

Validity :

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**XINING.LHASA.RIKAZE.BALSANTSO. NYINGCHI**

**GALANG PEACH**  
**BLOSSOM VALLEY**

**POTALA PALACE**

**EXCLUSIVE**

**QINGZANG**  
**RAILWAY**  
**EXPERIENCE**

**ALL**  
**INTERNATIONAL 5 STARS**

**纯玩**  
**全程无购物**  
No Shopping

**TOUR HIGHLIGHTS:**

- OXYGEN EQUIPPED COACH ALL THE WAY
- EXCELLENT & EXPERIENCED TIBET TOUR GUIDE
- ALL INTERNATIONAL 5 STARS (INC. SHANGRILA + HILTON HOTEL)
- BEST TRAIN TICKET FOR QINGZHANG TRAIN
- TIBET TRADITIONAL COSTUME + PROFESSIONAL PHOTOGRAPHER
- TIBET SPECIALTY MEALS
- EXPERIENCE NYINGCHI PEACH BLOSSOM FESTIVAL

**YAMDROKTSO**  
**LAKE**

**TA'ER**  
**MONASTERY**

**BASONGTSO**  
**LAKE**

**5\*SHANGRILA LHASA**  
**OR SIMILAR**

**DAY 1 Penang - Guangzhou - Xining (MOB/D)**

- Assemble at Penang International Airport and depart to Xining.
- Upon arrival, dinner and transfer to hotel for check in.

**\*\* Overnight at Xining**

**DAY 2 Xining - Qingzang Railway (B/L/D)**

- Upon arrival in Xining, visit Ta'er Monastery (sightseeing bus included), then take the Qinghai-Tibet train (late train) to Lhasa.

**\*\* Overnight on the train (soft sleeper)**

**\*\* Ta'er Monastery is the birthplace of Guru Tsongkhapa, the founder of the Gelugpa sect. The whole temple is splendid, known as the art of the three great ghee flowers, embroidery, frescoes are here, by the majority of believers known as the second blue Pini**

**DAY 3 Qingzang Railway - Lhasa (B/L/D)**

- The train arrives in Lhasa. After picking up the train we head to the hotel to rest and slowly acclimatize to the plateau environment. After dinner, go to Potala Palace Square to watch the night view of Potala Palace.

**\*\* Overnight at Lhasa**

**\*\* The Qinghai-Tibet Railway Train- Starting from Xining in Qinghai Province in the east and ending in Lhasa in Tibet in the south, with a total length of 1,956 kilometers, it is one of the four major projects of the new century in China**

**DAY 4 Lhasa (B/L/D)**

- After breakfast, go to visit the Potala Palace, then visit the Jhokang Temple. Then proceed to visit the Barkhor street (Including a photo shoot in Tibetan clothes).

**\*\* Overnight at Lhasa**

**\* Potala Palace - situated in the center of the Lhasa Valley at an altitude of 3,700 meters above sea level on top of the red peaks, since the seventh century has been the winter palace of the Dalai Lama.**

**\* Dazhaosi Monastery - the summer residence of the Dalai Lama and a masterpiece of Tibetan art**

**DAY 5 Lhasa - Shigatse (B/L/D)**

- After breakfast, you will climb over Gangbala Mountain (poster 4490m) and head to Tibet's holy lake Yamdrok Yumco. Have the opportunity to take photos with Yaks and ferocious Tibetan mastiffs (domesticated).

- After that, you can look at the Qinkang Sang Snow Mountain, one of the four sacred mountains in Tibet, from the observation deck.

- Meet and greet to go to Karola Glacier, one of the three continental glaciers in Tibet and through the Smyrna Reservoir, arrive in Shigatse and return to the hotel

**\*\* Overnight at Shigatse**

**DAY 6 Shigatse - Lhasa (B/L/D)**

- After breakfast, visit to Zhashilunpo Monastery, which is famous for its seated statue of Maitreya and Panchen Lingta. Afterwards, we will return to Lhasa along the Yarlung Tsangpo River

**\*\* Overnight at Lhasa**

**DAY 7 Lhasa - Balsontso - Nyingchi (B/L/D)**

- After breakfast in the early morning, proceed to visit Basongcuo (Cuogao Lake) in Gongbu Jangda County. The lake is more than 3,700 meters above sea level. It is a famous sacred lake and holy place for the Red Sect and the Nyingma Sect of Tibetan Buddhism. It is famous for many legends.

**\*\* Overnight at Nyingchi**

**DAY 8 Nyingchi (B/L/D)**

- After breakfast, visit Galang Peach Blossom Valley. Afterwards, you will cross the Sedera Mountain and see the most beautiful Namcha Barwa Peak in the east end of Himalaya.

- Visit Lulang Forest (Tibetan meaning "Valley of the Dragon King", also called "people don't want to go home" place, is China's largest area, the most well maintained third largest forest area)

**\* Galang Peach Blossom Valley - Peach Blossom bloom in March-April every year, this time the cold is not over, the delicate peach blossom in the snow-capped mountains, but it seems extraordinarily charming. It is like a paradise in the world, but also like a paradise on earth.**

**\*\* Overnight at Nyingchi**

**DAY 9 Nyingchi - Transit City - Penang (B/MOB)**

- After breakfast City tour and transfer to airport for flight back home sweet home.

**\*\* Home Sweet Home**



**Tour Fare / Departure Date / Flight**

**\*\* Tour Leader Tipping Not Included**

Remark: The above itinerary is for reference only. In principle the company will try to keep to the itinerary. However, the final itinerary will be determined by the overseas agent which is subject to change when necessary. Any change or cancellation due to unforeseen circumstances which is beyond the company's control, the company will not be responsible for any extra expenses incurred by you. Deportation or refused entry by the immigration, tour member has to be responsible for any expenses incurred. Local handling agent have reserve the right to make amendment of the itinerary depending with the actual situation, but scenic spot will not be cancellate as listing. Travelers are advised to purchase travel insurance for travelling period.



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西宁·拉萨·日喀则·巴松措·林芝

林芝嘎朗桃花沟

布达拉宫

EXCLUSIVE  
全程国际5星酒店

青藏铁路

纯玩

全程无购物  
No Shopping

行程特点:

- ◆ 全程车辆配备氧气,
- ◆ 深度讲解西藏优秀导游纯玩团
- ◆ 全程安排入住西藏国际五星酒店(香格里拉大酒店+希尔顿大酒店)
- ◆ 青藏列车最高等火车票
- ◆ 送专业摄影师与西藏穿戴装拍照体验
- ◆ 安排多种西藏当地特色风味餐
- ◆ 体验林芝桃花节一年最美的季节

**DAY 1 槟城 - 中转城市 - 西宁 (机上用餐/晚餐)**

- 集合于槟城国际机场乘搭客机飞往西宁。
- 接机享用晚餐后送酒店休息。

**\*\* 夜宿于西宁**

**DAY 2 西宁 - 青藏铁路 (早午晚餐)**

- 抵达西宁后, 参观塔尔寺(含观光车), 之后搭乘青藏火车(晚班火车), 前往拉萨。

**\*\* 夜宿于火车(软卧)**

\*塔尔寺是格鲁派创始人宗喀巴的诞生地。整座寺院金碧辉煌, 被誉为艺术三绝的酥油花、堆绣、壁画都在这里, 被广大信教群众誉为“第二蓝鹿尼”

**DAY 3 青藏铁路- 拉萨 (早午晚餐)**

- 列车到达拉萨。接火车之后我们前往酒店休息, 慢慢适应高原环境。晚餐后, 前往布达拉宫广场观看布宫夜景。

**\*\* 夜宿于拉萨**

\*青藏铁路火车- 东起青海西宁, 南至西藏拉萨, 全长1956千米, 是中国新世纪四大工程之一。

**DAY 4 拉萨 (早午晚餐)**

- 早餐之后, 前往布达拉宫, 后参观大昭寺。接着游览八角寺。(包含穿着统特色藏装拍照)。

**\*\* 夜宿于拉萨**

\*布达拉宫 - 坐落在拉萨河谷中心海拔3700米的红色山峰之上, 七世纪起就成为达赖喇嘛的冬宫

\*大昭寺 - 达赖喇嘛的夏宫, 也是西藏艺术的杰作

**DAY 5 拉萨 - 日喀则 (早午晚餐)**

- 享用早餐后, 会翻过岗巴拉山(海报4490m), 前往西藏圣湖羊卓雍错。有机会与牦牛和凶猛的藏獒合影(经驯化过的)。

➢ 之后可以在观景台远望西藏四大神山之一乃钦康桑雪山。

➢ 迎接着去往西藏三大大陆型冰川之一卡若拉冰川和途径斯米拉水库, 抵达日喀则后返回酒店。

**\*\* 夜宿于日喀则**

**DAY 6 日喀则 - 拉萨 (早午晚餐)**

- 享用早餐后前往扎什伦布寺依坐相大弥勒和历世班禅灵塔殿而闻名。后沿途雅鲁藏布江相伴返回拉萨。

**\*\* 夜宿于拉萨**

**DAY 7 拉萨 - 巴松措 - 林芝 (早午晚餐)**

- 清晨早餐后前往游览工布江达县内-巴松措(错高湖)和错宗寺。

\*巴松措(错高湖)-湖面海拔3700多米, 有瑞士湖光山色之美。是红教-藏传佛教宁玛派的著名神湖和圣地, 因很多传说而闻名。

**\*\* 夜宿于林芝**

**DAY 8 林芝 (早午晚餐)**

- 早餐后, 游览嘎朗桃花沟。之后翻越色季拉山, 远眺喜马拉雅东端最美的南迦巴瓦峰

➢ 游览鲁朗林海(藏语意为“龙王谷”、也是“叫人不想家”的地方, 是我国面积最大、保持最完好的第三大林区)。

**\* 夜宿于林芝**

\*嘎朗桃花沟-桃花盛开在每年的3-4月, 此时寒意未尽, 娇嫩的桃花在皑皑雪山下却显得格外的柔媚。宛若世外桃源, 又似人间仙境。

**DAY 9 林芝 - 中转城市 - 槟城 (早/机上用餐)**

- 早餐后市内游览后, 送往机场返回美丽的家园。

**\*\* 美丽的家**



价钱 / 出发日期 / 航空公司

**\*\*不含领队小费**

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