

NWC01B



SUPER TRAVELS

10/11 西藏林芝波密米堆然乌 拉萨羊卓雍湖高原铁路之旅 10/11D Mystical Tibet Midui Glacier Lhasa Railway



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行程要点!

- ❖ 增值服务:抵拉萨当天可特别安排专业医生免费提供高原旅游医疗巡诊服务;
- ❖ 西藏旅游车上全程免费提供钢瓶氧气
- ❖ 行程中每日均提供矿泉水一瓶
- ❖ 超值的享受:青藏火车软卧 4 人一间
- ❖ 乘坐世界上海拔最高、线路最长的高原铁路
- ✓ 观赏西藏最重要的海洋型冰川,世界上海拔最低,中国最美冰川【米堆冰川】
- ✓ 游览世界著名的高原冰川湖-睡美人【然乌湖】
- ✓ 色季拉风景区
- ✓ 鲁朗林海
- ✓ 有 2500 年历史见证的一林芝柏树王
- ✓ 被称为小瑞士的巴松错
- ✓ 拉萨
- 西藏二大世界文化遗产——布达拉宫
- 大昭寺、八角街
- ✓ 西藏圣湖—羊卓雍错

西宁

· 青海湖



风味餐

- 尼泊尔风味
- 高原菌汤火锅
- 鲁朗石锅鸡



住宿

~ 全程 4 星酒店



第一天: 新加坡→成都

齐集樟宜机场搭乘豪华客机前往中国四川省会—成都。抵达后接机送酒店休息,做好进入西藏的前期准备。

第二天: 成都→林芝-波密 (早/午/晚餐)

上午乘机飞往海拔仅 3000 米鲜花不败、四季常青的西藏江南林芝,抵达位于西藏东南林芝八一镇,导游接机敬献哈达。接着驱车翻越川藏公路色季拉山段,远眺南迦巴瓦峰(国家地理杂志评选中国最美丽的雪山第一名,海拔 7787 米,南迦巴瓦峰意为“直刺蓝天的战矛”,主峰高耸入云,北坡为万丈绝壁,充满了神奇的传说,是全世界最难攀登的山峰之一),游览色季拉风景区、观赏鲁朗林海,一览藏东原始森林自然风光,鲁朗牧场游高原瑞士风光。抵达波密前我们将在古乡湖稍作停留,美得无以复加的湖泊对岸,是中国最美的森林岗云杉林。晚上抵达波密县城扎木镇

* 色季拉景区,可观赏景色壮观漫山遍野的杜鹃花(开花季节为春夏季四—六月)。

备注:四月 20 日前入境团队均将安排增加游览林芝桃花沟,百年野生桃树林掩映着嫩绿的青稞田,圣洁的雪山倒影在清澈的尼洋河,漫山遍野的桃花铺满山坡,漫步其中可见雪峰耸立,桃花怒放,宛如仙境。林芝桃花沟位于尼洋河畔开花季节为三月底—四月中旬。西藏桃花节期间价格不变。

第三天: 波密—然乌湖—米堆冰川—波密 (早/午/晚餐)

早餐后出发前往然乌沟游览睡美人然乌湖。然乌湖是著名的高原冰川湖,湖面海拔高度为 3850 米,湖畔是茂密的原始森林,碧蓝的湖水清澈见底,湖面水鸟成群,一派仙境景色。接着前往游览米堆冰川,米堆冰川是西藏最重要的海洋型冰川,也是世界上海拔最低的冰川,中国最美的六大冰川之一(米堆冰川目前尚未完全开发,属于原生状态,可以自行安排骑马或徒步来回约二—三小时)。皑皑雪峰,森林碧野四季环绕,和云雾缠绵在一起如梦如幻,犹如世外桃源。最后返回雪山森林环抱的美丽小镇波密县城扎木镇,东喜马拉雅山脉的所在,抬头眺望四周雪峰皑皑。

备忘: 骑马费用约 150-200 元人民币,由于旅途坎坷和其它不确定风险因素不建议乘用。



第四天：波密—通麦天险—鲁朗—林芝（早/午/晚餐）

（单程 220 公里，约 5 小时，柏油路面，盘山路）（海拔 3000）
由雪山森林环抱的美丽小镇波密县城出发，抵达鲜花不败、四季常青的西藏江南林芝八一镇，沿途让您感觉进入了传说中香巴拉般的童话世界。林芝地处藏东南雅鲁藏布江下游，平均海拔 3000 米左右，八一镇是林芝地区的首府。午餐品尝**鲁朗石锅鸡风味**，石锅乃是用墨脱山石纯手工制作，以前需要由背夫从墨脱县徒步三天三夜才能到送达。下午参观有 2500 年历史见证的林芝柏树王和**巨柏林**，**八一镇市容游览**。

第五天：林芝—拉萨（早/午/晚餐）

上午驱车游览西藏最美丽的湖泊，雪山森林环绕中被称为小瑞士的**巴松错**。巴松错又名错高湖，这是一个令人沉醉的地方，一泓晶莹柔美的湖水，有如童话般静卧在雪峰冰川下松软如床的湖畔碧草之上，宛若世外桃源，又似人间仙境。抵达巴松错后**乘木排上湖心仙人岛**游览和休闲徒步，结束后驱车翻过海拔 5230 米的米拉雪山经墨竹工卡和达孜平原前往拉萨，沿途观赏西藏最美的河流尼洋河谷旖旎的自然风光。途中路边观赏太昭古城、中流砥柱、阿沛新村和邦杰塘草原。

第六天：拉萨（早/午/晚餐）

上午参观坐落在市中心红山上达赖喇嘛的冬宫，当今世界海拔最高的古代宫堡式建筑群——**布达拉宫**，布达拉梵语意为观世音圣地，为自公元七世纪以来历世达赖喇嘛驻地和西藏政教权力的中心。下午前往藏传佛教信徒心中的圣地——吐蕃古寺**大昭寺**，接着赴拉萨最热闹的步行街**八角街**手工艺品市场游览，浏览和选购各式充满民族特色和异域风情的手制品。

第七天：拉萨—观赏羊卓雍湖—色拉寺—拉萨（早/午/晚餐）

拉萨启程翻越海拔 4900 米的冈巴拉雪山，远眺冈巴拉雷达站，前往世界上最高的淡水湖有天上圣湖之美誉的**羊卓雍湖**。清澈的湖水、巍峨的雪山和如洗的蓝天融为一体，陶醉、震撼并涤荡着你的灵魂，途中观赏雪域高原美丽壮观的自然风光。游览完毕沿雅鲁藏布江回拉萨，沿途欣赏雅鲁藏布江草地峡谷风光。下午游览被称为“野玫瑰花园”的**色拉寺**，如果幸运的话还可以观赏到著名的“喇嘛辩经”，感受藏传佛教博大精深的文化底蕴。

第八天：拉萨—西宁：搭乘世界海拔最高的青藏铁路专线列车前往西宁 宿火车（早餐）

搭乘世界海拔最高的青藏铁路专线列车前往西宁，拉萨—当雄—那曲—安多—沱沱河—格尔木—西宁。火车上不含餐，用餐自理（列车挂有餐车）。沿着世界海拔最高、里程最长、景色最壮观的高原铁路，走过羌塘草原、错那湖、唐古拉山、可可西里、昆仑山、青海湖和戈壁红柳长江源，在铁路列车中观赏全景画般的青藏高原雪域风光，以及在广袤的原野上奔腾撒欢的藏羚羊、野牦牛和其它各种动物。青藏铁路拉萨至西宁全长 1972 公里，约上午发车，次日中午抵达西宁，全程行驶约计 24 小时。鉴于青藏铁路特殊的运营状况，火车班次和时间将以列车乘坐当日具体票面为准。

第九天：西宁—青海湖（午/晚餐）

乘火车抵达素有“青藏高原明珠城市”——西宁。接着乘车翻越黄土高原与青藏高原的分界限—日月山 3520 米，唐朝文成公主与吐蕃赞普松赞干布联姻，正由此向南经唐蕃古道进入西藏，大通山和起伏延绵的青海南山环抱着一个高原湖泊—**青海湖**。是中国最大的内陆湖泊，也是中国最大的咸水湖。晚上返回西宁，如果时间允许还可以浏览参观一下青海的土特农产品。

第十天：西宁—北京（或成都）（早餐）

上午前往机场飞离西宁，搭乘内陆航班飞往北京并直接转机飞返新加坡。

注明：如飞往成都双流机场，因航班时间原因（多一天，共 11 天）抵达后接机送酒店。自由活动。第十一天飞返新加坡。

REMARKS :

1. Purchase of travel insurance is strongly recommended.
2. All itineraries are subject to changes (due to Flight Schedules, Land and Sea Transport, COVID-19 restrictions and other causes of an unpredictable nature) and final confirmation from our overseas land operators. We, as a Travel Agent cannot be held responsible for any changes being made to the itineraries due to any but not limiting to the above-mentioned factors.
3. Tour is conducted in Mandarin unless otherwise stated.
4. Please refer to Chinese itinerary version for more details.
5. 2 Shopping Stops

备注：

1. 在公司无法预测和控制的情况下，行程可能更改，以最终确认为准
 2. 严重高血压、心脏病患者请勿参团
 3. 全程中文讲解
 4. 本公司强烈建议阁下购买个人旅游保险
- 购物：二站
西藏：1. 藏医药文化博览中心 2. 西藏天珠工艺品

HAVE A NICE TRIP!!!

Day 1: Singapore→Chengdu

Today, assemble at Changi airport for your flight to Chengdu. Upon arrival, check into hotel.

Day 2: Chengdu - Nyingchi - Bomi (B/L/D)

This morning, you shall take a domestic flight to Nyingchi. After arriving in Bayi Town, a traditional Tibetan welcome awaits. Our journey continues as we drive over **Sejila Pass**, offering breathtaking views of the majestic **Namcha Barwa peak**. This snow-capped mountain, considered one of the most beautiful in China, is renowned for its challenging terrain and rich folklore. Next, we will explore the **Sejila Scenic Area**, marvel at the vast **Lulang Forest**, and experience the alpine meadows of the Nyingchi Pasture. We next head towards Bomi County, while making a stop enroute at Guxiang Lake, where we can admire the breathtaking Gangyun fir forest on the opposite shore. In the evening, we'll arrive in **Zamut Town**, the county seat of Bomi.

Please note: For groups departing before 20 April, we'll add a visit to the enchanting Nyingchi Peach Blossom Valley. During the blooming season, the valley is transformed into a breathtaking wonderland of peach blossoms, snow-capped mountains, and the serene Nyang River.

Day 3: Bomi - Ranwu Lake-Midui Glacier-Bomi (B/L/D)

After breakfast, we'll depart for Ranwu Valley to visit the "Sleeping Beauty" **Ranwu Lake**. Ranwu Lake is a renowned high-altitude glacial lake situated at an elevation of 3850 meters. Its shores are lined with lush, pristine forests, and its crystal-clear, azure waters are home to numerous waterfowl. Next, we'll journey to the **Midui Glacier**, one of Tibet's most significant oceanic glaciers and the world's lowest-elevation glacier (Please note that Milu Glacier remains relatively undeveloped, preserving its natural state. You can opt for a 2-3 hour horseback ride or hike to explore the glacier at your own pace.) Finally, we'll return to **Zamu Town**, the charming town of Bomi County nestled amidst snow-capped mountains and forests. Here, you can gaze up at the majestic peaks of the Eastern Himalayas.

Note: Horseback riding costs approximately 150-200 RMB. Due to the rugged terrain and other uncertainties, we do not recommend horseback riding.

Day 4: Bomi- Nyingchi (B/L/D)

Today, we will head towards Nyingchi's Bayi Town, known for its perpetual blooms and evergreen landscapes. Nyingchi is located in southeastern Tibet along the lower reaches of the Yarlung Tsangpo River, with an average altitude of 3000 meters. **Bayi Town** serves as the capital of Nyingchi Prefecture. For lunch, we'll savour the local delicacy of **Luorong Stone Pot Chicken**. These unique stone pots are handcrafted from stones found in Medog Mountain and were traditionally carried by porters on a three-day, three-night trek from Medog County. In the afternoon, we'll visit the 2500-year-old Nyingchi Cypress King and the **Giant Cypress Forest** and a tour of Bayi Town.

Day 5: Nyingchi - Lhasa (B/L/D)

After breakfast, we'll embark on a scenic drive to visit the most beautiful lake in Tibet, **Basong Co**, often referred to as the "Little Switzerland" nestled amidst snow-capped mountains and forests. Basong Co, also known as Cogo Lake, is an enchanting place where a crystal-clear lake rests serenely upon a bed of soft, green grass at the foot of snow-capped mountains and glaciers. There, we will **board a wooden raft to visit the lake's central "Immortal Island" for sightseeing and a leisurely hike**. After our excursion on the lake, we'll drive over the 5230-meter-high Mila Pass, passing through Mozhu Gongka and Dazhi Plain before reaching Lhasa. Along the way, we'll enjoy the breathtaking natural scenery of the Nyangqu River Valley, one of Tibet's most beautiful rivers. We'll also make stops to see the Taizhao Ancient City, the "Zhongliu Di Zhu" (a natural rock formation resembling a pillar in the river), Apeixin Village, and Bangjie Tang Grassland.



Day 6: Lhasa (B/L/D)

In the morning, we'll visit the **Potala Palace**, the winter palace of the Dalai Lama, located on Red Hill in the city center. It's the world's highest ancient palace complex and has been the residence of the Dalai Lamas since the 7th century, serving as the center of Tibetan religious and political power. Potala means "the abode of the Goddess of Compassion" in Sanskrit. Afterwards, we will visit **Jokhang Temple**, a sacred site for Tibetan Buddhists. Next, we will explore **Barkhor Street**, Lhasa's busiest pedestrian street and handicraft market. Here, you can browse and purchase a variety of unique and exotic handcrafted goods.

Day 7: Lhasa -Yamdrok Tso - Lhasa (B/L/D)

Today, we ascend the 4900-meter-high Gangbala Mountain Pass. Along the way, we'll catch a glimpse of the Gangbala Radar Station and make our way to **Yamdrok Tso**, known as the "Heavenly Lake," the highest freshwater lake in the world. The crystal-clear lake water, majestic snow-capped mountains, and the vast blue sky combine to create a breathtaking and soul-stirring sight. After exploring Yamdrok Tso, we'll return to Lhasa along the Yarlung Tsangpo River, where we can see the scenic grassland valleys along the way. In the afternoon, we'll visit **Sera Monastery**, often referred to as the "Garden of Wild Roses." If we're lucky, we'll have the opportunity to witness a fascinating "lama debate," providing a glimpse into the profound cultural heritage of Tibetan Buddhism.

Day 8: Lhasa-Xining (B)

This morning we will embark on the world's highest railway, the **Qinghai-Tibet Railway**, for a scenic journey from Lhasa to Xining. The train ride does **not include meals**, but you may purchase your own food from the dining cabins onboard the train. As you travel along the spectacular plateau railway, you'll traverse the Qiangtang Plateau, Tsonga Lake, Tanggula Mountains, Hoh Xil Nature Reserve, Kunlun Mountains, Qinghai Lake, and the Gobi Desert. Witness panoramic views of the Tibetan Plateau's snow-capped mountains and vast wilderness from the comfort of the train. Keep an eye out for iconic animals such as Tibetan antelopes, wild yaks, and other creatures roaming freely across the expansive plains. The entire journey from Lhasa to Xining is approximately 1972 kilometers and takes about 24 hours.

Day 9: Xining - Qinghai Lake (L/D)

Upon arrival by train, we'll reach Xining. We will then embark on a journey over Yuzhu Mountain, which stands at 3520 meters and marks the boundary between the Loess Plateau and the Qinghai-Tibet Plateau. Surrounded by Datong Mountain and the undulating Qinghai Nan Mountains, we'll encounter **Qinghai Lake**, China's largest inland lake and saltwater lake. In the evening, we'll return to Xining and, if time permits, explore local markets to discover unique agricultural products of Qinghai.

Day 10: Xining→Beijing→ Singapore

After breakfast, we will depart from Xining and fly to Beijing where we will take a connecting flight for our journey back to Singapore.

* Please note: If our flight is to **Chengdu**, due to flight schedules (adding one extra day, making it an 11-day trip), we will transfer to the hotel upon arrival. You will then have free time to explore the city, and we will fly back to Singapore on the eleventh day.