

TIBET TOUR

11D10N



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Boutique Hotel



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KL OFFICE

A-1G-21, Plaza Bukit Jalil (Aurora Place), No.1,
Persiaran Jalil 1, Bandar Bukit Jalil, 57000 Kuala
Lumpur, Wilayah Persekutuan Kuala Lumpur.



Sarawak OFFICE

No 11, 1st Floor, Lorong Ulu Sungai Merah 35B2,
96000 Sibul, Sarawak



LET'S CHAT!

0146994596



Authentic Local Flavors



Images for reference only. Actual product may vary.



【温馨提示】每日行程的时间表仅供参考，若遇交通、气候、酒店地点等因素影响，本公司保留调整行程顺序的权利。
 【Friendly Reminder】The daily itinerary schedule is for reference only. In case of factors such as transportation, weather, hotel locations, etc., affecting the schedule, the company reserves the right to adjust the itinerary order.

DAY 1 吉隆坡 – 成都 KUALA LUMPUR - CHENGDU

Assemble at Kuala Lumpur International Airport and board a light to Chengdu. Upon arrival, transfer to the hotel for check-in and rest.



Hotel Tianfu International Hotel or similar(5-star)

DAY 2 成都-林芝 CHENGDU - NYINGCHI

Transfer from Chengdu to the airport for a flight to Nyingchi. Upon arrival, a private vehicle will pick you up. Cross Sejila Mountain and enjoy a distant view of the magnificent Mount Namjagbarwa. Visit the Lulang Forest, known as "a place that makes people forget to go home," with its picturesque scenery. It is one of the largest and best-preserved forest regions in China. After the tour, return to Nyingchi.

Hotel Nyingchi Qomolangzong Hotel or similar(5-star)

Meals (Breakfast / Lunch (Chinese Set Menu) / Dinner (Stone Pot Chicken Specialty)



DAY 3 林芝-拉萨 NYINGCHI - LHASA

Enjoy the scenic views of the beautiful Niyang River along the way. Visit Basum Tso (including sightseeing bus), also known as "Cuogao Lake," meaning "green water," where the lake displays rich layers of color with crystal-clear beauty. Proceed to the island in the middle of the lake for a visit, then explore Cuozong Monastery, which enshrines Guru Padmasambhava and is an important sacred site for locals. After the tour, continue on to Lhasa.

Hotel Pingcuo Kangsang International Hotel (oxygen-enriched room) or similar (5-star)

Meals (Breakfast / Lunch (Chinese Set Menu) / Dinner (Chinese Set Menu)



DAY 4 拉萨 LHASA

Visit the Potala Palace, the highest palace in the world and the former winter residence of successive Dalai Lamas. Explore Jokhang Temple, built by the Tibetan King Songtsen Gampo for his Nepalese consort, and one of the most important monasteries in Tibetan Buddhism. Stroll along Barkhor Street, the traditional old town circling Jokhang Temple and the vibrant heart of Tibetan culture and daily life.

※ Complimentary: Tibetan costume photography (professional photographer, including traditional outfit and headwear; 10 digital photos + 3 professionally edited images included)

Hotel Ruipingcuo Kangsang International Hotel (oxygen-enriched room) or similar (5-star)

Meals (Breakfast / Lunch (Chinese Set Menu) / Dinner (Wild Mushroom Specialty)



DAY
5

拉萨 - 日喀则 LHASA - SHIGATSE

Drive along the Yarlung Tsangpo River, cross the 4,990m Gangbala Pass to Yamdrok Lake for scenic views and yak photo experience, and enjoy a distant view of Mount Noijin Kangsang. Visit Karola Glacier, pass Simila Reservoir, and glimpse Gyantse Dzong before arriving in Shigatse.

 **Hotel** Shigatse Mulun Lazong Hotel or similar (5-star)

 **Meals** (Breakfast / Lunch (Chinese Set Menu) / Dinner (Chinese Set Menu))

DAY
6

日喀则 - 珠峰 - 扎西宗乡 SHIGATSE - MOUNTAIN EVEREST - ZHAXIZONG TOWN

Head to the Himalayan Scenic Area to Dingri Viewing Platform, then travel along the eastern slope of Mount Everest into the Gama Valley (about 55 km long). On the return journey, pass Jiawula Pass for a distant view of five peaks over 8,000 meters. Continue by eco-friendly shuttle to Everest Base Camp (including sightseeing bus), where you can admire the majestic Mount Everest from one of the closest viewing points, just over 20 km from the summit.


 **Hotel** Everest Magnolia Hotel or similar (5-star)

 **Meals** (Breakfast / Lunch (Chinese Set Menu) / Dinner (Chinese Set Menu))

DAY
7

扎西宗乡 - 日喀则 ZHAXIZONG TOWN - SHIGATSE

Pass Jiawula Pass, a key route to Everest Base Camp and the only viewpoint where five 8,000-meter peaks can be seen together. Travel along National Highway 318 through the Himalayas, enjoying spectacular mountain landscapes and snow-capped peaks.


 **Hotel** Shigatse Mulun Lazong Hotel or similar (5-star)

 **Meals** (Breakfast / Lunch (Chinese Set Menu) / Dinner (Chinese Set Menu))

DAY
8

日喀则 - 拉萨 SHIGATSE - LHASA

Visit Tashilhunpo Monastery, located at the foot of Niseri Mountain in Shigatse, a grand complex comparable to the Potala Palace. Afterwards, enjoy the magnificent scenery along the Yarlung Tsangpo River on the way back to Lhasa.

 **Hotel** Pingcuo Kangsang International Hotel (oxygen-enriched room) or similar (5-star)

 **Meals** (Breakfast / Lunch (Chinese Set Menu) / Dinner (Korean BBQ))



DAY
9

拉萨 - 青藏铁路 LHASA - QINGZANG RAILWAY

After breakfast, take a train to Xining (journey around 22 hours).

Note: Meals on the train are not included. Suggested meal budget is RMB 30 per person for breakfast, and RMB 80 per person per meal for lunch and dinner (typically a set meal for four people per table).

 **Hotel** On the train

 **Meals** (Breakfast / Lunch / Dinner (Meals at own expense))

DAY
10

西宁 - 成都 XINING - CHENGDU

After arriving in Xining by train, proceed to Limeng Pedestrian Street to experience the vibrant city atmosphere shaped by thousands of years of Hehuang culture. In the afternoon, transfer to the airport for a flight to Chengdu. Upon arrival, you will be met and transferred to the hotel for rest.

 **Hotel** Tianfu International Hotel or similar (5-star)

 **Meals** (Breakfast (Meals at own expense on the train) / Lunch (Chinese Set Menu) / Dinner (Chinese Set Menu))

DAY
11

成都 - 吉隆坡 CHENGDU - KUALA LUMPUR

Stroll along Chunxi Road and enjoy Chengdu's relaxed lifestyle, visit the Panda Post Office (including a postcard) to experience the unique "Panda Takes You Around Chengdu" culture. Then transfer to the airport and take a flight back to Kuala Lumpur.

 **Meals** (Breakfast-Hotel)

