

新加坡直飞

西藏拉萨 林芝8日游



石锅鸡

Stone Pot Chicken



菌汤锅

Mushroom Hot Pot



藏香猪风味

Fragrant Pork Specialty



尼泊尔咖喱餐

Nepalese Curry Meal

参考酒店 Use this hotel as a reference



背靠喜马拉雅雪山，面朝雅鲁藏布江，天幕雪山、草地交相辉映。藏舞老师带大家穿藏装，教大家跳藏族舞蹈。



林芝工布庄园希尔顿酒店

HILTON LINZHI RESORT



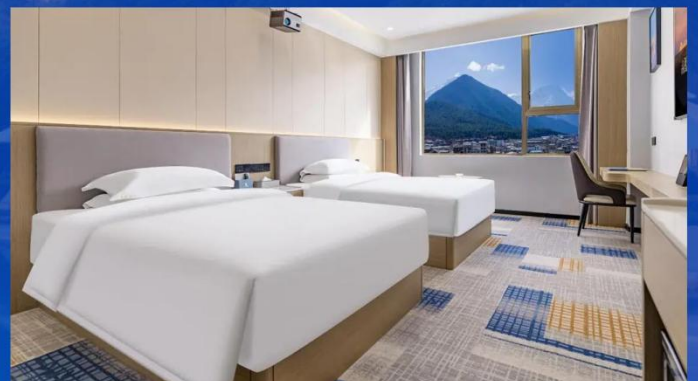
德朋大酒店（有氧酒店）

Depeng Hotel (Oxygen-supply hotel)



林芝豪生酒店

Nyingchi Hojoen Hotel



波密山水大酒店

Bomi Shanshui Hotel

精选景点 Featured Attractions



巨柏林 Giant Cypress Forest



卡定沟 Khading Valley



色季拉山 Segrila Mountain



鲁朗林海 Lulang Forest Sea



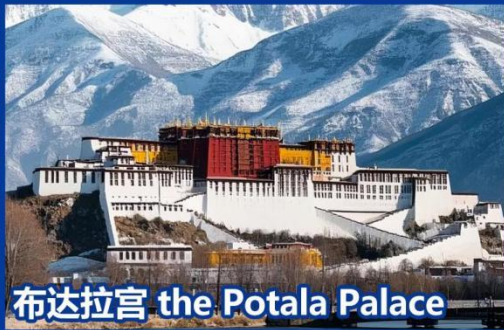
鲁朗小镇 Lulang Town



米堆冰川 Midui Glacier



天边牧场 Tianbian Ranch



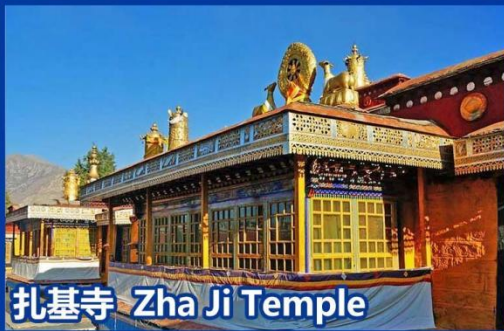
布达拉宫 the Potala Palace



八廓街 Barkhor Street



布达拉宫广场
Potala Palace Square



扎基寺 Zha Ji Temple



羊卓雍措 Yamdrok Lake

8天6晚 西藏/拉萨/林芝/波密游

D1 新加坡-拉萨 晚餐：中式合菜 住宿：拉萨德朋大酒店（有氧酒店）或同级4钻酒店

新加坡-拉萨接机，送入酒店休息。

参考航班：新加坡-拉萨 PN6444 04:40-15:05

**D2 拉萨-林芝 早餐：酒店内 午餐：中式合菜 晚餐：石锅鸡
住宿：林芝豪生酒店或同级4钻酒店**

《巨柏林》林芝巨柏林，苯教神树之地，数百棵千年古柏耸立，柏树王高50米，藏地信仰与自然共生。

《卡定沟》藏语“人间仙境”，天佛瀑布落差200米，崖壁天然佛像，峡谷葱郁，藏地秘境。

**D3 林芝-波密 早餐：酒店内 午餐：中式合菜 晚餐：中式合菜
住宿：波密山水大酒店或同级4钻酒店**

《鲁朗色季拉山》318国道咽喉，林海苍茫，经幡飞舞，遥望日照金山，藏东南经典观景台。

《鲁朗林海》鲁朗林海云雾缭绕，松杉苍翠、草甸如茵，雪山环抱，藏地“东方瑞士”，高原天然画廊。

《鲁朗小镇》“东方瑞士”鲁朗小镇，雪山林海环绕的宁静仙境。

**D4 波密-林芝 早餐：酒店内 午餐：中式合菜 晚餐：菌汤锅
住宿：国际五星林芝工布庄园希尔顿酒店**

《米堆冰川》6800米雪峰托举双冰瀑，冰舌探入林海，幽蓝圣洁，318国道上的冰雪秘境。

后入住**国际五星林芝希尔顿庄园**。酒店坐拥尼洋河畔，藏式风情与现代奢华交融，客房推窗即见雪山倒映碧波，夜听流水潺潺入梦。工布文化体验贯穿全程——唐卡手作、藏香制作、藏服旅拍，沉浸式感知千年工布文明。

**D5 林芝-拉萨 早餐：酒店内 午餐：中式合菜 晚餐：藏香猪风味
住宿：拉萨德朋大酒店（有氧酒店）或同级4钻酒店**

《天边牧场》背靠喜马拉雅雪山，面朝雅鲁藏布江，天幕雪山、草地交相辉映。藏舞老师带大家穿藏装，教大家跳藏族舞蹈。

随后乘火车前往拉萨。

《林芝火车》拉林铁路高原复兴号，穿行雪山峡谷与桃花林海，窗外一步一景，雪域江南最美观景列车。

**D6 拉萨 早餐：酒店内 午餐：中式合菜 晚餐：尼泊尔咖喱餐
住宿：拉萨德朋大酒店（有氧酒店）或同级4钻酒店**

《布达拉宫(含耳机)》世界文化遗产布达拉宫，雪域高原神圣殿堂，藏式建筑巅峰，拉萨地标与信仰中心。

《八廓街》环布达拉宫而建，千年转经道，藏式商铺林立，是藏地文化、信仰与烟火交融的圣地。

《布达拉宫广场》是世界上海拔最高的城市广场，与布宫遥相呼应，是拉萨的城市客厅与祈福之地。

《扎基寺》西藏唯一财神庙，主供扎基拉姆女财神，香火鼎盛，以白酒供奉，求财祈福灵验之地。

D7 羊卓雍措-送机 早餐：酒店内 午餐：中式合菜

《羊卓雍措》西藏三大圣湖之一，湖水碧蓝如缎，雪山环抱，宛如高原上坠落的蓝宝石。随后返回拉萨，送机至机场，结束雪域高原的难忘旅程。

参考航班：拉萨-新加坡 PN6443 17:25-03:45+1。

D8 抵达新加坡

南和旅行社

sales_enquiries@namho.com.sg

www.namho.com.sg

People's Park Complex, 1 Park Road, #04-63 S(059108)

Hotline:

6221 8433

WhatsApp:

8686 2888

TA 140

8D6N Tibet/Lhasa/Nyingchi/Bomi Tour

D1 Singapore → Lhasa Dinner: Chinese Set Meal

Accommodation: Lhasa Depeng Hotel (Oxygen-supply hotel) or equivalent 4 * hotel

Arrive in Lhasa from Singapore, transfer to hotel for rest.

Reference flight: Singapore → Lhasa PN6444 04:40–15:05

D2 Lhasa → Nyingchi Accommodation: Nyingchi Hojoen Hotel or equivalent 4 * hotel

Breakfast: At hotel | Lunch: Chinese Set Meal | Dinner: Stone Pot Chicken

The Linzhi Giant Cypress Forest, a sacred Bon site with a 50m ancient king cypress, and **Khading Valley**, a Tibetan "paradise on earth" featuring a 200m waterfall with natural Buddha images on its cliff, both showcase the harmonious coexistence of Tibetan faith and nature.

D3 Nyingchi → Bomi Accommodation: Bomi Shanshui Hotel or equivalent 4* hotel

Breakfast: At hotel | Lunch: Chinese Set Meal | Dinner: Chinese Set Meal

The Lulang journey features **the Segrila Mountain** as a classic viewpoint along the 318 National Highway for the golden sunrise on snow peaks, the misty **Lulang Forest Sea** known as the "Eastern Switzerland" with its lush pines and meadows, and the peaceful **Lulang Town** nestled among snowy mountains and forests—together forming a breathtaking alpine gallery in southeastern Tibet.

D4 Bomi → Nyingchi Accommodation: International 5-star HILTON LINZHI RESORT

Breakfast: At hotel | Lunch: Chinese Set Meal | Dinner: Mushroom Hot Pot

The journey features the sacred **Midui Glacier** along the 318 National Highway, where 6,800m snow peaks support twin ice waterfalls and a blue ice tongue reaches into the forest, followed by an overnight stay at the international five-star **HILTON LINZHI RESORT**.

D5 Nyingchi → Lhasa

Breakfast: At hotel | Lunch: Chinese Set Meal | Dinner: Tibetan Fragrant Pork Specialty

Accommodation: Lhasa Depeng Hotel (Oxygen-supply hotel) or equivalent 4* hotel

The itinerary includes the **Tianbian Ranch** set against the Himalayas and the Yarlung Tsangpo River, where a Tibetan dance teacher will guide you in traditional costumes and dancing, followed by a scenic ride on the Lhasa - **Nyingchi Railway's Fuxing bullet train** through snowy peaks, canyons, and peach blossom forests—known as the most beautiful scenic train in the "Snowy Southern Tibet."

D6 Lhasa

Breakfast: At hotel | Lunch: Chinese Set Meal | Dinner: Nepalese Curry Meal

Accommodation: Lhasa Depeng Hotel (Oxygen-supply hotel) or equivalent 4* hotel

The Lhasa tour features the UNESCO-listed **Potala Palace**(including audio headset), the sacred pinnacle of Tibetan architecture; the thousand-year-old **Barkhor Street** pilgrimage route circling the palace with its vibrant shops; the **Potala Palace Square**, the world's highest urban plaza; and the unique **Zha Ji Temple**, Tibet's only wealth temple dedicated to the goddess Zashi Lhamo, where devotees offer liquor for good fortune.

D7 Yamdrok Lake → Airport Transfer

Breakfast: At hotel | Lunch: Chinese Set Meal

The tour ends with a visit to **Yamdrok Lake**, one of Tibet's three holy lakes—a sapphire-blue jewel embraced by snowy peaks—before returning to Lhasa for a flight departure, concluding an unforgettable journey on the snowy plateau.

Reference flight: Lhasa → Singapore PN6443 17:25–03:45+1

D8 Arrive in Singapore

Nam Ho Travel

sales_enquiries@namho.com.sg

www.namho.com.sg

Hotline:

6221 8433

WhatsApp:

8686 2888

TA 140

People's Park Complex, 1 Park Road, #04-63 S(059108)

餐点安排: 6 早餐/6 午餐/6 晚餐

升级特色餐: 石锅鸡/菌汤锅/藏香猪风味/尼泊尔咖喱餐

Meal Arrangements: 6 breakfasts / 6 lunches / 6 dinners.

Upgraded specialty meals: Stone Pot Chicken / Mushroom Hot Pot / Tibetan Fragrant Pork Flavor / Nepalese Curry

行程特点

特别赠送: 网红旱地拔葱旅拍 **特别安排:** 林芝到拉萨高原动车/复兴号

无忧高返: 1、车备医用氧气钢瓶 2、拉萨全程有氧酒店 3、首晚医生巡房, 为初到高原的您保驾护航

高原反应因人而异, 50%左右的人不会有高原反应, 40%左右会出现轻微头昏, 适当休息适应一下就会正常了, 极个别的会出现高原反应严重的情况。

飞机行礼及餐食说明:

1、新加坡到拉萨 (PN6444 04:45-14:55), 托运行李 20KG、手提行李 7KG、含餐食。

2、拉萨到新加坡 (PN6443 17:25-03:45+1), 托运行李 20KG、手提行李 7KG、含餐食。

注意事项:

1、**【高原反应】**进藏后, 要注意休息, 多喝水, 行动切忌过急、过剧, 不可暴饮暴食。

最好不要饮酒、吸烟、洗浴, 轻微反应建议不轻易要吸氧, 可口服红景天、高原安等抗缺氧药物。

2、**【郑重提示】**入乡随俗, 请尊重当地风俗习惯禁忌等, 导游介绍时, 大家紧记在心。

3、**【不宜到藏区旅游的人】**心肺、脑、肝、肾有明显病变, 以及患有严重贫血、高血压、重感冒的不要盲目进入高原。入藏请自行到医院做身体检查。若隐瞒身体状况擅自入藏所产生的后果自负。

4、**【感冒者不得入藏】**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, 建议在出发前将感冒治好后才进藏, 不要带感冒病菌进藏。

5、**【进藏需要带什么样的衣服】**由于西藏紫外线特别强, 最好不要穿短袖上衣和短裤, 春秋冬季建议带上羽绒服、保暖内衣, 到珠峰、阿里地区、藏北地区一年四季都必须带羽绒服。

Tour Highlights

Special Gifts: Influencer-style "Jump-Up" Travel Video Shoot

Special Arrangement: High-speed train / Fuxing train between Nyingchi and Lhasa.

Altitude Sickness Care:

1、Medical oxygen cylinders on the vehicle; 2、Oxygen-supply hotels throughout your stay in Lhasa

3、First-night doctor visits for your peace of mind

Note: Altitude sickness varies. About 50% of travelers experience none, 40% may feel mild dizziness that subsides with rest, and only a few have severe reactions.

Flight & Meals:

Singapore → Lhasa (PN6444 04:45 - 14:55): 20kg checked luggage, 7kg carry-on, meals included

Lhasa → Singapore (PN6443 17:25 - 03:45+1): 20kg checked luggage, 7kg carry-on, meals included

Important Notes:

1. **【Altitude Sickness】** Rest well, drink plenty of water, avoid rapid or intense movements, and don't overeat. Best to avoid alcohol, smoking, and bathing. For mild symptoms, try not to use oxygen immediately; oral anti-altitude sickness remedies like Rhodiola or Gaoyuan An may help.

2. **【Respect Local Customs】** Follow your guide's advice on local traditions and taboos.

3. **【Health Restrictions】** Those with heart, lung, brain, liver, or kidney conditions, severe anemia, high blood pressure, or serious colds should not travel to Tibet. Get a medical check-up before departure. Travelers who conceal health conditions do so at their own risk.

4. **【No Entry with a Cold】** A cold weakens your body and resistance, making it easier to develop serious altitude-related illnesses—especially pulmonary edema, which can be fatal without prompt treatment. Please recover fully before traveling to Tibet.

5. **【What to Pack】** The Tibetan sun is strong—avoid shorts or short sleeves. In spring, autumn, and winter, bring a down jacket and thermal underwear. For Everest, Ngari, or northern Tibet, a down jacket is necessary year-round.