

Amazing 中国 CHINA 中国

✈️ 01 Way Domestic Flight | 内陆单飞 9D7N

西藏~成都/青藏铁路/ 拉萨/羊卓雍措湖 TIBET~CHENGDU/TIBET RAILWAY/ LHASA/YAMDROKTSO

Tour Code: CAH-5



China
中国

赠送 FREE

- ☑️ 每天矿泉水2瓶，氧气钢瓶随车，精美转经筒每人一个。
- ☑️ 贴心安排拉萨酒店提升为豪华氧气房
- ☑️ 2 bottles of mineral water per day, oxygen cylinders to accompany the car, and a beautiful prayer wheel for each person.
- ☑️ Special arrange Lhasa hotel upgrade to luxury oxygen room



NO SHOPPING STOP
全程无购物站



Nachin Kangsan Snow Mountain (Outlook)
远眺乃钦康桑雪山



Yamdrokto
羊卓雍措



Hoh Xil Reserve
可可西里保护区



Potala Palace
布达拉宫

行程次序，以当地旅社安排为准。
Sequences of Itinerary are subject to local arrangement.



Jokhang Temple
大昭寺



Tsona Lake
措那湖



Tanggula Mountain
唐古拉山



精简行程

第一天 吉隆坡 ✈️ 成都 (机上用餐)

- ☑ 抵达后入住酒店

第二天 成都 🚗 青藏铁路 (早/午/晚)

- ☑ 锦里古街
- ☑ 宽窄巷子

第三天 青藏铁路 (早/午/晚)

- *格尔木
- *沱沱河
- *可可西里保护区 (藏羚羊栖息地)
- *唐古拉山
- *措那湖
- *羊八井

备注: 根据火车班次将会途径不同的站点及景点, 以上景点只供参考。

第四天 青藏铁路 🚗 拉萨 (早/午/晚)

- ☑ 火车抵拉萨后接酒店休息

*温馨提示: 西藏地处高原, 抵达当日不要做任何剧烈运动, 不要沐浴, 多喝水, 勿暴食多休息。

第五天 拉萨 (早/午/晚)

- ☑ 布达拉宫 (含门票)
- ☑ 大昭寺 (含门票)
- ☑ 八角街
- ☑ 八廓街安排藏装摄影 (赠送十张电子底片)

第六天 拉萨 🚗 (220公里) 羊卓雍错 🚗 (220公里) 拉萨 (早/午/晚)

- ☑ 羊卓雍错 (含门票)
- ☑ 与牦牛合影 (费用已含)
- ☑ 与高大威猛的藏獒拍照 (经驯化过的)
- ☑ 远眺乃钦康桑雪山

第七天 拉萨 ✈️ 成都 (早/午/晚)

- ☑ 扎基寺
- ☑ 西藏博物馆 (周一闭馆)
- ☑ 前往拉萨贡嘎机场搭乘航班飞往成都

第八天 成都 ✈️ 吉隆坡 (早/午/晚)

- ☑ 太古里
- ☑ 春熙路

第九天 抵达吉隆坡 (机上用餐)

观光景点:

青藏铁路

- ◆ **青藏铁路** - 青藏铁路是当今世界海拔最高、最长的高原铁路。线路经过地区海拔4000米以上的地段有960公里, 铁路翻越唐古拉山最高处达5072米, 经过连续冻土路段550千米。青藏铁路全长1956千米, 沿途经过可可西里、唐古拉山、措那湖等众多景点, 旅游资源独特而丰富。

*青藏列车供氧: 根据青藏铁路沿途的气候、环境和雪域高原风光进行整体设计, 重点解决了适应高原环境和恶劣气候的运营条件。列车采用弥漫式供氧与分布吸氧相结合的方式, 列车车厢的供氧方式和飞机机舱几乎一样, 当行进到高海拔地区, 列车开始弥漫式供氧, 旅客如果进入高海拔氧吧, 保证了旅客的氧气补充和吸氧的需求。

拉萨 (海拔3650米)

- ◆ **布达拉宫** - 世界上最高的宫殿, 也是达赖喇嘛的冬宫, 历代达赖喇嘛驻锡地。
- ◆ **大昭寺** - 是藏王松赞干布为尼泊尔王妃建的寺庙。
- ◆ **八角街** - 围绕在大昭寺周围的一圈老城街道, 藏族人活动的中心。
- ◆ **八廓街安排藏装摄影 (赠送十张电子底片)** - 龙惬意地坐在室外甜茶馆或八廓街那一条长椅上, 身着传统藏装, 拍一套作为纪念。

羊卓雍错 (海拔4450米)

- ◆ **翻过冈巴拉山 (海拔4990米)** - 来到西藏圣湖一羊卓雍错, 湖面波光粼粼, 风景如画, 与牦牛合影, 享受惬意的时光。在观景台上还能远眺乃钦康桑雪山, 乃钦康桑雪山是西藏四大神山之一, 常年终日白云缭绕飘撒粒雪。之后来到卡若拉冰川位于西藏山南地区浪卡子县和江孜县交界处, 是西藏三大大陆型冰川之一, 为年楚河东部源头是西藏三大大陆型冰川之一之后途径斯米拉水库, 抵达日喀则。(360KM、9HRS)

注意事项:

- 高原反应** - 此行程内景点多数属于高海拔地区, 为防高山反应, 老年人和身体弱者需备好药品, 最好配备小型氧气瓶; 游客在高原旅行期间禁止饮酒, 不要剧烈运动, 多食蔬菜和水果; 心脏病患者和患有哮喘的人不建议参与此行程。
- 高原气候** - 高原气候变化多样, 昼夜温差大; 气候多变请带足保暖防寒衣物, 也随时可能下雨, 倾斜带好雨伞或雨衣, 高原山区紫外线、日照、阳光反射都很强, 旅客长时间在户外活动, 需要带上太阳镜, 防晒霜, 润唇膏, 穿好防晒衣保护皮肤, 手套, 围巾, 防滑性好的旅游或徒步鞋。
- 各段景区内内部有标注温馨提示以及注意事项, 请游客认真阅读, 避免意外发生。

特色安排:

- ☑ 八廓街安排藏装摄影
- ☑ 牦牛合影
- ☑ 藏獒合影 (经驯化过的)



✓ 7早餐 / 7午餐 / 7晚餐

风味餐:

- ★ 成都小吃
- ★ 石锅鸡风味
- ★ 四川火锅
- ★ 中式合菜
- ★ 尼泊尔风味
- ★ 野山菌火锅风味



酒店住宿 (7晚)

- ✓ 成都天府大酒店或同级 x1晚
- ✓ 青藏列车 (软卧4人1室) x2晚
- ✓ 拉萨扎什颇章酒店豪华氧气房或同级 x3晚
- ✓ 成都航宸国际酒店或同级 x1晚

自费项目: 大型实景剧一文成公主 表演时间2小时: 【人民币380/人】

免责声明: 由于新冠肺炎疫情旅行限制当地/宗教节日, 公众假期, 天气状况, 交通等情况, 自然灾害, 必要时黄金旅程保留对行程进行适当调整 (调整景点游览顺序) 以确保行程顺利进行, 会或否事先通知。

备注: 如果旅游行程受到上述问题的影响, 将不予退款或更换。图片仅供参考。



Yangbajing
羊八井



Barkhor street
八角街



Chunxi Road
春熙路

SCHEDULE

D1 DEPART ✈️ CHENGDU

(MOB)

- ☑ Check in hotel

D2 CHENGDU 🚌 TIBET RAILWAY

(B/L/D)

- ☑ Jinli Ancient Town
- ☑ Kuanzhai Alley

D3 TIBET RAILWAY

(B/L/D)

- *Golmud
- *Tuotuo River
- *Hoh Xil Reserve (Tibetan antelope habitat)
- *Tanggula Mountain
- *Cuona Lake
- *Yangbajing

Remarks: Depending on the train schedule, different stations and attractions will be passed by. The above attractions are for reference only

D4 TIBET RAILWAY 🚌 LHASA

(B/L/D)

- ☑ After the train arrives in Lhasa, transfer to the hotel for a rest
- *Reminder: Tibet is located on a plateau. Do not do any strenuous exercise on the day of arrival, do not bathe, drink plenty of water, do not overeat and rest more.

D5 LHASA

(B/L/D)

- ☑ Potala Palace (Ticket included)
- ☑ Jokhang Temple (Ticket included)
- ☑ Barkhor street
- ☑ Arrange photography in Tibetan clothes on Barkhor Street

D6 LHASA 🚌 (220km) YAMDROK 🚌 (220km) LHASA

(B/L/D)

- ☑ Yamdrok Yumco
- ☑ Take pictures with Yaks
- ☑ Take pictures with Tibetan Mastiff (Domesticated)
- ☑ Nachin Kangsan Snow Mountain (Outlook)

D7 LHASA ✈️ CHENGDU

(B/L/D)

- ☑ Zaki Temple
- ☑ Tibet Museum (closed on Mondays)
- ☑ Transfer to Lhasa Gonggar Airport to take flight to Chengdu

D8 CHENGDU ✈️ KUALA LUMPUR

(B/L/D)

- ☑ Taikoo Li
- ☑ Chunxi Road

D9 ARRIVE KUALA LUMPUR

(MOB)

TOURIST ATTRACTIONS:

TIBET RAILWAY

- ◆ **Tibet Railway (or Qingzhang Railway)** - Extending 1,956 kilometers on the Qinghai-Tibet Plateau, the Qinghai-Tibet Railway connects, Xining, capital of Qinghai Province, and Lhasa, capital of Tibet. Reputed as "the sky road", the railway itself is a great wonder without doubt. Of course, the breathtaking scenery gives additional attraction to this charming rail-track. Journey of Qinghai Tibet Railway is extraordinary, exiting experience, especially the train climb up to Qinghai Tibet Plateau from Xinning. Do not miss any moment of extraordinary nature which you will watch through the window of the train. This magic railway goes through the distant lofty mountains, green rivers, blue lakes green oasis and prairie... changeable sky makes rain, snow, sun and incredible weather. Along the journey, it's will pass through Hoh Xil Sanjiangyuan Nature Reserve, Tanggula Mountain, Cuona Lake and many other scenic spots have unique and rich tourism resources.

*Oxygen supply : In order to ensure that the trains run on the high plateau safely, and that passengers travel on-board comfortably, all the trains to Tibet are well-designed taking into account the conditions faced - high elevation, low temperature, lack of oxygen, harsh climate, etc. The biggest feature of Tibet Train is the Oxygen supply system, travelling above 4000m, the Oxygen supply is the key element to ensure passengers' comfort and safety.

LHASA (Elevation at 3650M)

- ◆ **Potala Palace** - the highest palace in the world, also the winter palace of the Dalai Lama, the residence of the Dalai Lama in the past.
- ◆ **Jokhang Temple** - It is a temple built by King Songtsen Gampo for the princess of Nepal.
- ◆ **Bajiao Street** - a circle of old city streets around the Jokhang Temple, the center of Tibetan activities.
- ◆ **Arrange photography in Tibetan clothes on Barkhor Street** - Sit comfortably on the outdoor sweet teahouse or on the benches in Barkhor Street, dressed in traditional Tibetan clothes, and take a set as a souvenir.

YAMDROK YUMCO (Elevation at 4450M)

- ◆ **Cross Gangbala Mountain and come to Yamdrok Yumco** - the holy lake in Tibet. The lake is sparkling and picturesque, and you can take photos with yaks and enjoy a pleasant time. Then take pictures with the tall and mighty Tibetan Mastiff (domesticated). (360km, 9hrs)

Remarks:

- Altitude Sickness** - Please note most of the scenic spots in this itinerary are at high altitude area. Old age or with weak body traveller or frailty are strongly advisable to prepare common medicine while travelling to this area. Visitors are highly recommended to prepare Portable oxygen cylinder, not consume alcohol during the tour and avoid high intensity exercise. Lastly, Patients with heart disease and asthma are to asthmatic patient should be cautioned against traveling to high altitude.
- Highland Climate** - The temperature in highland zones with an alpine climate of monsoon types with a longer winter, shorter summer and great day-night temperature difference. Traveller are advisable to prepare umbrella, raincoat, sun block, sunglasses, hats, lip balm, thick sweaters, thick coats, waterproof clothes, scarves, gloves and antiskid hiking shoes and etc.
- Please take note on travel safety tips and precautions at each of the scenic spot to avoid incidents happen.

Featured arrangements:

- ☑ Arrange Tibetan photography in Barkhor Street
- ☑ Arrange photography with a yak
- ☑ Arrange photography with Tibetan Mastiff (domesticated)



✓ 7 Breakfast / 7 Lunch / 7 Dinner

Special Cuisine:

- ★ Chengdu Snacks
- ★ Stone Pot Chicken Flavour
- ★ Sichuan hot pot
- ★ Chinese Dishes
- ★ Nepalese Flavour
- ★ Wild Mushroom Hot Pot Flavour



HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Chengdu Tianfu Hotel or similar class x1 Night
- ✓ Overnight Train (soft sleeper - 4 pax in 1 cabin) x2 Nights
- ✓ Lhasa Taehf Phodrag Tibet Culture Theme Hotel or similar x3 Nights
- ✓ Chengdu Xiedu Hangchen International Hotel or similar x1 Night

Optional Tour : Princess WenCheng [RMB 380/PAX]

Disclaimer: Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.

Remark: There will be no refund or replacement if the tour logistic affected by the above issue. All pictures are for illustration purpose only.

General Information

· 成都 CHENGDU ·



货币 Currency 	Chinese Yuan - CNY Renminbi - RMB 中国元 - CNY 人民币 - RMB	信用卡 Credit Card 	* 致电信用卡中心, 以延长你的信用卡额度 * Major credit cards such as Visa and Master card are mostly widely used				
货币兑换率 Exchange Rate 	10 CNY = MYR 6.50 10 元 = 马币 6.50 <small>*Subject to currency of the day* *以当天汇率为准*</small>	拨号代码 Dial Code 	China : +86 中国 : +86				
电压 Voltage 	Voltage - almost always 220 V 电压 - 220伏特	插座 Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type B - 两脚扁型 + 一圆型插头 / 2 flat blade pin + 1 round pin 类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"				
时差 Time Different 	China - No time different with Malaysia 中国 - 时间与马来西亚时间标准时无相差	行李托运 Luggage Allowance 	Each individual are entitled to check in 1 luggage of not more than 20 kg and a hand carry bag not more than 7 kg. 每人只限携带一件不超过7公斤的手提行李上机, 以及托运行李不超过20公斤。				
气候 Weather 	<table border="0"> <tr> <td><input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 25°C ~ 3°C</td> <td><input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 26°C ~ 15°C</td> <td><input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 24°C ~ 3°C</td> <td><input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb 7°C ~ -3°C</td> </tr> </table> <small>*Subject to weather of the day* *以当天天气报告为准*</small>			<input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 25°C ~ 3°C	<input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 26°C ~ 15°C	<input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 24°C ~ 3°C	<input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb 7°C ~ -3°C
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飞机型号 Aircraft Type 	A330 B737 B787						

Departure Date: 出发日期:	<input type="text"/>	Flight : 航班行程:	<input type="text"/>
Tour Fare: 团费:	<input type="text"/>	Airport Tax & Fuel Surcharge: 机场税及燃油附加费:	<input type="text"/>
Tipping: 小费:	<input type="text"/>	Agent Collection Fee: 旅行社代收费:	<input type="text"/>
Visa: 签证:	<input type="text"/>	Travel Insurance: 旅行保险:	<input type="text"/>
		TOTAL : 总数:	<input type="text"/>

GD Partner: