

12天 成都/拉萨/日喀则/林芝/波密/ 青藏高原铁路+珠峰大本营游

12D LHASA/SHIGATSE/NYINGCHI/BOMI/
QINGHAI-TIBET PLATEAU TRAIN/EVEREST BASE CAMP

CN12ZF | 01 Apr 2026 - 31 Oct 2026



无购物
无自费团
No Shopping and
Compulsory Tour

Mt. Everest Base Camp

行程亮点 Highlights

- **林芝**
– 布久喇嘛林寺，鲁朗临海观景台，邦杰塘草原，米拉神山，藏族家访
 - **波密** – 然乌湖，米堆冰川，通麦大桥，古乡湖
 - **最美 318 国道**
 - **拉萨** – 布达拉宫，大昭寺，八角街，药王山摩崖石刻，羊卓雍措湖，卡若拉冰川
 - **日喀则** – 扎什伦布寺，定日小镇，萨迦寺，珠峰大本营，绒布寺，加戛拉山口观景台
 - **青藏铁路专线列车**
 - **西宁** – 塔尔寺
- **NYINGCHI** - Buju Lamalin Temple, Lulang forest Observation Deck, Bangjietang Grassland, Mila Mountain, Tibetan home Visit
 - **BOMI** - Rawu Lake (Rakwa Tso), Midui Glacier, Tongmai Bridge, Guxiang Lake
 - **The most beautiful National Highway 318**
 - **LHASA** - Potala Palace, Jokhang Temple, Barkhor Street, Yaowang Mountain Stone Carvings, Yamdrok Lake, Carola Glacier,
 - **SHIGATSE** - Tashilhunpo Monastery, Dingri Town, Sakya Monastery, Everest Base Camp, Rongbuk Monastery, Gyatso La Pass Viewing Platform
 - **QINGHAI-TIBET PLATEAU TRAIN**
 - **XINING** - Ta'er Monastery

住宿 Accommodation 🏨

- 全程当地 4+ 5* 标准酒店，拉萨段免费提升 3 晚氧气弥漫式国际 5* 洲际酒店
- Local 4+ 5* Hotel or similar, FREE UPGRADE 3N at the Immersive-style oxygen Hotel, Intercontinental Hote in Lhasa.

特别餐 Special Meals

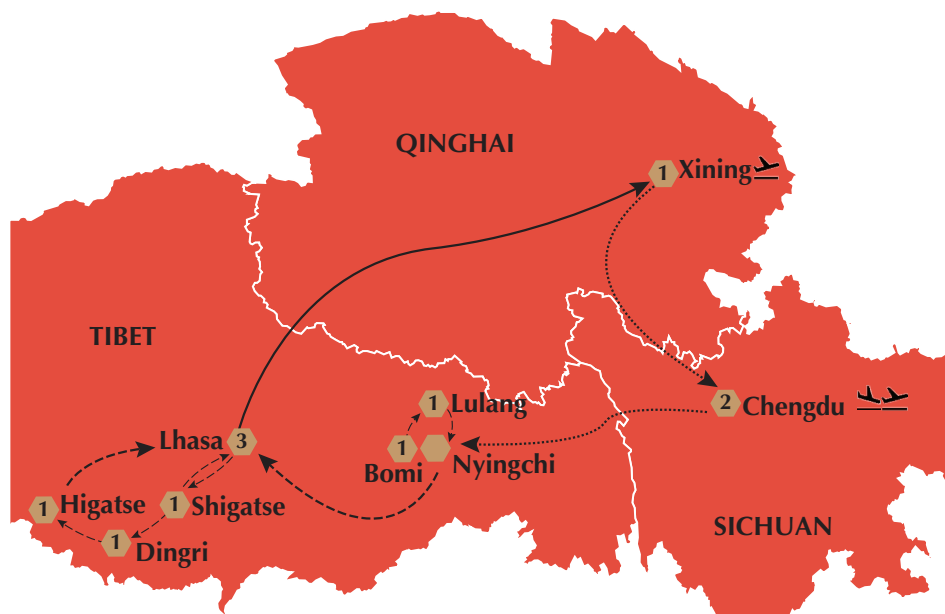
- 波密火锅
 - 巴河鱼风味
 - 老北京涮羊肉
 - 尼尔尔风味
 - 藏式风味
 - 日喀则风味
 - 日喀则老陕面
 - 洲际海鲜自助
 - 清真风味
 - 川菜风味
- Bomi Hot Pot
 - Bahe Fish Flavor
 - Old Beijing Hotpot
 - Neil Flavor
 - Tibetan Flavor
 - Shigatse flavor
 - Shigatse Laoshan Noodles
 - Intercontinental Seafood Buffet
 - Halal Flavor
 - Sichuan Flavor

餐食 Meals 🍴

- 10 早餐，9 午餐，9 晚餐
- 10 Breakfasts / 9 Lunches / 9 Dinners

特别提升 Star Upgrade

- 15 人以上免费升级为 SVIP 2+1 航空座椅
- Min 15 Pax to qualify for 2+1 VIP coach





然乌湖

01 新加坡 ✈️ 成都

机上用餐

- 在樟宜机场的指定柜台集合，并与我们的机场代表会面。办理离境手续后就启程前往成都。
 - 抵达后接机送酒店休息，做好进入西藏的前期准备
- 住宿:准 5*天府临空智选假日酒店或同级(机场附近)

02 成都 ✈️ 林芝 — 波密 (5-6H)

早餐，午餐，晚餐

- 乘飞机前往林芝，海拔 3100 米
 - 布久喇嘛林寺 – 是林芝地区最大最重要的藏传佛教场所。
 - 沿中国最美 318 国道前往波密，回酒店适应休息
- 住宿:准 4*波密山水大酒店或维也纳酒店或同级

03 波密 — 鲁朗 (3-4H)

早餐，午餐，晚餐

- 318 川藏线不能错过的绝美湖泊 – 然乌湖，海拔3800余米，面积22余公里，是藏东第一大湖。有着“中国摄影天堂线路”之称。
 - 米堆冰川(含电瓶车，不含骑马100RMB/人) – 被评中国最美六大冰川之一，常年雪光闪耀、景色神奇迷人。
 - 通麦大桥 – 是川藏公路318国道的咽喉工程。大桥设计为双塔双跨悬索桥，全长258米。
 - 途经古乡湖
 - 尔后前往鲁朗小镇
- 住宿:5* 保利雅图酒店或恒大酒店或鲁朗珠江国际酒店或同级

04 鲁朗 — 林芝 (省级公路 1H) — 拉萨 (高速 5H)

早餐，午餐，晚餐

- 鲁朗林海观景台 – 海拔 4300 米的鲁朗林海观景台，这是观看林海，雪峰，草甸，森林的最佳位置。鲁朗林海花海牧场。
 - 途经色季拉山远观南迦巴瓦峰
 - 藏族家访
 - 途经邦杰塘草原及途经米拉神山
- 住宿:5*拉萨洲际酒店或同级
- **拉萨适应性休息，旅行社派专业医生前往洲际酒店为团员检查身体。



通麦大桥

05 拉萨

早餐, 午餐, 晚餐

• **布达拉宫(含耳机)** – 是世界上海拔最高, 集宫殿、城堡和寺院于一体的宏伟建筑, 也是西藏最庞大、最完整的古代宫堡建筑群。是藏式古建筑的杰出代表, 中华民族古建筑的精华之作。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。布达拉宫是藏传佛教(格鲁派)的圣地, 每年至此的朝圣者及旅游观光客不计其数。1994 年 12 月, 联合国教科文组织列其为世界文化遗产; 2013 年 1 月, 国家旅游局又列其为国家 5A 级旅游景区。

• **大昭寺(含耳机)** – 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。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。大昭寺是西藏现存最辉煌的吐蕃时期的建筑, 也是西藏最早的土木结构建筑, 并且开创了藏式平川式的寺庙市局规式。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。

• **八角街** – 是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。

• **药王山摩崖石刻** – 药王山是西藏著名的圣山之一, 是藏医的发源地。遍布山上的摩崖石刻造像和线刻六字真言, 风格各异, 并以其广泛的题材和丰富的内容在藏行石刻文化的地理分布上, 格外引人注目, 名扬中外, 其石刻摩崖造像的数量也无疑为西藏之冠。

• **药王山观景台** – 拍摄布达拉宫全景最佳位置。

• **布达拉宫东宫下午茶(推荐自费)**

• **沉浸式全景真人歌舞晚会: 文成公主秀(推荐自费)**

住宿: 5*拉萨洲际酒店或同级



布达拉宫

06 拉萨 — 羊湖 (2.5H) — 日喀则 (4H)

早餐, 午餐, 晚餐

• **羊卓雍措湖** – 简称羊湖, 藏语意为“碧玉湖”, 是西藏三大圣湖之一。与纳木措、玛旁雍措并称西藏三大圣湖, 是喜马拉雅山北麓最大的内陆湖泊, 湖光山色之美, 冠绝藏南。羊卓雍措面积 675 平方千米, 湖面海拔 4,441 米。从拉萨到羊湖需要翻越 5030 米的岗巴拉山口。

• **卡若拉冰川** – 距离江孜县城约 71 公里, 是西藏三大大陆型冰川之一, 为年楚河东部源头。

• **远观江孜宗山古堡**

住宿: 5*乔穆朗宗酒店或同级



羊卓雍措湖

07 日喀则 — 定日 (8H)

早餐, 午餐, 晚餐

• 早上前往定日小镇

• **路上安排: 萨迦寺 Sakya Monastery** – 是一座藏传佛教萨迦派寺院, 也是萨迦派的主寺。萨迦寺 1961 年被国务院列为全国重点文物保护单位

• 适应性休息

住宿: 4* 扎西宗维也纳酒店或同级

扎西宗海拔 3900, 距离大本营 20 分钟车程(?), 是最新开发的最低海拔地点

08 定日 — 日喀则 (8H)

早餐, 午餐, 晚餐

• **珠峰大本营(含往返环保车)** – 海拔 5200 米, 是为了保护珠峰核心区环境而设立的保护地带。中国境内有两个珠峰大本营, 一个是扎西宗乡的西坡大本营, 一个是曲当乡嘎玛沟一带的东坡大本营。珠峰大本营是观赏拍摄珠峰的好位置之一。

• **绒布寺** – 海拔 5154 米, 是世界上海拔最高的寺庙。

• **加戛拉山口观景台**

住宿: 5*乔穆朗宗酒店或同级

09 日喀则 — 拉萨 (6H)

早餐, 午餐, 晚餐

• **扎什伦布寺** – 是日喀则地区最大的寺庙。扎什伦布寺可与达赖的布达拉宫相媲美。扎什伦布寺是中国著名的六大黄教寺院之一。国家 5A 级旅游景区。

• **扎基寺** – 拉萨唯一的财神庙(推荐自费)

• **九瑟坛城** – 是一个著名的藏传佛教圣地, 有着悠久的历史个文化传统。在这里, 游客可以感受到浓厚的宗教氛围, 也可以欣赏到各种具有藏族特色的手工艺品, 其中包含请愿唐卡等。

住宿: 5* 拉萨洲际酒店或同级



萨迦寺



扎基寺

10 拉萨 - 西宁

早餐

• 早餐后，搭乘世界海拔最高的青藏铁路专线列车前往西宁，拉萨-当雄-那曲-安多-沱沱河-格尔木-西宁。**火车上不含餐，用餐用餐自理(列车挂有餐车)**。沿着世界海拔最高、里程最长、景色最壮观的高原铁路，走过羌塘草原、错那湖、唐古拉山、可可西里、昆仑山、青海湖和戈壁红柳长江源，在风驰电掣般奔驰的铁路列车中观赏全景画般的青藏高原雪域风光，以及在广袤的原野上奔腾撒欢的藏羚羊、野牦牛和其它各种动物。青藏铁路拉萨至西宁全长1972公里，约上午发车，次日抵达西宁，全程行驶约计 22 小时。鉴于青藏铁路特殊的运营状况，火车班次和开行时间将以列车乘坐当日具体票面为准。

住宿:火车上(软卧, 4 人一车厢)

11 西宁 - 成都

早餐, 午餐, 晚餐

• 塔尔寺(含电瓶车) - 塔尔寺院依山势建筑, 由众多殿宇、经堂、佛塔、僧舍等组成, 金碧辉煌, 气势恢宏, 是我国著名的藏传佛教格鲁派六大寺院之一。

住宿:准 5*天府临空智选假日酒店或同级(机场附近)



鲁朗林海观景台

12 成都 - 新加坡

早餐, 机上用餐

于指定时间在集合, 由专车送往机场办理出境手续返回新加坡。希望您同南和旅行社有个美好的旅程与回忆, 期盼下一次您的参与。

备注

1. 10名旅客方可成行。领队安排将视航班及其他运营因素而定。
2. 确认行程最迟于出发前两(2)周最终确定。
3. 若中英文行程存在差异, 请以**中文版本**为准, 除非特别说明。所有团队将安排华语导游服务。
4. 旅客须确保提供的全名与护照条形码完全一致, 且护照有效期自返程日起至少6个月。
5. 强烈建议旅客在出发前自行购买旅行保险。
6. 搭乘不同航班的旅客抵达后可能合并为同一团队。
7. 团体座位安排完全由航空公司决定, 无法保证特定座位要求且超出我方控制范围。
8. 行程顺序、航班时刻及酒店住宿可能因突发状况变更, 恕不另行通知。
9. 机场/港口税、燃油附加费、签证费, 小费(含领队、境外导游及司机), 保证自费项目, 推荐自费项目均不包含在行程费用内。签证要求及小费金额由旅客自行负责, 请遵循提供的指导原则。
10. 酒店/度假村评级基于当地标准。若指定酒店无法提供住宿, 将以同等级酒店替代。三人间住宿时, 中国境内酒店仅提供额外折叠床。特殊要求或附加服务可能产生管理费。完整预订细则请参阅NH条款与细则。
11. 本公司对于因不可抗力因素所造成的任何损失概不负责, 包括但不限于目的地发生的自然灾害、恶劣天气状况或政治因素等, 亦不承担任何赔偿或替代责任。有关完整的预订条款与细则, 请参阅NH条款与条件。

• 推荐自费项目:

- 文成公主大型实景秀
(RMB380/人普通席, RMB580 元/人豪华席)
- 布达拉宫东宫下午茶 (RMB188 元/人)
- 扎基寺 (财神庙, 提供朝圣物资) (220RMB/人)
- 青海湖游船(180RMB /人)

服务费

导游及司机服务费 - RMB360/人
如有领队服务费 - SGD\$60/人

01 Singapore ✈ Chengdu

Meals on Board

- Check in at Singapore Changi Airport for your flight to Chengdu
- Transfer to your hotel for ample rest in order to acclimatize to the high altitude

Accommodation: 5 Holiday Inn Express Chengdu Tianfu Airport*

02 Chengdu ✈ Nyingchi - Bomi (5-6H)

Breakfast, Lunch, Dinner

- Take the domestic flight to **Lingzhi** (Nyingchi), 3100 meters above sea level
- **Buju Lamalin Temple** - is the largest and most important Tibetan Buddhist site in Nyingchi
- Travel along China's most beautiful **National Highway 318** to Bomi, then return to the hotel for rest and acclimatization.

Accommodation: equivalent 4 Bomi Shanshui Hotel or Vienna Hotel or similar*



Midui Glacier

03 Bomi - Lulang (3-4H)

Breakfast, Lunch, Dinner

- **Ranwu Lake (Rakwa Tso)** - is a beautiful lake that cannot be missed on the Sichuan- Tibet Highway 318. It is over 3,800 meters above sea level and covers an area of over 22 square kilometers. It is the largest lake in eastern Tibet and is known as the "China Photography Paradise Route".
- **Midui Glacier (includes shuttle cart, excludes horseback riding – RMB 100/person)** – Rated as one of China's six most beautiful glaciers, it dazzles year-round with shimmering snow and breathtaking scenery."
- **Tongmai Bridge** – A vital project on National Highway 318 along the Sichuan–Tibet route. The bridge is a double-tower, double-span suspension bridge with a total length of 258 meters."
- Pass by **Guxiang Lake**,
- Continue to **Lulang Town**."

Accommodation: 5 Poly Yatu Hotel or Evergrande Hotel or Lulang Pearl River International Hotel or similar*

04 Lulang - Nyingchi (1H) - Lhasa (5H)

Breakfast, Lunch, Dinner

- **Lulang forest Observation Deck** - The Lulang Forest Observation Deck at an altitude of 4,300 meters. It should be regarded as the highest altitude forest in the world.
- Proceed to **NYINGCHI** via Sejila Mountain
- **Tibetan home Visit**
- **Passing through Bangjietang Grassland** - Bangjietang Grassland is the first pure grassland scenery of Linzhi. At an altitude of 4,700 meters, the grassland area is about 15 square kilometers.
- **Passing through Mila Mountain** - Mila Mountain at an altitude of 5018 meters (prevent altitude sickness and avoid oxygen deficiency), this is the boundary mountain between Lhasa and Nyingchi, and the watershed of the Niyang River system in the southeast and the Lhasa River system in the northwest.

Accommodation: 5 Lhasa Intercontinental Hotel or similar*



Yamdrok Yumtso Lake



Peach Blossoms at Linzhi

05 Lhasa

Breakfast, Lunch, Dinner

• **Potala Palace** - It is the world's highest altitude, a magnificent building integrating palaces, castles and monasteries. It is an outstanding representative of Tibetan ancient architecture and the essence of the ancient Chinese architecture. The main building is divided into two parts, the White Palace and the Red Palace. The palace is more than 200 meters high. After the reconstruction of the Potala Palace in 1645 (the second year of Qing Shunzhi), it became the residence of the Dalai Lama's Winter Palace. In December 1994, UNESCO listed it as a World Cultural Heritage; in January 2013, the National Tourism Administration listed it as a national 5A-level tourist attraction.

• **Jokhang Temple** - It is a Tibetan Buddhist monastery. It was built by the Tibetan king Songtsan Gampo. The Jokhang Temple has a history of more than 1,300 years and has become a thousand classical models of Tibetan religious architecture.

The Jokhang Temple is the most splendid building of the Tibetan period in Tibet, and it is also the earliest civil structure building in Tibet.

• **Barkhor Street** - it is the famous turn-by-turn and commercial center of Lhasa, which preserves the traditional features and living style of the ancient city. Barkhor Street is a polygonal street consisting of Bajiao East Street, Bajiao West Street, Bajiao South Street and Bajiao North Street. The circumference is about 1000 meters.

• **Yaowang Mountain Stone Carvings** - Stroll down the unique red brick warehouses restored to a chic dining and shopping area next to the waterfront.

• **Yaowangshan Observation Deck** - the best location to take panoramic photos of the Potala Palace

• **Tea Break at the Potala Palace (Optional Tour)**

• **Princess Wencheng Show (Optional Tour)**

Accommodation: 5 Lhasa Intercontinental Hotel or similar*



Tibetan Girl

06 Lhasa - Shigatse (4H)

Breakfast, Lunch, Dinner

• **Yamdrok Lake** - One of the three holy lakes in Tibet, like a coral branch, so it is also known as the "coral lake above" in Tibetan. About 70 kilometers southwest of Lhasa, together with Namtso and Mabianocuo, it is called the three holy lakes in Tibet. It is the largest inland lake in the northern foothills of the Himalayas. The lake is 4,441 meters above sea level. From Lhasa to Yanghu, you need to cross the 5030-meter Gambashan Pass.

• **Carola Glacier** - About 71 kilometers from Jiangyan County, it is one of the three major continental glaciers in Tibet and is the source of the eastern part of the Nianchu River.

• Admire the historic **Jiangzhi Zongshan Fortress** from afar.

Accommodation: 5 Qiaomulanong Hotel or similar*

07 Shigatse - Dingri (8H)

Breakfast, Lunch, Dinner

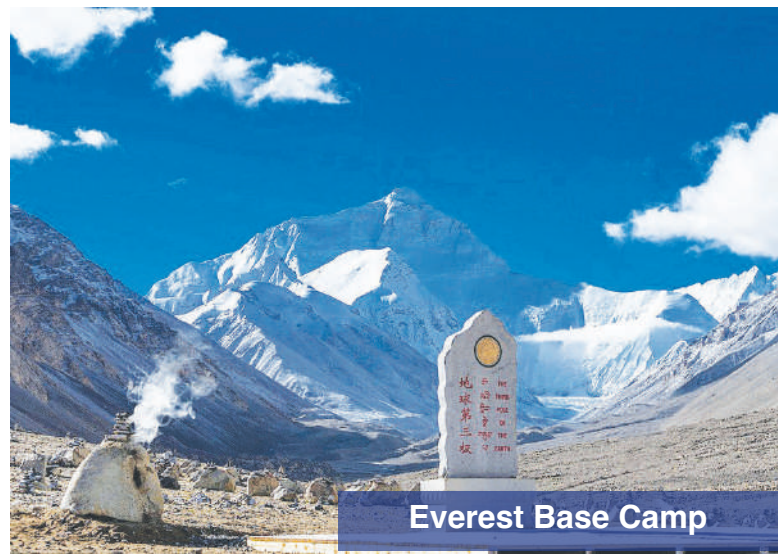
• Cocah to Dingri Town.

• Visit **Sakya Monastery** – a major monastery of the Sakya sect of Tibetan Buddhism and the main seat of the Sakya lineage. In 1961, it was designated by the State Council as a National Key Cultural Relic Protection Unit.

• Rest and acclimatization will be arranged

Accommodation: 4 Tashi Zong Vienna Hotel or similar*

Tashi Zong situated at 3,900 meters, only 20 minutes from Everest Base Camp, offering the newly developed lowest-altitude experience



Everest Base Camp

08 Dingri - Higtse (8H)

Breakfast, Lunch, Dinner

• **Everest Base Camp (includes EV)** – Located at an altitude of 5,200 meters, this protected area was established to preserve the environment of the Everest core zone. There are two Everest Base Camps in China: the West Base Camp in Tashi Zong and the East Base Camp near Gama Valley in Qudang Township. Everest Base Camp is one of the best spots for viewing and photographing Mount Everest.

• **Rongbuk Monastery** – At 5,154 meters, it is the highest monastery in the world.

• **Gyatso La Pass Viewing Platform** – Offers panoramic views of the surrounding mountains and glaciers.

Accommodation: 5 Qiaomulanong Hotel or similar*

09 Higtse - Lhasa (6H)

Breakfast, Lunch, Dinner

• **Tashilhunpo Monastery** - It is the largest temple in Shigatse. It is the “four great temples” of the Gelug Sect of Tibetan Buddhism, together with the “Three Great Temples” of Lhasa, Ganden Temple, Sera Monastery, and Drepung Monastery. Tashilhunpo Temple is one of the six famous Yellow Temples in China. National 5A level tourist attraction.

• **Zhaji Temple** - the only temple of the God of Wealth in Lhasa (**Optional Tour**)

• **Jiuse Mandala** - is a famous Tibetan Buddhist holy place with a long history and cultural tradition. Here, tourists can feel the strong religious atmosphere and appreciate various handicrafts with Tibetan characteristics, including thangkhas.

Accommodation: 5 Lhasa Intercontinental Hotel or similar*



Qinghai-Tibet Train

10 Lhasa - Xining

Breakfast

• **Qinghai-Tibet Plateau Train** - After breakfast, take the Qinghai-Tibet Plateau train with the highest altitude in the world to Xining, Lhasa – Dangxiang – Naqu – Ando -TuoTuohe – Geermu - Xining. **Own expenses for meal on board (there will be food sold in the train).** Along the world's highest altitude, the longest mileage, and the most spectacular plateau railway, we walked through the Qiangtang grassland, Cuona lake, the Tanggula mountain, the KeKeXiLi, the Kunlun Mountains, the Qinghai Lake, and the Gobi Red River Yangtze River. The Qinghai-Tibet Railway Lhasa to Xining is 1972 kilometers long. **It will depart in the morning and arrive in Xining the next day. The journey will take about 22hrs.** The train schedule and travel time will be based on the specific ticket on the day of the train ride.

Accommodation: On the train (soft sleeper, 4 pax per cabin)

11 Xining → Chengdu

Breakfast, Lunch, Dinner

• **Ta'er Monastery (including battery car)** - One of the six major monasteries of the Gelugpa. The Ta'er Monastery is the highest institution of the Buddhist College of Qinghai Province.

• Take domestic flight back to Chengdu.

Accommodation: 5 Holiday Inn Express Chengdu Tianfu Airport or similar*

12 Chengdu → Singapore

Breakfast, Meals on Board

After breakfast, heading to the airport for your flight back to Singapore. We hope you enjoyed your trip.

Notes

1. A minimum of 10 passengers is required for the tour to proceed. The appointment of a tour leader is subject to flight arrangements and other operational considerations.
2. Tour confirmation will be finalized no later than two (2) weeks before departure.
3. All group tours are conducted in Mandarin unless otherwise stated. In the event of any discrepancy between the English and Chinese itineraries, the **Chinese version shall prevail**.
4. Travellers must ensure that the full name provided matches exactly with the passport barcode, and that passports are valid for at least 6 months from the return date.
5. Travellers are strongly encouraged to purchase their own travel insurance prior to departure.
6. Travellers departing on different flights may be combined and operated as a single group upon arrival.
7. Group seating arrangements are assigned solely by the airline. Requests for specific seats are not guaranteed and are beyond our control.
8. The itinerary sequence, flight schedules, and hotel accommodations are subject to change without prior notice due to unforeseen circumstances.
9. Airport/port taxes, fuel surcharges, visa fees, and gratuities (for tour leader, overseas guide(s), and driver), compulsory tour and optional tour are not included in the tour fare. Visa requirements and gratuity amounts are the traveller's responsibility and should follow the provided guidelines.
10. Hotel/resort ratings are based on local standards. In the event that accommodation in the stated hotel is unavailable, it will be replaced by another hotel of similar standards. For Triple sharing, hotels in China will only provide an extra folding bed. An administrative fee may apply for special requests or additional services. For full booking details, please refer to NH Terms and Conditions.
11. The company shall not be liable for any loss arising from force majeure events, such as natural disasters, adverse weather conditions, or political issues occurring at the destination, nor shall it bear any responsibility for compensation or replacement. For full booking details, please refer to NH Terms and Conditions.

• Recommended Tour :

- o Princess Wencheng's large-scale live show
RMB380/person for ordinary seats,
RMB580/person for deluxe seats
- o Tea Break at the Potala Palace (RMB188/person)
- o Zhaji Temple (RMB220/person)
- o Qinghai Lake Cruise (RMB 180/person)

Service Fees

Guide and driver - **RMB360** per person

Tour Leader (if any) – **SGD\$60** per person