roughly north-south. It is located on the border between Nagarze County and Gyantse County in Tibet. The terminus (snout) of the glacier sits at an altitude of 5,560 meters. The elevation of its lowest ice layer fluctuates slightly each year in response to temperature changes. Meltwater from Karola Glacier serves as the eastern source of the Nianchu River.
- ◆ **Shigatse** - Tashilhunpo Monastery - Tashilhunpo Monastery, together with Lhasa's "Three Great Monasteries" Ganden Monastery, Sera Monastery and Drepung Monastery, are known as the "Four Great Monasteries" of the Gulu Sect school of Tibetan Buddhism.

Remarks:

- Altitude Sickness - Please note most of the scenic spots in this itinerary are at high altitude area. Old age or with weak body traveller or frailty are strongly advisable to prepare common medicine while travelling to this area. Visitors are highly recommended to prepare Portable oxygen cylinder, not consume alcohol during the tour and avoid high intensity exercise. Lastly, patients with heart disease and asthma are to asthmatic patient should be cautioned against traveling to high altitude.
- Highland Climate - The temperature in highland zones with an alpine climate of monsoon types with a longer winter, shorter summer and great day-night temperature difference. Traveller are advisable to prepare umbrella, raincoat, sun block, sunglasses, hats, lip balm, thick sweaters, thick coats, waterproof clothes, scarves, gloves and antiskid hiking shoes and etc.
- Please take note on travel safety tips and precautions at each of the scenic spot to avoid incidents happen.



HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Chengdu Tianfu Joyhub Cheer Hotel or similar x1 Night
- ✓ Nyingchi QoMoLangZong Hotel or similar x1 Night
- ✓ Lhasa Paktso Kangsang Hotel or similar x1 Night
- ✓ Shigatse Mulung Lazong Hotel or similar x1 Night
- ✓ Home2 Suites by Hilton Lhasa Potala Place Hotel or similar x2 Nights
- ✓ Novotel Hotel Chengdu Chunxi Road Hotel or similar x1 Night

Optional Tour : Princess WenCheng Performance +Tibetan Sweet Tea [RMB480/person] (Minimum 10 Person)

Disclaimer: Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.

Remark: There will be no refund or replacement if the tour logistic affected by the above issue. All pictures are for illustration purpose only.

General Information

• 成都 CHENGDU •



货币 Currency 	中国元 人民币 Chinese Yuan Renminbi - CNY - RMB - CNY - RMB	信用卡 Credit Card 	* 致电信用卡中心，以延长你的信用卡额度 * Major credit cards such as Visa and Master card are mostly widely used
货币兑换率 Exchange Rate 	10 元 = 马币 6.50 10 CNY = MYR 6.50 *Subject to currency of the day* *以当天汇率为准*	拨号代码 Dial Code 	中国 : +86 China : +86
电压 Voltage 	电压 - 220伏特 Voltage - 220 V	插座 Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type B - 两脚扁型 + 一圆型插头 / 2 flat blade pin + 1 round pin 类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"
时差 Time Different 	中国 - 时间与马来西亚时间标准时无相差 China - No time different with Malaysia	行李托运 Luggage Allowance 	每人只限携带一件不超过7公斤的手提行李上机，以及托运行李不超过20公斤。 Each individual are entitled to check in 1 luggage of not more than 20 kg and a hand carry bag not more than 7 kg.
气候 Weather 	☐ Spring 春季 3月 - 5月 Mar to May 10°C ~ 25°C ☐ Summer 夏季 6月 - 8月 Jun to Aug 26°C ~ 20°C ☐ Autumn 秋季 9月 - 11月 Sep to Nov 24°C ~ 9°C ☐ Winter 冬季 12月 - 2月 Dec to Feb 10°C ~ -3°C *Subject to weather of the day* *以当天天气报告为准*		
飞机型号 Aircraft Type 	A330 B737 B787		

Departure Date:		Flight :	
出发日期:		航班行程:	
Tour Fare:		Airport Tax & Fuel Surcharge:	
团费:		机场税及燃油附加费:	
Tipping:		Agent Collection Fee:	
小费:		旅行社代收费:	
Visa:		Travel Insurance:	
签证:		旅行保险:	
		TOTAL :	
		总数:	



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GD Partner: