

NWC09ABC



# 8/10 天神秘西藏+青藏铁路 /或林芝之旅

## 8/10D Mystical Lhasa Tibet Railway



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## 行程要点!

- ❖ 增值服务: 抵达拉萨当天可特别安排专业医生随团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

### 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——羊卓雍措
- ✓ 卡若拉冰川、红河谷——江孜
- ✓ 日喀则
- ✓ 扎什伦布寺
- ✓ 世界上海拔最高的咸水湖“天湖”纳木措

### 选择一: (青藏铁路)

- ❖ 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

### 西宁

- ✓ 青海湖

### 选择二: (双飞)

前往海拔仅 3000 米鲜花不败、四季常青的西藏江南林芝

- 见证具有 2500 年历史的——林芝柏树王

游览色季拉风景区、观赏鲁朗林海



### 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→拉萨 (早/午/晚餐)

乘机飞往拉萨, 抵达海拔约 3600 米的拉萨贡嘎机场, 导游接机后, 沿世界最高的河流——雅鲁藏布江逆流而上驱车 60 公里前往拉萨。途中穿越景色迷人, 充满雪域风情, 有西藏三大粮仓之一美誉的雅鲁藏布河谷。抵拉萨后作高原适应性休息。

### 第三天: 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。

### 第四天: 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

### 第五天: 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。



## 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



**第六天：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。

**第七天：拉萨 → 成都** （早餐）  
早餐后拉萨贡嘎机场乘豪华客机返回成都，抵达后接机送酒店。自由活动。

**第八天：成都 → 新加坡** （早餐）  
早餐后集合送机前往成都机场后搭乘豪华客机返回美丽家园——新加坡。结束愉快旅行。

**选择一：参加 10 天团前往西宁体验青藏铁路 (NWC09B)：D1-D6 相同，其它如下：**

**第七天：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。

**第八天：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。

**第九天：西宁 → 成都** （早餐）  
上午前往机场飞离西宁，搭乘内陆航班飞往成都双流机场，抵达后接机送酒店。自由活动。

**第十天：成都 → 新加坡** （早餐）  
早餐后集合送机前往成都机场后搭乘豪华客机返回美丽家园——新加坡。结束愉快旅行。

**选择二：参加 10 天团前往林芝：D1-D6 同上，其它如下：(Tour Code:NWC09C)**

**第七天：拉萨 ⇌ 林芝** （早午晚餐）  
经达孜平原、墨竹工卡，穿过海拔 5230 米的米拉雪山，驰向海拔仅 2500 米鲜花不败，四季常青的西藏江南**林芝**，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**。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。抵达巴松错后乘木排上湖心仙人岛，后驱车前往林芝**八一镇**。途中路边观赏太昭古城、中流砥柱、阿沛新村。

**第八天：林芝** （早/中/晚餐）  
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”），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，游览**鲁朗牧场**游高原瑞士风光，游览具有 2500 年历史见证的一林芝[**柏树王**]。

**第九天：林芝 → 成都** （早餐）  
上午前往机场飞离林芝，搭乘内陆航班飞往成都双流机场，抵达后接机送酒店。自由活动。

**第十天：成都 → 新加坡** （早餐）  
早餐后集合送机前往成都机场后搭乘豪华客机返回美丽家园——新加坡。结束愉快旅行。

#### 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.

#### 备注：

1. 在公司无法预测和控制的情况下，行程可能更改
  2. 航班时间，行程顺序，餐食和酒店均以最终确认为准。
  3. 心脏病，高血压，哮喘病，请勿报名。
  4. 如个别客人高原未适应而未能完成游览或提前离团，产生交通费用和房费自理。
  5. 本公司强烈建议阁下购买个人旅游保险
- 购物：藏医文化博览中心、西藏工艺品





## TOUR HIGHLIGHTS!

- ✓ **Lhasa**
- **Potala Palace, Jokhang Temple**
- **Barkhor Street**
- ✓ **Yamdrok Lake, Karuola Glacier**
- ✓ **Shigatse: Tashilhunpo Monastery**
- ✓ **Namtso Lake**
- **1st Choice:**  
**Experience Tibet Railway**  
**\*Cushioned berth, 4 in 1\***  
**Qinghai Lake**
- **2nd Choice:**  
**Nyingchi 2,500 years old Cypress Tree**  
**Lulang Forest**

### Day 1: Singapore → Chengdu

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

### Day 2: Chengdu → Lhasa (B/L/D)

Today, assemble at Changi airport for your flight to Lhasa (transit via Chengdu or Shanghai). Upon arrival, meet and greet by our guide and transfer to Lhasa city. After arrive in Lhasa, we have to take ample rest in order to acclimatize to the high altitude.

### Day 3: 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 4: 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 **Yamdrok 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 5: 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 the monastery. Next, transfer back to Lhasa.

### Day 6: 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 7: Lhasa → Chengdu (B)

After breakfast, transfer to airport for your flight to Chengdu. Upon arrival Chengdu, you shall check in to hotel. Enjoy your free & leisure in Chengdu.

### Day 8: Chengdu → Singapore (B)

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



For those joining 10days tour (NWC09B), D1-D6 are as above, the rest as follow:

### Day 7: 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 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, Tsonag Lake, Mount Tanggula, Hoh Xil, Mount Kunlun, Qinghai Lake etc.

### Day 8: Xining → Qinghai Lake (L/D)

Today, you will arrive Xining. 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 9: Xining → Chengdu (B)

After breakfast, transfer to airport for your flight to Chengdu. Upon arrival Chengdu, you shall check in to hotel. Enjoy your free & leisure in Chengdu.

### Day 10: Chengdu → Singapore (B)

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

For those joining 10days tour (NWC09C), additional Nyingchi, D1-D6 are as above, the rest as follow

### Day 7: Lhasa → Nyingchi (B/L/D)

After breakfast, proceed to **Nyingchi** and travel across the 5,230 metres high Mila Mountain. Continue your tour to **Basong Lake**, Thereafter, proceed to **Baiyizhen**, a town and township in Tibet and capital of Nyingchi. En route visit Taizhao Ancient Town, a firm rock in main stream and Ah Pei New Village.

### Day 8: Nyingchi (B/L/D)

Today, we'll 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**. Next visit the 2,500-year-old **Nyingchi King of Cypress**.

### Day 9: Nyingchi → Chengdu (B)

After breakfast, transfer to airport for your flight to Chengdu. Upon arrival Chengdu, you shall check in to hotel. Enjoy your free & leisure in Chengdu.

### Day 10: Chengdu → Singapore (B)

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