

Amazing 中国  
CHINA 中国

02 Way Domestic Flight | 内陆双飞 9D8N

西藏 / 林芝 /  
青海 / 青藏铁路

TIBET / NYINGCHI / QINGHAI / QINGHAI + TIBET RAILWAY

Penang ✈ Chengdu Tour Code: PCL-2



China  
中国



贴心服务  
THOUGHTFUL SERVICES

- 氧气钢瓶随车
- 氧气瓶 (每人1瓶)
- 葡萄糖 (每人5瓶)
- 精美转经筒 (每人一个)
- 藏装旅拍 (含服装+头饰+赠送10张电子底片)
- 牦牛和藏琴拍照 (自备手机)
- Oxygen cylinders onboard
- Oxygen cylinder (1 per person)
- Glucose (5 bottles per person)
- Exquisite prayer wheel (1 per person)
- Tibetan costume photoshoot (includes outfit, headwear, and 10 complimentary digital photos)
- Photos with yak and Tibetan mastiff (use your own phone)



Yangzhuoyong Lake  
羊卓雍措



Lalin Railway  
拉林铁路



Barkhor Street  
八角街



Potala Palace  
布达拉宫

行程次序, 以当地旅社安排为准。

\*图片仅供参考

Sequences of Itinerary are subject to local arrangement.

\*Pictures shown are for illustration purposes only



Basong Lake  
巴松措



Lulang Forest Sea  
鲁朗林海



Yumbulagang  
雍布拉康

## 精简行程：

第一天 槟城 ✈️ 中转城市 ✈️ 成都  
(机上用餐/晚)

- ☑️ 宽窄巷子

第二天 成都 ✈️ 林芝  
(早/午/晚)

- ☑️ 色季拉山口观景台 (远眺南迦巴瓦峰)
- ☑️ 鲁朗林海 (观景台)
- ☑️ 鲁朗国际小镇

第三天 林芝 🚗 (400公里) 拉萨  
(早/午/晚)

- ☑️ 车观拉林高速风光
- ☑️ 藏文化民俗村
- ☑️ 巴松措 (含观光车)

第四天 拉萨  
(早/午/晚)

- ☑️ 布达拉宫
- ☑️ 大昭寺
- ☑️ 八廓街
- ☑️ 宗角禄康公园

第五天 拉萨  
(早/午/晚)

- ☑️ 沿途车观雅鲁藏布江风光
- ☑️ 羊卓雍错 (西藏圣湖)

\*赠送：藏装旅拍 (含服装+头饰+赠送10张电子底片)

\*牦牛和藏獒拍照 (自备手机)

第六天 拉萨 🚄 青藏铁路  
(早/-/-)

- ☑️ 搭乘青藏列车赴西宁，沿途欣赏青藏高原风光 (全程22小时)

第七天 青藏铁路 🚄 西宁  
(-/午/晚)

- ☑️ 贵德国家地质公园-阿什贡七彩峰丛湖 (含电瓶车)

第八天 西宁 ✈️ 成都  
(早/午/晚)

- ☑️ 熊猫基地

第九天 成都 ✈️ 中转城市 ✈️ 槟城  
(早/午/机上用餐)

- ☑️ 锦里古街

## 观光景点：

### 拉萨

- ◆ **布达拉宫** - 中国西藏拉萨的宫堡式建筑、世界文化遗产。布达拉宫是历世达赖喇嘛的冬宫，也是过去西藏地方统治者政教合一的统治中心，从五世达赖喇嘛起，重大的宗教、政治仪式均在此举行，同时又是供奉历世达赖喇嘛灵塔的地方。
- ◆ **大昭寺** - 一座藏传佛教寺院，是藏王松赞干布建造，拉萨之所以有“圣地”之誉。大昭寺已有1300多年的历史，在藏传佛教中拥有至高无上的地位。大昭寺融合了藏、唐、尼泊尔、印度的建筑风格，成为藏式宗教建筑的千古典范。

### 林芝

- ◆ **南迦巴瓦峰** - 中国西南部的一座山峰，位于喜马拉雅山脉东端、西藏自治区林芝市米林市墨脱县交界地带，海拔7,782米，也是世界所有高度超过7,600米的山峰中位置最靠近东方的。南迦巴瓦峰曾被《中国国家地理》杂志评为“中国最美十大名山”第一名。
- ◆ **鲁朗林海** - 一处云山雾海里的森林，有“叫人不想家的”的美誉，整个景点如诗如画，周边雪山林立，沟内森林葱笼，简直就是人间天堂。

### 青藏铁路

- ◆ **青藏铁路** - 简称青藏线，是一条连接青海省西宁市至西藏自治区拉萨市的国铁I级铁路，是中国新世纪四大工程之一，是通往西藏腹地的第一条铁路，也是世界上海拔最高、线路最长的高原铁路。

### 成都

- ◆ **宽窄巷子** - 由宽巷子、窄巷子和井巷子三条老式街道及其之间的四合院群落组成，包含约70座传统四合院院落，占地约32公顷。
- ◆ **锦里古街** - 锦里曾是西蜀历史上最古老、最具商业气息的街道之一，早在秦汉、三国时期便闻名全国。锦里毗邻武侯祠，颇有古蜀国民风。现在的锦里已经被开发成一条民俗商业步行街，混合三国文化以及川西文化。



✓ 7早餐/7午餐/7晚餐

风味餐：

- ★ 海鲜自助烧烤
- ★ 野山菌火锅
- ★ 四川火锅
- ★ 石锅鸡风味



酒店住宿 (8晚)

- ✓ 成都天府国际大酒店或同级 x1晚
- ✓ 林芝锦江都城酒店或同级 x1晚
- ✓ 拉萨扎什颇章供养观景酒店或同级 x3晚
- ✓ 青藏火车软卧 (4人1室) \*\*不保证同一间房\*\* x1晚
- ✓ 青海西宁开元大饭店或同级 x1晚
- ✓ 成都新东方千禧大酒店或同级 x1晚

自费项目：文成公主表演+拉萨藏族甜茶+布达拉宫夜景 [人民币380 / 人]

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。



Samye Monastery  
桑耶寺



Kuanzhai Alley  
宽窄巷子



Nyingchi  
林芝

## SCHEDULE

### D1 PENANG ✈️ TRANSIT CITY ✈️ CHENGDU (MOB/D)

- ☑️ Kuanzhai Alley

### D2 CHENGDU ✈️ NYINGCHI (B/L/D)

- ☑️ Sejila Mountain Pass Viewing Platform (Distant View of Mount Namjagbarwa)
- ☑️ Lulang Forest (Viewing Platform)
- ☑️ Lulang International Town

### D3 NYINGCHI 🚗 (400km) LHASA (B/L/D)

- ☑️ Scenic drive along the Lhasa - Nyingchi Expressway
- ☑️ Tibetan Cultural Folk Village
- ☑️ Basum Tso Lake (Includes Sightseeing Vehicle)

### D4 LHASA (B/L/D)

- ☑️ Potala Palace
- ☑️ Jokhang Temple
- ☑️ Barkhor Street
- ☑️ Zongjiao Lukang Park

### D5 LHASA (B/L/D)

- ☑️ Scenic drive along the Yarlung Tsangpo River
- ☑️ Yamdrok Lake (A sacred lake in Tibet)
- \*Tibetan costume photoshoot (Includes Outfit+ Accessories+10 Digital Photos)
- \*Photos with yak and Tibetan mastiff (Use Your Own Phone)

### D6 LHASA 🚆 QINGHAI-TIBET RAILWAY (B/-/)

- ☑️ Board the Qinghai-Tibet train to Xining, enjoy the scenery of the Tibetan Plateau along the way (Total Journey: 22 hours)

### D7 TIBET RAILWAY 🚆 XINING (-/L/D)

- ☑️ Ashigong Multicolored Peaks and Lakes (Includes Buggy)

### D8 XINING ✈️ CHENGDU (B/L/D)

- ☑️ Panda Base

### D9 CHENGDU ✈️ TRANSIT CITY ✈️ PENANG (B/L/MOB)

- ☑️ Jinli Ancient Street

## TOURIST ATTRACTIONS:

### LHASA

- ◆ **Potala Palace** - A palace-fortress in Lhasa, Tibet, China, and a UNESCO World Heritage site. The Potala Palace was the winter residence of the Dalai Lama and served as the political and religious center of Tibet under the rule of the Dalai Lamas. Starting with the Fifth Dalai Lama, major religious and political ceremonies were held here, and it is also the place where the stupas of past Dalai Lamas are enshrined.
- ◆ **Jokhang Temple** - A Tibetan Buddhist temple built by King Songtsen Gampo. It is considered the "holiest" site in Lhasa and has been a significant location in Tibetan Buddhism for over 1,300 years. The temple integrates architectural styles from Tibet, Tang China, Nepal, and India, making it a timeless example of Tibetan religious architecture.

### Nyingchi

- ◆ **Mount Namjagbarwa** - A mountain in southwestern China, located at the eastern end of the Himalayas, on the border between Nyingchi City and Mêdog County in the Tibet Autonomous Region. With an elevation of 7,782 meters, it is the easternmost peak among all mountains over 7,600 meters in the world. Mount Namjagbarwa was rated as the "Most Beautiful Mountain in China" by China National Geography magazine.
- ◆ **Lulang Forest** - A forest located in a misty, cloud-covered mountainous area, known as "a place that makes people not want to return home." The entire area is picturesque, surrounded by snow-capped mountains, dense forests in the valleys, and is considered a paradise on earth.

### Qinghai-Tibet Railway

- ◆ **Qinghai-Tibet Railway** - Commonly referred to as the Qinghai-Tibet Line, this national-level railway connects Xining in Qinghai Province to Lhasa in Tibet. It is one of China's four major engineering projects of the new century and the first railway to reach Tibet's interior. It is also the world's highest and longest plateau railway.

### Chengdu

- ◆ **Kuanzhai Alley** - Comprising three ancient streets: Wide Alley, Narrow Alley, and Jing Alley, along with courtyards in between, the area includes around 70 traditional courtyard houses, covering approximately 32 hectares.
- ◆ **Jinli Ancient Street** - Once one of the oldest and most commercially vibrant streets in Sichuan during the Qin, Han, and Three Kingdoms periods, Jinli was famous throughout China. Located next to the Wuhou Shrine, Jinli retains elements of ancient Shu culture. Today, it has been developed into a cultural and commercial pedestrian street, blending Three Kingdoms culture with the culture of western Sichuan.



✓ 7 Breakfasts / 7 Lunches / 7 Dinners

Special Cuisine:

- ★ Seafood Barbecue Buffet
- ★ Wild Mountain Mushroom Hot Pot
- ★ Sichuan Hot Pot
- ★ Stone Pot Chicken Flavor



HOTEL OR SIMILAR (8 NIGHTS)

- ✓ Chengdu Tianfu International Hotel Complex Rongqing Courtyard or similar x 1 Night
- ✓ Nyingchi Jinjiang Metropolis Hotel or similar x 1 Night
- ✓ Lasha Tashi Pozhang Sightseeing and Oxygen Supply Hotel or similar x 3 Nights
- ✓ Qinghai-Tibet Train Soft Sleeper (4 people per compartment) x 1 Night
- \*\*No guarantee of the same compartment\*\*
- ✓ Qinghai Xining Heyday International Hotel or similar x 1 Night
- ✓ Chengdu Millennium Hotel or similar x 1 Night

Optional Tour: Princess Wencheng Performance + Tibetan Sweet Tea in Lhasa + Potala Palace Night View [RMB380 / PERSON]

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

## · 西藏+成都 TIBET+CHENGDU ·



|                                   |   |                                      |   |
|-----------------------------------|---|--------------------------------------|---|
| <b>货币</b><br>Currency<br>         | 中国元 - CNY<br>人民币 - RMB<br>Chinese Yuan - CNY<br>Renminbi - RMB  | <b>信用卡</b><br>Credit Card<br>        | * 银联卡 (UNION PAY) 在中国大多地方能使用, VISA和MASTER卡较为限制<br>* UnionPay cards are widely accepted in most locations, while VISA and MasterCard are only accepted at a limited number of places |
| <b>货币兑换率</b><br>Exchange Rate<br> | 10 元 = 马币 6<br>10 CNY = MYR 6<br><small>*Subject to currency of the day* *以当天汇率为准*</small>  | <b>拨号代码</b><br>Dial Code<br>         | 中国 : +86<br>China : +86   |
| <b>电压</b><br>Voltage<br>          | 电压 - 220伏特<br>Voltage - 220 V   | <b>插座</b><br>Power Socket<br>        | 类型 / Type A - 两脚扁型插头 / 2 flat blade pin<br>类型 / Type B - 两脚扁型 + 一圆型插头 / 2 flat blade pin + 1 round pin<br>类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"              |
| <b>时差</b><br>Time Different<br>   | 中国 - 时间与马来西亚时间标准时无相差<br>China - No time different with Malaysia   | <b>行李托运</b><br>Luggage Allowance<br> | 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。<br>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.                         |
| <b>气候</b><br>Weather<br>          | <input type="checkbox"/> 春季 Spring 3月 - 5月 Mar to May 20°C ~ 6°C<br><input type="checkbox"/> 夏季 Summer 6月 - 8月 Jun to Aug 35°C ~ 15°C<br><input type="checkbox"/> 秋季 Autumn 9月 - 11月 Sep to Nov 25°C ~ 10°C<br><input type="checkbox"/> 冬季 Winter 12月 - 2月 Dec to Feb -5°C ~ 10°C<br><small>*Subject to weather of the day* *以当天天气报告为准*</small> |                                      |   |
| <b>飞机型号</b><br>Aircraft Type<br>  | A320       Boeing 777   |                                      |   |

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



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