

Amazing 中国 CHINA 中国

✈️ 02 Way Domestic Flight | 内陆双飞 9D7N

西藏~成都/林芝/拉萨/ 羊卓雍措湖/日喀则

TIBET~CHENGDU/NYINGCHI/ LHASA/YAMDROKTSO/SHIGATSE

Tour Code: CAH-3



China
中国

赠送 FREE

- ☑️ 每天矿泉水2瓶, 哈达接飞机, 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, Hada to pick up the plane, 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



Yarlung Zangbo River
雅鲁藏布江



Yamdrokto
羊卓雍措



Gang Ba La Snow Mountain
岗巴拉雪山



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.



Basum Tso
巴松错



Barkhor Street
八角街



Kharola Glacier
卡若拉冰川

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 ✈️ (220公里) 林芝 (早/午/晚)

- ☑ 色季拉山 (远眺)
- ☑ 南迦巴瓦峰 (远眺)
- ☑ 鲁朗林海 (含门票)
- *桃花节 (每年3月10号~4月20号)

第三天 林芝 🚗 (500公里) 拉萨 (早/午/晚)

- ☑ 巴松错 (含门票)

第四天 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)

第五天 拉萨 🚗 (360公里) 日喀则 (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
- ☑ 卡若拉冰川 (含门票)
- ☑ 斯米拉水库

第六天 日喀则 🚗 (280公里) 拉萨 (早/午/晚)

- ☑ 扎什伦布寺 (含门票)
- ☑ 雅鲁藏布江

第七天 拉萨 ✈️ 成都 (早/午/晚)

- ☑ 罗布林卡

第八天 成都 ✈️ 吉隆坡 (早/午/晚)

- ☑ 锦里古街
- ☑ 宽窄巷子
- ☑ 春熙路

第九天 抵达吉隆坡 (机上用餐)

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

观光景点:

林芝 (海拔3000米)

- ◆ **林芝** - 号称西藏的江南, 之后翻越色季拉山, 远眺喜马拉雅东端最美的南迦巴瓦峰, 它是西藏最古老的佛教“雍仲本教”的圣地, 有“西藏众山之父”之称。
- ◆ **鲁朗林海** - 位于林芝八一镇以东75公里的川藏线, 鲁朗藏语意为“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。之后返回林芝市。(220KM, 4HRS)

*桃花节期间 (3月10-4月20) 增加景点: 游览桃花沟 (04月20后桃花凋谢), 林芝桃花沟在林芝县东南方向, 在嘎拉村和达则沟之间。林芝桃花沟之所以出名, 就因为它有一片天然的野生桃林, 这样的景象在藏区是很难看到的。桃花盛开在每年的3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。

林芝-拉萨 (海拔3650米)

- ◆ **巴松错** - 又名“错高湖”, 意为“绿水”, 湖面海拔3700多米, 具有瑞士湖光山色之美, 湖长约12公里, 最深处长约60米, 总面积6000多亩。之后我们将沿着米拉山返回拉萨。(500公里, 9小时)

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条长椅上, 身着传统藏装, 拍一套作为纪念。

拉萨-日喀则 (海拔3800米)

- ◆ **翻过岗巴拉山 (海拔4990米)** - 来到西藏圣湖-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)

日喀则-拉萨 (海拔3650米)

- ◆ **扎什伦布寺** - 寺院位于日喀则的色日山下, 是该地区最大的寺院, 可与拉萨布达拉宫媲美。沿途一路雅鲁藏布江相伴而行, 返回拉萨市。(280km, 5hrs)

拉萨-成都

- ◆ **罗布林卡** - 始建于十八世纪40年代(达赖七世), 是历代达赖喇嘛消夏理政的地方, 是一座典型的藏式风格园林。

成都

- ◆ **锦里古街** - 传说中锦里曾是西蜀历史上最古老、最具有商业气息的街道之一, 早在秦汉、三国时期便闻名全国。
- ◆ **宽窄巷子** - 位于四川省成都市青羊区长顺街附近, 由宽巷子、窄巷子、井巷子平行排列组成, 全为青黛砖瓦的仿古四合院落, 这里也是成都遗留下来的较成规模的清朝古街道, 与大慈寺、文殊院一起并称为成都三大历史文化名城保护街区。
- ◆ **春熙路** - 是中国大陆最知名的商业街之一, 由春熙东路、春熙西路、春熙南路、春熙北路四条步行街组成。

注意事项:

1. **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; 心脏病患者和有哮喘的人不建议参与此行程。
2. **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。
3. 各段景区内都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。



酒店住宿 (7晚)

- ✓ 成都赛仑吉地酒店或同级 x1晚
- ✓ 林芝岷山饭店或同级 x1晚
- ✓ 拉萨扎什顿珠酒店豪华氧房或同级 x3晚
- ✓ 日喀则舍里别院行政氧房或同级 x1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。



Sejila Mountain
色季拉山



Peach Blossom Festival
(10 March-20 April)
桃花节 (每年3月10号~4月20号)



Lulang Forest
鲁朗林海



SCHEDULE

D1 ARRIVE CHENGDU (MOB)

- ☑ Check in hotel

D2 CHENGDU (220km) NYINGCHI (B/L/D)

- ☑ Sejila Mountain (Outlook)
- ☑ Namjagbarwa Peak (Outlook)
- ☑ Lulang Forest (Ticket included)
- *Peach Blossom Festival (10 March-20 April)

D3 NYINGCHI (500km) LHASA (B/L/D)

- ☑ Basum Tso (Ticket included)

D4 LHASA (B/L/D)

- ☑ Potala Palace (Ticket included)
- ☑ Jokhang Monastery (Ticket included)
- ☑ Barkhor street
- ☑ Take photos wearing Tibetan suit in Barkhor street

D5 LHASA (360km) SHIGATSE (B/L/D)

- ☑ Yamdroktsa (Ticket included)
- ☑ Take a photo with yak
- ☑ Take pictures with Tibetan mastiff
- ☑ Nachin Kangsan Snow Mountain (Outlook)
- ☑ Karuala Glacier (Ticket included)
- ☑ Simila Reservoir

D6 SHIGATSE (280km) LHASA (B/L/D)

- ☑ Tashilhunpo (Ticket included)
- ☑ Yarlung Zangbo River (Outlook)

D7 LHASA (B/L/D) CHENGDU

- ☑ Norbulingka (Ticket included)

D8 CHENGDU (B/L/D) KUALA LUMPUR

- ☑ Jinli Ancient Town
- ☑ Kuanzhai Street
- ☑ Chunxi Road

D9 ARRIVE KUALA LUMPUR (MOB)

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

TOURIST ATTRACTIONS:

NYINGCHI (Elevation at 3000M)

- ◆ **Nyingchi** - is known as the southern part of Tibet. Here, the peach blossoms in spring and the greenery in summer against the backdrop of the blue sky and snow-capped mountains have a somewhat Swiss-like artistic conception.
- ◆ **Lulang Linhai** - Lulang is located on the Sichuan-Tibet Line 75 kilometers east of Bayi Town, Nyingchi. Lulang Tibetan means "Dragon King Valley" and is also a place where people don't want to go home. (220km, 4hrs)
*Additional attractions during Peach Blossom Festival (10 March-20 April) : visit Peach Blossom Ditch. Peach Blossom Ditch is southeast of Nyingchi County, between Gala Village and Daze ditch. Nyingchi Peach Blossom ditch is famous, because it has a natural wild peach forest.

NYINGCHI-LHASA (Elevation at 3650M)

- ◆ **Basongcuo** - also called "Cuogao Lake", which means "green water", the lake is more than 3,700 meters above sea level, with the beauty of Swiss lakes and mountains, the lake is about 12 kilometers long, the deepest point is more than 60 meters. (500km, 9hrs)

LHASA (Elevation at 3650M)

- ◆ **Potala Palace** - the highest palace in the world, and also the winter palace of the Dalai Lama, the residence of the Dalai Lama in the past.

LHASA-SHIGATSE (Elevation at 3800M)

- ◆ **Cross Gangbala Mountain (4990 meters above sea level)** - 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).

SHIGATSE-LHASA (Elevation at 3650M)

- ◆ **Tashilhunpo Monastery** - Located at the foot of Niseri Mountain in Shigatse, the monastery is the largest monastery in the area, comparable to the Potala Palace in Lhasa. The most magnificent buildings in the temple are the Great Maitreya Hall and the Panchen Lama Pagoda Hall. The Great Maitreya Hall is located on the west side of the temple, with a height of 30 meters. Along the way, we will go along the Yarlung Zangbo River and return to Lhasa. (280km, 5hrs)

LHASA-CHENGDU

- ◆ **Norbulingka** - It was built in the 1840s (Dalai VII). It is a place where successive Dalai Lamas spent their summers and governed. It is a typical Tibetan-style garden. The buildings are dominated by Gesang Phodrang, Golden Phodrang, and Darden Mingjiu Phodrang. It is the largest, best scenic and most historic site among the man-made gardens in Tibet. Norbulingka means "baby garden".

CHENGDU

- ◆ **Jinli Ancient Street** - According to legend, Jinli was once one of the oldest and most commercial streets in the history of Western Shu.
- ◆ **Kuanzhai Alley** - Located near Changshun Street, Qingyang District, Chengdu City, Sichuan Province, it is composed of Kuan Alley, Narrow Alley, and Well Alley arranged in parallel, all of which are antique quadrangle courtyards with Qingdai bricks and tiles.
- ◆ **Chunxi Road** - is one of the most famous commercial streets in mainland China, consisting of four pedestrian streets: Chunxi East Road, Chunxi West Road, Chunxi South Road, and Chunxi North Road.

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.



HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Chengdu Serengeti Hotel or similar x1 Night
- ✓ Nyingchi Minshan Grand Hotel or similar x1 Night
- ✓ Lhasa Taehf Phodrag Tibet Culture Theme Hotel or similar x3 Nights
- ✓ Shigatse Schery Hotel or similar x1 Night
- ✓ 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 30°C ~ 19°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 30°C ~ 19°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: