

✓敬献哈达欢迎仪式

✓藏餐歌舞表演+烤全羊活动

8天 美丽圣洁的青藏高原魅力之旅

成都/西宁/拉萨/江孜/日喀则 (OTC)



【行程特色】

- 体验青藏铁路的七大“世界之最”：
 - 世界上海拔最高、线路最长的高原铁路
 - 世界上穿越冻土里程最长的高原铁路
 - 海拔 5072 米的唐古拉山车站，是世界海拔最高的铁路车站
 - 海拔 4905 米火山隧道，是世界海拔最高的冻土隧道
 - 全长 1686 米昆仑山隧道，是世界最长的高原冻土隧道
 - 海拔 4707 米的安多铺架基地，是世界海拔最高的铺架基地
 - 全长 11.7 公里的清水河特大桥，是世界最长的高原冻土铁路桥
- 乘搭青藏火车从西宁出发前往拉萨，沿途欣赏澄澈碧蓝的青海湖、白雪皑皑的唐古拉山、玉珠峰、楚尔马河、沱沱河等景观站，观赏沿途瑰丽雄奇的景色与高原候鸟、野生动物，更添旅行情趣和内涵。
- 游览全世界最高的宫殿，以极高的历史、艺术价值文明于世之“布达拉宫”。
- 拜访西藏第一座寺庙 - 大昭寺及西藏三大圣湖之一“羊卓雍湖”。
- 参观班禅喇嘛驻锡地一扎什伦布寺。
- 一晚夜宿 5 星级酒店。

【西宁】

- **塔尔寺**：塔尔寺坐是中国藏传佛教格鲁派创始人宗喀巴大师的诞生地。塔尔寺先有塔后有寺，寺院建筑殿宇高低错落，交相辉映，气势恢宏。位于寺中心的大金瓦殿，绿墙金瓦，灿烂辉煌，是该寺的主建筑。栩栩如生的酥油花、绚丽多彩的壁画和色彩绚烂的堆绣被誉为“塔尔寺艺术三绝”，寺内珍藏了许多佛教典籍和历史、文学、哲学、医药等方面的学术专著。

【拉萨】

- **布达拉宫**，始建于公元 7 世纪，是藏王松赞干布为远嫁西藏的唐朝文成公主而建。布达拉宫是当今世界上海拔最高、规模最大的宫殿式建筑群，海拔 3700 多米，占地总面积 36 万余平方米。宫内珍藏大量佛像、壁画、藏经册印、古玩珠宝，具有很高的学术和艺术价值。是西藏最宝贵的宗教和文化宝库，被列入国家重点文物保护单位和《世界文化遗产名录》。
- **大昭寺**，位于拉萨市中心，始建于唐贞观 21 年。寺内主供的释迦牟尼像是文成公主入蕃带进的，拉萨之所以有“圣地”之誉，与这座佛像有关。寺庙最初称“惹萨”，后来惹萨又成为这座城市的名称，并演化成今天的“拉萨”。藏文意思是佛地，你还可以看到朝拜者在在大昭寺门口磕长头，场面非常感人，由此可见大昭寺在拉萨人的心目中的地位之高。
- **羊卓雍湖**，誉称西藏三大圣湖之一。当您越过海拔 5400 米的岗巴拉山口，群山环抱中碧玉般的羊卓雍湖便展现眼前，一览无遗。湖面海拔 4000 多米，面积 630 平方公里，是集高原湖泊、雪山、岛屿、牧场、温泉、野生动植物、寺庙等。

• **八角街**，又称八廓街。是主要的商业中心和旅游圣地。在游人眼中这条街为商品街，而在藏族人眼里却另有意蕴，它是藏族传统的转经之路。八角街内的商品充满西藏民族特色，随处可以看到西藏民族手工艺品和琳琅满目的旅游纪念品，既有老式的首饰、宗教器具、藏香、藏靴、藏帽、藏袍、藏刀、鼻烟壶等各式日用品，还有从印度和尼泊尔远道而来的各种商品。

【江孜】

- **江孜古城**：古城坐落在年楚河上游，距日喀则市 90 公里，是一座历史悠久、名胜集中的历史名城。

【日喀则】

- **日喀则**，有称“喜噶次”，是一座古老的城市，有 600 年的历史。是西藏第二大城市。西元 8 世纪时，莲花生在此讲经修行，自此以后，日喀则就成为香火鼎盛的佛教圣地。日喀则自然风光秀丽，人文景观丰富：以珠穆朗玛峰为首的冰峰雪山，风景秀丽的原始森林带，交相辉映的神山、圣湖、草原，充满神秘和传奇色彩的名寺古迹，独具特色的后藏人文风习等，展开了一幅神奇般的秀美画面。
- **扎什伦布寺**是西藏佛教格鲁派（黄教）四大寺院之一。此寺是格鲁派祖师宗喀巴的徒弟即达赖根敦珠巴兴建，始于 1447 年，后经后代整修成如今之规模，大佛堂镀金弥勒铜像高达 26.7 米，是由九世班禅曲尼玛于公元 1914 年开始，历时四年左右，用紫铜 32 万斤，采用大量的珍珠、琥珀、珊瑚、松耳石等。

注意事项

1. 此行程为高原地区，为特殊行程，若有体力不好、行动不便、高血压、心脏疾病、糖尿病、气喘病者，请斟酌自身情形审慎参加。
2. 此行程所到之地区，因为海拔高容易引起高山反应现象，务请团员多带各个人所需的预防药及出发前休息充足以适应高原地区气候变化。
3. 西藏平均温度 15℃（早晚温差大，最高温 28℃；最低温 5℃）请携带旅游轻便外套与毛衣。
4. 西藏的酒店内多配备有氧气机，此为个人自行付费，团费不包括其使用费用；在正常情况下第一天的反应乃属正常现象，非属必要，尽量不要使用氧气筒。
5. 进藏后要多吃碳水化合物、易消化的食品；要多吃水果，使体内保持充足的水分；晚餐不宜过饱；最好不要饮酒和吸烟。
6. 外国外交官，外国记者申请特别入境签证。
7. 因大陆飞机、火车时刻常误点或取消，此资料仅供参考，确定安排由当地旅行社做最后确定。
8. 饭店如有变更以同级为主。若遇不可抗拒之情况，本公司保留变更行程之权利。

注明：以上行程含五站购物店



【行程 - 亚航】

第 1 天 吉隆坡/成都（晚）

- 飞往成都。
- 抵达后，游览锦里一条街、宽窄巷子。
- 晚餐后送往入住酒店。

第 2 天 成都/西宁（早/午/晚）

- 乘搭内陆航班前往西宁。
- 游览塔尔寺。

第 3 天 西宁/青藏列车（早/午/晚）

- 早餐后，游览青海湖。
- 在享用午餐期间欣赏特备表演。
- 晚间乘坐世界上最先进的旅游观光列车横穿青藏高原，赴拉萨。（根据拿到车次时间来订）

第 4 天 青藏列车观光/拉萨（晚）

- 沿途欣赏清澈迷人的高山湖泊，原始荒凉的无人区，三江自然保护区等。
- 傍晚抵达日光之城-拉萨。（火车上餐自理）

第 5 天 拉萨（早/午/晚）

- 早餐后，参观拉萨市区。
- 参观世界海拔最高的宫殿-布达拉宫、7 世纪的大昭寺及八角街自由市场。

第 6 天 拉萨/江孜/日喀则（早/午/晚）

- 游览拉萨第三大圣湖之一的羊卓雍湖。
- 前往江孜，参观白居寺。
- 赴往日喀则，途经并远眺电影《红河谷》拍摄地江孜古城及宗山城堡。
- 往西藏第二大城市-日喀则。

第 7 天 日喀则/拉萨（早/午/晚）

- 早餐后参观扎什伦布寺。
- 返回拉萨。
- 晚餐享用烤全羊并欣赏藏族歌舞表演。

第 8 天 拉萨/成都/吉隆坡（早）

- 早餐后，自由活动。
- 送往机场乘搭国际航班返回马来西亚。

膳食

6 份早餐 5 份午餐 7 份晚餐

夜宿

西宁	1 晚	日喀则	1 晚
拉萨	3 晚	青藏列车	1 晚
成都	1 晚		

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有效日期：2010 年 03 月 01 日至 2010 年 10 月 31 日

实际行程路线的顺序可能配合当地情况作适当的调整。

8D Heavenly Journey to Mystical Tibet (OTC) Chengdu/Xining/Lhasa/Gyangze/ Shigatse

- ✓ Tibetan welcome ceremony
- ✓ Tibetan cultural dance + roasted lamb

【TOUR HIGHLIGHTS】

- Travel through Qinghai-Tibet railroad known to be the 7th biggest in the world.
 - known to be the world's highest and longest plateau railroad
 - At 5072m, Tanghla mountain station is the world's highest railroad station.
 - Posses the world's highest tunnel with Kunlun Mountain tunnel at 1686m
 - At 4707m, Anto shop base is the world's highest shop base.
- Along the way from Xining to Lhasa, marvel at the clear blue Qinghai Lake, snow-capped Tanghla Mountain and other beautiful natural surroundings.
- Tour the world's highest palace, the Potala Palace which is rich in historical and artistic values.
- Discover Tibet's first temple – Jokhang Temple as well as Yamdrok Tso Lake which is considered sacred.
- Explore Tashilhunpo Monastery.
- One night stay at a five star hotel.

【Xining】

- **Ta'er Temple** is one of China's largest Buddhist temples, a sacred place of the "Yellow Sect of Tibetan Lamaism." The temple is still used for worship by "Yellow Sect" believers. There are many prayer halls, pagodas and priceless works of art such as sutras, porcelain from the 13th century, and collections of embossed embroideries, carpets and superb statues.
- **Qinghai Lake**, one of the most beautiful lakes in China, is connected to the bank on one side whilst the others are surrounded by water.

【Lhasa】

- **Lhasa** (Ground of the Gods), at 3700m, is a vibrant, fast-changing city with a mix of ascendant Chinese modernity set side by side with ancient Tibetan traditions.
- The gold-clad roofs of the **Potala Palace** greet you from afar. A palace built by Songtsen Gampo stood on Marpori, the Red Mountain, in the 7th century. The most splendid and valuable vault is for the fifth Dalai Lama, decorated with four tons of gold, and innumerable diamonds, turquoise, corals, and pearls.
- The golden-roofed **Jokhang Temple** is 1300 years old and is one of Tibet's holiest shrines, built to commemorate the marriage of the Tang princess Wencheng to King Songtsen Gampo. It houses a pure gold statue of the Buddha Sakyamuni brought to Tibet by the princess. Stroll through a labyrinth of shrines, halls and galleries containing some of the finest and oldest treasures of Tibetan art.

Remark: Above itinerary included 5 shopping stops.

- **The Barkhor** is essentially a pilgrim circuit that proceeds clockwise around the periphery of the Jokhang Temple. It is also a hive of market activity, an astounding pilgrim jamboree, and a wonderful introduction of Tibet. There's a wide variety of items to gladden a Tibetan heart – prayer flags, block prints of Holy Scriptures, turquoise jewellery, Tibetan boots, Nepalese biscuits, yak butter and incense. Many of the Tibetan goods on sale have been imported from Nepal and many of the "antiques" are not genuine. Be prepared to bargain hard.

【Gyangze】

- **Zongshan Castle**, It is an ancient castle in the center of Gyangze. In the spring of 1904 the Gyangze armed forces and local people waged struggles against the invading British forces here. Today it is a tourist attraction.

【Shigatse】

- Shigatse, also Xigatse, means "fertile land" and stands at the junction of the Yarlong Tsangpo and Nyangchu River. It used to be the capital of Tsang and now is the capital of Shigatse prefecture. It is the second largest city within Tibet which has undergone large scale development.
- **Tashilhunpo Monastery** is the main attraction of Shigatse. Built in 1447 by a nephew of Tsongkhapa, this monastery is the seat of the Panchen Lama. Apart from a giant statue of Maitreya Buddha in the Temple of the Maitreya, the monastery is also famed for its Grand Hall, which houses the opulent tomb of the fourth Panchen Lama.

Important Notes

1. Altitude sickness is common so passengers are advised to prepare medication to alleviate this condition.
2. Although the average temperature is about 15°C, there is a great varying difference. The highest temperature is 28°C and the lowest is 5°C. Do remember to pack warm clothing too.
3. Take extra fluid to avoid dehydration; eat light, high-carbohydrate meals for more energy; avoid alcohol and smoking to overcome altitude sickness.
4. A person who suffered from high blood pressure, severe heart disease and asthma is not advisable to visit Tibet.
5. In Tibet, if required, oxygen tanks are available but it will be at passenger's own cost.
6. Diplomats & foreign journalists need to apply special admission permit to enter the region.
7. Company reserved the right to amend the itinerary owing to the delay on China' domestic flight or coach.
8. If the hotel stated in the itinerary is unavailable, we will provide an alternative hotel of equal standards.



【ITINERARY by AK】

Day 01 Kuala Lumpur/Chengdu (D)

- Fly to Chengdu.
- Upon arrival, visit Jinli Street and Wide & Narrow Valley.
- Check into hotel after dinner.

Day 02 Chengdu/Xining (B/L/D)

- Take domestic flight to Xining.
- Visit Ta'er Monastery Temple.

Day 03 Xining/Qinghai-Tibet train (B/L/D)

- Visit Qinghai Lake.
- Proceed to Lhasa by Qinghai-Tibet train.
- Spend a relaxing night on the train.

Day 04 Qinghai-Tibet train/Lhasa (D)

- Arrive at the capital of Tibet – Lhasa.

Day 05 Lhasa (B/L/D)

- Experience a spiritual tour to Potala Palace and Jokhang Temple.
- Bargain hunting at Barkhor Market.

Day 06 Lhasa/Gyangze/Shigatse (B/L/D)

- Expedition to Yamdrok Tso Lake.
- En route to Shigatse, view the Gyangze Ancient City and Zongshan Castle.

Day 07 Shigatse/Lhasa (B/L/D)

- Visit Tashilhunpo Monastery.
- Head back to Lhasa.
- Savour roasted mutton and enjoy the traditional sing and dance performance.

Day 08 Lhasa/Chengdu/KL (B)

- After breakfast, free and leisure.
- Transfer to airport, depart for Malaysia.

Meals

6 Breakfasts 5 Lunches
7 Dinners

Night(s) Stay

Xining	1N	
Lhasa	3N	
Qinghai-Tibet Train	1N	Shigatse
	1N	
Chengdu	1N	

Last update: 22 Mar 2010
Validity: 01 Mar – 31 Oct 2010

DEPARTURE:			AIRLINE USED:		
	ADULT twin/triple	CHILD twin	CHILD extra bed	CHILD no bed	SINGLE Supplement
TOURFARE					
ALL TAXES					
TIPPINGS					

Note : Airport taxes & Fuel Surcharges subject to change.