

Amazing CHINA 中国

8D7N

西藏 ~ 成都 / 林芝 / 羊卓雍措湖 / 卡若拉冰川 / 拉萨 / 日喀则 (内陆双飞)

TIBET ~ CHENGDU / NYINGCHI / YAMDROKTSO /
KAROLA GLACIER / LHASA / 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蓝冰, 即将消失的蓝冰奇迹
- 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
- 贴心安排拉萨酒店提升为豪华氧气房



Gala Peach Blossom Village
嘎啦桃花村



Yamdruk Yumtso
羊卓雍措



Basum Tso
巴松措



Potala Palace
布达拉宫

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



Kuanzhai Alley
宽窄巷子



Barkhor street
八角街



此处海拔5020米
AAA
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)

- 世界巨柏王国 (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: 内含便携补给、能量食品、舒缓用品, 为您的高原之行保驾护航

季节限定:
3月20日-4月20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 (119公里) 巴松措 (344公里) 拉萨 (早/午/晚)

- 巴松措 (含观光车)
 - 湖心岛、措宗寺、结巴村
- 秀巴古堡 (古碉楼 西藏最大转经筒)

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)
- 提升体验: 布宫旱地拔葱视频 + 布宫观景下午茶
- 药王山观景台 (打卡布宫最佳机位夜景)

第六天 拉萨 (早/午/晚)

- 布达拉宫
- 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3100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, 最深处60多米, 总面积6000多亩, 巴松措湖是红教一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3700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 3800 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, 周围还有常年不溶的雪山冰峰, 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”噶丹寺、色拉寺、哲蚌寺合称藏传佛教格鲁派的“四大寺”。



7早餐/6午餐/7晚餐

风味餐:

- 尼泊尔风味餐
- 鲁朗石锅鸡

- 野生菌风味
- 鱼餐巴河鱼风味

- 布宫观景藏式火锅
- 成都熊猫小吃



酒店住宿 (7晚)

- 成都天府国际大 (五星楼) 或天府皇冠假日酒店或同级 x1晚
- 林芝豪生酒店或酒店或同级 x1晚
- 拉萨乔穆朗宗酒店或同级 x1晚
- 日喀则乔穆朗宗酒店或同级 x1晚
- 拉萨希尔顿惠庭酒店 (市政府店) 或拉萨城际酒店或同级 x2晚
- 成都天府皇冠假日酒店或同级 x1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 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
 - Complimentary Upgrade: High Altitude Energy Pack (Portable Supplies, Energy Food, Soothing Items)

***Seasonal Special:**
 March 20 – April 20: Nyingchi Gala Peach Blossom Village Not available outside flowering period; flowering time varies by climate, not guaranteed.

D3 NYINGCHI (119KM) BASONGCUO (344KM) LHASA (B/L/D)

- ✓ Basongcuo Lake (Include Shuttle Bus)
 - Cuo Zong Temple on Central Island, Jieba Village
- ✓ Xiuba Ancient Castle (Ancient Watchtowers, Largest Prayer Wheel in Tibet)

D4 LHASA (108km) YAMDROK (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
- ✓ Upgraded Experience: Potala Palace Creative Video + Afternoon Tea at Potala Palace View Restaurant
- ✓ Yaowangshan Observation Deck (Best Spot for Night View of Potala Palace)

D6 LHASA (B/L/D)

- ✓ Potala Palace (Include Entrance Ticket)
- ✓ 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 ✈️ ARRIVE (B/MOB)

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



✓ 7 Breakfast / 6 Lunch / 7 Dinner

Special Cuisine:

- ★ Nepal Flavor
- ★ Wild Mushroom Flavor
- ★ Potala Palace View
- ★ Ulang Stone Pot Chicken/ Fish Meal
- ★ Bahe Fish Flavor
- ★ Chengdu Panda Snacks

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 3100m)

- ◆ **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.
- ◆ **Basongcuo** - 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 3700m)

- ◆ **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 YUMCO (Altitude at 3800m)

- ◆ **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.
- ◆ **Karola 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 Xizang. 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.
- ◆ **Lakeshigatse** - 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 Gelug school of Tibetan Buddhism.



HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Chengdu Tianfu International Hotel (5-Star Building) or Tianfu Crowne Plaza Hotel or similar x1 Night
- ✓ Nyingchi Howard Johnson Hotel or similar x1 Night
- ✓ Lhasa Qiaomulangzong Hotel or similar x1 Night
- ✓ Lakeshigatse Xigaze Qiaomulangzong Hotel or similar x1 Night
- ✓ Home2 Suites by Hilton Lhasa (Municipal Government Branch) x2 Nights
- ✓ Crowne Plaza Chengdu Tianfu or similar x1 Night

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 - 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 <small>*Subject to currency of the day* *以当天汇率为准*</small>	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 	<input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 10°C ~ 25°C <input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 33°C ~ 22°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 24°C ~ 9°C <input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb 10°C ~ -3°C <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
飞机型号 Aircraft Type 	A330 B737 B787		

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



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