

# 9D CLASSIC TIBET TOUR

## 经典西藏之旅 (CHNMTR)

### Day 01 Arrive Chengdu 抵达成都 (No Meals)

Pick up at Airport, transfer to Hotel.  
机场接机，送至酒店。

### Day 02: Chengdu 成都 / Nyingchi 林芝 (B / L / D)

Transfer to Nyingchi by flight.

The guest arrived in 【Nyingchi】 by plane. The guide welcomed the guest at the airport, offering Hada and expressing sincere and beautiful wishes. Take a group photo at the airport to experience the first experience of the plateau. Go to the 【Yani Wetland National Park】 , which is the only way from Nyingchi to the Yarlung Zangbo Grand Canyon. The glass viewing platform in the park can overlook the Niyang River confluence with the Yarlung Zangbo River, which is known as the wetland park scenic spot of Jiangnan beauty.



#### **Friendly reminder:**

1. Pay attention to keeping warm and preventing colds; 2. Drink more water and eat more fruits; 3. Avoid vigorous exercise and avoid showering as much as possible; 4. Ensure sleep; 5. Please bring your own American ginseng lozenges or health drugs such as Rhodiola and Gaoyuan An to alleviate altitude sickness; 6. In case of emergency, please contact the tour guide or go to the hospital for medical treatment.

乘飞机前往林芝。客人乘飞机抵达【林芝】。导游在机场迎接客人，献上哈达并表达真诚美好的祝愿。在机场拍团体照，体验高原的第一次体验。前往【雅尼湿地国家公园】，这是从林芝到雅鲁藏布大峡谷的必经之路。公园内的玻璃观景平台可以俯瞰尼洋河与雅鲁藏布江的交汇处，被誉为江南美景的湿地公园景区。

**温馨提示：**1. 注意保暖防寒；2. 多喝水，多吃水果；3. 避免剧烈运动，尽量避免洗澡；4. 保证睡眠；5. 请自备西洋参含片或红景天、高原安等保健药品以缓解高原反应；6. 如遇紧急情况，请联系导游或前往医院就医。

### Day 03: Nyingchi 林芝 - Lulang 鲁朗 (B / L / D)

Visit 【Lulang Town】 . Climb over the Lulang Linhai Observation Platform at an altitude of 4702 meters and gaze at Nanjiabawa Peak and Galabailei Peak from afar. After admiring the layered forest at the entrance of the mountain, arrive at Lulang Town, enjoy the beautiful scenery of LuLang Lake and return to the hotel to take a rest.

参观【鲁朗镇】。攀登海拔4702米的鲁朗林海观景台，远眺南迦巴瓦峰和嘎拉白雷峰。在欣赏山口层叠的森林后，抵达鲁朗镇，欣赏鲁朗湖的美丽风景，返回酒店休息。



#### Day 04: Lulang 鲁朗 - Lhasa 拉萨 (B / L / D)

Transfer to Lhasa. Visit Basom Tso Lake, which means “green water” in Tibetan. It is about 18 kilometers long, with a lake surface area of about 27 square kilometers and a maximum depth of 120 meters. The lake has an elevation of 3480 meters. Located in the high gorge deep valley of the upper reaches of the Bahe River, about 36 kilometers away from Bahe Town, Gongbujiangda County, it is a famous sacred lake and holy land of the Red Sect. (Tour takes approximately 3 hours)

前往拉萨。参观巴松措湖，藏语意为“绿色的水”。湖长约 18 公里，湖面面积约 27 平方公里，最大深度 120 米。湖泊海拔 3480 米。位于巴河上游的高峡深谷中，距工布江达县巴河镇约 36 公里，是红教著名的圣湖和圣地。（游览时间约 3 小时）



#### Day 05: Lhasa 拉萨 (B / L / D)

Visit the Potala Palace, Jokhang Temple.

The order of tourist attractions may be adjusted. (The visit takes approximately 2.5 hours)

参观布达拉宫、大昭寺。

旅游景点的顺序可能会调整。（参观时间约 2.5 小时）

#### Day 06 Lhasa 拉萨 (B / L / D)

Visit Norbulingka, Drepung Monastery, Sela Monastery.

参观罗布林卡、哲蚌寺、色拉寺。



#### Day 07 Lhasa 拉萨 - Shigatse 日喀则 (B / L / D)

【Yamdrok Tso】 the world's highest freshwater lake and renowned as the Heavenly Holy Lake, has an elevation of 4441 meters, a shoreline of 250 kilometers, and an area of 638 square kilometers. The Tibetan language is "Biyu Lake", which is one of the three major sacred lakes in Tibet. The lake water is as clear as sheep fat, and the lake water is sweet and drinkable. Descending along the Yanghu Lake, the azure lake water is connected to the distant snowy mountains, along with the colorful mountain ranges on both sides, distinctive Tibetan villages, and abundant cattle and sheep. Along the way, one feels relaxed and happy.

【Karula glacier】 The pure white glacier hangs like a giant Thangka on the mountain wall, shining brightly in the sunlight. Afterwards, head to the Hero City, the filming location of 'Red River Valley' - Jiangzi. Finally, they arrived at Shigatse, an important town in Houzang.

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Visit 【Karula Glacier】 , where the pure white glacier hangs like a giant Thangka on the mountain wall, shining brightly in the sunlight. Afterwards, head to the Hero City, the filming location of ‘Red River Valley’ - Jiangzi. Finally, arrive at Shigatse, an important town in Houzang.

参观【羊卓雍措】，世界上海拔最高的淡水湖，被誉为天湖，海拔 4441 米，湖岸线长 250 公里，面积 638 平方公里。藏语意为“碧玉湖”，是西藏三大圣湖之一。湖水清澈如羊脂，湖水甘甜可饮。沿着羊湖湖畔下行，湛蓝的湖水与远处的雪山相连，两侧的彩色山脉、独特的藏族村落和丰富的牛羊，让人一路心旷神怡。

参观【卡若拉冰川】，纯白的冰川如巨大的唐卡悬挂在山壁上，在阳光下闪闪发光。之后前往英雄城，电影《红河谷》的拍摄地——江孜。最后抵达后藏重镇日喀则。

#### Day 08: Shigatse 日喀则 - Lhasa 拉萨 (B / L / D)

Visit 【Tashilumbu Monastery】 , built in 1447, one of the six major temples of the Yellow Sect and the residence of the Panchen Lama Erdeni in Xizang. From a distance, the entire temple is built on a mountain slope, with high mountains on its back, adjacent halls, and stacked buildings. The high golden roof and red walls of the main building complex are majestic, rich, spectacular, and magnificent. For over five hundred years, it has strongly attracted Buddhist believers both domestically and internationally. Tourists worship and observe here. The temple houses the world’s largest indoor bronze statue, Qiangba Buddha, which is 26 meters high. Return to Lhasa.

参观【扎什伦布寺】，建于 1447 年，是黄教六大寺庙之一，也是班禅额尔德尼在西藏的驻锡地。从远处看，整个寺庙依山而建，背靠高山，殿堂相连，建筑层叠。主建筑群的高大金顶和红墙雄伟壮丽，富丽堂皇，气势磅礴。五百多年来，强烈吸引着国内外佛教信徒前来朝拜和观瞻。寺内供奉着世界上最大的室内铜像——强巴佛，高 26 米。返回拉萨。

#### Day 09: Lhasa 拉萨 / Chengdu 成都 Departure (B)

Transfer to Chengdu by flight. Pick up at the airport, visit Jinli Street, Chunxi Road.

Transfer to the airport. \*\*\* Driver Only, No Guide Service

乘飞机前往成都。接机后参观锦里街、春熙路。

送至机场。\*\*\* 仅司机服务，无导游服务

**\*\* Itinerary subject to change without prior notice to ensure the smooth running of the tour**

**Note: This English itinerary is translated from its Chinese version and is for your reference only. The Chinese version shall be deemed the original.**

INCLUDE	EXCLUDE
1. Hotel Accommodation (Twin Share) ,B/F at Hotel 2. Transfer 3. Meal as listed in the itinerary 4. Entrance fee 5. English / Mandarin Speaking Guide 6. 1 bottle mineral water per pax per day while city tour	1. International Air Ticket and Tax 2. Domestic Air Ticket and Tax CTU-LZY // LXA-CTU 3. China Visa Fee 4. Service Fees (Tips) for Driver & Guide : 2-5pax @ RMB70 /pax/day, 6-9pax @ RMB50 /pax/day, 10pax up @ RMB40 /pax/day 5. Personal expenses such as Laundry, Mini Bar, Telephone, Luggage Tipping and etc

## **REMARKS 备注 : Tibet Entry Visa min 14 working days to Apply**

1. In Case Of Natural Weather, Flight Cancellation, Delay, Road Maintenance And Other Factors Caused By The Travel Attractions Delay, Cancel Or Adjust, Tour Guide Will Make A Reasonable Arrangement For Your Overall Trip, Please Be Understood And Cooperate  
因自然天气、航班取消、延误、道路维修等因素导致的旅行景点延迟、取消或调整，导游将合理安排您的整体行程，请予以理解和配合。
2. The Quotation Is Invalid During National Holidays, Meetings, Exhibitions.  
此报价不适用于国家假日、会议、展览期间。

### **Chengdu 成都**

Local 4\* Tianfu International Hotel Complex Rongqing Courtyard 天府國際大酒店蓉清院 or similar class

Local 5\* Tianfu International Hotel Complex 天府國際大酒店 or similar class

### **Nyingchi 林芝**

Local 4\* Dongchen Jinhui Hotel 東辰錦輝酒店 or similar class

Local 5\* Joy Crown Resort Hotel 林芝悅皇冠度假酒店 or similar class

### **Lulang 鲁朗**

Local 4\* Xilu Hotel 喜路酒店 or similar class

Local 5\* Evergrande Hotel 恒大酒店 or similar class

### **Lhasa 拉萨**

Local 4\* Lhasa Hotel Superior Building 拉萨酒店高级楼 or similar class

Local 5\* Intercontinental Lhasa Paradise 圣地天堂洲际大饭店 or similar class

### **Shigatse 日喀则**

Local 4\* Urcroft Hotel 逸扉酒店 or similar class

Local 5\* Hilton Shigatse 希尔顿酒店 or similar class