

CHINA
中国



Tour Code:
G1.23 TIB

8天DAYS 7晚NIGHTS

探索西藏

Plateau of Tibet

行程精粹 HIGHLIGHT

-  [体验] 世界海拔最高铁路
[Experience] The highest railway in the world
-  布达拉宫: 1994年被列入世界遗产名录
Potala Palace: Inscribed on the World Heritage List in 1994
-  大昭寺: 位于拉萨古城中心的一座藏传佛教寺庙
Jokhang Temple: a Tibetan Buddhist temple in the center of the ancient city of Lhasa



特选膳食 Special Cuisine



 野山菌火锅
Mushroom Hot Pot

 石锅鸡风味
Stone Pot Chicken Flavour

 尼泊尔风味
Nepal Cuisine

 日喀则风味
Shigatse Cuisine

 中式合菜
Chinese Dishes

8天7晚 探索西藏

成都 | 西宁 | 青藏列车 | 拉萨 | 日喀则

Tour Code: G1.23 TIB

 俊旅游 603-8060 1199



1 吉隆坡 成都

(机上用餐/晚)

- 📍 集合于吉隆坡国际机场,飞往中国中转城市。
- 📍 春熙路
- 📍 太古里步行街

2 成都 西宁 青藏铁路

(早/午/晚)

- 📍 根据航班时间飞往西宁。
- 📍 塔尔寺 — 塔尔寺位于中国青海省西宁市西南25公里的湟中县鲁沙尔镇。始建于明代嘉靖三十九年(1560年),是藏传佛教格鲁派六大寺院之一,是格鲁派创始人宗喀巴的诞生地。(含讲解+电瓶车)
- 📍 乘搭青藏铁路(22小时) - 拉萨 1980公里 — 火车上:软卧四人一房,铺位分别上/下铺(拼房式)火车上不含餐,用餐自理
青藏铁路路程1956公里,有960公里的还不高程在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507米,常年白雪凯凯的塘古拉山垭口,被喻为‘离天最近的铁路’和世界最高的铁路。
踏上进藏列车,正式开启青藏铁路之旅。
景色最壮观的高原铁路,走过羌塘草原、错那湖、唐古拉山、戈壁红柳长江源、可可西里、昆仑山和青海湖,观赏青藏高原雪域风光,以及奔腾撒欢的藏羚羊、野牦牛和其它各种动物。
*注:火车时间乃根据铁路票务实际操作为准,所以无法人为控制并担保乘坐某指定车次。火车上的行李托运费已经含,每人一件大行李,重量不得超过20公斤。

3 青藏铁路 拉萨(海拔3656米)

(早-自理/午-自理/晚)

- 📍 抵达后,送往至酒店休息,以适应高海拔环境。尽量减少高原反应的可能性。
*注:西藏位于海拔3656-3800米,因此请做好相关预防准备及注意事项。

4 拉萨

(早/午/晚)

- 📍 布达拉宫 — 世界文化遗产及世界上最高的宫殿,也是达赖喇嘛的冬宫,历代达赖喇嘛驻锡地。
*布达拉宫预订参观券由布宫管委会限制人数,团体可能会被分批进入参观,具体参观时间和名单区由该管委会派发为准。
*赠送:布宫园内咖啡&点心1份/人
- 📍 大昭寺 — 世界文化遗产是藏王松赞干布为尼泊尔王妃建的寺庙。
- 📍 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。
- 📍 [推荐项目] 藏族歌舞表演【文成公主】是目前中国最大的户外实景表演之一。
*如遇下雨或该公司通知取消。

5 拉萨 日喀则(海拔3800米)

(早/午/晚)

- 📍 途径岗巴拉山口冈巴拉山口位于海拔4990米。与西藏所有著名的山口一样,它的特点是巨大的玛尼石堆和一排重叠的风马旗,又称五彩经幡,随风飘扬。
- 📍 羊卓雍措 — 它是西藏三大圣湖之一,在藏传佛教中具有重要意义。该湖以其原始碧绿的海水而闻名,周围环绕着白雪皑皑的山脉和风景如画的风光。
*每人赠送与与藏獒合影
- 📍 乃钦康桑雪山(远眺)
- 📍 卡若拉冰川 — 卡若拉冰川位于喜马拉雅山脉内,展示了该地区冰雪景观的壮丽景色。
- 📍 途径斯米拉水库

6 日喀则 拉萨

(早/午/晚)

- 📍 扎什伦布寺 — 是西藏最重要的寺院之一。它位于日喀则市,具有重要的宗教和文化意义。该寺以其历史和建筑意义而闻名,也是继达赖喇嘛之后藏传佛教第二高精神领袖班禅喇嘛的传统法座。
沿途欣赏雅鲁藏布江的美丽风景。
- 📍 藏文化民俗村
- 📍 藏式工艺品商城
- 📍 外观布达拉宫夜景

7 拉萨 成都

(早/午/晚)

- 📍 西藏博物馆(周一闭馆)
- 📍 扎基寺 — 西藏唯一的财神庙
- 📍 根据航班时间飞往成都。抵达后,晚餐后送往至酒店休息。

8 成都 吉隆坡

(早/-/-)

- 📍 锦里古街
- 📍 送往机场,然后搭乘客机返回温馨家园!

推荐项目: 藏族歌舞表演【文成公主】

8 DAYS 7 NIGHTS

Plateau of Tibet

Chengdu | Xining | Tibet Qinghai Railway | Lhasa | Shigatse

Tour Code: G1.23 TIB

 AIRLINK 俊旅游 603-8060 1199






1 Kuala Lumpur Chengdu

(MOB/D)

-  Assemble at KL International Airport for flight to Chengdu.
-  Chunxi Road
-  Taikoo Li

2 Chengdu Xining Tibet Qinghai Railway

(B/L/D)

-  Fly to Xining according to the flight time.
-  Kumbum Monastery — Kumbum Monastery also called Ta'er Temple, is a Tibetan gompa in Lushar, Huangzhong County, Xining, Qinghai, China. It was founded in 1583 in a narrow valley close to the village of Lushar in the historical Tibetan region of Amdo.
(Includes Commentary + Electrical Car)
-  Tibet Qinghai Railway (22Hours) – Lhasa (1980KM)
— On the train, Soft Sleeper- Cabin is based on Four Person in one Cabin, and double-decker (Share Cabin) Meals are not included/provided during train ride, please note to take care of your own meals. Qinghai-Tibet railway, the world's highest railway, extends 1956km from Xining to Lhasa. About 960km of the line is more than 4,000 meters above sea level and the highest point is 5,072m. During the train journey, catch beautiful scenery along the way. You may see Qinghai Lake, Mount Kunlun, Kekexili, Gebihongliu Changjiangyuan, Mount Danla, Cuona Lake and Changtang Grassland. You may also get the chance to see galloping Tibetan antelope, wild yaks and other wildlife.
* Note: Departure time of Tibet Railway train is subject to actual time shown in automated ticketing system, hence we can't reserve and guarantee seats in particular train schedule is subject to final confirmation. Please note that each person is allowed a maximum of one piece of luggage weighing no more than 20Kg.





3 Tibet Qinghai Railway Lhasa (3656m)

(B-OWN/L-OWN/D)

-  Upon arrival, transfer to check in hotel and it is suggested that you have a good rest at the hotel to acclimatize yourself to the high altitude of the city.
* Note: Tibet is located at high altitude 3656-3800m, therefore please to get awareness on preparation, prevention and precautions of altitude sickness.






4 Lhasa

(B/L/D)

-  Potala Palace — It is considered a model of Tibetan architecture and also the highest palace in the world. * Entrance ticket of Potala Palace is under discretion of palace management. Tour members may be entering the palace in groups, subject to visitation time.
* Complimentary : 1 set of coffee & snacks per person
-  Jokhang Monastery — An earliest architecture in Tibet, claimed to be the center around which the city of Lhasa developed, the complex is considered a model of Tibetan.
-  Barkhor Street — An ancient round street surrounding the Jokhang Temple and the Tibetan people are always proud of it.
-  [Optional Item] Princess Wencheng Performance (2 Hrs)





5 Lhasa Shigatse (3800m)

(B/L/D)

-  Passing through Gangbala Pass — The Gangbala Mountain Pass is located at an altitude of 4990 meters above sea level. Like all the famous mountain passes in Tibet, it features a massive Mani stones piles and an array of overlapping wind horse flags, also known as colorful prayer flags, fluttering in the wind.
-  Yamdrokto Lake — It is one of the three largest sacred lakes in Tibet and holds great significance in Tibetan Buddhism. The lake is renowned for its pristine turquoise waters, surrounded by snow-capped mountains and picturesque landscapes.
* Arrange photography with Tibetan Mastiff (domesticated)
-  Naiqin Kangsang Snow Mountain (Distance View)
-  Karuola Glacier — The glacier is situated within the Himalayas and showcases the majesty of the region's icy landscapes
-  Passing by Simila Reservoir

6 Shigatse Lhasa

(B/L/D)

-  Tashilhunpo Monastery — is one of the most important monasteries in Tibet. It is in the city of Shigatse and holds significant religious and cultural importance. The monastery is renowned for its historical and architectural significance, as well as being the traditional seat of the Panchen Lama, the second-highest spiritual leader in Tibetan Buddhism after the Dalai Lama.
-  Tibetan Culture Folk Village
-  Tibetan handicraft mall
-  Exterior Potala Palace Night View

7 Lhasa Chengdu

(B/L/D)

-  Tibet Museum (closed on Mondays)
-  Zaki Temple
-  Transfer to Lhasa Gonggar Airport to take flight to Chengdu. After dinner, transfer to hotel.

8 Chengdu Kuala Lumpur

(B/-/-)

-  Jinli Ancient Town
-  Transfer to airport for the flight back home.

Optional Item: Princess Wencheng Performance



附带条约

TERMS & CONDITION

- 行程表所列出的航班资料、交通、行程、酒店住宿及膳食安排，将可能因不同的出发日期而有所变动，恕可能不及时通知。若报名后行程表有所变动，本社将另行个别通知。
- 行程、膳食及住宿的先后次序，将以当地接待社安排为准。
- 本公司会根据团量来安排旅游巴士的大小，但若巴士行李舱放置空间不足时，或会遇上行李箱得放置在车厢的可能，所以一人一座位为前提。
- 基本上全程中文讲解为主。若需要以其他语言讲解，务必在报名时提前通知本社。本社将另作安排，但将以最终确认为准。
- 因季节性的气温转变，多数酒店及餐厅都以中央空调来控制室内温度，空调设定为时段或是无空调提供，如遇此状况敬请谅解。团体房型及等级分配，由当地酒店排房为准，非本社所能掌控。
- 团队出发前建议购买旅游保险以则安心。
- 本社对旅客的任何费用损失不承担任何责任，有光保障范围及承保条款，请参阅保单。
- 若遇上特殊情况或其他不可抗拒之因素如天气不佳导致海陆交通延误或取消，错过住宿，膳食及景点观光等等，本社保留放弃或更改景点的权力，以免耽误下一个景点的观光时间，并无任何代替景点。
- 若旅客决定离团，所有的费用恕不退还。
- 行程表附上照片仅供参考。
- 为确保消费者权益，详情请参阅单据背页之基本条款细则。
- 旅客所持有的国际护照或任何旅游证件需拥有至少6个月的有效期间。旅客需于有效期内返回本国。
- 2岁-11岁属于儿童，12岁及以上皆属于成人。

- Flights, transportation, hotels, meals and itinerary stated in the brochure are subject without prior notice. Any changes after booking shall be advised accordingly.
- The sequence of itinerary, meal and hotel arrangements are subject to the final confirmation by the local ground operator.
- Tour buses are arranged based on group size. Every passenger is entitled to one seat each. Should there be extra seats remaining, it shall be reserved for baggage storage.
- Tour is conducted in Mandarin, unless otherwise stated.
- Due to the seasonal change in temperature and weather, most hotels and restaurants have a central control system to regulate the indoor temperature for the comfort of tour members and the system cannot be adjusted by the tour members.
- The room type and category allocated shall depend on the hotel's room availability and arrangement, and is not predetermined by the Company.
- Purchase of travel insurance is highly advisable. The Company shall not be liable for any losses or personal expenses incurred by the tour members during the tour. Kindly refer to the insurance policy for the terms of coverage.
- Due to the adverse weather conditions, traffic congestion, and other unforeseen circumstances, the Company reserves the rights to rearrange, change or abandon the itinerary without prior notice and there shall not be any reimbursement.
- For passengers who wish to deviate from tour, no refund shall be entertained for any unutilized portion of the tour.
- The images shown in tour itinerary are only for indicative.
- For other conditions, please refer to overleaf of your booking form for our standard term and conditions.
- An international passport or other recognized travel documents which should be valid for at least 6 months from the date of return to country of origin.
- 2-11 years old categorize as child; 12 years old and above are categorize as adult.

注意事项 REMARKS:

- 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。
 - 高原气候 - 高原气候变化多样，昼夜温差大；气候多变请带足保暖防寒衣物，也随时可能下雨，倾斜带好雨伞或雨衣，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，防滑性好的旅游或徒步鞋。
 - 各段景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。
- 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.
 - 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.
 - Please take note on travel safety tips and precautions at each of the scenic spot to avoid incidents happen.

DEPARTURE DATE 出发日期	AIRLINE 所用航空	TOUR FARE 团费	VISA FEE 签证费	TRAVEL INSURANCE 旅游保险	REMARKS 备注