

# 12D

## DISCOVERY IN TIBET

### 西藏精选游

CNXZ12



**11 Breakfast | 9 Lunch | 9 Dinner**

11 早餐 / 9 午餐 / 9 晚餐



**No Shopping Tour**

无购物



**4/5 Stars Accommodation**

(Subject to changes)

- Chengdu - \*\*\*\*\* (2 Nights)  
成都 - (两晚)
- Bome - \*\*\*\*\* (2 Nights)  
波密 - (两晚)
- Linzhi - \*\*\*\*\* (1 Night)  
林芝 - (一晚)
- Lhasa - \*\*\*\*\* (4 Nights)  
拉萨 - (四晚)
- Shigatse - \*\*\*\*\* (1 Night)  
日喀则 - (一晚)
- Xining - \*\*\*\*\* (1 Night)  
西宁 - (一晚)



**TIPPING (Not Inclusive)**

• **SGD 120 Per Person**

中国导游和司机 全程小费120新币 每人



QINGHAI-TIBET RAILWAY/青藏铁路

#### Optional Tour Excursion (自费加点项目)

- Large-scale live-action show: "Princess Wencheng" - RMB 580  
大型实景剧：“文成公主” - RMB 580

OPTIONAL ACTIVITIES THAT COMPLEMENT YOUR HOLIDAYS WILL BE AT YOUR OWN DISCRETION. • MINIMUM GROUP SIZE MAY APPLY.  
自费加点项目,将由您自行决定, . 以下价钱可能适用最低团体人数参考。

## SINGAPORE ✈️ CHENGDU 1

- Upon arrival, check in to the hotel and rest.

## 新加坡 ✈️ 成都

- 抵达后入住酒店休息

## CHENGDU ✈️ NYINGCHI - BOME 2

B/L/D

- **Yanni National Wetland Park** - Explore the picturesque wetland national park.
- **Bomi County** - Known as the "Swiss of Tibet," Bomi offers views of Mount Namjagbarwa on clear days after crossing the Sejila Mountain.

## 成都 ✈️ 林芝 - 波密

### 早餐/午餐/晚餐

- **雅尼国家湿地公园** - 游览风景如画湿地国家公园
- **波密县** - 有"西藏瑞士"之称的波密, 翻越色季拉山, 天气晴好时可远眺南迦巴瓦峰

## BOME - RANNIAO LAKE - MIDUI GLACIER 3

- BOME B/L/D

- **Ranwu Lake** - A dazzling gem on the Sichuan-Tibet Highway (National Route 318), formed by an ancient glacier-dammed lake.
- **Midui Glacier** - Formed by world-class ice waterfalls, each over 800 meters high and 1000 meters wide, with a primeval forest located between two waterfalls.

## 波密 - 然乌湖 - 米堆冰川 - 波密

### 早餐/午餐/晚餐

- **然乌湖** - 川藏线318国道上镶嵌的一颗耀眼明珠, 是古冰川堵塞湖泊
- **米堆冰川** - 米堆冰川由世界级冰瀑布汇流而成, 每条瀑布高800多米宽1000多米, 两条瀑布之间还分布着一片原始森林。

## BOME - LINZHI 4

B/L/D

- **Guxiang Lake** - A freshwater dammed lake formed by mudslides from Guxiang Valley blocking the Palong Zangbu River.
- **Lulang Forest** - A scenic area with valleys, mountains, and picturesque views of the Yarlung Tsangpo River.
- **Giant Cypress Forest** - Home to the 2500-year-old King Cypress, a unique ancient tree species in Tibet.

## 波密 - 林芝

### 早餐/午餐/晚餐

- **古乡湖** - 是一个淡水堰塞湖。是由古乡沟的泥石流堵塞帕隆藏布而形成
- **鲁朗林海** - 是一个风景名胜, 拥有山谷、山脉和雅鲁藏布江的风景如画的景色
- **巨柏林** - 参观有着2500年历史巨柏王的巨柏林, 西藏特有的古树

## LINZHI - LHASA 5

B/L/D

- **Basong Lake** - One of the largest dammed lakes in eastern Tibet. Shaped like a crescent, it is surrounded by deep gorges, with clear water reflecting the snow-capped mountains. There is a small island with a temple, Chosong Monastery, built in the late Tang Dynasty.
- **Kading Gorge** - A typical canyon landscape with unique peaks, strange rocks, and ancient towering trees.
- **Lhasa** - Arrive at the hotel to rest and acclimate to the high-altitude environment, minimizing the risk of altitude sickness.

## 林芝 - 拉萨

### 早餐/午餐/晚餐

- **巴松措湖** - 是西藏东部最大的堰塞湖之一。湖形状如镶嵌在高峡深谷中的一轮新月。湖水清澈见底, 雪山相映湖中。湖中有一小岛, 岛中有一建于唐代末的寺庙一措宗寺
- **卡定沟** - 是典型的峡谷地貌, 奇峰异石古树参天
- **拉萨** - 前往酒店休息, 以便让身体适应高原环境, 尽量减少高原反应的可能性

## LHASA 6

B/L/D

- **Potala Palace** - Visit the UNESCO World Heritage site, Potala Palace, the highest palace in the world. It combines elements of a palace, fortress, and monastery, and is the largest and most complete ancient palace complex in Tibet. Also, enjoy the night view of the Potala Palace.
- **Jokhang Temple** - A Tibetan Buddhist temple, considered the holiest in Tibetan Buddhism, listed as a World Heritage site in 2000.
- **Barkhor Street** - Explore and shop freely along this vibrant, historic street.

## 拉萨

### 早餐/午餐/晚餐

- **布达拉宫** - 参观世界文化遗产布达拉宫, 目前是世界上海拔最高, 集宫殿、城堡和寺院于一体的宏伟建筑, 也是西藏最庞大、最完整的古代宫堡建筑群, 参观布达拉宫夜景
- **大昭寺** - 一座藏传佛教寺院, 它在藏传佛教中拥有至高无上的地位, 2000年被列为世界文化遗产
- **八廓街** - 参观自由购物

## LHASA - GYANTSE - SHIGATSE 7

B/L/D

- **Yamdrok Lake** - A high freshwater lake at the foot of Gamba La Snow Mountain, known as the "Heavenly Sacred Lake," with breathtaking views.
- **Karola Glacier** - Visit the Karola Glacier, one of Tibet's three major continental glaciers, with year-round snow.
- **Jiangzi Ancient Town** - Known as the "Hero City" of Tibet, Jiangzi is the third-largest historic town in Tibet.

## SHIGATSE - LHASA 8

B/L/D

- **Zashilunbu Monastery** - Visit Zashilunbu Monastery in Shigatse, one of Tibet's six major monasteries, where the Panchen Lama resides.
- **Along the Yarlung Tsangpo River Canyon** - Enjoy the scenic drive back to Lhasa.

## LHASA 9

B/L/D

- **Norbulingka** - Built in 1751-1755, it served as the summer residence of the Dalai Lamas and is the largest Tibetan-style garden.
- **Sera Monastery** - One of Tibet's six major Gelug monasteries, known for its Vajra Buddhas and teachings.
- **Tibet Museum** - In Lhasa, it displays Tibet's history, culture, and art, with a rich collection of Buddhist artifacts.

## LHASA XINING 10

B

- **Qinghai-Tibet Railway** - Stretching 1,956 kilometers, with 960 kilometers above 4,000 meters, it passes through 550 kilometers of permafrost. The highest point is at 5,070 meters near Tanggula Mountain. Known as the "Railway Closest to the Sky," passengers will spend the night on the train (4 people per compartment).

**Note:** Each passenger is assigned a bed (upper or lower). During the peak tourist season from May to October, group members may be assigned to different cabins.

## XINING CHENGDU 11

B/L/D

- **Qingzhen Grand Mosque** - The largest and most well-preserved ancient building in Xining.
- **Yuanjia Village** - Explore Hehuang Ancient Town and enjoy Qinghai's folk culture and local snacks.
- **Kuanzhai Alley** - One of Sichuan's top ten beautiful streets, known for its historic charm.
- **Chunxi Road** - A lively and historic commercial street in Chengdu.
- **Jinli Ancient Street** - An ancient commercial street, one of the oldest in Sichuan history.

## 拉萨 - 江孜 - 日喀则

早餐/午餐/晚餐

- **羊卓雍措** - 位于冈巴拉雪山南麓，是世界最高的淡水湖之一，素有“天上圣湖”之称，湖光山色美丽，堪称藏南之最。
- **卡若拉冰川** - 参观终年积雪不化的卡若拉冰川，是西藏三大大陆型冰川之一
- **江孜古城** - 西藏的英雄之城，是西藏历史上第三大城镇

## 日喀则 - 拉萨

早餐/午餐/晚餐

- **扎什伦布寺** - 参观位于日喀则市城西的尼色日山坡上的扎什伦布寺，是藏传佛教著名的六大寺院之一，属于藏传佛教格鲁派的寺院历届班禅大师的驻锡地
- **沿雅鲁藏布江峡谷--一路风光--返回拉萨**

## 拉萨

早餐/午餐/晚餐

- **罗布林卡** - 建于1751-1755年，历代达赖夏季办公之所，是西藏最大藏式园林。
- **色拉寺** - 藏传佛教格鲁派六大寺之一，保存众多金刚佛像，是讲经圣地。
- **西藏博物馆** - 位于拉萨，展示西藏历史、文化和艺术，收藏丰富佛教艺术品。

## 拉萨 西宁

早餐

- **青藏铁路** - 沿途欣赏青藏高原美丽壮观的风景。全长1956公里，有960公里的海拔高程在4000米以上，其中550公里的地段穿越高原常年冻土地带。其最高点位于海拔5073米，常年白雪皑皑的唐古拉山垭口，被誉为“离天最近的铁路”和“世界上最高的铁路+夜宿火车 (4人一厢)

**备注:** 每位乘客将被分配一个床位 (上层或下层)。在旅游旺季期间，五月至十月，团体成员可能会被分配到不同的舱间 #

## 西宁 成都

早餐/午餐/晚餐

- **清真大寺** - 西宁市一座规模最大，保存最为完整的古代建筑
- **袁家村** - 体验河湟古镇魅力，了解青海民俗文化，自行品尝青海特色小吃
- **宽窄巷** - 四川十大最美街道，特色商业步行街，历史名街区
- **春熙路步行街** - 一条历史悠久，热闹繁华的商业街，是成都最具代表性、最繁华热闹的商业步行街
- **锦里古** - 一条古商业街，最早可追溯到秦汉时期。传说中锦里曾是西蜀历史上最古老、最具有商业气息的街道之一

## 12 CHENGDU SINGAPORE

成都

新加坡

B | 早餐

Disclaimer: Due to travel restrictions related to the COVID-19 pandemic, local religious holidays, public holidays, weather conditions, transportation, natural disasters, or other unforeseen circumstances, SEARCH TRAVEL reserves the right to make necessary adjustments to the itinerary (including changes in the order of sightseeing) to ensure the smooth progress of the trip, with or without prior notice. Please note that if the travel itinerary is affected by the aforementioned issues, refunds or replacements will not be provided. Images are for reference only. In case of any discrepancies between the Chinese and English versions of the itinerary, the Chinese version shall prevail.



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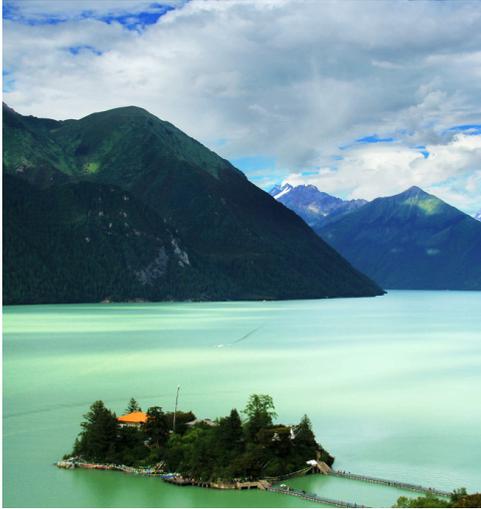


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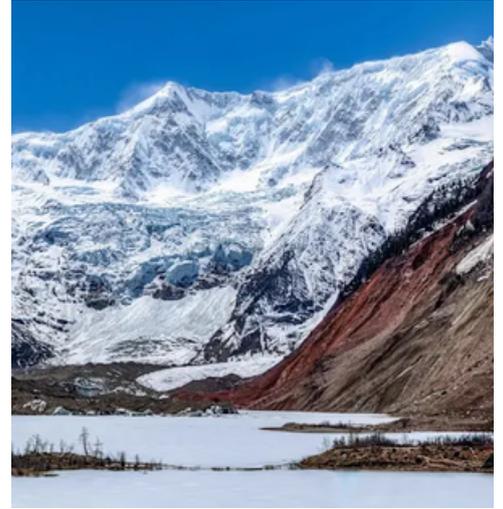
# ATTRACTIONS 旅游景点



Linzhi, Tibet  
**BASONG LAKE**  
巴松措湖



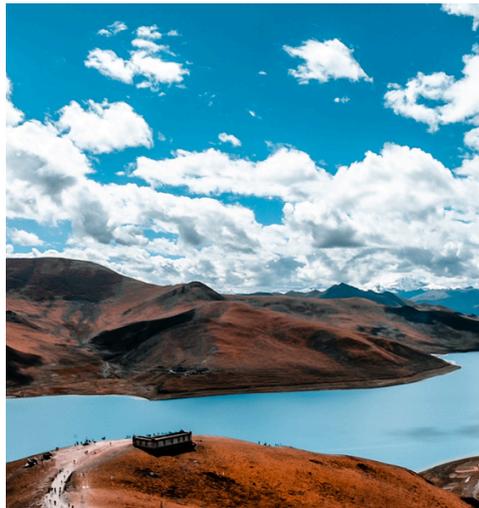
Jiangzi, Tibet  
**JIANGZI ANCIENT TOWN**  
江孜古城



Bome, Tibet  
**MIDUI GLACIER**  
米堆冰川



Lhasa, Tibet  
**POTALA PALACE**  
布达拉宫



Lhasa, Tibet  
**YAMDROK LAKE**  
羊卓雍措



Chengdu, Sichuan  
**KUANZHAI ALLEY**  
宽窄巷子

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