

- ☑ 无购物站、纯玩品质游 | 全宿 4+5 钻舒适酒店
- ☑ 特别升级：拉萨香格里拉酒店氧气房（拉萨观景酒店第一名）
- ☑ 告别疲惫 - 含内陆内陆双飞
- ☑ 珠峰大本营 - 一生必去的远方
- ☑ 羊卓雍措 - 西藏三大圣湖之一
- ☑ 卡若拉冰川 - 西藏三大大陆型冰川之一
- ☑ 绒布寺 - 世界上海拔最高的寺院
- ☑ 拉萨布达拉宫 - 是西藏的标志，也是世界上海拔最高、最宏伟的宫殿式建筑之一
- ☑ 药王山观景台| 大昭寺| 八廓街| 白居寺| 加乌拉山口| 嘉措拉山口| 扎什伦布寺| 罗布林卡
- ☑ 特色风味：特色藏餐、菌汤锅、东乡手抓大王、四川风味、盐焗鸡、四川火锅
- ☑ 特别赠送：每人 1 罐便携式氧气，配备葡萄糖（车上还有医用氧气瓶（4L））
- ☑ 特别安排：行程第二天特别安排专业随队医生，为大家提供高原医疗保障

9 天 7 晚 藏传圣地神秘西藏+珠峰大本营

(成都转机) 拉萨 / 羊湖 / 卡若拉 / 珠峰 / 日喀则)

CN9CTZ 行程 2026 年 4 月起

第一天 吉隆坡 - 成都（机上用餐）

酒店：成都天府空港悦享酒店或同级 5 钻

集合于吉隆坡国际机场，吉隆坡飞往成都天府机场 - 由专业导游接机，前往酒店办理入住。

第二天 成都（内陆飞机）拉萨（早/午/晚餐）

酒店：拉萨香格里拉大酒店或同级 5 钻

酒店早餐后，专车送机前往天府国际机场，搭乘国航 CA2531 航班（13:15-15:25）飞往拉萨。抵拉萨贡嘎机场后，专属接机人员接机，驱车前往市区酒店

注：拉萨海拔 3650 米，当日安排随队医生，随车配备医用氧气与葡萄糖，协助适应高原气候，初到高原建议静养休息，避免剧烈运动。

第三天 拉萨（1H）布达拉宫 - 大昭寺 - 八廓街 - 拉萨（早/午/晚餐）

酒店：拉萨香格里拉大酒店或同级 5 钻

酒店早餐后，驱车前往**布达拉宫**——始建于公元 7 世纪松赞干布时期，是世界上海拔最高的宫堡式建筑群，被联合国教科文组织列入世界文化遗产名录，宫内珍藏大量文物古籍与艺术瑰宝。途中停靠**药王山观景台**，与人民币 50 元纸币背面的布达拉宫取景地同框合影。随后前往**大昭寺**，始建于公元 647 年，是藏传佛教格鲁派核心寺院，殿内供奉着佛祖释迦牟尼 12 岁等身金像，为藏地信众心中的精神圣地。午后穿梭于**八廓街**，这条千年古转经道上，朝圣信徒手持转经筒顺时针前行，与沿街琳琅的藏式商铺、酥油茶香交织，见证藏地最纯粹的信仰与人间烟火。



布达拉宫



大昭寺



八廓街

第四天 拉萨 - 羊卓雍措 (2H) 卡若拉冰川 (2H) 白居寺 (1.5H) 日喀则 (早/午/晚餐)

酒店：日喀则希尔顿酒店或同级 5 钻

酒店早餐后出发，沿雅鲁藏布江逆流而上，前往被誉为“高原蓝宝石”兼西藏三大圣湖之一的**羊卓雍措**，湖面海拔 4441 米，湖水随光影变幻呈现出层次丰富的蓝，湖畔经幡摇曳，与远处雪山构成绝美画卷。途经**卡若拉冰川**，它是西藏三大大陆型冰川之一，也是电影《红河谷》的取景地，冰川前缘冰舌直抵公路旁，近距离感受冰川的雄奇与纯净。随后前往**白居寺**，始建于 15 世纪，寺内融合格鲁、萨迦、噶举三派教义，拥有“十万佛塔”之称的白居塔，塔内绘满精美壁画与雕塑，堪称藏地艺术瑰宝。傍晚抵达后藏重镇日喀则，办理入住休息。



羊卓雍措



卡若拉冰川



白居寺

第五天 日喀则 (5H) 加乌拉山口 (1.5H) 绒布寺 (1H) 珠峰(早/午/晚餐) 酒店：珠峰平措康桑富氧酒店或同级 4 钻

酒店早餐后启程，前往世界之巅珠峰。途中翻越**加乌拉山口**（海拔 5210 米），这里是观赏珠峰、洛子峰、马卡鲁峰等四座 8000 米级雪山的绝佳位置，天气晴好时可将雪山群峰尽收眼底。随后前往**绒布寺**，始建于 1899 年，是世界上海拔最高的寺院（海拔 5154 米），寺前视野开阔，可远眺珠峰雄姿。继续前行抵达**珠峰大本营**，在海拔 5200 米的观景台打卡，仰望珠穆朗玛峰（海拔 8848.86 米）的巍峨壮阔，感受世界之巅的震撼与神圣。



加乌拉山口



珠峰大本营

第六天 珠峰 (2.5H) 嘉措拉山口 (3H) 日喀则 (早/午/晚餐)

酒店：日喀则希尔顿酒店或同级 5 钻

清晨可早起观赏珠峰日出，当第一缕阳光洒在雪山之巅，金色峰顶如梦似幻。早餐后返程，途经**嘉措拉山口**（海拔 5248 米），这里是前往珠峰的必经之路，山口挂满祈福的经幡，可再次回望雪山群峰，留下难忘记忆。一路沿 318 国道返回日喀则，途中欣赏高原牧场与藏式村落风光，傍晚抵达日喀则入住。



珠峰日出



嘉措拉山口

第七天 日喀则 - 扎什伦布寺 (3.5H) 拉萨 (早/午/晚餐)

酒店: 拉萨香格里拉酒店氧气房或同级 5 钻

酒店早餐后, 前向后藏佛教中心**扎什伦布寺**——始建于 1447 年, 是格鲁派六大寺院之一, 也是班禅额尔德尼的驻锡地。寺内珍藏着历代班禅灵塔、大量佛像与经文, 大金顶在阳光下熠熠生辉, 香火鼎盛, 可跟随导游了解藏传佛教的深厚文化。午餐后启程返回拉萨, 沿途欣赏雅鲁藏布江谷地风光, 傍晚抵达拉萨入住, 结束当日行程。



扎什伦布寺

第八天 拉萨 - 罗布林卡 (1H) 拉萨送机 (内陆飞机) 成都天府(早/午/晚餐)

酒店早餐后, 前往**罗布林卡**——始建于 18 世纪, 意为“宝贝园林”, 是历代达赖喇嘛的夏宫, 园内融合藏式与汉族园林风格, 古木参天、亭台楼阁错落, 珍藏着众多文物与艺术品, 漫步其中感受藏地园林的静谧雅致。午餐后, 前往机场搭乘国航 CA2532 航班 (16:55-19:15) 返回成都。在成都用过晚餐后, 根据航班时间, 送往机场。



罗布林卡

第九天 抵达吉隆坡 (机上用餐)

回到温暖的家园, 大家的行程完美结束啦! 我们下次再见!

备注:

行程若更改, 需受公司的条款与细则所约束。顾客需注意以下事项: 在公司无法控制的情况下行程可能更改。

所有显示在行程里的图片仅供参考。

指定城市的住宿需视客房供应情况而定。行程顺序可能更改。不同团体可能合并成一团。

若有更改不被接受, 需遵守条款与细则中的退款规定。

温馨提示

★衣：高原的阳光很美也易伤人，墨镜、带沿的帽子、防晒露等是必要的，带件外套，早晚温差大，随时加衣。

★食：饮食和内地差别不大，拉萨各种菜系基本都有，有兴趣还可以品尝地道的藏餐以及印度尼泊尔等风味。初入高原的人因消耗大，故食量增大，但为了预防高原反应，应以每餐八分饱最佳。西藏传统饮食是藏餐，藏餐的主要原料有糌粑、酥油茶、牛羊肉、青稞酒、茶叶和不同品种的奶制品。糌粑为藏族的主食，原料为青稞或豌豆炒熟后磨成的面粉；酥油从牛奶中提炼，耐寒耐饥；藏餐中的牛肉以高原牦牛肉为主，羊肉大多是绵羊肉；作为日常饮品的青稞酒经常被用来招待客人。林芝由于林下资源极为丰富，松茸烧藏鸡、虫草炖鸭等菜肴都很有名。除此之外，西藏常见的菜系以川菜最为普遍。

★住：保证睡眠质量和时间、避免剧烈活动可有效地避免或减轻高反。西藏属于特殊地区，接待条件有限，星级酒店数量较少，有很多酒店因为新装修新开业，或者因为具有民族风格的缘故，未能拿到国家认可的星级酒店牌照。西藏的酒店星级评定标准也比内地低，所有酒店设施软件与硬件均不能以内地的眼光去衡量，热水及服务，或用餐均会不尽人意。

★行：我们的常规观光行程所达之处，路况都非常好，全程使用正规旅游巴士，窗外全是风景。初到高原的游客请注意休息，活动量不要太大，走路应以缓慢为原则。

注意事项

★出发时，切记携带有效身份证正本。

★有严重高血压、心脏病患者、哮喘病患者不宜去西藏，请不要带严重的感冒进藏。

★团费含每人每天一床位，若出现单数成人出行，请补单房差。

★由于西藏能源不足，故许多酒店只能定时供应热水。

★西藏旅游情况特殊，以上行程时间安排可能因天气、路况等原因相应调整，敬请谅解！

★本产品全程为纯玩团，无强制购物，敬请放心。

★按照国家旅游局相关规定，由于客人自身原因未能完成全部游览项目，或提前返回出发地，将被视为自动放弃旅游，客人所交团费均不退还。

★由于航空公司航班调整或延误，所产生的费用由游客自理。

★进藏后，注意身体变化，量力而行！若行程中出现严重高原反应者，请务必听取医生建议，终止或调整行程，未完成部分将被视为您自行放弃，所有行程恕不退任何费用。

★西藏春夏季多雨，经常造成泥石流及塌方，由于以上原因及其他人力不可抗拒原因而造成团队不能按照行程前往拉萨以外地区旅游，接待方不承担任何赔偿责任，客人所交团费不退还也不增加，我司会在拉萨地区增加景点用以弥补。

高原反应

★高原反应是人到达一定海拔高度后，身体为适应因海拔高度而造成的气压差、含氧量少、空气干燥等的变化，而产生的自然生理反应，海拔高度一般达到 2700 米左右时，就会有高原反应。拉萨的海拔在 3680 米左右，空气稀薄、气候干燥，极易发生高原反应，应提前做好应急措施。由于当地太阳辐射较强，防晒霜（高倍的）、太阳镜、遮阳帽也是必备的，此外还要准备足够的衣物以应付较大的温差。

★高原反应有哪些症状？

高原反应的症状一般表现为：头痛、气短、胸闷、厌食、微烧、头昏、乏力等。部分人因含氧量少而出现：嘴唇和指尖发紫、嗜睡、精神亢奋、睡不着觉等不同的表现。部分人因空气干燥而出现：皮肤粗糙、嘴唇干裂、鼻孔出血或积血块等。

★如何避免或减轻高原反应？

大部分人初到高原，都有或轻或重的高原反应，一般什么样的人会有高原反应没有规律可循，避免或减轻高原反应的最好方法是保持良好的心态面对它，许多的反应症状都是心理作用或有心理作用而引起的，比如：对高原有恐惧心理，缺乏思想准备和战胜高原决心的人，出现高原反应的机会就多。可缓解高原反应的药品景天红花胶囊（至少提前 7-10 天服用，淘宝店有售，抗高反，效果不错）、西洋参含片、诺迪康胶囊（对缓解极度疲劳很有用）、百服宁（控制高原反应引起的头痛）、西洋参（对缓解极度疲劳很有用）、速效救心丸（不可多服）、

丹参丸（治疗心血管）、葡萄糖液（一盒五支的那种，出现高原反应的症状时服用有一定的疗效）等等，对于高原适应力强的人，一般高原反应症状在 1-2 天内可以消除，适应力弱的需 3-7 天。

★到达西藏后有高原反应怎么办？

西藏一般宾馆或有一定规模的城镇都有医院或卫生院，轻微的高原反应建议通过自我调节来适应它，严重的可以去看医生。出现高原反应后，应多休息，少活动，坚持进食，可服用一些缓解高原反应的药品。严重的高原反应，比如出现：浮肿、肺水肿、重感冒等症状，建议一定到医院输液、吸氧等治疗，并尽快离开高原，在拉萨比较方便，每天都有进出拉萨的航班，可乘航班离开，一般高原反应一进飞机或一到平原便消失的无影无踪，并且无任何后遗症。

★进藏身体有何要求？哪些病人不宜进藏？是否要体检吗？需要锻炼身体吗？

进藏除了要保持良好的心态外，对于健康的身体并无特殊要求，有严重呼吸气管、心脏、心血管、精神方面疾病的人不宜进藏，因此，对于有严重的高血压、心脏病、（支）气管炎、糖尿病、感冒的患者限制进藏。建议您在进藏前对身体做一次心肺方面的检查，确认是否患有以上几种严重疾病。另外，在进藏前不要刻意的锻炼身体，如果您在平时一直坚持锻炼，在赴藏前半个月也应停下来，因为通过锻炼后的身体，耗氧量增大，增加了在西藏时心脏的负担，反而容易引起高原反应。

★感冒为什么不能去西藏？在西藏感冒怎么办？

感冒患者由于自身身体机能被破坏，抗病能力减弱，又增加自身的抵抗能力负荷，带着严重的感冒进藏极易转为其他高原病，特别是肺水肿，一种特别危险的高原疾病，不及时治疗很容易有生命危险。感冒患者，建议您在出发前将感冒治好，痊愈 1 个月后再进藏，不要带感冒病菌进藏。在西藏感冒，一般没有太大的问题，因在高原已经有一定的适应性和抵抗力，身体基本上都调整过来了，及时治疗即可，而且，西藏的医生治疗感冒都非常有经验。随身带一些感冒药，一旦有感冒征兆，自己服用一些常用感冒药品，一般 1-2 天症状即可消失。

★初到高原地区，不可疾速行走，更不能跑步或奔跑，也不能做体力劳动，不可暴饮暴食，以免加重消化器官负担，不要饮酒和吸烟，多食蔬菜和水果等富有维他命的食品，适量饮水，注意保暖，少洗澡以避免受凉感冒和耗体力。不要一开始就吸氧，尽量要自身适应它，否则，你可能在高原永远都离不开吸氧了（依赖性非常强）。如果能适应酥油茶的味道，也可以多喝一些酥油茶，对缓解高原反应也有一定的作用。若有感冒、咳嗽、发烧等症状，一定要及时吃药和看医生，否则很容易转化成肺气肿。

风俗禁忌

★藏族人绝对禁吃驴、马肉和狗肉，有些地区也不吃鱼肉；

★敬酒时，客人须先用无名指蘸一点酒弹向空中，连续 3 次，以示祭天，地和祖先，接着轻轻呷一口，主人会及时添满，再喝一口再添满，连喝三口，至第 4 次添满时，必须一饮而尽；

★吃饭时要食不满口，咬不出声，喝不出响；

★喝酥油茶时，主人倒茶，客人要待主人双手捧到面前时，才能接过来喝；

★禁忌在别人背后吐唾沫，拍手掌；忌讳别人用手触摸头顶；

★遇到寺院、玛尼堆、佛塔等宗教设施，必须从左向右绕行；

★不得跨越法器、火盆；经筒、经轮不得逆转；六字真言“唵嘛呢叭咪吽”的意思即“啊！愿我功德圆满，与佛融合！”

★在寺庙里不要大声喧哗或乱动乱摸，如遇佛事活动，最好静立默视或悄然离开；面见僧人最好的礼节是双手合十，微微低头，不要握手、拥抱；

★喇嘛庙中的僧人应称他们为“喇嘛”；与喇嘛交谈，最好避免提及钉戮、婚配等，也不要随意打听食用腥荤之类的事情；

★在八角街上行走一定要记住随着转经的藏人以顺时针方向行走，否则不仅很难从人群中突围，还会被藏族同胞视为亵渎神灵；

★西藏本来没有限制观看天葬，后来为了避免对死者不敬才禁止游客观看，不建议去观看天葬。首先关系到个人隐私，天葬的死者家属不愿外人观看，这是人之常情。其次，有些游客未经同意偷看，甚至将拍的照片拿出来炫耀，令人可悲。藏族是一个友善的民族，应该尽量尊重他们的文化习俗和生活习惯；

★在西藏拍照时，如送一些糖果或文具礼品给当地的小朋友，他们会很开心，会有利于同他们的沟通交往，但不提倡给予金钱；最好随身准备些香烟、糖果和文具小礼品等，以便途中搭车或感谢路人帮助，或者给当地物质缺乏的适学孩童；

请保护这片净土，去西藏任何一个地方前别忘了准备垃圾袋，并将旅途中的垃圾带回住宿地的垃圾收集站，保护环境是我们每一个人应尽的义务。

9D7N MYSTICAL TIBET + EVEREST BASE CAMP

(CHENGDU TRANSIT) LHASA / YAMDROK LAKE / KAROLA GLACIER / EVEREST / SHIGATSE

DAY 1: KUALA LUMPUR – CHENGDU (MEALS ON BOARD)

Hotel: Joyhub Cheer Hotel or similar 5★

Assemble at Kuala Lumpur International Airport for your flight to Chengdu Tianfu International Airport. Upon arrival, meet your professional tour guide and transfer to the hotel for check-in.

DAY 2: CHENGDU - LHASA (Domestic Flight) (B/L/D)

Hotel: Shangri-La Lhasa or similar 5★

After breakfast, transfer to Tianfu International Airport for Domestic flight **CA2531 (13:15–15:25)** to Lhasa. Upon arrival at Lhasa Gonggar Airport, you will be met and transferred to your hotel in the city.

Note: Lhasa is at an altitude of 3,650 meters. A tour doctor will accompany the group on this day. Medical oxygen and glucose will be available on the vehicle to help guests adapt to the high altitude. It is recommended to rest well and avoid strenuous activities upon arrival.

DAY 3: LHASA – POTALA PALACE – JOKHANG TEMPLE – BARKHOR STREET – LHASA (B/L/D)

Hotel: Shangri-La Lhasa or similar 5★

After breakfast, visit the **Potala Palace**. It is the world's highest palace complex and a UNESCO World Heritage Site, housing numerous precious cultural relics and artworks. Next, visit **Jokhang Temple** is the spiritual heart of Tibetan Buddhism and enshrines the 12-year-old statue of Shakyamuni Buddha. In the afternoon, stroll along **Barkhor Street**, an ancient pilgrimage circuit where devotees walk clockwise with prayer wheels. Experience authentic Tibetan culture, traditional shops, and the aroma of butter tea.

DAY 4: LHASA – YAMDROK LAKE – KAROLA GLACIER – PELKOR CHODE MONASTERY – SHIGATSE (B/L/D)

Hotel: Hilton Shigatse or similar 5★

After breakfast, travel along the Yarlung Tsangpo River to **Yamdrok Lake**, one of Tibet's three sacred lakes, known as the "Turquoise Lake." Next, visit **Karola Glacier**, one of Tibet's three major continental glaciers and a filming location for the movie Red River Valley. The glacier's ice tongue stretches close to the roadside, offering a magnificent close-up view. Continue to **Pelkor Chode Monastery** (15th century), home to the famous Kumbum Stupa, known as the "Ten Thousand Buddha Pagoda," richly decorated with murals and sculptures. Arrive in Shigatse in the evening for hotel check-in.

DAY 5: SHIGATSE – GYAWULA PASS – RONGBUK MONASTERY – MT EVEREST (B/L/D)

Hotel: Tibethostel Mount Everest Base Camp Oxygen-rich Hotel 4★

After breakfast, journey toward Mount Everest. Cross **Gyawula Pass** (5,210 meters), an excellent vantage point to view four peaks over 8,000 meters, including Everest, Lhotse, and Makalu (weather permitting). Visit **Rongbuk Monastery** (5,154 meters), the highest monastery in the world, founded in 1899. From here, enjoy a panoramic view of **Mount Everest**. Continue to Everest Base Camp (5,200 meters) to witness the majestic Mount Everest (8,848.86 meters), the highest peak on earth.

DAY 6: MT EVEREST – GYATSO LA PASS - SHIGATSE (B/L/D)

Hotel: Hilton Shigatse or similar 5★

Early risers may enjoy the breathtaking sunrise over Mount Everest, as golden light illuminates the summit. After breakfast, return via **Gyatso La Pass** (5,248 meters), adorned with colorful prayer flags. Travel along **National Highway 318** back to Shigatse, enjoying views of vast grasslands and Tibetan villages.

DAY 7: SHIGATSE – TASHILHUNPO MONASTERY - LHASA (B/L/D)

Hotel: Shangri-La Lhasa Oxygen Room or similar 5★

After breakfast, visit **Tashilhunpo Monastery**, founded in 1447. It is one of the six major Gelug monasteries and the traditional seat of the Panchen Lama. Explore the grand golden-roofed halls, stupas of past Panchen Lamas, and sacred scriptures. After lunch, return to Lhasa along the Yarlung Tsangpo Valley. Check in to your hotel upon arrival.

DAY 8: LHASA – NORBULINGKA – CHENGDU (DOMESTIC FLIGHT) (B/L/D)

After breakfast, visit **Norbulingka**, meaning "Treasure Garden," built in the 18th century as the summer residence of successive Dalai Lamas. After lunch, transfer to the airport for Domestic flight **CA2532 (16:55–19:15)** back to Chengdu. Enjoy dinner in Chengdu before transferring to the airport for your onward flight.

DAY 9: CHENGDU – KUALA LUMPUR (MEAL ON BOARD)

Arrive home safely. Your memorable journey concludes — until next time!

Remarks:

Itinerary may be adjusted subject to unforeseen circumstances or company policies.
Photo show in itinerary is only for reference.
Hotel accommodation is subject to availability.
Itinerary sequence may be altered.
Group merging may occur.
Refunds follow the terms and conditions.

Warm Reminders

★ **Clothing - The sunshine on the plateau is beautiful but can be harsh on the skin. Sunglasses, a brimmed hat, and sunscreen are essential. Bring a jacket as temperatures vary greatly between day and night, and add layers when necessary.**

★ **Food - The cuisine is generally similar to inland China, and Lhasa offers a variety of different regional dishes. You may also try authentic Tibetan food as well as Indian and Nepalese cuisine.**

Visitors new to high altitudes may experience increased appetite due to higher energy consumption. However, to prevent altitude sickness, it is best to eat about 80% full at each meal.

Traditional Tibetan cuisine includes tsampa, butter tea, beef and mutton, barley wine, tea, and various dairy products.

- Tsampa is the staple food, made from roasted barley or peas ground into flour.
- Butter tea is made from yak butter and helps withstand cold and hunger.
- Beef is mainly yak meat, and mutton is typically from sheep.
- Barley wine is commonly served to guests.

In Nyingchi, known for its abundant forest resources, dishes such as matsutake stewed Tibetan chicken and cordyceps duck soup are popular. Sichuan cuisine is the most common style of Chinese food found in Tibet.

★ **Accommodation - Ensuring sufficient sleep and avoiding strenuous activities can effectively prevent or reduce altitude sickness. Due to Tibet's unique conditions, hotel facilities are relatively limited, and there are fewer star-rated hotels. Some newly renovated or newly opened hotels, or those built in ethnic styles, may not yet have official star ratings. Hotel standards in Tibet may not be comparable to inland regions, and hot water supply, services, or dining arrangements may sometimes be less satisfactory.**

★ **Transportation - The road conditions along our regular sightseeing routes are very good. The entire journey uses licensed tourist coaches, and scenic views can be enjoyed throughout. Visitors new to high altitudes should rest well, limit physical activity, and walk slowly.**

Important Notes

- Please bring your valid original identification card when departing.
- **Those with severe hypertension, heart disease, asthma, or serious colds are not advised to travel to Tibet.**
- Tour fees are based on twin-sharing accommodation. A single supplement applies for solo travelers.
- Due to limited energy supply in Tibet, many hotels provide hot water only at designated times.
- The itinerary may be adjusted due to weather, road conditions, or other unforeseen circumstances. Your understanding is appreciated.
- This is a pure sightseeing tour with no compulsory shopping.
- According to national tourism regulations, if guests are unable to complete the itinerary due to personal reasons or return early, it will be regarded as voluntary forfeiture, and no refund will be given.
- Any additional costs caused by airline schedule changes or delays shall be borne by the traveler.
- **After entering Tibet, monitor your physical condition and act within your limits. If severe altitude sickness occurs, follow the doctor's advice and adjust or terminate the itinerary. Unused portions are non-refundable.**
- During spring and summer, heavy rain may cause landslides or mudslides. If such force majeure events prevent travel outside Lhasa, no compensation will be provided. Alternative attractions within Lhasa will be arranged where possible.

Altitude Sickness

Altitude sickness is a natural physiological reaction when the body adapts to lower air pressure, reduced oxygen levels, and dry air at higher elevations (generally above 2,700 meters). Lhasa is about 3,680 meters above sea level, where the air is thin and dry, making preparation essential. Strong ultraviolet radiation makes high-SPF sunscreen, sunglasses, and hats necessary. Adequate clothing is also needed for temperature differences.

★ Symptoms of Altitude Sickness

Common symptoms include headache, shortness of breath, chest tightness, loss of appetite, mild fever, dizziness, and fatigue. Some may experience purple lips or fingertips, drowsiness, insomnia, or unusual excitement. Dry air may cause rough skin, cracked lips, or nosebleeds.

★ How to Prevent or Reduce It

Most people experience mild symptoms initially. **Maintaining a positive mindset is key, as anxiety may worsen symptoms. Recommended medications (consult a doctor before use) may include Rhodiola capsules (start 7–10 days in advance), American ginseng tablets, Nuodikang capsules, pain relievers for headaches, Danshen pills, quick-acting**

heart pills (use cautiously), and glucose solution. Strong individuals may adapt within 1–2 days, while others may require 3–7 days.

★ What to Do If Symptoms Occur

Most hotels or towns have hospitals or clinics. Mild cases can be managed through rest and medication. Severe symptoms such as edema or pulmonary edema require immediate medical attention, oxygen therapy, and possibly descending to a lower altitude. Symptoms usually disappear quickly after returning to lower elevations.

★ Health Requirements

Healthy individuals generally have no special requirements. Those with severe respiratory, cardiovascular, or mental health conditions should not enter Tibet. A heart and lung check-up before travel is recommended. Avoid intense physical training before departure, as increased oxygen consumption may raise the risk of altitude sickness.

★ Why Not Travel with a Cold?

A severe cold weakens immunity and may lead to serious high-altitude illnesses such as pulmonary edema. Recover fully (preferably one month) before traveling. At high altitude, avoid running, strenuous labor, overeating, alcohol, and smoking. Eat more vegetables and fruits, drink water moderately, keep warm, and avoid frequent bathing. Do not rely on oxygen from the start — allow your body to adapt naturally.

Local Customs & Taboos

- Tibetans strictly avoid eating donkey, horse, and dog meat; some areas also avoid fish.
- During toasts, dip your ring finger into the wine and flick it into the air three times as an offering to heaven, earth, and ancestors. Sip lightly, and the host will refill your cup. On the fourth refill, drink it all.
- Eat quietly without chewing noisily.
- When served butter tea, wait until the host presents it with both hands before receiving it.
- Do not spit behind others or clap your hands abruptly. Avoid touching someone's head.
- **When passing monasteries, mani piles, or stupas, always walk clockwise.**
- Do not step over religious objects or **turn prayer wheels counterclockwise.** The six-syllable mantra "Om Mani Padme Hum" means: "May I achieve merit and unite with the Buddha."
- In temples, remain quiet and respectful. If religious ceremonies are taking place, observe silently or leave quietly. Greet monks with palms together and a slight bow — avoid handshakes or hugs.
- Address monks as "Lama." Avoid sensitive topics in conversation.
- **On Barkhor Street, always walk clockwise with pilgrims.**
- Sky burial viewing is prohibited out of respect for the deceased and their families.
- When taking photos, small gifts like candies or stationery are appreciated, but do not give money.
- Please protect this sacred land. Carry a garbage bag and dispose of waste properly. Environmental protection is everyone's responsibility.