

8天7晚 西藏·林芝·拉萨· 日喀则



8D7N Tibet / Nyingchi / Lhasa / Shigatse

羊卓雍措圣湖

布达拉宫

大昭寺

全程
无购物

NO
SHOPPING

Tour Code 8CLXA
(Updated: 21 MAY 2026)



神州国际旅游(马)有限公司
ROYSTAR TRAVEL & TOURS SDN BHD (203165-T)

☎ 03-21430288 📞 016-5500590/529

📍 No.16A & 16B, Lorong Brunei 3, off Jalan Pudu, 55100 Kuala Lumpur, Malaysia.



康泰旅行社(马)有限公司 (97581-U)

HONG THAI TOURS & TRAVEL (M) SDN BHD

☎ 03-2148 8448 📞 016-5500578

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第1天 吉隆坡 → 转机 → 拉萨

机上用餐

拉萨德鹏酒店或同级当地4★

从吉隆坡乘搭航班转机前往“日光之城”拉萨。抵达后入住酒店休息，特别安排首晚高原医生巡房健康检查，让旅客安心适应高原环境，轻松展开西藏精彩旅程。

第2天 拉萨

早 / 午 / 晚

拉萨德鹏酒店或同级当地4★

游览世界文化遗产【布达拉宫】感受宏伟壮观的藏式宫殿建筑；参观藏传佛教圣地【大昭寺】(含耳麦讲解)，深入了解西藏宗教文化；漫步充满藏式风情的【八廓街】体验当地人文与市集氛围。

第3天 拉萨 ⇄ 林芝

早 / 午 / 晚

林芝丽怡酒店或同级当地4★

沿着风景秀丽的【拉林高速】前往林芝；游览被誉为“西藏小瑞士”的【巴松措】(含景交车)欣赏雪山、森林与湖泊交织的高原美景。

第4天 林芝 ⇄ 鲁朗

早 / 午 / 晚

鲁朗必居酒店或同级当地4★

翻越【色季拉山】远眺“西藏最美雪山”【南迦巴瓦峰】；游览【鲁朗林海】欣赏高山森林与草甸交织的壮丽景观；前往宁静秀美的【扎塘鲁措】感受湖泊与雪山相映之美；前往【鲁朗牧场】体验高原田园风光。

第5天 鲁朗 ⇄ 拉萨

早 / 午 / 晚

拉萨德鹏酒店或同级当地4★

前往【卡定沟瀑布】欣赏峡谷飞瀑与原始森林交织的自然景观；随后沿拉林高速前往拉萨。

第6天 拉萨 ⇄ 日喀则

早 / 午 / 晚

日喀则穆伦拉宗酒店或同级当地4★

前往西藏“三大圣湖之一”【羊卓雍措圣湖】欣赏湛蓝湖水与雪山交映的绝美高原风光；前往【卡若拉冰川】远观江孜古堡，感受冰川壮景与历史遗迹交融之美；之后前往日喀则入住。

第7天 日喀则 ⇄ 拉萨

早 / 午 / 晚

拉萨德鹏酒店或同级当地4★

参观班禅大师驻锡地【扎什伦布寺】感受庄严恢宏的藏传佛教文化；随后漫步【日喀则老城】体验当地民俗与市井风情；之后返回拉萨欣赏【布达拉宫】夜景。

第8天 拉萨 → 转机 → 吉隆坡

早 / 机上用餐

从拉萨乘搭航班转机返回吉隆坡。结束愉快的旅程。

【风味餐：菌汤锅 + 巴河鱼特色 + 石锅鸡 + 自助烧烤 + 烤羊晚宴】

DAY 1 KL → Transit → Lhasa

MOB

DEBON International Hotel or Similar Local 4★

Depart from **Kuala Lumpur** by flight, transit en route, and travel to **Lhasa**. Upon arrival, transfer to hotel. A **first-night high-altitude doctor check-up** will be arranged to ensure safe acclimatization.

DAY 2 Lhasa

B / L / D

DEBON International Hotel or Similar Local 4★

Visit the UNESCO World Heritage site **Potala Palace** and. Explore **Jokhang Temple (audio guide)** to learn about Tibetan Buddhism and culture. Stroll through the **lively Barkhor Street** to experience local life and traditional market atmosphere.

DAY 3 Lhasa ⇄ Nyingchi

B / L / D

Country Inn & Suites by Radisson Hotel or Similar Local 4★

Visit **Lhasa-Nyingchi Expressway** route to Nyingchi. Visit the “Switzerland of Tibet,” **Basum Tso (Including Shuttle Service)**, and enjoy breathtaking highland scenery of snow-capped mountains, forests, and crystal-clear lakes.

DAY 4 Nyingchi ⇄ Lulang

B / L / D

Lunang Bijiu Hotel or Similar Local 4★

Cross **Sejila Mountain** and enjoy a distant view of the majestic **Namcha Barwa**. Visit **Lulang Forest** to admire the stunning landscape of alpine forests and meadows. Continue to **Zatan Tso**, where lake and snow mountains reflect each other beautifully. Proceed to **Lulang Pasture** to experience idyllic highland pastoral scenery.

DAY 5 Lulang ⇄ Lhasa

B / L / D

DEBON International Hotel or Similar Local 4★

Visit **Kadigou Waterfall** to enjoy its stunning canyon waterfalls surrounded by pristine forest scenery. Then travel along the **Lhasa-Nyingchi Expressway** back to Lhasa.

DAY 6 Lhasa ⇄ Shigatse

B / L / D

Rikaze Mulunlazon Hotel or Similar Local 4★

Visit **Yamdrok Lake**, one of Tibet's three sacred lakes, and admire its stunning turquoise waters. Continue to **Karola Glacier** and the historic **Gyantse Fortress**, where natural glacier scenery blends with rich cultural heritage. Then proceed to Shigatse for hotel check-in.

DAY 7 Shigatse ⇄ Lhasa

B / L / D

DEBON International Hotel or Similar Local 4★

Visit **Tashilhunpo Monastery**, the seat of the Panchen Lama, and experience the grandeur of Tibetan Buddhism. Then stroll through **Shigatse Old Town** to explore local culture and daily life. Afterwards, return to Lhasa to enjoy the night view of **Potala Palace**.

DAY 8 Lhasa → Transit → KL

B / MOB

Depart from Lhasa by flight, transit, and return to **Kuala Lumpur**. End of a pleasant journey.

[Signature Meals: Mushroom Hot Pot + Bahe River Fish Specialty + Stone Pot Chicken + Buffet Barbecue + Roasted Lamb Banquet]

Departure Date 出发日期	Flight Details 航班资料	Tour Fare 团费	Remarks 备注

上述行程仅供参考，然而正确行程乃依据当时实际情况重新调整后为准。
The above itinerary is for reference only, and is subject to any necessary changes in accordance to local requirements.

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