



CHINA

9D7N

LET BRAVERY BEGINS IN TIBET
CHENGDU/XINING~TIBET
RAILWAY/LHASA
/YAMDROK YUMTSO
/SHIGATSE



CHAT WITH US +6012-5423321



Qinghai-Tibet Railway
青藏铁路



Potala Palace
布达拉宫



Jokhang Temple
大昭寺



SCHEDULE

DAY 1 SINGAPORE - CHENGDU (MOB/L/D)

- Jinli Ancient Street
- Chengdu New Century Global Center
- Popular Spot – Chengdu SKP

DAY 2 CHENGDU - XINING - LHASA (B/L/D)

- Shuijing Lane Pedestrian Street
- Take Train from Xining to Lhasa

Take about 22 Hours. Overnight on the Train and enjoy the scenery of the Qinghai-Tibet Plateau to Reach Lhasa
**Overnight In Tibet Train (Soft Sleeper-4 Pax in 1 Cabin)

DAY 3 XINING (TIBET RAILWAY) - LHASA (D)

- Continue to enjoy the scenery of the Qinghai-Tibet Plateau to Reach Lhasa
- Pass by Golmud, Hoh Xil, Yuzhu Peak, Cuona Lake etc

**Head to Hotel to Rest after Arriving in Lhasa and gradually acclimate to the Plateau Environment

DAY 4 LHASA (B/L/D)

- Potala Palace (Entrance Ticket Included & With Headset)
- Jokhang Temple (Entrance Ticket Included & With Headset)
- Barkhor Street

DAY 5 LHASA - YAMDROK YUMTSO - SHIGATSE (B/L/D)

- Yamdrok Yumtso (Entrance Ticket Included)
- Take Pictures with Tibetan Mastiff (Fees Included)
- Kharola Glacier (Entrance Ticket Included)
- Shigatse Pedestrian Street

DAY 6 SHIGATSE - LHASA (B/L/D)

- Tashilhunpo Monastery (Entrance Ticket Included)
- Enjoy Night View of Potala Palace

DAY 7 LHASA - CHENGDU (B/L/D)

- Zha Ji Si
- Wide and Narrow Alley

DAY 8 CHENGDU - SINGAPORE (B/L/D)

- Luodai Ancient Town
- Eastern Suburb Memory Park
- Chunxi Road Pedestrian Street
- Taikoo Li
- Chengdu International Financial Square

DAY 9 ARRIVE SINGAPORE (MOB)

TOURIST ATTRACTIONS:

XINING

- **Shuijing Lane Pedestrian Street** - The busiest commercial street in the ancient city of Xining. Shuijing Lane has a wide variety of dried goods from the north and south, local snacks, and ethnic products. The sales volume of goods is very large, it is well known as a place of gold in Xining City that "makes a fortune every day".

QINGHAI-TIBET RAILWAY

- **Qinghai-Tibet Railway** - Class I national railway connecting Xining City, Qinghai Province to Lhasa City, Tibet Autonomous Region. It is one of China's four major projects in the new century. It is the first railway to the hinterland of Tibet and the highest and longest plateau railway in the world. You may enjoy the beautiful scenery of the plateau through the train window. The snow-capped mountains, lakes, blue sky, white clouds and wild animals are all beautiful scenery worth seeing.

LHASA

- **Potala Palace** - The tallest palace in the world, it is also the Dalai Lama's winter palace and the residence of the Dalai Lama in the past dynasties.
- **Jokhang Temple** - Temple built by Tibetan King Songtsen Gampo for the Princess of Nepal.
- **Barkhor Street** - A circle of old city streets surrounding the Jokhang Temple is the center of Tibetan activities.

YAMDROK YUMTSO

- **Yamdrok Yumtso** - Also named as Yamdrok Lake. Lake area of Yamdrok Yumtso is 638 square kilometers, lake elevation is 4,441 meters above sea level. It is known as the three sacred lakes in Tibet together with Namtso Lake and Mapam Yumtso. It is the largest inland lake in the northern foothills of the Himalayas. The beauty of lakes and mountains is unrivalled in southern Tibet.

SHIGATSE

- **Tashilhunpo Monastery** - It is a national 5A-level tourist attraction and one of the four most famous monasteries in Tibet. Located on the eastern slope of Mount Nyima in the western part of Shigatse region. With a construction area of 300,000 square meters, it is the largest monastery in Shigatse.



Barkhor street
八角街



Luodai Ancient Town
洛带古镇



Potala Palace
布达拉宫



精简行程

第一天 新加坡 - 成都



(机上用餐/午/晚)

- 锦里古街
- 成都环球中心
- 打卡成都SKP

第二天 成都 - 西宁 - 拉萨



(早/午/晚)

- 水井巷步行街
- 从西宁乘坐火车前往拉萨

(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, 一路欣赏青藏高原风光即可到达拉萨。) **火车软卧 (4人一室)

第三天 西宁 - 拉萨



(晚)

- 继续欣赏沿途高原风光
- 途径城市格尔木+可可西里无人区 (藏羚羊栖息地)+ 昆仑山玉珠峰+ 错那湖等等

**抵达拉萨后前往酒店休息, 慢慢适应高原环境

第四天 拉萨

(早/午/晚)

- 布达拉宫 (含门票和耳麦)
- 大昭寺 (含门票和耳麦)
- 八角街

第五天 拉萨 - 羊湖 - 日喀则



(早/午/晚)

- 羊湖 (含门票)
- 与藏獒拍照 (已含费用)
- 卡若拉冰川 (含门票)
- 日喀则步行街

第六天 日喀则 - 拉萨



(早/午/晚)

- 扎什伦布寺 (含门票)
- 布达拉宫广场夜景

第七天 拉萨 - 成都



(早/午/晚)

- 扎基寺
- 宽窄巷子

第八天 成都 - 新加坡



(早/午/晚)

- 洛带古镇
- 东郊记忆工业遗址公园
- 春熙路步行街
- 太古里
- 成都IFS国际金融中心

第九天 抵达新加坡

(机上用餐)

观光景点:

西宁

- **水井巷步行街** - 水井巷是古城西宁里是最热闹的商业街。水井巷的南北干货、风俗小吃、民族用品、琳琅满目, 商品进销量极大, 号称西宁市"日进斗金"的寸金之地。

青藏铁路

- **青藏铁路** - 是一条连接青海省西宁市至西藏自治区拉萨市的国铁Ⅰ级铁路, 是中国新世纪四大工程之一, 是通往西藏腹地的第一条铁路, 也是世界上海拔最高、线路最长的高原铁路。青藏铁路沿线将途径许多壮丽的美景和站点, 如昆仑山脉玉珠峰 (海拔约 6200米), 错那湖 (世界上海拔最高的淡水湖, 约 4600米) 等, 独特高原绚丽风景映入眼帘, 接受绝美自然风光的洗涤。

拉萨

- **布达拉宫** - 世界上最高的宫殿, 也是达赖喇嘛的冬宫, 历代达赖喇嘛驻锡地。
- **大昭寺** - 是藏王松赞干布为尼泊尔王妃建的寺庙。
- **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。

羊湖

- **羊湖** - 又名羊卓雍措。湖水面积638平方公里, 湖面海拔4,441米, 与纳木错、玛旁雍措并称西藏三大圣湖, 是喜马拉雅山北麓最大的内陆湖泊, 湖光山色之美, 冠绝藏南。其湖面平静, 山水相映, 仿佛镶嵌在群峰之中的一颗蓝宝石。

日喀则

- **扎什伦布寺** - 为国家5A级旅游景区, 是西藏著名的四大寺院之一, 位于日喀则市城西的尼玛山东面山坡上, 是日喀则地区最大的一座寺院。建筑面积达30万平方米, 是后藏最大的寺院。



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