

中国

13天冬游雪域西藏*珠峰大本营+成都

藏区圣湖

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



珠穆朗玛峰大本营观景台

冬天是游珠峰的好时机, 将有很大机会欣赏到珠峰迷人的星空与银河。除了能在珠峰大本营一睹珠穆朗玛峰的雄姿外, 还可在加乌拉山口观景台欣赏到珠峰以及其他几座世界级高峰的壮丽景色

来古冰川

- ✧ 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。



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, 共 13 层。整座宫殿具有鲜明的藏族风格, 依山而建, 气势雄伟。



绒布寺

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”。



日喀则扎什伦布寺

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。



林芝鲁朗林海

云山雾海里的世界级原始森林, 有着“东方瑞士”的美名, 冬季白色的林海雪原, 密密层层的松树上挂满了积雪, 一幢幢白色藏式房屋点缀其中, 宛如走进了仙境。



冬游佳选

冬天日照充足, 并没有想象中的冷; 氧气含量维持在相对稳定的状态; 而朝圣者众多, 可感受更纯西藏味道。冬天的雪景很美, 观光摄影都适宜; 且能见度高, 去珠峰大本营更容易看到珠峰真实面貌。

天数	早餐	午餐	晚餐	城市	LXA13W
	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	5★ 悦皇冠酒店 <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 5★ 圣地天堂洲际酒店
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	5★ 希尔顿大酒店 <房间及大堂弥散式供氧>
9	酒店	✓	✓	巴松村	<当地最好> 5★ 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	5★ 希尔顿大酒店 <房间及大堂弥散式供氧>
11	酒店	✓	蘑菇养生汤锅	拉萨	5★ 圣地天堂洲际酒店 <房间及大堂弥散式供氧>
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2024年11月起适用

LXA13W_CN_17-Jul-25

- 若航班时间及行程次序有所更动, 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, 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, 导游司机服务费标准: 人民币 RMB60/人/天



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

中国



- 第一天** 新加坡✈(约4.5小时)成都/重庆
#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最后确认为准。
- 第二天** 成都/重庆✈(约3小时)林芝(海拔3100米)
#抵达林芝后入住酒店休息,以便团友尽快并更好的适应高原气候环境。
- 第三天** 林芝~(约1.5小时)鲁朗林海(海拔3700米)~(约3小时)嘎朗湖(海拔2700米)~(约0.5小时)波密(海拔4200米)
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地,有“东方瑞士”的美名。
嘎朗湖:面积1500多平方米,湖周古山环绕,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)
来古冰川:能够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;冬季仿佛一片雪国,景色瑰丽。湖水湛蓝,即便是大雪过后也掩盖不住她那美丽,湖水安静清澈的像一块宝玉;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。
- 第五天** 然乌湖~(约3小时)波密~(约2小时)通麦大桥~(约1.5小时)鲁朗国际小镇(海拔2700米)
通麦大桥:是川藏公路南线318国道著名通麦天险路段上的咽喉工程,在同样的位置分布着不同历史时期的三座跨江大桥,成为了一道风景线。
鲁朗国际小镇:一个充满藏式风情、圣洁宁静的国际旅游小镇。这里可远眺贡布拉赞雪山,近观高山牧场牛马成群、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-湖心岛(海拔3700米)含环保车~米拉山口(海拔5010米)~(约4小时)拉萨(海拔3650米)
巴松措:西藏最美丽的湖泊雪山,由于湖面海拔不高,在冬季并不会完全结冰;两岸的山顶上是终年不化的积雪,冬日里,两岸雪山和森林倒映在碧绿的湖面上,宛若童话世界。
- 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,热闹非凡。
- 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,远眺下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,唯一集藏传三大教派于一体,以精美绝伦的壁画和雕刻著称,藏语意思是“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3.5小时)嘉措拉山口(海拔5248米)~定日~(约4小时)珠穆朗玛峰国家公园-巴松村(海拔3800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,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** 巴松村~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8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:为了保护珠峰核心区而设立的保护地带,海拔约5200米;是观赏珠峰和拍摄珠峰的最佳位置,也是从中国这侧攀登珠峰时期的大本营。
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)青藏铁路列车)拉萨~色拉寺-辩经园~藏民生活体验含穿藏装+喝藏茶+学藏语+跳锅庄+吃藏餐~欣赏布达拉宫夜景
#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
青藏铁路列车日喀则-拉萨段:是青藏铁路的延伸线,沿途可在火车上看到绿松石色的羊湖、雄伟壮丽的卡若拉冰川、江孜白居寺、雅鲁藏布江等,还可看到散布在沿线呈星星点点的藏族村落。
色拉寺:观看著名的色拉寺辩经,亲身体会色拉寺辩经的氛围,聆听关于辩经的历史及对个体修行的影响等方面的知识,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。
- 第十二天** 拉萨✈成都/重庆~宽窄巷子/洪崖洞景区
#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最后确认为准。
- 第十三天** 成都/重庆✈(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 Winter @ TIBET & EVEREST BASE CAMP + Chengdu

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.



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.

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 scenery.



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.



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.



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.



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.

Must Visit
Snow World

It Isn't that Cold and the Oxygen Levels Remain Stable in Winter; Encounter More Tibetan Pilgrims and Connect with Locals.
As the winter weather is dry and clear, the Everest peak is seldom shrouded by clouds and fog. You can better witness the grandeur of the world's summit during this season.

Day	BKF	LUNCH	DINNER	City	LXA13W 4-5★ Hotel or similar
	13Days (12B, 11L & 11D)				
1	-	-	✱	Chengdu	4★ Tianfu Int'l Hotel
2	Hotel	✓	✓	Nyingchi	5★ Joy Crown Resort 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 5★ Intercontinental Hotel
7	Hotel	✓	Local Flavor		
8	Hotel	Lake Fish	✓	Shigatse	5★ Hilton Hotel
9	Hotel	✓	✓	Dingri	Local Best-Pingcuo Kangsang Hotel
10	Hotel	✓	Tibetan Pork Flavor	Shigatse	5★ Hilton Hotel
11	Hotel	✓	Mushroom Cuisine	Lhasa	5★ Intercontinental Hotel
12	Hotel	✓	Sichuan Hotpot	Chengdu	4★ Tianfu Int'l Hotel
13	Hotel	✱	-	Wish you enjoy 13Days holiday!	

Effective from Nov'24 LXA13W_CN_17-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**
IN/OUT China Port may vary among CTU or CKG, 1N CTU 4*Hotel will be replaced by 1N CKG 4*hotel, if flight by CKG IN/OUT
- D2** **Chengdu/Chongqing ✈ (est 3hrs) Nyingchi (3100M)**
After check in hotel, the rest of the day is for you to acclimate to the high altitude and weather of Tibet, Avoid strenuous physical activities during this first day ,to bring you a more safe trip at Tibet Plateau.
- D3** **Nyingchi~(est 1.5hrs)Lulang Forest Area(3700M)~(est 3hrs)Galang Lake(2700M)~(est 0.5hrs)Bome (4200M)**
Lulang Forest Area: is known as a fairyland with scenic beauties, it is a place with massive primitive forest and wild rhododendron. in winter, distant naked peaks that are covered with pure white snows and splendid glaciers. You will get lost in the fairy tale.
Galang Lake: It reflects the beauty of snow mountains, forests, prayer flags, peach blossoms, etc.
- D4** **Bome~(est 4hrs)Laigu Glacier(4000M)-Blue Ice Inl Shuttle Bus~(est 1hr)Ranwu Lake(Rakwa Tso-4720M)**
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 ~ (est 2hrs)Tongmai Bridge~(est 1.5hrs)Lulang Town(2700M)**
Tongmai Bridge: It is a key pass of the Sichuan-Tibet 318 Highway in SW China and there are three cross-river bridges are distributed in the same location in different historical periods.
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)Inl Shuttle Bus ~ Mila Pass(5010M)~(est 4hrs)Lhasa(3650M)**
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.
- D7** **Lhasa ~ 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)Yomdrol Lake(4440M)~(est 3hrs)Gyantse(3977M)~Palcho Monastery~Shigatse (3850M)**
Yomdrol 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** **Shigates~Tashi Lhunpo Monastery~(est 2hrs)Lhatse ~ (est 3.5hrs)Gyatsola Pass(5248M) ~ Dingri ~ (est 4hrs) Mount Everest National Nature Reserve-Basong Village(3800M)**
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** **Basong Village ~ Rongbuk Monastery (4900M)Inl Shuttle Bus ~ Everest Base Camp Viewing Point (5200M) ~ (est 8hrs)Shigates**
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** **Shigates~(est 3hrs Highspeed Train)Lhatse ~ Sera Monastery ~ Signature Experience Inl. Dress in Tibetan Robe +Tasting Yak Butter Tea+Learning Tibetan Language & Tibetan Dances+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: a better way to give you a unique inside in Tibetan daily life. Here, you can sip traditional Tibetan sweet tea alongside local Tibetans as your guide shares insights into Tibetan social dynamics and daily life. experience the unique Tibetan culture, including the local people, Tibetan food, Tibetan clothing, Tibetan dances, etc. getting to know about the culture of Tibetan people, and gain exposures to the casual lives of normal Tibetan.
- D12** **Lhasa ✈ Chengdu/Chongqing ~ Kuanzhai Alley / Hongyadong Scenic Area**
IN/OUT China Port may vary among CTU or CKG, 1N CTU 4*Hotel will be replaced by 1N CKG 4*hotel, if flight by CKG IN/OUT
- D13** **Chengdu/Chongqing ✈ Singapore** **Wish you enjoy your 13Days 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