

西藏

Tibet

10D 08N

成都 / 林芝 / 鲁朗林海 / 巴松措 / 拉萨 / 青藏铁路 / 西宁
Chengdu / Linzhi / Lulang Forest Sea / Basongcuo / Lhasa / Qinghai-Tibet Railway / Xining



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|----------------------|---|---------|-------|
| DAY 1 – KUALA LUMPUR | ✈ | CHENGDU | 🕒 MOB |
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Meet your representative at the airport and check in.

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| DAY 2 – CHENGDU | ✈ | NYINGCHI | 🕒 B/L/D |
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Buddha Palm Sand Dune is famous for its spectacular sand dune landscape. The shape of the sand dune is unique and resembles the texture of the palm of your hand, hence its name.

Giant Cypress Park, some of the trees are hundreds or even thousands of years old. Take a stroll to admire these ancient giant cypress trees and feel the tranquility and mystery of nature.

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| DAY 3 – NYINGCHI – LULANG LINHAI – BASONGCUO | 🕒 B/L/D |
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Sejila Mountain is one of the highest peaks in the world, located in the center of the Himalayas. With an altitude of 8,848.86 meters (29,031.7 feet).

Lulang Linhai, the lakes and mountains are refreshing. The scenery here includes dense virgin forests, green grasslands, and clear streams.

Lulang Sea of Flowers Ranch: On the vast grassland of the ranch, various wild flowers bloom, like a colorful picture. Especially in the summer, the sea of flowers is even more prosperous and beautiful. Visitors can stroll, watch, take photos, and feel the beauty and tranquility of nature.

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| DAY 4 – BASONGCUO – LHASA | 🕒 B/L/D |
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Basongcuo (including sightseeing car + holy lake cruise) is one of the four holy lakes in Tibet. The water of Basongtso Lake is blue and clear, and it is known as one of the "most beautiful lakes in Tibet". It is located among the lofty mountains, surrounded by mountains.

The Mila Mountain Tunnel is a 409.2-kilometer-long Linla high-grade highway connecting Linzhi City to Lhasa City, with a total investment of 38 billion yuan. The entire line is constructed to four-lane first-class highway standards.

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| DAY 5 – LHASA | 🕒 B/L/D |
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Visit the world heritage protected **Potala Palace**, the tallest palace in the world, the winter palace of the Dalai Lama, and the residence of the Dalai Lama in the past dynasties.

The Jokhang Temple is a temple built by the Tibetan King Songtsen Gampo for the Princess of Nepal.

Visit **Bajiao Street**, a circle of old city streets surrounding the Jokhang Temple, the center of Tibetan activities. Barkhor Street is a traditional Tibetan street, the center of traditional Tibetan people's activities, and a famous commercial street in Lhasa.

Afternoon tea at Internet celebrity cafe: Provides high-quality coffee and tea, as well as exquisite afternoon tea snacks. It is a good place to savor life and relax.

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| DAY 6 – LHASA – YAMDROKTSO LAKE – LHASA | 🕒 B/L/D |
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Yamdrok Yumco: A holy land of Tibetan Buddhism, Yamdrok Yumco is surrounded by magnificent snow-capped mountains, vast grasslands and quiet villages, with picturesque scenery.

Naiqin Kangsang Snow Mountain : Surrounded by rich ecological resources, it is a habitat for wild animals and plants, and is also a paradise for photography enthusiasts.

The **group photo** with Tibetan **mastiff + yak** not only shows the unique cultural landscape of Tibet, but also reflects the concept of harmonious coexistence between man and nature.

Night view of Potala Palace : The Potala Palace at night is illuminated by lights, showing a charm different from that of the day.

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| DAY 7 – LHASA | 🚆 | TIBET RAILWAY | 🕒 B/L/D |
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Qinghai-Tibet Train (4person / cabin) : The soft sleeper carriage is also equipped with an air-conditioning system to ensure that passengers remain comfortable during the journey and can enjoy the magnificent scenery along the way and experience a unique railway travel experience.

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| DAY 8 – TIBET RAILWAY – XINING | ✈ | CHENGDU | 🕒 B/L/D |
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Dongguan Mosque: one of the largest mosques in Xinjiang. The architectural style of Dongguan Mosque is exquisite and solemn, with rich Islamic characteristics. Its architectural design combines Central Asian and Islamic styles. It is an important religious and cultural focus in Xinjiang.

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| DAY 9 – CHENGDU | ✈ | KUALA LUMPUR | 🕒 B/L/D |
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Dongmen Market is one of the famous characteristic neighborhoods in Chengdu. The neighborhood is divided into three parts: Sichuan food, market, and traditional leisure old teahouses.

Heming Tea House (free tea). Heming Teahouse is a teahouse located in Qingyang District, Chengdu. It is suitable for dating, family gatherings, dinners with friends, leisure breaks, etc.

Transfer to the airport and return home

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| DAY 10 – ARRIVAL IN MALAYSIA | 🕒 MOB |
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Your trip to Tibet ends here, I wish you good luck and good health!

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| 第1天 – 吉隆坡 | ✈ | 成都 | 🕒 机上用餐 |
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抵达成都天府机场，导游接机，入住酒店休息

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| 第2天 – 成都 | ✈ | 林芝 | 🕒 早/午/晚 |
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佛掌沙丘，其壮观的沙丘景观而闻名，沙丘形状独特，像极了手掌的纹路，因此得名。游客可以在这里欣赏到壮观的沙漠景色，感受到沙漠的神秘和辽阔。

巨柏树公园，其中一些树龄已达数百年甚至上千年之久，漫步观赏这些古老的巨柏树，感受大自然的宁静和神秘。

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| 第3天 – 林芝 – 鲁朗林海 – 巴松措 | 🕒 早/午/晚 |
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色季拉山世界上最高的峰之一，位于喜马拉雅山脉的中心。它的海拔高度为8,848.86米（29,031.7英尺），吸引着大量登山者和探险家前来挑战。

鲁朗林海,其景色如诗如画，湖光山色令人心旷神怡。这里的景色包括茂密的原始森林、碧绿的草地、清澈的溪流，吸引着众多游客和摄影爱好者前来观赏。

鲁朗花海牧场：在牧场的广阔草地上，各种野花绽放，如同一幅五彩斑斓的画卷，特别是在夏季时节，花海更是繁花似锦、美不胜收。游客们可以在这里漫步、观赏、拍照，感受大自然的美妙和宁静。

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| 第4天 – 巴松措 – 拉萨 | 🕒 早/午/晚 |
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巴松措 (含观光车 + 圣湖游船) 西藏的四大圣湖之一。巴松措湖水湛蓝清澈，被誉为“西藏最美的湖泊”之一。它坐落在崇山峻岭之间，四周群山环抱，景色壮丽。湖水倒映着周围的雪山、森林和草原，美不胜收。

米拉山隧道，连接林芝市至拉萨市的林拉高等级公路全长409.2公里，总投资380亿元，全线采用四车道一级公路标准建设，设计时速80公里。通车后拉萨至林芝的行车时间将由原来的8小时缩短为4小时。

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| 第5天 – 拉萨 | 🕒 早/午/晚 |
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参观世界遗产保护---**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。

大昭寺，是藏王松赞干布为尼泊尔王妃建的寺庙。

游览**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，是传统的藏族百姓活动的中心，也是拉萨市著名的商业街。

网红咖啡馆下午茶:提供高品质的咖啡和茶饮，以及精致的下午茶点心，是品味生活和放松心情的好去处。

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| 第6天 – 拉萨 – 羊卓雍错湖 – 拉萨 | 🕒 早/午/晚 |
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羊卓雍措：藏传佛教圣地，羊卓雍措周围环绕着壮美的雪山、广阔的草原和宁静的村落，风景如画。

乃钦康桑雪山：周围有丰富的生态资源，是野生动植物的栖息地，也是摄影爱好者的天堂。

与藏獒 + 牦牛合影，不仅展示了西藏独特的文化景观，也反映了人与自然和谐共生的理念。

布达拉宫夜景：夜晚的布达拉宫借着灯光照耀，展现出不同于白天的魅力，仿佛是一座梦幻般的宫殿，令人心生敬畏和向往。

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| 第7天 – 拉萨 | 🚆 | 青藏铁路 | 🕒 早/午/晚 |
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青藏火车 (4人/间)：软卧车厢还配备了空调系统，确保乘客在旅程中保持舒适，可以欣赏沿途的壮丽风景，体验独特的铁路旅行体验。

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| 第8天 – 青藏铁路 – 西宁 | ✈ | 成都 | 🕒 早/午/晚 |
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东关清真寺：疆地区最大的清真寺之一。东关清真寺的建筑风格典雅庄重，富有伊斯兰特色，其建筑设计融合了中亚和伊斯兰风格，是新疆地区的一处重要宗教和文化景点。

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| 第9天 – 成都 | ✈ | 吉隆坡 | 🕒 早/午/晚 |
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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。这里和李劫人故居“菱窠”一起构成了完整的劫人公园。

鹤鸣茶楼 (赠送茶水)。鹤鸣茶社，是一间茶座，位于成都市青羊区，适宜情侣约会、家庭聚会、朋友聚餐、休闲小憩等。

送机返回家园

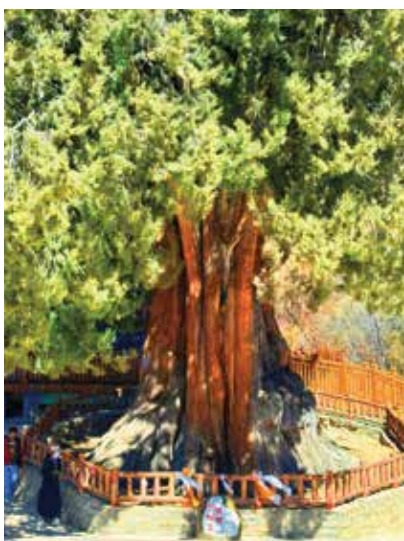
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| 第10天 – 抵达马来西亚 | 🕒 机上用餐 |
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您的西藏之行就到此结束，祝您好运，身体健康！

DAY
探索 **2. 佛掌沙丘** Buddha Palm Sand Dune



DAY
探索 **2. 巨柏树公园** Giant Cypress Park



DAY
探索 **3. 色季拉山** Sejila Mountain



DAY
探索 **3. 鲁朗林海** Lulang Linhai



DAY
探索 **3. 鲁朗花海牧场** Lulang Sea of Flowers Ranc



DAY
探索 **4. 巴松措** (含观光车 + 游船)

Basongcuo (including
sightseeing bus +
cruise ship)



DAY
探索 **4.** 米拉山隧道 Mira Mountain Tunnel



DAY
探索 **5.** 布达拉宫 Potala Palace



DAY
探索 **5.** 大昭寺 Jokhang Temple



DAY
探索 **5.八角街** Bajiao Street



DAY
探索 **5.网红咖啡馆下午茶** Afternoon tea at Internet celebrity cafe



DAY
探索 **6.羊卓雍措** Yamdrok Yumco



DAY
探索 **6.** 乃钦康桑雪山 Naiqin Kangsang
Snow Mountain



DAY
探索 **6.** 与藏獒 + 牦牛合影 Take photo with
Tibetan mastiff + yak



DAY
探索 **7.** 青藏火车 Qinghai-Tibet Train



DAY
探索 **8.**东关清真寺 Dongguan Mosque



DAY
探索 **9.**东门市井 Dongmen Market



DAY
探索 **9.**鹤鸣茶楼 Heming Tea House



【住宿】

[accomodation]





火车上
TRAIN



4人/间
4PERSON / CABIN



5★ 非遗博览园缇沃丽酒店
TIVOLI CHENGDU AT CULTURAL HERITAGE PARK



| 天数 DAYS | 早餐 BREAKFAST | 午餐 LUNCH | 晚餐 DINNER | 特选酒店 (或同级) SELECTED HOTELS (OR SIMILAR) |
|------------|------------------|---------------------------------|---------------------------------|---|
| 1 | - | - | 机上用餐 ON BOARD | 5★ 天府国际酒店 TIANFU INTERNATIONAL HOTEL |
| 2 | 酒店 HOTEL | 中式合菜 CHINESE CUISINE | 石锅鱼风味 STONE POT FISH | 5★ 林芝工布庄园希尔顿酒店 HILTON LINZHI RESORT |
| 3 | 酒店 HOTEL | 鲁朗石锅鸡 LULANG STONE | 中式合菜 CHINESE CUISINE | 5★ 松赞巴松措林卡酒店 SONGTSAM LINKA RETREAT LAKE BASONGCU |
| 4 | 酒店 HOTEL | 中式合菜 CHINESE CUISINE | 韩式烤肉 KOREAN BBQ | 5★ 拉萨香格里拉大酒店 SHANGRI-LA HOTEL LHASA |
| 5 | 酒店 HOTEL | 中式合菜 CHINESE CUISINE | 野山菌火锅 WILD MUSHROOM HOT POT | |
| 6 | 酒店 HOTEL | 板栗藏香鸡 CHESTNUT TIBETAN | 藏式风味 TIBETAN CUISINE | |
| 7 | 酒店 HOTEL | 火车上简餐 TRAIN CABIN RESTAURANT | 火车上简餐 TRAIN CABIN RESTAURANT | 火车上 TRAIN |
| 8 | 酒店 HOTEL | 西宁家宴 XINING CUISINE | 四川火锅 SICHUAN HOT POT | 5★ 非遗博览园缇沃丽酒店 TIVOLI CHENGDU AT CULTURAL HERITAGE PARK |
| 9 | 酒店 HOTEL | 药膳风味 HERB CUISINE | 粤菜风味 CANTONESE CUISINE | - |
| 10 | 机上用餐 ON BOARD | - | - | - |



石锅鱼



板栗藏香鸡



野山菌火锅



藏式风味



四川火锅



酒店自助餐



TENTATIVE FLIGHT DETAIL 暂定航班详情

| | | | | |
|--------------|-----------|---------|---|---------|
| DEPARTURE 出发 | Day 01 | KUL 吉隆坡 | - | CTU 成都 |
| | Day 02 | CTU 成都 | - | LZY 林芝 |
| RETURN 往返 | Day 08 | XNN 西宁 | - | CTU 成都 |
| | Day 09/10 | CTU 成都 | - | KUL 吉隆坡 |

*Flight schedule and estimate time of arrival and departure subject to airline confirmation without prior notice.
此航班仅供参考，对应的航班时间均有调整的可能，包括起飞时间的变化等。

GENERAL INFORMATION OF CHINA 中国概况

| 地点 LOCATION | 春 SPRING (MAR - APR) | 夏 SUMMER (MAY - AUG) | 秋 AUTUMN (SEP - OCT) | 冬 WINTER (NOV - FEB) |
|----------------|-------------------------|-------------------------|-------------------------|-------------------------|
| 拉萨 LHASA | -3 / 14°C | 5 / 24°C | 7 / 20°C | -5 / 9°C |
| 林芝 NYINGCHI | 0 / 16°C | 7 / 22°C | 5 / 20°C | -5 / 10°C |

Tour Fare 团费 PRICE QUOTED BASED ON PER PERSON

| DEPARTURE 出发日期 | Adult Twin 成人 | Child Twin 小孩占床 | Child W/B 小孩加床 | Child N/B 小孩无床 | Single Supp 单人房差 | Upgrade 升级 | Travel Insurance 旅游保险 |
|-------------------|------------------|--------------------|-------------------|-------------------|---------------------|---------------|--------------------------|
| | | | | | | | |

TERMS & CONDITIONS 备注：

- Flights, transportation, hotels, meals and itineraries and sequences stated in the brochure are subject to change without prior notice and subject to final confirmation. We reserves the right to alter itineraries at any time (without compensation) due to unforeseen circumstances, especially during peak periods or force majeure.
- Purchase of travel insurance is compulsory. The Company or our consortium agents shall not be liable for any losses or personal expenses incurred by tour members during the tour. Or in the event of unforeseen circumstances such as adverse weather conditions/natural disaster or other causes which may lead to traffic delays/extend stays, cancellation, rescheduling or others losses.
- Unless otherwise specified by request, tours are conducted in English.
- Tour buses are arranged based on group size which make sure every passenger is entitled to one seat each.
- Expenses of personal nature like tipping, laundry, telephone calls/internet data, beverages, photography fee at sightseeing, optional tour, medical expenses, any insurance or etc are on own expenses.
- No refund shall be entertained for any unutilized portion of the tour.
- Notwithstanding the place or country in which a course of action arises, it is expressly agreed hereto that all causes of actions shall at all times be commence within the jurisdiction and territory of the country.
- Airport taxes, fuel surcharges and visa fees do not form part of the tour fare and it should be borne by the passenger. The Company is only acting as an agency to collect the above charges therefore it is subject to the Terms and Conditions of the respective authorities & airlines in case if there is any hike if any of these fee without notice by the authorities.
- In case on any currency fluctuations or amendment in local Government & Hotel taxes, or any fuel hike, we reserve the right to adjust the tour price accordingly without any notice.
- Flight timing and schedules are not guaranteed and do not form part of the contract. They are subject to change at the insistence of the Aviation of Government Authorities for the Tour Member's safety, security and other reasons. Neither The Company nor the Carrier concerned will accept liability for reasons of flight cancellations, delays or diversions that is not within its control.
- The Company reserves the right to cancel or withdraw at any time bookings made by or on behalf of Tour Members prior to departure. However, the company will reserve the absolute right to vary the group size due to unforeseen circumstances. The decision of The Company shall be final and inclusive and no liabilities whatsoever shall be incurred by the Company for such cancellation.
- It is the Tour Member's responsibility to ensure that they have a valid passport with at least 6 months validity from the date of departure.

Deposit / Tour Payments

A non-refundable of RM 3000 per person must be paid upon reservation. Full payment shall be made 60 days before departure. If full payment is not received 60 days or more prior to departure date, the Company reserves the right to forfeit the deposit and cancel the reservation.

- Amendment fee is applicable to all booking which are confirmed and deposit paid. All amendments will need to be made 60 days before departure date amendment fee of (min RM300) will be charged and may vary depending on the changes. Any subsequent cost increases and surcharges will be borne by the tour member.
- Cancellation of booking must be made in writing. Deposit of RM3000 per person will be forfeited if the company received notice more than 60 working days. If the company received notice to cancel less than 60 working days before the date of departure, a 100% cancellation of tour fare will be charged.