



Holiday Dreams™
Journey Sdn. Bhd.

Tibet

tour



Free exquisite
Tibetan Photography



Holiday Dreams™
Journey Sdn. Bhd.

SSM Registration No: KPK/LN 9863
Company No: 1334579V



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LET'S CHAT!

0149804596

Day 1

KUALA LUMPUR - CHENGDU

🍴 MOB / OWN LUNCH / CHINESE CUISINE

~ Assemble at Kuala Lumpur Airport and take a flight to Chengdu. After arriving in Chengdu, go to visit Jinli Ancient Street, which is part of the Chengdu Wuhou Temple Museum [Three Kingdoms Historical Relics Area, Jinli Folklore Area, and West District (Three Kingdoms Cultural Experience Area)]. The architecture is based on the Sichuan residential style in the late Qing Dynasty and the early Republic of China, and the content is based on the culture of the Three Kingdoms and Sichuan traditional folk culture. Strolling in Chengdu, you can experience the historical heritage of the thousand-year-old ancient city. After dinner, check into the hotel and rest.



Hotel: HOLIDAY INN EXPRESS 4* OR SIMILAR



Day 2

CHENGDU - LINGZHI

🍴 MOB / LINGZHI CUISINE / STONE POT CHICKEN CUISINE

~ Transfer to the airport and take a domestic flight to Linzhi Airport. After arriving in Linzhi, we will be welcomed by the local tour guide to Sejila Mountain and overlook the most beautiful Namjagbarwa Peak at the eastern end of the Himalayas. It is the holy land of the oldest Buddhist "Yongzhongben Sect" in Tibet and has the "Father of the Mountains in Tibet" known as. Lulang Linhai, Lulang is located on the Sichuan-Tibet line 75 kilometers east of Bayi Town, Linzhi. Lulang means "Dragon King Valley" in Tibetan and is also a place that "makes people miss home". It is the largest and best preserved in my country. The third largest forest area. Lulang, with its green waters and green mountains, is inseparable from the embrace of mountains, snow-capped mountains and forests, which constitute Lulang's unique natural landscape. It is another kind of scenery in Tibet. Then drive back to Linzhi city.



Hotel: ZHONGHENG ZANGJI XIMA
HOTEL 4* OR SIMILAR

Day 3

LINGZHI – LHASA

🍴 BREAKFAST / CHINESE CUISINE / CHINESE CUISINE

~This morning we went to Basongcuo (including sightseeing bus), also called "Caogao 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. The lake is about 12 kilometers long, and the deepest point is more than 60 meters. With a total area of more than 6,000 acres, Basongcuo Lake is a famous sacred lake and holy land of the Nyingma sect of Red Sect and Tibetan Buddhism. There is a temple on the island with an area of more than 200 square meters, named Cozong Temple. It is very popular and was first built during the Tupan Zanpu period. It belonged to the Nyingma sect of Tibetan Buddhism and has a history of more than 1,500 years. There are also two natural cobblestones in the hall. The sunken round holes on the stones are said to be the hoof prints left by King Gesar's actual battle horses in this area. There are also many magical legends spread in other places on the island, such as the sword marks left by King Gesar's sword on the stone, the "Alphabet Tree" with naturally formed Tibetan letters on the leaves, and Songtsen Gampo's inscription on the stone. The footprints left on the face, the sacred spring where lotus flowers wash your face... Then proceed to Mira Mountain Tunnel, the Linla High-grade Highway connecting Linzhi City to Lhasa City, with a total length of 409.2 kilometers, a total investment of 38 billion yuan, and the entire line is constructed to four-lane first-class highway standards, with a design speed of 80 kilometers per hour. After the opening of the train, the driving time from Lhasa to Nyingchi will be shortened from 8 hours to 4 hours. Then arrive in Lhasa city.



Hotel: TIBET TASHI PHODRANG HOTEL
4* OR SIMILAR



Day 4

LHASA

🍴 BREAKFAST / LOCAL CUISINE / MUSHROOM HOT POT CUISINE

~After breakfast, visit the World Cultural Heritage - Potala Palace, the tallest palace in the world, the winter palace of the Dalai Lama, and the residence of the Dalai Lama in the past dynasties. Visit the Jokhang Temple, a temple built by Tibetan King Songtsen Gampo for the Princess of Nepal. It was built more than 1,300 years ago. Bajiao Street, a circle of old city streets surrounding the Jokhang Temple, is the center of Tibetan activities. Then visit Yaowang Mountain, where you can take a photo of the back of the 50 yuan note.

[Featured experience] Tibetan clothing photography: Tibetan clothing street photography is a must-visit when you come to Tibet. The photographer takes professional photos and gives you 10 negatives.



Hotel: TIBET TASHI PHODRANG HOTEL
4* OR SIMILAR



Day 5

LHASA – SHIGATSE

🍴 BREAKFAST / LOCAL CUISINE / SHIGATSE CUISINE

~Today we will climb over Gangbala Mountain (4990 meters above sea level) and arrive at Yamdrok Yumco, the holy lake in Tibet. The lake is sparkling and the scenery is picturesque like a paradise on earth! Enjoy a relaxing time under the reflection of the snow-capped mountains and admire the piles of Mani stones. From the observation deck, you can see Naqinkang Sang Snow Mountain in the distance. Naqinkang Sang Snow Mountain is one of the four sacred mountains in Tibet. Due to the high cold, the top of the mountain has a sharp cone, and white clouds surround it all year round. In the afternoon, we will visit the Karola Glacier, located at the junction of Langkazi County and Gyantse County in the Shannan region of Tibet. It is one of the three largest continental glaciers in Tibet. It is the eastern source of the Nianchu River and one of the three largest continental glaciers in Tibet. Then pass by Simila Reservoir. Then drive to Shigatse, check into the hotel, and rest.

[Special experience] Take photos with the tall and mighty Tibetan Mastiff (domesticated). Take a photo with a beautiful yak by the blue lake, reflected in the snow-capped mountains and lakes.

 Hotel: SCHERY HOTEL SHIGATSE 4* OR SIMILAR



Day 6

SHIGATSE – LHASA

🍴 BREAKFAST / CHINESE CUISINE / LHASA CUISINE

~After breakfast, visit Tashilhunpo Monastery, located at the foot of Niseri Mountain in Shigatse. It is the largest monastery in the area, comparable to the Potala Palace in Lhasa. The most magnificent buildings in the temple are the Great Maitreya Hall and the Panchen Lama Pagoda Hall. The Great Maitreya Hall is located on the west side of the temple, with a height of 30 meters. It houses the seated Maitreya statue cast by the ninth Panchen Lama Choekyi Nyima in 1914. Then return to Lhasa and enjoy the scenery of the Yarlung Zangbo River Basin along the way.

 Hotel: TIBET TASHI PHODRANG HOTEL 4* OR SIMILAR




Day 7

NAMUCUO DAY TRIP

🍴 BREAKFAST / CHINESE CUISINE / KOREAN BBQ

~In the morning, we will travel along the Qinghai-Tibet Highway to the renowned scenic spot in northern Tibet - Namtso. Namtso means "Heavenly Lake" and is one of the three sacred lakes in Tibet. The lake's surface is at an altitude of 4,718 meters, and while crossing the 5,190-meter high Nagenla Mountain Pass, you can witness the breathtaking scenery of the azure sky and blue ocean. We will head straight to the Tashi Peninsula (Auspicious Island) in the heart of Namtso Lake to get up close and personal with the sacred lake. Standing by the world's highest and most beautiful sacred lake, you will feel as if you are in a blue world. The hues range from light blue, pale blue, grey-blue, sapphire blue, to deep blue and ink-like blue-black. These shades of blue, from light to deep, are so clear, rich, and enchanting that they seem to encompass every shade of blue in the world. Namtso is also the second-largest lake in Tibet and the second-largest saltwater lake in China. It is the highest lake in the world, far from the pollution of modern civilization, maintaining its natural and pristine ecology, and is a sacred place in the hearts of pilgrims.

 Hotel: TIBET TASHI PHODRANG HOTEL 4* OR SIMILAR



Day 8

LHASA – QINGHAI- TIBET RAILWAY

🍴 BREAKFAST / MEAL ON TRAIN / MEAL ON TRAIN

~After breakfast, transfer to Lhasa Railway Station, take the train to Xining, and enjoy the infinitely beautiful scenery of the Qinghai-Tibet Railway during the 24-hour journey. Arrive in Xining, the capital of Qinghai Province, before noon the next day. Pass by the largest geothermal power station in China, the Yangbajing Geothermal Power Station, cross Wudaoliang, and arrive at the Kunlun Mountain Pass (4837m). From there, you can see the Xiwangmu Yaochi Shrine, Kunlun Yuzhu Peak, and more in the distance, as well as plateau wildlife and the first bridge over the Yangtze River.



Day 9

QINGHAI-TIBET RAILWAY – XINING – CHENGDU

 TRAIN BREAKFAST / XINING CUISINE / CHENGDU CUISINE

~After the train arrives at Xining Station in the morning, you will be picked up by a local tour guide and head to Limeng Pedestrian Street. Limeng Commercial Pedestrian Street integrates thousands of years of Hehuang cultural connotation, carries urban characteristics, inherits urban cultural heritage, and fully demonstrates the vitality of urban development. It is a characteristic block that organically combines Qin bricks and Han tiles with modern fashion, and many original landscape sketches. The integration of related commercial formats in the surrounding area makes shopping more enjoyable and walking around the streets full of fun. In the afternoon, take a domestic flight to Chengdu. Upon arrival in Chengdu, check into the hotel and rest.

 Hotel: HOLIDAY INN EXPRESS
4* OR SIMILAR



Day 10

CHENGDU – KUALA LUMPUR

 BREAKFAST / CHENGDU SNACKS / CANTONESE CUISINE

~After breakfast, visit Wangjianglou Park (excluding cultural relics area). Located on the south bank of Jinjiang River in the east gate of Chengdu, Wangjiang Tower Park is famous both at home and abroad for its ancient architectural complex of Wangjiang Tower, the Memorial Hall of the famous female poet Xue Tao of the Tang Dynasty, and other cultural relics, as well as various rare and exotic bamboos. It is a historical site and tourist attraction in memory of Xue Tao, a female poet of the Tang Dynasty. The Wangjianglou Park Open Area is a garden landscape area dominated by bamboo and is a specialized park with the largest number of bamboo species in the country. Kuanzhai Alley, located near Changshun Street, Qingyang District, Chengdu City, Sichuan Province, consists of Kuan Alley, Narrow Alley, and Jing Alley arranged in parallel. It is an antique courtyard made of indigo bricks and tiles and is also a relatively large-scale ancient Qing Dynasty courtyard left in Chengdu. The street, together with Daci Temple and Wenshu Monastery, is known as one of the three protected historical and cultural cities in Chengdu. Panda Post Office (including panda postcards) features the world's only dedicated postal code 610088 and postal date stamp. In the future, Panda Post Offices will be set up in major scenic spots in Chengdu to promote the "Panda Takes You to Chengdu" themed tourism model. After dinner, take an international flight back to your warm home.



Day 11

ARRIVE KUALA LUMPUR

 MEALS ON BOARD



PROPOSED HOTEL

酒店推介：



成都塞伦盖蒂大酒店或同级 CHENGDU SERENGETI HOTEL OR SIMILAR



岷山大酒店或同级 MINSHAN GRAND HOTEL OR SIMILAR



塔赫夫波德拉西藏酒店或同级 TAEHF PHODRAG TIBET HOTEL OR SIMILAR



西宁万枫酒店或同级 FAIRFIELD BY MARRIOTT XINING NORTH HOTEL OR SIMILAR

旅游配套

Price Includes 价格包含

- Round-trip international flights between Kuala Lumpur - Chengdu 吉隆坡 - 成都往返国际航班
- Tipping for guide & driver 导游及司机小费
- Accommodations as stated in the itinerary or similar category 行程中注明的住宿或同级
- Sight seeing entrance ticket & meals are stated in itinerary 行程中已注明的景点门票和膳食安排
- One way domestic flight from Chengdu - Lingzhi, Tibet 单程成都飞往林芝西藏内陆航班
- One way domestic flight from Xining - Chengdu 单程西宁飞往成都内陆航班
- One way Qinghai-Tibet Railway ticket (4 person in 1 cabin) 单程青藏铁路火车票 (4人1卧车厢)
- 20KG check-in baggage allowance per person 每人20公斤托运行李
- Tibet Travel Permit 入藏签证

Price Excludes 价格不包括

- Meals not stated in the itinerary or mentioned as (at own expense)
行程中未注明或提及的餐食 (自费)
- Personal shopping or activity fees not stated in the itinerary
行程中未注明的个人购物或活动费用
- Extra charges for traveling not stated in the itinerary
行程中未注明的额外费用
- Items not stated in the "Price Includes" section
“价格包含”部分未注明的项目

*Remarks:

1. 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.

2. 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.

3. Please take note on travel safety tips and precautions at each of the scenic spot to avoid incidents happen.

注意事项:

1. 高原反应 - 此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程。

2. 高原气候 - 高原气候变化多样，昼夜差问大；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，防滑性好的旅游或蹬步鞋。

3. 各段景点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。



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