

Tour code: XZGY-12D



## ★ 行程亮点

- **色季拉山**  
可观日出、云海、无际的林海、  
和远眺南迦巴瓦峰俊美的雄姿
- **然乌湖**  
以雪山倒映在碧绿的湖水中的美景  
闻名天下，有“西天瑶池”的美誉
- **来古冰川**  
世界三大冰川之一
- **布达拉宫**  
世界文化遗产，一座曾立于  
世界之巅的宫殿
- **大昭寺**  
举世闻名的地标，成为藏式宗教  
建筑的千古典范
- **羊卓雍措**  
不可错过的精彩，西藏圣湖，  
被誉为“西藏的珍珠”
- **札什伦布寺**  
中国著名的六大皇教寺院之一，  
这里有很多弯曲的小巷，  
每间院子的设计也完全不一样
- **珠峰大本营**  
观赏拍摄珠峰的最好位置之一，  
也是在中国攀登珠峰的必经之地

## 🍴 餐食

11早餐 | 10午餐 | 10晚餐

## 🏨 酒店住宿

- 4★天府国际大酒店或同级
- 4★藏王大酒店或同级 (2晚)
- 4★明珠大酒店或同级
- 4★拉萨吾思藏酒店或同级 (3晚)
- 4★舍里别院酒店或同级 (2晚)
- 4★格桑花酒店或同级
- 4★赛仑吉地酒店或同级

# 12天11晚 西藏高原圣境行

12D 11N TIBETAN PLATEAU HOLY LAND TOUR

NO  
OPTIONAL  
无自费

NO  
SHOPPING  
无购物



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(TA01114)



## 01 新加坡/吉隆坡✈️成都

● 客人带着愉快的心情出发前往国际机场，乘搭豪华客机飞往成都。抵达后接机，入住酒店休息。

酒店:天府国际大酒店或同级4★

## 02 成都✈️林芝🚗鲁朗林海🚗波密

早餐 | 午餐 | 晚餐

● **鲁朗林海**: 鲁朗林海是一处云山雾海里的森林，有“叫人不想家的”的美誉，整个景点如诗如画，周边雪山林立，沟内森林葱茏，林间还有整齐如人工修剪般的草甸，许多民居修建在这山环水复的天上森林，周边溪流蜿蜒，有成千上万种野花竞相开放，简直就是人间天堂。

● **色季拉山**: 色季拉山是西藏的一座高山，海拔4700米，是西藏四大神山之一，以其壮丽的自然景观和独特的高原风光闻名。

● **南迦巴瓦峰和通麦大桥**: 南迦巴瓦峰是喜马拉雅山脉的主峰之一，被誉为“西藏众山之父”，它高耸入云，雄伟壮观，是登山爱好者的向往之地。

酒店:藏王大酒店或同级4★

## 03 波密🚗然乌湖🚗来古冰川🚗波密

早餐 | 午餐 | 晚餐

● **然乌湖**: 有“藏东第一大湖”之称，是一个自然保护区，拥有令人惊叹的湖泊景观和丰富的生态环境。您可以尽情欣赏湖光山色，感受大自然的宁静与美丽。

● **来古冰川**: 长达12公里，一直延伸到海拔4000米左右的来古村。黑白相间的“中碛”尤为宏伟，冰湖上还漂浮着大大小小的冰山，看上去真的有种到了南极的感觉！

● **东嘎冰川(骑马往返)**: 欣赏千年蓝冰。

酒店:藏王大酒店或同级4★

## 04 波密🚗岗云杉林🚗林芝

早餐 | 午餐 | 晚餐

● **岗云杉林**: 它被《中国国家地理》评选为中国最美十大森林。这里小众安静，氧气充足，雪山、草湖、古乡湖、原始森林，穿行在云杉林和帕隆藏布江之间的山野里。

● **鲁朗小镇**: 这是一个迷人的藏族小镇，保留着浓厚的藏族风情。

酒店:明珠大酒店或同级4★



鲁朗林海



色季拉山



南迦巴瓦峰



来古冰川

## 05 林芝🚗巴松措🚗拉萨

早餐 | 午餐 | 晚餐

● **巴松措景区**: 这是一个令人心驰神往的地方。这里湖水清澈见底，群山环绕，是摄影爱好者和自然爱好者的天堂。您将在这片美景中放松心情，留下美好的回忆。接着前往**湖心岛**，是巴松措湖中央的一座小岛。岛上有唐代的建筑“**措宗工巴寺**”是西藏有名的红教宁玛派寺庙。

酒店:拉萨吾思藏酒店或同级4★

## 06 拉萨

早餐 | 午餐 | 晚餐

● **布达拉宫**: 西藏的标志性建筑，始建于西元七世纪，是藏王松赞干布为远嫁西藏的唐朝文成公主而建。在拉萨海拔三千七百米的红山上建造了999间房屋的宫宇，宫体主楼13层，高115米，全部为石木结构，5座宫顶覆盖鎏金铜瓦，金光灿烂，气势雄伟，是藏族古建筑艺术的精华，被誉为高原圣殿。

● **大昭寺**: 西藏最古老的仿唐式汉藏结合木结构建筑，也是西藏的佛教中心，每年都有成千上万的教徒从千里之外的家乡三步一叩首地走到大昭寺来参拜释迦牟尼12岁时的等身像。之后前往**八廓街**，是拉萨这座古城最繁华的商业中心之一，您可以在这里感受到浓厚的藏族风情。

酒店:拉萨吾思藏酒店或同级4★

## 07 拉萨 🚗 羊卓雍措 🚗 白居寺 🚗 日喀则

早餐 | 午餐 | 晚餐

- **羊卓雍措**：羊卓雍措是西藏三大圣湖之一，被誉为“西藏的珍珠”，湖水清澈见底，四周群山环绕，景色壮丽迷人。
- **卡若拉冰川**：前往卡若拉冰川，这是一处壮观的冰川景观，您可以近距离欣赏冰川的壮丽景色，感受大自然的神奇和壮丽。整个行程将让您留下深刻的印象，并丰富您的旅行体验。
- **白居寺**：走进西藏的小众寺庙——白居寺，是迄今西藏境内保存完好，最为雄伟华美的建筑珍品。后远观**宗山城堡**，气势恢宏，蔚为壮观。  
酒店：舍里别院酒店或同级5★

## 08 日喀则 🚗 定日

早餐 | 午餐 | 晚餐

- **札什伦布寺**：称之为“吉祥须弥寺”，全名为“札什伦布白吉德钦曲唐结勒南巴杰瓦林”，意为“吉祥须弥聚福殊胜诸方洲”，是西藏日喀则地区最大的寺庙，为四世之后历代班禅喇嘛驻锡之地。寺庙位于日喀则市城西的尼色日山坡上，是后藏地区最主要的旅游景点，与拉萨的“三大寺”甘丹寺、色拉寺、哲蚌寺合称格鲁派的“四大寺”。四大寺以及青海的塔尔寺和甘肃的拉卜楞寺并列为格鲁派的“六大寺”。接着打卡318国道纪念碑，让您在318国道上留下难忘的回忆！接着前往**嘉措拉山口**，是西藏之行最高海拔5248米的标高牌。  
酒店：格桑花酒店或同级4★

## 09 定日 🚗 珠峰大本营 🚗 日喀则

早餐 | 午餐 | 晚餐

- 早餐后，乘车前往定日，此路是后藏喜马拉雅山区中尼公路最精彩的一段，沿途可欣赏喜马拉雅山系，不同山脉间的地形地貌，看着远处的雪峰，景致让人振奋。
- **嘉措拉雪山**：是**珠峰国家级自然保护区**的山口，巨大的保护区标牌竖立在公路上，无数的经幡迎风飘扬。
- **加乌拉山口**：是前往珠穆朗玛峰大本营途中的一个垭口，在世界上唯一可以观赏5座8000米级雪峰的观景平台。
- **珠峰大本营（含景区环保车）**：接驳到达珠峰观景台。这是人类极限的挑战区域，也是大家赞赏的境地，真正的地球第三极地。在这里您可以近距离面对面一睹世界第一高峰——珠穆朗玛峰的雄姿，感受大自然的壮丽。
- **绒布寺**：是世界上海拔最高的寺庙，位于珠峰脚下绒布冰川的末端，海拔5150米，属藏传佛教宁玛派寺庙，是少见的僧尼混居的寺庙。  
酒店：舍里别院酒店或同级4★



巴松措景区

## 10 日喀则 🚗 拉萨

早餐 | 午餐 | 晚餐

- **藏民俗文化村**：在这里，您可以了解藏族风情，感受藏族朋友简单而质朴的生活。
- **罗布林卡**：藏语意为“宝贝园林”，是一座典型的藏式风格园林。园内有三百多间房屋，珍藏着大量的遗迹和珍宝，景色优美，植物、花卉种类和数量都很多，是拉萨的“世外桃源”。  
酒店：拉萨吾思藏酒店或同级4★

## 11 拉萨 ✈️ 成都

早餐 | 午餐 | 晚餐

- **拉萨扎基寺**：欣赏其独特的建筑风格和浓厚的宗教氛围。扎基寺是拉萨市内的一座著名寺庙，以供奉财富之神而闻名。寺庙内有许多精美的佛像和壁画，游客可以在此祈福许愿，感受藏传佛教的神秘于庄严。寺庙周围的环境也十分优美，适合静心漫步，体验心灵的宁静。
- 接着乘搭客机飞往成都，前往**春熙路步行街、太古里、IFS**，畅游成都最著名步行街。  
酒店：赛仑吉地酒店或同级4★

## 12 成都 ✈️ 新加坡/吉隆坡

早餐

- 早餐后，于指定时间集合，之后前往机场，返回温暖的家。

导游和司机小费：RMB ¥ 30 每天/每人

### 备注：

- 全程都以华文讲解。
- 行程次序或会因宗教活动、未曾预见的气候状况有所变动，如有任何改动恕不另行通知。
- 如遇不可预计的气候问题造成航班延误或取消，客人需自己承担因航班延误/取消而产生的所有而外费用。
- 当地旅行社有权视当地的情况更改行程顺序，酒店住宿或膳食。房型是根据酒店的分配本公司不负责所分配型的房型差异。任何单人房都以折疊式加床为标准。
- 所有订单都以旅游行程宣传册的附带条件和条款为标准。
- 重大活动期间，住店地点可能无法在上述城市内。
- 所有航班如有更改，恕不另行通知。
- 若中英文行程版本出现不符之处，将以华文版本为依据。
- 本公司将不承担任何有危险性质活动的责任及风险，因此本公司建议您购买旅游保险，为您的旅游做个保障。



大昭寺

## 01 SINGAPORE/KUALA LUMPUR✈️ CHENGDU

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- Guest depart in high spirits for the international airport and board a luxury flight to Chengdu. Upon arrival, they will be greeted, transferred to the hotel, and can relax and rest.  
Hotel: Tianfu International Hotel or similar 4★

## 02 CHENGDU✈️ LINZHI🚗 RUO'ANG FOREST🚗BOMI

Breakfast | Lunch | Dinner

- **Ruo'ang Forest:** Ruo'ang Forest is a forest in a sea of clouds and fog, and has the reputation of "making people miss home". The whole scenic spot is picturesque, with snow-capped mountains standing around, lush forests in the gully, and neat meadows in the woods as if they were artificially trimmed. Many houses are built in this heavenly forest surrounded by mountains and waters, with winding streams around and thousands of wild flowers blooming. It is simply a paradise on earth.
- **Sejila Mountain:** Sejila Mountain is a prominent peak in Tibet, standing at 4700 meters above sea level.
- **Namcha Barwa Peak and the Tongmai Bridge:** Namcha Barwa Peak is one of the main peaks in the Himalayas, towering into the clouds with a majestic and awe-inspiring presence, making it a dream destination of mountaineers.  
Hotel: Zangwang Hotel or similar 4★

## 03 BOMI🚗 RANWU LAKE🚗 LAIGU GLACIER🚗BOMI

Breakfast | Lunch | Dinner

- **Ranwu Lake:** Known as the "largest lake in eastern Tibet", it is a nature reserve with amazing lake views and a rich ecological environment. You can enjoy the lake and mountain scenery and feel the tranquility and beauty of nature.
- **Laigu Glacier:** It is 12 kilometers long and extends to Laigu Village at an altitude of about 4,000 meters. The black and white "Zhongmora" is particularly magnificent, and there are large and small icebergs floating on the ice lake. It really looks like you have arrived in Antarctica!
- **Dongga Glacier(horseback round trip)** : to admire the millennium-old blue ice.  
Hotel: Zangwang Hotel or similar 4★

## 04 BOMI🚗 GANGYUN SPRUCE FOREST🚗 LINZHI

Breakfast | Lunch | Dinner

- **Gangyun Spruce Forest:** rated by National Geographic China as one of China's top ten most beautiful forests. This tranquil and less-visited area offers abundant oxygen and stunning scenery, including snow-capped mountains, grassland lakes, ancient village lakes, and pristine forests. Explore the wilderness between the spruce forest and the Parlung Zangbo River.
- **Ruo'ang Town:** a picturesque Tibetan village that retains its rich Tibetan cultural heritage.  
Hotel: Pearl Hotel or similar 4★

## 05 LINZHI🚗 BASONG CUO🚗 LHASA

Breakfast | Lunch | Dinner

- **Basong Cuo Scenic Area:** This picturesque spot features crystal-clear waters surrounded by mountains, making it a paradise for photographers and nature lovers. Enjoy the stunning scenery and create lasting memories. Next, visit the island in the **centre of the lake**, where you'll find the 8th-century **Cuo Zong Gongba Monastery**, a renowned Nyingma sect temple in Tibet.  
Hotel: Pearl Hotel or similar 4★

## 06 LHASA Breakfast | Lunch | Dinner

- **Potala Palace:** Tibet's iconic building. Established in the 7th century by King Songtsen Gampo for the Tibetan Princess Wencheng of the Tang Dynasty, it sits on Red Mountain at 3,700 meters in Lhasa. The palace has 999 rooms, a main building with 13 floors, standing 115 meters high, and is constructed of stone and wood with golden copper roofs, making it a magnificent example of Tibetan architecture.
- **Jokhang Temple:** the oldest Tang-style Tibetan-Han hybrid wooden structure and the center of Tibetan Buddhism. Thousands of devotees come annually to worship the 12-years-old statue of Shakyamuni Buddha. Finally, visit **Barkhor Street** one of Lhasa's most vibrant commercial centers, where you can experience the rich Tibetan culture.  
Hotel: U-TSANG HOTEL or similar 4★

## 07 LHASA🚗 YAMDROK LAKE🚗 WHITE TEMPLE🚗 SHIGATSE

Breakfast | Lunch | Dinner

- **Yamdruk Lake:** Yamdruk Lake, one of Tibet's three sacred lakes, is known as the 'Pearl of Tibet,' with its clear waters and stunning mountainous surroundings.
- **Karola Glacier:** Next, explore the Karola Glacier, a spectacular ice formation where you can appreciate its grandeur up close and experience the awe of nature. The journey will leave a lasting impression and enrich your travel experience.
- **White Temple:** visit the lesser-known White Temple, one of Tibet's most well-preserved and magnificent temples, and enjoy distant views of the imposing **Zongshan Castle**.  
Hotel: Shigatse Schery Hotel or similar 4★

## 08 SHIGATSE🚗 DINGRI

Breakfast | Lunch | Dinner

- **Tashilhunpo Monastery:** also known as the 'Auspicious Sumeru Temple'. Located on the hillside of Nisarri Mountain west of Shigatse, it is a major attraction in the Tibet Autonomous Region and is one of the 'Four Great Monasteries' of the Gelug school, alongside Ganden, Sera, and Drepung Monasteries in Lhasa. These four, along with Ta'er Monastery in Qinghai and Labrang Monastery in Gansu, are considered the 'Six Great Monasteries' of the Gelug school. Next, visit the **318 National Road Monument** to create unforgettable memories, and then head to **Gyatso La Pass**, the highest point on your Tibet journey at 5,248 meters.  
Hotel: Dingri Gesanghua Hotel or similar 4★



Ranwu Lake



Yamdrok Lake

## 09 DINGRI EVEREST BASE CAMP SHIGATSE

Breakfast | Lunch | Dinner

- After breakfast, drive to Dingri, traversing one of the most spectacular sections of the Tibet-Nepal Highway through the Himalayan region. Enjoy breathtaking views of the Himalayas and diverse terrains along the way.
- **Gyatso La Pass:** a large sign marks the entrance to the **Everest National Nature Reserve**, with numerous prayer flags fluttering in the wind.
- **Kawa La Pass:** the only viewpoint where you can see five 8,000-meter peaks.
- **Everest Base Camp (including the scenic area shuttle):** and transfer to the Everest Viewpoint. Here, you can experience the grandeur of the world's highest peak up close and appreciate the stunning natural beauty.
- **Rongbuk Monastery:** the highest monastery in the world at 5,150 meters, located at the end of the Rongbuk Glacier at the foot of Everest. This Nyingma monastery is notable for its unique accommodation of both monks and nuns.

Hotel: Shigatse Schery Hotel or similar 4★

## 10 SHIGATSE LHASA

Breakfast | Lunch | Dinner

- **Tibetan Folk Cultural Village:** After breakfast, visit the Tibetan Folk Cultural Village to learn about Tibetan customs and experience the simple, traditional lifestyle of the Tibetan people.
- **Norbulingka:** Next, explore the Norbulingka, which means 'Jewel Park' in Tibetan. This classic Tibetan-style garden features over 300 rooms, housing numerous relics and treasures. The beautiful park is rich in plant and flower varieties, offering a serene escape in Lhasa.

Hotel: Gesanghua Hotel or similar 4★

## 11 LHASA CHENGDU

Breakfast | Lunch | Dinner

- **Zaki Temple:** After breakfast, visit Zaki Temple in Lhasa to admire its unique architecture and rich religious atmosphere. Known for venerating the deity of wealth, the temple features intricate Buddha statues and murals, offering a place for prayer and experiencing the mystique and solemnity of Tibetan Buddhism. The surrounding environment is also lovely, ideal for a peaceful stroll.
- Next, fly to Chengdu and explore the famous pedestrian streets of **Chunxi Road, Taikoo Li, and IFS**, enjoying the vibrant atmosphere of Chengdu's most renowned shopping areas.

Hotel: U-TSANG Hotel or similar 4★

## 12 CHENGDU SINGAPORE/KUALA LUMPUR

Breakfast

- After breakfast, gather at the designated time and head to the airport to return to your warm home.

Guide & Driver Services Fee: RMB ¥30/day/pax

### Notes:

- All explanations will be in Chinese.
- The itinerary sequence may be changed due to religious activities or unforeseen weather conditions. Any changes will be made without prior notice.
- In the event of flight delays or cancellations due to unforeseen weather conditions, guests will be responsible for all additional expenses incurred due to flight delays/cancellations.
- The local travel agency has the right to change the itinerary sequence, hotel accommodation or meals according to local conditions. Room types are allocated according to the hotel, and the company is not responsible for the difference in room types allocated. Any triple room is based on a folding extra bed.
- All orders are subject to the terms and conditions of the tour brochure.
- During major events, accommodation may not be available in the above cities.
- All flights are subject to change without prior notice.
- In the event of any discrepancy between the Chinese and English versions of the itinerary, the Chinese version will be used as the basis.
- The company will not assume any responsibility or risk for any dangerous activities. Therefore, our company recommends that you purchase travel insurance to protect your travel.