

朝圣高原

Journey to the plateau
encounter Tibet.

遇见西藏



12天10晚 · 追逐云端光影，邂逅静美西藏。

自费项目：文成公主表演（普通位）+ 藏式甜茶每人一杯 + 布达拉宫夜景: 480RMB/人

Optional Tour : Princess Wencheng Show (Standard Seat) + One Cup of Tibetan Sweet Tea per Person + Potala Palace Night View
= RMB 480/person全程入住4星级舒适豪华酒店
Stay throughout in comfortable,
deluxe 4-star hotels.独享西藏特色"哈达"接迎宾礼
Enjoy an exclusive Tibetan Hada
welcoming ceremony.品尝特色藏香猪风味等地道美食
Enjoy authentic local dishes, including the
signature Tibetan fragrant pork.

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吉隆坡 - 成都

Kuala Lumpur - Chengdu

客人带着愉快的心情前往国际机场办理登机手续，准备搭乘班机飞往成都。

The guests head to the international airport in high spirits to check in and prepare for their flight to Chengdu.

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成都 - 林芝

Chengdu - Nyingchi

抵达成都后，您将转机前往林芝。抵达林芝后由专业导游接机，入住酒店休息。

Upon arrival in Chengdu, you will transfer to a flight to Nyingchi. After arriving in Nyingchi, a professional guide will meet you at the airport and escort you to your hotel for rest.

住宿：林芝利源大酒店或同级

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林芝 - 波密

Nyingchi - Bomi

餐食Meals：早B/午L/晚D

早餐后，翻越色季拉山（海拔4700米），远眺喜马拉雅东端最美的南迦巴瓦峰（海拔7782米），它是西藏最古老的佛教"雍仲本教"的圣地，有"西藏众山之父"之称。随后前往鲁朗林海（海拔3700），有“叫人不想家的”的美誉，整个景点如诗如画。是中国面积最大、保持最完好的第三大林区。途径通麦大桥，前往波密。**备注：每年3月20 - 4月20的季节限定景点，位于林芝前往波密途中，可游览波密桃花村。**

After breakfast, cross Sejila Mountain (4,700 m) and admire Namcha Barwa Peak (7,782 m), a sacred site of Tibet's Yungdrung Bon. Then visit the scenic Lulang Forest (3,700 m), known for its poetic beauty, before passing Tongmai Bridge and heading to Bomi. **Note: Seasonal attraction from March 20 to April 20, located en route from Nyingchi to Bomi, featuring Bomi Peach Blossom Village.**

住宿：波密维也纳酒店或同级

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波密

Bomi

餐食Meals：早B/午L/晚D

早餐后，前往然乌湖（海拔3850米）有“藏东第一大湖”之称，拥有令人惊叹的湖泊景观和丰富的生态环境。接着前往米堆冰川，返回波密。**备注：因来古冰川目前关闭故更换为米堆冰川**

After breakfast, visit Ranwu Lake (3,850m), known as the "Largest Lake in Eastern Tibet", famous for its breathtaking lake views and rich natural ecosystem. Continue to Midui Glacier, one of Tibet's most beautiful glaciers, before returning to Bomi.

Note: Due to the temporary closure of Laigu Glacier, the itinerary has been adjusted to visit Midui Glacier instead.

住宿：波密维也纳酒店或同级

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波密 - 林芝

Bomi - Nyingchi

餐食Meals：早B/午L/晚D

早餐后，前往岗云杉林（海拔2700米），被《中国国家地理》评选)中国最美十大森林。这里小众安静，氧气充足,古乡湖、原始森林,穿行在云之间的山野里。随后前往嘎朗湖观景台，鲁朗小镇（海拔3385米），这是一个迷人的藏族小镇，保留着浓厚的藏族风情。返回林芝。**备注：岗云杉林草湖关闭更换嘎朗湖观景台**

After breakfast, visit Gangyun Spruce Forest (2,700 m), rated one of China's top ten most beautiful forests by China National Geography. This tranquil, off-the-beaten-path forest features fresh air, forest trails, Grass Lake, Guxiang Lake, and pristine woods, offering a walk through mountains shrouded in clouds. Next, head to Lulang Town (3,385 m), a charming Tibetan town full of authentic local culture, before returning to Nyingchi. **Note: Due to the temporary closure of Gangyun Spruce Forest & Grass Lake, the itinerary has been adjusted to visit the Galang Lake Viewing Platform instead.**

住宿：林芝利源大酒店或同级

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林芝 - 拉萨

Nyingchi - Lhasa

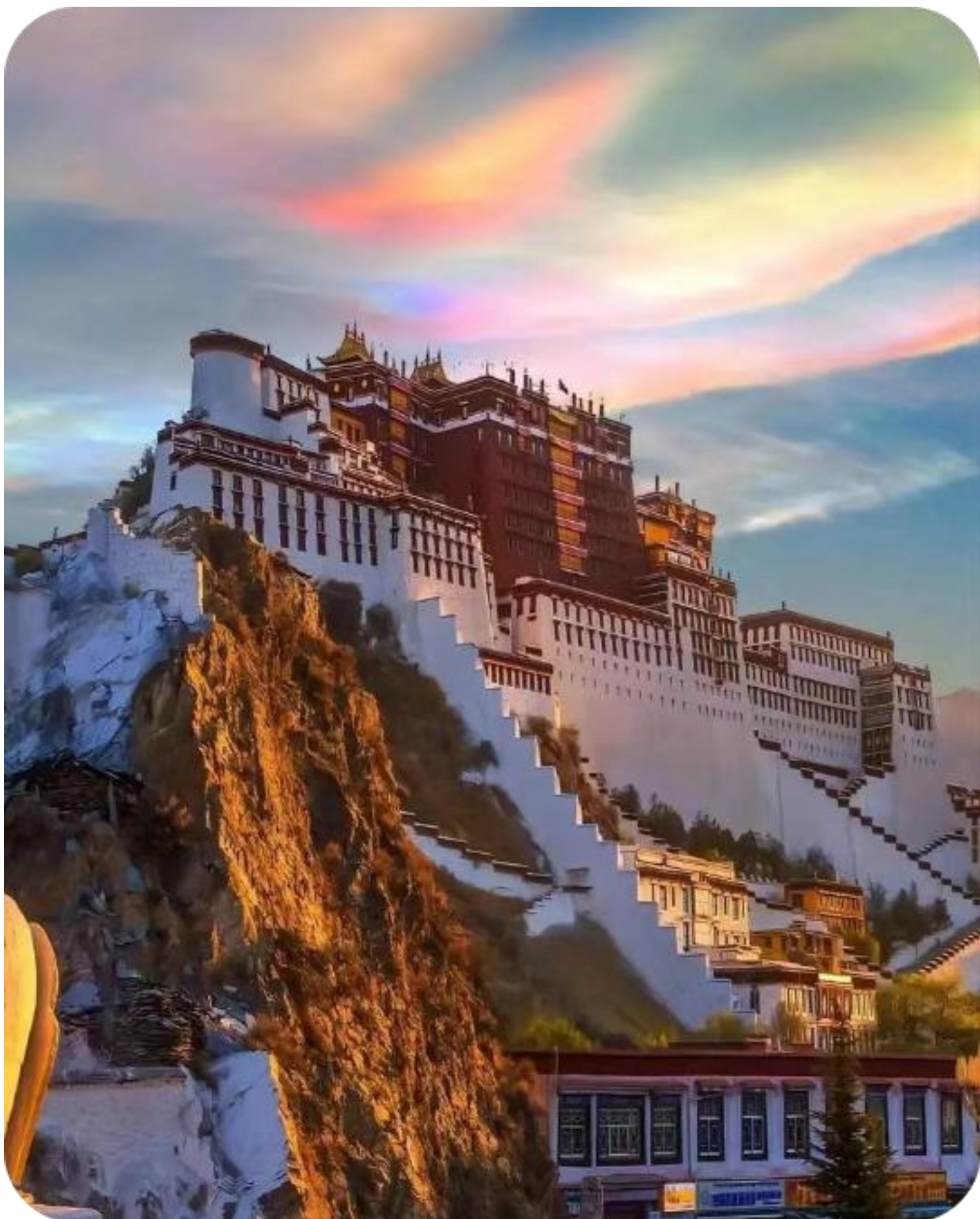
餐食Meals：早B/午L/晚D

早餐后，沿途欣赏尼洋河风光。前往巴松措（海拔3490米，含观光车）+湖心岛也叫「错高湖」，意为“绿色的水”，湖水的绿色现出不同的层次、浓淡和美感。随后前往措宗寺，寺内供奉莲花生大师，是当地人心中的圣地。前往拉萨。

After breakfast, enjoy the scenic views along the Niyang River. Visit Basongcuo Lake (3,490 m, sightseeing by shuttle) and its central island, also called "Cuogao Lake," meaning "green water," where the lake displays layers of vibrant green hues. Next, visit Tso Tsong Monastery, home to the revered Guru Rinpoche, a sacred site for locals. Then proceed to Lhasa.

住宿：拉萨扎什颇章酒店或同级

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拉萨

Lhasa

餐食Meals：早B/午L/晚D

早餐后，前往布达拉宫（海拔3650米），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。气势雄伟，是藏族古建筑艺术的精华，被誉为高原圣殿。接着前往大昭寺（海拔3650米）藏王松赞干布为尼泊尔王妃建的寺庙。随后漫步八廓街（海拔3650米），围绕在大昭寺周围的一圈老城街道，藏族人活动的中心。

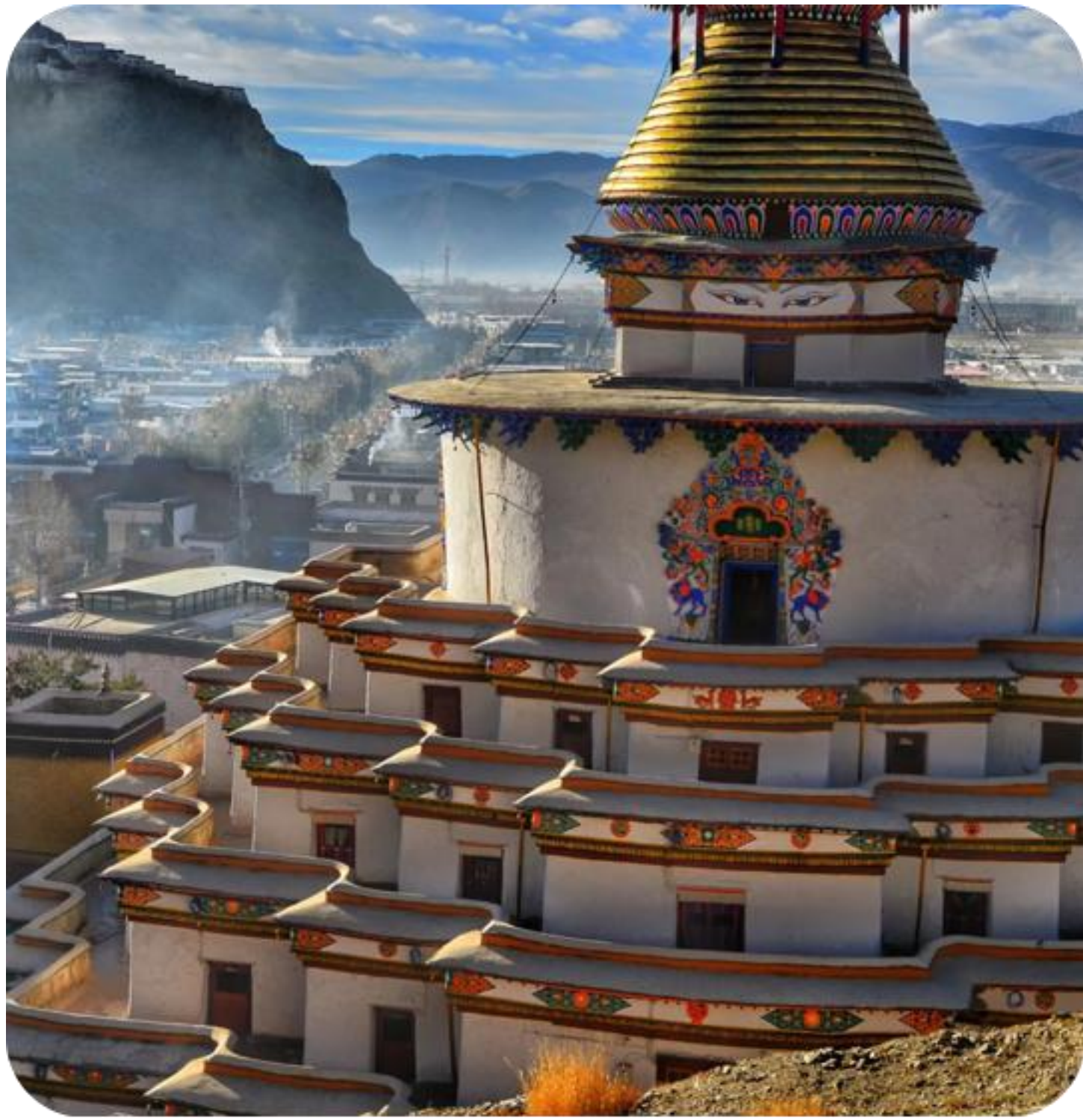
游览完毕后由我社免费赠送客人：1份咖啡+1份甜点+《旱地拔葱》视频剪辑！！

After breakfast, visit the Potala Palace (3,650 m), the world's highest palace and the winter residence of the Dalai Lamas. Majestic and magnificent, it is a masterpiece of Tibetan architecture, known as the sacred palace of the plateau. Next, visit Jokhang Temple (3,650 m), built by King Songtsen Gampo for his Nepalese queen. Afterwards, take a stroll along Barkhor Street (3,650 m), the historic streets surrounding Jokhang Temple and the heart of Tibetan daily life.

After the tour, each guest will receive a complimentary coffee, dessert, and a professionally edited "Pulling Green Onions from Dry Ground" highlight video!

住宿：拉萨扎什颇章酒店或同级

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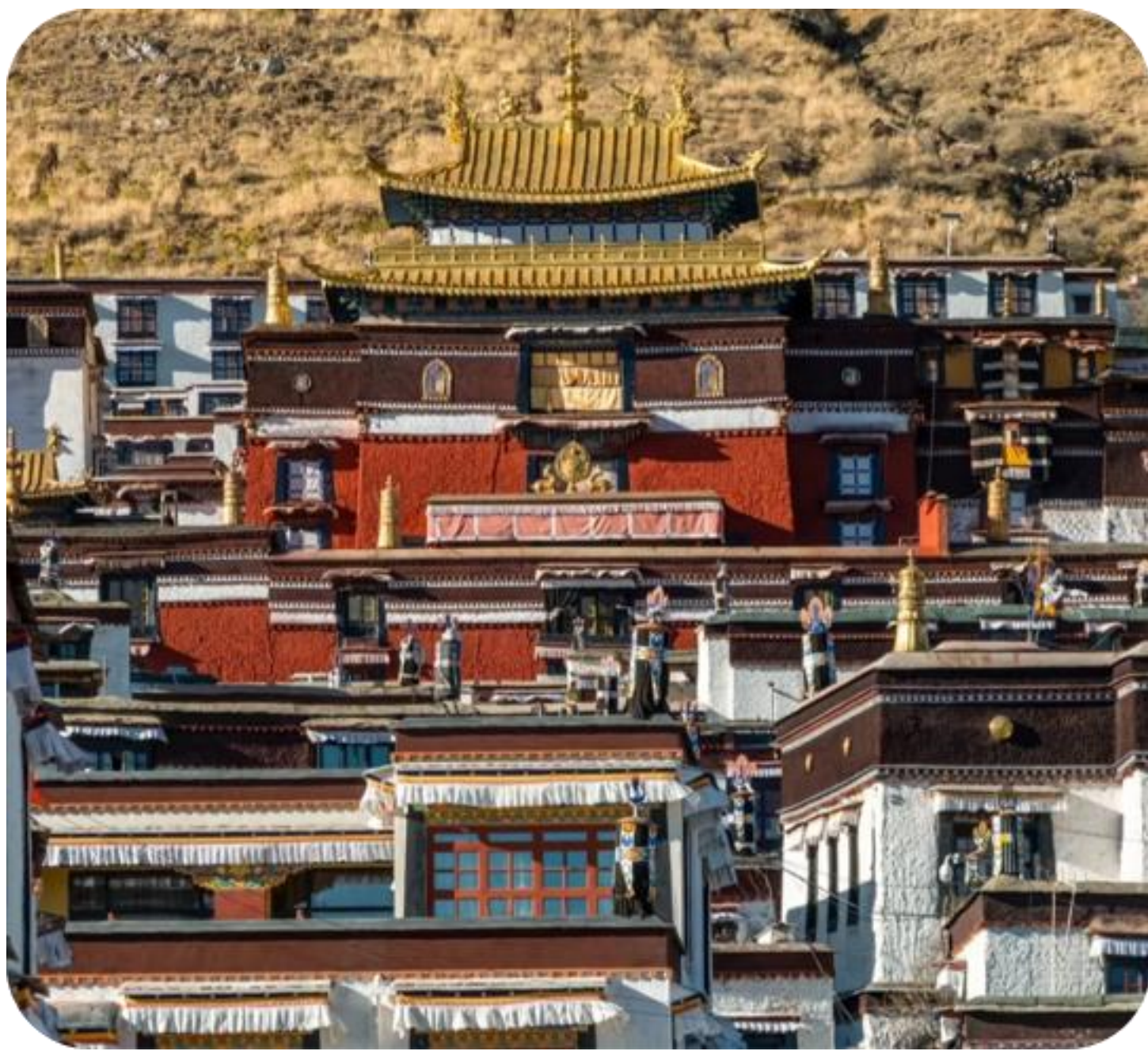
拉萨 - 日喀则

Lhasa - Shigatse

餐食Meals: 早B/午L/晚D

早餐后, 沿途车观雅鲁藏布江风光、翻过岗巴拉山(海拔4990米)。前往羊卓雍错(海拔4440), 是西藏三大圣湖之一, 像珊瑚枝一般, 因此它在藏语中又被称为"上面的珊瑚湖"。湖面波光粼粼, 风景如画, 好像人间天堂! 接着前往卡若拉冰川(海拔5400米), 位于西藏山南地区浪卡子县和江孜县交界处, 是西藏三大大陆型冰川之一。远眺乃钦康桑雪山是西藏四大神山之一。途经斯米拉水库—经幡飞扬的山口, 向下是日喀则地区最大的水利发电站。之后探访白居寺(海拔3900米), 是一座藏传佛教萨迦派、夏鲁派、格鲁派共存的寺院。始建于明宣宗宣德二年(1427年), 是一座塔寺结合的典型的藏传佛教寺院建筑, 塔中有寺、寺中有塔, 寺塔天然浑成, 相得益彰, 它的建筑充分代表了13世纪末至15世纪中叶后藏地区寺院建筑的典型样式。远观宗山抗英古堡, 前往日喀则。
After breakfast, enjoy views of the Yarlung Tsangpo River and cross Gangbala Mountain (4,990 m). Visit Yamdrok Lake (4,440 m), one of Tibet's three sacred lakes, also called the "Coral Lake" for its branching shape, with sparkling waters and picturesque scenery. Continue to Karola Glacier (5,400 m), one of Tibet's three major continental glaciers, and admire distant Nyenchenanglha Snow Mountain, one of Tibet's four sacred mountains. Pass Smila Reservoir and prayer-flag-adorned passes, overlooking Shigatse's largest hydropower station. Then explore Shalu Monastery (3,900 m), a rare temple combining Sakya, Shar, and Gelug sects, built in 1427 during the Ming Xuande period, exemplifying Central Tibetan temple architecture from the late 13th to mid-15th century. View Zongshan Anti-British Fortress from afar before continuing to Shigatse.
住宿: 日喀则熙客富景酒店或同级

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日喀则 - 定日 - 扎西宗

Shigatse - Dingri - Tashi Town

餐食Meals: 早B/午L/晚D

早餐后, 前往扎什伦布寺(海拔4000米) 寺院位于日喀则的尼色日山下, 是当地规模最大的寺院, 可与拉萨布达拉宫媲美。打卡318国道纪念碑。途中途径加措拉山口西藏之行最高海拔的标高牌。一路前往定日, 沿途可看到希夏邦马峰、卓奥友峰、珠穆朗玛峰、马卡鲁峰、河洛子峰等美景, 被称为“世界之巅的景观大道”。抵达加乌拉山口, 加乌拉五千米以上的山口, 经72拐, 前往珠穆朗玛峰自然保护区。山口无数五色经幡迎风杨, 蓝天白云触手可及。之后前往珠峰大本营(海拔5200米, 含观光车), 乘坐景区观光车上珠峰大本营。这里距离珠峰顶峰仅20多千米, 想要一览珠峰的伟岸身姿, 想要感受珠峰的恢弘气势, 这是最佳位置。最后探访绒布寺(海拔5150米), 是世界上海拔最高求寺庙, 位于珠峰脚下绒布冰川的末端, 属藏传佛教宁玛派寺庙, 是少见的僧尼混居的寺庙。入住扎西宗的酒店。

After breakfast, visit Tashilhunpo Monastery (4,000 m) in Shigatse, the largest local monastery, comparable in grandeur to the Potala Palace. Stop at the 318 National Highway monument. Along the way, pass Gyatso La Pass, the highest marked altitude on this Tibet route. Continue to Dingri, enjoying spectacular views of Shishapangma, Cho Oyu, Mount Everest, Makalu, and Lohtse, known as the "Scenic Avenue at the Top of the World." Reach Gaula Pass (over 5,000 m) with its 72 hairpin turns, entering the Mount Everest Nature Reserve, where countless colorful prayer flags flutter under the blue sky. Proceed to Everest Base Camp (5,200 m, sightseeing by shuttle), just over 20 km from the summit, offering the best views of Everest's majestic peak. Finally, visit Rongbuk Monastery (5,150 m), the highest monastery in the world, located at the foot of the Rongbuk Glacier, a Nyingma sect temple where monks and nuns live together. Overnight in a hotel in Zhaxizong.
住宿: 云左星光酒店珠峰小镇店或同级

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扎西宗 - 日喀则

Tashi Town - Shigatse

餐食Meals: 早B/午L/晚D

早餐后, 前往加乌拉山口, 观赏8000米以上的世界级山峰5座。之后我们将返回定日。返回日喀则。
After breakfast, head to Gaula Pass to admire five world-class peaks over 8,000 m. Then return to Dingri, and continue back to Shigatse.
住宿: 日喀则熙客富景酒店或同级

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日喀则 - 拉萨

Shigatse - Lhasa

餐食Meals: 早B/午L/晚D

早餐后, 前往藏民俗文化村, 在这里,您可以了解藏族风情, 感受藏族朋友简单而质朴的生活。随后前往罗布林卡, 始建于十八世纪40年代(达赖七世), 是历代达赖喇嘛消夏理政的地方, 是一座典型的藏式风格园林。被誉为拉萨的“世外桃源”。入住拉萨酒店。
After breakfast, visit a Tibetan Folk Culture Village, where you can experience Tibetan customs and the simple, authentic lifestyle of local people. Next, visit Norbulingka, built in the 1740s during the reign of the Seventh Dalai Lama, historically the summer residence of successive Dalai Lamas. This classic Tibetan-style garden is known as Lhasa's "Hidden Paradise." Overnight at a hotel in Lhasa.
住宿: 拉萨扎什颇章酒店或同级

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拉萨 - 成都 - 回程

Lhasa - Chengdu - Return Home

餐食Meals: 早B

早餐后, 前往机场, 返回温暖的家。
After breakfast, head to the airport and return home.

***独家赠送 &服务*:** 每人送5瓶葡萄糖口服液, 二小瓶迷你氧气小瓶, 车上备有免费的氧气钢瓶, 赠送在羊湖山上和藏獒以及牦牛合影

***Gifts & Services*:** Each guest receives 5 bottles of oral glucose solution Two mini portable oxygen bottles Free oxygen tank available on the vehicle Complimentary photos with Tibetan mastiffs and yak at Yamdrok Lake.