

- ✓ 无购物站无自费 纯玩品质游
- ✓ 内陆双飞，快速直达，轻松畅游，免除旅途疲劳
- ✓ 全程入住五钻舒适 | 拉萨全程有氧酒店
- ✓ 一晚入住平措康桑珠峰大本营富氧酒店‘携程精选酒店排行榜’
- ✓ 两晚入住日喀则乔穆朗宗酒店‘携程豪华酒店排行第二’
- ✓ 两晚入住拉萨森戈康穹大酒店‘携程豪华酒店排行榜’
- ✓ 珠峰大本营-是人生一辈子一定要去的朝圣之旅
- ✓ 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
- ✓ 《文成公主》藏文化大型史詩劇是一部以西藏拉薩自然山水為背景的大型戶外實景演出
- ✓ 特别赠送：藏族服装体验+简妆，15 张底片再送 3 张精修底片
- ✓ 特别赠送：羊卓雍措与藏獒合影
- ✓ 特别贴心安排：首晚特别安排医生巡房，为初到高原的您保驾护航 | 随车配备医用氧气钢瓶，便携式氧气瓶每人 1 瓶
- ✓ 特色风味：特色藏餐、野生菌汤锅、巴河鱼风味、藏香猪风味、石锅鸡风味、尼泊尔风味

9 天 7 晚 圆梦珠峰·朝圣西藏

(拉萨/羊湖/日喀则/珠峰大本营)

CN9TZZ 行程从 2026 年 9 月起适用

第一天 吉隆坡-成都（机上用餐）

酒店：天府空港悦享酒店酒店或同级 5 钻

集合于吉隆坡国际机场，办理登机手续后准备飞往成都天府国际机场。抵达成都以后由专业导游接待，入住航站楼内的酒店休息。

第二天 成都-拉萨（早/午/晚餐）

酒店：拉萨森戈康穹大酒店或同级 5 钻

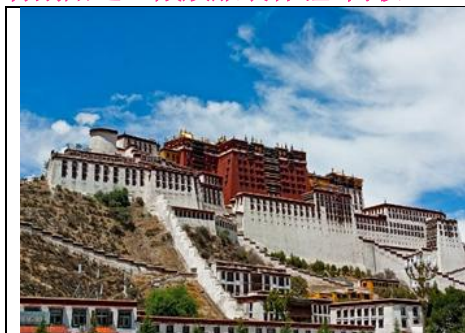
早餐后办理登机手续，乘搭国内航班前往【拉萨】这座海拔约 3,650 米的“日光之城”是西藏自治区首府，也是藏传佛教文化中心。抵达后享用晚餐，随后入住酒店休息，让身体适应高原环境，为接下来的旅程做好准备。

第三天 拉萨（早/午/晚餐）

酒店：拉萨森戈康穹大酒店或同级 5 钻

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。随后前往西藏最神圣的寺院【大昭寺】供奉着释迦牟尼十二岁等身佛像，是藏传佛教信众朝圣的重要圣地。继续漫步【八角街】这里汇聚了传统藏式商铺、特色手工艺品及地道美食，是体验拉萨民俗文化的最佳地点。晚餐后，观赏【《文成公主》】藏文化大型史詩劇是一部以西藏拉薩自然山水為背景的大型戶外實景演出。如遇下雨或该公司通知取消，将退款 280 人民币 / 人。

特别赠送：藏族服装体验+简妆，15 张底片再送 3 张精修底片



布达拉宫



藏族服装体验+简妆



大昭寺

第四天 拉萨-日喀则（早/午/晚餐）酒店：日喀则乔穆朗宗酒店或同级 5 钻

早餐后前往西藏三大圣湖之一【羊卓雍措】湖水湛蓝如宝石，四周雪山环绕，是西藏最具代表性的自然景观之一。随后游览【卡若拉冰川】这里是西藏距离公路最近的大陆型冰川，终年白雪皑皑，壮观震撼。之后乘车前往【日喀则】沿途欣赏壮丽的高原风光，抵达后入住酒店休息。

特别赠送：羊卓雍措与藏獒合影



第五天 日喀则-珠峰大本营-珠峰小镇（早/午/晚餐）酒店：平措康桑珠峰大本营富氧酒店或同级 5 钻

早餐后前往世界最高峰【珠穆朗玛峰国家级自然保护区】是为了保护珠穆朗玛峰核心区而设立的一片保护带，是观赏拍摄珠穆朗玛峰的好位置之一。抵达【珠峰大本营】近距离欣赏海拔 8,848.86 米的珠穆朗玛峰雄伟壮丽的景色，感受世界之巅的震撼魅力。随后入住【珠峰小镇】体验高原独特的自然环境，并欣赏壮丽的珠峰景观。



第六天 珠峰-日喀则（早/午/晚餐）酒店：日喀则乔穆朗宗酒店或同级 5 钻

早餐后前往【加乌拉山口】这里是观赏喜马拉雅山脉群峰的最佳地点之一，天气晴朗时可远眺包括珠穆朗玛峰在内的五座 8000 米级雪山，景色极为壮观。随后乘车返回【日喀则】沿途继续欣赏西藏高原壮丽风光。



第七天 日喀则-拉萨-成都（早/午/晚餐）酒店：成都丽呈明宇丽雅饭店或同级 5 钻

早餐后参观西藏格鲁派六大寺院之一【扎什伦布寺】这里是历代班禅大师的驻锡寺院，也是日喀则最重要的宗教圣地。随后返回拉萨，根据航班时间前往机场，乘搭国内航班飞往成都，抵达后入住酒店休息。



第八天 成都-吉隆坡（早/午/晚餐）
早餐后前往【成都大熊猫繁育研究基地】近距离观赏国宝大熊猫，了解其生活习性及其保育工作。随后漫步【宽窄巷子】感受成都传统老街与现代文化相融合的独特魅力；继续游览【锦里古街】品尝四川特色小吃，体验浓厚的巴蜀文化氛围。接着前往时尚地标【太古里】这里汇聚国际品牌、特色咖啡馆及潮流店铺，是成都最热门的商业区之一。傍晚欣赏【成都双子塔夜景】璀璨灯光点亮城市天际线，为旅程画下完美句点。随后根据航班时间前往机场，办理登机手续，搭乘国际航班返回吉隆坡。



第九天 吉隆坡（机上用餐）
抵达温暖的家园，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。
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。

9D7N JOURNEY TO EVEREST BASE CAMP · DISCOVER SACRED TIBET

(LHASA / YAMDROK LAKE / SHIGATSE / EVEREST BASE CAMP)

DAY 1: KUALA LUMPUR - CHENGDU (MOB)

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 local guide and check in to the airport hotel for a good rest.

DAY 2: CHENGDU – LHASA (B/L/D)

Hotel: Senge Kangqiong Grand Hotel or similar 5*

After breakfast, transfer to the airport for your domestic flight to **[Lhasa]** the capital of Tibet, known as the "City of Sunshine" and the spiritual center of Tibetan Buddhism. Upon arrival, enjoy dinner before checking into the hotel to rest and acclimatize to the high altitude.

DAY 3: LHASA (B/L/D)

Hotel: Senge Kangqiong Grand Hotel or similar 5*

After breakfast, visit the UNESCO World Heritage Site **[Potala Palace]** the former winter residence of the Dalai Lamas and Tibet's most iconic landmark, renowned for its magnificent architecture and rich history. Continue to **[Jokhang Temple]** Tibet's most sacred Buddhist temple, home to the revered 12-year-old Buddha statue and an important pilgrimage site. Then stroll along **[Barkhor Street]** a lively traditional market filled with Tibetan handicrafts, local snacks, and cultural souvenirs, offering an authentic glimpse into local life. After dinner, enjoy the **["Princess Wencheng" Live Show]** a spectacular outdoor performance showcasing Tibetan history and culture with the beautiful mountains of Lhasa as its backdrop. **Note: If the show is cancelled due to bad weather or by the organiser, a refund of RMB 280 per person will be given.**

Special arrangement:

- Tibetan costume experience with light makeup, 15 digital photos + 3 edited photos

DAY 4: LHASA - SHIGATSE (B/L/D)

Hotel: Qomo Langzong Hotel or similar 5*

After breakfast, visit **[Yamdrok Lake]** one of Tibet's three sacred lakes, famous for its crystal-clear turquoise waters surrounded by spectacular snow-capped mountains. Continue to **[Karola Glacier]** one of the closest glaciers to the highway in Tibet, offering breathtaking views of its year-round snow and ice. Later, travel overland to **[Shigatse]** enjoying the magnificent scenery of the Tibetan Plateau along the way.

Special Complimentary:

- Photo with a Tibetan Mastiff at Yamdrok Lake

DAY 5: SHIGATSE – EVEREST BASE CAMP – EVEREST TOWN (B/L/D)

Hotel: Tibetgostel Mount Everest Base Camp Oxygen-rich Hotel or similar 5*

After breakfast, journey to the **[Mount Everest National Nature Reserve]** and visit **[Everest Base Camp]** where you can admire the breathtaking views of Mount Everest (8,848.86m), the highest peak in the world. Afterwards, check in to **[Everest Town]** where you can experience the unique highland environment and enjoy unforgettable views of the world's highest mountain.

DAY 6: EVEREST TOWN - SHIGATSE (B/L/D)

Hotel: Qomo Langzong Hotel or similar 5*

After breakfast, visit **[Gawula Pass]** one of the best viewpoints in the Himalayas. On a clear day, you can enjoy panoramic views of five peaks over 8,000 metres, including Mount Everest. Later, return to **[Shigatse]** taking in the spectacular Tibetan plateau scenery along the journey.

DAY 7: SHIGATSE – LHASA – CHENGDU (B/L/D)

Hotel: Lia! By Minyoun Chengdu REXEN Hotel or similar 5*

After breakfast, visit **[Tashilhunpo Monastery]** one of the six great Gelug monasteries of Tibet and the traditional seat of the Panchen Lamas. Afterwards, return to Lhasa and transfer to the airport for your domestic flight to **Chengdu**. Upon arrival, check in to your hotel for an overnight stay.

DAY 8: CHENGDU – KUALA LUMPUR (B/L/D)

After breakfast, visit the **[Chengdu Research Base of Giant Panda Breeding]** where you can observe China's famous giant pandas and learn about their conservation. Continue to **[Kuanzhai Alley]** a charming historic district that blends traditional Sichuan architecture with modern cafés and boutiques, followed by **[Jinli Ancient Street]** well known for its local snacks and vibrant cultural atmosphere. Next, explore the fashionable **[Taikoo Li]** a popular shopping and lifestyle destination featuring international brands, trendy cafés, and designer stores. In the evening, enjoy the dazzling **[Chengdu Twin Towers Night View]** before transferring to the airport for your flight back to Kuala Lumpur.

DAY 9: KUALA LUMPUR (MOB)

Arrive in Kuala Lumpur, bringing your unforgettable Tibet journey to a pleasant end.

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.