

NWC01



SUPER TRAVELS

10/11 天神秘西藏青藏铁路 10/11D Mystical Lhasa Tibet Railway



Super Travels Pte Ltd

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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
团队旅游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

✓ 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

✓ 卡若拉冰川、红河谷—江孜

✓ 日喀则
· 扎什伦布寺

✓ 世界海拔最高的咸水湖“天湖”纳木措

✓ 林芝
· 有 2500 年历史见证的一林芝柏树王
· 色季拉风景区
· 鲁朗林海

西宁
· 青海湖



风味餐

- 尼泊尔风味
- 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 (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。游览具有 2500 年历史见证的一林芝[柏树王],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,前往鲁朗镇品尝著名的鲁朗石锅鸡,鲁朗牧场游高原瑞士风光。

第三天: 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。

第四天: 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工作品。



第五天：拉萨 ➡ 羊卓雍措 ➡ 卡若拉冰川 ➡ 江孜 ➡ 日喀则（早/午/晚餐）

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，亦真亦幻，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，然后到达红河谷—江孜。前往西藏第二大城市后藏的首府日喀则。

第六天：日喀则 ➡ 拉萨（早/午/晚餐）

参观黄教六大寺庙之一的[扎什伦布寺]，历代班禅的住地，整个寺庙建筑依山，咫尺向上，金顶红墙，高低错落，重楼叠宇，灿烂辉煌，寺中现存有世上最大的坐姿铜塑强巴佛像，高 30 米。

第七天：拉萨 ➡ 纳木措 ➡ 拉萨（早/午/晚餐）

早餐后，从拉萨出发，翻越那根拉雪山前往位于拉萨市西北部面积 1920 平方公里，游览到达世界上海拔最高的咸水湖“天湖”[纳木措]，（海拔 4718 米）。纳木措湖滨广阔、水草丰美，瑰丽迷人，清澈壮观，像一粒晶莹的明珠般镶嵌在万里的草原上。返回拉萨。

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“青藏门户”之称的高原明珠城市——西宁。接着乘车翻越黄土高原与青藏高原的分界线—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。



注明：行程也可能安排从西宁进，林芝出，请以本公司的最终确认为准；

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!!!



TOUR HIGHLIGHTS!

- ❖ **Qinghai Tibet Railway**
- ✓ **Experience Tibet Railway Cushioned berth, 4 in 1***
- ✓ **Lhasa**
 - **Potala Palace, Jokhang Temple**
 - **Barkhor Street**
- ✓ **Yamdruk Lake, Karuola Glacier**
- ✓ **Shigatse: Tashilhunpo Monastery**
- ✓ **Namtso Lake**
- ✓ **Nyingchi**
 - **Nyingchi King of Cypress**
 - **Sejila scenic area**
 - **Lulang Forest**
- ✓ **Xining : Qinghai Lake**

Day 1: Singapore→Chengdu

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

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

This morning, you shall take a domestic flight to Nyingchi. Upon arrival, begin your journey to Ba Yi Town - a town and township in Tibet and capital of Nyingchi. Next visit the 2,500-year-old **Nyingchi King of Cypress**. Proceed to the world's 15th highest peaks, **Namcha Barwa**. Having an altitude of 7782 meters above the sea level, it stands the interior of the bend of the Yarlung Tsangpo River. Continue your tour to **Sejila scenic area** to view the sea of blooming azaleas. Thereafter, view the natural scenery at the eastern Tibetan primitive forest, **Lulang Forest** and **Lulang Farm**.

Day 3: Nyingchi - Lhasa (B/L/D)

After breakfast, you shall visit **Basong Lake**, with beautiful scenes combined by snowy mountains, glaciers, forests and green lakes. The most beautiful lake in Tibet, Basong Lake, also known as "The Alps of Tibet". Located at the base of snow peak glaciers, Basong Lake boasts of crystal clear lake water which will leave you mesmerized by this paradise on earth. Upon arrival at Basong Lake, proceed to explore and stroll leisurely on **Xianren Island** located at the centre of the lake. After that you will transfer to Lhasa.

Day 04: Lhasa (B/L/D)

After breakfast, we will visit the landmark of Lhasa – **Potala Palace**, a structure that deserves a place as one of the wonders of eastern architecture. In the afternoon, visit **Jokhang Temple** - the most revered religious structure in Tibet, and the surrounding area - **Barkhor Street**, Lhasa's pilgrimage circuit. This area is both the spiritual heart of Lhasa and the main commercial district for Tibetans.



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

Today we will set off from Lhasa, climbing over the Kambala Snow Mountain with an altitude of 4990 meters to visit the **Yamdruk Lake** – it is the world's highest altitude fresh water lake and also renowned as the sacred lake in the sky. Thereafter, along the way we will see an awesome roadside view of the **Karuola Glacier** and **Gyantse**. Next we'll proceed to Shigatse.

Day 6: Shigatse - Lhasa (B/L/D)

Today we will visit the **Tashilhunpo Monastery**, which is the final resting place of Panchen Lama and also one of the 6 major monasteries for Tibetan Yellow Sect. This monastery was built by the first Panchen Lama in 1447 and thereafter became the resident of all the previous Panchen Lama. The world's tallest Maitreya Buddha statue, which is 28 meters tall, is also enshrined in the monastery. Next, transfer back to Lhasa.

Day 7: Lhasa-Namtso Lake-Lhasa (B/L/D)

This morning we will take a coach ride through the Nagenla Snow Mountain to **Namtso Lake**, the salt water lake with the highest altitude in the world at 4718 metres. It is one of the 3 sacred lakes of Tibet thus also renowned as a holy lake in Tibetan Buddhism. With its good quality of pastures along the lakeside, it is a natural ranch.

Day 8: Lhasa-Xining (B)

*Qinghai Tibet Railway, Overnight

After breakfast, board **Qinghai Tibet train** with the highest altitude in the world heading towards Xining. (All meals on board the train will be at own expense) Along the journey, you will be passing through Dangxiong, Naqu, Anduo, Tuotuo River, Ge'ermu and finally Xining. You will be able to enjoy spectacular views of Tibet on the way, such as grassland, Tsong Lake, Mount Tanggula, Hoh Xil, Mount Kunlun, Qinghai Lake etc. The length of the railway from Lhasa towards Xining is 1,972km, departing in the morning and will arrive at Xining on the next day, estimate 24hrs. Train schedule and timing shall be subjective to the final confirmation.

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

Today, you will arrive Xining. The large city of Xining acts as one of the major gateways to the Tibetan Plateau. It is an ancient highland city on the Yellow River which offers many scenic spots and historical sites. Continue your tour to **Qinghai Lake**. It is the largest inland and salt water lake in China. Whenever people mention Qinghai Lake they think of 'green lake', 'blue sea' or 'fairyland', because of the marvelous natural beauty reflected on it.

Day 10: Xining→Beijing→ Singapore

After breakfast, transfer to airport for your internal flight to Beijing then back to Singapore.

(Remarks: If prefer take flight to **chengdu**, Itinerary will become **11 days**. Day 10 check in Chengdu and day 11 flight back to Singapore.

