

天路之歌

Song of the Heavenly
Road · Sacred Tibet

圣域西藏



推荐自费：文成公主 = RMB 380/人
Optional activity recommendation:
“Princess Wencheng” Performance =
RMB 380 per person

8天6晚 · 云上天境雪域风光一生必赴之约



全程入住4星级舒适豪华酒店
Stay throughout in comfortable,
deluxe 4-star hotels.



全程尊享2+1豪华舒适旅游车
Travel in Comfort with a Luxury 2+1 Coach
Throughout the Journey



品尝特色藏香猪风味等地道美食
Enjoy authentic local dishes, including the
signature Tibetan fragrant pork.

1

出发 - 重庆 - 拉萨

DEP - Chongqing - Lhasa

餐食Meals：晚D

客人带着愉快的心情前往国际机场办理登机手续，搭乘班机飞往拉萨（途中经停重庆）。抵达后由导游接机。晚饭后，入住酒店休息。
Board the flight to Lhasa via Chongqing. Upon arrival, meet the local guide, enjoy dinner, and transfer to the hotel and rest for the night
住宿：德朋大酒店或同级

2



拉萨 - 林芝

Lhasa - Nyingchi

餐食Meals：早B/午L/晚D

早餐后，前往游览【巴松措】（含环保车）湖水碧绿如翡翠，四周雪山与原始森林环绕，景色宛如仙境。随后登上【湖心岛】漫步于静谧湖光山色之间，感受高原圣湖的纯净与宁静。接着参观千年古刹【措宗寺】，欣赏独具特色的藏式建筑，了解深厚的藏传佛教文化。
After breakfast, visit Basum Tso (including eco-bus transfer), a stunning alpine lake surrounded by snow-capped mountains and lush forests. Continue to Tsozong Island to enjoy the serene lakeside scenery, then visit the ancient Tsozong Monastery and discover its rich Tibetan Buddhist culture.
住宿：乔穆朗宗酒店或同级

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林芝 - 波密

Nyingchi - Bomi

餐食Meals：早B/午L/晚D

早餐后，前往游览【鲁朗林海】，茂密的原始森林、草甸与雪山相映成景，被誉为“东方瑞士”，风光秀丽迷人。随后翻越【色季拉山口】，在观景台远眺被誉为“中国最美雪山”的【南迦巴瓦峰】，感受其雄伟壮丽的身姿。沿途经过气势恢宏的【通麦特大桥】，欣赏峡谷、江河与群山交织而成的壮美高原景观。
After breakfast, visit the scenic Lulang Forest, known as the “Switzerland of Tibet.” Cross Sejila Mountain Pass and enjoy a distant view of the majestic Mount Namcha Barwa. En route, pass the impressive Tongmai Grand Bridge and take in the stunning landscapes of valleys, rivers, and mountains.
住宿：山水大酒店或同级

4



波密

Bomi

餐食Meals：早B/午L/晚D

早餐后，前往游览【然乌湖】，湖水清澈湛蓝，雪山、森林与湖泊相互映衬，宛如一幅静谧秀美的高原画卷。随后前往【米堆冰川】（含电瓶车），近距离欣赏晶莹壮观的冰川奇景，感受冰雪世界的纯净与震撼，领略大自然鬼斧神工般的壮丽风光。
After breakfast, visit the picturesque Ranwu Lake, renowned for its crystal-clear waters and stunning mountain scenery. Continue to Midui Glacier (including buggy ride) to admire its spectacular ice formations and breathtaking natural beauty.
住宿：山水大酒店或同级

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波密 - 拉萨

Bomi - Lhasa

餐食Meals：早B/午L/晚D

早餐后，前往游览【古乡湖】，湖面宁静如镜，四周雪山、森林与碧水相映成趣，风光秀丽迷人。随后前往充满藏式风情的【鲁朗国际小镇】，欣赏优美的高原田园风光，感受“雪域江南”的独特魅力。
After breakfast, visit the tranquil Guxiang Lake, where mirror-like waters reflect surrounding snow-capped mountains, forests, and lush greenery in a peaceful alpine setting. Continue to the charming Lulang International Town, known for its Tibetan-style architecture and idyllic highland pastoral scenery, often called the “Switzerland of Tibet.”
住宿：德朋大酒店或同级

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拉萨

Lhasa

餐食Meals：早B/午L/晚D

早餐后，游览【布达拉宫】，这座雄伟壮丽的世界文化遗产依山而建，是西藏最具代表性的宫堡式建筑，金顶红墙庄严神圣。随后前往【药王山观景台】，在此可拍摄经典50元人民币同款布达拉宫全景，尽览雪域圣城风光。接着参观【大昭寺】，感受藏传佛教的圣地氛围与千年信仰的庄严肃穆。最后漫步【八廓街】，体验老城烟火气息与藏式文化交融的独特魅力。
After breakfast, visit the Potala Palace, Tibet’s iconic UNESCO landmark. Continue to the Medicine King Mountain Viewing Platform for panoramic views of the palace. Then explore Jokhang Temple, the spiritual heart of Tibetan Buddhism, and stroll through Barkhor Street to experience local culture and daily life.
住宿：德朋大酒店或同级

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拉萨 - 重庆 - 出发地

Lhasa - Chongqing - HOME

餐食Meals：早B/午L

早餐后，前往【西藏博物馆】，馆藏丰富，系统展示西藏悠久的历史文化、珍贵文物与民族发展脉络，建筑庄重现代，是了解“雪域高原前世今生”的重要窗口；或前往【扎基寺】，这是拉萨著名的财神庙，香火旺盛，寺院虽不大却庄严灵验，充满浓厚的民间信仰氛围。随后根据航班时间前往机场送机，(经停重庆)。
After breakfast, visit the Tibet Museum, which showcases rich collections of Tibetan history, cultural heritage, and ethnic development in a modern and dignified setting, offering an in-depth understanding of the “past and present of the Roof of the World.” Alternatively, visit Zaki Temple, a famous wealth temple in Lhasa known for its strong incense offerings and spiritual atmosphere, small in scale yet deeply revered and solemn. After lunch, transfer to the airport according to flight schedule for departure, with a transit stop in Chongqing.

8

抵达

HOME

抵达出发地，解散后，返回各自温暖的家，结束这一次愉快的西藏之旅！
Arrive at the departure city, disband after arrival, and return to your warm homes, marking the end of this wonderful Tibet journey!