



**活力假期有限公司**

**Energy Holidays Sdn. Bhd.** (KKKP : 1801) (Co. No. : 197096-U)

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## 11D9N TIBET + World's Highest Altitude Railway [Qinghai-Tibet Railway]

CHENGDU / LULANG / BOMI / NYINGCHI / LHASA / XINING / LANZHOU

### DAY 01: Kuala Lumpur ~ Chengdu

Assemble at KLIA for your flight to **Chengdu**.

### DAY 02: Chengdu ~ Nyingchi -80km- Lulang -170km- Bomi

( - / Chinese Cuisine / Chinese Cuisine )

After breakfast, proceed to board the **domestic flight** to **Nyingchi**. Upon arrival, transfer to Bomi. Along the way, passing by **Yarlung Zangbo Grand Canyon**, Green mountains have snow-covered peaks poking through the clouds China's longest plateau river, located in the Tibet Autonomous Region, is one of the world's highest river. Passing through the beautiful sceneries of PailongMen BazuXiang, Tongmai Bridge, Guxiang Lake. Then, arrive at the most beautiful glacier town ~ **Bomi**. Bomi County is a county of the Nyingchi Prefecture in the south-east of the Tibet Autonomous Region.

Sea Level (m): 2700 - 4800

### DAY 03: Bomi -100km- Midui -40km- Rakwa Tso -130km- Bomi

( Hotel Breakfast / Chinese Cuisine / Chinese Cuisine )

After breakfast, proceed to visit **Midui Glacier** (Includes Buggy Car return trip), one of the most beautiful glaciers in China by China National Geography Magazine. It is located in Yupu Town, about 100 km east of the county seat of Bomi. Being famous for its giant ice basin, for its frequent snow avalanches, and for its giant ice cascade as long as 700 to 800 meters, it coexists with snow mountains, forests, lakes, villages and temples in harmony. After that, proceed to visit **Rakwa Tso**. The lake is formed by alpine landslides, debris flow blocking the river and forming a barrier lake. Lake elevation of 3807 meters is an area of 22 square kilometers. Transfer back to **Bomi**.

Sea Level (m): 2700 - 4000

### DAY 04: Bomi -260km- Nyingchi

( Hotel Breakfast / Stone Pot Chicken Flavor / Chinese Cuisine )

This morning we are leaving from Bomi through Tongmai Bridge, along the Palong Tibetan cloth canyon back to Nyingchi. Enjoy the amazing views at **Lulang Forest Observation Deck** a typical plateau-mountain-meadow, known as a fairyland where gods live in with scenic beauties, it has special breathtaking scenery in every season. Return to Nyingchi, passing by Mount Sekyim La and enjoy the great **Mount Namjagbarwa** in distance. It is the highest mountain in Nyingchi Prefecture. It soaring 7,782 m above sea level, is situated on the eastern edge of the Himalayan range in southeast of Tibet. Upon arrival, check-in hotel.

Sea Level (m): 2700 - 4400

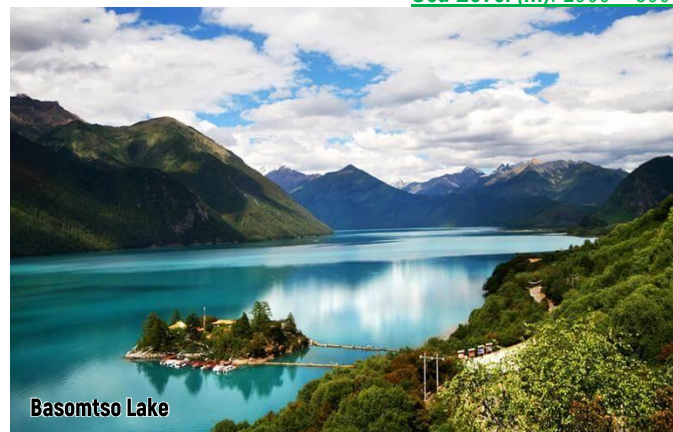
### DAY 05: Nyingchi -100km- Basomtso Lake -360km- Lhasa

( Hotel Breakfast / Bahe Fish Flavor / Tibetan & Cantonese Flavor )

After breakfast, proceed to visit **Basomtso** (Includes Eco Car) is an alpine lake walled up by terminal moraines. Its water surface is 3700 meters above sea level. The maximum depth of the lake is 60 meters. With beautiful scenes combined b

snowy mountains, glaciers, forests and greet lakes, Basomtso Lake is one of the best tourist resorts in the the whole Tibet. There is the small island is Tang Dynasty building **Tsozong Gongba Monastery**, is the famous Tibetan temple. Arrive Lhasa in the evening.

Sea Level (m): 2900 - 5000



### DAY 06: Lhasa

( Hotel Breakfast / Chinese Cuisine / Chinese Cuisine )

Visit **Potala Palace**. In the 17th century the 5th Dalai Lama extended the palace to its present size. At this time, it also succeeded in becoming the Dalai Lama's residence place and turned the main political and religious affair. The palace is divided to two parts, White Palace is the part of the living quarters of the Dalai Lama and the Red Palace is completely devoted to religious study and Buddhist prayer.

Next, visit the most sacred and important temple in Tibet - **Jokhang Temple**. It is the first Buddhist temple in Tibet, located on Barkhor Square. It was built during the reign of King Songtsan Gampo to celebrate his marriage with Chinese Tang Dynasty princess Wencheng. Then, free to shopping at **Barkhor Street**. This street was the most popular devotional circumambulation for pilgrims and locals. Tibetan Barkhor called the "Holy Road" Tibetan "profile" means is "turning the channel". Return to hotel.

Average Sea Level (m): 3600

### DAY 07: Lhasa -110km- Yamdrok Lake -110km- Lhasa

( Hotel Breakfast / Chinese Cuisine / Wild Mushroom Hot Pot )

After breakfast, proceed to visit **Yamdrok Lake**. This lake is one of the three holiest lakes in Tibet and is surrounded by many snow-capped mountains and is fed by numerous small streams. Over viewing the **Ningjinkangshan Peak** is located at the junction and elevation 7171 meters. Enroute pass through the 5045m Karola, with its awesome roadside views of the **Nojin Kangtsang Glacier**. After that, proceed to visit **Tibetan Mastiff Base**, an ancient breed, noble and impressive, it had long coat appealing colors and beautiful tail.

Sea Level (m): 2250 - 5000





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#### DAY 08: Lhasa -1960km- Xining (Qinghai-Tibet Railway)

( Hotel Breakfast / - / - )

Morning board the **Qinghai-Tibet train to Xining** (Soft Sleeper 4 Persons per Room). Passing through the beautiful sceneries, mountain snow, lake, you might spot some animals hoping around. **Tsonag Lake** is one of the highest fresh water lakes, located in northern Tibet, China. The **Tanggu La Mountain**, or Tanggu Pass is a wide mountain pass over 5000 meters elevation in the People's Republic of China used by the Qinghai, passing through Tibet Highway to cross the Tanggula Mountains. It is the world's highest railway station.



The trains enter the well-renown **Kekexili nature reserve**, the least populated and isolated region in the northwestern part of the Qinghai-Tibet Plateau. Passes through **Kunlun Mountains**, which is known as "Asian Backbone". During the night hour on the train will pass through Tibet second biggest city in china "Salt Lake City" **Golmud**; **Qaidam Basin**, China's highest and most evaporative inland basin; "Golden World" **Delingha**; When you saw China's largest inland lake, **Qinghai Lake**, you are approaching to the destination.

**Sea Level (m): 2250 - 5000**



#### DAY 09: Xining -130km- Guide -130km- Xining

( Hotel Breakfast / Chinese Cuisine / Chinese Cuisine )

After roughly 21 hours in the train, at last we have arrived Xining in the morning. Transfer to **Guide**. Guide County is located in the Qinghai-Tibet Plateau in Qinghai Province, the Yellow River through the territory of the Qing River in recent years to attract tourists from home and abroad. Visit **Guide National Geological Park** (Includes Eco Car). It is a

comprehensive geological park with natural landscape and geological relics as the main features, supplemented by diverse ecological landscape and rich cultural landscape. After that, transfer back to Xining check in to the hotel. Free at own leisure. Dinner serve at the hotel.

**Average Sea Level (m): 2250**



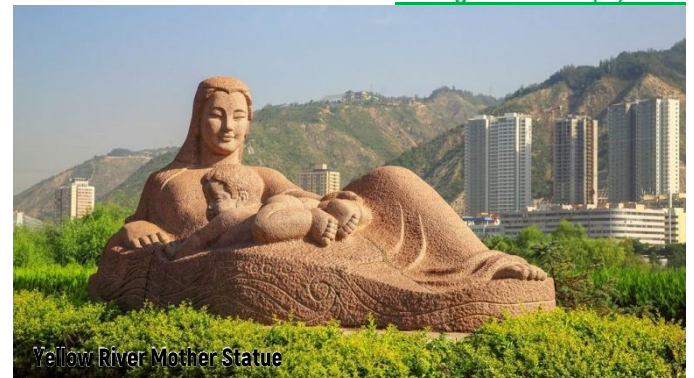
#### DAY 10: Xining -Train(2nd Class Seat)- Lanzhou ~ Kuala Lumpur

( Hotel Breakfast / Chinese Cuisine / Chinese Cuisine )

Visit **Huzhu Tu Ethnic Village** (Include Show), showcase the colorful Tu folk culture, profound barley wine culture, old distilled wine culture, ancient and pristine architectural culture, unique folk residence culture, and the ancient, mysterious religious culture. Fully reflecting the purest and most authentic Tu Ethnic culture.

Transfer to **Lanzhou**, visit: **Yellow River Mother Statue**, located on the edge of the Yellow River and built in the 1980s. It is a sculpture of a mother holding her baby; **Waterwheel Park**, located on the bank of the Yellow River in Nanbin River East Road, it is part of the green promenade of Binhe Road and a famous theme park in Lanzhou; **Yellow River Iron Bridge**, also known as Zhongshan Bridge, is located in Chengguan District; **Zhengning Road Walking Street** and lastly **Zhangye Road Walking Street** is the oldest commercial street in Lanzhou people's minds and the most culturally historical street. Tour ends, transfer to Lanzhou by train. Upon arrival, transfer to Lanzhou airport for your mid-night flight home.

**Average Sea Level (m): 1500**



#### DAY 11: Arrival ~ Kuala Lumpur





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## 11 天 9 晚 遨游西藏 + 体验世界海拔最高铁路【青藏铁路】

成都 / 鲁朗 / 波密 / 林芝 / 拉萨 / 西宁 / 兰州

### 第一天：吉隆坡 ~ 成都

齐集于吉隆坡国际机场搭乘客机飞往四川省会—**成都**双流国际机场。抵达后，送往酒店休息。

### 第二天：成都 ~ 林芝 -80km- 鲁朗 -170km- 波密

(- / 中式料理 / 中式料理)

早餐后，送往机场乘坐**内陆客机**飞往有西藏小江南之称的**林芝**，沿地球上“最后的秘境”**雅鲁藏布江河谷**。薄薄的晨雾浮在江面上，白云系在山腰，远处是金色的雪山，美丽的田园笼着轻烟翻越川藏公路及**色季拉山**，经过帕隆藏布江与易贡藏布江两江交汇处，原始森林密布，河谷丛林，翠绿青葱，云雾有缠绵，看江流交汇美景。

沿途行经排龙门巴族乡，通麦天险，通麦铁索桥，易贡原始森林自然保护区。后前往绿海明珠，冰川之“波密”。沿线是现代海洋性冰川，雪山群，堰塞湖，泥石流活动区，‘活的地质博物馆’途经油画般的风光让众多文豪懒着不走的**古乡湖**，这一路的自然风景会让人目不暇接，蓝色是天空，白色是雪山，多层次的绿色是森林和河流，每一处转角都有惊喜风景在等待。接着抵达**冰川之乡**美誉的波密！可以看到只有宫崎骏动画中才有看到的夜空。

海拔(米)：2700-4800

### 第三天：波密 -100km- 米堆 -40km- 然乌 -130km- 波密

(酒店早餐 / 中式料理 / 中式料理)

早餐后，从波密出发，在森林里的柏油道上穿行，来到中国最美雪山中精灵~【**米堆冰川**】(含电瓶车往返)，走入米堆村，是满山原始的雪山，河流，森林，如此纯厚的藏寨风光，宛如身处仙境般。深藏在桃花源里的雪山精灵，也是世界海拔最低的米堆冰川，主峰海拔 6800 米，冰舌末端最低只有 2400 米，以零距离触摸那壮美的冰川瀑布。这感觉带给您无比惊人的魅力与震撼喔！接着前往欣赏帕隆藏布江的源头被誉为‘睡美人’的绝色美景【**然乌湖**】湖面海拔 3807 多米，一年四季皆色彩瑰丽、平静安详，令人赞叹！结束后返回波密。

海拔(米)：2700-4000

### 第四天：波密 -260km- 林芝

(酒店早餐 / 石锅鸡肉风味 / 藏香猪风味)

今早由波密出发通过**通麦大桥**，沿帕隆藏布江峡谷返回林芝。后出发前往鲁朗。沿山路而上翻越海拔 4702 米的【**色季拉山**】，在山顶遥望中国最美十大名山之冠的南迦巴瓦峰如瑞士的阿尔卑斯山；原始森林环抱的鲁朗高山牧场一片欧陆风光。【**鲁朗林海观景台**】鲁朗藏语意为“龙王谷”、也是“叫人不想家”的地方，是我国面积最大、保持最完好的第三大林区。绿水青山的鲁朗离不开大山的

怀抱、雪山、森林，构成了鲁朗与众不同的自然景观，它是西藏的另一种风景。远观世界第十五高峰——**南迦巴瓦峰**的魅力还在于集壮丽与秀美于一身(2005 年曾被《中国国家地理杂志》当选为中国最美的山峰之首)。中午在鲁朗小镇品尝著名的**石锅鸡**。抵达林芝市，入住酒店。

海拔(米)：2700-4400



### 第五天：林芝 -100km- 巴松措 -360km- 拉萨

(酒店早餐 / 巴河鱼风味 / 藏粤风味)

早餐后，前往参观【**巴松措湖**】(含环保车)有西藏“九寨沟”之美誉，位于工布江达县内的巴松措也叫**错高湖**，意为“绿色的水”，湖面海拔 3700 多米，有瑞士湖光山色之美，湖长约 12 公里，最深处 60 多米，总面积 6000 多亩(约 400 公顷)，终年被雪山环抱。

湖中的扎西岛有座千年古刹—【**错宗寺**】。之后沿着尼洋河谷、湛蓝天空高耸雪山，掩映在神秘的藏传佛教与满山牛羊的世外桃源里，仿佛徜徉在无比自在的梦境里，谁不相信香格里拉的实境就在眼前！我们经过米拉雪山及邦杰塘草原。傍晚，抵达拉萨。

海拔(米)：2900-5000

### 第六天：拉萨

(酒店早餐 / 中式料理 / 中式料理)

游览当今世界上海拔最高的古代宫堡式建筑群【**布达拉宫**】。自公元七世纪以来，具有 1370 年历史，布达拉宫一直是历代达赖喇嘛驻锡地和西藏政教权力的中心。它分为红宫和白宫两部分，红宫主体建筑是灵塔殿和各类佛堂，也是举行佛事活动的场所；白宫是历代达赖喇嘛起居、诵经及处理行政事务的场所。后往参观位于拉萨老城区中心的【**大昭寺**】，它距今已有 1350 年的历史，是西藏现存最辉煌的吐蕃时期建筑，珍藏着文成公主进藏时一起运来的释迦牟尼十二岁等身像。



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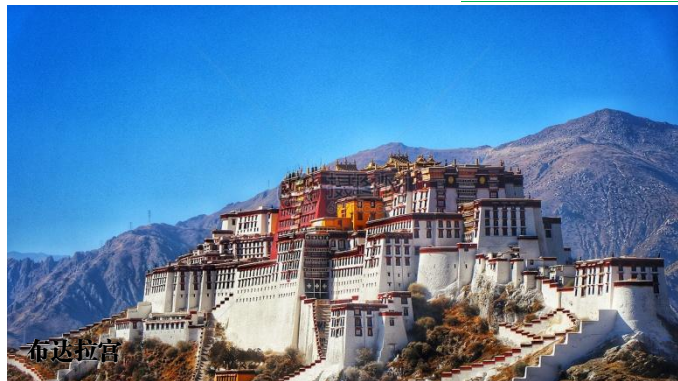
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环绕大昭寺的【八廓街】，既是举世闻名的商业街，又是具有独特地域特色及民俗风情的朝圣者的转经道，让您深切感受一下西藏的人文风土。返回酒店休息。

平均海拔(米)：3600



### 第七天：拉萨 -110km- 羊湖 -110km- 拉萨

(酒店早餐 / 中式料理 / 中式料理)

早餐后，沿途翻越海拔 4990 米的岗巴拉山，【羊卓雍措】西藏三大圣湖之一，藏语为“上面牧场的珊瑚湖”：碧蓝的湖水在光线下呈现深浅不一的色块，平静无澜，远处俊俏的“宁金康沙峰”，海拔 7171 米，冷傲凌驾与圣湖之上；沿途可欣赏终年积雪不化的卡若拉冰川，途中参观【藏獒基地】，世界上最古老的狗类，凶猛的巨犬，一生只认一个主人，并和比较温柔的一两只拍照纪念。

海拔(米)：2250 - 5000



### 第八天：拉萨 -1960km- 西宁 (青藏火车)

(酒店早餐 / 火车餐客人自理)

上午搭乘【青藏铁路列车】(软卧 4 人一室)离开拉萨，沿途经过当雄，那曲，茫茫的羌塘大草原。美丽的错那湖，湖岸居住着世代在湖边繁衍生息的牧民和他们的牛羊，是世界海拔最高的淡水湖。翻越唐古拉山口，是整条青藏铁路的海拔最高点，是世界上海拔最高的火车站。也是藏族心目中最敬仰圣洁的神山。途径可可西里自然条件恶劣，人类无法长期居住；昆仑山是中华民族的象征，也是中华民族神话传说的摇篮，列车夜间途径青海省第二大城市，有着中国“盐湖城”之称的格尔木。中国四大盆地之一柴达木盆地；“金色的原野”德令哈；著名音乐家王洛宾创作了《在那遥远的地方》的地点青海湖。

海拔(米)：2250 - 5000

### 第九天：西宁 -130km- 贵德 -130km- 西宁

(酒店早餐 / 中式料理 / 中式料理)

长达 21 小时的铁路体验，赏遍天路美景，终于在早晨抵达青藏铁路的终点西宁。驱车前往贵德，“天下花和贵德清”中国母亲河黄河的上游水域，非雨季时，河水清澈如海水。游览【贵德阿什贡地质公园】(含环保车)内丹霞地貌悠久奇特，山峰突兀林立，地质造型古怪神奇，山体色彩呈七种颜色，故又称七彩峰丛轩辕后土然后返回西宁送往入住酒店。

平均海拔(米)：2250



### 第十天：西宁 -动车(二等座)- 兰州 ~ 吉隆坡

(酒店早餐 / 中式料理 / 中式料理)

游览【土族互助村】(含表演)展现了土族绚丽多彩的民俗文化、源远流长的青稞酒文化、弥久沉香的醪糟酒文化、古老纯真的建筑文化、别具一格的民居文化、古朴神秘的宗教文化，是最全面、最纯正、最真实的以“土族文化”为主题的综合性旅游景区。

乘车前往黄河流域唯一黄河穿城而过的城市，市区依山傍水，山静水动的——兰州游览：黄河母亲像、水车园、中山铁桥、正宁路步行街以及张掖路步行街。游毕，乘坐动车前往兰州。后送往兰州中川国际机场准备乘搭凌晨客机返回家园。

平均海拔(米)：1500

### 第十一天：抵达 ~ 吉隆坡