

8 Days
天
7 Nights
晚



运通假期
CETT Holiday

TOUR CODE : CX 8LXA



CATHAY PACIFIC

Mystery & Beautiful Qinghai ~ Tibet Altiplano Travel

Lhasa . Shigatse . Chengdu

神秘、圣洁、美丽 - 青藏高原之旅
拉萨、日喀则、成都

游览最辉煌神秘的胜景：布达拉宫、大昭寺、扎什伦布寺和羊卓雍错湖

第一天 吉隆坡 ~ 成都  (-) 酒店: 成都赛轮吉地酒店/同级
抵达天府之国—成都，接机后入住酒店休息

第二天 成都 ~ 林芝 (早/午/晚餐) 酒店: 林芝岷山大酒店或同级
巨柏园- 林芝散布生长着数百棵千年古柏，塔形的树冠以及挺拔的树干十分惹眼，这即是西藏特有的古树--巨柏。在古柏林中央有一株十几人都不能环抱的巨柏，它高达 50 多米，直径近 6 米，树冠投影面积达一亩有余。


第三天 林芝 ~ 巴松松措-拉萨 (早/午/晚餐) 酒店: 拉萨神湖大酒店或同级
早晨后我们进入【**巴松措景区**】，巴松措景区集雪山、湖泊、森林、瀑布牧场、文物古迹、名胜古刹为一体，景色殊异，四时不同，名类野生珍稀植物汇集，实为人间天堂，有“小瑞士”美誉。沿途继续在车上欣赏邦杰塘草原，途径日多温泉、墨竹工卡乡后翻越海拔 5012 米的米拉山口，抵达拉萨市。

第四天 拉萨 (早/午/晚餐) 酒店: 拉萨神湖大酒店或同级
布达拉宫- 坐落于拉萨西北的玛布日山上，一座规模宏大的宫堡式建筑群，布达拉宫始建于西元七世纪，是藏王松赞干布为远嫁西藏的唐朝文成公主而建。
大昭寺- 位于拉萨市区的东南部，是西藏最古老的仿唐式汉藏结合木结构建筑，也是西藏的佛教中心，每年都有成千上万的教徒从千里之外的家乡三步一叩首地走到大昭寺来参拜释迦牟尼 12 岁时的等身像
八角街- 是条已有 1300 多年历史的旧式街道，有着浓郁藏族生活气息的街区。由手工大漠的石块铺成的街道虽不宽，却是拉萨每天客流量最大的地方。最初它只是一条环绕大昭寺的普通街道，后来成为朝圣者的转经路，如今这里已成为西藏最著名的转经道与旅行商业中心。接着参观**藏药**

第五天 拉萨 ~ 羊卓~ 日喀则 (早/午/晚餐) 酒店: 日喀则扎西曲塔酒店或同级
羊卓雍措- 简称羊湖，藏语意为“碧玉湖”，是西藏三大圣湖之一，像珊瑚枝一般，因此它在藏语中又被称为“上面的珊瑚湖”。位于西藏山南地区的浪卡子县，拉萨西南约 70 公里处，与纳木措、玛旁雍措并称西藏三大圣湖，是喜马拉雅山北麓最大的内陆湖泊，湖光山色之美。
卡若拉冰川- 巨大的冰川从山顶云雾飘渺处，一直延伸到离公路只有几百米的路边，晶莹幽蓝中，捎来几许凉嗖嗖的感觉。虽然由于长年受公路上灰尘的影响，冰川整体呈黑白分层形态，但冰川上半部在阳光的照耀下，犹如一副巨型唐卡挂山壁上，熠熠生辉。

第六天 日喀则~拉萨 (早/午/晚餐) 酒店: 拉萨神湖大酒店或同级
扎什伦布寺- 也称“吉祥须弥寺”，全名为“扎什伦布白吉德钦曲唐结勒南巴杰瓦林”，意为“吉祥须弥聚福殊胜诸方州”，是西藏日喀则地区最大的寺庙，为四世之后历代班禅喇嘛驻锡之地。寺庙位于日喀则市城西的尼色日山坡上，是后藏地区最主要的旅游景点，与拉萨的“三大寺”甘丹寺、色拉寺、哲蚌寺合称格鲁派的“四大寺”。四大寺以及青海的塔尔寺和甘肃的拉卜楞寺并列为格鲁派的“六大寺”。

第七天 拉萨 ~ 成都 (早/午/晚餐) 酒店: 成都赛仑吉地或新都假日酒店或同级
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。以明末清初川西民居作外衣，三国文化与成都民俗作内涵，集旅游购物、休闲娱乐为一体。
春熙路- 春熙路位于成都市锦江区春熙路街道，覆盖北新街以东、总府路以南、红星路以西、东大街以北、南新街、中新街以及临街区域，面积大约 20 公顷。参观**工艺品和土特产**

第八天 成都 ~ 吉隆坡  (早 / - / -) 酒店: 成都赛仑吉地或新都假日酒店或同级
宽窄巷子- 历经近 300 年的变迁留给老成都的岁月痕迹依然依稀可见。现代化赋予了老巷子新的时代精神，但老巷子中所蕴含的老成都生活精神，依然是现今成都人生生不息的休闲精神的源泉。

Tour Fare 团费：

Departure 出发日期：

- > **Tour Fare Included 团费含** : Hotel Accommodation, Meals, Coach Transfer In & Out, Return Air Ticket, Entrance Fees & Local Tourist Guide . 行程上之酒店, 膳食, 交通接送, 国际机票, 观光点门票及导游 .
- > **Tour Fare Excluded 团费不含** : Malaysia Airport Tax, China Airport Tax, China Domestic Airport Tax, YQ Tax, YR Tax, Normal Visa Fees, Local Tour Guide & Driver Tipping . 吉隆坡出境机场税, 中国出境机场税, 中国内陆机场税, 航空保险费, 燃油税, 签证, 导游与司机小费 .

* 最后确认的行程将以旅行团抵达各地后由接待社安排为准 / The Itinerary Are Subject To The Final Discretion Of The Local Land Operator *

UPDATE ON : 05/01/2018

Day 01 Kuala Lumpur ~Chengdu  (-) **Hotel: Sailun jidi Hotel / SML**
 Assemble at Kuala Lumpur International Airport for your flight to the Chengdu. Upon arrival, proceed to hotel.

Day 02 Chengdu ~ Linzhi (B / L / D) **Hotel: linzhi minshan hotel /SML**
Giant Palisades – scattered with hundreds of trees in one thousand, cooper canopy and the trunk of a dial is very remarkable, which is characteristic of the ancient Tibet- cupressus gigantean. In the middle of the gubelin a plant more than a dozen people can encircle cupressus gigantean, it is up to more than 50 meters, nearly six meters in diameter, crown projection area of more than one acre.

Day 03 Linzhi ~ Lhasa (B/L / D) **Hotel: Lhasa shenghu hotel /SML**
 After breakfast , visit the **Basomtso Lake scenic** ,and continue to appreciate in the car bang jie pond grassland, along the way, hot springs , maizhokunggar township mila pass over mountain 5012 meters above sea level,after arriving in Lhasa

Day 04 Lhasa (B / L / D) **Hotel: Lhasa shenghu hotel /SML**
The Potala Palace – located in the northwest of Lhasa, a grand palace fort type buildings, the potala palace was built in the seventh century Bc , king is Tibetan sontzen gampo built for far away the tang dynasty princess wencheng in Tibet.

Jokhang Temple – located in the southeast of Lhasa, is Tibet’s oldest tang-style sin-tibetan combined with wooden structure, it is a center of Tibetan Buddhism, every year there are tens of thousands of pilgrims from thousands of miles away home and walk the jokhang temple to visit a three- step proffering flaming sakyamuni life-size like at theage of 12

Bajiao street – 1300years history of the old street, with a strong blocks of Tibetan life breath. By hand the desert stone paved streets, it’s not wide, every passengers’s largest place is Lhasa. Originally, it was just an ordinary street around the jokhang temple, later became the pilgrims turn by the way, now it has become a Tibet travel through the passage is one of the most famous and commercial center.

After that visit the **Tibetan medicine**

Day 05 Lhasa ~Shigatse (B / L / D) **Hotel : Xigaze tashi tower hotel/SML**

Yangzhuoyong Lake – referred to as Yanghu , Tibetan language as jasper lake , is one of the three largest holy lakes in Tibet, like coral branch,so it in Tibetan is also known as above the coral lake. Located in Tibet shannan waves clamp county, about 70kilometers south-west of Lhasa, and wood processing,beside the harmony measures and said the three holy lakes in Tibet, is one of the largest inland lake effect in the Himalayas, the beauty of lakes and mountains.

Karola glacier : huge cloud ethereal place from the top of the mountain glaciers, extending to only a few hundred meters away from the highway side of the road, glittering and translucent, blue to how much the feeling of cold loos. Although due to the long under the influence of road dust the glacier black and white layer forms on the whole, but the ice in the sun on the upper, like a giantthangka hung on the mountain.

Day 06 Shigatse ~ Lhasa (B / L / D) **Hotel : Lhasa shenghu hotel / SML**


Tashilhunpo monastery – also known as auspicious sumeru temple, the full name is tied Mr Aaron cloth Bai Ji politician qu tang junction, ba jie , lin meaning auspicious sumeru poly owing to the special connections states, is the largest temple in xigaze district in Tibet, for iv after successive Panchen lama in place. Temple is located in the west of xigaze , color hillside, is the main tourist attractions, tsang region and Lhasa “huiji” gandan, sera and zhaibung hierarchies of the gelug sect called the four big temple. Four labrang temple and the kumbum monastery in Qinghai and gansu and listed as the gelug sect of six big temple.

Day 07 Lhasa ~ Chengdu (B / L / D) **Hotel: Sailun jidi Hotel / SML**

Jinli Ancient Street – was the oldest in the history of west shu , one of the most has the commercial street , as early as the qin and han dynasties, and the three kingdoms period is famous throughout the country. Between Ming dynasty and early qing in western Sichuan folk houses as a jacket, three kingdoms culture and folk customs in Chengdu as connotation, integrating tourism shopping and leisure entertainment

Chunxi road – road is located in jinjiang district of Chengdu, covering northern new street east, ZongFu road, hongxing road, north of east street, west of south of the southern new street new street and street area, covers an area of about 20 hectares. Bustling spring city road.

After that visit the **Crafts shop** and **Native shop**

Day 08 Chengdu ~ Kuala Lumpur  (B / - / -)

Width alley : after nearly 300 years of vicissitudes years trace to old chengdu is still visible. Modern gives the old alley new zeitgeist, but life spirit contained in the old alley of old Chengdu , is still the source of Chengdu today gave the restless spirit of leisure life.

**Optional Tour
自费项目**

RMB 280/person 人民币 280/人 : “Happiness on the Road” Tibetan Singing and Dance Performance 《幸福在路上》藏族歌舞表演,

Or 或

RMB380/ Person 人民币 380 人 : 文成公主秀 Princess wencheng show

**** Remark 备注 : Content of optional tour subject to change 最终解释权以当地地陪所讲加点内容为主**

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