

✈️ 02 Way Domestic Flight | 内陆双飞 8D7N

Amazing 中国
CHINA 中国

西藏 ~ 成都 / 林芝 /
拉萨 / 日喀则 (内陆双飞)

TIBET ~ CHENGDU / NYINGCHI /
LHASA / SHIGATSE (2 WAY DOMESTIC FLIGHT)

Tour Code: CAH-9



China
中国

赠送 FREE

- ☑️ 每天矿泉水2瓶, 哈达接飞机, 氧气钢瓶随车, 精美转经筒每人一个。
- ☑️ 贴心安排拉萨酒店提升为豪华氧气房
- ☑️ 2 bottles of mineral water per day, Hada to pick up the plane, oxygen cylinders in the car, and a beautiful prayer wheel per person.
- ☑️ Intimate arrangements were made to upgrade the Lhasa hotel to a luxury oxygen room



NO SHOPPING STOP
全程无购物站



Yamdroktso
羊卓雍错



Basum Tso
巴松措



Panda Base
熊猫基地



Potala Palace
布达拉宫

行程次序, 以当地旅社安排为准。
Sequences of Itinerary are subject to local arrangement.



Kuan and Zhai Alley
宽窄巷子



Jokhang Monastery
大昭寺



Barkhor Street
八角街



精简行程

第一天 抵达成都 (机上用餐/晚)

- ☑ 锦里古街

第二天 成都 ✈️ 林芝 (早/午/晚)

- *途经色季拉山 (5月中下旬 - 6月杜鹃花盛开)
- ☑ 鲁朗林海观景台 (远眺南迦巴瓦峰)
- ☑ 4月01日 - 4月15日 出发团, 增加嘎啦桃花村 (4月15日后桃花凋谢, 不去嘎啦桃花村)

第三天 林芝 (120公里) 巴松措 (350公里) 拉萨 (早/午/晚)

- ☑ 巴松措 (含环保车)
- ☑ 措宗寺
- *途经拉林高速前往拉萨

第四天 拉萨 (早/午/晚)

- ☑ 布达拉宫 (含门票 & 耳麦)
- ☑ 扎基寺
- ☑ 大昭寺 (含门票 & 耳麦)
- ☑ 八角街 (安排藏服拍照 + 赠送10张电子照片)

第五天 拉萨 (110公里) 羊湖 (90公里) 卡若拉冰川 (170公里) 日喀则 (早/午/晚)

- *途经岗巴拉山
- ☑ 羊卓雍措 (体验和藏餐, 牦牛拍照)
- *远眺乃钦康桑雪山
- ☑ 卡若拉冰川
- *途经斯米拉水库

第六天 日喀则 (280公里) 拉萨 (早/午/晚)

- ☑ 扎什伦布寺
- *沿着雅鲁藏布江流域往返拉萨
- ☑ 布达拉宫广场夜景

第七天 拉萨 ✈️ 成都 (早/午/晚)

- ☑ 熊猫基地 (含电瓶车)

第八天 成都 ✈️ 回程 (早/机上用餐)

- ☑ 宽窄巷子



✓ 7早餐/6午餐/7晚餐

风味餐:

- ★ 川菜风味
- ★ 林芝风味
- ★ 石锅鸡风味
- ★ 巴河鱼风味
- ★ 韩式烤肉
- ★ 野山菌火锅风味
- ★ 钦善斋药膳风味

免责声明: 由于新冠肺炎疫情旅行限制当地/宗教节日, 公众假期, 天气状况, 交通等情况, 自然灾害, 必要时黄金旅程保留对行程进行适当调整 (调整景点游览顺序) 以确保行程顺利进行, 会或否事先通知。

备注: 如果旅游行程受到上述问题的影响, 将不予退款或更换。图片仅供参考。

观光景点:

成都

- ◆ **熊猫基地** - 熊猫基地是世界著名的大熊猫迁地保护基地、科研繁育基地、科普教育基地和文化旅游基地, 占地面积3.07平方公里。作为“大熊猫迁地保护生态示范工程”, 以保护和繁育大熊猫、小熊猫等中国特有濒危野生动物而闻名于世。

林芝 (海拔2900米)

- ◆ **鲁朗林海** - 鲁朗海拔3700米, 是一片典型高原山地草甸狭长地带, 长约15公里, 平均宽约1公里。鲁朗藏语意为“龙王谷”、也是“叫人不想家”的地方, 是我国面积最大、保持最完好的第三大林区。鲁朗离不开大山的怀抱、雪山、森林, 因此构成了鲁朗与众不同自然景观。

巴松措 (海拔3700米)

- ◆ **巴松措** - 也叫「错高湖」, 意为“绿色的水”。巴松措湖是红教—藏传佛教宁玛派的著名神湖和圣地, 岛上有一座寺, 面积200余平方米, 名为【措宗寺】。寺内香火十分鼎盛, 始建于吐蕃赞普时期, 属藏传佛教宁玛派寺庙, 距今已有1500多年的历史。

拉萨 (海拔3700米)

- ◆ **布达拉宫** - 布达拉宫坐落于拉萨市, 是一座集宫殿、城堡和寺院于一体的建筑, 并收藏着极为丰富的历史文物。布达拉宫依山而建, 是世界上最高的宫殿, 最高处海拔为3700多米。

羊卓雍措 (海拔5000米)

- ◆ **羊卓雍措** - 羊卓雍措简称为羊湖, 也是西藏三大圣湖之一。在碧蓝的湖畔, 你可以体验和藏餐及牦牛合影, 留下美好回忆。

卡若拉冰川 (海拔5000米)

- ◆ **卡若拉冰川** - 卡若拉冰川位于西藏山南地区浪卡子县和江孜县交界处, 是西藏三大大陆型冰川之一。卡若拉冰川不仅因其壮丽的自然景观而闻名, 还是多部电影的拍摄地, 包括《红河谷》。

日喀则 (海拔3800米)

- ◆ **扎什伦布寺** - 扎什伦布寺是西藏著名的四大寺院之一, 它也是日喀则地区最大的一座寺院, 属于藏传佛教格鲁派的寺院。扎什伦布寺的建筑风格独特, 融合了藏汉两种建筑艺术, 其规模宏大。

注意事项:

- 高原反应** - 此行程内景点多数属于高海拔地区, 为防高山反应, 老年人和身体弱者需备好药品, 最好配备小型氧气瓶; 游客在高原旅行期间禁止饮酒, 不要剧烈运动, 多食蔬菜和水果; 心脏病患者和有哮喘的人不建议参与此行程。
- 高原气候** - 高原气候变化多样, 昼夜温差大; 气候多变请带足保暖防寒衣物, 也随时可能下雨, 倾斜带好雨伞或雨衣, 高原山区紫外线、日照、阳光反射都很强, 旅客长时间在户外活动, 需要带上太阳镜, 防晒霜, 润唇膏, 穿好防晒衣保护皮肤, 手套, 围巾, 防滑性好的旅游或登山鞋。
- 各段景区内都有标注温馨提示以及注意事项, 请游客认真阅读, 避免意外发生。



酒店住宿 (7晚)

- ✓ 成都雅爵酒店或同级 x1晚
- ✓ 林芝锦江都城酒店或同级 x1晚
- ✓ 拉萨平措康桑自驾圣地富氧国际度假酒店或同级 x2晚
- ✓ 日喀则乔穆朗宗逸扉酒店或同级 x1晚
- ✓ 拉萨圣地天堂洲际大酒店或同级 x1晚
- ✓ 成都泰合国际大酒店或同级 x1晚



Jinli Ancient Street
锦里古街



Karola Glacier
卡若拉冰川



Tashilhunpo Monastery
扎什伦布寺



SCHEDULE

D1 ARRIVE CHENGDU (MOB/D)

- ☑ Jinli Ancient Town

D2 CHENGDU ✈️ NYINGCHI (B/L/D)

- *Passby Seijla Moutain
- ☑ Lulang Linhai Observation Deck (overlooking Namjagbarwa Peak)
- ☑ Gala blossom Village (01-15 APR ONLY)
- * (Will not go after April 15th when the blossoms have withered)

D3 NYINGCHI 🚌 (120km) BASUM TSO 🚌 (350km) LHASA (B/L/D)

- ☑ Basum Tso (Included Shuttle bus)
- ☑ Cuozong Temple

D4 LHASA (B/L/D)

- ☑ Potala Palace (Ticket & ear phone Included)
- ☑ Zhaji Temple
- ☑ Jokhang Monastery (Ticket & ear phone Included)
- ☑ Barkhor Street
- (Take photos in Tibetan clothes & free 10 electronic photos)

D5 LHASA 🚌 (110km) YAMDROKTSO 🚌 (90km) KAROLA GLACIER 🚌 (170km) SHIGATSE (B/L/D)

- *PassBy Gangbala Mountain
- ☑ Yamdroktso (Take photos with Tibetan mastiffs and yaks)
- *Nachin Kangsan Snow Mountain (Outlook)
- ☑ Karola Glacier

D6 SHIGATSE 🚌 (280km) LHASA (B/L/D)

- ☑ Tashilhunpo Monastery
- *Return to Lhasa along the Yarlung Zangbo River
- ☑ Night view of Potala Palace Square

D7 LHASA ✈️ CHENGDU (B/L/D)

- ☑ Panda Base (Include buggy car)

D8 CHENGDU ✈️ ARRIVE (B/MOB)

- ☑ Kuanzhai Alley

TOURIST ATTRACTIONS:

CHENGDU

- ◆ **Panda Base** - The base is a world-famous conservation, research, breeding, and cultural tourism base for giant pandas and other endangered wildlife. It covers an area of 3.07 square kilometers and is known for its efforts in protecting and breeding giant pandas and other unique Chinese wildlife.

NYINGCHI (ALTITUDE 2900M)

- ◆ **Lulang Linhai** - The altitude of Lulang is as high as 3700 meters, is a typical plateau mountainous area, about 15 kilometers long, 1 kilometer wide on average. Lulang means "Dragon King Valley" in Tibetan and where people "don't miss home". It is the third largest and best maintained forest area in China.

BASUM TSO (ALTITUDE 3700M)

- ◆ **Basum Tso** - Which means "green water". Basongcuo Lake is a red sect- The famous sacred lake and holy place of the Nyingma sect of Tibetan Buddhism.

LHASA (ALTITUDE 3700M)

- ◆ **Potala Palace** - Located in the Lhasa city, Potala Palace is a combination of a palace, castle and monastery and renowned for its extensive collection of historical artifacts. Potala Palace is built on a mountain and is the highest palace in the world, with the highest point being over 3,700 meters above sea level.

YAMDROKTSO (ALTITUDE 5000M)

- ◆ **Yamdroktso** - Yamdroktso, simply known as Yang Hu, is famous for its shining and picturesque lake and is one of the three sacred lakes in Tibet. At the lakeside, you can experience taking photos with Tibetan mastiffs and yaks to capture unforgettable memories.

KAROLA GLACIER (ALTITUDE 5000M)

- ◆ **Karola Glacier** - Karola Glacier is located in Shannan region of Tibet, at the junction of Nagarzê County and Gyantse County, and is one of the three major continental-type glaciers in Tibet. Karola Glacier is not only famous for its magnificent natural landscape, but also the filming location of some movies, including "Red River Valley".

SHIGATSE (ALTITUDE 3800M)

- ◆ **Tashilhunpo Monastery** - Tashilhunpo Monastery is one of the four famous monasteries in Tibet, it is also the largest one in Shigatse and belongs to the Gelug of Tibetan Buddhism. Tashilhunpo Monastery has a unique architectural style that blends the Tibetan and Chinese architectural.

Remarks:

- Altitude Sickness** - Please note most of the scenic spots in this itinerary are at high altitude area. Old age or with weak body traveller or frailty are strongly advisable to prepare common medicine while travelling to this area. Visitors are highly recommended to prepare Portable oxygen cylinder, not consume alcohol during the tour and avoid high intensity exercise. Lastly, Patients with heart disease and asthma are to asthmatic patient should be cautioned against traveling to high altitude.
- Highland Climate** - The temperature in highland zones with an alpine climate of monsoon types with a longer winter, shorter summer and great day-night temperature difference. Traveller are advisable to prepare umbrella, raincoat, sun block, sunglasses, hats, lip balm, thick sweaters, thick coats, waterproof clothes, scarves, gloves and antiskid hiking shoes and etc.
- Please take note on travel safety tips and precautions at each of the scenic spot to avoid incidents happen.



✓ 7 Breakfast / 6 Lunch / 7 Dinner

Special Cuisine:

- ★ Cantonese Flavor
- ★ Stone Pot Chicken Flavor
- ★ Qinshanzhai Chinese Flavor
- ★ Wild Mushroom Hot Pot Flavor
- ★ Linzhi Flavor
- ★ Bahe Fish Flavor
- ★ Korean Barbecue



HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Chengdu Yajue Hotel or similar X1 Night
- ✓ Nyingchi Jinjiang Metropolis Hotel or similar X1 Night
- ✓ Tibet Hostel or similar X2 Nights
- ✓ Qo Molang Zong Hotel In Shigatse or similar X1 Night
- ✓ Intercontinental Lhasa Paradise Hotel or similar X1 Night
- ✓ Chengdu Taihe International Hotel or similar X1 Night

Disclaimer: Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.

Remark: There will be no refund or replacement if the tour logistic affected by the above issue. All pictures are for illustration purpose only.

General Information

· 成都 CHENGDU ·



货币 Currency 	Chinese Yuan - CNY Renminbi - RMB 中国元 - CNY 人民币 - RMB	信用卡 Credit Card 	* 致电信用卡中心, 以延长你的信用卡额度 * Major credit cards such as Visa and Master card are mostly widely used
货币兑换率 Exchange Rate 	10 CNY = MYR 6.50 10 元 = 马币 6.50 <small>*Subject to currency of the day* *以当天汇率为准*</small>	拨号代码 Dial Code 	China : +86 中国 : +86
电压 Voltage 	Voltage - almost always 220 V 电压 - 220伏特	插座 Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type B - 两脚扁型 + 一圆型插头 / 2 flat blade pin + 1 round pin 类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"
时差 Time Different 	China - No time different with Malaysia 中国 - 时间与马来西亚时间标准时无相差	行李托运 Luggage Allowance 	Each individual are entitled to check in 1 luggage of not more than 20 kg and a hand carry bag not more than 7 kg. 每人只限携带一件不超过7公斤的手提行李上机, 以及托运行李不超过20公斤。
气候 Weather 	<input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 25°C ~ 3°C <input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 30°C ~ 19°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 24°C ~ 3°C <input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb 7°C ~ -3°C <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
飞机型号 Aircraft Type 	A330 B737 B787		

Departure Date: 出发日期:	<input type="text"/>	Flight : 航班行程:	<input type="text"/>
Tour Fare: 团费:	<input type="text"/>	Airport Tax & Fuel Surcharge: 机场税及燃油附加费:	<input type="text"/>
Tipping: 小费:	<input type="text"/>	Agent Collection Fee: 旅行社代收费:	<input type="text"/>
Visa: 签证:	<input type="text"/>	Travel Insurance: 旅行保险:	<input type="text"/>
		TOTAL : 总数:	<input type="text"/>

GD Partner:

