

8 Days 天

7 Nights 晚



运通假期

CETT Holiday




TOUR CODE : CX 8LXA




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 ~ 巴松措-拉萨 (早/午/晚餐) **酒店: 拉萨神湖大酒店或同级**
【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那杰塘草原，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在山壁上，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 : 18/01/2019

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

Day 02 Chengdu ~ Linzhi  (B / L / D) **Hotel: linzhi minshan hotel / SML**
Giant Palisades – scattered with hundreds of thousand years trees, pagoda-like and hugh trunk is very remarkable, a giant tree with the height of 50 meters, six meters in diameter, even a dozen people can encircle the great tree trunk..

Day 03 Linzhi ~ Lhasa (B/L / D) **Hotel: Lhasa shenghu hotel / SML**
Basomtso Lake scenic area, with snow mountain, Lakes, Forest, Cattle farm and cultural and historical temples, was also known as “Little Switzerland”. Continue to the height of 5012 meters Mila Road way. Arrive 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. It was Tibetan King Sontzen Gampo built to commemorate the Wedding of The Tang Princess to Tibet.
Jokhang Temple – located in the southeast of Lhasa, is Tibet’s oldest tang-style building combined with wooden structure, it is a center of Tibetan Buddhism, Every year they are tens of thousand pilgrims from far away towns and villages to pay tribute to The Jokhang Temple, to view the 12 years old statue of Sakyamuni.

Bajiao Street – 1300 years old street, with a strong Tibetan way of life along the street. This is the business market place in Lhasa. It was an ordinary street around the Jokhang Temple, but later it turned out to be the most famous commercial center in the city. . 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.. Located in Shannan Lungkazi county, is almost 70 km south-west of Lhasa. Together with Namukzhuo Lake and Mapan YongZhou Lake are Three Holy Lakes in Tibet. With beautiful lake scenery, YangzhuoYong Lake is northern Himalaya largest inland lake.

Karola glacier : The huge glacier from top of the mountain, stretching till a few hundred meters away from the highway, it make the atmosphere feel cooling. Due to the dust that darken the glacier, the glacier thus has black and white layers. Under the sunlight, it tuen out like a giant painting hanging 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 Tashihunpo Bai Ji De Qin Ze Dang Jele nan ba zewalin, meaning “kindness gathering the winners from all states”, is the largest temple in Shigatse area,,also the IV generation of Panchen Lama Residence. The temple is located at the hilltop of Nishere in the western side of Shigatse, one of the most popular tourist attraction in the region. Together with Gundan Temple, Sera Temple, Zhaibung Temple are the Four Gelup sect Temples. The above four plus Kumbum Monastery and Labrang Temple are listed as Gelup Six Big Temples.

Day 07 Lhasa ~ Chengdu  (B / L / D) **Hotel: Sailun jidi Hotel / SML**
Jinli Ancient Street – The history mentioned Jinli Ancient Street was the old commercial street in West Shu Dynasty. As early as Qin and Han Dynasties and Three Kingdom period, it already well known in China. During end of Ming and early Ching Dynasty, here were famous for its jackets; with Three Kingdom culture and Chengdu traditional culture, comprise of touring, shopping and entertainment center.

Chunxi road – is located in Jinjiang district of Chengdu, covering from east to south, west to north, with an area of about 20 hecrters. Thereater, visit handicrafts and local speciality shops.

Day 08 Chengdu ~ Kuala Lumpur  (B / - / -) **Width alley** : after nearly 300 years of changes, the old city of Chengdu is still vividly visible. Modernise has given the old alley new look and spiri , but the new spirit of old Chengdu is still affecting the people in the city everlastingly.

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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