CONNECTIVE JOURNEY
联合假期

11 Days 10 Nights

Tibet

Nyingchi · Lhasa · Shannan · Shigatse

11天10晚 西藏之美

林芝 · 拉萨 · 山南 · 日喀则

Potala Palace | Yamdrok Lake | Qinghai-Tibet Railway

布达拉宫 · 羊卓雍措 · 青藏铁路



Tour code: CH11T

Min. Group Size: 20 pax

成团人数：20人

西藏秘境
高原之上，遇见最真实的自己

Tibet Reveals Itself
Some Journeys Change the Map.
This One Changes You.

Tibet is where turquoise lakes, glacial ice and centuries-old temples collide. Low forested valleys give way to golden-roofed monasteries, glacial lakes give way to ice fields near 5,000 metres. This fly-in, train-out journey eases you from Nyingchi's forested hills into the heart of the plateau, where altitude climbs gently and the mountains reveal themselves one day at a time.

Stand before the Potala Palace at first light, and walk the kora at Jokhang Temple. Cross the 4,998-metre Gampa La Pass to Yamdrok Lake's impossible turquoise, then stand within reach of Karola Glacier's blue ice. Wander Samye Monastery and climb to Yumbulagang, the valley's first palace, before heading home aboard the Qinghai-Tibet Railway: a soft-sleeper glide past the Qiangtang Grassland, with one oxygen bottle provided per pax while in Tibet.

西藏，是圣湖、冰川与千年古寺的相遇之地。低海拔的森林山谷渐次过渡为金顶寺庙，碧蓝的冰川湖泊延伸至近5000米的冰原。这趟飞机进、火车出的旅程，带你从林芝的森林丘陵缓缓深入高原腹地，海拔循序渐进，让群山的壮阔一天天展现。

清晨伫立布达拉宫前，漫步大昭寺转经古道。翻越海拔4998米的岗巴拉山口，抵达羊卓雍措难以置信的碧蓝湖水，随后近距离伫立在卡若拉冰川的蓝色冰体前。漫步桑耶寺，登上河谷第一座宫殿雍布拉康，最终搭乘青藏铁路卧铺软卧启程回家，缓缓穿越羌塘草原，西藏段每人配备1瓶氧气。



Why Choose This Journey 为什么选择我们

Gradual Altitude Acclimatization
海拔循序渐进，安全适应高原

A Night Aboard the Qinghai-Tibet Railway
青藏铁路软卧一夜

Fly In, Train Out, Comfort Meets Scenery
飞机进藏 + 火车出藏，兼顾舒适与风光

Potala Palace, Tibet's Iconic Landmark
布达拉宫，雪域高原地标

Yamdrok Lake, One of Tibet's Sacred Lakes
西藏圣湖，羊卓雍措

Immersive Tibetan Culture, with Professional Photography
穿藏服·品藏餐·跳锅庄，专业摄影跟拍

Itinerary Overview 行程速览



Breakfast 早餐：B 早 | Lunch 午餐：L 午 | Dinner 晚餐：D 晚

D1 **Singapore ✈ Chengdu | 新加坡 ✈ 成都**
Arrive in Chengdu; transfer to hotel for rest.
抵达成都，专人接机后入住酒店休息。

D2 **Chengdu – Nyingchi | 成都 — 林芝** B早 | L午 | D 晚
Bome Lamaling Temple, then free time in Nyingchi city to acclimatize.
喇嘛岭寺，随后市区自由活动，适应高原环境。
Note: Pack warm layers for the day-night temperature swing; take it easy as your body adjusts to the altitude.
备注：早晚温差大，请备好保暖衣物；初到高原建议放缓节奏、避免剧烈活动。

D3 **Nyingchi – Basum Lake – Lhasa | 林芝 — 巴松措 — 拉萨** B早 | L午 | D 晚
Stroll the lakeside boardwalk at Basum Lake. After lunch, continue to Lhasa.
漫步巴松措湖边栈道。午餐后前往拉萨。

D4 **Lhasa | 拉萨** B早 | L午 | D 晚
Potala Palace and Jokhang Temple, the heart of Tibetan Buddhism.
布达拉宫、大昭寺，藏传佛教信仰核心。

D5 **Lhasa | 拉萨** B早 | L午 | D 晚
Zongjiao Lukang Park, a "Be a Tibetan for a Day" experience, and Barkhor Street.
宗角禄康公园、体验做一天藏族人、八廓街。

D6 **Lhasa – Samye – Yumbulagang | 拉萨 — 桑耶寺 — 雍布拉康** B早 | L午 | D 晚
Samye Monastery and Yumbulagang, Tibet's first palace, then onward to Shannan.
桑耶寺与西藏第一座宫殿雍布拉康，随后入住山南。

D7 **Shannan – Yamdrok Lake – Karola Glacier – Shigatse | 山南 — 羊卓雍措 — 卡若拉冰川 — 日喀则** B早 | L午 | D 晚
Gampa La Pass, Yamdrok Lake and Karola Glacier en route to Shigatse.
翻越岗巴拉山口，游览羊卓雍措与卡若拉冰川，抵达日喀则。

D8 **Shigatse – Lhasa | 日喀则 — 拉萨** B早 | L午 | D 晚
Tashilhunpo Monastery, seat of the Panchen Lama, before returning to Lhasa.
扎什伦布寺，历代班禅驻锡地，随后返回拉萨。

D9 **Lhasa – Xining by Train | 拉萨 — 西宁 (火车)** B早
Overnight on the Qinghai-Tibet Railway, passing the Qiangtang Grassland and Hoh Xil wilderness.
搭乘青藏铁路卧铺列车，沿途饱览羌塘草原与可可西里旷野。

D10 **Xining – Chengdu | 西宁 — 成都** D 晚
Arrive Xining by train, fly to Chengdu; free time to explore.
列车抵达西宁，转机飞往成都，自由活动。

D11 **Chengdu ✈ Singapore | 成都 ✈ 新加坡** B早
Transfer to the airport for your flight home.
前往机场，搭机返回新加坡。

Compulsory package (Pay in China)
必选配套（在中国支付）

1. **Tibetan-style specialty dinner**
   藏式风味餐
2. **Tibetan cultural performance show**
   藏式表演秀
3. **Zhaji Temple**
   扎基寺

Total 总共:
Adult 成人： RMB 600/pax 元/人
Child (below 12 years old) 儿童 (12岁以下)：
RMB 480/pax 元/人

REMARKS 备注

1. Guests with hypertension, diabetes, cardiovascular/cerebrovascular disease, respiratory conditions, or of advanced age are advised to consult their doctor before booking and to consider joining this tour carefully.
   有高血压、糖尿病、心脑血管疾病、呼吸系统疾病及年长客人在报名前请咨询医生建议并谨慎参团。
2. Diplomats and journalists must declare their profession when applying for the Tibet Entry Permit; any entry denial due to non-disclosure of profession is the traveller's own responsibility.
   外交官、记者办理入藏函需要特别申报，若因隐瞒职业而被拒绝入境需自行承担。
3. Hotel rooms are all standard twin rooms; triple rooms are arranged with an extra bed — please enquire for details.
   酒店房间均为标准间，三人间为加床，具体请咨询。
4. While hotels and meals are confirmed before departure; subject to changes of equivalent standard.
   酒店及餐食于出发前最终确认，如有调整将以同等标准替换。
5. Hotel classifications are based on local standards, for reference only.
   酒店星级以当地标准评定。
6. Tour is conducted in Mandarin throughout.
   导游全程以中文讲解。
7. Itinerary sequence may be adjusted due to local conditions.
   行程游览顺序将根据实际情况调整。
8. Flight seats for the group are assigned by the airline and cannot be changed. Train sleeping berths are allocated by the railway bureau, and passengers' berths may not be together.
   团队航班座位由航空公司分配，不可更改。火车卧铺由铁路部门分配，乘客的卧铺可能不相邻。

Inclusions 包含项目

- ✓ **Entrance tickets & experience activities**
  景点门票及体验活动
- ✓ **15 meals as per itinerary, including specialty dining**
  (Lulang stone-pot chicken, Basong river fish, Nepalese cuisine, wild mushroom hotpot, Tibetan-style dinner and Old Beijing lamb hotpot)
  行程包含15正餐，含特色餐
  (鲁朗石锅鸡、巴河鱼、尼泊尔风味餐、菌类火锅、藏式风味餐、老北京涮肉)
- ✓ **Chinese-speaking guide**
  中文导游服务
- ✓ **Air-conditioned coach throughout**
  全程空调旅游车
- ✓ **9 Nights Hotel Stay + 1 Night on Train**
  ((9N 4 twin- sharing with breakfast + 1N 4-berth soft sleeper on train)
  9晚酒店住宿 + 1晚火车卧铺
  (9晚4 ，两人一室含早餐 + 1晚火车四人一厢房)
- ✓ **One bottle of carbon-fibre oxygen per pax while in Tibet (Nyingchi to Lhasa)**
  西藏段每人配备1瓶碳纤维氧气 (林芝至拉萨)

9. Travellers from different flights may be merged and operate as one group.
   不同航班的团体将可能合并成一团。
10. All flights are subject to change.
    所有航班均可能变更。
11. All airport/port taxes and fuel surcharges are subject to changes until air tickets are issued.
    所有机场/港口税费和燃油附加费在机票出票前均可能有所变动。
12. Price excludes visa fees, taxes and tipping. Tipping: Chinese-speaking guide & driver RMB 30/pax/day; Indonesian- or English-speaking guide & driver RMB 40/pax/day; tour leader (if assigned) SGD 3/pax/day.
    团费不含签证费、税金及小费。小费标准：中文导游及司机 RMB 30/人/天；印尼语或英文导游及司机 RMB 40/人/天；如派领队，领队小费 SGD 3/人/天。
13. Images are for reference; actual scenery may differ.
    图片仅供参考，实际景观或有不同。

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