

TOUR CODE: 9TDL

**Ly** 我愛旅遊  
Lovely  
Vacation

# 西藏

9D  
8N

*Thrilling Beauty of Peach Blossom in Tibet*

## 醉美桃花之旅

兰州 | 西宁 | 青藏铁路 | 拉萨 | 林芝 | 巴松措 | 成都

**免费**

藏獒拍摄



全程当地4+5星酒店  
Local 4+5  
Star Hotel



不走购物站  
No Shopping



特殊膳食安排  
Special Meals  
Arrangement



体验青藏铁路  
Train



藏獒基地  
Tibetan Mastiff Base

贵德阿什贡国家地质公园  
Guide National Geopark

巴松措  
Basum-Tso

巴松措  
Basum-Tso

## 第1天 吉隆坡 → 兰州

✈️ 机上用餐

- 兰州接机，2240抵达。入住酒店

## 第2天 兰州 - 西宁

🕒 早 🕒 午 🕒 晚

- ▶ 早起乘坐旅游车至西宁。抵达西宁后，前往黄河发源-**贵德阿什贡国家地质公园**，多种多样的地质遗迹反映了地质历史时期青藏高原的演化过程，也记录了黄河的发育史和贵德自然环境的变迁。贵德阿什贡国家地质公园被誉为“高原小江南”。



贵德阿什贡国家地质公园  
Guide National Geopark

## 第3天 西宁 - 青藏铁路

🕒 早 🕒 午 🕒 晚

- ▶ 早餐后，前往**东关清真寺**参观，现寺占地面积3500平方米，整体布局为中国传统殿宇式建筑风格。该寺几度毁损重修，始终保持中国传统建筑特色，为青海省清真寺中历史悠久、规模较大、建筑技艺精湛的古寺之一。之后前往**力盟商业街**，力盟商业街-力盟商业步行街是国家AAAA旅游景区，是中国第27条“中国著名商业街”，融汇数千年河湟文化内涵，承载城市特色，传袭城市文化底蕴，充分展示城市发展活力。行程结束后**乘坐青藏火车前往拉萨**，欣赏青藏铁路无限美丽风光，途经中国最大的地热发电站【羊八井地热发电站】；过五道梁，抵达昆仑山口(4837m)，远观西王母瑶池神宫、昆仑玉珠峰、西大滩冰川等，从昆仑山至沱沱河段，还可观赏到高原野生动物，如藏羚羊、野驴、黄羊等，观赏【长江第一桥】。翻越【唐古拉山(5231m)】，遥望长江的发源地格拉丹东冰峰。火车上过夜，于第二天抵达拉萨市。（根据火车车次实际时间调整行程）

## 第4天 青藏铁路 - 拉萨

🕒 早 🕒 午 🕒 晚

- ▶ **拉萨**是中国西藏自治区的首府，西藏的政治、经济、文化和宗教中心，也是藏传佛教圣地，拉萨位于西藏高原的中部、喜马拉雅山脉北侧，海拔3650米（要防内源缺氧之症），拉萨全年多晴朗天气，降雨稀少，冬无严寒，夏无酷暑，气候宜人。全年日照时间在3000小时以上，素有“日光城”的美誉。拉萨接火车后送回酒店休息适应高原环境。

## 第5天 拉萨

🕒 早 🕒 午 🕒 晚

- ▶ 参观世界遗产保护---**布达拉宫**，世界上最高的宫殿，也是达赖喇嘛的冬宫，历代达赖喇嘛驻锡地，然后参观西藏最大的手工艺品和地毯厂，了解西藏当地特产和工艺。下午前往著名的**大昭寺**，是藏王松赞干布为尼泊尔王妃建的寺庙，然后游览**八角街**，围绕在大昭寺周围的一圈老城街道，藏族人活动的中心

布达拉宫  
Potala Palace

大昭寺  
Jokhang monastery

八角街  
Barkhor

春熙路  
Chunxi road

大慈寺  
Ancient temples

文殊院  
Wenshu Monastery

## 第6天 拉萨 - 巴松措 - 林芝

🕒 早 🕒 午 🕒 晚

- ▶ 酒店用完早餐之后前往游览位于工布江达县内的--**巴松措**，也叫“错高湖”，意为“绿色的水”，湖面海拔3700多米，有瑞士湖光山色之美，湖长约12公里，最深处60多米，总面积6000多亩，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【错宗寺】，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。殿内还有两块天然鹅卵石，石上凹陷的圆窝，传说是格萨尔王征战此地时战马留下的蹄印。岛上的其他地方，也流传着许多神奇传说，如格萨尔王挥剑在石头上留下的剑痕，树叶上有自然形成的藏文字的“字母树”，松赞干布在石头上留下的足印，莲花生洗脸的神泉...参观结束后前往林芝观看**藏獒基地**，当晚住林芝。（500km林拉高速，9小时）

## 第7天 林芝

🕒 早 🕒 午 🕒 晚

- ▶ 早餐后游览**桃花沟**，林芝桃花沟在林芝县东南方向，在嘎拉村和达则沟之间。林芝桃花沟之所以出名，就因其有一片天然的野生桃林，这样的景象在藏区是很难看到的。桃花盛开在每年的3月，此时寒意未尽，娇嫩的桃花在皑皑雪山下却显得格外的柔媚。宛若世外桃源，又似人间仙境；使你流连忘返，魂牵梦萦，不知是天上还是人间。随后游览--**鲁朗林海**，鲁朗藏语意为“龙王谷”，也是“叫人不忍心”的地方，是我国面积最大、保持最完好的第三大林区。绿水青山的鲁朗离不开大山的怀抱、雪山、森林，构成了鲁朗与众不同的自然景观，它是西藏的另一种风景；远观世界第十五高峰--南迦巴瓦峰的魅力还在于集壮丽与秀美于一身（2005年曾被《中国国家地理杂志》当选为中国最美的山峰之首）！返回林芝。（200km 5小时左右）



桃花沟  
Peach Blossom Ditch

## 第8天 林芝 - 成都

🕒 早 🕒 午 🕒 晚

- ▶ 早餐后，林芝送机飞成都；成都接机后，搭乘大巴前往去参观**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。然后我们继续游览宽窄巷子。**宽窄巷子**位于四川省成都市青羊区长顺街附近，由宽巷子、窄巷子、井巷子平行排列组成，全为青黛砖瓦的仿古四合院落，这里也是成都遗留下来的较成规模的清朝古街道，与大慈寺、文殊院一起并称为成都三大历史文化名城保护街区。

## 第9天 成都 → 吉隆坡

🕒 早 🕒 机上用餐

- ▶ 早餐后参观**文殊院**，文殊院位于成都青羊区，始建于隋大业年间，历史悠久。占地20万余平方米，乃典型川西平原建筑风格，全木质建筑，六重正殿依次正对山门的中轴线上，气势恢弘、巍峨壮观。参观结束后前往成都春熙路自行购物。接着来到**太古里**，太古里位于**春熙路**，尽享优越交通和人流优势，毗邻的千年古刹**大慈寺**更为其增添独特的历史和文化韵味。晚餐结束后乘飞机返回温暖的家。





## Day 1 KUALA LUMPUR → LANZHOU



- Arrive in Lanzhou 22:40, send to the hotel, have a good rest.

## Day 2 LANZHOU - XINING



- After breakfast, take coach to Xining, visit **Gui De National Geopark**. Guide National Geopark is the natural landscape and geological relics as the main feature, with diverse ecological landscape and rich cultural landscape of a comprehensive geological park. Located in Guide County of Qinghai Province, including the Ashe tribute Park, the Yellow River Valley Park, Ma Wu Gorge Park three main park, an area of 554 square kilometers, the area of geology the main site of 113.6 square kilometers. The park Ashe tribute colorful fengcong landforms colorful, beautiful and magnificent.



## Day 3 XINING - TRAIN



- After breakfast, visit **Dongguan Mosque**. Dongguan mosque situated in Dongguan Street, Xining City, Dongguan Mosque is the biggest mosque in Qinghai Province. Then, send to **Limeng commercial street**. The walking commercial street. One of the 27 famous street in China. The organic combination of Qin brick and Han tile and modern fashion, many original landscapes finally. **Take train to Lhasa**, enjoy the beautiful scenery of Qinghai-Tibet Railway, spend 24 hours on the train and arrive in Lhasa City the next day. It passes through the largest geothermal power station in China; Reached at Mount Kunlun Pass of Kunlun, 4,837m, far away from the Shengong of the King, the Yuzhu Peak of Kunlun, the West Datan Glacier, etc. From Kunlun Mountain to Tuotou River, it is also possible to watch plateau wildlife, such as Tibetan antelope, wild donkeys, yellow sheep, etc., to cross the Mount Tanggula Mountain for 5231m, looking at the origin of Gladandong Ice Peak of the Yangtze River.

## Day 4 TRAIN - LHASA



- Arrive in Lhasa, take coach to hotel and have a good rest.



## Day 5 LHASA



- You will begin today's tour with the **Potala Palace**, the highest palace in the world. Afterwards you will proceed to the **Jokhang monastery**, the most holy place in every single believer's eyes. Afterwards you can have a nice walk around the oldest commercial street and the most famous pilgrimages circuit, **Barkhor**.

## Day 6 LHASA - NYINGCHI



- After breakfast, drive from Lhasa to Nyingchi. On the way, enjoy the scenery along the Niyang River. Before lunch break, you will visit Draksum Tso, also known as **Basum-Tso**. The lake and its surrounding views are beautiful and the site is also connected to the semi-mythical ruler of the Kham region and Guru Rinpoche. Walk through the bridge across the lake to visit the **Tsodong Monastery**, most probably the highest attraction of this site. Then take coach to Nyingchi and visit **Tibetan Mastiff Base**. 500km (9 hours)

桃花沟  
Peach Blossom Ditch



## Day 7 NYINGCHI



- After breakfast, visit **Peach Blossom Ditch**. Peach Blossom Ditch is southeast of Nyingchi County, between Gala Village and Daze ditch. Nyingchi Peach Blossom ditch is famous, because it has a natural wild peach forest. Then visit **Lulang Forest**. Passing through the mountain pass of Serjila, Lulang forest stands in front of you. The landscape is particularly beautiful with snow mountains, glaciers, primitive forest, villages and rivers. The species of tree and vegetation are rich here with a large number of birds resting and living within the forest. Then get back to Nyingchi City. 200km 5hours

## Day 8 NYINGCHI - CHENGDU



- After breakfast, take the flight to Chengdu. Upon arrival Chengdu visit **Jinli Oldtown**. Legend in the Jinli 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. Then visit **Kuanzhai street**. In Chengdu is one of the three great historical culture protection.

## Day 9 CHENGDU - KUALA LUMPUR



- After breakfast, visit **Wenshu Monastery**. Wenshu Monastery (Manjushri Monastery), located at No. 66 Wenshu Yuan Street, Chengdu, Sichuan Province, is the best-preserved Buddhist temple in Chengdu. It is the home of the Buddhist Association of Sichuan Province and Chengdu City. Initially built in the Tang Dynasty (618-907), Wenshu Monastery was once called Xinxiang Temple. In 1681, during the reign of Emperor Kangxi of the Qing Dynasty (1644-1911), Cidu, an accomplished Buddhist monk, came to the temple. He built a simple hut between two trees and for several years lived an ascetic life there. Legend has it when Cidu was being cremated; the statue of Wensu (Bodhisattva Manjusri in Sanskrit) appeared in the flames, staying for a long time. So people regarded Cidu as the reincarnation of the Bodhisattva Manjusri. Thereafter, Xinxiang Temple became Wenshu Monastery. Then visit **Taiguli**, is located on **Chunxi road**, enjoying the advantages of superior transportation and people flow. The neighboring monastery of Thousand of **Ancient temples** adds to its unique historical and cultural appeal. After dinner, send to the airport take flight back home.



## 备注

1. 行程表所列出的航班资料，交通，行程，酒店住宿及膳食安排，将可能因应不同的出发日期而有所变动，恕可能不及时通知。若报名后行程表有所变动，本社将另行个别通知。
2. 行程，膳食及住宿的先后次序，将以当地接待社安排为准。
3. 本公司会根据团量来安排旅游巴士的大小，但若巴士行李舱放置空间不足时，就会遇上行李箱得放置在车厢内的可能，所以一人一座位为前提。
4. 基本上全程中文讲解为主。若需要以其他语言讲解，务必在报名时提前通知本社。本社将另作安排，但将以最终确认为准。
5. 因季节的气温转变，多数酒店及餐厅都以中央空调来控制室内温度，空调设定为时段或是无空调提供，如遇此状况敬请谅解。团体房型及等级分配，由当地酒店排房为准，非本社所能掌控。
6. 团队出发前建议购买旅游保险以则安心。
7. 本社对旅客的任何费用损失不承担任何责任，有关保障范围及承保条款，请参阅保单。
8. 若遇上特殊情况或其他不可抗拒之因素如天气不佳导致海陆空交通延误或取消，错过住宿，膳食及景点观光等等，本社保留放弃更改景点的权利，以免耽误下一个景点的观光时间，并无任何代替景点。
9. 若旅客决定离团，所有的费用恕不退还。
10. 行程表上的图片仅供参考。
11. 为确保消费者权益，详情请参阅单据背页之基本条款细节。
12. 旅客所持有的国际护照或任何旅游证件需拥有至少6个月的有效期间。旅客需于有效期内返回本国。
13. 2岁-11岁属于儿童，12岁及以上皆属于成人。

## TERMS & CONDITIONS

1. Flights, transportation, hotels, meals and itinerary stated in the brochure are subject to change without prior notice. Any changes after booking shall be advised accordingly.
2. The sequence of itinerary, meals and hotel arrangements are subject to the final confirmation by the local ground operator.
3. Tour buses are arranged based on group size. Every passenger is entitled to one seat each. Should there be extra seats remaining, it shall be reserved for baggage storage.
4. Tour is conducted in Mandarin, unless otherwise stated.
5. Due to seasonal change in temperature and weather, most hotels and restaurants have a central control system to regulate the indoor temperature for the comfort of tour members and the system cannot be adjusted by the tour members.
6. The room type and category allocated shall depend on the hotel's room availability and arrangement, and is not predetermined by the Company.
7. Purchase of travel insurance is highly advisable. The Company shall not liable for any losses or personal expenses incurred by the tour member during the tour. Kindly refer to the insurance policy for the term of coverage.
8. Due to adverse weather conditions, traffic congestion, and other unforeseen circumstances, the company reserves the rights to rearrange, change or abandon the tour itinerary without prior notice and there shall not be any reimbursement.
9. For passengers who wish to deviate from tour, no refund shall be entertained for any unutilized portion of the tour.
10. The images shown in tour itinerary are only for indicative.
11. For other conditions, please refer to overleaf of your booking form for our standard terms and conditions.
12. An international passport or other recognized travel documents which should be valid for at least 6 months from the date of return to country of origin.
13. 2-11 years old categorize as child; 12 years old and above are categorize as adult.

## FLIGHT DETAILS | 航班时间

\*Subject to change / 航班时间有调整的可能



## HOTEL INFO | 酒店详情



兰州 5★瑞岭国际酒店或同级 x 2晚



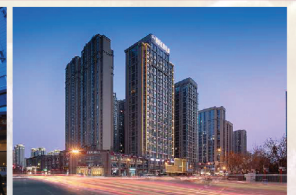
西宁 4★西宁大厦或同级 x 1晚



拉萨 5★扎什颇章酒店或同级 x 2晚



林芝 4★峨山大酒店或同级 x 2晚



成都 5★瑞廷西郊酒店或同级 x 1晚

## TOUR FARE | 团费

| ADULT<br>成人 | CHILD WITH BED<br>小孩加床 | CHILD NO BED<br>小孩无床 | SGLSUPP<br>单人房差 |
|-------------|------------------------|----------------------|-----------------|
|             |                        |                      |                 |

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