

Amazing 中国  
CHINA 中国

✈️ 02 Way Domestic Flight | 内陆双飞 8D7N

西藏 ~ 成都 /  
西宁 - 青藏铁路 / 拉萨 /  
羊卓雍措湖 / 林芝 (内陆双飞)

TIBET ~ CHENGDU / XINING-TIBET RAILWAY / LHASA /  
YAMDROKTSO / NYINGCHI (02 WAY DOMESTIC)

Tour Code: CAH-10



程逸商旅™  
ORANGE LEISURE



China  
中国  
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
- ☑ Mineral Bottles X 2 Per Day, Prayer Wheel.
- ☑ Special Arrange Lhasa Hotel Upgrade To Luxury Oxygen Room.



NO SHOPPING STOP  
全程无购物站



Yamdroktso  
羊卓雍措



Basum Tso  
巴松措



Jokhang Temple  
大昭寺

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

Potala Palace  
布达拉宫





Barkhor Street  
八角街



Panda Base  
熊猫基地



Night View of Potala Palace  
布达拉宫夜景



## 精简行程

**第一天 抵达成都** (机上用餐/晚)

☑ 宽窄巷子

**第二天 成都 ✈️ 西宁 (青藏铁路)** (早/午/晚)

☑ 力盟商业街

-西宁至拉萨火车运行时间约为22小时左右, 游客需要在火车上度过一天一夜, 一路美欣赏青藏高原风光即可到达拉萨。

**第三天 青藏铁路 🚆 拉萨** (早/午/晚)

列车到达拉萨, 接火车之后我们前往酒店休息, 慢慢适应高原环境

**第四天 拉萨** (早/午/晚)

- ☑ 扎基寺
- ☑ 布达拉宫 (含门票)
- ☑ 药王山观景台
- ☑ 大昭寺 (含门票)
- ☑ 八廓街藏装摄影 (赠送十张电子底片)
- ☑ 布达拉宫夜景

**第五天 拉萨 🚗 (110公里) 羊湖 🚗 (110公里)**

- ☑ 羊卓雍错 (含门票)
- ☑ 与牦牛合影 (费用已含)
- ☑ 与高大威猛的藏獒拍照 (经驯化过的)
- ☑ 远眺乃钦康桑雪山

**第六天 拉萨 🚗 (320公里) 巴松措 🚗 (180公里) 林芝** (早/午/晚)

- ☑ 巴松措
- ☑ 错宗寺

**第七天 林芝 ✈️ 成都** (早/午/晚)

☑ 熊猫基地

**第八天 成都 ✈️ 回程** (早/机上用餐)

- ☑ 春熙路
- ☑ 送机



✓ 7 早餐 / 6 午餐 / 7 晚餐

风味餐:

- ★ 新派川菜
- ★ 粤菜风味
- ★ 西宁风味
- ★ 韩式烤肉
- ★ 巴河鱼风味
- ★ 石锅鸡风味
- ★ 野山菌火锅风味,

## 观光景点:

### 成都

- ◆ **宽窄巷子** - 宽窄巷子由宽巷子、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, 在这里可以品尝到最地道的美食, 体会到最民风民俗的川西风情。
- ◆ **熊猫基地** - 熊猫基地是世界著名的大熊猫迁地保护基地, 是一个具有科普、公众教育、展示、展品收藏、保护和学术研究功能的国际化、现代化的博物馆。

### 西宁 (海拔 2300 米)

- ◆ **力盟商业街** - 融汇数千年河湟文化内涵, 充分展示城市发展活力; 秦砖汉瓦与现代时尚的有机结合, 众多原创景观小品与周边相关业态的相互交融, 使购物更加享受, 游街充满乐趣。

### 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。
- ◆ **大昭寺** - 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, 也是藏传佛教最神圣的地方之一。
- ◆ **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。

### 羊卓雍错 (海拔4900 米)

- ◆ 翻过岗巴拉山 (海拔4990米), 来到西藏圣湖—**羊卓雍错**, 湖面波光粼粼, 风景如画, 好像人间天堂! 在碧蓝的湖水边, **与牦牛合影**, 享受惬意的时光, **之后再与高大威猛的藏獒拍照 (经驯化过的)**。在观景台上还能**远眺乃钦康桑雪山**, 乃钦康桑雪山是西藏四大神山之一。之后返回拉萨。

### 林芝 (海拔 2900 米)

- ◆ **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。

## 注意事项:

1. **高原反应** - 此行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; 心脏病患者和患有哮喘的人不建议参与此行。
2. **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。
3. 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)

- ✓ 高新同派酒店或同级 x1 晚
- ✓ 青藏火车软卧一晚 (4人房型)
- \*\*\*火车票不保证同一间房, 但保证软卧4人房型
- ✓ 拉萨平措康桑富氧酒店或同级 x1 晚
- ✓ 林芝工布庄园希尔顿酒店或同级 x3 晚
- ✓ 西金阁套房酒店或同级 x1 晚
- ✓ 西金阁套房酒店或同级 x1 晚

**推荐自费: 大型实景剧—文成公主 + 藏族甜茶: 人民币480/人 (最少10人出发)**

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。



Take a photo with Yak  
牦牛合影



Take a photo with  
Tibetan mastiff  
威猛的藏獒照



Tibet Railway  
青藏火车



## SCHEDULE

### D1 DEPART CHENGDU

(MOB/D)

- ☑ Kuanzhai Alley

### D2 CHENGDU ✈️ XINING (TIBET RAILWAY)

(B/L/D)

- ☑ Limeng Commercial Street
- The train from Xining to Lhasa takes about 22 hours. Overnight on the train and enjoy the scenery of the Qinghai-Tibet Plateau to reach Lhasa.

### D3 TIBET RAILWAY 🚂 LHASA

(B/L/D)

Arrived in Lhasa, we proceed to hotel to rest and slowly adapt to the plateau environment.

### D4 LHASA

(B/L/D)

- ☑ Zashi Lhamo Temple
- ☑ Potala Palace (Include Entrance Ticket)
- ☑ Yaowangshan Observation Deck
- ☑ Jokhang Temple (Include Entrance Ticket)
- ☑ Arrange take Tibetan clothes photography on Barkhor Street
- ☑ Night view of Potala Palace

### D5 LHASA 🚗 (110KM) YAMDROK 🚗 (110KM) LHASA

(B/L/D)

- ☑ Yamdroktso (Include Entrance Ticket)
- ☑ Take a photo with Yak
- ☑ Take a photo with Tibetan mastiff
- ☑ Nachin Kangsan Snow Mountain (outlook)

### D6 LHASA 🚗 (320KM) BASUM TSO 🚗 (180KM) NYINGCHI

(B/L/D)

- ☑ Basum Tso
- ☑ Tsozong Gongba Monastery

### D7 NYINGCHI ✈️ CHENGDU

(B/L/D)

- ☑ Panda Base

### D8 CHENGDU ✈️ ARRIVE

(B/MOB)

- ☑ Chunxi Road Pedestrian Street
- ☑ Transfer to airport



✓ 7 Breakfast / 6 Lunch / 7 Dinner

#### Special Cuisine:

- ★ New Sichuan Flavor
- ★ Cantonese Flavor
- ★ Xining Flavor
- ★ Korean Barbecue
- ★ Bahe Fish Flavor
- ★ Stone Pot
- ★ Wild Mushroom Hot Pot Flavor
- ★ Chicken Flavor

## TOURIST ATTRACTIONS:

### CHENGDU

- ◆ **Kuanzhai Alley** - It is also one of the oldest remaining Qing Dynasty streets in Chengdu, with its ancient courtyards made of different type of brick and tile.
- ◆ **Panda Base** - The Panda Base is a world-famous relocation and protection base for Panda, with more than 200 pandas, the world's largest panda captive breeding population, and an internationalized and modernized museum with the functions of popularization of science, public education, display, exhibit collection, and academic research.

### XI NING (Altitude at 2300M)

- ◆ **Limeng Commercial Street** - Integrates thousands of years of Hehuang cultural connotation, carries urban characteristics, inherits urban cultural heritage, and fully demonstrates the vitality of urban development.

### LHASA (Altitude at 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.
- ◆ **Jokhang Temple** - Jokhang Monastery has a history of over 1300 years and it has a supreme role in Tibetan Buddhism and is one of the holiest places in Tibetan Buddhism.
- ◆ **Barkhor Street** - A circle of old city streets surrounding the Jokhang Temple is the center of Tibetan activities.

### YAMDROK YUMCO (Altitude at 4900M)

- ◆ **Yamdroktso** - Cross over Gangbala Mountain and arrive at the holy lake of Tibet. The lake is sparkling and the scenery is picturesque, like a paradise on earth! Take photos with the yaks by the blue lake and enjoy a relaxing time, and then take photos with the tall and mighty Tibetan Mastiffs. There is also a viewing platform where you can also have a distant view of Nachin Kangsan Snow Mountain.

### NYINGCHI (Altitude at 2900M)

- ◆ **Basum Tso** - It is also called "Cuogao Lake", which means "green water". The lake is more than 3,700 meters above sea level. It has the beauty of Swiss lakes and mountains.

#### 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.



#### HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Chengdu High -Tech Zone Tongpai Hotel or similar class x 1 Night
- ✓ Overnight In Railway (Soft sleeper-4 pax in 01 Cabin)
- \*TIBET RAILWAY DO NOT GUARANTEE IN SAME ROOM, ONLY GUARANTEE A SOFT SLEEPER ROOM FOR 4 PEOPLE
- ✓ Lhasa Phuntsok Kangsang Oxygen International Resort Hotel or similar class x 1 Night
- ✓ Nyingchi Hilton Hotel or similar class x 3 Nights
- ✓ ChengDu Wifc Suites -YYC Preferred or similar class x 1 Night
- x 1 Night

Optional Tour : Princess WenCheng Performance +Tibetan sweet tea RMB480/person (Minimum 10 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

# · 成都 CHENGDU ·



<b>货币</b> Currency 	<b>Chinese Yuan</b> - CNY <b>Renminbi</b> - RMB <b>中国元</b> - CNY <b>人民币</b> - RMB	<b>信用卡</b> Credit Card 	* Major credit cards such as Visa and Master card are mostly widely used  * 致电信用卡中心，以延长你的信用卡额度
<b>货币兑换率</b> Exchange Rate 	<b>10 CNY = MYR 6.50</b> <b>10 元 = 马币 6.50</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 	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"
<b>时差</b> Time Different 	<b>China - 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 	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。
<b>气候</b> Weather 	<input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 25°C ~ 10°C <input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 30°C ~ 24°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 24°C ~ 9°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>		
<b>飞机型号</b> Aircraft Type 	A330            B737            B787		

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:



Operated By  
**ORANGE LEISURE SDN BHD**  
(1237584-T) KPK/LN:9156