

Amazing 中国  
CHINA 中国

✈️ 02 Way Domestic Flight | 内陆双飞 8D7N

西藏~成都/西宁-青藏铁路/  
拉萨/羊卓雍措湖/林芝

TIBET~CHENGDU/XINING-TIBET RAILWAY/  
LHASA/YAMDROKTSO/NYINGCHI

Tour Code: CAH-7

**Golden®  
Destinations**

**赠送 FREE**

- ☑️ 每天矿泉水2瓶，哈达接飞机，氧气钢瓶随车，精美转经筒每人一个。
- ☑️ 贴心安排拉萨酒店提升为豪华氧气房
- ☑️ 2 bottles of mineral water per day, Hada to pick up the plane, oxygen cylinders to accompany the car, and a beautiful prayer wheel for each person.
- ☑️ Special arrange Lhasa hotel upgrade to luxury oxygen room



China  
中国



NO SHOPPING STOP  
全程无购物站



Yamdroktso  
羊卓雍措



Basum Tso  
巴松措



Jokhang Temple  
大昭寺

行程次序，以当地旅社安排为准。  
Sequences of Itinerary are subject to local arrangement.



Potala Palace  
布达拉宫





Limeng Commercial Street  
力盟商业街



Barkhor Street  
八廓街



Potala Palace Night View  
布达拉宫夜景



## 精简行程

### 第一天 抵达成都 (机上用餐/晚)

- ☑ 锦里古街

### 第二天 成都 ✈️ 西宁 (青藏铁路) (早/午/晚)

- ☑ 力盟商业街
- ☑ 西宁至拉萨火车运行时间约为22小时左右，游客需要在火车上度过一天一夜，一路欣赏青藏高原风光即可到达拉萨。

### 第三天 拉萨 (早/午/晚)

- ☑ 列车到达拉萨，接火车之后我们前往酒店休息，慢慢适应高原环境

### 第四天 拉萨 (早/午/晚)

- ☑ 布达拉宫 (含门票)
- ☑ 大昭寺 (含门票)
- ☑ 八廓街安排藏装摄影 (赠送十张电子底片)

### 第五天 拉萨 🚗 (110公里) 羊湖 🚗 (110公里) 拉萨 (早/午/晚)

- ☑ 羊卓雍错 (含门票)
- ☑ 与牦牛合影 (费用已含)
- ☑ 与高大威猛的藏獒拍照 (经驯化过的)
- ☑ 远眺乃钦康桑雪山

### 第六天 拉萨 🚗 (320公里) 巴松措 🚗 (180公里) 林芝 (早/午/晚)

- ☑ 巴松措

### 第七天 林芝 ✈️ 成都 (早/午/晚)

- ☑ 东门市井

### 第八天 成都 ✈️ 回程 (早/午/机上用餐)

- ☑ 望江楼公园 (不含文物区)

#### 特色安排:

- ☑ 八廓街安排藏装摄影
- ☑ 牦牛合影
- ☑ 藏獒合影 (经驯化过的)



✓ 7早餐/7午餐/7晚餐

风味餐:

- ★ 新派川菜
- ★ 韩式烤肉
- ★ 成都小吃
- ★ 中式合菜
- ★ 石锅鸡风味
- ★ 野山菌火锅风味
- ★ 四川火锅

## 观光景点:

### 成都

- ◆ **锦里古街** - 又名锦里一条街、锦里古街，是位于中国四川省成都市的一条古商业街，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，早在秦汉、三国时期便闻名全国。
- ◆ **东门市井** - 正是以李劫人笔下的老成都市井生活场景为中心，通过公馆建筑群、下沉集市广场、铺东门市井板小馆、老式茶铺、凉亭水榭等，再现了老成都市井生活。
- ◆ **望江楼公园 (不含文物区)** - 望江楼公园座落在成都东门锦江南岸，以拥有望江楼古建筑群、唐代著名女诗人薛涛纪念馆等文物遗迹及各类珍奇异竹而闻名中外。分为文物保护区 (39亩) 和园林开放区 (149亩)，是纪念唐代女诗人薛涛的古迹和游览胜地。

### 西宁 (海拔2300米)

- ◆ **力盟商业街** - 力盟商业巷步行街融汇数千年河湟文化内涵，承载城市特色，传袭城市文化底蕴，充分展示城市发展活力;秦砖汉瓦与现代时尚的有机结合，众多原创景观小品与周边相关业态的相互交融，使购物更加享受，游街充满乐趣。

### 巴松措 (海拔3700米)

- ◆ **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【错宗寺】，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。殿内还有两块天然鹅卵石，石上凹陷的圆窝，传说是格萨尔王征战此地战马留下的蹄印。岛上的其他地方，也流传着许多神奇传说，如格萨尔王挥剑在石头上留下的剑痕，树叶上有自然形成的藏文字母的「字母树」，松赞干布在石头上留下的足印，莲花生洗脸的神泉 (500 公里，5 小时)

### 拉萨 (海拔3700米)

- ◆ **布达拉宫** - 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。
- ◆ **大昭寺** - 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。
- ◆ **八廓街安排藏装摄影 (赠送十张电子底片)** - 惬意地坐在室外甜茶馆或八廓街那一条条长椅上，身着传统藏装，拍一套作为纪念。

### 羊卓雍错 (海拔4900米)

- ◆ **翻过岗巴拉山 (海拔4990米)** - 来到西藏圣湖一羊卓雍错，湖面波光粼粼，风景如画，好像人间天堂！在碧蓝的湖水边，与牦牛合影，享受惬意的时光，之后再与高大威猛的藏獒拍照 (经驯化过的)。在雪山的倒影下，欣赏一堆堆的玛尼石堆，在观景台上还能远眺乃钦康桑雪山，乃钦康桑雪山是西藏四大神山之一，由于高寒，山体顶部尖锥突兀，常年终日白云缭绕飘撒粒雪。之后返回拉萨。(220KM 4小时)

#### 注意事项:

- 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，防滑性好的旅游或登山鞋。
- 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。



酒店住宿 (7晚)

- ✓ 新希望武侯智选假日酒店或同级
- ✓ 青藏火车软卧一晚 (4人房型)
- ✓ 拉萨扎什顿珠豪华酒店或同级
- ✓ 林芝希尔顿酒店或同级

x2晚  
x1晚  
x3晚  
x1晚

自费项目: 大型实景剧—文成公主【380RMB/人】

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。



Take a photo with Yak  
牦牛合影



Take a photo with  
Tibetan mastiff  
威猛的藏獒照



Tibet Railway  
青藏火车



## SCHEDULE

### D1 DEPART CHENGDU (MOB/D)

- ☑ Jinli Ancient Town

### D2 CHENGDU ✈️ XINING (TIBET RAILWAY) (B/L/D)

- ☑ Limeng Commercial Street
- ☑ The train from Xining to Lhasa takes about 22 hours. Overnight on the train and enjoy the scenery of the Qinghai-Tibet Plateau to reach Lhasa

### D3 LHASA (B/L/D)

- ☑ Arrived in Lhasa, we proceed to hotel to rest and slowly adapt to the plateau environment.

### D4 LHASA (B/L/D)

- ☑ Potala Palace (Ticket Included)
- ☑ Jokhang Monastery (Ticket Included)
- ☑ Barkhor street (Arrange take Tibetan clothes photography on Barkhor Street)

### D5 LHASA (110km) YAMDROK (110km) LHASA (B/L/D)

- ☑ Yamdrokto (Ticket Included)
- ☑ Take a photo with yak
- ☑ Take pictures with Tibetan mastiff
- ☑ Nachin Kagsan Snow Mountain (Outlook)

### D6 LHASA (320km) BASUM TSO (180km) NYINGCHI (B/L/D)

- ☑ BASUM TSO

### D7 NYINGCHI ✈️ CHENGDU (B/L/D)

- ☑ East Gate Shijing

### D8 CHENGDU ✈️ ARRIVE (B/L/MOB)

- ☑ Wangjiang Tower Park (Excluding cultural relics area)

#### Featured arrangements:

- ☑ Arrange Tibetan photography in Barkhor Street
- ☑ Arrange photography with a yak
- ☑ Arrange photography with Tibetan Mastiff (domesticated)



✓ 7 Breakfast / 7 Lunch / 7 Dinner

#### Special Cuisine:

- ★ New Sichuan Flavor
- ★ Wild Mushroom Hot Pot Flavor
- ★ Stone Pot Chicken Flavor
- ★ Chengdu Snacks
- ★ Cantonese Flavor
- ★ Korean Barbecue
- ★ Sichuan Hot Pot

## TOURIST ATTRACTIONS:

### CHENGDU

- ◆ **Jinli Ancient Street** - also known as Jinli Street and Jinli Ancient Street, is an ancient commercial street located in Chengdu, Sichuan Province, China. It can be traced back to the Qin and Han Dynasties. According to legend, Jinli was once one of the oldest and most commercial streets in the history of Western Shu.
- ◆ **Dongmen Market** - It is centered on the old Chengdu city life scenes written by Li Jieren, and reproduces the old Chengdu city through the mansion building complex, sunken market square, Pu Dongmen Market, old-fashioned tea shop, pavilion and waterside pavilion, etc. Life.
- ◆ **Wangjiang Tower Park (excluding cultural relics area)** - Wangjiang Tower Park is located on the south bank of Jinjiang River in the east gate of Chengdu. Divided into a cultural relic protection area (39 acres) and a garden open area (149 acres), it is a historic site and tourist attraction commemorating the female poet Xue Tao of the Tang Dynasty.

### XI NING (Elevation at 2300M)

- ◆ **Limeng Commercial Street** - Limeng Commercial Alley Pedestrian Street integrates thousands of years of Hehuang cultural connotation, carries urban characteristics, inherits urban cultural heritage, and fully demonstrates the vitality of urban development.

### BASUM TSO (Elevation at 3700M)

- ◆ **It is also called "Cuogao Lake"** - which means "green water". The lake is more than 3,700 meters above sea level. It has the beauty of Swiss lakes and mountains. The lake is about 12 kilometers long, the deepest point is more than 60 meters, and the total area is more than 6,000 acres. Basongcuo Lake is a red sect- The famous sacred lake and holy place of the Nyingma sect of Tibetan Buddhism. There is a temple on the island with an area of more than 200 square meters. It is called [Cuozong Temple] and is very popular. It was built in the Tupan Zanzu period and belongs to Tibetan Buddhism. The Nyingmapa temple has a history of more than 1,500 years.

### LHASA (Elevation at 3700M)

- ◆ **Potala Palace** - The tallest palace in the world, it is also the Dalai Lama's winter palace and the residence of the Dalai Lama in the past dynasties.
- ◆ **Jokhang Temple** - Temple built by Tibetan King Songtsen Gampo for the Princess of Nepal.
- ◆ **Barkhor Street** - A circle of old city streets surrounding the Jokhang Temple is the center of Tibetan activities.

### YAMDROK YUMCO (Elevation at 4900M)

- ◆ **Cross over Gangbala Mountain and arrive at the holy lake of Tibet** - Yamdrok Yumco. The lake is sparkling and the scenery is picturesque, like a paradise on earth! Take photos with the yaks by the blue lake and enjoy a relaxing time, and then take photos with the tall and mighty Tibetan Mastiffs.

#### Remarks:

- 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.



#### HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Holiday Inn Express Chengdu New Hope Wuhou or similar
- ✓ Overnight In Railway (Soft sleeper-4 pax in 01 Cabin)
- ✓ Lhasa Taehf PhodragTibet Culture Theme Hotel or similar
- ✓ Nyching Sheraton Hotel or similar
- x2 Nights
- x1 Night
- x3 Nights
- x1 Night

### Optional Tour : Princess Wencheng performance [RMB 380/PAX]

**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 a-ected by the above issue. All pictures are for illustration purpose only.



# General Information

## · 成都 CHENGDU ·



<b>货币</b> Currency 	<b>Chinese Yuan</b> - CNY <b>Renminbi</b> - RMB <b>中国元</b> - CNY <b>人民币</b> - RMB	<b>信用卡</b> 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
<b>货币兑换率</b> Exchange Rate 	10 CNY = MYR 6.50 10 元 = 马币 6.50 <small>*Subject to currency of the day* *以当天汇率为准*</small>	<b>拨号代码</b> Dial Code 	<b>China</b> : +86 <b>中国</b> : +86
<b>电压</b> Voltage 	<b>Voltage</b> - almost always 220 V <b>电压</b> - 220伏特	<b>插座</b> 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"
<b>时差</b> Time Different 	<b>China</b> - No time different with Malaysia <b>中国</b> - 时间与马来西亚时间标准时无相差	<b>行李托运</b> Luggage Allowance 	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. 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。
<b>气候</b> Weather 	<input type="checkbox"/> <b>Spring 春季</b> 3月 - 5月 Mar to May 25°C ~ 3°C <input type="checkbox"/> <b>Summer 夏季</b> 6月 - 8月 Jun to Aug 30°C ~ 19°C <input type="checkbox"/> <b>Autumn 秋季</b> 9月 - 11月 Sep to Nov 24°C ~ 3°C <input type="checkbox"/> <b>Winter 冬季</b> 12月 - 2月 Dec to Feb 7°C ~ -3°C <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
<b>飞机型号</b> Aircraft Type 	A330       B737       B787		

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

GD Partner:

