

10天8晚 神秘西藏巅峰之旅

成都/西宁/青藏火车-拉萨/日喀则/定日



布达拉宫



羊卓雍措湖



雅江峡谷



第一天 吉隆坡 → 成都 机上用餐

成都赛仑吉地大酒店或同级当地4★
在吉隆坡国际机场集合，乘搭航班飞往成都。抵达后送往酒店入住。

第六天 定日 ⇄ 日喀则 早/午/晚餐

日喀则旺润酒店或同级当地4★
【萨迦寺】藏传佛教萨迦派“花教”的主寺，藏有大量宋元明清时期的文物，走入寺庙，总能感受到独特的传统内涵；往返日喀则后入住酒店。

第二天 成都 → 西宁 早/午/晚餐

软卧4人铺
从成都天府机场飞往西宁曹家堡机场；下午在【唐道美食街】吃喝玩乐；【东关清真大寺】感受浓厚的宗教气氛；乘坐火车（4人一厢软卧）前往拉萨。

第七天 日喀则 ⇄ 拉萨 早/午/晚餐

拉萨岷山民族酒店或同级当地4★
【札什伦布寺】历代班禅的住地，也是黄教六大寺之一，这里就像一个藏传佛教的大学，让人近距离得感受信仰的力量；走进百年藏寨，探访原始的古朴秘境【藏民居】；【雅江峡谷】山水相宜，在蓝天白云的映衬下显得格外壮美。

第三天 青藏火车 ⇄ 拉萨 -/-/晚餐

拉萨岷山民族饭店或同级当地4★
青藏铁路的终点是拉萨，这条“神奇的天路”将您带入了一个令人叹为观止的美景之旅、欣赏青藏高原特有景色：【昆仑山口】【可可西里大草原】【沱沱河】【长江源】【唐古拉山口】【羌塘草原】

第八天 拉萨 早/午/晚餐

拉萨岷山民族酒店或同级当地4★
【药王山观景台】达拉宫最佳观景台之一，可在此观赏布达拉宫全景；【布达拉宫广场】世界上海拔最高的城市广场，拉萨许多重要的活动都在此举行；【布达拉宫】世界上海拔最高的古代宫堡式建筑群；【大昭寺】西藏现存最辉煌的吐蕃时期建筑；【八角街】拉萨最古老的一条商业街道，环绕着大昭寺。

第四天 拉萨 ⇄ 日喀则 早/午/晚餐

日喀则旺润酒店或同级当地4★
【岗巴拉山口】这里是观赏西藏三大神湖之一【羊卓雍措湖】的最佳位置；游览【浪卡子镇】；【卡若拉冰川】景观这座美丽的冰川；【江孜抗英宗山堡】外观西藏军民英勇抗击入侵英军的历史纪念地。

第九天 拉萨 → 成都 早/-/-

从拉萨贡嘎机场乘坐航班飞往成都双流国际机场，抵达成都天府国际机场后，乘坐往返吉隆坡的飞机。

第五天 日喀则 ⇄ 定日 早/午/晚餐

定日珠峰酒店或同级当地4★
【绒布寺】全世界海拔最高的寺庙，也是珠峰最佳拍摄地；在【珠峰观景台】观赏世界第一高峰-珠穆朗玛峰（海拔高达 8848.43）；【珠峰大本营】从最广阔的视角完整地观赏珠峰的山体，尽情欣赏珠穆朗玛峰的壮丽景色。

第十天 成都 → 吉隆坡 机上用餐

抵达吉隆坡，返回温馨的家。

【风味餐：中式合菜、柴火鸡、野菌汤锅、藏式风味】

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。

Tour Code: 10CTBE (Updated: 01-MAY-2024)



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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.



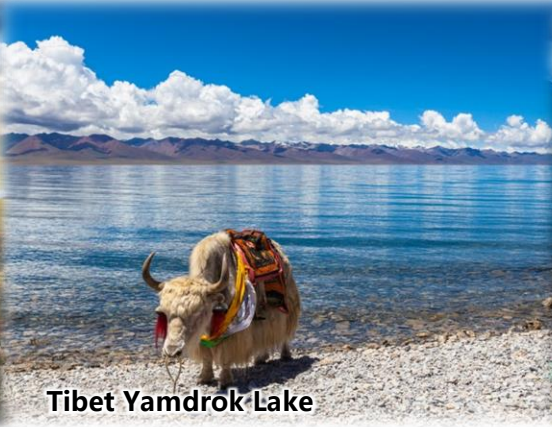
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10D8N MYSTERIOUS TIBET

Chengdu/Xining/Qinghai Railway-Lhasa/Shigatse/Tingri



Potala Palace



Tibet Yamdrok Lake



Yajiang Canyon



DAY 1 Kuala Lumpur → Chengdu MOB

Serengeti Hotel or Similar Local 4★

Assemble at KLIA for your flight to **Chengdu**. Upon arrival, transfer to check-in hotel.

DAY 2 Chengdu → Xining B/L/D

4 people 1 cabin

Chengdu Tianfu Airport to Xining Caojiabao Airport; enjoy a free times at **Tangdao Food Street**. Feel the strong religious atmosphere at **Dongguan Mosque**; Transfer to Lhasa by train (4people with 1 cabin)

DAY 3 Qinghai Railway → Lhasa B/L/D

Lushan Tibet Nationality Hotel or Similar Local 4★

The end point of the Qinghai-Tibet Railway is Lhasa. This "magical sky road" takes you on a breathtaking journey of beautiful scenery and enjoy the unique scenery of the **Qinghai-Tibet Plateau: Kunlun Pass, Kekexili Prairie, Tuotuo River, Source of the Yangtze River, Tanggula Pass, Qiangtang Grassland**.

DAY 4 Lhasa → Shigatse B/L/D

Wangrun Hotel or Similar Local 4★

Gangbala Pass - This is the best place to view one of the three sacred lakes in **Tibet Yamdrok Lake**; visit **Langkazi Town**; **Karola Glacier** to view this beautiful glacier; **Gyantse Kang] Yingzong Mountain Fort Appearance**: A historical memorial site where Tibetan soldiers and civilians bravely resisted the invading British army.

DAY 5 Shigatse → Tingri B/L/D

Zhufeng Hotel or Similar Local 4★

Rongbuk Temple - The highest temple in the world and the best filming location for Mount Everest; visit the world's highest peak - Mount Everest (elevation as high as 8848.43) at the **Everest Observation Deck**; **Everest Base Camp** from the broadest, view the magnificent scenery of Mount Everest.

DAY 6 Tingri → Shigatse B/L/D

Wangrun Hotel or Similar Local 4★

Sakya Temple - The main temple of the "Flower Sect" of the Sakya sect of Tibetan Buddhism houses a large number of cultural relics from the Song, Yuan, Ming and Qing dynasties. When you walk into the temple, you can always feel the unique traditional connotation; check into the hotel after traveling to and from Shigatse.

DAY 7 Shigatse → Lhasa B/L/D

Lushan Tibet Nationality Hotel or Similar Local 4★

Tashilhunpo Temple - The residence of the Panchen Lama in the past, it is also one of the six major monasteries of the Yellow Sect. It is like a university of Tibetan Buddhism, allowing people to feel the power of faith up close; walk into a century-old Tibetan village and explore the primitive and simple secrets - **Tibetan Dwellings**; **Yajiang Canyon** - The mountains and rivers are harmonious, and they look particularly magnificent against the blue sky and white clouds.

DAY 8 Lhasa B/L/D

Lushan Tibet Nationality Hotel or Similar Local 4★

Yaowang Mountain Observation Deck - One of the best observation decks in the Dara Palace, where you can enjoy the panoramic view of **the Potala Palace**; **Potala Palace Square** the highest city square in the world, where many important activities in Lhasa are Held here; **Potala Palace** the highest-altitude ancient palace-style building complex in the world; **Jokhang Temple** the most glorious Tubo-era building in Tibet; **Bajiao Street** the oldest commercial street in Lhasa, surrounding the Jokhang Temple temple.

DAY 9 Lhasa → Chengdu B/-/-

Transfer to Lhasa Airport to Chengdu International Airport. After arriving at Chengdu Tianfu International Airport, take a flight to Kuala Lumpur.

DAY 10 Chengdu → Kuala Lumpur MOB

Arrive home with sweet memories of the Mysterious of Tibet.

[Special meals: Chinese mixed dishes, wood-fired turkey, wild mushroom soup pot, Tibetan style]

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The above itinerary is for reference only, and is subject to any necessary changes in accordance to local requirements.

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