

LXA-01-V1

9天
7晚
Nights

高原初见 · 漫游西藏

拉萨 / 林芝 / 波密 / 羊卓雍措

Lahsa / Nyingchi / Bomi / Yamdrok Lake

TIBET : LAHSA
AND NYINGCHI

怡保上机

Departure From Ipoh



特色安排

SPECIAL ARRANGEMENT

- 全程不入购物店 Zero Shopping Shop
- 医用氧气钢瓶随车 Medical Oxygen Cylinder In Bus
- 每人一瓶迷你氧气+5瓶葡萄糖
Each Person One Bottle Mini Oxygen + 5 Bottles Glucose
- 首晚医生巡房，为高压的你保驾护航
First-night doctor visits for your peace of mind
- 林芝至拉萨 单程动车
Nyingchi to Lahsa One-way Train
- 拉萨全程有氧酒店
Oxygen supply hotels throughout stay in Lahsa



行程特点 ITINERARY HIGHLIGHTS

- 布达拉宫 Potala Palace TICKET
- 鲁朗林海 Lulang Forest Sea TICKET
- 米堆冰川 Midui Glacier TICKET
- 天边牧场 Borderland Ranch TICKET

* 含票 Include Ticket * 世界遗产目录 World Heritage Sites



膳食 MEALS

- 石锅鸡 Stone Pot Chicken
- 菌汤锅 Mushroom Broth Hot Pot
- 藏香猪风味 Tibetan-style Pork Flavor
- 尼泊尔咖喱 Nepalese Curry



酒店特色 HOTEL HIGHLIGHTS

- 住宿当地 4+5 星酒店 Stay At Local 4+5 Stars Hotel
升级入住一晚国际五星灵芝希尔顿庄园或同级
Upgrade one-night stay at an international 5-star Hilton Nyingchi Resort or similar.



乐趣购物 FUN SHOPPING

- 八廓街 Barkhor Street



飞机 Flight

往 Toward

地点 Destination

过夜 Overnight

注：以上的行程地图只供参考，
如突发状况我们会保留更改行程的权利。
Remark: Route are subject to change
based on any circumstances.

特别赠送 Special Gift

网红旱地拔葱旅拍

Influencer-style "Jump-Up" Travel Video Shoot

航班时间 FLIGHT DETAILS:

scoot

West Air
西部航空

D1	IPH/SIN	TR 487	1725/1855
D2	SIN/LXA	PN6444	0445/1455
D8	LXA/SIN	PN6443	1725/0345+1
D9	SIN/IPH	TR 480	0635/0750

第 1 天 出境 ✈️ 新加坡

集合于国际机场，乘搭国际航班飞往新加坡。

抵达后，入住酒店。

第 2 天 新加坡 ✈️ 拉萨 海拔3650米 机上用餐/晚

集合于国际机场，乘搭国际航班飞往拉萨。

抵达后，乘车前往酒店入住。

第 3 天 拉萨 400km 林芝 海拔3000米 早午晚

林芝: 位于西藏东南部，氧气浓度较高。藏语意为“太阳宝座”，指太阳升起的地方。

巨柏林: 林芝巨柏林，苯教神树之地，数百棵千年古柏耸立，柏树王高 50 米，藏地信仰与自然共生。

卡定沟: 藏语“人间仙境”，天佛瀑布落差 200 米，崖壁天然佛像，峡谷葱郁，藏地秘境。

第 4 天 林芝 228km 波密 海拔2750米 早午晚

鲁朗色季拉山: 318 国道咽喉，林海苍茫，经幡飞舞，遥遥日照金山，藏东南经典观景台。(海拔4728米)

鲁朗林海: 鲁朗林海云雾缭绕，松杉苍翠、草甸如茵，雪山环抱，藏地“东方瑞士”，高原天然画廊。(海拔3700米)

鲁朗小镇: “东方瑞士”鲁朗小镇，雪山林海环绕的宁静仙境。

第 5 天 波密 228km 林芝 早午晚

米堆冰川: 6800 米雪峰托举双冰瀑，冰舌探入林海，幽蓝圣洁，318 国道上的冰雪秘境。(海拔4600米)

尼洋河(途径): 雅鲁藏布江流域内的五大支流之一。

第 6 天 林芝 拉萨 早午晚

天边牧场: 背靠喜马拉雅雪山，面朝雅鲁藏布江，天幕雪山、草地交相辉映。藏舞老师带大家穿藏装，教大家跳藏族舞蹈。(供氧列车)

随后乘火车前往拉萨

林芝火车: 拉林铁路高原复兴号，穿行雪山峡谷与桃花林海，窗外一步一景，雪域江南最美观景列车。

第 7 天 拉萨 早午晚

布达拉宫(含耳机): 西藏最大、最完整的古代宫堡建筑，比喻为最靠近天国的圣地。

八廓街: 拉萨著名的转经道和商业中心，较完整地保存了古城的传统面貌和居住方式。

布达拉宫广场: 是世界上海拔最高的城市广场，与布宫遥相呼应，是拉萨的城市客厅与祈福之地。

扎基寺: 西藏唯一财神庙，主供扎基拉姆女财神，香火鼎盛，以白酒供奉，求财祈福灵验之地。

第 8 天 羊卓雍措 ✈️ 中转城市 早午/机上用餐

羊卓雍措: 西藏三大圣湖之一，喜马拉雅山北麓最大的内陆湖泊，湖光山色之美，冠绝藏南”。(海拔4400米)

旅程结束，送往机场乘搭客机飞返美丽的家园。

第 9 天 中转城市 ✈️ 入境 机上用餐

鸿运旅游期待与您再出发！

Day 1 Departure ✈️ Singapore

Assemble at international airport for flight to Singapore.

Upon arrival, Check into the hotel.

Day 2 Singapore ✈️ Lahsa Altitude 3,650 MOB/D

Assemble at international airport for flight to Lahsa.

Upon arrival, transfer to check-in hotel.

Day 3 Lahsa 400km Nyingchi Altitude 3,000 BLD

Nyingchi: A prefecture lying southeastern area of Tibet. Literally meaning the Throne of Sun.

Giant Cypress Forest: a sacred Bon site with a 50m ancient king cypress,

Khading Valley: a Tibetan "paradise on earth" featuring a 200m waterfall with natural Buddha images on its cliff, both showcase the harmonious coexistence of Tibetan faith and nature.

Day 4 Nyingchi 228km Bomi Altitude 2,750 BLD

Sejila Mountain: The sunrise, the sea of clouds, the endless forest of the sea and the majestic beauty of the Namcha Barwa Peak.

Altitude of 4,728 meters

Lulang Forest Sea: LuLang means "Loong King Valley" in Tibetan language, or "a place that will make you forget your home".Altitude of 3,700 meters

Lulang Town: nestled among snowy mountains and forests—together forming a breathtaking alpine gallery in southeastern Tibet.

Day 5 Bomi 228km Nyingchi BLD

Midui Glacier: A 6,800-meter snow-capped peak cradles twin icefalls, with tongues of ice reaching into the sea of forest—a pristine, ethereal realm of deep blue ice, a hidden wonderland along National Highway 318.

Altitude of 4,600 meters

Niyang River (Pass By): One of the five major tributaries in the Yarlung Zangbo River Basin.

Day 6 Nyingchi 拉萨 BLD

Borderland Ranch: Nestled against the snow-capped Himalayas and facing the Yarlung Tsangpo River, the landscape features a stunning interplay of snow-capped peaks and grasslands. A Tibetan dance instructor helps everyone don traditional Tibetan attire and teaches them Tibetan dances.(Oxygen-supply train)

Afterwards, take the train to Lhasa.

Nyingchi Train: The "Fuxing" train on the Lhasa-Nyingchi Railway travels through snow-capped mountains, deep gorges, and vast forests of blooming peach blossoms; with ever-changing scenery unfolding outside the window, it is the most scenic train in the "Jiangnan of the Snowlands."

Day 7 Lhasa BLD

Potala Palace(Include Audio Headset): Tibet autonomous region, china was the 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.

Barkhor Street: An area of narrow streets and a public square located around Jokhang Temple in Lhasa, Tibet, China. It is a popular devotional circumambulation for pilgrims and locals.

Potala Palace Square: It is the highest urban square in the world; echoing the Potala Palace across the way, it serves as Lhasa's "urban living room" and a place for offering prayers.

Zhaji Temple: Zhaji Temple: The only temple dedicated to the God of Wealth in Tibet, primarily enshrining the female deity Zhaji Lhamo. It enjoys immense popularity and bustling crowds; offerings of "baijiu" (white spirit) are customary, and it is renowned as a highly efficacious place for seeking wealth and blessings.

Day 8 Yamdrok Lake ✈️ Transit City BL/MOB

Yamdrok Lake: A freshwater lake in Tibet, it is one of the three largest sacred lakes in Tibet. The lake is surrounded by many snow-capped mountains and is fed by numerous small streams.(Altitude of 4,400 meters)

End of journey, return flight to home.

Day 9 Transit City ✈️ Return MOB

iO Travel hope to serve you again soon !

20260715

出发日期 DEPARTURE DATE :	团费 TOUR FARE :
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必须符合条规：

1. 本公司保留对行程内容因当地天气、路况、突发情况以及不可抗力因素，做出适当更改和调整的权力。
2. 所有航班如有更改，恕不另行通知。
3. 旅游细则与附带条件，以收据背项为准。
4. 自由活动期间自费项目由客人自行选择与付费。
5. 如有包含门票，将特别注明。
6. 如有购物站，将特别注明。
7. 旅程以华语，粤语或英文讲解。
8. 每团至少16位成员才能铁定出发。如团体少于16为成员，本公司保留决定操作或取消此行程。
9. 所有酒店评级，均以当地为标准。如遇到当地酒店客满，不可预测等因素，将以同级酒店取代。
10. 房型是根据酒店分配，本公司不负责所分配房型差异。
11. 本公司建议购买旅游保险，为您的旅程做个保障。
12. 英文版本是翻译自中文版本，如有差异将以中文版为。

Terms & Conditions Apply :

- 1) iO reserves the right to make appropriate changes and adjustments of the itinerary due to local weather, road conditions, unexpected situations and irresistible factors without prior notice.
- 2) All flight are subject to change without prior notice.
- 3) All Booking will be subjected to terms and conditions as stipulated in the official receipts.
- 4) Participation of optional tours will be at passengers own expense.
- 5) Admission and entrance ticket will be included where specified.
- 6) Shopping stops will be included where specified.

- 7) Tour is conducted in Chinese, Cantonese or English.
- 8) Minimum group size of 16 passenger is required for a confirmed departure. Group size of 15 and below will solely be at discretion of iO travel.
- 9) All hotel rating are based on local standard. In the event that accommodation if the stated hotel in unavailable, it will be replaced by hotel of similar standards.
- 10) Room types are based on run of house an allocated by respective hotels. iO will not be responsible for the differences of the room allocated.
- 11) iO travel recommends you to buy travel insurance for your travel related coverage.
- 12) In the event if discrepancies between English and Chinese itinerary, please refer to Chinese Version.

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