

Tour code:CTBP11



★ 行程亮点

- 西宁日月山
- 青海湖
- 青藏铁路风光
- 布达拉宫
- 大昭寺
- 羊卓雍措
- 卡若拉冰川
- 扎什伦布寺
- 雅鲁藏布河谷风光
- 纳木错
- 念青唐古拉山脉
- 扎基寺
- 春熙路太古里



11天10晚 圣地西藏 朝拜世界屋脊之旅

成都/西宁/青海湖/拉萨/布达拉宫/山南/日喀则/羊卓雍措/纳木措 (内陆双飞+青藏列车)
11D10N TIBET PILGRIMAGE TO THE SACRED LAND OF THE ROOF OF THE WORLD TOUR

🍴 餐食

9早餐 | 9午餐 | 8晚餐

特色餐:

青海风味/粤菜风味/尼泊尔餐/
野菌山珍火锅/土砂锅风味/
烤羊风味/四川火锅

🏨 酒店住宿

- 5★简阳华美达酒店或同级准
- 4★金鼎丽呈酒店或同级
- 青藏列车 (软卧、4人1室)
- 4★扎什颇章大酒店 (供氧房) 或同级
- 4★扎什颇章大酒店或同级 (2晚)
- 4★雅砻河酒店或同级
- 4★舍里别院酒店 (供氧房) 或同级
- 4★纳木措神羊庄园酒店 (供氧房) 或同级
- 5★新东方千禧大酒店或同级



*Photos for illustration only



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(TA01114)



01 新加坡✈成都

机上用餐

- 接机，送至酒店。
酒店: 简阳华美达酒店或同级准5★

02 成都✈西宁

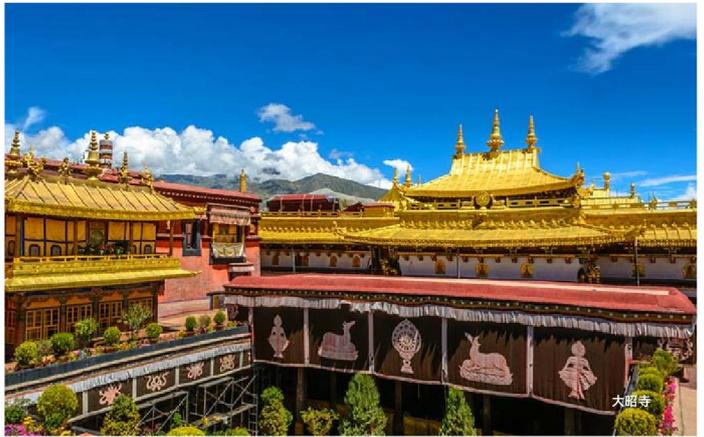
早餐 | 午餐 | 晚餐

- 早乘机飞西宁。
- 车观日月山。
- **青海湖(含电瓶车, 不含游船不建议)**: 青海湖, 位于青藏高原东北部, 是维系青藏高原生态安全的重要水体。青海湖的流域总面积达240,000平方公里, 其中青海湖水面面积为4,573平方公里, 湖面海拔3196米。青海湖具有丰富的鸟类资源, 每年春夏季节有数十万只候鸟在此栖息繁殖, 其中包括珍稀濒危物种。此外, 青海湖还是重要的渔业基地和旅游胜地, 周围有丰富的草原和沙漠景观。青海湖的流域整体轮廓呈椭圆形, 自西北向东南倾斜, 是一个封闭的内陆盆地。青海湖拥有独特的自然景观和文化特色, 是维系青藏高原生态安全的重要水体, 也是阻止西部荒漠化向东蔓延的天然屏障。
酒店: 金鼎丽呈酒店或同级4★

03 西宁🚗青藏列车

早餐 | 午餐

- **塔尔寺(含电瓶车+讲解)**: 塔尔寺是中国藏传佛教格鲁派创始人宗喀巴大师的诞生地, 位于青海省西宁市湟中区的藏传佛教寺院之一, 下午搭乘青藏列车赴拉萨。
酒店: 青藏列车(软卧、4人1室)



04 青藏列车🚗拉萨

午餐 | 晚餐

- 沿途青藏铁路风光。
上午抵拉萨, 送至酒店, 适应高原。
酒店: 扎什颇章大酒店(供氧房)或同级4★

05 拉萨

早餐 | 午餐 | 晚餐

- **布达拉宫**: 布达拉宫初名红山宫, 初建于吐蕃王朝上升时期的631年, 由吐蕃第三十三代藏王松赞干布主持兴建, 在此划立行政区域, 分官建制、立法律、号令群臣、施政全藏, 成为当时吐蕃王朝统一的政治中心。据文献记载, 当时修建的宫堡规模宏大, 外有三道城墙, 内有千座宫室, 松赞干布和文成公主宫殿之间有一道银铜合制的桥相连, 东门外有松赞干布的跑马场。
- **大昭寺**: 是位于拉萨老城区中心, 是一座藏传佛教寺院, 是全国重点文物保护单位, 距今已有1350年的历史, 是藏王松赞干布为纪念尺尊公主入藏而建的, 后经历代修缮增建, 形成庞大的建筑群。
- **八廓街**: 是朝圣者转经的街, 是随着大昭寺的修建而发展起来的街。七世纪吐蕃王松赞干布在修建供奉众多佛像和圣物以供信徒们顶礼膜拜的大昭寺时, 便在不远处修建了四座宫殿。
酒店: 扎什颇章大酒店或同级4★

06 拉萨 🚗 山南

早餐 | 午餐 | 晚餐

- **桑耶寺**：西藏第一座寺庙，位于扎囊县境内，西藏四大神山之一的哈布日山脚下，是藏传佛教史上第一座“佛、法、僧”俱全的寺院。
- **雍布拉克**：西藏第一座宫殿，位于西藏自治区山南市乃东区东南约5公里、昌珠镇境内的扎西次日山上。相传由雅隆部落的首领聂赤赞普于公元前127年建造。
酒店：雅奢河酒店或同级4★

07 山南 🚗 日喀则

早餐 | 午餐 | 晚餐

- **羊卓雍措**：西藏三大圣湖之一，也称羊卓雍湖（当地人通常简称为“羊湖”），因为藏语“措”就是“湖”的意思。地理上属于山南地区的浪卡子县。湖面海拔4441米，湖岸线总长250千米，总面积638平方千米，湖水均深20-40米，是喜马拉雅山北麓较大的内陆湖。羊湖岔口较多，像珊瑚枝一样，因此它在藏语中又被称为“上面的珊瑚湖”。
- **岗巴拉山观景台**：在位于浪卡子县和贡嘎县之间海拔4998米的岗巴拉山口，从山底到山顶，螺旋形、之字形的公路沿着山脊盘旋而上，又盘旋而下，连续的陡坡急弯，一边是悬崖，一边是峭壁，很是惊险。
- **卡诺拉冰川**：位于西藏浪卡子县和江孜县的交界处，距离江孜县城约71公里，是西藏三大大陆型冰川之一，也是年楚河的东部源头。冰舌前海拔5560米，山口南面6647米的卡鲁峰，是年楚河和羊卓雍湖两大水系的分水岭，此处雪山高耸，周围冰川地貌突出。巨大的冰川从山顶一直伸展到离公路只有几百米的路边，晶莹幽蓝的冰川寒气逼人，加上山峰云雾缥缈，仿佛来到了生命绝迹的天界尽头。卡若拉冰川背靠西藏四大高峰之一的乃钦康桑峰（7191米）南坡，冰川上部为一坡度较缓的冰帽，下部为两个呈悬冰川形式的冰舌。
- **远观宗山城堡遗址**：位于西藏江孜县城里，也叫江孜宗山古堡，因古堡所在的石山叫宗山，“宗”，在过去的西藏是行政单位。
酒店：舍里别院酒店（供氧房）或同级4★

08 日喀则 🚗 当雄

早餐 | 午餐 | 晚餐

- **扎什伦布寺**：历代班禅驻锡地，扎什伦布寺占地面积15万平方米，周围筑有宫墙，宫墙沿山势蜿蜒迤迤，周长3000多米。寺内有经堂57间，房屋3600间，整个寺院依山坡而筑，背附高山，座北地向阳，殿宇依次递接，疏密均衡，和谐对称。
- **藏文化民俗村**：具有藏族文化的村落。
- **车观雅鲁藏布河谷风光**：这条峡谷不仅是中国西藏林芝地区的瑰宝，更是世界自然奇观中的一颗璀璨明珠。雅鲁藏布大峡谷位于西藏自治区林芝市米林县派镇，全长约504.6千米，最深处达6009米。它起始于喜马拉雅山脉的海拔7782米的南迦巴瓦峰，蜿蜒至印度阿萨姆邦境内，下游江水绕南迦巴瓦峰，形成一个巨大马蹄形转弯，造就了幽深绝美的景观。这里不仅是世界上海拔最高的河流切割的峡谷，更是地球地质演变历程的见证者。从古老的变质岩、火山岩到新生代的沉积岩，这里的地层丰富多样，记录了地球从古生代到新生代的地质变迁。
酒店：纳木措神羊庄园酒店（供氧房）或同级准4★



雅鲁藏布河谷



纳木措

09 当雄 🚗 拉萨

早餐 | 午餐 | 晚餐

- **纳木措（含环保车）**：位于西藏自治区中部，是西藏第二大湖泊，也是中国第三大的咸水湖。湖面海拔4718米，形状近似长方形，东西长70多千米，南北宽30多千米，面积约1961km²。早期的科学考察认为，纳木措的最大深度为33米，但最近两年对湖泊的重新测量发现，纳木措最深处超过了120米。蓄水量768亿立方米，为世界上海拔最高的大型湖泊。“纳木措”为藏语，蒙古语名称为“腾格里海”，都是“天湖”之意。纳木措是西藏的“三大圣湖”之一。纳木措是古象雄佛法雍仲本教的第一神湖，为著名的佛教圣地之一。
- **车观念青唐古拉山**：念青唐古拉山是青藏高原的主要山脉之一，是基本中部东段的大山脉。它横贯西藏中东部，西部以南木林河为界与冈底斯山相连，东部以怒江为界与横断山脉相望，东西长900多公里。念青唐古拉山以北是羌塘草原，以南与冈底斯山余脉交错，为西藏的农业区。
酒店：扎什颇章大酒店或同级4★

10 拉萨 ✈️ 成都

早餐 | 午餐 | 晚餐

- **罗布林卡（含电车）**：是一座位于西藏自治区拉萨市西郊的古典园林。
- **扎基寺**：西藏唯一的财神庙又称“扎基拉姆寺”，藏语称“扎基拉康”，位于西藏自治区拉萨市城关区扎基东路，是一座藏传佛教格鲁派寺院。下午乘机飞成都。
- **夜游春熙路步行街**：春熙路，是成都最繁华的商业街，位于成都市锦江区道，覆盖北新街以东、总府路以南、红星路以西、东大街以北、南新街、中新街以及临街区域，面积大约20公顷。
酒店：新东方千禧大酒店或同级5★

11 成都 ✈️ 新加坡

早餐

- 早餐后，送机。

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。任何单人房都以折叠式加床为标准。
- 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。

01 SINGAPORE ✈️ CHENGDU

Meal on board

- Meet and greet, transfer to hotel.
Hotel: Ramada by Wyndham Jianyang Hotel or similar 5★

02 CHENGDU ✈️ XINING

Breakfast | Lunch | Dinner

- Take a flight to Xining in the morning.
- **Take a drive to view the Riyue Mountain.**
- **Qinghai Lake (Includes Electric Cart, Exclude boat tour and not recommended)** : Qinghai Lake, located in the northeastern part of the Qinghai-Tibet Plateau, is an important water body that plays a vital role in maintaining the ecological security of the Qinghai-Tibet Plateau. Qinghai Lake has a total basin area of 240,000 square kilometers, with the surface area of the lake itself measuring 4,573 square kilometers, and an elevation of 3,196 meters above sea level. The lake is home to rich bird-life, with hundreds of thousands of migratory birds residing and breeding there every spring and summer, including rare and endangered species. Additionally, Qinghai Lake serves as an important fishing base and tourist destination, surrounded by abundant grasslands and desert landscapes. The overall shape of Qinghai Lake's basin is elliptical, sloping from the northwest to the southeast, forming a closed inland basin. With its unique natural landscapes and cultural characteristics, Qinghai Lake is a key water body for maintaining the ecological security of the Qinghai-Tibet Plateau and serves as a natural barrier preventing the spread of desertification from the west to the east.
Hotel: Golden Summit Licheng Hotel or similar 4★

03 XINING 🚆 QINGHAI TIBET TRAIN

Breakfast | Lunch

- **Ta'er Monastery (Includes Electric Cart+Explanation)** : Ta'er Monastery, the birthplace of Tsongkhapa, the founder of the Gelug school of Tibetan Buddhism, is located in the Huangzhong District of Xining, Qinghai Province. It is one of the important Tibetan Buddhist monasteries in the region. In the afternoon, take Qinghai- Tibet Train to Lhasa
Hotel: Qinghai Tibet Train (Soft Berth, 4 person in 1 room)

04 QINGHAI TIBET TRAIN 🚆 LHASA

Lunch | Dinner

- **Scenic view along the Qinghai-Tibet Railway:** Arrive in Lhasa by morning, Transfer to Hotel, Acclimatization to the plateau.
Hotel: Zhashi Puzhang Grand Hotel (Oxygen Supply Room) or similar 4★

05 LHASA

Breakfast | Lunch | Dinner

- **Potala Palace:** Originally known as Red Mountain Palace, the Potala Palace was first constructed in 631 during the rise of the Tibetan Empire, under the leadership of King Songtsen Gampo, the 33rd ruler of the Tibetan dynasty. It served as the political center of the empire, establishing administrative boundaries, setting laws, issuing decrees, and governing all of Tibet. Historical records describe the palace as grand in scale, with three surrounding walls and over a thousand rooms. A silver-bronze bridge connected the palace of Songtsen Gampo and Princess Wencheng, and outside the eastern gate, there was a racetrack built by the king.
- **Jokhang Temple:** Located in the heart of the old town of Lhasa, Jokhang Temple is a Tibetan Buddhist monastery and a key national cultural heritage site. With a history spanning 1,350 years, it was built by King Songtsen Gampo to honor Princess Wencheng's arrival in Tibet. Over the centuries, it has undergone multiple expansions and repairs, resulting in a large and complex architectural site.
- **Barkhor Street:** is a sacred pilgrimage route for Tibetan

- Buddhists, developed around Jokhang Temple. In the 7th century, during the construction of the temple, King Songtsen Gampo also built four palaces nearby to house numerous Buddhist statues and sacred relics for pilgrims to venerate.

Hotel: Zhashi Puzhang Grand Hotel (Oxygen Supply Room) or similar 4★

06 LHASA 🚗 LHOKA

Breakfast | Lunch | Dinner

- **Samye Monastery:** is the first monastery in Tibet, located in Zhanang County, at the foot of Mount Haburij, one of the Four Sacred Mountains of Tibet. It is historically significant as the first Tibetan Buddhist monastery to house the complete representation of the "Buddha, Dharma, and Sangha" – the three jewels of Buddhism.
- **Yumbulagang Palace:** is the first palace in Tibet, located about 5 kilometers southeast of Changzhutown in Nyingchi Prefecture, near Mount Zhashi Tsuji. It is said to have been built in 127 BCE by the leader of the Yarlung tribe, Nyetichanpo.
Hotel: Yalong River Hotel or similar 4★

07 LHOKA 🚗 SHIGATSE

Breakfast | Lunch | Dinner

- **Yamdruk Yumtso Lake:** also known as Yamdrok Lake (referred to as "Yanghu" by locals), is one of the three sacred lakes in Tibet. The term "Tso" means "lake" in Tibetan. Located in Langkazi County in the Shannan region, the lake has an elevation of 4,441 meters, a shoreline of 250 kilometers, and a total area of 638 square kilometers. The average depth of the lake is between 20 to 40 meters, making it one of the larger inland lakes on the northern slopes of the Himalayas. The lake is known for its many inlets, which resemble coral branches, earning it the Tibetan name "The Coral Lake Above."
- **Gangbala Mountain Viewpoint:** is located at an altitude of 4,998 meters, between Langkazi and Gongga counties. The road spirals from the base of the mountain to the summit, with steep and sharp bends, offering a thrilling and dramatic journey. On one side, sheer cliffs rise, and on the other, deep ravines drop sharply, making the drive quite adventurous.
- **Karo La Glacier:** is located on the border between Langkazi County and Jiangzi County, about 71 kilometers from Jiangzi. It is one of the three major continental glaciers in Tibet and serves as the eastern source of the Nyangchu River. The glacier tongue has an elevation of 5,560 meters, and Karu Peak, at 6,647 meters, lies to the south. This is the watershed between the Nyangchu River and Yamdrok Yumtso Lake. The glacier stretches from the mountain top to just a few hundred meters from the road, with crystal-clear, chilling ice and towering snow-covered peaks shrouded in mist, creating a surreal and divine atmosphere.
- **Zhongshan Fortress Ruins(View from a distance):** located in the center of Jiangzi County, Tibet, are also known as the Ancient Zongshan Castle. The fortress is situated on a rocky hill called Zongshan, with "Zong" historically referring to an administrative unit in Tibet. From a distance, the ruins of the fortress are an impressive sight, standing as a symbol of the region's ancient history and administrative importance.
Hotel: Schery Courtyard Hotel (Oxygen Supply Room) or similar 4★





布达拉宫



08 SHIGATSE DANGXIONG

Breakfast | Lunch | Dinner

- **Tashilhunpo Monastery:** is the traditional seat of the Panchen Lama. Covering an area of 150,000 square meters, the monastery is surrounded by a wall that follows the contours of the mountain, with a perimeter of over 3,000 meters. Inside, there are 57 prayer halls and 3,600 rooms. The monastery is built along the mountainside, with the main buildings aligned northward, offering a harmonious and symmetrical structure.
- **Tibetan Cultural Village:** A village that showcases Tibetan culture and customs.
- **Scenic View of the Yarlung Tsangpo River Gorge :** This gorge, located in the Nyingchi region of Tibet, is not only a treasure of Tibet but also one of the world's natural wonders. The Yarlung Tsangpo Grand Canyon, stretching about 504.6 kilometers, reaches a depth of 6,009 meters at its deepest point. It begins at the 7,782-meter-high Namjagbarwa Peak in the Himalayas and winds its way to Assam, India, forming a giant horseshoe bend that creates stunning landscapes. The canyon is the highest river-carved gorge in the world and serves as a witness to the geological evolution of the Earth, with diverse layers of ancient metamorphic rocks, volcanic rocks, and sedimentary layers.

Hotel: Namtso Divine Sheep Manor Hotel (Oxygen Supply Room) or similar 4★

- North of the mountains lies the vast Qiangtang Plateau, while the southern foothills intersect with the Gangdise mountain range.
Hotel: Zhashi Puzhang Grand Hotel (Oxygen Supply Room) or similar 4★

10 LHASA CHENGDU

Breakfast | Lunch | Dinner

- **Norbulingka (Includes Electric Cart) :** Norbulingka is a classical garden located in the western suburbs of Lhasa, Tibet. It was the traditional summer residence of the Dalai Lama.
- **Zaki Temple:** The Only Temple of Wealth in Tibet, also known as "Zakirnam Monastery" in Tibetan, Zaki Temple is located on Zaki East Road in Lhasa, Tibet. It is a Tibetan Buddhist Gelugpa sect temple dedicated to the God of Wealth.
Flight to Chengdu in the afternoon (Flights subject to confirmation)
- **Night Tour of Chunxi Road Pedestrian Street:** Chunxi Road is the most bustling commercial street in Chengdu, located in the Jinjiang District. It covers about 20 hectares and is surrounded by North Xinjie Street to the east, Zongfu Road to the south, Hongxing Road to the west, and East Dajie Street to the north, with numerous shops, restaurants, and entertainment venues.
Hotel: New Oriental Millennium Hotel or similar 5★

09 DANGXIONG LHASA

Breakfast | Lunch | Dinner

- **Namtso Lake (Includes Eco-friendly Car) :** located in central Tibet, is the second-largest lake in Tibet and the third-largest saltwater lake in China. With an elevation of 4,718 meters, the lake is roughly rectangular, extending over 70 kilometers east to west and 30 kilometers north to south, covering an area of about 1,961 square kilometers. Recent measurements have revealed that the lake's deepest point exceeds 120 meters. Namtso holds 76.8 billion cubic meters of water, making it the highest large lake in the world. The name "Namtso" means "Sky Lake" in Tibetan, and "Tenggerhai" in Mongolian also translates to "Sky Lake." It is one of Tibet's "Three Sacred Lakes" and is an important site in Tibetan Buddhism.
- **Scenic View of Nyainqentanglha Mountains:** The Nyainqentanglha Mountains, one of the major mountain ranges of the Qinghai-Tibet Plateau, stretch across central and eastern Tibet. It extends over 900 kilometers, connecting with the Gangdise Mountains to the west and the Hengduan Mountains to the east.

11 CHENGDU SINGAPORE

Breakfast

- After breakfast, transfer to airport.

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.