

Amazing 中国
CHINA 中国



内陆单飞
1 Way Domestic Flight

8D7N

西藏~

成都/拉萨/日喀则/青藏铁路

TIBET~ CHENGDU/LHASA/SHIGATSE/TIBET RAILWAY

Tour Code: CAH

 **Golden®**
Destinations



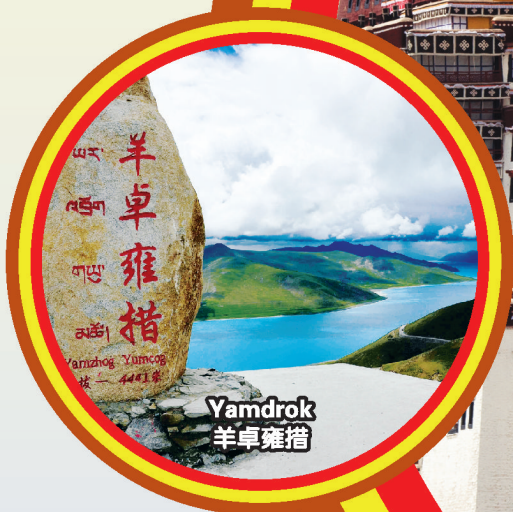
China
中国



Tibet Railway
青藏铁路



Palcho Monastery
白居寺



Yamdrok
羊卓雍措



The Potala Palace
布达拉宫

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



Barkhor Street
八角街



Gang Ba La Snow Mountains
岗巴拉雪山



Tashilhunpo Monastery
扎什伦布寺

SCHEDULE:

D1

ARRIVAL CHENGDU ✈️ CHENGDU OR CHONGQING TIBET RAILWAY (MOB/D)

- ☑ Wide & Narrow Alley
- * Overnight: Train (Soft Sleeper - 4 pax in 1 Cabin)

D2

TIBET RAILWAY (B/L/D)

- * Pass by City:
- ☑ Golmud
- ☑ Kekexili (Tibetan antelope habitat)
- ☑ Kunlun Mountains
- ☑ Namco
- ☑ Yangbajain *Overnight: Train (Soft Sleeper - 4 pax in 1 Cabin)

D3

TIBET RAILWAY 🚂 LHASA (Estimate 36 hours) SHIGATSE (Estimate 6 hours) (B/L/D)

- ☑ Gang Ba La Snow Mountains (pass by)
- ☑ Yamdrok
- ☑ Kharola Glacier

D4

SHIGATSE 🚂 LHASA (Estimate 6 hours) (B/L/D)

- ☑ Tashilhunpo Monastery
- ☑ Palcho Monastery
- ☑ Gyantse Ancient City
- ☑ Gyantse Dzong (Overlook)
- ☑ Yarlung Tsangpo River (pass by)

D5

LHASA (B/L/D)

- ☑ The Potala Palace (Best photo spot for Potala Palace)
- ☑ Zhongjiaolu-kang
- ☑ The Jokhang Temple
- ☑ Night view of Potala Palace Square (Music Fountain)

D6

LHASA (B/L/D)

- ☑ Tibetan Mastiff Base
- ☑ Zaki Temple
- ☑ Sera Monastery
- ☑ Barkhor Street (Included Tibetan High Tea)

D7

LHASA ✈️ CHENGDU (B/L/D)

- ☑ Jinli Ancient Street
- ☑ Chengdu Research Base Of Giant Panda Breeding (Including Buggy Service)

D8

CHENGDU ✈️ DEPARTURE (B/L/MOB)

- ☑ Panda Post Office (Free 01 Postcard)

TOURIST ATTRACTIONS:

TIBET RAILWAY

- ◆ **Tibet Railway (or Qingzang railway)** - Is a high-elevation railway that connects Xining, Qinghai Province to Lhasa, Tibet Autonomous Region of China. The length of the railway is 1,956 km (1,215 mi). Construction of the 815 km (506 mi) section between Xining and Golmud was completed by 1984. The line includes the Tanggula Pass, which, at 5,072 m (16,640 feet) above sea level, is the world's highest point on a railway. Tanggula railway station at 5,068 m (16,627 feet) is the world's highest railway station. The 1,338 m (4,390 ft) Fenghuoshan tunnel is the highest rail tunnel in the world at 4,905 m (16,093 ft) above sea level. The 4,010 m (13,160 ft) New Guanjiac Tunnel is the longest tunnel and the culminating point 3,700 metres (12,100 ft)[5] between Xining and Golmud and 3,345 m (10,974 ft). Yangbajing tunnel is the longest tunnel between Golmud and Lhasa. More than 960 km (600 mi), over 80% of the Golmud-Lhasa section, is at an elevation of more than 4,000 m (13,123 ft). There are 675 bridges, total 159.88 km (99.34 mi); about 550 km (340 mi) of track is laid on permafrost.

****Oxygen supply and medical issues:** The passenger carriages used on Lhasa trains are specially built and have an oxygen supply for each passenger. Every passenger train has a doctor.

SHIGATSE

- ◆ **Palcho Monastery** - The Palcho Monastery or Pelkor Chode Monastery or Shekar Gyantse is the main monastery in Gyantse, Gyantse Country, Shigatse Prefecture, Tibet, China in the Nyangchu river valley.
- ◆ **Tashilhunpo Monastery** - Tashilhunpo Monastery, founded in 1447 by the 1st Dalai Lama, is a historic and culturally important monastery in Shigatse, the second-largest city in Tibet.
- ◆ **Yamdrok** - Yamdrok Lake is a freshwater lake in Tibet, it is one of the three largest sacred lakes in Tibet. It is over 72km long. The lake is surrounded by many snow-capped mountains and is fed by numerous small streams.

LHASA

- ◆ **Potala Palace** - The Potala Palace in Lhasa, Tibet Autonomous Region was the chief residence of the Dalai Lama until the 14th Dalai Lama fled to India during the 1959 Tibetan uprising. It is now a museum and World Heritage Site
- ◆ **Jokhang Temple (or Jokhang Monastery)** - the spiritual center of Tibet, is situated at the heart of the old town of Lhasa.
- ◆ **Barkhor Street** - Tibetan Barkhor called the "Holy Road" Tibetan "profile" means is "turning the channel." Barkhor is a one-way street, walking in the Barkhor, the rotational direction must be turning cylinder of the same, namely a clockwise walk. Street also has many followers in a step kneel to prayer.
- ◆ **Zhongjiaolu-Kang** - Lhasa's famous gardens, also known as "Dragon King Lake Park," where is a good place to enjoy the reflection of the Potala Palace
- ◆ **Sera Monastery** - Is one of the "great three" Gelug university monasteries of Tibet, located 1.25 miles (2.01 km) north of Lhasa and about 5 km (3.1 mi) north of the Jokhang. The Sera Monastery, as a complex of structures with the Great Assembly Hall and three colleges, was founded in 1419 by Jamchen Choje of Sakya Yeshe of Zel Gungtang (1355-1435), a disciple of Je Tsongkhapa.



Special Cuisine :

- ☑ Mushroom Cuisine
- ☑ Tibet Cuisine
- ☑ Salt Baked Chicken
- ☑ Yuan Yang Steamboat



Shopping Stop :

- ☑ Local Product
- ☑ Tibet Herb Shop
- ☑ Gem Jewelry Shop



Hotel 7 Nights :

- ☑ Shigatse 4* Tashi Choten Hotel or similar x1 Night
- ☑ Lhasa 4* Gakyling Hotel or similar x3 Nights
- ☑ Chengdu 5* Kempinski Hotel or similar x1 Night

***Special Arrangements* • VIP train passage (Included Porter Service)**

-Free Fruit at Tibet Railway (per person) & Train Soft Sleeper Facilities (Bed Sets, Bedspreads, Slippers, Earplugs and Travel Eye Mask)

-Tibetan Hada Welcome at Lhasa Hotel

- Complimentary with 01 portable oxygen bottle per day and unlimited mineral water provided
- FREE: Per Person with Tibet Prayer Wheel and 01 Panda Neck Pillow

Optional Tour: Princess Wencheng Performance = RMB380/person



Kempinski Hotel
Chengdu
CHINA
成都凯宾斯基酒店



The Jokhang Temple
大昭寺



Sera Monastery
色拉寺



Yarlung Tsangpo River
雅鲁藏布江

精简行程:

第一天

抵达成都 ✈️ 成都或重庆

🚆 青藏列车

(机上用餐/晚)

☑️ 宽窄巷子

夜宿火车: 青藏列车 (软卧 - 4人1室)

第二天

青藏列车

(早/午/晚)

• 途经城市

☑️ 格尔木

☑️ 可可西里无人区 (藏羚羊栖息地)

☑️ 昆仑山

☑️ 纳木措

☑️ 羊八井

夜宿火车: 青藏列车 (软卧 - 4人1室)

第三天

青藏列车 🚆 拉萨 (约36小时)

日喀则 (约6小时)

(早/午/晚)

☑️ 岗巴拉雪山 (途经)

☑️ 羊卓雍措

☑️ 卡若拉冰川

第四天

日喀则 🚆 拉萨 (约6小时)

(早/午/晚)

☑️ 扎什伦布寺

☑️ 白宫寺

☑️ 江孜古城

☑️ 宗山城堡 (远眺)

☑️ 雅鲁藏布江 (途经)

第五天

拉萨

(早/午/晚)

☑️ 布达拉宫

☑️ 宗角禄康龙王潭公园 (拍摄布达拉宫最佳摄影点)

☑️ 大昭寺

☑️ 布达拉宫广场夜景 (赏音乐喷泉)

第六天

拉萨

(早/午/晚)

☑️ 藏奘墓地

☑️ 扎基寺 (西藏唯一财神庙)

☑️ 色拉寺

☑️ 八角街 (含藏式下午茶)

第七天

拉萨 ✈️ 成都

(早/午/晚)

☑️ 锦里古街

☑️ 大熊猫繁育基地 (含电瓶车)

第八天

成都 ✈️ 回程

(早/午/机上用餐)

☑️ 熊猫邮局 (赠送熊猫明信片一张)

观光景点:

青藏铁路

◆ **青藏铁路** - 青藏铁路是当今世界 海拔最高、最长的高原铁路。线路经过地区海拔 4000 米以上的地段有 960 公里,翻越唐古拉山线路最高处达 5072 米;经过多年连续冻土地段 550 公里,经过九度地震烈度区 216 公里。青藏铁路,全长1956千米,沿途经过塔尔寺、日月山、青海湖、鸟岛、茶卡盐湖、昆仑山、可可西里、三江源自然保护区、羌塘草原、安多圣湖、卓玛圣谷、纳木措、羊八井等中国乃至世界知名的景区景点,旅游资源独特而丰富。

**青藏列车供氧: 根据青藏铁路沿途的气候、环境和雪域高原风光, 旅游观光进行整体设计, 重点解决了适应高原自然环境和恶劣气候的运营条件。列车采用弥散式供氧与分布吸氧相结合的方式, 列车车厢的配置和飞机机舱几乎一样, 当行车海拔超过四千公尺时, 在整体上既提高了车内氧气含量, 列车开始弥散式供氧, 旅客如同进入「氧吧」。保证了旅客补充吸氧的需要。

日喀则

◆ **白居寺** - 该寺最大特色即为一寺融三派,彼此相安无事,这也是西藏唯一的一座三教合一塔寺;另一特色即为寺中有塔的“白居菩提塔”此塔为近百间佛堂依次重叠建起,塔中有塔,佛龛与佛堂以及壁画上的佛像总计为十万尊,因而得名十万佛塔,塔的形式为藏印尼泊尔式的建筑,非常有特色。

◆ **扎什伦布寺** - 此寺是西藏历代班禅喇嘛的驻锡地,也是后藏最大的寺院, 於1447年由宗喀巴的弟子、一世达赖在帕竹政权的资助下修建的。寺内有最著名的弥勒佛殿、历代班禅喇嘛的合葬塔和十世班禅的灵塔, 寺内有高26米的镀金佛像 - 弥勒佛, 是世界上最高的金属佛像。

◆ **羊卓雍措** - 西藏三大圣湖之一, 错为湖之一, 全意为(珊瑚之湖)此湖面积广大670多平方公里, 为杭州西湖的70倍大, 湖面海拔4441公尺, 碧波万顷, 水天一色, 自然风光绝美, 恍如人间仙境。

拉萨

◆ **布达拉宫** - 中国西藏拉萨的宫堡式建筑群。坐落于中国西藏自治区的首府拉萨市区西北玛布日山上, 是世界上海拔最高, 集宫殿、城堡和寺院于一体的宏伟建筑, 依山垒砌, 群楼叠置, 殿宇嵯峨, 气势雄伟, 是藏式古建筑的杰出代表, 中华民族古建筑的精华之作, 是第五套人民币50元纸币背面的风景图案。主体建筑分为白宫和红宫两部分。宫殿高200余米, 外观13层, 内为9层。布达拉宫前辟有布达拉宫广场, 是世界上海拔最高的城市广场。

◆ **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。是一座藏传佛教寺院, 是藏王松赞干布建造, 拉萨之所以有「圣地」之誉, 与这座佛像有关。寺庙最初称「惹萨」, 后来惹萨又成为这座城市的名称, 并演化成当下的「拉萨」。

◆ **八角街** - 八角街位于古城拉萨的中心, 是拉萨本来面目保留得最完整的街道。它是拉萨的宗教、经济、文化、民族手工艺乃至西藏的风土人情的集结地, 也是旅行者到拉萨必去之地。

◆ **宗角禄康龙王潭公园** - 宗角禄康是布达拉宫附近最著名的水域, 所有水中倒影的布达拉宫照片都是从禄角宗康方向拍摄的。在藏语中, 「宗角」的意思是: (布达拉) 宫堡后面; 「禄康」, 意为鲁神殿。

◆ **色拉寺** - 全称“色拉大乘寺”, 藏传佛教格鲁派六大主寺之一。色拉寺位于拉萨北郊的沙拉乌孜山麓。明永乐十七年(1419), 宗喀巴弟子绛钦却杰兴建, 成于宣德九年(1434)。后绛钦却杰应召赴北京, 受封大慈法王。回藏后将钦赐经像等珍藏于寺内, 至今仍存。



风味餐:

☑️ 野菌宴

☑️ 藏式风味

☑️ 盐焗鸡

☑️ 鸳鸯火锅



购物店:

☑️ 土特产

☑️ 藏药博览中心

☑️ 珠宝店



酒店住宿7晚:

☑️ 日喀则4*扎西曲塔酒店或同级

x1晚

☑️ 拉萨4*嘎吉林酒店或同级

x3晚

☑️ 成都5*凯宾斯基酒店或同级

x1晚

*特别安排:

• 火车站VIP通道 (含行李搬运) • 青藏列车内含水果1份/人和配备一次性用品 (床套、床单、拖鞋、耳塞、眼罩) • 藏族哈达迎宾礼遇

贴心安排: 西藏段提供每天1支便捷式氧气瓶、矿泉水无限量供应

赠送: 祈福转经筒1个 / 人, 熊猫颈枕1个 / 人

自费项目: 文成公主大型实景秀 380 人民币/人



Kempinski Hotel
Chengdu
CHINA
成都凯宾斯基饭店

· 西藏 TIBET ·



货币 Currency 	CHINESE YUAN - CNY RENMINBI - RMB 中国元 - CNY 人民币 - 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 CNY = MYR 6 10 元 = 马币 6 <small>*Subject to currency of the day* *以当天汇率为准*</small>	拨号代码 Dial Code 	CHINA : +86 中国 : +86
电压 Voltage 	Voltage - almost always 220 V 电压 - 220伏特	插座 Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type C - 两个圆脚插头 / 2 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 	China (Tibet) - No time different with Malaysia 中国时间与马来西亚时间标准时无相差	行李托运 Luggage Allowance 	Check in Luggage : 20 kg Each guest is allowed one piece of cabin baggage AND 1 laptop bag OR 1 handbag on-board. The main cabin baggage shall not exceed 56cm x 36cm x 23cm and does not weigh more than 7kg. 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
气候 Weather 	<div> <input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 18°C - -3°C <input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 22°C - 8°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 19°C - -6°C <input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb 8°C - -10°C </div> <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
飞机型号 Aircraft Type 	<div>  A320  A330 </div>		

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"/>

GD Partner:

