

# 10天 西藏圣地之旅

BeeFlyz

TOUR CODE: CN10LXA-D7

## 行程特色

### 西藏江南

### 林芝 (鲁朗林海)

### 青藏列车软卧

### 不走回头路

### NEW 火车进拉萨 林芝飞机出

## 风味特色

清真风味、尼泊尔风味、菌类火锅

石锅鸡风味、重庆火锅

## 航班时间

D7 346	KUL to Xi'an	1755-2315
Flight	Xi'an to Xining	To be advice
Train	Xining to Lasha	To be advice
Flight	Lingzhi to Chongqing	To be advice
D7 809	Chongqing to KUL	0150-0640

蜜蜂旅游  
BeeFlyz  
Holiday Sdn. Bhd.

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Departure Date

Adult (twin)

### 1 吉隆坡✈️西安 (飞机餐)

◆ 集合于吉隆坡机场，飞往西安。抵达后，送往酒店入住。

住宿：和颐酒店或同级(4\*)

### 2 西安✈️西宁 (早午晚餐)

◆ 航班飞往西宁(1.5hr)

◆ 塔尔寺 中国喇嘛教格鲁派(黄教)六大寺院之一。建于嘉靖三十九年(1560年)。整个寺院大小建筑群组于藏汉艺术相结合的建筑群。

(含电瓶车)

住宿：假日皇朝大酒店或同级(4\*)



(早午晚餐)

### 3 西宁✈️青藏铁路

◆ 青海湖 青海湖位于青藏高原上，是中国最大的内陆湖泊，面积4500平方公里，海拔3200米。

(含电瓶车+游船)



◆ 青藏列车前往西藏 全长1956公里。那是一条神奇的天路，带我们走入人间天堂。

住宿：青藏列车软卧(4人1室)



火车上包含膳食

(早午晚餐)

### 4 青藏列车✈️拉萨

◆ 青藏列车路线：

西宁(2200公尺)→格尔木(2828公尺)→沱沱江(4547公尺)→唐古拉山(5072公尺)(可看藏羚羊)→安多(4702公尺)(看世界最高的淡水湖-措那湖(4596公尺)→那曲(4523公尺)→当雄(4293公尺)→羊八井(左右边可观赏念清唐古拉山草原)→拉萨(3641公尺)

◆ 下午抵达拉萨后入住酒店休息，让身体适应高原环境，以尽量减少高原反应的可能性。

◆ 布达拉宫夜景

住宿：雅鲁藏布大酒店或同级(4\*)

### 5 拉萨

(早午晚餐)

◆ 布达拉宫 规模宏大的宫堡式建筑群。是藏王松赞干布为远嫁西藏的唐朝文成公主而建。



◆ 大昭寺 西藏地区最古老的一座仿唐式汉藏结合木结构建筑。同时也是西藏的佛教中心，每年都有成千上万的教徒从千里之外的家乡三步一叩首地走到拉萨大昭寺来朝拜释迦牟尼，祈求降福。

◆ 八廓街 有着浓郁藏族生活气息的街区，经营大小各异的转经筒、藏袍等的宗教器具。

住宿：雅鲁藏布大酒店或同级(4\*)

(早午晚餐)

### 6 拉萨✈️羊湖✈️拉萨

◆ 羊卓雍湖 称西藏三大神湖。在藏人心中被看做是“神女散落的绿松石耳坠”。



◆ 藏獒生殖基地 近距离接触“壮若雄狮，声如虎吼”的雪域守护者『神犬藏獒』。

◆ 西藏工艺品

住宿：雅鲁藏布大酒店或同级(4\*)

### 7 拉萨✈️林芝 (早午晚餐)

◆ 藏药

◆ 翻越米拉山口 海拔5013米，米拉山因高大雄奇而成为此地藏民心目中的神山。山口的最高处，矗立着一座标有“雪域之舟”的西藏牦牛石凋像。



◆ 尼洋河风光 西藏的母亲河，两岸景色优美，风光处处绮丽。



◆ 巴松措 湖面海拔3700多米，是藏传佛教的一处著名神湖和圣地。在高原晴朗的天空下，湖水清澈幽蓝，四周雪山倒映其中。

住宿：岷山大酒店或同级(4\*)

### 8 林芝

(早午晚餐)

◆ 藏民家访

◆ 银器首饰

◆ 翻越色季拉山口 海拔4700米，是西藏四大神山之一，在色季拉山山顶可以观赏中国最美雪峰之首『南迦巴瓦峰』。

◆ 鲁朗林海 在林芝有这么一个地方，被誉为“神仙居住的地方”，它名叫鲁朗。原始森林，草甸，雪山、林海、田园勾画了一幅恬静、优美的“山居图”。

住宿：岷山大酒店或同级(4\*)



(早午晚餐)

### 9 林芝✈️重庆✈️吉隆坡

◆ 航班飞往重庆(2.5hr)

◆ 洪崖洞 逛山城老街、观赏两江风光、品尝当地美食的好去处。

◆ 解放碑步行街 素有步行三步能见一美女，十步就能见一个模特儿之称。

◆ 晚餐后，送往机场乘搭国际航班返回吉隆坡。

### 10 抵达吉隆坡

◆ 清晨抵达吉隆坡。



包含自费项目 (价值人民币 380)

A) 《文成公主》大型实景秀

Fare Included: ✓Taxes ✓Tipping ✓China Visa

\*酒店以当地星级为准。行程安排仅供参考，以最终航班及酒店确认为准\*



# 10<sup>th</sup> Myth of Tibet

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## Highlights

The Jiangnan of Tibet - Lingzhi (Lulang Forest)

NEW

**Tibet Railway**  
4 persons in a cabin  
**Train in Lhasa**  
**Lingzhi Flight out**

### Delicacies

Halal Flavor, Mushroom Steamboat

Stone Pot Chicken

Nepal Flavor, Chongqing Steamboat

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### 1 Kuala Lumpur → Xi'an (MEAL ON BOARD)

- ◆ Assemble at KLIA 2, depart flight to Xi'an. Upon arrival, check in to hotel.

Hotel: 4\* Yitel Hotel or similar

### 2 Xi'an → Xining (B,L,D)

- ◆ Domestic Flight to Xining
- ◆ Kumbum Monastery one of the two most important Tibetan Buddhist monasteries outside Tibet itself. (included buggy)

Hotel: 4\* Holiday Dynasty Hotel or similar



### 3 Xining → Tibet Railway (B,L,D)

- ◆ Qinghai Lake China's largest inland salt water lake. The ellipse-shaped lake looks like a huge poplar leaf sitting on the alpine prairie. Viewing the spectacular high-mountain scenery, and the cultural mix of Tibetan, Mongolian, and Muslim people. (included buggy & boat ride)



- ◆ Tibet Railway by taking a train to Lhasa, you will be marvel at the amazing landscaped of Tibet Plateau, excited with the wild animals in Kekexili just outside the train's windows. The distance from Xining to Lhasa is 1956 kilometers, which takes about 22 hours. Hotel: Tibet Railway: Soft Sleeper on the Train (4 persons per Cabin)

#### Meals included in Train



### 4 Tibet Railway → Lhasa (B,L,D)

- ◆ You will spend a whole day on the train to Lhasa and enjoy fabulous scenery along the world famous Qinghai-Tibet railway, the highest railway in the world. Spectacular land of snows, boundless desert, vast grassland, grand ice mountains, and beautiful lakes will continually appear and strongly attract your heart.
- ◆ You will arrive in Lhasa in late afternoon or evening. Your Tibetan guide will meet you at the railway station and take you to your hotel.

- ◆ Potala Palace Night View

Hotel: 4\* Yaluzangbu Hotel or similar

### 5 Lhasa (B,L,D)

- ◆ Potala Palace as the symbol of Tibet, it was the winter palace of Dalai Lama who is Tibet's pope. Impressive Tibetan architecture, huge golden Buddha statues, red-robed lamas and devoted pilgrims all make it a must-visit.



- ◆ Jokhang Temple the spiritual center of Tibet. Every day, pilgrims from every corner of Tibet trek here from long distances to worship.
- ◆ Barkhor Street walk at the special circular pilgrimage route as local followers always do, where you can also find many Tibetan traditional or religious things as souvenirs.

Hotel: 4\* Yaluzangbu Hotel or similar

### 6 Lhasa (B,L,D)

- ◆ Yamdrok Lake one of three most famous holy lakes in Tibet. For Tibetans, it is one of the four holy lakes of Tibet and the home of the "wrathful deities". The scenery of turquoise blue water in the lake with the reflection of surrounding snow-capped mountains is awesome.



- ◆ Tibetan Mastiff Kennel a large Tibetan dog breed, is largely used as a protector in order to protect their animals such as sheep from other predators.

- ◆ Tibetan souvenir

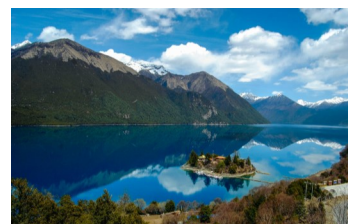
Hotel: 4\* Yaluzhangbu Hotel or similar

### 7 Lhasa → Lingzhi (B,L,D)

- ◆ Tibetan medicine
- ◆ Crossing Mila Pass with an altitude of 5013 meters, Mila Pass is cover with snow all the year.



- ◆ Nyang River Tis a major river in south-west Tibet and the longest tributary of the Yalung Tsangpo river.



- ◆ Basum Tso Lake largest freshwater lake in the east of Tibet. At a sea level of 3,469 meters. The sky-blue lake water and the verdant mountains around the lake create a tranquil and splendid scene all year around.

Hotel: 4\* Minshan Grand Hotel or similar

### 8 Lingzhi (B,L,D)

- ◆ Visit Tibetan Family
- ◆ Tibetan silver product
- ◆ Crossing Segrila Mountain climbing to the Segrila Pass of 4,728 meters above sea level, you can have a whole view of spectacular clouds sea, and the beauty of Namjagbrawa Peak.
- ◆ Lunang Forest where you can find an immense evergreen sea of primeval forest and flowers blooming all over the place.

Hotel: 4\* Minshan Grand Hotel or similar



### 9 Lingzhi → Chongqing (B,L,D)

- ◆ Flight to Chongqing
- ◆ Hongya Cave the earliest and most developed pier of ancient China. The site now houses a large-scale stilt house complex built alongside a steep cliff on the bank of Jialing River.
- ◆ Jiefangbei Shopping Street
- ◆ After dinner, transfer to airport for your flight depart home.

### 10 Arrival Kuala Lumpur (MEAL ON BOARD)

- ◆ Arrival KLIA 2 at the early morning.



#### Included Tour (worth CNY 450)

A) 『Wen Cheng Princess』 Show

Hotels based on local star rating category. The sequence of itinerary, such as sightseeing, meals and hotels arrangement may be varies on the actual tour.