



Holiday Dreams
Journey 8th. Ltd.

西藏 TIBET

成都 林芝 拉萨 江孜 日喀则
西藏探秘逍遥九日之旅

2024年，爱我就带我去西藏吧！
一起去那神秘的西藏，沐浴在最灿烂的阳光下，
感受西藏最美丽的色彩和最真切的恬静和温暖



2024年，爱我就带我去西藏吧！

一起去那雪域高原看那鲜花朵朵开！林芝漫山遍野景色壮观的杜鹃花开花季节为四 - 六月。

雪域高原蓝天如洗、雪山如画、碧水如醉、森林如歌，正好潇洒浪漫逍遥游！一起去那神秘的西藏，沐浴在最灿烂在阳光下，感受西藏最美丽的色彩和最真切的恬静和温暖，在距离太阳最近的地方看湖看山看雪去！

西藏东部独有的亮丽风景线，是观赏中国最美的山南贡巴瓦峰的最佳季节，让客人在雪域高原，离天和月亮最近的地方，度过一个一生中最难忘的西藏之旅。

西藏，一个您和您的家人及朋友一生不可不游的地方。。。。。。

行程价值点：前后藏人文景观和自然风光的经典汇集，羊卓雍错卡惹拉冰川远古洪荒般的人生体验，拉萨新旧古城那荡气回肠的心灵震撼，班禅大师灵魂安息地和后藏大漠风光的点滴剪影。

美得让人心醉的西藏江南原始风光，雪峰冰川下梦境般的圣湖巴松错，田园牧歌似的藏式村寨以及舒展的摄影天堂尼洋河谷，您尽可以在雪山碧水和森林绿野间感悟神秘美丽的西藏。

热情好客而淳朴的藏区风土人情，看不尽的森林草原、高原湖泊和雪山峡谷风光，最美丽别致的西藏深度旅游路线，适宜各种客人各种季节旅游，景点最具代表性。

爱我就带我去西藏吧！在雪域高原离天和月亮最近的地方，在神秘美丽月光笼罩中的雪山和神湖的陪伴下，在飘荡着天籁之音的苍穹里，感受彻底的心灵涤荡，度过一个一生中最难忘别致的西藏之夜。



特别安排：

- 在【色季拉山】一起去那雪域高原看那鲜花怒放花儿朵朵开
- 去那雪域高原，看那天上的西藏最浓郁绚烂彩虹般惊艳的色彩
- 看雪峰冰川森林巨流交错，看中国最美的雪山【南迦巴瓦】梦境般的圣湖【巴松错】
- 夜游【布达拉宫广场】，感受着藏传佛教千年秘密的布达拉宫在夜幕中的神秘魅力
- 特别安排参观【玛吉阿米】，传说中六世达赖的秘会之所
- 在雪山脚下湖畔草原牧场安排适度的休闲徒步
- 感受藏传佛教博大精深的文化底蕴和神奇魅力





服务内容：

- 西藏旅游车上全程免费提供专业氧气钢瓶供应氧气
- 团队旅游全程矿泉水提供无限畅饮
- 团队包括特色风味高原菌类养生汤锅和藏餐藏歌舞表演







9 DAYS
TIBET
西藏

LAND OF MAGIC
HIMALAYA SUMMIT TOUR



Holiday Dreams
Luxury Travel

DAY I
KL - CHENGDU

 Dinner
 Chengdu

Fly to Chengdu, hotel transfer, rest and get prepared for flying to Tibet. Overnight in Chengdu.



TIBET བོད་ཡུལ་ 9 DAYS HIMALAYA SUMMIT TOUR

LHASA GYANTSE SHIGATSE NYINGCHI



Fantasy Dream
Journey Ltd. Ltd.

DAY 2 CHENGDU - NYINGCHI

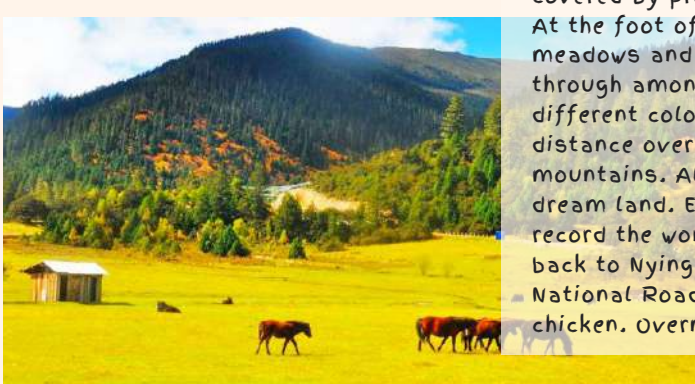
☪ Breakfast / Lunch / Dinner
📍 Nyingchi



Fly to **Nyingchi** in the morning. Our guide will meet you at Nyingchi Airport and transfer to hotel about one hour driving (55km), sightseeing enroute. After a fresh break, we will visit the old pine which grows about 2500 years, and **Peach Flower Valley**, here visitors can enjoy tens of thousands of beautiful peach blossoms.



Then you are going to drive to Lulang, pause at Sekyim La Pass (4720m) . If the weather is good, you will have a chance to have a look of the famous **Mt. Namcha Barwa**. It's main peak is 7,782 meters high and called the Father of Icebergs. **Lulang Forest** is a 15km long, 1km wide narrow valley of wild forests and flowers, grasslands and streams. Lulang, in Tibetan, means "Dragon Valley" or the place where you won't be homesick. On the both sides of the valley are lofty green mountains covered by prosperous spruce, pine trees and brush. At the foot of the mountain are the beautiful meadows and villages. Winding streams flow through among the wooden houses. Wild flowers of different colours dot on the meadows. Look into distance over the valley are enormous snow-capped mountains. All these sceneries make Lulang a dream land. Enjoy the fresh air and let your camera record the wonderful landscape. Then you will move back to Nyingchi in the rest of today along the 318 National Road. Enjoy the delicious Stone Pot chicken. Overnight in Nyingchi.



TIBET བོད་ཡུལ་ 9 DAYS HIMALAYA SUMMIT TOUR

LHASA GYANTSE SHIGATSE NYINGCHI



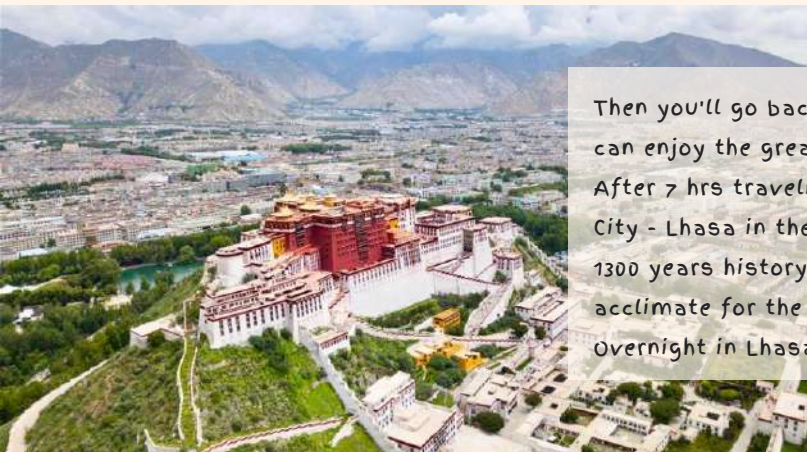
Himalaya Dream
Journey Ltd. Ltd.

DAY 3 NYINGCHI - LHASA

ཕྱི་ལོ་ Breakfast / Lunch / Dinner
📍 Lhasa



In the morning, drive to Lhasa along the **Yalong valley**, we will make a hike along the amazing river. On the way, you will sightseeing the **Lake Basum-Tsu** which is named as "Little Switzerland" famed as it's snow mountain, country lodge, ever green forest, jungle and etc.



Then you'll go back to **Lhasa**, on the way you can enjoy the great landscape en route. After 7 hrs traveling, we arrive the Sunlight City - Lhasa in the evening, a saint city with 1300 years history. Take a good rest to acclimate for the 3650M altitude. Overnight in Lhasa.

TIBET བོད་ཡུལ་ 9 DAYS HIMALAYA SUMMIT TOUR

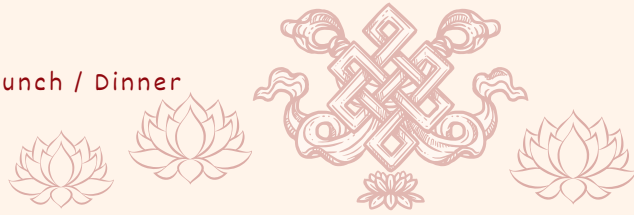
LHASA GYANTSE SHIGATSE NYINGCHI



Fantasy Dreams
Journey Sdn. Bhd.

DAY 4 LHASA

🍴 Breakfast / Lunch / Dinner
📍 Lhasa



You'll have a whole day of sightseeing in the holy city: in the morning, visit Lhasa's landmark - **Potala Palace**, a structure that deserves a place as one of the wonders of eastern architecture. We will visit the famous Dzongyab Lukhang Park, and spend some time with the local people in this park. In the afternoon, visit **Jokhang Temple** - the most revered religious structure in Tibet,



and the surrounding area - **Barkhor**, Lhasa's pilgrimage circuit. This area is both the spiritual heart of Lhasa and the main commercial district for Tibetans. Then visit or distance view of the well-known **Makye Ame**. This night you will have a special Tibetan dinner with hot Tibetan dance. After dinner you will have a night tour to Potala Palace Square. Overnight in Lhasa.

TIBET བོད་ཡུལ་ 9 DAYS HIMALAYA SUMMIT TOUR

LHASA GYANTSE SHIGATSE NYINGCHI

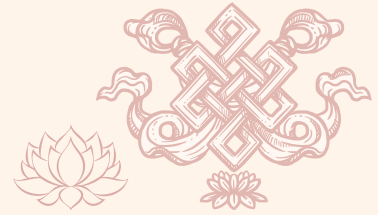


Pureitinerary Dreaming
Journey Ltd. Ltd.

DAY 5

LHASA - NAMTZO -
LHASA

ཕྱི་ལོ་ Breakfast / Lunch / Dinner
ལྷ་ས་ Lhasa



In the early morning we will begin our long journey from Lhasa to Namtso. You will enjoy the **Nyenchen Tanggula Mountain Range** and nomads in flourishing grassland (in Summer); Besides, on the way you can appreciate the view of Sky-Road Railway with snow mountain background. AS we reach the famous **Lagenla Mountain Pass** (5190m), you can enjoy the awe-inspiring vista of **Namtso Lake** from above. After we arrived at the lake shore, you will enjoy the leisure trek around Tashi Island and there. Then we will head back to Lhasa. Visit Tianzhu and **Thangkas handicraft Centre**. Overnight in Lhasa.



TIBET བོད་ཡུལ་ 9 DAYS HIMALAYA SUMMIT TOUR

LHASA GYANTSE SHIGATSE NYINGCHI



Pureland Dream
Journey Ltd. Ltd.

DAY 6

LHASA - YAMDROKTSO -
SHIGATSE

ཕུ། Breakfast / Lunch / Dinner
ལྷ། Shigatse



From this day, you'll explore outside of Lhasa. In the morning, drive 110km to visit **Yamdroktso** - one of the three holy lakes in Tibet. It's winding road all up to the mountain, bumpy and somewhat thrilling. After pass over the **Kambala** pass of 5030m, the lake finally appears. Seen from the summit of Kambala pass, the lake is a fabulous shade of deep turquoise. After down from the mountain, there's about 30km road along lakeside, with barley fields on the other side of the road. A nice walk by the lakeside can be a great joy.



Leaving Yamdroktso is as spectacular as arriving, since you'll cross the 5045m **Karola**, with its awesome roadside views of the **Nojin Kangtsang Glacier**. In the afternoon, you'll go to **Gyantse**, visit **Kumbum Monastery** there. After that you'll drive about two hours (100km) to **Shigatse**. Overnight in Shigatse.



TIBET བོད་ཡུལ་ 9 DAYS HIMALAYA SUMMIT TOUR

LHASA GYANTSE SHIGATSE NYINGCHI



Fantasy Dreams
Journey Ltd. Etc.

DAY 7 SHIGATSE - LHASA

ཕྱི་ལོ་ Breakfast / Lunch / Dinner
ལྷ་ས་ Lhasa



In the morning, you'll drive to visit the residence of Panchen Lama- Tashilunpo Monastery.



After visiting this magnificent monastery and having lunch at Shigatse, you'll go back to **Lhasa** along the **Yarlong Tseangpo River**, enjoy the great landscape en route. On arrival, visit traditional Tibetan medicine Centre. Overnight in Lhasa





西藏 TIBET

9 DAYS HIMALAYA SUMMIT TOUR

DAY 8

LHASA - CHENGDU

☪ Breakfast
📺 Chengdu

Pack your luggage, and get ready for leaving. The guide will transfer you to the airport, and help you board the plane. Say goodbye to Tibet. Arrive Chengdu, transfer and take your leisure at hotel. Overnight in Chengdu.

DAY 9

CHENGDU - KL

☪ Breakfast / Lunch / Dinner

Sightseeing in Chengdu city, covers Kuanzhai Alley and Jinli Folk Cultural Village. Enjoy the delicious Sichuan Hot pot. Then transfer to the airport, take your flight back, end the Himalaya Summit tour with sweet memories.





EXPLORE
Tibet

报价
9900
RM / 人

單房差 RM1700/人



CONTACT US:

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报价含：

吉隆坡出发往成都机票、行程所列住宿、两段内陆机票、景点门票、行程所列餐食、导游服务、全程旅游车接送、入藏批准函、通行证、司导小费

报价不含：

行程内未注明所含事项、个人消费，中国签证 (RM290)
旅游保险 (RM190)



成都 林芝 拉萨 江孜 日喀则

供应标准

- 1) 住宿参考：(四星级酒店双人标间)
成都段：机场天府国际大酒店、空港悦享酒店或同级；
拉萨段：吾思藏酒店(原神湖酒店)、河北饭店、新鼎大酒店或同级；
日喀则段：苏北大酒店、朝日宫庭大酒店、穆伦拉宗大酒店或同级；
林芝段：天宇藏秘酒店、藏吉大酒店、藏建元酒店或同级。
- 2) 用餐：旅游定点餐厅用餐。
- 3) 门票：行程内景点门票
- 4) 用车：全程豪华旅游车辆。
- 5) 导游：藏族或汉族优秀导游(中文)

特别提示：

严重高血压、心脏病患者请勿参团

备注：

境外客人参团需提供护照首页和中国签证扫描件，用于办理入藏批准函、通行证费用。

行程中休憩购物站 西藏：1) 藏医药文化博览中心 2) 西藏天珠工艺品



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