Amazing CHINA 中国

13D10N
风起西藏 · 云落珠峰
拉萨 / 日喀则 / 珠峰 / 林芝 / 波密
BEYOND THE CLOUDS · A JOURNEY OF A THOUSAND PEAKS
LHASA / SHIGATSE / MOUNT EVEREST / NYINGCHI / BOME

Kota Kinabalu ✈ Lhasa | Tour Code: 13SCLS

Golden Destinations®

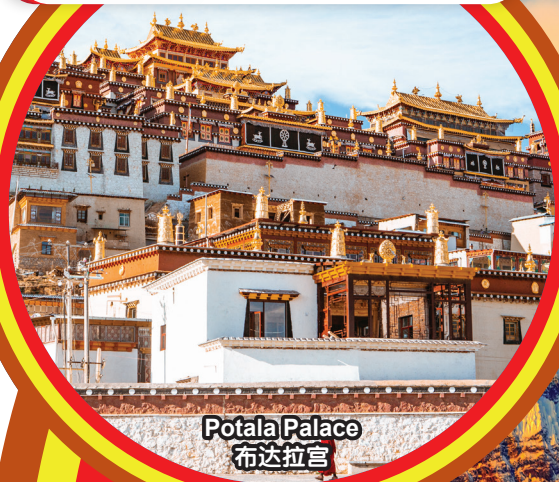
China 中国

全程无购物站
NO SHOPPING STOP

行程亮点 TOUR HIGHLIGHTS

- 高原安全保障配置：移动血氧检测，随车氧气钢瓶、珠峰期间移动制氧机，手持瓶装氧气及高反指定医院绿色快速通道
- 高反缓冲行程设计：拉萨进、林芝出，不走回头路
- 2+1航空座椅VIP豪华巴士，可135°躺平
- 藏服旅拍体验，赠送10张电子底片
- 迎宾哈达：感受藏族传统礼仪
- 特别安排打卡网红下午茶，欣赏并拍摄布达拉宫全景
- 赠送高原好礼：转经筒、五色节挂件、高原能量包


Yamdrok Lake (Snow Mountains & Yaks)
羊湖（雪山牦牛）


Potala Palace
布达拉宫



Everest Base Camp
珠峰大本营

Namcha Barwa Peak – Golden Mountain at Sunrise
南迦巴瓦峰日照金山

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

精简行程

第一天 亚庇机场 (–)

☑ 在亚庇机场集合，办理登机手续

第二天 亚庇 ✈ 中转城市 ✈ 拉萨 (机上用餐/午/晚)

☑ 经中转城市转乘飞往拉萨
☑ 入住酒店
高原医生巡房健康检查

第三天 拉萨 (早/午/晚)

☑ 布达拉宫+大昭寺（含耳麦和门票）
☑ 药王山观景台
☑ 八廓街（藏装旅拍体验）
☑ 网红下午茶 – 拍布达拉宫全景
海拔：3650米

第四天 拉萨 🚌 羊湖 🚌 日喀则 (早/午/晚)

☑ 羊卓雍措湖 – 与牦牛藏獒合影
☑ 卡若拉冰川
☑ 满拉水库
☑ 前往日喀则
配移动制氧机 *公里数：360KM / 海拔：3800米*

第五天 日喀则 🚌 扎西宗 (早/午/晚)

☑ 嘉措拉山口
☑ 珠峰大本营
☑ 绒布寺
☑ 前往扎西宗
配移动制氧机 *公里数：300KM / 海拔：4200米*

第六天 扎西宗 🚌 日喀则 (早/午/晚)

☑ 加乌拉山口
☑ 萨迦寺
☑ 返回日喀则
配移动制氧机 *公里数：320KM / 海拔：3800米*

第七天 日喀则 🚌 拉萨 (早/午/晚)

☑ 扎什伦布寺
☑ 日喀则自由市场
☑ 拉萨夜景
配移动制氧机 *公里数：360KM / 海拔：3650米*

第八天 拉萨 🚌 林芝 (早/午/晚)

☑ 经拉林高速
☑ 巴松措–湖心岛（含景交车）
☑ 措宗贡巴寺
☑ 前往林芝
公里数：400KM / 海拔：2900米

第九天 林芝 🚌 波密 (早/午/晚)

☑ 卡定沟天佛瀑布
☑ 鲁朗小镇
☑ 前往波密
桃花季期间特别安排游览波密桃花沟
公里数：280KM / 海拔：2750米

第十天 波密 (早/午/晚)

☑ 然乌湖
☑ 米堆冰川
公里数：260KM / 海拔：2750米

第十一天 波密 🚌 林芝 (早/午/晚)

☑ 古乡湖
☑ 鲁朗林海
☑ 色季拉山
·挂经幡 ·撒隆达 ·敲平安钟
☑ 观南迦巴瓦峰
☑ 返回林芝
公里数：280KM / 海拔：2900米

第十二天 林芝 ✈ 中转城市 ✈ 亚庇 (早/机上用餐)

☑ 于航班时间前往机场
☑ 经中转城市转乘返回亚庇

第十三天 亚庇机场 (–)

☑ 抵达亚庇，结束难忘的西藏之旅


Hanging prayer flags on Mt. Segrila
色季拉山挂经幡


Ranwu Lake
然乌湖

观光景点：

拉萨

◆ **布达拉宫 & 大昭寺 – 西藏灵魂 · 人文信仰核心**
布达拉宫是一座矗立在红山之巅的建筑奇迹，见证了西藏悠久的历史与文化；大昭寺是一座藏传佛教信徒心中的终极圣地，每天都有众多信众前来朝拜。是来到拉萨不可错过的人文地标。

羊湖

◆ **羊卓雍措湖 – 高原蓝宝石 · 高原三大圣湖之一**
简称“羊湖”，藏语意为“碧玉湖”。湖水随着光线的变化呈现出令人心醉的层次感蓝，如一条蔚蓝色的丝带盘镶于群山之间。

日喀则

◆ **珠穆朗玛峰大本营 & 绒布寺——世界之巅 · 极致震撼**
站在海拔5000米之上的世界之巅，近距离感受珠穆朗玛峰的壮丽。绒布寺静守雪山脚下，日照金山与璀璨星空交相辉映，带来震撼难忘的高原体验。

◆ **扎什伦布寺——后藏圣地 · 历代班禅驻锡地**
位于日喀则的后藏第一大寺，倚山而建，金顶红墙错落有致。寺内供奉着世界上最大的强巴佛（弥勒佛）铜像。

林芝

◆ **巴松措 – 西藏江南 · 绿宝石神湖**
藏语意为“绿色的水”，是藏传佛教著名神湖。湖心小岛上有一座千年古刹 – 措宗寺，宛如飘浮在翡翠湖面上的仙境。

◆ **南迦巴瓦峰 – 云中天堂 · 最美雪峰**
中国最美雪山之一，因常年云雾缭绕被誉为“羞女峰”。在色季拉山口祈福赏峰，若遇日照金山，便是雪域旅途中最珍贵的幸运。

波密

◆ **米堆冰川 – 冰雪奇观 · 纯净秘境**
中国最美的六大冰川之一，冰瀑布悬挂于山谷，近距离感受古老冰川的纯净与冷冽。

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；心脏病患者和患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，昼夜差问大；气候多变请带足保暖防寒衣物，也随时可能下雨，请携带好雨伞或雨衣，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，防滑性好的旅游或蹬步鞋。
3. 各段景点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。

✓ 10 早餐 / 10午餐 / 10 晚餐
风味餐：

★ 菌汤锅	★ 珠峰小火锅	★ 藏式巴河鱼	★ 自助烤肉
★ 广府粤菜	★ 林芝石锅鸡	★ 波密风味	

酒店住宿（10 晚）

✓ 拉萨德朋酒店 或 同级	x3晚
✓ 日喀则藏域雅布酒店 或 同级	x2晚
✓ 平措康桑珠峰大本营富氧酒店 或 同级	x1晚
✓ 林芝藏南桃谷湖畔度假酒店 或 同级	x2晚
✓ 波密山水酒店 或 同级	x2晚

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,会或否事先通知。
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 KOTA KINABALU AIRPORT (-)

☑ Assemble at Kota Kinabalu International Airport for flight check-in

D2 KOTA KINABALU ✈ TRANSIT CITY ✈ LHASA (MOB/L/D)

☑ Transfer via transit city and fly to Lhasa
☑ Check in hotel
In-room health check-up by a plateau doctor

D3 LHASA (B/L/D)

☑ Potala Palace & Jokhang Temple (Entrance fees & headsets included)
☑ Yaowangshan Viewing Platform
☑ Barkhor Street (Tibetan costume experience)
☑ Trendy Afternoon Tea (Panoramic view of Potala Palace)
Altitude: 3,650 m

D4 LHASA 🚌 YAMDROK LAKE 🚌 SHIGATSE (B/L/D)

☑ Yamdrok Tso (Photo opportunity with Yaks & Tibetan Mastiffs)
☑ Karola Glacier
☑ Manla Reservoir
☑ Proceed to Shigatse
Equipped with Portable Oxygen Concentrator
Distance: 360 km / Altitude: 3,800 m

D5 SHIGATSE 🚌 TASHIZONG (B/L/D)

☑ Gyatso-La Pass
☑ Mount Everest Base Camp (Equipped with portable oxygen concentrator)
☑ Rongbuk Monastery
☑ Proceed to Tashizong
Equipped with portable oxygen concentrator
Distance: 300 km / Altitude: 4,200 m

D6 TASHIZONG 🚌 SHIGATSE (B/L/D)

☑ Gawula Pass
☑ Sakya Monastery
☑ Return to Shigatse
Equipped with Portable Oxygen Concentrator
Distance: 320 km / Altitude: 3,800 m

D7 SHIGATSE 🚌 LHASA (B/L/D)

☑ Tashilhunpo Monastery
☑ Shigatse Local Market
☑ Lhasa Night View
Equipped with portable oxygen concentrator
Distance: 360 km / Altitude: 3,650 m

D8 LHASA 🚌 NYINGCHI (B/L/D)

☑ Drive along the Lhasa-Nyingchi Expressway
☑ Draksum Tso - Tashi Island (Shuttle bus included)
☑ Tsozong Gongba Monastery
☑ Proceed to Nyingchi
Distance: 400 km / Altitude: 2,900 m

D9 NYINGCHI 🚌 BOMÊ (B/L/D)

☑ Kadinggou Tianfo Waterfall
☑ Lulang Town
☑ Proceed to Bomê
During the peach blossom season, a special excursion to Bomi Peach Blossom Valley is included
Distance: 280 km / Altitude: 2,750 m

D10 BOMÊ (B/L/D)

☑ Rakwa Tso
☑ Midui Glacier
Distance: 260 km / Altitude: 2,750 m

D11 BOMÊ 🚌 NYINGCHI (B/L/D)

☑ Guxiang Lake
☑ Lulang Forest
☑ Serkhym La (Sejila Mountain)
•Hang Prayer Flags •Scatter Lungta •Ring the Peace Bell
☑ View Mount Namcha Barwa
☑ Return to Nyingchi
Distance: 280 km / Altitude: 2,900 m

D12 NYINGCHI 🚌 TRANSIT CITY 🚌 KOTA KINABALU (B/MOB)

☑ Transfer to the airport according to flight schedule
☑ Transit via transit city and fly back to Kota Kinabalu

D13 KOTA KINABALU (-)

☑ Arrive in Kota Kinabalu, ending a memorable journey to Tibet


Lulang Town
鲁朗小镇


Tashilhunpo Monastery
扎什伦布寺

TOURIST ATTRACTIONS:

LHASA

- **Potala Palace & Jokhang Temple - The Soul of Tibet & Cultural Heart**
  Perched atop Red Hill, the Potala Palace is an architectural marvel reflecting Tibet's rich history. Jokhang Monastery is one of the holiest Buddhist sites in Tibet and a must-see cultural landmark in Lhasa.

YAMDROK LAKE

- **Yamdrok Tso — The Plateau Sapphire & Sacred Lake**
  Known as the "Turquoise Lake," Yamdrok Tso shimmers in breathtaking shades of blue, stretching like a jade ribbon through the surrounding mountains.

SHIGATSE

- **Everest Base Camp & Rongbuk Monastery - Roof of the World & Himalayan Wonder**
  Experience Mount Everest up close from around 5,000 meters above sea level. Rongbuk Monastery offers breathtaking views of the world's highest peak, especially at sunrise and under starry skies.
- **Tashilhunpo Monastery - Sacred Realm of Tsang & Seat of the Panchen Lamas**
  Located in Shigatse, this historic monastery is known for its magnificent red walls, golden roofs, and monumental statue of Maitreya Buddha.

NYINGCHI

- **Draksum Tso - Jiangnan of Tibet & Emerald Sacred Lake**
  This sacred lake is framed by lush forests and snow-capped peaks. Tsozong Gongba Monastery on the central island floats like a fairytale temple upon the emerald-green waters.
- **Namcha Barwa - Heaven in the Clouds & Majestic Snow Peak**
  Known as the "Shy Girl Peak" for its misty veil, Namcha Barwa reveals its magnificent snow-capped summit from Serkhym La Pass, especially at sunset.

BOMÊ

- **Midui Glacier - Pure Ice Wonder & Hidden Alpine Gem**
  One of China's most beautiful glaciers, Midui Glacier features spectacular icefalls and pristine glacial ice surrounded by dramatic mountain scenery.

Remarks:

1. 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.
2. 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.
3. Please take note on travel safety tips and precautions at each of the scenic spot to avoid incidents happen.

✓10 Breakfast / 10 Lunch / 10 Dinner
Special Cuisine:

★ *Mushroom Soup Hot Pot* ★ *Mt. Everest Mini Hot Pot* ★ *Tibetan Style Bahe Fish* ★ *BBQ Buffet*
★ *Cantonese Cuisine* ★ *Nyingchi Stone Pot Chicken* ★ *Bome Style Cuisine*

HOTEL OR SIMILAR (10 NIGHTS)

✓ *DEBON International Hotel or similar*	*x3 Nights*
✓ *Shigatse Cangyu Yabu Hotel or similar*	*x2 Nights*
✓ *Tibet hostel Mount Everest Base Camp Oxygen-rich Hotel or similar*	*x1 Night*
✓ *Nyingchi Zangnan Taogu Hotel or similar*	*x2 Nights*
✓ *Landscape Hotel or similar*	*x2 Nights*

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

• 西藏 TIBET •

★★★★★ ★★★★★

货币 Currency	中国元 - CNY 人民币 - RMB Chinese Yuan - CNY Renminbi - 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23公斤。 Each individual are entitled to check in 1 luggage of not more than 23 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	 A320		

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

GD Partner:

Operated By
ICE HOLIDAYS SDN BHD
(230643-X) KPK/LN:2441