

中国

13天探索絕域西藏*珠峯大本營

必游圣湖

林芝 巴松措 (海拔 3700 米)

红教的著名神湖和圣地, 藏东最大的堰塞湖之一, 以林木繁茂和群山耸立中的那一池碧水而广为外界所知。

拉萨羊卓雍湖 (海拔 4441 米)

世界上海拔最高的淡水湖, 湖面平静如镜, 与雪山, 蓝天融为一体, 有着天上圣湖之美誉。

昌都 然乌湖 (海拔 4720 米)

藏东圣湖, 以雪山倒映在碧绿的湖水中的美景闻名天下; 仿佛是瑞士阿尔卑斯山的雪峰、冰川和九寨沟的溪水的结合



來古冰川

西藏已知面积最大和最宽的冰川, 被誉为世界三大冰川之一. 如果觉得南北极太远, 那就到中国的来古冰川一样可以体验到南北极的美。

珠穆朗瑪峰

大本營觀景台

世界上观赏珠峰全貌的最佳位置, 去西藏旅游最向往及最有吸引力的景点之一, 也是普通游客观赏珠峰最近的地方



林芝 桃花沟赏桃花 <15/3-20/4>

巨大的天然野桃林, 桃花如醉霞绯云般争奇斗艳

林芝 鲁朗林海赏杜鹃花

<10/5-20/6>

延绵 1 千多平方公里都是千姿百态的杜鹃花

拉萨 墨竹工卡游油菜花

<7-20/7>

沿途成片的油菜花, 在远山和蓝天的映衬下, 黄得特别耀眼。

林芝 鲁朗林海赏红叶

<15/9-30/10>

万山红遍如一块多彩的画布斑斓迷人



拉薩布達拉宮

被誉为全世界海拔最高的宫殿, 高 3700 多米. 依山而建, 分红, 白宫, 共 13 层. 在这可俯瞰拉萨美丽风光, 了解历代达赖喇嘛在宫中的生活和传奇, 近距离欣赏宫殿及珍藏其中的奇珍异宝。

日喀則扎什倫布寺

西藏黄教最大的寺院, 也是班禅喇嘛的驻地, 可与达赖喇嘛的布达拉宫相媲美. 寺院依山而建, 宫殿重叠, 毗连错落, 远望犹如一座城镇, 十分壮观, 内有中国最大的镀金铜佛像。

定日絨布寺

世界上海拔最高的藏传佛教寺院, 是极好的珠峰观赏地, 从此处可向南眺望珠穆朗玛峰. 而因为珠峰的名气和景观, 山脚下的绒布寺总是被当作“背景板”。

林芝魯朗林海

云山雾海里的世界级原始森林, 被誉为“东方瑞士”. 前有色季拉山, 后有通麦天险; 繁茂的植被与怡人的气候, 又称“神仙居住的地方”, 素有“一个美得让人不想家的地方”美誉。



	早餐	午餐	晚餐	城市	LXA13D
天数	13 天 (12 早,11 午,11 晚)				4-5★ 酒店住宿 或同级
1	-	-	✳	成 都	4★ 天府国际酒店
2	酒店	✓	✓	林 芝	准 5★ 乔穆朗宗酒店 <房间及大堂弥散式供氧>
3	酒店	石锅鸡风味	✓	波 密	4★ 藏王酒店 <含氧房>
4	酒店	✓	✓	然乌湖	<特色住宿> 4★ 国际自驾营地<含氧房>
5	酒店	✓	✓	鲁能小镇	4★ 喜路酒店<含氧房>
6	酒店	✓	✓	拉 萨	2 晚 4★ 西藏宾馆贵宾楼
7	酒店	✓	藏族主题晚宴		<房间及大堂弥散式供氧>
8	酒店	羊湖鱼风味	✓	日喀则	准 5★ 乔穆朗宗酒店 <房间及大堂弥散式供氧>
9	酒店	✓	✓	扎西宗	4★ 珠峰平措康桑富氧酒店<弥散式供氧>
10	酒店	✓	特色藏香猪	日喀则	准 5★ 乔穆朗宗酒店 <房间及大堂弥散式供氧>
11	酒店	✓	蘑菇养生汤锅	拉 萨	4★西藏宾馆贵宾楼
12	酒店	✓	四川特色火锅	成 都	4★ 天府国际酒店
13	酒店	✳	-	结束 13 天行程, 祝您旅途愉快!	

此行程于2025年3月起适用

LXA13D_CN_21-Jul-25

- 若航班时间及行程次序有所变动, 以航空公司及当地接待单位安排为准。
- 酒店标明, 以供参考; 若中英文行程版本出现不符之处, 将以中文版本为依据
- 西藏位于海拔3500米之高原, 空气稀薄, 团友须注意个人身体健康状况, 不要有剧烈行动, 以防出现高山反应; 另外请准备一些感冒药品和必要的胃肠类药品
- 此线路因山路较多且地理环境较特殊, 只适用底盘较高国产旅游车, 故座位间隔可能未如理想; 高原行车, 汽车容易出故障, 途中可能会安排检修, 敬请谅解。
- 西藏部份住宿及餐厅因条件所限, 酒店, 食物及环境设施仍欠水准, 本社已尽量安排当地较佳, 请各位团友见谅!
- 入境口岸可能在成都或重庆或北京, 若为重庆/北京, 则一晚4★重庆/北京酒店住宿将代替一晚成都同级酒店, 须视具体出发日期及航空公司的最后确认为准。
- 西藏为中国的特殊地区, 导游司机服务费标准: 人民币RMB60/人/天



康泰旅行社

6533 1788

#02-121, #04-25/26 珍珠坊
电邮订位服务: enquiries@hongthai.com.sg
www.hongthai.com.sg

*团友须知规则, 请参阅订单 / Tour Booking Form

中国



- 第一天** 新加坡 ✈ 成都/重庆/北京 #若入境口岸为重庆/北京,则一晚4*重庆/北京酒店住宿将代替成都同级酒店,视具体出发日期及最后确认为准
- 第二天** 成都/重庆/北京 ✈ 林芝(海拔 3100 米) ~ 米林雅江桃源(海拔 2979 米) **赏桃花 <15/3-20/4>** ~ 喇嘛林寺(海拔 3100 米)
米林雅江桃源 (仅限花季): 赫赫有名的桃花大道,生长得极其繁茂的野生古桃树中修建了一条贯穿整片桃林的步道,犹如行走在粉色烟霞中。
喇嘛林寺: 林芝最大最重要的藏传佛教场所,整座寺庙有着浓厚的贡布地区的藏族建筑艺术风格,通往佛殿的路边种满各种鲜花,争相斗艳。
- 第三天** 林芝 ~ (约 1 小时)嘎啦桃花村(海拔 3000 米) **赏桃花 <15/3-20/4>** ~ (约 2 小时) 鲁朗林海 (海拔 3700 米) **赏杜鹃花 <10/5-20/6>** ~ (约 3 小时)嘎朗湖(海拔 2700 米)~ (约 0.5 小时)波密(海拔 4200 米)
嘎啦桃花村 (仅限花季): 被誉为“林芝桃花第一村”,是尼洋河畔赏桃花的最佳之处,每年的 3 月 20 号到 4 月 10 号,登高远眺,便是一片片粉红桃花世界,映衬在蓝天白云之下,巍峨的皑皑雪峰与娇艳的花花世界把这“藏地小江南”的春色展现得淋漓尽致。
鲁朗林海: 冰川、高山、峡谷、草甸、森林、河流、湖泊等各种景观并存且全世界不可多得的顶级旅游资源,有“东方瑞士”的美名。
嘎朗湖: 面积 1500 多平方米,湖周青山环绕,古树参天,自然风光十分优美,居民建筑风格独特,远处的嘎朗王朝遗址更使它增添一份神秘而神奇。
- 第四天** 波密 ~ (约 4 小时)来古冰川-蓝冰景观(海拔 4000 米) **含环保车** ~ (约 1 小时)然乌湖(海拔 4720 米) **赏杜鹃花/油菜花田**
来古冰川: 在同一个地方看到六条海洋性冰川,这样的景观不仅是中国唯一,在全世界也是绝无仅有的,而且是与南极和北极同类型的冰川,冬天甚至可以走上湖面,进入蓝冰洞窟之中拍摄,领略冰川的真正魅力。 #蓝冰奇观需视天气而定,若天气原因导致无法参观将无其他替代。
然乌湖: 藏东第一大湖,周边山峰环绕,终年积雪,瀑布飞流;春季湖畔的草甸湿地上会开满各式各样的小花;湖边山腰上则是莽莽的森林,再往上是五颜六色的杜鹃花和灌木丛林带,到了夏季,旁边农田里大片的油菜花,仿佛青稞田构成的地毯上的一道美丽的金色花纹。
- 第五天** 然乌湖 ~ (约 3 小时)波密桃花沟(海拔 2680 米) **赏桃花 <15/3-20/4>** ~ (约 2 小时)通麦大桥 ~ (约 1.5 小时)鲁朗小镇(海拔 2700 米)
波密桃花沟 (仅限花季): 盛开的桃花依偎在高耸入云的雪峰之下,绵延近 30 公里,簇簇粉红装点路边,是林芝地区开得最盛美,最规模,最肆意,最狂野的。
鲁朗国际小镇: 这里可远眺贡布拉赞雪山,近观高山牧场牛羊成群,祈福塔在湖面美丽的倒影;牧场,草原,森林,高山,清澈见底的河流,篱笆,木屋。
- 第六天** 鲁朗 ~ (约 3.5 小时)巴松措(海拔 3700 米) **含环保车** ~ 墨竹工卡 **沿途赏油菜花田 <1-20/7>** ~ (约 4 小时)拉萨(海拔 3650 米)
巴松措: 红教的著名神湖和圣地,整个湖几乎完全被绿意浓浓的原始森林包围;湖水是令人心醉的翡翠般的绿色,随着远近不同,绿色呈现出不同的层次、不同的浓淡、不同的美感。#盛夏七月,特别安排前往墨竹工卡,欣赏高原深处油菜花竞相绽放,犹如浩瀚无边的金色海洋。<仅限 7 月出发>
- 第七天** 拉萨 ~ 《世界文化遗产》布达拉宫 ~ 世界文化遗产大昭寺 ~ 八角街
布达拉宫: 海拔最高的一座规模宏大的宫堡式建筑群,整座宫殿具有鲜明的藏族风格,依山而建,气势雄伟,宫中收藏了无数的珍宝。
大昭寺: 建于七世纪,释迦牟尼佛殿是全寺精华所在,文成公主进藏时运来的释迦牟尼像供奉于此,寺庙金顶处是观赏布达拉宫远景的最佳位置。
八角街: 此街形如一大磨盘,是拉萨最古老及保存最好的街道,街道两旁商店林立,热闹非常。
- 第八天** 拉萨 ~ 翻越冈巴拉雪山(海拔 4900 米) ~ 远眺冈巴拉雷达站 ~ (约 2.5 小时)羊卓雍湖(海拔 4440 米) ~ 下车远眺卡若拉冰川(海拔 5020 米) ~ (约 1.5 小时)江孜 ~ 白居寺-菩提塔 ~ (约 1.5 小时)日喀则(海拔 3850 米)
羊卓雍湖: 世界最高及拥有圣湖之称,途中越过海拔 4900 米的冈巴拉雪山,远眺冈巴拉雷达站及观赏环绕羊卓雍湖的世纪冰川卡若拉冰川。
白居寺: 江孜最重要的建筑,唯一集西藏三大教派于一体,以精美绝伦的壁画和雕刻著称,藏语意思为“吉祥轮大乐寺”,参观又名十万佛塔的菩提塔,以立体曼陀罗式设计,塔楼一旁的道路象征着人类恍惚迷失的状态,因此通往塔中央的通道便象征着精神上通往涅槃。
- 第九天** 日喀则 ~ 扎什伦布寺-铜弥勒佛坐像-十世班禅灵塔 ~ (约 2 小时)拉孜 ~ (约 1 小时)嘉措拉山口(海拔 5248 米) ~ (约 3 小时)定日珠穆朗玛峰国家公园-扎西宗(海拔 4200 米)
扎什伦布寺: 班禅大师灵魂安息地,黄教六大寺之一,由一世达赖喇嘛顿珠巴主持修建于 1447 年,寺内供奉有高 28 米世界上最大的铜佛坐像“强巴佛”即弥勒佛像,在此还可瞻仰十世班禅大师灵塔。
珠穆朗玛峰国家公园: 位于西藏自治区西南与尼泊尔交界处,覆盖日喀则地区定日等 6 县;因拥有世界第一高峰珠穆朗玛峰、世界海拔最高的寺庙绒布寺等独特的景观吸引了世界各地的旅游爱好者。
- 第十天** 扎西宗 ~ 绒布寺(海拔 4900 米) **含环保车** ~ 珠峰大本营观景台(海拔 5200 米) **含景区环保车** ~ (约 7 小时)日喀则
绒布寺: 世界上海拔最高的寺庙,是极具特色的僧侣尼姑皆有的寺庙,白塔耸立,五彩经幡翻飞,是公认仰望珠峰的最佳位置。
珠穆朗玛峰大本营: 为保护珠峰核心区而设立的保护带,海拔约 5200 米;是观赏珠峰和拍摄珠峰的最佳位置,也是从中国一侧登峰时期的大本营。
珠穆朗玛峰大本营观景台: 珠峰著名的观景台和拍摄点之一,世上独一无二可远眺喜马拉雅山脉四座海拔 8000 多米的高峰,冬季西藏的天气(干燥而晴朗,更容易欣赏到这座世界之巅的绝美景色,在这个季节,将有更好的机会亲眼见证珠穆朗玛峰巍峨耸立的壮观盛景,仿佛与蓝天相拥成画。
- 第十一天** 日喀则 ~ (约 3 小时列车)拉萨 ~ 色拉寺-辩经园 ~ 藏民生活体验 **含穿藏装+喝藏茶+学藏语+吃藏餐** ~ 布达拉宫夜景
青藏铁路日喀则-拉萨段: 青藏铁路延伸线,沿途可看到绿松石色的羊湖,雄伟壮丽的卡若拉冰川,雅鲁藏布江等,还有沿线星星点点的藏族村落。
色拉寺: 亲身体验辩经氛围,聆听关于辩经的历史及对个体修行的影响等知识,了解这个古老而深刻的学术传统如何在僧侣们中传承。
藏民生活体验: 特别安排特色民族体验,亲历藏民生活,深入了解当地居民日常生活,品味当地美食,与友善的当地人亲密接触,感受藏文化魅力。
#若因列车路线调整或其他原因未能安排,将改由第八天拉萨至日喀则乘坐
- 第十二天** 拉萨 ✈ 成都/重庆/北京 #若入境口岸为重庆/北京,则一晚4*重庆/北京酒店住宿将代替成都同级酒店,视具体出发日期及最后确认为准
- 第十三天** 成都/重庆/北京 ✈ (约 4.5 小时) 新加坡

13 天 行程至此圆满结束, 康泰旅行社祝君旅途愉快 ~行程顺序按实际情况可能前后调动,以当地接待单位安排为准~



康泰旅行社

6533 1788

#02-121, #04-25/26 珍珠坊
电邮订位服务: enquiries@hongthai.com.sg
www.hongthai.com.sg

*订团须知规则, 请参阅订单 /
Tour Booking Form

CHINA

13D Decoding TIBET & EVEREST BASE CAMP

Holy Lake in Tibet

Basumtso Lake A notable holy lake of Nyingmapa order of Tibetan Buddhism.

Yamdruk Lake One of the three largest sacred lakes in Tibet. It is surrounded by many snow-capped mountains and is fed by numerous small streams. It has an outlet stream at its far western end.

Ranwu Lake The largest lake in Eastern Tibet and one of the remotest lakes in Tibet, which has an excellent view, a perfect combination of the snow-covered mountains, glaciers of the Swiss Alps, and streams of Jiuzhaigou Valley.



Laigu Glacier

one of the world's three largest glaciers, and is also the largest, longest and widest known glacier group in Tibet. If Antarctica and Iceland are still out of reach, then in Tibet, you can also enjoy the world-class blue glacier

Tibet Everest Base Camp

Brings you to the foot of the Mt. Everest (8844.86m) at Everest Base Camp (5200m) and unveils the grandeur of mighty Himalaya and Tibetan culture in an exhilarating adventure.



Season Specials

Nyingchi Peach Blossoms

Wild peach trees blossom splendidly in spring painting the mountains and plains a romantic pink. <15/3-10/4>

Nyingchi Lulang Forest

The azaleas grow uncensored everywhere along the land; the piece of land is changing into a sea of flowers. <10/5-20/6>

When the green leaves turn red, it looks like xanadu with various colors of plants <15/9-30/10>

Maizhokunggar Rapeseed Fields

Bright yellow rapeseed flower plots offer a delightful contrast to the verdant fields and slopes along the way. <7-20/7>



Potala Palace

It was the chief residence of the Dalai Lama. Standing on the escarpments of Red Hill and rising high above the valley floor, it is a world-famous architectural wonder in Lhasa.

Tashilhunpo Monastery

One of the Great Four Holy Monasteries of Tibet. here you can explore Tibetan Buddhism, appreciate religious art, and participate in the interesting festivities in just one go.

Rongbuk Monastery

is the highest monastery in the world and one of the highest-elevation settlements ever built. It is the best location to watch and photograph Mount Everest.

Lulang Forest

The landscape is particularly beautiful with snow mountains, glaciers, primitive forest, villages and rivers. The snow-capped mountains and glaciers silently lie in the distance.



Day	BKF	LUNCH	DINNER	City	LXA13D 4-5★ Hotel or similar
	13Days (12B, 11L & 11D)				
1	-	-	✱	Chengdu	4★ Tianfu Int'l Hotel
2	Hotel	✓	✓	Nyingchi	Local 5★ QoMoLangZong Hotel
3	Hotel	Stone Pot Chicken	✓	Bome	4★ Hengxin Cangwang Hotel
4	Hotel	✓	✓	Ranwu Lake	Local Best- Int'l Self-drive Tour & Recreational Vehicle Campsite
5	Hotel	✓	✓	Lunang	4★ Dayhello Hotel
6	Hotel	✓	✓	Lhasa	2N 4★ Tibet Hote <VIP Building>
7	Hotel	✓	Local Flavor		
8	Hotel	Lake Fish	✓	Shigatse	Local 5★ QoMoLangZong Hotel
9	Hotel	✓	✓	Zhaixi Village	Local Best-Pingcuo Kangsang Hotel
10	Hotel	✓	Tibetan Pork Flavor	Shigatse	Local 5★ QoMoLangZong Hotel
11	Hotel	✓	Mushroom Cuisine	Lhasa	4★ Tibet Hotel <VIP Building>
12	Hotel	✓	Sichuan Hotpot	Chengdu	4★ Tianfu Int'l Hotel
13	Hotel	✱	-	Wish you enjoy 13Days holiday!	

Effective from MAR'25 LXA13D_ CN_21-Jul-25

- In the event of unforeseen circumstances like the bad weather, the tour leader or local guide concerned possesses full discretion to change the tour sequence or cancel some itineraries.
- Due to Lhasa is at high altitudes (over 3500m); most people may feel lack of oxygen and suffer from temporary Acute Mt. Sickness. Rest and acclimatize upon arrival. And do not push yourself for intense movement. Please refer to our "Tibet Travel Guide" for details.
- Your understanding on the limited conditions of some restaurants in Tibet is very much appreciated.
- In the event of any discrepancy between the English and Chinese itineraries, the Chinese version shall prevail
- Tipping for Tibet tour local guide & driver total is RMB¥60/D.p.p



HONG THAI TRAVEL 6533 1788

#02-121, #04-25/26 People's Park Complex

Email: enquiries@hongthai.com.sg

www.hongthai.com.sg

*Please refer to Tour Booking Form for Terms & Conditions

CHINA



- D1** Singapore ✈ (est 4.5hrs) Chengdu/Chongqing/Beijing
#IN/OUT China port may vary among CTU/CKG/PEK, 1N CTU hotel will be replaced by CKG or PEK, if flight by CKG or PEK IN/OUT
- D2** Chengdu/Chongqing/Beijing ✈ Nyingchi(3100M)~ Milin Yajiang Peach Blossom village (2979M) **Peach Blossoms**
<15/3-20/4>~Lamaling Monastery (3100M)
Milin Yajiang Peach Blossom village: To immerse in the local life while enjoying the romantic ambiance of pink peach blossoms under the blue sky.
Lamaling Monastery: the largest and most important monastery in Nyingchi; It is a Nyingmapa school monastery in Tibet Buddhism.
- D3** Nyingchi~(est 1hr)**Gala Peach Blossom Village**(3000M) **Peach Blossoms** <15/3-20/4>~(est 2hrs)**Lulang Forest Area** (3700M) **Azalea Blossoms** <10/5-20/6> ~ (est 3hrs)**Galang Lake**(2700M)~(est 0.5hrs)**Bome** (4200M)
Gala Peach Blossom Village: Surrounded by mountains on three sides, this village hosts the Nyingchi Peach Blossom Festival. Here, peach blossoms intertwine with barley, snow-capped mountains, and forests, creating an enchanting scene.
Lulang Forest Area: is known as a fairyland with scenic beauties, it is a place with massive primitive forest and wild rhododendron. It is a well-preserved forest, enjoying the title of natural museum. In every spring, full-blown azaleas all over the forest and meadow.
Galang Lake: It reflects the beauty of snow mountains, forests, prayer flags, peach blossoms, etc.
- D4** **Bome**~(est 4hrs)**Laigu Glacier**(4000M) **Incl Shuttle Bus**~(est 1hr)**Ranwu Lake**(4720M) **Azalea Blossoms / Rapeseed Fields**
Laigu Glacier: It is one of the world's three largest glaciers and the source of Parlung Tsangpo River. Where you can have a view of six marine glaciers, which is unparalleled in China or even in the world. To explore the stunning beauty of Blue Ice Cave in winter, observe interesting ice formations up close.
Ranwu Lake: one of the largest lake in eastern Tibet, it is surrounded by snow-capped mountains in the distance, the tranquil turquoise blue lake water looks even more picturesque in winter, a kind of pure white, that will leave you breathless.
- D5** **Ranwu Lake**~(est 3hrs)**Bome Peach Blossom Valley** **Peach Blossoms** <15/3-20/4>~(est 3.5hrs)**Lulang Town** (2700M)
Bome Peach Blossom Valley: as one of Tibet's 100 "Most Beautiful Scenic Photography Spots."The peach blossoms here are even more magnificent and wild. The distant mountains and valleys are adorned with blooming peach blossoms, while nearby villages and wheat fields are dotted with delicate pink flowers, creating a picturesque springtime dreamland.
Lulang Int'l Tourist Town: As Nyingchi eco-tour town, It has fully retained Tibetan architectural style, like wood roofs, wooden fences and yards. Tourists also can find other regional styles here, including stone houses, Tibetan monastery architectures, etc
- D6** **Lulang**~(est 3.5hrs)**Lake Basum-Tso**(3700M) **Incl Shuttle Bus**~**Maizhokunggar** **Rapeseed Fields** <1-20/7> ~ (est 4hrs) **Lhasa**
Lake Basum-Tso: one of Tibet's most famous scenic spots, is the Sacred lake of the Nyingma Sect. The charming lake has lots of mythical stories with amazing forests and some small chapels.
#Bright yellow rapeseed flower plots offer a delightful contrast to the verdant fields and slopes along the way. <Valid for JUL GRPs>
- D7** **Lhasa**(3650M) ~ UNESCO- **Potala Palace**~UNESCO- **Jokhang Temple**~ **Barkhor Street**
Potala Palace: the world's highest palace built by Songtsen Gampo, winter palace of the Dalai Lama since the 7th century.
Jokhang Temple: The oldest and holiest architecture in Lhasa with a long history of 1,400 years. Being the spiritual center and the ultimate pilgrimage destination for Tibetan,
Barkhor Street: one of the most famous places to go shopping in Lhasa as well as the best place to go to get authentic, local-made souvenirs from Tibet.
- D8** **Lhasa**~(est 2.5hrs)**Yomdrok Lake**(4440M)~(est 3hrs)**Gyantse**(3977M)~**Palcho Monastery**~**Shigatse** (3850M)
Yomdrok Lake: the world's highest lake with the reputation of a holy lake. Traverse the snowy Mt Gangbala which stands at 4,900 metres above sea level. View Gangbala radar station in the distance and Kanola Glacier.
Palcho Monastery: A large complex of monastic structures, is most famous for its Kumbum Stupa, the only one of its kind in Tibet.
- D9** **Shigatse**~**Tashi Lhunpo Monastery**~(est 2hrs)**Lhatse** ~ (est 1hr)**Gyatsola Pass**(5248M) ~ (est 3hrs) **Dingri Mount Everest National Nature Reserve-Zhaxi Village**(4200M)
Tashi Lhunpo Monastery: the largest functioning religious institution in Tibet – home to around 950 monks – and one of its great monastic sights. The huge golden statue of the Future Buddha is the largest gilded statue in the world
Mount Everest National Nature Reserve: you will enjoy the panoramic view of the Himalayas at Gawula Pass (5198m). At this viewpoint, you will marvel at the majestic lineup of the five highest peaks in the Himalayas, including Everest at the forefront.
- D10** **Zhaixi Village** ~ **Rongbuk Monastery**(4900M) **Incl Shuttle Bus** ~ **Everest Base Camp Viewing Point**(5200M) ~ (est 7hrs) **Shigatse**
Rongbuk Monastery: is the highest monastery in Tibet and the world, offers panoramic views of the highest peak of the Himalayan mountain range from a moderate distance. It is one of the best places on Earth to get a view of Mount Everest.
Everest Base Camp: Also known as North Base Camp (with South BC being in Nepal), offers unobstructed views of the mount. The panorama encompasses barren wasteland flanked by brown mountains permeated with white snow. And the world's summit majestically dominates over all of that
- D11** **Shigatse**~(est 3hrs **Highspeed Train**)**Lhatse** ~ **Sera Monastery** ~ **Signature Experience** **Incl. Dress in Tibetan Robe**
+Tasting Yak Butter Tea + Learning Tibetan Language + Enjoy a Tibetan Local Meal
Sera Monastery: Featured six hundred years old, famous for its grand ceremony of Buddhist debating and its beautiful temples with sensational icons, murals and history.
Signature Experience: You can sip traditional Tibetan sweet tea alongside local Tibetans as your guide shares insights into Tibetan social dynamics and daily life, a better way to give you a unique inside in Tibetan daily life.
- D12** **Lhasa ✈ Chengdu/Chongqing / Beijing**
IN/OUT China port may vary among CTU / CKG / PEK, 1N CTU hotel will be replaced by CKG or PEK, if flight by CKG or PEK IN/OUT
- D13** **Chengdu/Chongqing/Beijing ✈ Singapore** **Wish you enjoy your holiday with Hong Thai Travel!**

~Tour Sequence subject to airlines & land agent's final arrangement ~The special sceneries listed is subject to season & weather conditions



HONG THAI TRAVEL 6533 1788

#02-121, #04-25/26 People's Park Complex

Email: enquiries@hongthai.com.sg

www.hongthai.com.sg

*Please refer to Tour Booking Form for Terms & Conditions