



CHINA

8D7N

TIBET~ CHENGDU

/XINING-TIBET RAILWAY

/LHASA/YAMDROKTSO

/NYINGCHI



CHAT WITH US +6012-5423321



Yamdrokto
羊卓雍措



Basum Tso
巴松措



Potala Palace
布达拉宫



SCHEDULE

DAY 1 DEPART CHENGDU

(MOB/D)

- Kuanzhai Alley

DAY 2 CHENGDU - XINING



(B/L/D)

- Limeng Commercial Street

The train from Xining to Lhasa takes about 22 hours. Overnight on the train and enjoy the scenery of the Qinghai-Tibet Plateau to reach Lhasa.

DAY 3 TIBET RAILWAY - LHASA



(B/L/D)

- Arrived in Lhasa, we proceed to hotel to rest and slowly adapt to the plateau environment.

DAY 4 LHASA

(B/L/D)

- Zashi Lhamo Temple
- Potala Palace (Include Entrance Ticket)
- Yaowangshan Observation Deck
- Jokhang Temple (Include Entrance Ticket)
- Take Tibetan clothes photography on Barkhor Street
- Night view of Potala Palace

DAY 5 LHASA - YAMDROK



(B/L/D)

- Yamdrokto (Include Entrance Ticket)
- Take a photo with Yak
- Take a photo with Tibetan mastiff
- Nachin Kangsan Snow Mountain (outlook)

DAY 6 LHASA - BASUM TSO - NYINGCHI



(B/L/D)

- Basum Tso
- Tsozong Gongba Monastery

DAY 7 NYINGCHI - CHENGDU



(B/L/D)

- Panda Base

DAY 8 CHENGDU - ARRIVE



(B/MOB)

- Chunxi Road Pedestrian Street
- Transfer to airport

TOURIST ATTRACTIONS:

CHENGDU

- Kuanzhai Alley - It is also one of the oldest remaining Qing Dynasty streets in Chengdu, with its ancient courtyards made of different type of brick and tile.
- Panda Base - The Panda Base is a world-famous relocation and protection base for Panda, with more than 200 pandas, the world's largest panda captive breeding population, and an internationalized and modernized museum with the functions of popularization of science, public education, display, exhibit collection, and academic research.

XI NING

- Limeng Commercial Street - Integrates thousands of years of Hehuang cultural connotation, carries urban characteristics, inherits urban cultural heritage, and fully demonstrates the vitality of urban development.

LHASA

- Potala Palace - Located in the Lhasa city, Potala Palace is a combination of a palace, castle and monastery and renowned for its extensive collection of historical artifacts.
- Jokhang Temple - Jokhang Monastery has a history of over 1300 years and it has a supreme role in Tibetan Buddhism and is one of the holiest places in Tibetan Buddhism.
- Barkhor Street - A circle of old city streets surrounding the Jokhang Temple is the center of Tibetan activities.

YAMDROK YUMCO

- Yamdrokto** - Cross over Gangbala Mountain and arrive at the holy lake of Tibet. The lake is sparkling and the scenery is picturesque, like a paradise on earth! Take photos with the yaks by the blue lake and enjoy a relaxing time, and then take photos with the tall and mighty Tibetan Mastiffs. There is also a viewing platform where you can also have a distant view of Nachin Kangsan Snow Mountain.

NYINGCHI

- Basum Tso** - It is also called "Cuogao 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



Jokhang Temple
大昭寺



Panda Base
熊猫基地



Take a photo with Yak
牦牛合影



精简行程

第一天 抵达成都

(机上用餐/晚)

- 宽窄巷子

第二天 成都 - 西宁



(早/午/晚)

- 力盟商业街

-西宁至拉萨火车运行时间约为22小时左右，游客需要在火车上度过一天一夜，一路美欣赏青藏高原 风光即可到达拉萨。

第三天 青藏铁路 - 拉萨



(B/L/D)

- 列车到达拉萨，接火车之后我们前往 酒店休息，慢慢适应高原环境

第四天 拉萨

(早/午/晚)

- 扎基寺
- 布达拉宫 (含门票)
- 药王山观景台
- 大昭寺 (含门票)
- 八廓街藏装摄影 (赠送十张电子底片)
- 布达拉宫夜景

第五天 拉萨 - 羊湖 - 拉萨



(早/午/晚)

- 羊卓雍错 (含门票)
- 与牦牛合影 (费用已含)
- 与高大威猛的藏獒拍照 (经驯化过的)
- 远眺乃钦康桑雪山

第六天 拉萨 - 巴松措 - 林芝



(早/午/晚)

- 巴松措
- 错宗寺

第七天 林芝 - 成都



(早/午/晚)

- 熊猫基地

第八天 成都 - 回程



(早/机上用餐)

- 春熙路
- 送机

观光景点：

成都

- **宽窄巷子** - 宽窄巷子由宽巷子、窄巷子、井巷子平行排列组成，全为青黛砖瓦的仿古四合院落，在这里可以品尝到最地道的美食，体会到最民风民俗的川西风情。
- **熊猫基地** - 熊猫基地是世界著名的大熊猫迁地保护基地，是一个具有科普、公众教育、展示、展品收藏、保护和学术研究功能的国际化、现代化的博物馆。

西宁

- **力盟商业街** - 融汇数千年河湟文化内涵，充分展示城市发展活力;秦砖汉瓦与 现代时尚的有机结合，众多原创景观小品与周边相关业态的相互交融，使购物 更加享受，游街充满乐趣。

拉萨

- **布达拉宫** - 布达拉宫坐落于拉萨市，是一座集宫殿、城堡和寺院于一体的建筑，并收藏着极为丰富的历史文物。布达拉宫依山而建，是世界上最高的宫殿，最高处海拔为3700多米。
- **大昭寺** - 大昭寺已有1300多年的历史，在藏传佛教中拥有至高无上的地位，也是藏传佛教最神圣的地方之一。
- **八角街** - 围绕在大昭寺周围的一圈老城街道，藏族人活动的中心。

羊卓雍错

- 翻过岗巴拉山 (海拔4990米)，来到西藏圣湖—羊卓雍错，湖面波光粼粼，风景如画，好像人间天堂！在碧蓝的湖水边，与牦牛合影，享受惬意的时光，之后再与高大威猛的藏獒拍照 (经驯化过的)。在观景台上还能远眺乃钦康桑雪山，乃钦康桑雪山是西藏四大神山之一。之后返回拉萨。

林芝

- **巴松措** - 也叫「错高湖」，意为“绿色的水”，湖面海拔3700多米，有瑞士湖光山色之美，湖长约12公里，最深处60多米，总面积6000多亩，巴松措湖是红教一藏传佛教宁玛派的著名神湖和圣地，岛上有一座寺，面积200余平方米，名为【错宗寺】，香火十分鼎盛，始建于吐蕃赞普时期，属藏传佛教宁玛派寺庙，距今已有1500多年的历史。



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