



TRAVEL大通旅游
since 1990



Keep Travelling,
Keep Smiling.

9/10天 神秘西藏青藏铁路高原风情游

11/12天 + 林芝

(CXNT9/L)

不进店，纯游玩

精彩景点呈献：

青藏线风光：西宁至拉萨段（软卧）

世界海拔最高的古代宫堡式建筑群 - **布达拉宫**

中国最大的内陆咸水湖 - **青海湖**

世界上海拔最高的咸水湖 - **纳木错**

观赏世纪冰川 - **卡惹拉冰川**

林芝（12天团） - 海拔仅3000米鲜花不败、四季常青，被誉为西藏小江南

特别温馨安排：

- ✓ 抵达西藏当天特别安排专业医生随团免费提供高原旅游医疗保健咨询服务
- ✓ 西藏旅游车上全程免费提供专业氧气钢瓶供应氧气
- ✓ 团队旅游行程中每日均提供矿泉水一瓶

特色风味品尝：

- ✓ 高原菌类养生汤锅 ✓ 雪域西餐风味 ✓ 藏式糌粑 ✓ 酥油茶 ✓ 藏酸奶 ✓ 牦牛肉 ✓ 烧烤风味 ✓ 国际西式自助餐 ✓ 青稞酒藏餐风味+藏族歌舞表演与藏民联欢。

第一天:新加坡→成都（或其它中转城市）

- 齐聚新加坡樟宜机场搭乘中国国际航空飞往四川省省会-成都。抵达后由专业导游迎接送酒店休息。

第二天: 成都→ 西宁

（早午晚餐）

- 西宁四面环山，三川会聚，扼青藏高原入口咽喉，素有“青藏高原门户”之称的高原明珠城市。今天将参观建筑宏伟壮观同时兼具藏汉风格并为国内清真寺所仅有的中国西北四大清真寺之一的**东关清真大寺**，浏览高原城市独特风光。

第三天:西宁-青海湖-拉萨

（早/午餐/晚餐火车上自理）

- 今天参观著名的藏传佛教六大寺院之一的**塔尔寺**，这里是宗喀巴大师的诞生地，以堆绣、壁画、酥油花“艺术三绝”闻名遐迩，气势恢弘。接着沿唐朝文成公主进藏的唐蕃古道观赏**日月山**，**日亭**，**月亭**，**倒淌河**，感受黄土高原与青藏高原、汉文化与藏文化的分界线。接着游览面积4500多平方公里，湖面碧波万顷，雪山巍峨，充满诗情画意而又无比壮丽辉煌的**青海湖**。今天搭乘世界海拔最高的青藏铁路专线列车下午发车前往拉萨。次日下午抵拉萨，行驶约22小时。（当地海拔约3650米。）

第四天: 拉萨

（早午餐火车上自理/晚餐）

- 全日搭乘世界海拔最高的青藏铁路专线列车前往拉萨，西宁—格尔木—沱沱河—安多—那曲—当雄—拉萨。（火车上不含餐，用餐自理，列车挂有餐车）。沿着世界海拔最高、里程最长、景色最壮观的高原铁路，走过青海湖、昆仑山、可可西里、戈壁红柳长江源、唐古拉山、错那湖和羌塘草原，在风驰电掣般奔驰的铁路列车中观赏全景画般的青藏高原雪域风光，以及在广袤的原野上奔腾撒欢的藏羚羊、野牦牛和其它各种动物。列车抵达拉萨后由专人迎接并送往酒店，做高原气候适应性休息，以平稳渡过高原气候适应期。拉萨是一座有着1300多年历史的古城，是西藏政治、经济、文化、宗教的中心。由于拉萨一年的日照时间很长，故被称为“日光城”。拉萨在藏语的意思为圣地，市内名胜古迹繁多。抵达拉萨后作高原气候适应性休息。（拉萨平均海拔3650米。）

第五天: 拉萨

（早午晚餐）

- 上午参观坐落在市中心红山上达赖喇嘛的冬宫，当今世界海拔最高的古代宫堡式建筑群—**布达拉宫**，布达拉梵语意为观世音圣地，为自公元七世纪以来历世达赖喇嘛驻地和西藏政教权力的中心。下午前往藏传佛教信徒心中的圣地—吐蕃古寺**大昭寺**，接着赴拉萨最热闹的步行街八角街手工艺品市场游览，浏览各式充满民族特色和异域风情的手制品。特别安排参观拉萨神秘的黄色小楼-玛吉阿米。玛吉阿米因传说是六世达赖喇嘛仓央嘉措约会情人的地方而声名远扬。

第六天: 拉萨

（早午晚餐）

- 从拉萨出发，经青藏公路翻越那根拉雪山前往面积1920平方公里，世界上海拔最高的咸水湖**纳木错**（海拔4718米）。纳木错为藏语，蒙古语名称为腾格里海，仿佛蓝天降到地面，都是天湖之意。纳木错湖滨广阔、水草丰美，清澈壮观，像一粒晶莹的明珠般镶嵌在万里羌塘草原上。游览结束乘车沿原路返回拉萨，途中远眺终年积雪的**念青唐古拉山**，感受蓝天白云雪峰下藏北草原苍茫辽阔的自然风光。晚上返回拉萨。**特别说明：**如果因雨雪气候等原因不能前往纳木错，将安排游览哲蚌寺和历世达赖喇嘛的夏宫宝贝园林罗布林卡。

第七天: 拉萨-江孜-日喀则

（早午晚餐）

- 今天启程翻越海拔4900米的**冈巴拉雪山**，远眺冈巴拉雷达站，前往世界上最高的淡水湖有天上圣湖之美誉的**羊卓雍湖**。清澈的湖水、巍峨的雪山和如洗的蓝天融为一体，陶醉、震撼并涤荡着你的灵魂。观赏世纪冰川**卡惹拉冰川**，环绕羊卓雍湖前往电影《红河谷》外景地—江孜。参观唯一集西藏三大教派于一体，以精美绝伦的壁画和雕刻而著称的十万佛塔**白居寺**，远眺宗山抗英炮台后赴后藏重镇—日喀则。（360公里，砂石路面+柏油路面，日喀则海拔约3860米）。

第八天: 日喀则-拉萨

（早/午/晚餐）

- 上午参观班禅大师灵魂安息地、黄教六大寺之一的**扎什伦布寺**。扎什伦布寺由一世达赖喇嘛根顿珠巴主持修建于1447年，后成为历代班禅额尔德尼驻锡地。寺内供奉有高28米世界上最大的铜佛坐像—“强巴佛”即弥勒佛像。瞻仰十世班禅大师灵塔。下午沿雅鲁藏布江回返拉萨，沿途欣赏雅鲁藏布江峡谷、后藏大漠风光。（280公里，柏油路面，拉萨海拔约3650米）

第九天: 拉萨→成都（或其它转机城市）→新加坡

（早餐）

- 告别拉萨，告别西藏。前往贡嘎机场（贡嘎机场至拉萨60公里）乘内陆航班飞往成都，抵达后自行转机，转乘国际航班回返美丽的家园新加坡。希望您与大通旅游渡过一段愉快的假期。
- 备注：若当天航班接不上，将延长一晚住宿中转地，第十天乘搭国际航班返回新加坡，餐食自理。



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Keep Smiling.

备注：客人参加12天团(CXNTLC)行程如下：
第一到八天行程同上，第九至十二天行程如下：

第九天：拉萨 - 林芝 (早午晚餐)

- 上午经达孜平原、墨竹工卡，穿过海拔5230米的**米拉雪山**，驰向海拔仅3000米鲜花不败、四季常青的西藏江南 - **林芝**，游览西藏最美丽的湖泊，雪山森林环绕中被称为小瑞士的**巴松错**。一泓晶莹柔美的湖水，有如童话般静卧在雪峰冰川下松软如床的湖畔碧草之上。到巴松错后沿着木排上**湖心仙人岛**。结束后驱车前往林芝八一镇。途中路边观赏松赞干布出生地甲玛乡、太昭古城、阿沛新村和邦杰唐草原。

第十天：林芝 (早午晚餐)

- 上午参观有2500年历史的林芝**柏树王**和**巨柏林**后，驱车前往**色季拉景区**，观赏景色壮观漫山遍野的杜鹃花（开花季节为春夏季四一六月），远眺（因为云雾很难看到）世界第十五高峰 - **南迦巴瓦峰** (7787米)。接着前往**鲁朗林海**观赏藏东原始森林自然风光。终年不化的雪峰冰川下是莽莽林海，宛若世外桃源，又似人间仙境。使你流连忘返，魂牵梦萦，不知是天上还是人间。游览完毕返回拉萨，沿途欣赏尼洋河谷藏东原始森林自然风光：雪峰下的原始森林和如茵草场，点缀其间的点点牛羊，错落有致、风格独特的藏式村寨，更有不少的林芝山珍可以在沿途购买。

第十一天：林芝→成都（或其它转机城市）→新加坡 (早餐)

- 告别拉萨，告别西藏。前往机场乘内陆航班飞往成都，抵达后自行转机，转乘国际航班回返美丽的家园新加坡。希望您与大通旅游渡过一段愉快的假期。
- 备注：**若当天航班接不上，将延长一晚住宿中转地，第十二天乘搭国际航班返回新加坡，餐食自理。

特别注明：

- 拉萨段必加景点项目：**人民币600元/成人、人民币460元/（身高不超过1.2米）小孩：景点包含：观赏藏文化史诗巨作 - 文成公主山川实景剧 + 牦牛博物馆 + 东方神兽藏獒园. 如文成公主秀停演，将以以色列寺辩经代替，执行人民币460/成人、人民币360/小童价格
- 西宁推荐自费项目：**人民币200元/成人、人民币180元/小孩。景点包含：丹葛尔古城 + 日月山景区
- 成都推荐自费项目：**人民币380元/成人、人民币280元/小孩。景点包含：宽窄巷子 + 四川养生汤锅 + 浣花溪公园
- 品质行程的购物店仅**两站**：西藏藏医药文化博览中心；藏工艺品天珠展馆。
- 小费标准：**特殊地区建议按人民币30元/人/天。
- 西宁-拉萨火车使用**软卧（4人一厢）**但不能保证同一团在一起。鉴于青藏铁路特殊的运营状况，如软卧不能确认将直接确认硬卧（6人一厢）并退还差价新币110/人。
- 有严重高血压、心脏病的客人，请谨慎参团或者请教专科医生。
- 行程因航班情况若有变动，请以中国当地旅行社的最后确认安排为准。若中文路线和英文路线不符合以中文路线为主。



9/10 D Tibet - Qinghai Railway Explore 11/12 D + Nyingchi

(Tour Code: CXNT9/L)

No Shopping Tour

HIGHLIGHT:

- **SIGHTSEEING TRAIN:** starts at Xining and ends at Lhasa, soft sleeper
- **Potala Palace** - One of the wonders of eastern architecture
- **Qinghai Lake** - the largest salt lake in China
- **Namtso Lake** - the largest lake in Tibet, and the world's highest lake
- **A Magnificent Glacier** - Kharola Glacier
- **Lulang Forest (12D)** - Top alpine scenery of Tibet

SPECIAL ARRANGEMENT:

- Upon arrival at Tibet, doctors will be present to provide professional advice.
- There will be free oxygen containers on board the coach in Tibet to provide oxygen in any case needed.
- A bottle of mineral water will be provided daily during the journey.

DELICACIES:

- ✓ Highland Mushroom Steamboat ✓ Tibetan style Western Meal
- ✓ Tibetan Tsampa ✓ Butter Tea ✓ Yak meat
- ✓ Tibetan style Yogurt ✓ BBQ Flavour ✓ International Buffet
- ✓ Highland Barley Wine ✓ Tibetan flavour + Tibetan song and dance performances

Day 1: Singapore → Chengdu (or other city)

- Assemble at Changi International Airport for your flight to Chengdu, the capital city of Sichuan province. Upon arrival, check in to hotel for a good rest.

Day 2: Chengdu → Xining

(BLD)

- Morning take domestic flight to Xining, and visit the **Great Mosque (Dongguan Qingzhen Dasi)**, which is not only the most ancient religious complex in town, but also one of the most important mosques in northwest China.

Day 3: Xining – Qinghai Lake – Lhasa

(BL)

- After breakfast, we will visit the **Kumbum (Ta'er) Monastery**; its architecture infuses Han and Tibetan style, Next, proceed to **Qinghai Lake** which is the shrine lake of the Tibetans. To see the **Sun and Moon Hill** from afar. We can also see the **Sun Pavilion, Moon Pavilion** and the **Daotang River**. Then return to Xining and take the most luxurious **Sightseeing Train to Lhasa** where we will spend a night on the train.

Day 4: Lhasa

(D)

- The most luxurious **Sightseeing Train** crosses the Qinghai-Tibet Plateau, which starts at Xining and ends at Lhasa. Many stations are built near scenery spots. The most primitive vast highland scenery accompanies you throughout the train ride; see **Mt. Kunlun, Kekexili, and the Qinhai-Tibet Grassland and more. The route: Xining – Gelmud – Tuotuo River – Amdo – Nagqu – Damxung – Lhasa.** The meal on the train is at your own expense. After about 22hrs of travelling, we will arrive at the Sunlight City – Lhasa, a saint city with 1300 years of history. Take a good rest to acclimatize to the 3650m altitude.

Day 5: Lhasa

(BLD)

- After breakfast, visit Lhasa's landmark, **Potala Palace**, a structure that deserves a place as one of the wonders of eastern architecture; **Jokhang Temple**, the most revered religious structure in Tibet; Barkhor, Lhasa's pilgrimage circuit. This area is both the spiritual heart of Lhasa and the main commercial district for Tibetans; the famous "Yellow House" **Makye Ame**.

Day 6: Lhasa – Namtso Lake – Lhasa

(BLD)

- Today highlight definitely will be: **Namtso Lake**, the largest lake in Tibet, and the world's highest lake. The melted snow and ice of the Nyenchen Tangula Mountains from the main water supply of Namtso Lake. Thereafter back Lasha, enroute to watch **Nyenchen Tanglha Mountains** from far.
- ***Notes: Namtso Lake will be replaced by Drepung Monastery & Lin Norbulingka if weather not permits. ***

Day 7: Lhasa – Gyantse – Shigatse

(BLD)

- After breakfast, drive 110km to visit **Yamdrotkso** - one of the three holy lakes in Tibet. Seen from the summit of **Kambala pass**, the lake is a fabulous shade of deep turquoise. Leaving Yamdrotkso is as spectacular as arriving, since we will cross the 5045m **Kharola**, with its awesome roadside views of the Nojin Kangtsang Glacier. In the afternoon, we will go to Gyantse to visit the **Kumbum Monastery** there. After that, make our way to **Shigatse**. (Shigatse altitude is about 3860m.)

Day 8: Shigatse – Lhasa

(BLD)

- In the morning, visit the residence of Panchen Lama, the Tashilunpo Monastery. Inside, we can see the Divine Pagoda of Panchan Lama. After visiting this magnificent monastery, head back to Lhasa along the Yarlong Tseangpo River, enjoying the great landscape en route.

Commonwealth Travel Service Corporation Pte Ltd.

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Day 9: Lhasa → Chengdu (or other transit city) → Singapore (B)

- About two hours of driving (60km), to Konggar Airport for your domestic flight to Chengdu. Upon arrival, self-transfer for your international flight back to Singapore. We hope you have enjoyed your vacation with CTC Travel.

Noted: If your flight has not received on the same day of international flights, we will extend one night in the transit city, DAY 10 TAKE YOUR INTERNATIONAL FLIGHT BACK TO SINGAPORE. Lunch and dinner are no provide.

Note: For customers who join the 12 days tour (CXNTLC), itinerary as follow: Day 1-8 same as above and please refer below for itinerary from Day 9-12:

Day 9: Lhasa – Nyingchi (BLD)

- After breakfast drive over the **Mila Pass**, which is 5013 meters above sea level head to **Nyingchi**. Nyingchi is also called “the Jiangnan of Tibet”. It is a fantastic place with charming natural scenery, like green mountain slopes, snow-capped peaks and crystal-clear rivers, as well as the Yarlung Zangbo Grand Canyon. On the way, we will see the **Baksum Tso Lake**, which is named as “Little Switzerland”. The water is famous for its pure and crystal clean that fish can be seen even deep below the surface and the surrounding green trees are reflected in the lake surface, very impressive to see a lake could be so pure like this. Transfer to Bayi Town for night accommodation.

Day 10: Nyingchi (BLD)

- Morning to go to visit the **Old Pine** which is about 2500 years-old. And then transfer to visit the **Sejila Forest Park** - the best view point for **Nanjabarwa mountain**, also have a chance to enjoy the unbelievable azalea flowers sea, it blossoms from the middle period of April to the end of June every year. **Lulang forestry**, is a typical plateau mountain meadow featuring stunning alpine scenery. Nestled between the mountains and glaciers, it has an elevation of 3700 meters, consisting of vast expanse of plants, villages and variety of vegetation.

Day 11: Nyingchi → Chengdu (or other city) → Singapore (B)

- After breakfast transfer to airport for your domestic flight to Chengdu. Upon arrival, self-transfer for your international flight back to Singapore. We hope you have enjoyed your vacation with CTC Travel.

Noted: If your flight has not received on the same day of international flights, we will extend one night in the transit city, DAY 12 TAKE YOUR INTERNATIONAL FLIGHT BACK TO SINGAPORE. Lunch and dinner are no provide.

Remarks:

- 1) **Compulsory Additional Tour: RMB 600/adult, RMB 460/child (below 1.2m): Include:** Live stage show Princess Wencheng + Tibetan Mastiff farm + Yak Museum. If Princess Wencheng stop performing, it will be replaced by Monks Debatng Court, rate become RMB460/adult, RMB360/child
- 2) **Xining Optional Tour: RMB 200/adult, RMB 180/child (below 1.2m). Include:** Dan Gar Ancient City + Riyue Mountain scenic area
- 3) **Chengdu Optional Tour: RMB 380/adult; RMB 280/child (below 1.2m): Include:** Wide and Narrow Alley + Health hot pot + Huanhuaxi Park
- 4) **Tipping:** Tibet tour recommended RMB30 per person per day.
- 5) There are **2 shopping stops** within whole journey.
- 6) **Soft sleeper (4 persons per cabin)** will be arranged on the sightseeing train for the journey from Xining to Lhasa, however according to the railway operation conditions, if soft sleeper is not able to confirm, we will go ahead to book hard sleeper (6 persons one cabin) for the passengers with / without prior notice, a refund of the price difference between soft and hard sleeper will be given to our customers, ie SGD110 per person.
- 7) Customers with severe hypertension or cardiac problems are advised to refrain from joining the tour or seek professional advice before joining.
- 8) In the event of unforeseen circumstances, CTC processes full discretion to change the tour sequence or cancel some itineraries. The company will not be responsible for any extra expenses occur due to the above situations. For any discrepancies in the English and Chinese versions of the itinerary, please use the Chinese copy as reference.