

# 12天 成都/拉萨/日喀则/林芝/青海湖/ 青藏高原铁路+茶卡盐湖游

12D LHASA/ SHIGATSE/ NYINGCHI/ QINGHAI LAKE/  
QINGHAI-TIBET PLATEAU TRAIN/ CHAKA SALT LAKE

CN12TB | 01 Apr 2026 - 31 Oct 2026



无购物  
无自费团  
No Shopping and  
Compulsory Tour

Potala Palace

## 行程亮点 Highlights

- **林芝** – 布久喇嘛林寺，林芝藏东南文化遗产博物馆，卡定沟瀑布，雅尼国家湿地公园，鲁朗临海观景台，巴松措湖，措宗寺，邦杰塘草原，米拉神山
- **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，藏族家访
- **青藏铁路专线列车**
- **西宁** – 青海湖，塔尔寺，茶卡盐湖，水井巷步行街，西宁力盟步行街

### • NYINGCHI

Buju Lamalin Temple, Karding Ditch Waterfall, Linzhi Tibetan Southeast Cultural Heritage Museum, Yani National Wetland Park, Lulang forest Observation Deck, Basumtso Lake, Tsozong Gongba Monastery, Bangjietang Grassland, Mila Mountain

• **LHASA** - Potala Palace, Jokhang Temple, Barkhor Street, Yaowang Mountain Stone Carvings, Yamdrok Lake, Carola Glacier, Tibetan home Visit

• **SHIGATSE** - Tashilhunpo Monastery

• **QINGHAI-TIBET PLATEAU TRAIN**

• **XINING** - Qinghai Lake, Shuijingxiang pedestrian street, Ta'er Monastery, Chaka Salt Lake, Xining Limeng Pedestrian Street



## 特别餐 Special Meals

- 石锅鸡风味
  - 藏香猪风味
  - 巴河鱼风味
  - 尼尔尔风味
  - 藏粤风味
  - 野菌火锅
  - 洲际海鲜自助
  - 清真风味
  - 川菜风味
  - 肥牛小火锅
- 
- Stone Pot Chicken Flavor
  - Tibetan Fragrant Pig Flavor
  - Bahe Fish Flavor
  - Neil Flavor
  - Tibetan and Cantonese Flavor
  - Wild Mushroom Hot Pot
  - Intercontinental Seafood Buffet
  - Halal Flavor
  - Sichuan Flavor
  - Beef Hot Pot

## 餐食 Meals 🍴

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

## 住宿 Accommodation 🏨

- 全程当地4+5\*标准酒店拉萨免费提升3晚国际5\*弥漫式酒店
- Stay in 4+5\* Best Local Hotel or similar. Free upgrade 3N at International 5\* Immersive hotel in Lhasa.

## 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



布久喇嘛林寺

然形成的大佛面目慈祥，在瀑布中时隐时现，天佛瀑布由此而得名。岩壁上有自然形成佛像与守护者，沟谷中原始森林密布，有与藏传佛教浑然一体的优美传说。

• **鲁朗林海观景台** – 汽车从八一镇出发，在 318 国道上向东行驶一个多小时(约 80 公里)，一路上景色迷人。到了海拔 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，这里的森林分布位置最高达到了 4600 米甚至以上，是世界上海拔最高的森林了。

(4月15号以前改为: 嘎玛桃花村赏桃花，318沿线观赏各种野桃花)

• **途经色季拉山**

住宿:4\*林芝喜玛拉雅·巴松措度假酒店(景区内湖边酒店)同级

## 04 巴松措 — 拉萨 (5H)

早餐，午餐，晚餐

• **巴松措湖** – 藏语中是“绿色的水”的意思，湖面海拔3700多米，是红教的一处著名神湖和圣地。2000年被评为国家4A级景区，2001年被国家林业部授予国家森林公园称号。

• **措宗寺** – 距离拉萨市大约370公里。该寺始建于唐朝末。

• **途经邦杰塘草原** – 邦杰塘草原是林芝第一纯牧草原风光，是一处水草丰美的大草坝。海拔4700米，草场面积约15平方公里。蓝天、白云、远山、绿草浑然一体，让人心旷神怡，浮想联翩。

• **途经米拉神山** – 意为“神人山”。海拔5018米的米拉山(要防高原反应，避免内源氧缺乏症)，这是拉萨与林芝地区的分界山口，也是其东南面的尼洋河水系和其西北面的拉萨河水系的分水岭。

住宿:5\*拉萨洲际酒店或同级

## 05 拉萨

早餐，午餐，晚餐

• **布达拉宫** – 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** – 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。

## 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

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。

• **雅尼国家湿地公园** – 位于西藏林芝市雅鲁藏布江与尼洋河交汇处，湿地公园水面海拔2920米。你可以在公园的观景台上观赏高原壮丽风光。

• **林芝藏东南文化遗产博物馆** – 是林芝地区文物史上首座大型博物馆。是林芝游览之旅和文化之旅提供一个完整的文化标签和旅游坐标，拥有展厅14个，集中展现了藏东南各民族民间独特的传统文化。

住宿:4\*林芝明珠大酒店或同级

## 03 林芝 — 鲁朗 (1H) — 巴松措 (3H)

早餐，午餐，晚餐

• **卡定沟瀑布** – 位于林芝县尼洋河畔卡定沟内,是典型的峡谷地貌，落差近 200 米的瀑布 flows 直下，雄伟壮观，瀑布中一尊天



巴松措湖



八角街

- **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。
- **藏族家访**

住宿:5\*乔穆朗宗酒店或同级

## 07 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



扎什伦布寺

## 08 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，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)



世界海拔最高的青藏铁路专线



## 天空之境



塔尔寺

## 09 西宁 — 青海湖 — 茶卡

早餐

- 青海湖(含电瓶车, 不含游船 RMB180/人)
- 沿青海湖走无人公路, 抵达美丽的天空之境 — 茶卡盐湖

住宿: 准 5\* 茶卡晚枫大酒店或同级

## 10 茶卡 — 西宁

早餐, 午餐, 晚餐

- 天空之境 — 茶卡盐湖(含小火车)
- 水井巷步行街

住宿: 准 5\* 西宁三榆大酒店或同级

## 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。

- 西宁力盟步行街

住宿: 准 5\* 天府临空智选假日酒店或同级(机场附近)

## 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, 且护照有效期至返程日起至少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(RMB220元/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

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
- **Yani National Wetland Park** - Located at the confluence of the Yarlung Zangbo River and the Niyang River in Linzhi City, Tibet, the wetland park altitude is 2,920m . You can enjoy the magnificent scenery of the plateau from the observation deck of the park.
- **Southeastern Tibet Cultural Heritage Museum** - It is the first large museum in the history of cultural relics in the Nyingchi region. It has 14 exhibition halls, which showcases the unique traditional culture of the various ethnic groups in southeastern Tibet.

*Accommodation: 4\* Linzhi Pearl Hotel or similar*



Tsozong Gongba Monastery

## 03 Nyingchi - Lulang (1H) – Basumtso (3H)

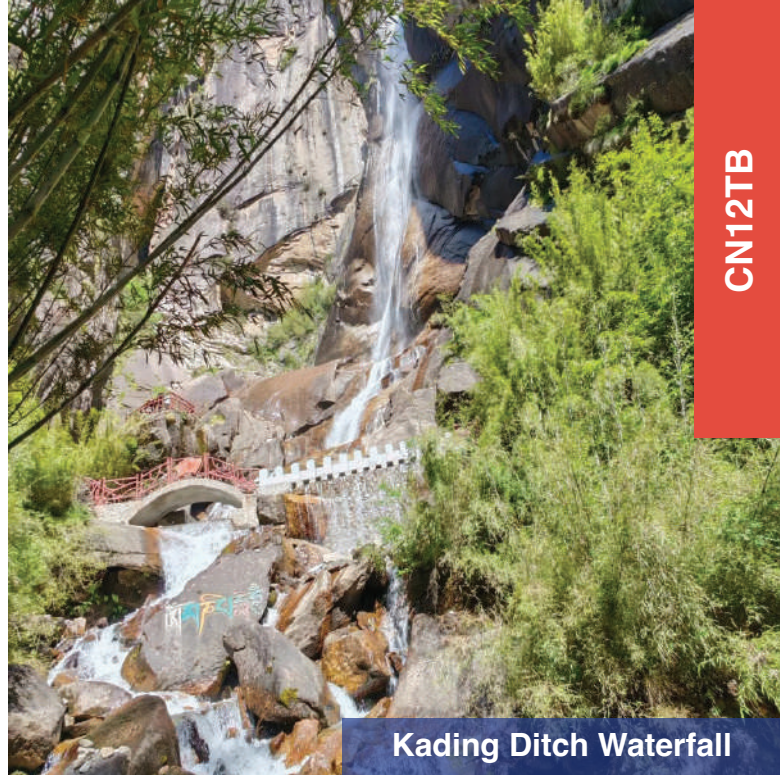
Breakfast, Lunch, Dinner

- **Kading Ditch Waterfall** - Located in the Khanding Valley, 24 km from Bayi Town, Nyingchi County is a typical canyon landscape. The waterfall with a drop of nearly 200 meters flows straight down, majestic, and a naturally-formed Buddha in the waterfall.
- **Lulang forest Observation Deck** - Travels east for more than an hour (about 80 km) on the 318 National Road. The scenery is charming along the way. After the 4,720- meter-high above sea level. you can reach the Lulang Forest Observation Deck at an altitude of 4,300 meters. It should be regarded as the highest altitude forest in the world.

**\*\*Before 15 April will be replaced by Gema Taohua village, along 318 to view wild peach blossoms\*\***

- Proceed to **Basumtso** via Sejila Mountain

*Accommodation: 4\* Linzhi Himalaya Ba Songcuo Resort (Lakeside Hotel in Scenic Area) or similar*



Kading Ditch Waterfall

## 04 Basumtso - Lhasa (5H)

Breakfast, Lunch, Dinner

- **Basumtso Lake (Ba Songcuo Lake)** - Tibetan is the meaning of “green water”. The lake is more than 3,700 meters above sea level. It is a famous Shenhu and holy land of the Red Church. In 2000, it was awarded the national 4A level scenic spot.
- **Tsozong Gongba Monastery** - About 370 kilometers from Lhasa. The temple was built in the late Tang Dynasty. (can enjoy wild peach blossoms during April).
- **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*



Basumtso Lake



Jokhang Temple

## 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 Gambo. 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 ring 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*



Yaowang

## 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.

• **Tibetan home Visit**

*Accommodation: 5\* Qiaomulanjong Hotel or similar*



Yamdrok Lake

## 07 Shigatse - Lhasa

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 thangkas.

*Accommodation: 5\* Lhasa Intercontinental Hotel or similar*

## 08 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 – Dangxiong – 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)*

## 09 Xining - Qinghai Lake - Chaka Salt Lake

Breakfast

**Qinghai Lake** (Battery Car included)(Exclude Cruise RMB180/pp) Along Qinghai Lake to reach the beautiful sky - **Chaka Salt Lake**

*Accommodation: 5\* Chaka Wanfeng Hotel or similar*



Qinghai Lake

## 10 Chaka - Xining

Breakfast, Lunch, Dinner

• **The Mirror of the Sky** - Chaka Salt Lake (including small train)

• back to Xining

• **Shuijingxiang pedestrian street**

*Accommodation: 5\* Sanyu Hotel or similar*

## 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.

• **Xining Limeng Pedestrian Street**

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



Ta'er Monastery

## 12 Chengdu ✈ Singapore

Breakfast, Meal 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)

## Service Fees

Guide and driver - **RMB360** per person

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