

10D9N

JOURNEY THROUGH MYSTICAL TIBET



TC: CHN-GT9JMTM

DAY 01 SINGAPORE ✈️ CHENGDU (MOB)

(Dinner)

Assemble at Changi International Airport for your flight to Chengdu, the capital city of Sichuan province. Upon arrival, check into hotel for a good rest.

DAY 02 CHENGDU ✈️ XINING (BY AIR) (ALTITUDE 2275)

(Breakfast/Lunch/Dinner)

After breakfast, today take a domestic flight to Xining. **Xining** is the capital of Qinghai Province of China, it is located in the northeastern part of the Qinghai Tibet plateau, Xining is a must-pass place for the ancient: Silk Road” and the “Ancient Tang-Tibet Road”. Visit **Dongguan Mosque**, it is the largest mosque in Qinghai, Next to **Moja Street**, it has a history of 600 years.

DAY 03 XINING - LHASA (QINGHAI-TIBET RAILWAY)

(Breakfast/Lunch)

After breakfast, visit **Kumbum Monastery** is the birthplace of Tsongkhapa, the founder of the Gelug Sect, the main building in the center of the temple, The Dajinwa Hall, has green walls and golden tiles, and is brilliant, together with other buildings, it forms a group of unique ancient buildings that combine Chinese and Tibetan art buildings. Take a **Qinghai-Tibet Railway** to Lhasa. Is a high elevation railway that connects Qinghai to Lhasa.

The length of the railway is 1972KM, it will be arrived in Lhasa in the afternoon the next day (around 22Hrs), In view of the special operating conditions of the Qinghai-Tibet Railway, the train frequency and departure time will be based on the specific ticket price on the day of the train ride.

(Accommodation on board – 4 berths soft bedroom, Meals no include, Staff will push the dining car to and from each carriage during meals, you can choose to diner in the train restaurant. – own expense)

DAY 04 ARRIVAL LHASA (ALTITUDE 3650)

(Dinner)

Take the world's highest-elevation Qinghai-Tibet Railway special train to Lhasa throughout the day. Along the plateau railway with the highest altitude, longest mileage and most spectacular scenery in the world. Late afternoon, arriving in Lhasa, Lhasa it is located at an elevation of 3650M, capital of the Tibet Autonomous Regions, and an ancient city with a history of more than 1,300 years and is the political, economic, cultural and religious center of Tibet. After arriving in Lhasa, Meet and transfer to hotel. Take a rest. To smoothly pass through the plateau climate adaptation period.

DAY 05 LHASA

(Breakfast/Lunch/Dinner)

After breakfast, today visit **Potala Palace**, it was the winter palace of the Dalai Lamas from 1649 to 1959, Has been a museum since then, and a world heritage site since 1994. Afternoon visit **Jokhang Temple**, also known as the Qoikang Monastery, Next have free time at **Bajiao Street**, it is a famous turning road and commercial center in Lhasa.

DAY 06 LHASA

(Breakfast/Lunch/Dinner)

After breakfast, visit **Drepung Monastery**. Is one of the “Great three” Gelug university gompas of Tibet. The other two are **Ganden Monastery** and **Sera Monastery**. Afternoon visit **Norbulingka** -Is a palace and surrounding park in Lhasa, it served as

the traditional summer residence of the successive Dalai Lamas from 1780 up until the 14 th Dalai Lama’s exile in 1959.

DAY 07 LHASA - GYANTSE – SHIGATSE (360KM, ALTITUDE 3850)

(Breakfast/Lunch/Dinner)

After breakfast, today proceed to 4900M high **Gambala snow mountain**, to have far view of **Gambala Radar station**, Next proceed to **Yamdruk Lake** is one of the three largest lakes in Tibet. It is surrounded by many snowcapped mountains and is fed by numerous small streams. Visit **Karola Glacier**, A magical beauty brought to nature, Proceed to **Gyantse** visit **Baiju temple**, overnight stay at Shigatse City.

DAY 08 SHIGATSE - LHASA (280KM, ALTITUDE 3650)

(Breakfast)

After breakfast, today visit to **Tashi Lhunpo Monastery** is an historically and culturally important monastery in Shigatse, Founded in 1447 by the 1st Dalai Lama, Afternoon along the Yarlung Zangbo river back to Lhasa.

DAY 09 LHASA ✈️ CHENGDU (BY AIR)

(Breakfast)

After breakfast, Free on your own leisure till transfer to Airport for your domestic flight to Chengdu. Upon arrival, meet and transfer to hotel and free on your own leisure.

DAY 10 CHENGDU ✈️ SINGAPORE

(Breakfast)

After breakfast, transfer to the airport for your flight back to Singapore.

Notes : Upon arrival at Tibet doctors will be present to provide professional advice. There will be free oxygen containers on board the coach in Tibet to provide oxygen in any case needed.

- ✦ In the event of any discrepancy between the English and Chinese itineraries, the Chinese version shall prevail.
- ✦ Mandarin speaking tour.
- ✦ Actual sequence of itinerary is subject to change without prior notice
- ✦ Tipping for local guide & driver: RMB 30 x 10D RMB300/Adult & Child same.
- ✦ There are 2 shopping stops within whole journey.



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探索西藏神秘之旅



TC: CHN-GT9JTMT

第一天 新加坡 ✈️ 成都 (飞机餐)

(晚餐)

齐集樟宜机场搭乘豪华客机前往中国四川省会--成都, 飞抵成都天府国际机场, 接团后入住酒店休息。

住宿: 4*天府国际酒店或同级

第二天 成都 ✈️ 西宁 (内陆飞机) (海拔 2295)

(早餐 / 午餐 / 晚餐)

今天飞往青海省府-西宁。西宁四面环山, 三川会聚, 扼青藏高原入口咽喉, 素有“青藏门户”之称的高原明珠城市—西宁。西宁是有着 2100 年历史的高原古城, 被称为“丝绸之路南道”, 是铁路出入西藏的重要枢纽。参观建筑宏伟壮观, 同时兼具藏汉风格, 风格为国内清真寺所仅有的中国西北四大清真寺之一的东关清真大寺, 浏览高原城市独特风光。青藏高原以得天独厚的自然地理优势而为世人推崇。到莫家街闲逛, 商店, 美食店林立。

住宿: 4*青海假日王朝酒店或同级

第三天 西宁 - 拉萨 (青藏列车)

(早餐 / 午餐)

上午参观藏传佛教六大寺院之一的著名寺院, 藏传佛教格鲁派创始人宗喀巴大师的诞生地, 以堆绣、壁画、酥油花“艺术三绝”闻名遐迩, 气势恢弘的塔尔寺。塔尔寺得名于寺中大金瓦殿内纪念宗喀巴的大金塔。接着返回西宁搭乘世界海拔最高的青藏铁路专线列车前往拉萨, 列车将沿唐文成公主进藏的唐蕃古道, 黄土高原与青藏高原、汉文化与藏文化的分界线, 沿着面积 4500 多平方公里, 中国最大的内陆咸水湖青海湖湖畔贯穿青海前往西藏拉萨, 青海湖湖面碧波万顷, 湖畔草原辽阔, 麦浪翻滚, 充满诗情画意而又无比壮丽辉煌。这是一段全景画般展现青藏高原雪域风光的精彩历程, 是梦想者的心路之旅。

青藏铁路西宁至拉萨总长 1972 公里, 约下午发车, 次日下午抵达拉萨, 行驶约计 22 小时。

鉴于青藏铁路特殊的运营状况, 火车班次和开行时间将以列车乘坐当日具体票面为准。(单程火车软卧(四人一室)。火车上不含餐, 用餐自理(列车上挂有餐车)。

第四天 抵达拉萨 (海拔 3650)

(晚餐)

全日搭乘世界海拔最高的青藏铁路专线列车前往拉萨, 西宁 - 格尔木 - 沱沱河 - 安多 - 那曲 - 当雄 - 拉萨。沿着世界海拔最高、里程最长、景色最壮观的高原铁路, 走过青海湖、昆仑山、可可西里、戈壁红柳长江源、唐古拉山、错那湖和羌塘草原, 在风驰电掣般奔驰的铁路列车中观赏全景画般的青藏高原雪域风光, 以及在广袤的原野上奔腾撒欢的藏羚羊、野牦牛和其它各种动物。抵达拉萨后敬献哈达迎客, 作高原气候适应性休息, 以平稳渡过高原气候适应期。拉萨是一座有着 1300 多年历史的古城, 是西藏政治、经济、文化、宗教的中心。由于拉萨一年的日照时间很长, 故被称为日光城。拉萨在藏语的意思为圣地, 市内名胜古迹繁多。抵拉萨后作高原气候适应性休息。

住宿: 4*吾思藏酒店或同级

第五天 拉萨

(早餐 / 午餐 / 晚餐)

上午参观坐落在市中心红山上达赖喇嘛的冬宫, 当今世界海拔最高的古代宫堡式建筑群—布达拉宫, 布达拉梵语意为观世音圣地, 为自公元七世纪以来历代达赖喇嘛驻地和西藏政教权力的中心。下午前往藏传佛教信徒心中的圣地—吐蕃古寺大昭寺, 接着赴拉萨最热闹的步行街八角街手工艺品市场游览, 浏览各式充满民族特色和异域风情的手工艺品。

住宿: 4*吾思藏酒店或同级

第六天 拉萨

(早餐 / 午餐 / 晚餐)

上午参观世界上最大的黄教寺庙之一的哲蚌寺, 五世达赖喇嘛重建布达拉宫之前历代达赖喇嘛的驻锡地。其鼎盛时期, 住寺喇嘛曾达到近一万人。下午游览最具西藏特色的园林, 达赖喇嘛的夏宫“宝贝园林”罗布林卡以及被称为“野玫瑰花园”的色拉寺, 如果幸运的话还可以观赏到著名的“喇嘛辩经”, 感受藏传佛教博大精深文化底蕴。

住宿: 4*吾思藏酒店或同级



十天九晚

探索西藏神秘之旅



TC: CHN-GT9JMTT

第七天 拉萨 - 江孜 - 日喀则 (360公里-海拔 3850)

(早餐 / 午餐 / 晚餐)

拉萨启程翻越海拔 4900 米的冈巴拉雪山，远眺冈巴拉雷达站，前往世界上最高的淡水湖有天上圣湖之美誉的羊卓雍湖。清澈的湖水、巍峨的雪山和如洗的蓝天融为一体，陶醉、震撼并涤荡着你的灵魂。观赏世纪冰川卡惹拉冰川，环绕羊卓雍湖前往电影《红河谷》外景地—江孜。参观唯一集西藏三大教派于一体，以精美绝伦的壁画和雕刻而著称的十万佛塔白居寺，远眺宗山抗英炮台后赴后藏重镇--日喀则。

住宿：4*喜嘎央怡酒店或同级

第八天 日喀则 - 拉萨 (280公里-海拔 3650)

(早餐 / 午餐 / 晚餐)

上午参观班禅大师灵魂安息地、黄教六大寺之一的扎什伦布寺。扎什伦布寺由一世达赖喇嘛根顿珠巴主持修建于 1447 年，后成为历代班禅额尔德尼驻锡地。寺内供奉有高 28 米世界上最大的铜佛坐像—“强巴佛”即弥勒佛像。瞻仰十世班禅大师灵塔。下午沿雅鲁藏布江回拉萨，沿途欣赏雅鲁藏布江草地峡谷、后藏大漠风光。

宿：4*吾思藏酒店或同级

第九天 拉萨 ✈ 成都 (内陆飞机)

(早餐)

早餐后前往贡嘎机场办理登机手续飞离拉萨，搭乘内陆航班飞往成都，抵达后接机送酒店，休息或自由活动。

宿：4*天府国际酒店或同级

第十天 成都 ✈ 新加坡

(早餐)

早餐后送机，返回美丽的家园。

备注：所有团队行程中按照“喜马拉雅行家”标准提供服务 - - 西藏地区特别安排藏民家访，安排品尝别致的藏式雪域风味餐饮，观赏高原独特的藏族歌舞表演，增加石锅鸡风味。西藏旅游车上免费提供备用氧气，抵拉萨当天可安排专业医生随团免费提供高原旅游医疗保障服务（医药费用自理），团队旅游行程中每日均提供矿泉水一瓶。

- ◆ 中英行程请以中文行程为标准，并以地接社最后确认为准。
- ◆ 酒店住宿以当地星级为准，或可能更改（同级）。
- ◆ 导游全程以中文讲解。
- ◆ 以下行程游览顺序有可能调整，但不会减少景点，以中国当地旅行社确认为准；如因天气原因需改变行程或无法游览，敬请客人谅解及配合。
- ◆ 司机及导游小费：人民币 30 X 10 天=300RMB/成人/小孩。
- ◆ 休憩购物站：西藏：1.藏医药文化博览中心 2.西藏天珠和唐卡工艺品



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