

Amazing 中国  
CHINA 中国

9D7N  
兰州/西宁/拉萨/日喀则  
LANZHOU / XINING /  
LHASA / SHIGATSE

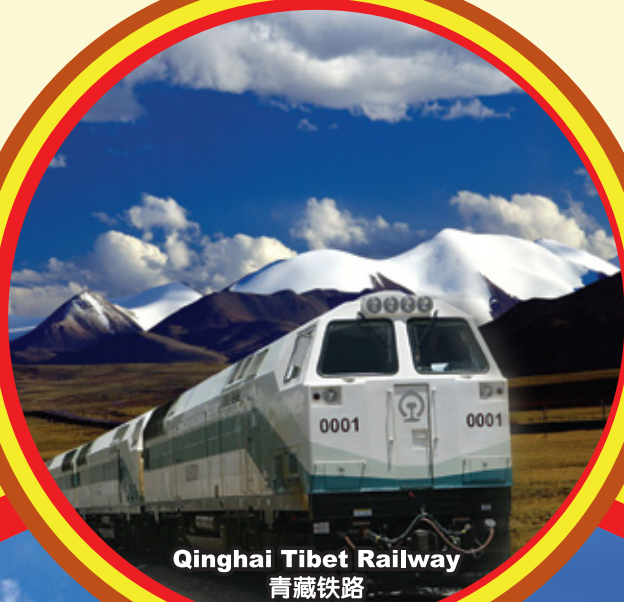
Tour Code: CTA

 **Golden®**  
Destinations



China  
中国

**免费 FREE**



Qinghai Tibet Railway  
青藏铁路



Guide National Geopark  
贵德国家地质公园



Yamdroktso Lake  
羊卓雍措湖



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.





**Yak Museum**  
牦牛博物馆



**Barkhor Street**  
八角街



**Jokhang Monastery**  
大昭寺

## 精简行程:

**第一天** 启程 ✈️ 兰州 (中川) (机上用餐)

- ☑ 入住酒店

**第二天** 兰州 (中川) 🚗 西宁 (约4.5小时车程) (早/午/晚)

- ☑ 驱车前往西宁
- ☑ 乘坐青藏火车前往拉萨
- ☑ 欣赏青藏铁路沿途风光
- ☑ 羊八井地热发电站 (途径)

**第三天** 青藏铁路 🚂 拉萨 (约24小时火车程) (早/午/晚)

- ☑ 高原野生动物 (沿途看)
- ☑ 长江第一桥 (沿途观赏)
- ☑ 抵达拉萨
- ☑ 牦牛博物馆

**第四天** 拉萨 (早/午/晚)

- ☑ 布达拉宫
- ☑ 大昭寺
- ☑ 八角街

**第五天** 拉萨 🚗 日喀则 (约3.5小时车程) (早/午/晚)

- ☑ 羊卓雍措湖
- ☑ 卡若拉冰川
- ☑ 斯米拉水库
- ☑ 江孜古城 (途径)

**第六天** 日喀则 🚗 拉萨 (约4小时车程) (早/午/晚)

- ☑ 扎什伦布寺
- ☑ 返回拉萨

**第七天** 拉萨 ✈️ 西宁 (早/午/晚)

- ☑ 早餐后, 乘机飞西宁
- ☑ 力盟商业街

**第八天** 西宁 🚗 兰州 ✈️ 启程 (早/午/晚)

- ☑ 贵德国家地质公园 (含电瓶车)
- ☑ 前往机场, 飞回家园

**第九天** 抵达吉隆坡 (机上用餐)



**全程无购物站**

## 观光景点:

### 青藏铁路

- ◆ **青藏铁路** - 青藏铁路, 是一条连接青海省西宁市至西藏自治区拉萨市的铁路, 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。青藏铁路分两期建成, 一期工程东起西宁市, 西至格尔木市, 1958 年开工建设, 1984 年 5 月建成通车; 二期工程, 东起格尔木市, 西至拉萨市, 2001 年 6 月 29 日开工, 2006 年 7 月 1 日全线通车。

### 拉萨

- ◆ **牦牛博物馆** - 牦牛是高原之舟, 这里充分展示了藏族人民和牦牛生活的历史。
- ◆ **布达拉宫** - 布达拉宫俗称“第二普陀山”, 屹立在西藏首府拉萨市区西北的红山上, 是一座规模宏大的、完整的宫堡式建筑群, 同时也是世界上海拔最高的大型古代宫殿, 宫殿最高处可达 3767.19 米。布达拉宫由两部分组成, 红色宫殿是中心, 白色宫殿为两翼。
- ◆ **大昭寺** - 于 2000 年被联合国教科文组织列入世界遗产名录, 占地面积 25100 平方米 (约 6 英亩), 是西藏朝圣者的最终朝圣目的地。大昭寺是一座四层高的木材建筑群顶部是金色的, 它采用了唐朝、西藏和尼泊尔的建筑风格。为了供奉 12 岁释迦牟尼佛像, 松赞干布于 647 年建造了这个巨大的建筑群。大昭寺在藏传佛教中拥有至高无上的地位。
- ◆ **八角街** - 位于拉萨市的老城区, 西藏, 八廓街是围绕大昭寺和当地人一个很古老的圆形的街道。作为拉萨的象征, 也是游客必看的地方。八廓街位于西藏拉萨市的老城区, 是围绕大昭寺的一条古老的圆街, 作为拉萨的象征, 它也是游客必去的地方。

### 日喀则

- ◆ **羊卓雍措湖** - 羊卓雍措湖意为“碧玉的湖”、“天鹅之池”。在晴朗的天气里, 这个湖看起来像一只飞翔的天鹅。作为西藏三大圣湖之一, 是喜马拉雅山北麓最大的内陆湖。羊湖汉口较多, 像珊瑚枝一般, 因此它在藏语中又被称为“上面的珊瑚湖”。
- ◆ **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, 距离江孜县城约 71 公里, 是西藏三大大陆型冰川之一, 为年楚河东部源头是西藏三大大陆型冰川之一, 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。
- ◆ **斯米拉水库** - 位于日喀则江孜县年楚河的上游, 因旁边的斯米拉山而得名。
- ◆ **江孜古城** - 古城江孜坐落在年楚河上游, 距日喀则市 90 公里, 是一座历史悠久、名胜集中的历史名城。
- ◆ **扎什伦布寺** - 扎什伦布寺是西藏日喀则地区最大的寺庙, 是中国著名的藏传佛教寺院, 扎什伦布寺为四世之后历代班禅驻锡之地。它与拉萨的“三大寺”甘丹寺、色拉寺、哲蚌寺以及另外两座寺庙合称藏传佛教格鲁派的“六大寺”。

### 西宁

- ◆ **贵德国家地质公园** - 阿什贡七彩峰丛景区作为贵德国家地质公园的核心景区, 位于贵德县杂让乡阿什贡的千佛大峡谷, 是一座文化内涵丰富, 丹霞自然景观奇特, 地质研究与科普教育价值极高的文化旅游胜地。目前已命名为“国家地质公园”, 也是“国家AAAA级景区”。
- ◆ **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。

#### 西藏旅游注意事项:

- 此行所到之地区, 因为海拔高容易引起高山反应现象, 务请团员多带备个人所需的预防药及出发前休息充足以适应高原地区气候变化。
- 此行程为高原地区, 为特殊行程, 若有体力不好, 行动不便, 高血压, 心脏疾病, 糖尿病, 气喘病者, 请斟酌自身情形谨慎参加。



#### 酒店住宿7晚:

- ☑ 兰州瑞岭国际酒店或同级 x 1 晚
- ☑ 火车软卧 (4人一车厢) x 1 晚
- ☑ 拉萨扎什颇章酒店或同级 x 3 晚
- ☑ 旺润国际度假酒店或同级 x 1 晚
- ☑ 西宁大厦酒店或同级 x 1 晚



#### 风味餐:

- ☑ 尼泊尔风味
- ☑ 野山菌火锅
- ☑ 石锅鸡

推荐自费: 文成公主表演 = 人民币 380/人



**Tashilhunpo**  
扎什伦布寺



**Karuola Glacier**  
卡若拉冰川

## SCHEDULE:

### D1 ARRIVAL ✈ LANZHOU (MOB)

- ☑ Check in hotel

### D2 LANZHOU (ZHONGCHUAN) ✈ XINING (About 4.5hrs) (B/L/D)

- ☑ Drive to Xining
- ☑ Take the Qinghai-Tibet railway to Lhasa
- ☑ Enjoy the Fantastic Views of the Qinghai Tibet Railway
- ☑ Through Yangbajing Hydropower Station

### D3 QINGHAI TIBET RAILWAY 🚆 LHASA (About 25 hrs) (B/L/D)

- ☑ Watch The High Plateau Wild Animal
- ☑ Watch the First Bridge of the Yangtze River
- ☑ Train Trip To Lhasa
- ☑ Yak Museum

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

- ☑ Potala Palace
- ☑ Jokhang Monastery
- ☑ Barkhor Street

### D5 LHASA 🚆 SHIGATSE (About 3.5 hrs) (B/L/D)

- ☑ Yamdrokto Lake
- ☑ Karuola Glacier
- ☑ Simila Reservoir
- ☑ Gyantse Ancient Town (Far View)

### D6 SHIGATSE 🚆 LHASA (About 4 hrs) (B/L/D)

- ☑ Tashilhunpo
- ☑ Return to Lhasa

### D7 LHASA ✈ XINING (B/L/D)

- ☑ After breakfast, fly to Xining
- ☑ Limeng commercial street

### D8 XINING 🚆 LANZHOU ✈ DEPARTURE (B/L/D)

- ☑ Guide National Geopark (battery car included)
- ☑ Send to the airport fly back warm home

### D9 ARRIVAL KUALA LUMPUR (MOB)



**NON SHOPPING STOP**

## TOURIST ATTRACTIONS:

### QINGHAI-TIBET RAILWAY

- ◆ **Qinghai-Tibet Railway** - The world's highest railway, the Qinghai-Tibet Railway extends 1,956 kilometers from Xining in Qinghai Province to Lhasa in Tibet. This plateau railway is laid across a series of mountain ranges and rush waters. The scenery along the way is breathtakingly majestic and beautiful. It connects Lhasa not only with Xining, but also the whole China railway network. Since its opening in 2006, Tibet train has been another option for tourists to Tibet.

### LHASA

- ◆ **Yak Museum** - Yak is the boat of Tibet plateau. Tibet Yak Museum is one of the support projects of Beijing government. It is located in Liuwu New District of Lhasa City, with a construction area of more than 8000 square meters. It is the only museum in China that focuses on yak culture.
- ◆ **Potala Palace** - is located in Lhasa. It was named after Mount Potala, an important mountain in Buddhist traditions. Situated on the Red Hill of central Lhasa. Potala Palace is the highest ancient palace in the world. What we see at present is the architecture of the Qing Dynasty (1644B.C. - 1911B.C.) and the continuous expanding work outcome since the 17th century.
- ◆ **Jokhang Monastery** - the Jokhang Temple is located in central Lhasa. With an area of 25,100 square meters (about six acres), it is the ultimate pilgrimage destination for Tibetan Pilgrims. The Jokhang Temple is a four-storey timber complex with a golden top.
- ◆ **Barkhor** - Located in the old area of Lhasa City. Barkhor Street is a very ancient round street surrounding the Jokhang Temple and the locals are always proud of it. As a symbol of Lhasa, it is also a must-see place for visitors.

### SHIGATSE

- ◆ **Yamdrokto** - Yamdrok lake meaning "Jasper Lake", "Swan pool". This is one of the three holy lakes, in the territory of South Langkazi County, located in the South of the Brahmaputra. In clear weather, the lake looks like a flying swan.
- ◆ **Karuola Glacier** - Karuola glacier is located in Langkazi county. It is one of the three major continental glaciers, east for Nianchu river source.
- ◆ **Simila Reservoir** - is located near the Nanchu River, Gyantse County, named after Mountain Smila.
- ◆ **Gyantse Ancient Town** - Located by the Nyang-chu River, Gyantse is regarded as the forth largest city in Tibet. It once was a major center for trade with India.
- ◆ **Tashilhunpo** - Tashilhunpo monastery is the biggest temple in Shigatse area of Tibet. And it is the seat of the Panchen Lama since the Fourth Panchen Lama took charge in the monastery. Plus its counterparts, like Gandan Monastery, Sera Monastery and Drepung Monastery of Lhasa, jointly were ranked as Four Grand Monastery of Tibetan Buddhism. As a must-see spot for travelers and buddhist followers, Tashilhunpo monastery plays a very important role for Tibetan Tourism.

### XINING

- ◆ **Guide 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 kilometres, the area of geology the main site of 113.6 square kilometers. The park is colourful, beautiful and magnificent.
- ◆ **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.

#### IMPORTANT NOTES :

- Passengers are advised to prepare medication for altitude sickness.
- It is not advisable for people suffering from high blood pressure, severe heart disease and asthma to visit Tibet.



#### Hotel 7 Nights :

- |  |           |
|--|-----------|
| ☑ Ruiling International Hotel or similar class       | x1 Night  |
| ☑ Train (soft berth 4 pax/cabin)                     | x1 Night  |
| ☑ Taehf Phodrag Culture Theme Hotel or similar class | x3 Nights |
| ☑ Vanray International Resort or similar class       | x1 Night  |
| ☑ Xining Mansion or similar class                    | x1 Night  |



#### Special Cuisine :

- ☑ Nepalese Flavor
- ☑ Tibetan Mushroom Hot Pot
- ☑ Stone Pot Chicken

Optional Tour: Princess Wencheng night show = RMB 380/pax



· 西藏 TIBET ·



<b>货币</b> Currency 	<b>CHINESE YUAN - CNY</b> <b>RENMINBI - RMB</b> 中国元 - CNY 人民币 - RMB	<b>信用卡</b> 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
<b>货币兑换率</b> Exchange Rate 	<b>10 CNY = MYR 6</b> <b>10 元 = 马币 6</b> <small>*Subject to currency of the day* *以当天汇率为准*</small>	<b>拨号代码</b> Dial Code 	<b>CHINA</b> : +86 <b>中国</b> : +86
<b>电压</b> Voltage 	<b>Voltage - almost always 220 V</b> <b>电压 - 220伏特</b>	<b>插座</b> Power Socket 	<b>类型 / Type A - 两脚扁型插头 / 2 flat blade pin</b> <b>类型 / Type C - 两个圆脚插头 / 2 round pin</b> <b>类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"</b>
<b>时差</b> Time Different 	<b>China (Tibet) - No time different with Malaysia</b> <b>中国时间与马来西亚时间标准时无相差</b>	<b>行李托运</b> Luggage Allowance 	<b>Check in Luggage : 20 kg</b> Each guest is allowed one piece of cabin baggage AND 1 laptop bag OR 1 handbag on-board. The main cabin baggage shall not exceed 56cm x 36cm x 23cm and does not weigh more than 7kg. 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
<b>气候</b> Weather 	<div> <input type="checkbox"/> <b>Spring 春季</b> 3月 - 5月 Mar to May 18°C - -3°C                         <input type="checkbox"/> <b>Summer 夏季</b> 6月 - 8月 Jun to Aug 22°C - 8°C                         <input type="checkbox"/> <b>Autumn 秋季</b> 9月 - 11月 Sep to Nov 19°C - -6°C                         <input type="checkbox"/> <b>Winter 冬季</b> 12月 - 2月 Dec to Feb 8°C - -10°C                     </div> <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
<b>飞机型号</b> Aircraft Type 	<div>  A320                          A330                     </div>		

Departure Date:

出发日期：

Tour Fare:

团费：

Tipping:

小费：

Visa:

签证：

Flight :

航班行程：

Airport Tax & Fuel Surcharge:

机场税及燃油附加费：

Agent Collection Fee:

旅行社代收费：

Travel Insurance:

旅行保险：

TOTAL :

总数：

GD Partner:

