

CHWCTB
14天
12晚
Days
Nights

西藏扎西德勒 WELCOME TO TIBET



成都 / 林芝 / 巴松措 / 拉萨 / 日喀则 / 定日 + 青藏铁路
Chengdu / Nyingchi / Pagsum / Lhasa / Xigaze / Tingri + Qinghai Tibet Railway



特色安排

SPECIAL ARRANGEMENT

- 全程不入购物店 Zero Shopping Shop
- 氧气钢瓶随车 Oxygen Cylinder In Bus
- 传统特色藏装拍照
Photography In Traditional Tibetan Cloth
- 与牦牛和藏獒合影
Photos With Yaks & Tibetan Mastiffs
- 每人一瓶迷你氧气+5瓶葡萄糖
Each Person One Bottle Mini Oxygen + 5 Bottles Glucose



行程特点 ITINERARY HIGHLIGHTS

- 布达拉宫 Potala Palace
- 色拉寺 Sera Monastery
- 大昭寺 Jokhang Temple
- 巴松措神湖 Pagsum Lake
- 鲁朗林海 Lulang Forest Sea
- 罗布林卡 Norbulingka Palace
- 珠峰大本营 Everest Base Camp
- 扎什伦布寺 Tashi Lhunpo Monastery

* 含票 Include Ticket * 世界遗产目录 World Heritage Sites



膳食 MEALS

- 四川火锅 Sichuan Hot Pot
- 石锅鸡 Stone Pot Chicken
- 韩式烧烤 Korean Barbecue
- 野菌火锅 Mushroom Hot Pot
- 成都小吃 Chengdu Snack
- 烤鸭风味 Roast Duck Cuisine
- 青藏铁路餐饮 Qinghai Tibet Railway Cuisine
- 藏式风味+表演 Tibetan Cuisine + Performance



酒店特色 HOTEL HIGHLIGHTS

- 住宿当地 4 星级酒店 Stay At Local 4 Stars Hotel
- 青藏铁路 (软卧四人一房一)
Qinghai Tibet Railway (4 Persons For 1 Soft Sleeper Cabin)



乐趣购物 FUN SHOPPING

- 锦里古街 Jinli Street
- 宽窄巷子 Kuan-Zhai Alley
- 八廓街 Barkhor Street



飞机 Flight
往 Toward
地点 Destination
过夜 Overnight
注：以上的行程地图仅供参考，
如突发状况我们会保留更改行程的权利。
Remark: Route are subject to change
based on any circumstances.

【特备体验 SPECIAL EXPERIENCE】

- ~文成公主表演 Princess Wencheng Show~
- ~布达拉宫夜景 Potala Palace Night View~
- ~品尝藏式甜茶 Taste Tibetan Sweet Tea~



鲁朗林海
Lulang Linhai



扎什伦布寺
Tashi Lhunpo Monastery

第 1 天 **出境** ✈️ **成都** **机上用餐**
集合于国际机场，乘搭国际航班飞往天府之国美誉的四川-成都。

第 2 天 **成都** ✈️ **林芝** **早午晚**
乘搭航班飞往号称太阳的宝座之称的**林芝**。

林芝: 位于西藏东南部，氧气浓度较高。藏语意为“太阳宝座”，指太阳升起的地方。
色季拉山(翻越): 可观日出、云海、无际的林海和远眺南迦巴瓦峰峻美的雄姿。(每年5月上旬-6月下旬将有机会远观漫山杜鹃花盛放)
鲁朗林海: 藏语意为“龙王谷”，被誉为“雪域瑞士”，云山雾海里的林海，“叫人不想家”的美誉。
备注:
春天季节: 林芝最有看头的桃花节，寻觅桃花源。预计: 3月中旬-4月中旬
春天季节: 林芝地区以花闻名，满山遍野的杜鹃花。预计: 5月上旬-6月下旬
秋天季节: 林芝五彩斑斓的景色，犹如童话世界。预计: 10月上旬-11月上旬

第 3 天 **林芝** 🚗 **巴松措** **早午晚**
巴松措神湖(含景区接驳车): 高山上的一颗绿宝石，翠绿的湖面配上高山就像一幅美景画。有时还会出现云海的自然现象。
错宗寺: 藏语意为“湖中城堡”，坐落于巴松湖湖心岛上。

第 4 天 **巴松措** 🚗 **拉萨** **早午晚**
米拉山口(途径): 山口常年积雪，有远古时期冰川活动遗迹，是川藏线的必经之地，也是到拉萨的最后一座高山。
尼洋河(途径): 雅鲁藏布江流域内的五大支流之一。
拉萨: 藏语意为“圣地”，是西藏自治区首府城市，是西藏的政治、经济、文化和科教中心，也是藏传佛教圣地。

第 5 天 **拉萨** **早午晚**
布达拉宫: 西藏最大、最完整的古代宫堡建筑，比喻为最靠近天国的圣地。
大昭寺: 融合了藏、唐、尼泊尔、印度的建筑风格，成为藏式宗教建筑的千古典范，拥有至高无上的地位。
八角街: 拉萨著名的转经道和商业中心，较完整地保存了古城的传统面貌和居住方式。(藏装摄影: 由专业摄影师一对一拍摄，并赠送10张电子底片，不含化妆)

第 6 天 **拉萨** 🚗 **日喀则** **早午晚**
日喀则: 藏文意思是“土质最好的庄园”，后藏地区的宗教、政治、经济、文化中心。
羊卓雍措: 西藏三大圣湖之一，喜马拉雅山北麓最大的内陆湖泊，湖光山色之美，冠绝藏南”。(与牦牛和藏獒合影)
乃钦康桑雪山(途径): 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。
卡若拉冰川(途径): 背靠西藏四大高峰之一乃钦康桑峰南坡(7191米)，比喻为最靠近公路的冰川。
斯米拉水库(途径): 犹如高原上的一滴眼泪，碧水蓝天。
备注:
夏天季节: 日喀则路上，整片高原油菜花风景，位置大约是在羊卓雍措湖往浪卡子部分。预计: 6月上旬-8月中旬

第 7 天 **日喀则** 🚗 **定日** **早午晚**
拉孜(途径): 日喀则到拉孜是一条小众的线路，沿途风景很美。拉孜位于西藏西南部，有着“中国民间文化艺术之乡”、“藏刀之乡”、“油菜之乡”和“藏靴之乡”等美誉。
定日: 藏语中意思是“定声小山”，是去珠峰的必经之路。

第 8 天 **定日** 🚗 **日喀则** **早午晚**
加乌拉山口(途径): 前往珠穆朗玛峰大本营途中的一个垭口。在世界上唯一可以观赏5座8000米级雪峰的观景平台(从左向右排列的顺序是: 玛卡鲁峰、洛子峰、珠穆朗玛峰、卓奥友峰、希夏邦马峰)。
珠峰大本营(含观光车): 珠峰大本营有着非比寻常的旅游意义，每年都吸引着这无数海内外游客前来瞻仰世界第一高峰的美丽。珠峰大本营则是非登山者能到达的距离珠峰最近的地方。站在珠峰脚下，世界之巅就在眼前。

第 9 天 **日喀则** 🚗 **拉萨** **早午晚**
扎什伦布寺: 藏传佛教格鲁派“四大寺”，内有世界上最大的铜弥勒坐像。
雅鲁藏布江(途径): 属印度洋水系，长度居中国大河第六位。河床高度大都在海拔3000米以上，是世界海拔最高的河流。

第 10 天 **拉萨** **早午晚**
罗布林卡: 达赖喇嘛的夏宫，藏语译音意为“宝贝园林”，是一座集自然景观和人文景观于一体的古代园林建筑群。
色拉寺: 一所具有代表性的黄教寺院，是藏传佛教格鲁派六大主寺之一，也是拉萨三大寺中建成最晚的一座寺院。

第 11 天 **拉萨** 🚗 **青藏铁路** **早/铁路: 午晚**
享誉『世界海拔最高铁路』、『最长高原铁路』(预计36小时路程，日夜景观尽收眼底，夜宿于青藏铁路软卧四人一室)
安多(途径): 地形属高原山川类型，高低起伏，形成“屋脊”状。
错那湖(途径): 怒江的源头湖，是世界海拔最高的淡水湖。
唐古拉山(途径): 藏语意为“高原上的山”，又称“当拉山”。蒙语意为“雄鹰飞不过去的高山”。
可可西里自然保护区(途径): 中国建成的面积最大、海拔最高、野生动物资源最为丰富的自然保护区之一。主要是保护藏羚羊、野牦牛、藏野驴、藏原羚等珍稀野生动物、植物及其栖息环境。
昆仑山(途径): 中国道教文化里，昆仑山被誉为“万山之祖”，是中国古神话中的神山，道教奉为神仙所居的仙山。
格尔木(途径): 蒙古语译音，意为“河流密集的地方”，境内有长江源头、万丈盐桥、雪山冰川、昆仑雪景、瀚海日出、沙漠森林等自然景观。

第 12 天 **青藏铁路** **铁路: 早午晚**
羊八井地热发电站(途径): 中国最大的地热电站，也是世界上唯一一座利用地热潜层热储进行工业性发电的电厂。

第 13 天 **青藏铁路** 🚗 **成都** **铁路: 早/午晚**
成都: 号称“来了就不想离开的城市”，有着“天府之国”的美称。
宽窄巷子: 中国特色商业步行街，四川十大最美街道。
锦里一条街: 民俗商业步行街，混合三国文化以及川西文化。

第 14 天 **成都** ✈️ **入境** **机上用餐**
鸿运旅游期待与您再出发！





巴松措神湖
Pagsum Lake



罗布林卡
Norbulingka Palace

Day 1 Departure ✈ Chengdu MOB

Assemble at international airport for flight to Chengdu, provincial capital of Sichuan, which known as "Land Of Heaven".

Day 2 Chengdu ✈ Nyingchi BLD

Take flight depart from Chengdu to Nyingchi.

Nyingchi: A prefecture lying southeastern area of Tibet. Literally meaning the Throne of Sun. **Sejila Mountain (Cross Over):** The sunrise, the sea of clouds, the endless forest of the sea and the majestic beauty of the Namcha Barwa Peak. (Every year from early of May - End of June, have the chance overlooking the Rhododendron bloom all over the mountain)

Lulang Forest Sea: LuLang means "Loong King Valley" in Tibetan language, or "a place that will make you forget your home".

Remarks:

Spring Season: Nyingchi has the most promising Peach Blossom festival. Enjoy the charming and beautiful of Peach Blossom. Forecast: Mid of Mar - Mid of Apr

Spring Season: Linzhi area is famous for its flowers, with Rhododendron covering the mountains and plains. Forecast: Early of May - End of Jun

Autumn Season: Nyingchi has the colorful scenery like a dream fairy tale world. Forecast: Early of Oct - Early of Nov

Day 3 Nyingchi 130km Pagsum BLD

Pagsum Lake (Include Shuttle Bus): Literally meaning "three rocks" in Tibetan, it has the "Little Switzerland" reputation for different scenery in four seasons and all kinds of wild and rare plants.

Tsozong Monastery: Means "Castle in the Lake" in Tibetan, is located on an island in the middle of Pagsum Lake.

Day 4 Pagsum 370km Lhasa BLD

Mila Mountain Pass (Pass By): Covered with snow all year round, with relics of glacial activities in ancient times, a must-go place along the Sichuan-Tibet Line, and the last high mountain to Lhasa.

Niyang River (Pass By): One of the five major tributaries in the Yarlung Zangbo River Basin.

Lhasa: The centre of the Tibetan Buddhist world for over a millennium, literally the 'Place of the Gods' remains largely a city of wonders.

Day 5 Lhasa BLD

Potala Palace: Tibet autonomous region, china was the 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: A Buddhist temple in Barkhor Square in Lhasa, the capital city of Tibet. Tibetans in general consider this temple as the most sacred and important temple in Tibet.

Barkhor Street: An area of narrow streets and a public square located around Jokhang Temple in Lhasa, Tibet, China. It is a popular devotional circumambulation for pilgrims and locals. (Tibetan Costume Photography: One-on-one photography by a professional photographer, with 10 electronic film for free, exclude makeup).

Day 6 Lhasa 360km Xigaze BLD

Xigaze: Tibetan name means "The Manor with Best Soil". Also the religious, political, economic and cultural center of the western Tibet region.

Yamdruk Lake: A freshwater lake in Tibet, it is one of the three largest sacred lakes in Tibet. The lake is surrounded by many snow-capped mountains and is fed by numerous small streams. (Take photo with yaks and Tibetan mastiffs)

Naiqin Kangsang Snow Mountain (Pass By): one of the four sacred mountains in Tibet. Due to the high cold, the top of the mountain has an abrupt cone. It is surrounded by white clouds and scattered snow all year round.

Karuola Glacier (Pass By): A special glacier which well-known as the nearest glacier to the road in Tibet.

Canyon Reservoir (Pass By): A tear on the plateau, clear water and blue sky.

Remark:

Summer Season: On-route to Xigaze, the plateau full with Rapeseed Flower scenery, located around the area from Yamdruk Lake to Langkazi. Forecast: Early of Jun - Mid of Aug

Day 7 Xigaze 240km Tingri BLD

Lazi (Pass By): From Xigaze to Lazi is a niche route with beautiful scenery. It is known as the "Hometown of Chinese Folk Culture and Art", "Hometown of Tibetan Knives", "Hometown of Rapeseed" and "Hometown of Tibetan Boots".

Tingri: A small town located in the southern part of Tibet. The only way to Mount Everest.

Day 8 Tingri 240km Xigaze BLD

Jiawula Pass (Pass By): A pass way to the Mount Everest Base Camp. The only viewing platform in the world where can see five 8,000 meter snow-capped peaks (from left to right: Makalu, Lhotse, Everest, Cho Oyu, Shishapangma).

Everest Base Camp (Include Shuttle Bus): Here has extraordinary tourism significance, attracting countless tourists every year to admire the beauty of the world's highest peak. Here is the closest place to Mount Everest that non-climbers can reach. Standing at the foot of Mount Everest, the top of the world is right in front of you.

Day 9 Xigaze 360km Lhasa BLD

Tashi Lhunpo Monastery: Founded by the 1st Dalai Lama is the traditional seat of successive Panchen Lamas, the second highest ranking tulku lineage in the Gelug tradition of Tibetan Buddhism.

Yarlung Zangbo River (Pass By): It belongs to the Indian Ocean water system and ranks sixth among China's major rivers in length. The riverbed is mostly above 3,000 meters above sea level, making it the highest river in the world.

Day 10 Lhasa BLD

Norbulingka Palace: Literally "Garden of Treasure" in Tibetan. Every summer Dala Lamas moved from the Potala Palace to Norbulingka to handle official business, hence it is also seen as "the Summer Palace of Lhasa".

Sera Monastery: One of the largest and oldest monasteries in Lhasa. Sera also is one of the Six Great Monasteries of Gelug.

Day 11 Lhasa Qinghai Tibet Railway B/MOB-LD

"The World's Highest Altitude Railway" and "The Longest Plateau Railway" (Estimated 24 hours journey, enjoy the day and night view. Overnight in train - four persons for one soft sleeper cabin)

Anduo (Pass By): The terrain is of plateau mountain type, with ups and downs forming a "roof" shape.

Cuona Lake (Pass By): The source lake of Nujiang River, also is the highest altitude freshwater lake in the world.

Dangla Mountains (Pass By): In Tibetan, it means "mountain on the plateau". In Mongolian, it means "mountain that eagles cannot fly over".

Hoh Xil National Nature Reserve (Pass By): One of the world's best-preserved nature reserves. A vast number of wild yaks, Tibetan antelopes, wild donkeys, white-lipped deer and brown bears, create a unique scenery in the area.

Kunlun Mountains (Pass By): Known as "the ancestor of ten thousand mountains". It is a sacred mountain in ancient Chinese mythology and is regarded as a fairy mountain where gods live by Taoism.

Golmud (Pass By): The city name comes from a Mongol word which means the place where rivers densely flow. Here have lots of marvellous natural wonders, including incredible salt lake, well-preserved ecological environment, sublime mountains and sources of leading ancestral rivers of China.

Day 12 Qinghai Tibet Railway MOB-BLD

Yangbajing Geothermal Power Station (Pass By): Not only the largest geothermal power station in China, but also the only power plant in the world that uses geothermal substratum heat storage for industrial power generation.

Day 13 Qinghai Tibet Railway Chengdu MOB-B/LD

Chengdu: It is known as "the city you don't want to leave once you come here" and is known as the "Land of Heaven".

Kuan-Zhai Alley: An ancient street with hundreds of years' history combined with modern elements. There you can imagine the old Chengdu by walking past the Qing Dynasty (1636-1912) style buildings.

Jinli Street: One of the most ancient commercial streets. It was famous throughout the whole country in period of Sanguo.

End of journey, return flight to home.

Day 14 Chengdu ✈ Return MOB

iO Travel hope to serve you again soon !





珠峰大本营
Everest Base Camp



青藏铁路
Qinghai Tibet Railway



羊卓雍措
Yamdrok Lake



八廓街
Barkhor Street

20240718

出发日期 DEPARTURE DATE :

团费 TOUR FARE :

必须符合条款：

1. 本公司保留对行程内容因当地天气、路况、突发情况以及不可抗力因素，做出适当更改和调整的权力。
2. 所有航班如有更改，恕不另行通知。
3. 旅游细则与附带条件，以收据背项为准。
4. 自由活动期间自费项目由客人自行选择与付费。
5. 如有包含门票，将特别注明。
6. 如有购物站，将特别注明。
7. 旅程以华语、粤语或英文讲解。
8. 每团至少16位成员才能铁定出发。如团体少于16为成员，本公司保留决定操作或取消此行程。
9. 所有酒店评级，均以当地为标准。如遇到当地酒店客满，不可预测等因素，将以同级酒店取代。
10. 房型是根据酒店分配，本公司不负责所分配房型差异。
11. 本公司建议购买旅游保险，为您的旅程做个保障。
12. 英文版本是翻译自中文版本，如有差异将以中文版为。

Terms & Conditions Apply :

- 1) iO reserves the right to make appropriate changes and adjustments of the itinerary due to local weather, road conditions, unexpected situations and irresistible factors without prior notice.
- 2) All flight are subject to changes without prior notice.
- 3) All Booking will be subjected to terms and conditions as stipulated in the official receipts.
- 4) Participation of optional tours will be at passengers own expense.
- 5) Admission and entrance ticket will be included where specified.
- 6) Shopping stops will be included where specified.

- 7) Tour is conducted in Chinese, Cantonese or English.
- 8) Minimum group size of 16 passenger is required for a confirmed departure. Group size of 15 and below will solely be at discretion of iO travel.
- 9) All hotel rating are based on local standard. In the event that accommodation in the stated hotel is unavailable, it will be replaced by hotel of similar standards.
- 10) Room types are based on run of house an allocated by respective hotels. iO will not be responsible for the differences of the room allocated.
- 11) iO travel recommends you to buy travel insurance for your travel related coverage.
- 12) In the event if discrepancies between English and Chinese itinerary, please refer to Chinese Version.



IPOH OVERLAND TOURS & TRAVEL SDN. BHD.
TIME FREE VACATION SDN. BHD. (1214279-D) (KPK/LN 8618)
(173557-U) (KKP-1478) (KPL/LN 1478/2)

IPOH OFFICE:
☎ +605 253 2766 / +6016 559 8766
📍 NO. 19, JALAN SULTAN ABDUL JALIL,
30300 IPOH, PERAK, MALAYSIA.

JB OFFICE:
☎ +6016 311 0632
📍 NO. 50, JALAN SRI PELANGI, TAMAN PELANGI,
80400 JOHOR BAHRU, JOHOR, MALAYSIA.

