



9天
7晚

神秘西藏

• 兰州 / 西宁 / 青藏列车 / 拉萨 / 日喀则 / 成都

当地酒店
4★+5★



布达拉宫
Potala Palace

行程特点

- 青藏高原野生动物园
- 西宁乘坐青藏列车上拉萨
- 布达拉宫
- 羊卓雍措
- 扎什伦布寺

特点美食

- 青海风味
- 盐焗鸡风味
- 尼泊尔风味
- 野菌火锅
- 粤菜风味
- 四川火锅

第一天 吉隆坡 / 兰州

机上用餐

接机，送至酒店。

酒店：瑞玲国际酒店或同级（当地五星酒店）

第二天 兰州 / 西宁

早 / 午 / 晚

黄河母亲像 - 黄河母亲像在黄河边上，修建在八十年代；是一个母亲抱着孩子哺乳的雕塑。

水车园 - 位于兰州市南滨河东路黄河河岸边，是滨河路绿色长廊的一部分，也是兰州市内著名的主题公园。

黄河铁桥 - 黄河铁桥又名中山桥，位于城关区，是兰州最重要的地标建筑之一，也是游客到兰州游玩一定要去的地方。

青藏高原野生动物园 - 青藏高原唯一的、海拔最高的大型综合野生动物园。里头能看见包括：雪豹、猓猫、荒漠猫、岩羊、血雉、和“高原精灵”藏羚羊等珍稀动物。

酒店：假日王朝大酒店或同级（当地四星酒店）

第三天 西宁 青藏列车

早 / 午 / -

贵德国家地质公园（含电瓶车） - 贵德国家地质公园是以自然地貌景观和地质主要特征，辅以多样生态景观和丰富人文景观的一个综合性地质公园。

乘青藏列车赴拉萨（车次待定，运行时间22小时） - 青藏铁路西宁至拉萨总长1972公里，行驶约计22小时。鉴于青藏铁路特殊的运营状况，火车班次和开行时间将以列车乘坐当日具体票面为准。

(*火车上安排软卧4人/间，铺位分别上/下铺，所有床位皆不能预先安排，顾客将可能被安排在上/下铺或与人共用1房，每间软卧房皆有门可上锁。)

酒店：青藏列车（软卧、4人1室）

第四天 青藏列车 / 拉萨

- / - / 晚

沿途青藏铁路风光 - 沿着世界海拔最高、里程最长、景色最壮观的高原铁路，走过青海湖、昆仑山、可可西里、戈壁红柳长河源、唐古拉山、错那湖和羌塘草原，在铁路列车中观赏全景青藏高原雪域风光。拉萨是一座有着1300多年历史的古城，是西藏政治、经济、文化、宗教的中心。

特别安排：布宫广场音乐喷泉+布宫夜景

酒店：拉萨吾思藏酒店或同级（当地四星酒店）

第五天 拉萨

早 / 午 / 晚

布达拉宫 - 坐落于西藏自治区的首府拉萨市区西北玛布日山上，是世界上海拔最高，集宫殿、城堡和寺院于一体的宏伟建筑，也是西藏最庞大、最完整的古代宫堡建筑群

大昭寺 - 位于拉萨老城区中心，是一座藏传佛教寺院，是藏王松赞干布建造，拉萨之所以有“圣地”之誉，也与这座寺院有关。

八廓街 - 又名八角街，位于西藏旧城区的千年古街。在这里可以看到传统藏式建筑、虔诚的转经藏民和充满藏族风情的小店

酒店：拉萨吾思藏酒店或同级（当地四星酒店）

第六天 拉萨 / 日喀则

早 / 午 / 晚

羊卓雍措 - 羊卓雍措，通常简称为“羊湖”，藏语意为“天鹅池”，位于西藏山南地区的浪卡子县，是喜马拉雅山北麓超大的内陆湖。

卡诺拉冰川 - 卡诺拉冰川位于西藏山南地区浪卡子县和江孜县交界处，是西藏三大大陆型冰川之一。是电影《红河谷》、《江孜之战》、《云水谣》取景地之一。

远观宗山城堡遗址 - 位于江孜县城宗山上，江孜法王在吐蕃王朝末代宫殿旧址上修建“江孜宗”城堡，并为后来的江孜宗政府所用，遂称“宗山”。

酒店：久木亚美国酒店或同级（当地四星酒店）

第七天 日喀则 / 拉萨

早 / 午 / 晚

扎什伦布寺 - 也称“吉祥须弥寺”，寺院依山坡而筑，寺内供奉有九世班禅喇嘛设计监造的高28米的世界上最大室内铜铸弥勒佛像。

藏文化民俗村 - 在这里您能细听热情的藏民分享生活的小细节、品尝青稞饼和酥油茶，了解当地文化。

藏獒基地 - 外国人誉其为“东方神犬”，西藏本地人则爱称为“天狗”。藏獒以忠诚、勇猛著称，是草原上牧人好帮手。

酒店：拉萨吾思藏酒店或同级（当地四星酒店）

第八天 拉萨 → 成都 / 吉隆坡

早 / 午 / 晚

扎基寺 - 扎基寺位于拉萨市北郊的扎基路上，是全西藏唯一的一座财神庙，寺庙虽小，但香火十分鼎盛。

文殊院 - 位于青羊区，始建于隋朝，康熙年间重建后，称文殊院。院内供奉300余尊各种材质的佛像。其中有一尊缅甸玉佛，来自缅甸，极其珍贵。

锦里古街 - 位于成都市的一条古商业街，最早可追溯到秦汉时期。古街毗邻武侯祠，是一条混合了三国文化以及川西文化的民俗商业步行街。

晚餐后，送机

第九天 吉隆坡

机上用餐

抵达吉隆坡第二国际机场。

推荐自费：

拉萨大型实景表演《文成公主》380人民币 / 人

只有2个购物站：藏药、藏族工艺品

* 倘若原定的景点不对外开放，将由其他景点取代

* 以上的景点先后顺序可根据具体的情况有所调整。

* 在主要节日，商业展览，旅游旺季期间，住宿酒店可能需要安排在另一个城市。



活力假期有限公司

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9^D
7^N

MYSTERIOUS TIBET

☛ Lanzhou / Xining / Qinghai-Tibet Train / Lhasa / Shigatse / Chengdu

Local Hotel
4★+5★



布达拉宫
Potala Palace

Highlights :

- Qinghai - Tibet Plateau Wild Life Park
- Xining by Train to Lhasa
- Potala Palace
- Yamdrok Lake
- Tashilhunpo Monastery

Meal Highlights :

- Qinghai Flavour
- Salted Chicken Flavour
- Nepalese Flavour
- Wild Mushroom Hot Pot
- Cantonese Flavour
- Sichuan Hot Pot

青藏列车
Qinghai-Tibet Train

藏獒
Tibetan Mastiff

羊卓雍措
Yamdrok Lake

Day 1 KUALA LUMPUR / LANZHOU

MOB

Assemble at Kuala Lumpur International Airport for your flight depart to Lanzhou.
Hotel: Ruiling International Hotel or similar (Local 5 Stars Hotel)

Day 2 LANZHOU / XINING

B / L / D

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 - Yellow River Iron Bridge, also known as Zhongshan Bridge, is located in Chengguan District and is one of the most important landmarks in Lanzhou.

Qinghai-Tibet Plateau Wildlife Park - the only large-scale integrated wild animal park on the Qinghai-Tibet Plateau. Inside, you can see rare animals such as snow leopards, lynx, felis bieti, bharal, bloody pheasant, and "Spirit of Plateau" Tibetan Antelopes.

Hotel: Qinghai Holiday Dynasty Hotel or similar (Local 4 Stars Hotel)

Day 3 XINING ➔ QINGHAI-TIBET TRAIN

B / L / -

Gui De National Geo Park (Included Electro) - A comprehensive geo park with natural landscapes and geological relics as its main features, supplemented by diverse ecological landscapes and rich human landscapes.

By Qinghai-Tibet Train to Lhasa (22 hrs for entire route) - Total length of Qinghai-Tibet Railway from Xining to Lhasa is 1972 km, and the journey takes about 22 hours. In view of the special operation status of the Qinghai-Tibet Railway, the train schedule and travel time will be subject to the specific ticket on the day of the train ride.

(On the train, there are 4 paxs/room with soft sleeper. The beds are with upper/lower bunks. All beds are unable to pre-arrange. Guest may be arranged on upper/lower bunks or share the room with the outsiders. The doors can be locked.)

Hotel: Qinghai-Tibet Railway (Soft Sleeper, 4 paxs / room)

Day 4 QINGHAI-TIBET TRAIN / LHASA

- / - / D

Qinghai-Tibet Railway scenery along the way - along the plateau railway with the highest altitude, the longest mileage and the most spectacular scenery in the world, walk through Qinghai Lake, Kunlun Mountain, Hoh Xil, Gobi Red Willow Yangtze River Source, Tanggula Mountain, Caina Lake and Qiangtang Grassland, in the railway See the panorama of the Qinghai-Tibet Plateau snowy scenery in the train. Lhasa is an ancient city with a history of more than 1,300 years. It is the centre of Tibet's politics, economy, culture and religion.

Special Arrange: Potala Palace Musical Fountain + Potala Night view

Hotel: Lhasa U-Tsang or similar (Local 4 Stars Hotel)

Day 5 LHASA

B / L / D

Potala Palace - Located on the Mabu Rishan Mountain in the northwest of Lhasa, the capital of the Tibet Autonomous Region, it is a palace that covered the world's highest altitude, magnificent building integrating palaces, castles and monasteries. It is also the largest and most complete ancient palace complex in Tibet. ➔

➔ **Jokhang Palace** - Located in the centre of the old city of Lhasa, it is a Tibetan Buddhist monastery. It was built by the Tibetan king Songtsan Gambo. The reason why Lhasa has the reputation of "Holy Land" is also related to this monastery.

Barkhor Street - Also known as Bajiao Street, it is located in the Millennium Ancient Street in the old city of Tibet. Here you can see traditional Tibetan architecture, devout Tibetans and Tibetan-style shops.

Hotel: Lhasa U-Tsang or similar (Local 4 Stars Hotel)

Day 6 LHASA / SHIGATSE

B / L / D

Yamdrok Lake - Yamdrok, commonly referred to as "Yanghu", in Tibetan word meaning "Swan Pool". It is located in Langkazi County in the Shannan area of Tibet and is a large inland lake in the northern foot of the Himalayas.

Carola Glacier - Located at the junction of Langkazi County and Jiangyan County in the Shannan area of Tibet. It is one of the three major continental glaciers in Tibet. It is one of the locations of the movie "Red River Valley", "The Battle of Jiang Yan" and "Cloud Water".

Overlooking Zongshan Castle Ruins - Located on the Zong Mountain in Jiangyan County, Jiangyin Fawang built the "Jiangkat" Castle on the site of the last palace of the Tubo Kingdom; afterward Jiangzong Government rebuild new castle on this old site, nicknamed "Zongshan".

Hotel: Jiumu Yamei International Hotel or similar (Local 4 Stars Hotel)

Day 7 SHIGATSE / LHASA

B / L / D

Tashilhunpo Monastery - Also known as the "Auspicious Shoumi Temple", the temple is built on a hillside. The temple is dedicated to the world's largest indoor copper-cast Maitreya statue, 28 m high, designed and built by the 9th Panchen Lama.

Tibetan Culture Folk Village - Here you can listen to the passionate Tibetans to share the little details of life, taste the green barley biscuit and butter milk tea, and learn about the local culture.

Tibetan Mastiff Base - Foreigners call it "Oriental Spirit Dog", while Tibetan natives love to call it "Heaven Dog." The Tibetan Mastiff is known for its loyalty and bravery, and it is a good helper for the shepherds on the prairie.

Hotel: Lhasa U-Tsang or similar (Local 4 Stars Hotel)

Day 8 LHASA ➔ CHENGDU / KUALA LUMPUR

B / L / D

Zashi Lhamo Temple - Located on Zashi Road in the northern suburbs of Lhasa, it is the only temple of wealth in Tibet. Although the temple is small, the incense is very prosperous.

Wenshu Temple - Located in Qingyang District, it was built in the Sui Dynasty. After Kangxi rebuilt, it was called Wenshu Monastery. More than 300 Buddha statues of various materials are enshrined in the courtyard. One of the Burmese jade Buddha statue which from Myanmar, is extremely precious.

Jinli Ancient Street - An ancient commercial street in Chengdu can be traced back to the Qin and Han Dynasties. Adjacent to Wuhou Temple, Ancient Street is a folk commercial pedestrian street that blends the culture of the Three Kingdoms with the culture of Western Sichuan.

After dinner, send to airport for departure.

Day 9 KUALA LUMPUR

MOB

Arrival at KLIA 2.

Optional Tour:

Lhasa Large Real Scene Performance "Princess Wencheng" RMB380 / pax

Only 2 Shopping Stop : Tibetan Medicine, Tibetan Handicrafts

* If a place of visit is closed to visitors, it will be replaced with an alternative. * The itinerary are subject to the final discretion of the local land operator.

* During major events / trade shows / peak season, accommodation may not be in the city mentioned.



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