



8天7夜

# 西藏 ~ 成都 / 拉萨 / 日喀则 / 青藏铁路



Tour Code: CZD



★ 风味餐: • 巴蜀风味 • 鸳鸯火锅 • 成都小吃 • 石锅鸡风味  
• 藏族风味 • 滋补菌风味

**精简行程:**

**观光景点:**

**第一天 吉隆坡/成都**  
西青藏列车(机上用餐/晚餐)

● 宽窄巷子  
夜宿火车: 青藏列车(软卧-4人1室)

**第二天 青藏列车** (早/午/晚餐)

\* 途经城市

- 陕西(宝鸡)
- 甘肃(兰州)
- 青海(西宁)

\* 途经世界知名风景区:

- 塔尔寺
- 日月山
- 青海湖
- 茶卡盐湖

夜宿火车: 青藏列车(软卧-4人1室)

**第三天 青藏列车/拉萨** (早/午/晚餐)

\* 途经世界知名风景区:

- 格尔木
- 可可西里无人区(藏羚羊栖息地)
- 沱沱河
- 昆仑山
- 羌塘大草原
- 安多圣湖
- 纳木措
- 抵达拉萨~藏式迎宾礼

酒店: 嘎吉林酒店或同等级

**第四天 拉萨/江孜/日喀则** (早/午/晚餐)

- 羊卓雍措
- 宗山城堡
- 白居寺

酒店: 扎西曲塔酒店或同等级

**第五天 日喀则/拉萨** (早/午/晚餐)

- 扎什伦布寺
- 布达拉宫广场(欣赏音乐喷泉)

酒店: 嘎吉林酒店或同等级

**第六天 拉萨** (早/午/晚餐)

- 布达拉宫
- 宗角绿康(龙王潭公园)
- 大昭寺
- 八角街

酒店: 嘎吉林酒店或同等级

**第七天 拉萨→成都** (早/午/晚餐)

- 扎基寺
- 锦里古街

酒店: 凯宾斯基酒店或同等级

**第八天 成都/吉隆坡** (早/午/机上用餐)

- 熊猫邮局(赠送熊猫明信片一张)

行程次序, 以当地旅社安排为准。



**成都**

- 宽窄巷子 - 宽窄巷子可以堪称川西民居的重要典范。宽窄巷子地处成都三大历史文化名城保护区之一少城片区。
- 锦里古街 - 全是川西仿古建筑, 青石板小路, 小街上散布着各类手艺人, 泥人、糖画、剪纸等, “好吃街”更是集四川名小吃于一街。
- 熊猫邮局 - 全球第一家以熊猫为主题, 有独家熊猫邮戳及专用邮政编码, 还有熊猫邮筒的「熊猫邮局」, 可以买到不同熊猫主题Q版明信片等等, 是旅行必寄明信片的人人必逛之地。

**日喀则**

- 羊卓雍措 - 西藏三大圣湖之一, 错为湖之一, 全意为{珊瑚之湖}此湖面积广达670多平方公里, 为杭州西湖的70倍大, 湖面海拔4441公尺, 碧波万顷, 水天一色, 自然风光绝美, 恍如人间仙境。
- 宗山城堡 - 此处曾在1904年发生壮烈的藏人抗英战役, 死伤激烈。
- 白居寺 - 该寺最大特色即为一寺融三派, 彼此相安无事, 这也是西藏唯一的一座三教合一塔寺; 另一特色即为寺中有塔的“白居菩提塔”此塔为近百间佛堂依次重叠建起, 塔中有塔, 佛龛与佛堂以及壁画上的佛像总计为十万尊, 因而得名十万佛塔, 塔的形式为藏印尼泊尔式的建筑, 非常有特色。
- 扎什伦布寺 - 此寺是西藏历代班禅喇嘛的驻锡地, 也是后藏最大的寺院, 於1447年由宗喀巴的弟子、一世達賴在帕竹政权的资助下修建的。寺内有最著名的弥勒佛殿、历代班禅喇嘛的合葬塔和十世班禅的灵塔, 寺内有高26米的镀金佛像—弥勒佛, 是世界上最高的金属佛像。

**拉萨**

- 布达拉广场(欣赏音乐喷泉) - 边听音乐边欣赏夜色下独特的布达拉宫景色。
- 布达拉宫 - 世界上海拔最高的古代宫堡式建筑群。作为西藏政教合一权利统治的中心, 分为白宫与红宫, 主要供奉了8座达赖的灵塔和众多佛像, 以五世达赖的灵塔规模最大, 耗费黄金3721公斤。
- 宗角绿康 - 拉萨著名园林, 亦称“龙王潭公园”, 此处是欣赏布达拉宫倒影的好去处。
- 大昭寺 - 藏传佛教的中心寺院, 建于西元七世纪的它主供的佛像是佛祖释迦牟尼十二岁等身金像, 这尊由佛祖自己开光加持的佛像是佛教徒心中最为神圣的, 人称“觉卧”, 一见解脱。
- 八角街 - 为拉萨著名的转经道, 这里聚集了来自世界各地的朝圣者, 街两旁店铺林立摊点遍布。
- 扎基寺 - 西藏最灵验的财神庙, 也是全西藏唯一的一座财神庙。

**\*赠送:**

- 全程 unlimited 提供矿泉水
- 青藏列车配备一次性用品(床套、床罩、拖鞋、耳塞、眼罩)
- 每人一支可携带式氧气瓶(西藏段)
- 每人祈福转经筒一个
- 藏族哈达迎宾礼



Kempinski Hotel  
Chengdu  
CHINA  
成都凯宾斯基酒店

自费项目: 文成公主大型实景剧+参观藏墓基地+藏民家访= RMB500/人

出发日期:

航班行程:

Travel Agent:

	团费	机场税及燃油附加费	小费	旅行社代收费	签证	旅行保险	总数
成人							
小孩							



**8D7N**

# TIBET- CHENGDU/ LHASA/ SHIGATSE/ TIBET RAILWAY

Domestic Flight



Tour Code: CZD



**Special Cuisine :** • Bashu Flavor • Yuan Yang Steamboat • Chengdu Snack  
• Kamameshi Chicken • Special Tibet Mushroom Cuisine

**Schedule:**

**D1 KL/ CHENGDU TIBET**  
(MOB/D)

- Narrow Alley
- \* Overnight: Train  
(Soft Sleeper - 4 pax in 1 Cabin)

**D2 TIBET TRAIN (B/L/D)**

- \* Pass by City:
  - Shaanxi (Baoji)
  - Gansu (Lanzhou)
  - Qinghai (Xining)
- \* Pass by Sightseeing:
  - Kumbum Monastery
  - Qinghai Lake
  - Bird Island
  - Caka Salt Lake

\* Overnight: Train  
(Soft Sleeper - 4 pax in 1 Cabin)

**D3 ARRIVE LHASA (B/L/D)**

- \* Pass by Sightseeing:
  - Golmud
  - Kekexili (Tibetan antelope habitat)
  - Tuotuohe
  - Kunlun Mountains
  - Qiangtang prairie
  - Namco
  - Yangbajain.
  - Arrive Lhasa ~ Welcome with Tibetan Hada

Hotel: Gakyiling Hotel or similar class

**D4 LHASA / SHIGATSE (B/L/D)**

- Yamdrok Lake
- Gyantse Dzong
- Palcho Monastery

Hotel: Tashi Choten Hotel or similar class

**D5 SHIGATSE / LHASA (B/L/D)**

- Tashilhunpo Monastery
- Palace Square

Hotel: Gakyiling Hotel or similar class

**D6 LHASA (B/L/D)**

- Potala Palace
- Zhongjiaolu-kang
- Jokhang Temple
- Barkhor Street

Hotel: Gakyiling Hotel or similar class

**D7 LHASA → CHENGDU (B/L/D)**

- Zaki Temple
- Jinli Ancient Street

Hotel: Kempinski Hotel or similar class

**D8 CHENGDU / KL (B/L/MOB)**

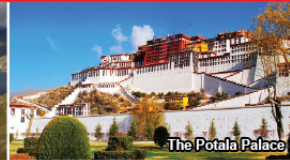
- Panda Post Office  
(Free 01 Postcard)

Sequences of Itinerary are subject to local arrangement.

**Tourist Attractions:**



Yamdrok



The Potala Palace



Zaki Temple

**CHENGDU**

- **Narrow Alley** – Which is more about restoring the old architecture in West China. The main structure is made from wood and bricks.
- **Jinli Ancient Street** – Jinli Street was the most famous place for baldachin - a rich, ornate cloth.
- **Panda Post** – The panda post is a mailbox in Chengdu 's first post office featuring the giant panda , one of the world 's most endangered animal species.

**SHIGATSE**

- **Yamdrok Lake** – Yamdrok Lake is a freshwater lake in Tibet, it is one of the three largest sacred lakes in Tibet. It is over 72 km long. The lake is surrounded by many snow-capped mountains and is fed by numerous small streams.
- **Gyantse Dzong** – Gyantse Dzong or Gyantse Fortress is one of the best preserved dzongs in Tibet, perched high above the town of Gyantse on a huge spur of grey brown rock.
- **Palcho Monastery** – The Palcho Monastery or Pelkor Chode Monastery or Shekar Gyantse is the main monastery in Gyantse, Gyantse County, Shigatse Prefecture, Tibet, China in the Nyangchu river valley.
- **Tashilhunpo Monastery** – Tashilhunpo Monastery, founded in 1447 by the 1st Dalai Lama, is a historic and culturally important monastery in Shigatse, the second-largest city in Tibet.

**LHASA**

- **Palace Square (Music Fountain)** – Palace Square is China Tibet Autonomous Region Lhasa, a large center of the plaza , located in the Potala Palace on the south side, formerly known as the working people's Cultural Palace Square.
- **Potala Palace** – The Potala Palace in Lhasa, Tibet Autonomous Region was the chief residence of the Dalai Lama until the 14th Dalai Lama fled to India during the 1959 Tibetan uprising. It is now a museum and World Heritage Site.
- **Zhongjiaolu-Kang** – Lhasa's famous gardens, also known as "Dragon King Lake Park," where is a good place to enjoy the reflection of the Potala Palace.
- **Jokhang Temple** (or Jokhang Monastery) - the spiritual center of Tibet, is situated at the heart of the old town of Lhasa.
- **Barkhor Street** – Tibetan Barkhor called the "Holy Road" Tibetan "profile" means is "turning the channel." Barkhor is a one-way street , walking in the Barkhor, the rotational direction must be turning cylinder of the same, namely a clockwise walk. Street also has many followers in a step kneel to prayer.
- **Zaki Temple** – Zaki Temple is located in the northern suburbs of Lhasa, Tibet is only a God of wealth, the temple is small, but very incense heyday

**\* Free \***

- Unlimited mineral water provided
- Train Soft Sleeper Facilities  
(Bed Sets, Bedspreads, Slippers, Earplugs and Travel Eye Mask)
- 01 bottle carryable Oxygen per person
- Tibetan Hada welcome & Free gift



**Kempinski Hotel Chengdu**  
CHINA  
成都凯宾斯基饭店

Optional Tour: Princess Wencheng Performance + Tibet Ancient Dog Base + Tibetan Culture Visit = RMB500 / person.

Departure Date:		Flight :					
	Tour Fare	Airport Tax & Fuel Surcharge	Tipping	ACF	Visa	Travel Insurance	Total
Adult							
Child							

Travel Agent :