

THE SIGNATURE TOURS

9D
8N

THE ULTIMATE TIBET: GLACIERS AND WONDERLAND EXPLORATION

CHENGDU / NYINGCHI / BOME / RAKWA TSO / LHASA

绝域西藏: 冰川与仙境探索

成都 / 林芝 / 波密 / 然乌 / 拉萨



NO SHOPPING STOP, NO OPTIONAL, NO SELLING IN COACH



Minor groups of up to 15 people
精选小团, 最多15人

ASIA

Lhegu Glaciers
来古冰川

thesignaturetours.com

Tour Code: 9SCTFU-2



By The Signature Tours 由卓越旅程团队 Travel Designer Team 给您的游玩宝典



Dear Valued Guest,

Tibet, a sacred and mysterious land, captivates travelers seeking its pure beauty and vastness. Here, towering snow-capped mountains, peaceful lakes, and the power of faith surround you, offering a pure and unique experience.

A journey to Tibet is a spiritual adventure. It may not always be smooth — traffic, road repairs, or sudden snowfalls can disrupt plans. But these challenges make the journey even more special. Embrace them with an open heart, as nature and its unpredictability are part of the experience.

Bring your longing for Tibet and an open heart. Let go of worries, and trust that the journey will bring you beautiful memories. Tibet will reward you with its unique experiences.

亲爱的旅客，

西藏，这片神秘而神圣的土地，似乎总有一种独特的魔力，吸引着无数的旅行者跨越山河、跋涉千里，只为亲眼目睹她的纯净与广阔。在这里，你会发现雪山巍峨，湖泊宁静，冰川壮丽，而信仰的力量则更是无处不在。这片净土承载了无数人心中的向往，仿佛天地之大唯有这里才有着一一种纯粹的美。

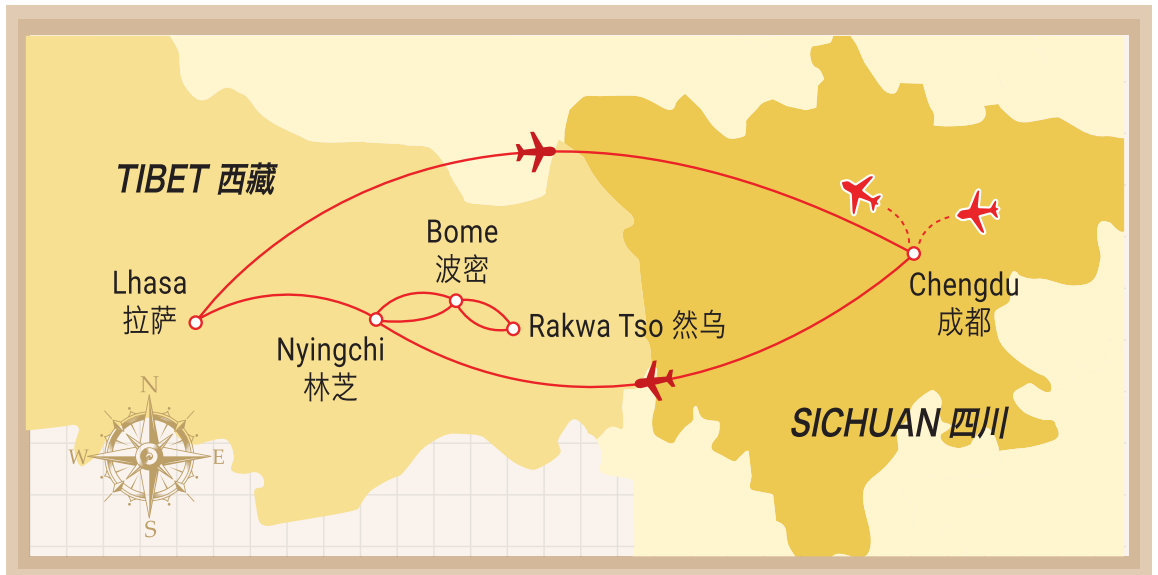
一场西藏之旅，是一段心灵的修行。这趟旅程或许并不总是顺利的：也许你会遇到塞车，也许会碰上修路，甚至会在山口前因为突如其来的降雪而被迫滞留。但正是这些不确定性，让西藏的旅程变得与众不同。在西藏，每一个人都是在与自然共舞。面对那些小小的旅途挑战，请以包容和顺应的心态去接纳，这便是进入西藏的第一课。

带上你对西藏的憧憬，带上那颗开放的心。遇到问题？交给我们去解决；而你只需放下焦虑，把心交给这个地方。好的心情会吸引好的事情，无论何地何时都一样。只要我们抱着一颗纯净的心，西藏就会以她独特的方式，回馈给我们最美的经历。

所以，走吧，去迎接属于你在西藏的奇遇！每一程都值得期待，因为每一步都是对自然、对生命的礼赞。



Map 地图



9D8N

THE ULTIMATE TIBET: GLACIERS AND WONDERLAND EXPLORATION

CHENGDU / NYINGCHI / BOME / RAKWA TSO / LHASA

Nyingchi peach Blossom Valley (Seasonal sightseeing from 25 Mar - 15 Apr)
See mountains of peach blossoms and snow-covered mountain ranges.
林芝桃花沟 (季节限定 3月25日 - 4月15日)
观赏漫山遍野的桃花和雪山山脉。

DAY 01 KUL ✈️ CHENGDU

(MOB)

- Arrive Chengdu and check in 5 star hotel to have a good rest.

DAY 02 CHENGDU – 2 HOURS DOMESTIC FLIGHT – NYINGCHI – 5 HOURS – BOME

(HB/LL/LD)



- **Guxiang Lake (Elevation at 2600m):** One of the top ten most beautiful lakes in Tibet, the lake, set against a blue sky, white clouds, forests, and distant snow-capped mountains, depicts this idyllic paradise vividly.
- Visit to **Buddha Palm Dunes**, it's famous for being shaped like a Buddha's palm with both hands folded, and it looks good any way you shoot it!

Seasonal Arrangement:

※Attraction will be visited during flower season, otherwise there will be no visitation of this attraction.

- Viewing Peach Blossom in **Nyingchi Peach Blossom Valley** and **Bome Peach Blossom Valley (25 Mar - 15 Apr)**.

※Flower blooming dates are subject to seasonal changes.

DAY 03 BOME – 3 HOURS – RAKWA TSO – 3 HOURS – BOME

(HB/LL/LD)



- **Rakwa Tso:** On a clear day, the lake appears exceptionally bright, with the sky and snow-capped mountains reflecting like a perfect world turned upside down.



- **Lhegu Glaciers (Elevation at 4000m):** During winter, the glacier takes on a blue hue when illuminated by sunlight, attracting numerous tourists for sightseeing.

* **Due to safety concerns and seasonal ice melt, our groups do not visit the Blue Ice Cave.**

DAY 04 BOME – 3 HOURS – LULANG – 1.5 HOURS – NYINGCHI

Seasonal Arrangement:

※Attraction will be visited during flower season, otherwise there will be no visitation of this attraction.

- **Gala Peach Blossom Village (Elevation at 2800m)**, the "First Peach Blossom Village" on the banks of the Niyang River.

※Flowering period: 25th March - 15th April

- In-depth travel in **Lulang town**, highlighting Tibetan culture and natural ecology, modern and fashionable.

- **Lulang Flower Sea Ranch (3500 metres above sea level)** - known as the "Little Switzerland", with alpine primitive fir forest edge meadow.

- **Special Experience:** Includes a horseback riding tour around the ranch, feeling the fun of the plateau ranch.

DAY 05 NYINGCHI – 6 HOURS – LHASA

(HB/LL/LD)



- **Draksum Tso (Elevation at 3700m):** The green of the lake water reveals different layers, shades, and a unique beauty.

Meal Codes:

*MOB=Meals on Board/HB=Hotel Breakfast/LL=Local Lunch/LD=Local Dinner

DAY 06 LHASA

(HB/LL/LD)



- **Potala Palace:** A grand palace-style architectural complex located the northwest of Lhasa, Tibet. The entire palace exhibits a distinctive Tibetan style, built into the mountainside and exuding a majestic presence.



- **Signature Experiences:** Enjoy afternoon tea with a spectacular view of the **Potala Palace**.



- **Jokhang Monastery (Elevation at 3650m):** The Jokhang Temple is a UNESCO World Heritage Site, and it is a temple that was built by the Tibetan King Songtsen Gampo for his Nepalese queen.



- **Signature Experiences:** Travel Photography in **Bajiao shopping street** with wearing Tibetan Costume.

DAY 07 LHASA – 2 HOURS DOMESTIC FLIGHT – CHENGDU

(HB/LL/LD)

- Visiting one of the three great holy lake in Tibet- **Yamdrokto Lake (Elevation at 4900m)** and **Zha Ji Si Temple (temple of God of Fortune)**.

DAY 08 CHENGDU

(HB/LL/LD)



- **Research Base of Giant Panda Breeding (Include electric vehicle):** Simulating the wild living environment of giant pandas, In addition to pandas, you can also see black-necked cranes, peacocks, herons and other small animals.



- Take a walk and savor the local cuisine in **Kuan Alley, Zhai Alley** and **WangPing Street**.

DAY 09 CHENGDU ✈️ ARRIVE KUL

(HB/MOB)

Enjoy breakfast in 5 star hotel and depart to airport.

Disclaimer:

Sequences of itinerary are subject to local arrangement. Itineraries, meals, hotels and transportation are subject to change without prior notice. The time on the itinerary is for reference only

Draksum Tso
巴松措

9天 8晚

绝域西藏： 冰川与仙境探索

成都 / 林芝 / 波密 / 然乌 / 拉萨

第01天 吉隆坡 ✈️ 成都

(机上用餐)

- 抵达成都并前往5星级酒店入住休息。

第02天 成都 - 2小时内陆航班 - 林芝 - 5小时 - 波密

(酒店早餐/道地午餐/道地晚餐)

- 🏠 • **古乡湖(海拔2600米)**: 西藏最美十大湖泊之一, 湖在蓝天、白云、森林和远处的雪山映衬下, 把这个世外桃源演绎得酣畅淋漓。

- 探索**佛掌沙丘**的神奇景观, 因形如双手合十的佛掌而得名, 怎么拍都好看!

季节限定:

※花期以外不参观此景点

- 将漫山遍野的桃花和雪山的人间仙境收尽眼底。在**林芝桃花沟**和**波密桃花沟**(3月25日-4月15日)。

※由于气候每年都有变化, 以上花期的准确性无法完全保证。

第03天 波密 - 3小时 - 然乌 - 3小时 - 波密

(酒店早餐/道地午餐/道地晚餐)

- 🏠 • **然乌湖**: 天气晴朗的时候, 湖水特别明亮, 天空和雪山就像直接反转下来, 形成了一个完整的世界。

- 🏠 • **来古冰川(海拔4000米)**: 冬天的来古冰川在阳光下显出蓝色, 吸引了众多游客前来观赏。

* 因安全考量及季节性可能会融冰, 我们团体不去蓝冰洞。

第04天 波密 - 3小时 - 鲁朗 - 1.5小时 - 林芝

(酒店早餐/道地午餐/道地晚餐)

季节限定:

※花期以外不参观此景点

- 尼洋河畔的“桃花第一村”- **嘎拉桃花村(海拔2800米)**

※花期: 3月25日 - 4月15日期间

- 🏠 • **鲁朗林海国际旅游小镇**: 凸显藏族文化、自然生态、圣洁宁静、现代时尚的“鲁朗林海国际旅游小镇”。

- **鲁朗花海牧场** - 被称为“小瑞士”, 位于西藏林芝色季拉山口东侧的德木北沟, 海拔3500米左右, 属于高山原始冷杉林林缘草甸。

- 📷 • **特色体验**: 包含骑马游玩牧场一圈, 感受高原牧场乐趣。

第05天 林芝 - 6小时 - 拉萨

(酒店早餐/道地午餐/道地晚餐)

- 🏠 • **巴松措(海拔3700米)**: 巴松措的湖水却是令人心醉的翡翠般的绿色, 而且随着远近不同, 湖水的绿色现出不同的层次、不同的浓淡、不同的美感。

第06天 拉萨

(酒店早餐/道地午餐/道地晚餐)

- 🏠 • **布达拉宫(含门票)**: 世界文化遗产, 坐落在中国西藏自治区首府拉萨市区, 是一座规模宏大的宫堡式建筑群。整座宫殿具有鲜明的藏族风格, 依山而建, 气势雄伟。

- 📷 • **特色体验**: 一边享受看着布达拉宫的壮观, 一边享受下午茶。

- 🏠 • **大昭寺(海拔3650米)**: 世界文化遗产是藏王松赞干布为尼泊尔王妃建的寺庙。

- 📷 • **特色体验**: 穿着藏装穿梭在**八廓街**, 深度体验藏族文化。再由摄影师帮旅客拍摄绝美照片留念。

第07天 拉萨 - 2小时内陆航班 - 成都

(酒店早餐/道地午餐/道地晚餐)

- 参观西藏三大圣湖之一 - **羊卓雍措湖(海拔4900米)**和当地非常著名的**扎基寺(财神庙)**。

第08天 成都

(酒店早餐/道地午餐/道地晚餐)

- 🏠 • **大熊猫繁育基地(含电瓶车)**: 模拟大熊猫野外生活环境, 除了大熊猫, 还可以看到黑颈鹤、孔雀、鹭鸶等小动物。

- 📷 • 悠闲游览**宽窄巷子**望平街。

第09天 成都 ✈️ 吉隆坡

(酒店早餐/机上用餐)

- 在五星级酒店享有丰盛的早晨并出发机场。

免责声明:

行程次序以当地旅行社安排为准。行程, 膳食, 住宿, 交通等可能会因不可抗拒因素而更动, 恕不另行通知。行程上的时间仅供参考。

Must See Attractions



经典地标 深入探索

Carefree 悠游

Enjoy relaxation, truly appreciate the world
享受放松 感慨世界美好

Capture 收获

The color & essence of each journey
旅途中的色彩和精髓

Cozy 温馨

Vibes to create joyful moment together
共创愉悦片刻



然乌湖

Rakwa Tso

The water of Rakwa Tso and the snow-capped mountains reflect each other with a picturesque view.

然乌湖水与雪山相互映衬，景色如画。



佛掌沙丘

Buddha Palm Dunes

You can see all the scenery of Tibet at the same time, that is snowy mountains, forests, lakes and deserts in the same frame!

同时能看到西藏所有景色，那就是雪山、森林、湖泊、沙漠的同框！



成都大熊猫繁育基地 Chengdu Panda Breeding Base

With the world's largest population of giant pandas in breeding, you can watch the daily routine of dozens of pandas rolling and playing.

拥有着全球最大的圈养大熊猫人工繁殖种群，可以饱览数十只熊猫滚滚嬉戏游玩的日常。



羊卓雍措湖

Yamdrotso Lake

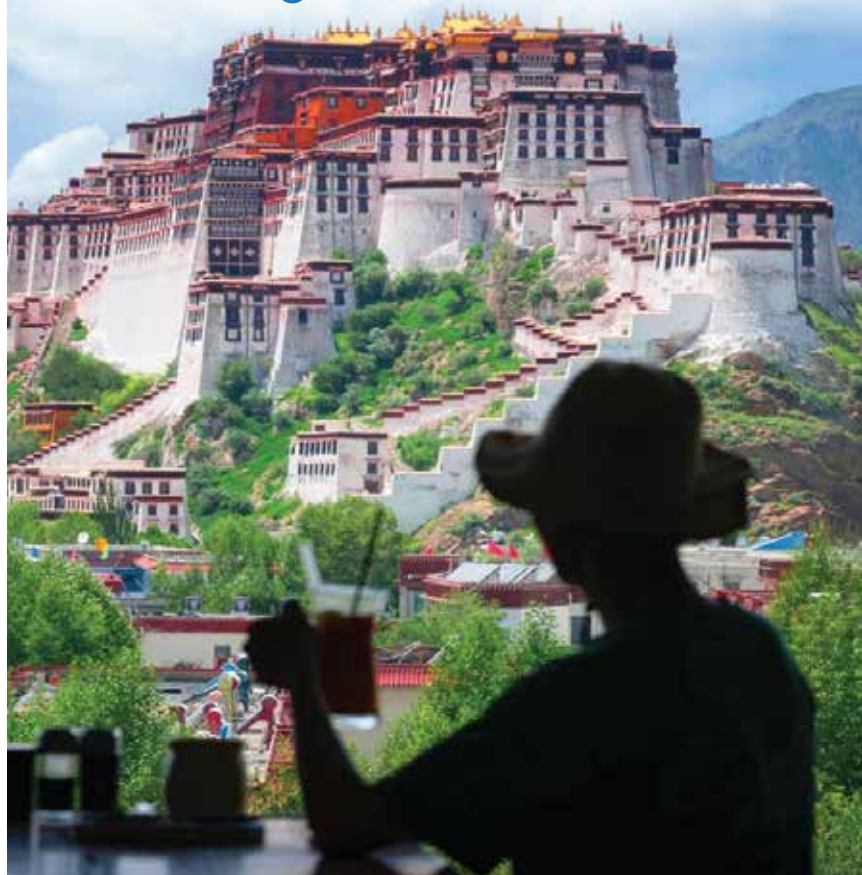
Also known as Yang Lake, the lake is 4441 meters above sea level and covers an area of 678 square kilometers. It is also the largest inland lake in the northern foothills of the Himalayas, the beauty of the lake and mountains, the best in southern Tibet.

也被称为羊湖，湖面海拔4441米，面积678平方公里。它也是喜马拉雅山北麓最大的内陆湖，湖光山色之美，冠绝藏南。



下午茶搭配布达拉宫的美景

Afternoon tea with a stunning Potala Palace view!



抗高原反应 Anti Altitude Sickness

In order to allow guests to have a better condition to visit Tibet with an average altitude of 4,000 meters, our company has some arrangement for our guest!

为了能让客人有更好的状态去游玩平均海拔4000米的西藏，本公司贴心给我们尊贵给的客人作出一些安排！



Unlimited supply
of portable
oxygen bottles 
便携式氧气瓶无限量供用

2 Ways
Domestic Flights 
双程内陆航空

Domestic flight: Chengdu > Nyingchi,
Lhasa > Chengdu

双程内陆航空：成都 > 林芝，拉萨 > 成都

Doctor with the tour
(From days 2-7 in Tibet)

随团医生
(从第2-7天西藏境内)



We can provide more comprehensive medical support and timely response to our honored guests to ensure their health and safety, to enjoy the beauty of Tibet!

可以为尊贵的客人提供更全面的医疗支持及及时的应对，确保他们的健康与安全，全心享受西藏的美！



全程豪华5星酒店 
Luxury 5-star
Hotels Throughout

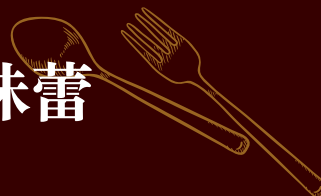
Top luxury 5-star hotels throughout! No hypoxia! Restful sleep, no high-altitude sickness! Air-conditioned oxygen supply to comfortably sleep.

全程顶奢5星酒店！不缺氧！安心睡眠，不高反！
空调式供氧设备（客人舒适睡眠）





Taste Indulge 味蕾



Lao Tan chicken with Pickled Green, Celtuce and Taro. Old Tibet's favorite, ten years old store, fantastic taste!
老坛酸菜竹笋芋儿鸡
老西藏的最爱，十年老店，味道奇绝



Lulang Specialty Hot Pot Chicken
鲁朗特色石锅鸡



Shengxue Tibetan Cuisine. A restaurant rich in Tibetan culture and visited by many celebrities
吉祥圣雪藏餐
藏文化浓厚，很多名人光顾的餐厅

Days 天数	BREAKFAST 早餐	LUNCH 午餐	DINNER 晚餐
1	-	-	机上用餐 Meal on board
2	酒店早餐 Hotel Breakfast	中式合菜 60 Chinese Cuisine	藏地风味 80 Tibetan Dinner
3	酒店早餐 Hotel Breakfast	中式合菜 60 Chinese Cuisine	中式合菜 80 Chinese Cuisine
4	酒店早餐 Hotel Breakfast	中式合菜 60 Chinese Cuisine	鲁朗石锅鸡 168 Lulang Stone Pot Chicken
5	酒店早餐 Hotel Breakfast	巴河鱼风味 60 Bahe Fish	滋补菌风味 100 Nutritious Mushroom
6	酒店早餐 Hotel Breakfast	竹笋芋儿鸡 80 Flavored chicken with Celtuce and Taro	吉祥圣雪藏餐 120 Shengxue Tibetan Cuisine
7	酒店早餐 Hotel Breakfast	中式合菜 60 Chinese Cuisine	川菜风味 80 Sichuan Flavored Cuisine
8	酒店早餐 Hotel Breakfast	熊猫竹笋宴 60 Panda's Bamboo Shoots Feast	麻辣鸳鸯火锅 85 Mala Hot Pot
9	酒店早餐 Hotel Breakfast	机上用餐 Meal on board	-

Experience carefully curated local specialty dishes, savor them firsthand, and immerse yourself in the traditional culture embedded in the ingredients, conveyed through the excitement of your taste buds. Be touched by the chef's skill in preserving the authentic flavors, showcasing a profound love for their homeland.

精心安排的当地特色菜肴，亲自品尝美食，通过味蕾传达的激动，深入探索蕴含在食材中的传统文化。感受到厨师对家乡的深厚情感，呈现出原汁原味的烹饪技艺，让人感动不已。



Remarks/备注:
All pictures in brochure are for illustration purpose only/
行程上的图片仅供参考



Accommodation 旅宿

☆☆☆☆☆

Embark on a complete journey at 5-star hotel, offering a quality & comfortable stay.
 全程安排五星级酒店，让您在整个旅程中享受到有质量且舒适的住宿环境。



STAY 留宿	LOCATION 地点	HOTEL 酒店	RATED 等级	REMARKS 备注
1 Night	Chengdu	Joyhub Cheer Hotel or similar	☆☆☆☆☆	Boasting a convenient location, the hotel is just 400m from Tianfu International Airport.
2 Nights	Bome	Bomi Yinshi Shanju Hotel or similar	☆☆☆☆☆	Each room in the hotel has panoramic floor-to-ceiling glass windows, the magnificent rolling snow-capped mountains, unreservedly in front of you.
1 Night	Nyingchi	LinZhi Joy Crown Resort hotel or similar	☆☆☆☆☆	Conveniently located 10 minutes drive from the center of Linzhi city. The hotel is by the Birri Divine Mountain, with blue sky, white clouds, forests and snow-capped mountains.
2 Nights	Lhasa	The St. Regis Lhasa Resort or similar	☆☆☆☆☆	The highest altitude hotel in the world with a view of the Potala Palace.
2 Nights	Chengdu	Grand Hyatt Chengdu or similar	☆☆☆☆☆	Situated on historical Chunxi Road - famous commercial road with over 100 years history in Chengdu. Neighbouring with stylish Tai Lao Li and traditional landmark - Kuanzhai Alleys.



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Travel Partner:

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 The Signature Tours 卓越旅程

 The Signature Tours