

中国



9/12天 西藏林芝/西宁*茶卡盐湖

青藏高原风光集锦

◇ 日光城,西藏圣城【拉萨】

- 世界上最高的宫殿 布达拉宫
- 西藏人民心目中最神圣的庙宇 大昭寺
- 西藏三大圣湖之一 纳木措

◇ 班禅坐镇之地,后藏重镇【日喀则】

- 西藏三大圣湖之一 羊卓雍湖
- 海拔 5045 米的世纪冰川 卡惹拉冰川
- 拥有中国最大的镀金铜像 扎什伦布寺

◇ 西藏瑞士【林芝】

- 西藏之九寨沟 巴松措
- 有着 2500 年历史巨柏王的 古巨柏林
- 中国面积最大,保持最完好林区之一 鲁朗林海

◇ 世界海拔最高的城市之一【西宁】

- 中国最大的咸水湖 青海湖 (含电瓶车、游船)
- 世界第二大佛陀诞生地 塔尔寺
- 被称为中国的“天空之境” 茶卡盐湖

◇ 西藏第三大古城,英雄城【江孜】

- 拥有着“十万佛塔”的 白居寺



拉萨布达拉宫

被誉为全世界海拔最高的宫殿,约有 3700 多米;宫殿依山而建,分红宫,白宫两部份组成,共 13 层;整座宫殿具有鲜明的藏族风格,依山而建,气势雄伟

“钢铁天路”青藏旅游专列

揭开西藏的面纱,感受八大世界之最

全新感觉,横穿青藏高原,享受美仑美奂的风光切换

- 世界最长,海拔最高的高原铁路;海拔最高火车站-唐古拉山站;
- 世界高原冻土铁路上最高时速;穿越冻土里程最长的高原铁路;
- 最世界海拔最高/最长冻土隧道-风火山隧道/昆仑山隧道;
- 世界最长的铁路大桥-清水河特大桥;



茶卡盐湖

中国版[天空之境],被国家旅游地理杂志评为[人一生必去的 55 个地方]之一.最吸引人之处就是那条通往湖心的铁轨,空旷的盐湖,直直的铁路,歪歪扭扭的电线杆,颇有一番末日的景象.还可赤脚走到湖面上观看和拍摄自己的倒影。 <含单程观光小火车>

天数	早餐	午餐	晚餐	城市	NLA9/NLA12	NLA9X/NLA12X
	9天(8早,8午,7晚)/ 12天(11早,10午,9晚)				4★酒店住宿或同级	5★酒店住宿或同级
1	✖	✓	石锅鸡风味	林芝	2晚 4★林芝印象大酒店	准 2晚 5★林芝五洲皇冠酒店
2	酒店	✓	✓			
3	酒店	✓	土鸡风味	拉萨	3晚 4★ 西藏宾馆贵宾楼 或 拉萨泽当饭店	3晚 5★ 圣地天堂洲际大酒店 (唯一一家限时房间供氧酒店) 或 香格里拉大酒店
4	酒店	✓	特色西餐			
5	酒店	✓	韩式烤肉			
6	酒店	羊湖野餐	藏式风味	日喀则	1★喜嘎央恰大酒店	准 5★乔穆朗宗逸扉酒店
7	酒店	✓	蘑菇养生汤锅	拉萨	提升 5★香格里拉大酒店	
8A	酒店	✓	X	成都	4★智选假日酒店	5★凯宾斯基酒店
9A	酒店	✖		结束 9 天行程,祝您旅途愉快!		
8B	酒店	X	X	拉萨⇌西宁	青藏铁路观光列车<四人一室软卧>	
9B	自理	✓	✓	茶卡盐湖	4★锦天世纪大酒店(当地最好)	
10	酒店	✓	✓	西宁	4★高铁站智选假日酒店	5★富力万达文华酒店 或 新华联索菲特大酒店
11	酒店	✓	X	成都	4★智选假日酒店	5★凯宾斯基酒店
12	酒店	✖		结束 12 天行程,祝您旅途愉快!		

此行程于2024年4月起适用

NLA9_X/NLA12_X_CN_31-Jan-24

- 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,团员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。
- 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,请各位团员体谅!
- 入境口岸可能在成都或重庆,若为重庆,则一晚4★重庆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,条件较艰苦,导游司机服务费标准略高于中国其他地区:全程9天人民币RMB450/人/12天人民币RMB600/成人

中国



团号: NLA9_X/NLA12_X

自 2024 年 4 月有效

新加坡 ✈️ 林芝(海拔 2900 米) ~ 巨柏林-柏树王 ~ 八一镇 ~ 桃花沟(赏桃花) <20/03-15/04>

- + 齐集樟宜机场办理登机手续,飞往中国【林芝】
- + 【桃花沟】《3月20-4月15日》被评为“中国最大的桃花谷”
- + 【古柏林】散布生长着数百棵千年古柏,是西藏特有的古树,其中一株十几人都不能环抱的巨柏,高达 50 多米,直径近 6 米,树冠投影面积达一亩有余;树龄已有 2000-2500 年之久,被当地人以“神树”之尊加以保护,有着“世界巨柏王”之称。

林芝 ~ 喇嘛岭寺 ~ 翻越色季拉山(海拔 4720 米) ~ 远眺南迦巴瓦峰(海拔 7780 米) ~ 鲁朗林海观景台

- + 【色季拉山】属念青唐古拉山脉,是尼洋河流域与帕龙藏布江的分水岭;翻越山口时,幸运的话可观日出,无际的云海和远眺到南迦巴瓦峰峻美的雄姿。
- + 远眺【南迦巴瓦峰】西藏林芝地区最高的山,海拔 7782 米,排在世界最高峰的第 15 位;其巨大的三角形峰体终年积雪,云雾缭绕,从不轻易露出真面目。
- + 【鲁朗林海观景台】远处是雪山,山下是草原,绿草如茵,野花遍地,马儿在溪边悠闲的玩耍,牦牛晃动着巨大的身躯与青草厮守。花丛中藏民小楼上五彩的门框在阳光下格外艳丽,一副宛若人间仙境的高原风光

林芝 ~ (约 2 小时) 巴松措-湖心仙人岛(海拔 3700 米) ~ (约 2.5 小时) ~ 米拉山隧道 ~ (约 2 小时) 拉萨(海拔 3650 米)

- + 【巴松措】红教的著名神湖和圣地,西藏东部最大的堰塞湖之一,状如镶嵌在高峡深谷中的一轮新月。于此欣赏高原的九寨风情,以林木繁茂和群山耸立中的那一池碧水而广为外界所知,经过米拉山隧道前往拉萨。
- + 随后前往有世界屋脊之称的西藏自治区首府【拉萨】藏语意为「神佛圣地」海拔约 3650 公尺,是世界上最高的城市之一。一年当中日照时间总数达 3005 小时,有「日光城」之称。# 抵达后特别安排团队抵达拉萨第一晚为团友做身体检查,以便团友更好的适应高原环境。

拉萨 ~ 布达拉宫 ~ 大昭寺 ~ 八角街 ~ 天珠地矿工艺品 ~ 玛吉阿米 ~ 藏医药中心

- + 西藏的标志【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。
- + 建于七世纪的【大昭寺】释迦牟尼佛殿是全寺精华所在,文成公主进藏时一起运来的释迦牟尼像供奉于此,每年都有成千上万佛教信徒从家乡三步一叩首地到此朝拜祈福,寺庙金顶处是观赏布达拉宫远景的最佳位置之一
- + 继往【八角街】逛一逛,此街形如一大磨盘,是拉萨最古老及保存最好的街道。
- + 【玛吉阿米】以尼泊尔,印度,西藏风味为主的餐厅,楼顶平台是俯瞰八廓街的绝佳地;相传当年六世达赖喇嘛与情人幽会的地方正是餐厅所在的土黄色小楼。

拉萨 ~ 翻越那根拉雪山(海拔 5190 米) ~ (约 5 小时) 5 纳木错(海拔 4710 米) ~ (约 5 小时) 拉萨 ~ 远眺念青唐古拉山(海拔 6000 米)

- + 【纳木错圣湖】是世界上海拔最高的咸水湖,也是中国第二大咸水湖,湖面海拔 4718 米,水面面积 1940 平方公里。

若因天气原因无法前往纳木错,将由拉萨哲蚌寺及罗布林卡替代

拉萨 ~ (约 2 小时) 翻越冈巴拉雪山(海拔 4900 米) ~ 远眺冈巴拉雷达站 ~ 羊卓雍湖(海拔 4440 米) 6 (约 1.5 小时) 下车远眺卡若拉冰川(海拔 5020 米) ~ (约 1.5 小时) 江孜 ~ 白居寺-十万佛塔 ~ 远眺宗山古堡 ~ (约 1.5 小时) 日喀则(海拔 3800 米)

- + 【羊卓雍湖】世界最高及拥有圣湖美誉之称,途中越过海拔 4900 米的冈巴拉雪山,远眺王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,以立体曼陀罗型式设计,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

7 日喀则 ~ 扎什伦布寺- 铜弥勒佛坐像 - 十世班禅灵塔 ~ (约 5 小时) 拉萨 ~ 外观布达拉宫夜景

- + 参观班禅大师灵魂安息地、黄教六大寺之一【扎什伦布寺】。扎什伦布寺由一世达赖喇嘛根顿珠巴主持修建于 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。瞻仰【十世班禅大师灵塔】

8a 拉萨 ✈️ 成都/重庆

- + 于指定时间集合送往机场乘坐客机飞往四川成都,抵达后,团友可自由活动或参加自费活动。# 入境口岸可能在成都或重庆,若为重庆,则一晚 4*重庆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。

9a 成都/重庆 ✈️ 新加坡

9 天行程至此圆满结束, 祝君旅途愉快!

拉萨 ~ 列车上观赏青藏高原风光 ~ (约 24 小时火车)

8b 西宁(海拔 2260 米)

- + 青藏线旅游观光火车:以拉萨为起点,西宁为终点,搭乘世界海拔最高的《青藏铁路专列火车》沿途可以欣赏到美妙辽阔的高原风光,沙漠,绿洲,神山,圣湖...穿世界最长的冻土隧道。

由于青藏铁路现有售票情况,本社将尽量安排或调整所有团友于同一车厢,具体铺位将根据当时情况和团友年纪进行调配,不便之处敬请谅解

9b 西宁 ~ 青海湖[含景区环保车+游船] ~ 途中远眺日月山-倒淌河 ~ (约 4.30 小时) 茶卡盐湖

- + 【青海湖】中国最大的咸水湖,长江,黄河和澜沧江发源地,有江河之源之称,海拔在 3000 米以上,泛舟湖上,湖面群山环绕,雪山倒影,烟波浩渺,碧水连天,湖水飞鸟翱翔,充满诗情画意,犹如一幅美丽的天然画卷。<每年 6 月底—8 月盛开的油菜花田,动人心醉> 途中远眺【日月山】是黄土高原和青藏高原的分山岭,在历史上是“唐蕃古道”的必经之地,是当年文成公主嫁入藏区的交界点。日月山西北有一条自东向西流的小溪,称为【倒淌河】

10 茶卡盐湖[含单程小火车] ~ (约 4 小时) 塔尔寺 ~ 西宁

- + 【茶卡盐湖】一座 3000 多年的盐场,湖水含盐量很大,会自然结晶成为一片白色的湖面,将天空、云朵和对岸的山都倒映在湖里非常漂亮。可以尝试赤脚走到湖面上观看和拍摄自己的倒影,好像天空之境。康泰特别安排团友乘坐小火车到盐湖的深处观光。

11 西宁 ✈️ 成都/重庆

- + 于指定时间集合送往机场乘坐客机飞往四川成都,抵达后,团友可自由活动或参加自费活动。# 入境口岸可能在成都或重庆,若为重庆,则一晚 4*重庆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。

12 成都/重庆 ✈️ 新加坡

12 天行程至此圆满结束, 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, ~ 由于气候温度等因素,行程中所列花期各有不同,须视具体出发日期而定 ~

西藏附加配套 1: 人民币 550/人

包括: 1) 文成公主; 2) 藏民家访; 3) 园林宗角禄康;

西宁附加配套 2: 人民币 350/人

包括: 1) 阿什贡七彩丹霞(含电瓶车)+黄河风情园

备选配套: 人民币 450/人: 措姆及日蓝冰湖景区

NLA9_X/NLA12_X CN_31-Jan-24

CHINA

9/12D NYINGCHI ♦ TIBET PLATEAU / Qinghai

Explore Mysterious Tibet & Qinghai

- * Lhasa : Potala Palace / Jokhang Temple / Namtso Lake / Mt.Nyainqentanglha(Overlook)
- * Nyingchi : Basomtso Lake / Ancient Cypress Forest / Lunang Forest Sea
- * Shigatse : Yamdrokto Lake / Karola Glaciers / Tashilhunpo Monastery
- * Gyantse : Palkhor Monastery
- * Xining : Qinghai Lake/Taer Temple/ Chaka Salt Lake

Qinghai-Tibet Plateau Sightseeing Train

- ✧ The most advanced train carriages in the World, especially for traveling on the high altitude plateau.
- ✧ The most luxurious plateau sightseeing train, holding Eight World Records
- ⦿ The longest train routine & The train routine at the highest altitude
- ⦿ The Highest Railway Station - Mt. Tangula Pass Station
- ⦿ The Highest Tunnel through Frozen Earth - Mt. Fenghuo Tunnel & The Longest Highland Tunnel-Mt. Kunlun Tunnel
- ⦿ The Longest Railway Bridge - Qingshui River Bridge & The Longest railway mileage laid on the Frozen Earth



【Chaka Salt Lake】

Natural crystalline salt lake located in Chaka Town. It is one of the “Big Scenes of Qinghai”. It is called “The Mirror of the Sky” It has been rated as “the life of a person” by the National Tourism Geography Magazine. Go to one of the 55 places.

Incl one way Sightseeing Train



Day	BKF	LUNCH	DINNER	City	NLA9/NLA12	NLA9X/NLA12X
					4★ Hotel or similar	5★ Hotel or similar
9Days (8B, 8L & 7D) / 12Days (11B, 10L & 9D)						
1	✕	✓	Stone Pot Chicken	Nyingchi	2N 4★ Impression Hotel	Local 2N 5★ Wuzhou Crown Hotel
2	Hotel	✓	✓			
3	Hotel	✓	Local Chicken Flavor	Lhasa	3N 4★ Tibet Hotel VIP Building or Lhasa Tsedang Hotel	Upgrade 3N 5★ Intercontinental Lhasa Paradise Hotel (The only time limited room oxygen hotel) Or Shangri-la Hotel
4	Hotel	✓	Western Flavor			
5	Hotel	✓	Korean BBQ			
6	Hotel	Yamdok Lake Picnic	Tibetan Local Flavour	Shigatse	4★ Shiga Yangcha Grand Hotel	Local 5★ Qomo Langzong Hotel
7	Hotel	✓	Mushroom Cuisine	Lhasa	Upgrade 5★ Shangri-la Hotel	
8A	Hotel	✓	*	Chengdu	4★ Holiday Inn Express	5★ Kempinski Hotel
9A	Hotel	✕	-	Wish you enjoy 9Days holiday !		
8B	Hotel	Pax own arrangement	Pax own arrangement	Xining ⇄ Lhasa	Qinghai-Tibet Sightseeing Train < Soft Sleeper Berths >	
9B	*	✓	✓	Chaka Salt Lake	<Local Best> 4★ Jintian Century Hotel	
10	Hotel	✓	✓	Xining	4★ Holiday Inn Express	5★ Wanda Vista Hotel or Sofitel Hotels & Resort
11	Hotel	✓	*	Chengdu	4★ Holiday Inn Express	5★ Kempinski Hotel
12	Hotel	✕	-	Wish you enjoy 12Days holiday !		

Tour Code: NLA9_X/NLA12_X

Effective from : Apr'2024

NLA9_X/NLA12_X CN_31-Jan-24

- 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.
- The availability of seasonal sceneries listed in the itinerary are subject to season & weather conditions
- In the event of any discrepancy between the English and Chinese itineraries, the Chinese version shall prevail
- Tipping for tour local guide & driver total is : (9D RMB 450/ 12D RMB 600)

Tibet Additional Tours : RMB550/P.P

- 1) “Princess Wencheng” musical performance; 2) Tibetan home visit; 3) Lhasa Zongjiao Lukang Park

Xining Additional Tours : RMB350/P.P

- 1) Ashiqona National Ecological Park with return tram ride 2) Yellow River Custom Tourist Line

CHINA



D1 Singapore ✈ Nyingchi ~ Giant Cypress Nature Reserve ~ Bayi Town ~ Peach Blossom Valley

Peach Blossom <20/3-15/4>

Assemble at Singapore Changi Airport for your flight to Nyingchi. Upon arrival, check in to your hotel for a rejuvenating rest to acclimatise to the high altitude. After lunch, visit the 2,500-year-old Nyingchi King of Cypress and the **Giant Cypress Nature Reserve**. Thereafter, explore **Bayi Town**, admire peach blossoms at scenic **Peach Blossom Valley**.

D2 Nyingchi ~ Lamaling Monastery ~ Lulang Forest Area

Lamaling Monastery which belongs to the Red Sect and is the biggest and most important monastery of Tibetan Buddhism. Next, proceed to Sejila Scenic Area to view the world's 15th tallest peak, overlooking Namcha Barwa which is 7,787 metres above sea level. Thereafter, view the natural scenery at the eastern Tibetan primitive forest, **Lulang Forest Area**. Return to Nyingchi and enjoy the natural scenic sights of Niyang River Valley along the way.

D3 Nyingchi ~ Basomtso ~ Mt Mila ~ Lhasa

This morning, proceed to Lhasa. En route, visit the most beautiful lake in Tibet, **Basomtso**, also known as the Alps of Tibet, and explore Xianren Island in the heart of the lake. Traverse across the 5,230-metre-high Mt Mila to Lhasa. Upon arrival in Lhasa, transfer to your hotel for ample rest in order to acclimatise to the high altitude.

Special arrange all customers to have a health check upon arrive at Lhasa, bring you a more safe trip at Tibet Plateau

D4 Lhasa ~ Potala Palace ~ Jokhang Temple ~ Barkhor Street ~ Tianzhu Shop ~ Makye Ame ~ Tibetan Herbal Shop

This morning, visit **Potala Palace**, the world's highest palace built by Songtsen Gampo. Thereafter, head to **Jokhang Temple**, the spiritual centre for ardent Tibetan Buddhist pilgrims. Then, explore Barkhor Street, the most vibrant pedestrian street in Lhasa, to browse and buy colourful, unique handicraft by the various minority tribes. Enjoy a specially arranged visit to Makye Ame, the rumored secret meeting place of the 6th Dalai Lama.

D5 Lhasa ~ (est 5hrs) Namtso Lake ~ Mt Tanggula (outlook) ~ Lhasa

After breakfast, pass Qinghai-Tibet Highway and traverse the snowy Mt Nalagen to the 1920-square-kilometres Namtso, the world's highest saltwater lake which stands at 4718 metres above sea level. Thereafter, coach back to Lhasa. En route, view the snow capped Mt Nyenchen Tanglha in the distance. # Note: In the event of adverse weather, visit to Namtso will be replaced by Drepung Monastery and previous Dalai Lama's treasured park, Norbulingka Palace.

D6 Lhasa ~ Yomdrok Lake ~ Gyantse - Palcho Monastery ~ Shigatse - Mt Zong (outlook)

After breakfast, proceed to **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. After visiting **Gyantse**, the film site of movie "Red River Valley", head to Palcho Monastery to view its beautiful wall murals and sculptures. Thereafter, head to Shigatse. En route, view British resistance fort at Mt Zong in the distance.

D7 Shigatse ~ (est 2hrs) Tashi Lhunpo Monastery ~ Lhasa Potala Palace Night View (outlook)

This morning, visit **Tashi Lhunpo Monastery**, the final resting place of Reverend Banchan and one of the 6 major monasteries for Yellow Sect temple. View the Stupa of the 10th Panchen Lama. Thereafter, return to Lhasa to enjoy a specially arranged night view of Potala Palace and be enthralled by its grandeur and mysticism.

D8a Lhasa ✈ Chengdu/Chongqing

IN/OUT China Port may vary among CTU or CKG, IN CTU 4*Hotel will be replaced by 1N CKG 4*hotel if flight by CKG IN/OUT
#1st night CTU/CKG hotel will be changed to last night stay according to the flight connecting time, subj to final confirmation

D9a Chengdu/Chongqing ✈ Singapore ~Wish you enjoy your 9Days holiday with Hong Thai Travel!~

For participate in the 12-day group tour member, refer itinerary as follows < Tour Code: NLA12 >

D8b Lhasa ~ Qinghai-Tibet Plateau Train Tour ~ (est 24hrs) Xining

#The most luxurious sightseeing train cross through the Qinghai - Tibet Plateau, starts at Xining and ends at Lhasa. Many stations are built near scenery spots, the most primitive vast highland scenery accompany you all the way, such as Mt. Kunlun, Qiangtang Grassland ...

Please note that all passengers to be roomed in the same cabin are subject to the Qihai-Tibetan Train final arrangement, We will try our best to arranged group party's rooming in the berths according to the group size and ages.

D9b Xining ~ Qinghai Lake Incl Shuttle bus + Boat Ride ~ Chaka Salt Lake

Visit **Qinghai Lake** the Pearl of the Plateau, the biggest salty water lake in China, where the Yangtze and Yellow River originated. The Bird Island, the most charming and attractive island with the receding of waters off its shores, been turned into a peninsula. It attracts many migrating birds in spring and summer.

D10 Chaka Salt Lake Incl one way Sightseeing Train ~ Ta'er Monastery ~ Xining

Chaka Salt Lake: one of the "Big Scenes of Qinghai". It is called " The Mirror of the Sky " by the travelers. It has been rated as "the life of a person" by the National Tourism Geography Magazine. Go to one of the 55 places. After head to **Ta'er Monastery**, It was built in the thirty-ninth year of Jiaping in the Ming Dynasty (1560). It is one of the six monasteries of the Gelug Sect of Tibetan Buddhism and the birthplace of the founder of the Gelug Sect.

D11 Xining ✈ Chengdu/Chongqing

Join the additional tour [Visit Ashigong Ecological Park with return tram ride + Yellow River Custom Tourist Line

D12 Chengdu/Chongqing ✈ Singapore ~Wish you enjoy your 12Days holiday with Hong Thai Travel!~