



10天9晚 西藏+林芝桃花+青藏铁路火车 春暖花海 一年一度林芝桃花节

全程无购物站
NO Shopping Stop

中国南方航空
CHINA SOUTHERN

独家体验

- 特别安排乘坐青藏铁路火车,从拉萨到西宁,全程1956公里
- 包含青藏火车软卧4人1间房
- 乘搭国内班机,成都→林芝
- 包含旅游保险(乐龄人士另加收费)

风味餐

- 尼泊尔风味·粤菜风味·野菌火锅·盐焗鸡
- 石锅鸡·川藏风味·韩式烤肉·巴河鱼风
- 中式料理·西宁风味

第一天 出发 > 中转 > 成都

机上用餐, 晚餐

- 集聚于国际机场, 乘搭豪华客机飞往中国国宝熊猫的故乡-成都。
- 夜宿于成都天府国际大酒店或同级。

第二天 成都 > 林芝

早餐, 午餐, 晚餐

- 今天乘搭飞机飞往林芝。抵达后, 翻越色季拉山口, 到达鲁朗林海观景台, 远眺南迦巴峰。
- 鲁朗林海位于林芝地区八一镇以东约80km的川藏公路上, 海拔约3700m, 这是一片典型的高原山地草甸狭长地带, 林海由两侧青山中的灌木丛和茂密的云杉、松树组成, 树木以青冈为主, 林海中间则是整齐划一的草甸, 溪流蜿蜒其中, 此外还有大量鸟类栖息于此。
- 夜宿于林芝锦江都城酒店或同级。

第三天 林芝 > 巴松措 > 拉萨

早餐, 午餐, 晚餐

- 早上前往嘎拉桃花村, 西藏林芝打卡圣地。3,4月的林芝嘎拉, 寒意未尽, 却已春意盎然, 桃花竞相开放, 簇拥着整个山坡, 步行至顶端, 站在桃花村的赏花园顶端, 极目远眺, 妖娆桃花, 映衬在蓝天白云之下, 远方的田野正把春意洒满藏东, 皑皑雪峰更把这“藏地小江南”的柔美展现得淋漓尽致。
- 巴松措湖(含环保车), 措宗寺及湖心岛。
- 后沿着拉林高速前往拉萨--西藏全区政治, 经济及文化的中心, 也是藏传佛教圣地。
- 抵达拉萨后, 适应高原气候, 送往酒店休息。
- 夜宿于西藏宾馆贵宾楼饭店或同等级。

推荐自费项目

- 文成公主大型实景歌舞秀 RMB380/人(可调整)

第四天 拉萨

早餐, 午餐, 晚餐

- 今天前往参观世界上海拔最高的宫殿--布达拉宫。
- 布达拉宫(含耳机)坐落在西藏首府拉萨市区西北的玛布日山, 是一座规模宏大的宫堡式建筑群。最初是松赞干布为娶文成公主而形成的, 17世纪重建后, 成为历代达赖喇嘛的冬宫居所, 也是西藏政教合一的统治中心。

布达拉宫预订参观卷由布达拉宫管委会限制人数, 具体参观时间该管委会派发为准。可能团体会被分为2批不同的客人及时间进入参观

- 后参观扎基寺--西藏唯一的财神庙。夜宿于西藏宾馆贵宾楼饭店或同等级。

第五天 拉萨 > 日喀则

早餐, 午餐, 晚餐

- 今天翻约海拔4750米的冈巴拉山, 在山顶即可远眺羊卓雍湖的美丽景色。
- 前往游览世界最高的淡水湖--羊卓雍湖, 它有着“天上圣湖”之美誉, 观赏美丽奇特的神湖风景。
- 跨越斯米拉水库, 来到了卡若拉冰川。欣赏高原雪山, 健硕的大牦牛加上两岸各色的山脉, 极具特色的藏民民族村落, 一路走来心旷神怡。
- 夜宿于日喀则舍里别院酒店或同等级。

第六天 日喀则 > 拉萨

早餐, 午餐, 晚餐

- 游览扎什伦布寺--位于日喀则城西北的尼玛日山南坡上, 一依山而建, 雄伟壮观。也是西藏日喀则地区最大的寺庙。
- 继续游览雅鲁藏布江, 是中国最长的高原河流, 也是世界上海拔最高的大河之一。
- 而后返回拉萨。
- 夜宿于西藏宾馆贵宾楼饭店或同等级。

第七天 拉萨

早餐, 午餐, 晚餐

- 今天参观大昭寺(含耳机)--位于拉萨老城区的中心位置, 是一座藏传佛教寺院。
- 八角街--是拉萨本来面目保留得最完整老街道, 它是拉萨的宗教、经济、文化、民族手工艺品乃至西藏的风土人情的一条拉萨最繁华的老商业街。
- 色拉寺--一所具有代表性的黄教寺院, 是藏传佛格鲁派六大主寺之一, 也是拉萨三大寺中建成最晚的一座寺院。
- 夜宿于西藏宾馆贵宾楼饭店或同等级。

第八天 拉萨 > 青藏火车软卧 > 西宁

早餐, 午餐, 晚餐

- 早餐后, 乘搭青藏火车前往西宁。一路欣赏青藏铁路无限美丽风光, 您将在火车上度过24小时。
- 夜宿于火车上。**火车上安排软卧4人/1间铺位分别上下铺, 当地缔结不能特意安排床位, 顾客将可能被安排在上/下铺或与外人共用1房**

第九天 抵达西宁

早餐, 午餐, 晚餐

- 第二天抵达西宁, 游览塔尔寺, 又名塔儿寺(含电瓶车)。得名于大金瓦寺为纪念黄教创始人宗喀巴而建的大银寺。藏语称为“衮本贤巴林”意思是十万狮子吼佛像的弥勒寺。
- 后前往水井巷步行街自由活动。
- 夜宿于美居酒店或同等级。

第十天 西宁 > 中转 > 家园

早餐

- 早餐后, 送往机场乘搭豪华客机飞返回国。
- 带着美丽的回忆抵达温馨的家。



需符合条款与条文

最后确认的行程将以旅行团抵达各地后接待社安排为准, 在不可预知的情况之下, 敝社保留更改行程内容的权力, 恕不预先通知。*图片仅供参考。



团费

出发日期



TOUR CODE
HH/CTB/26

10D9N TIBET+LINZHI+QINGHAI-TIBET TRAIN (LINZHI PEACH BLOSSOM FESTIVAL)



EXCLUSIVE EXPERIENCE

- Special arrangement for Tibet Railway ride from Lhasa to Xining, total distance is 1956 kilometers
- Includes a soft sleeper room for 4 peoples in 1 room
- Domestic flight from Chengdu → Linzhi
- Included Travel Insurance (Senior citizen additional charges)

CUISINE

- Nepalese Cuisine • Cantonese Cuisine
- Wild Mushroom Hot Pot • Stone Pot Chicken
- Salt-Baked Chicken • Sichuan-Tibet Cuisine
- Bahe Fish Dishes • Chinese Cuisine
- Xining Cuisine

DAY 1 DEPARTURE > TRANSIT > CHENGDU

MOB, Dinner

- Gather at the international airport and take a luxury passenger plane to **Chengdu**, the hometown of China's national treasure panda.
- Upon arrival, check in hotel for rest.
- Overnight at Chengdu Tianfu International Hotel

DAY 2 CHENGDU > LINZHI

Breakfast, Lunch, Dinner

- Take a domestic flight to **Linzhi** today.
- After arriving, cross the **Sejila Pass** and reach the **Lulang Forest Sea Observation Deck**, overlooking **Namjaba Peak**.
- **Lulang Forest Sea** is located on the **Sichuan-Tibet Highway** about 80km east of **Bayi Town, Nyingchi Prefecture**, with an altitude of about 3700m. This is a typical narrow strip of plateau mountain meadow. The forest sea consists of shrubs and dense spruce in the green mountains on both sides, pine trees; the trees are mainly green hills, and in the middle of the forest is a neat meadow, with streams meandering through it, and a large number of birds inhabit it.
- Overnight at Linzhi Jinjiang Metropolo Hotel or similar.

DAY 3 LINZHI > BASONGCUO > LHASA

Breakfast, Lunch, Dinner

- In the morning, we headed to **Gala Peach Blossom Village**, a must-visit spot in Linzhi, Tibet. In March and April, is still chilly, but spring is in full bloom. Peach blossoms are in full bloom, covering the entire hillside. We walked to the top and stood on the flower-viewing pavilion in Peach Blossom Village. Looking out into the distance, the enchanting peach blossoms were set against the blue sky and white clouds.
- **Basongcuo Lake** (including environmentally friendly vehicles) **Cuocong Temple** and the island in the middle of the lake.
- Then drive along the **Lalin Expressway** to **Lhasa**, the political, economic, and cultural center of Tibet and the holy land of Tibetan Buddhism.
- After arriving in Lhasa, adapt to the plateau climate and transfer to the hotel to rest.
- Overnight in Tibet Hotel VIP Building or similar.

DAY 4 LHASA

Breakfast, Lunch, Dinner

- The highlight of the tour is start by visit the world's highest palace palace--**Potala Palace**. This ancient architectural complex is considered a model of Tibetan architecture and also the highest palace in the world.
- ****The Potala Palace entrance ticket and visit time are control by palace management, some it may be divided or separate to visit by difference visitor****
- Then visit **Zhaji Temple**, the only temple of wealth in Tibet.
- Overnight in Tibet Hotel VIP Building or similar.

DAY 5 LHASA > SHIGATSE

Breakfast, Lunch, Dinner

- Travel to the second city of Tibet - **Shigatse** (the fertile land), and it is an important Tibetan communication hub and air of modernization pervades the area.
- Go to visit **Yamdruk Lake**, the highest freshwater lake in the world. It is known as the "Holy Lake in the Sky" and enjoy the beautiful and unique scenery of the sacred lake.
- Cross the **Smila Reservoir** and arrive at the **Karola Glacier**.
- Admire the snow-capped mountains on the plateau, the sturdy big oxen, the various mountains on both sides of the Taiwan Strait, and the distinctive Tibetan ethnic villages, and you will feel relaxed and happy along the way.
- Overnight at Shigatse Sheli Villa Hotel or similar.

DAY 6 SHIGATSE > LHASA

Breakfast, Lunch, Dinner

- Visit **Tashilhunpo Monastery** - located on the southern slope of Nyimari Mountain in the northwest of Shigatse City. It is built against the mountain and is majestic. It is also the largest temple in Shigatse, Tibet, and is where the Panchen Lama of the fourth generation resides. Continue visit the **Brahmaputra River**, which is the longest plateau river in China and one of the highest rivers in the world. Return back to Lhasa.
- Overnight in Tibet Hotel VIP Building or similar.

DAY 7 LHASA

Breakfast, Lunch, Dinner

- Today we visit the **Jokhang Temple** (headphones included) - located in the center of the old city of Lhasa, it is a Tibetan Buddhist temple.
- **Bajiao Street** is the street with the most complete preservation of its original appearance in Lhasa. It is the most prosperous old commercial street in Lhasa with its religion, economy, culture, national handicrafts and even Tibetan customs.
- **Sera Monastery** - a representative Yellow Sect monastery, one of the six main monasteries of the Gelug Sect of Tibetan Buddhism, and the latest monastery to be built among the three major monasteries in Lhasa.
- Overnight in Tibet Hotel VIP Building or similar.

RECOMMENDED OPTIONAL TOUR

- Princess Wencheng large-scale live singing and dancing show RMB380/person

DAY 8 LHASA > QINGHAI TIBET TRAIN > XINING

Breakfast, Lunch, Dinner

- After breakfast, take the **Qinghai-Tibet Train to Xining**. Enjoy the beautiful scenery and you will spend around 24 hours on the train, arrived Lhasa in the evening before the next day.
- Overnight on the train. ****Tibet railway superior cabin base on double deck with 4 person sharing basis, arrangement on upper or lower deck unable to select due to all ticket print out randomly by system and possible to share cabin with outsiders****

DAY 9 ARRIVE XINING

Breakfast, Lunch, Dinner

- Arrive in **Xining** the next day and visit **Kumbum Monastery**, also known as **Pagoda Temple** (including battery car). It is named after the Dajinwa Temple and the Dayin Temple built in memory of Tsongkhapa, the founder of the Yellow Sect. In Tibetan, it is called "Gun Benxian Balin", which means the **Maitreya Temple** with one hundred thousand lions roaring Buddha statues.
- Later go to **Shuijingxiang Pedestrian Street** for free activities.
- Overnight at Mercure Hotel or similar.

DAY 10 XINING > TRANSIT > HOME

Breakfast

- After breakfast, transfer to airport for your international flight back home.
- Arrive home with sweet memories.



TERMS & CONDITIONS APPLIED

The order of itinerary is subject to the final discretion of local land operator, we reserve right to amend the itinerary due to the unforeseen circumstances without prior notice. * All pictures shown are for illustration purpose only.



TOUR FEES

DEPARTURE DATE