



活力假期有限公司

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11天9晚 神秘西藏经典之旅

成都 / 林芝 / 波密米堆冰川 / 然乌湖 / 拉萨 / 贵德 / 西宁 / 兰州 / 青藏铁路经典之旅

第一天: 吉隆坡 – 成都

齐集于吉隆坡国际机场乘搭客机飞往四川省会—成都双流国际机场。抵达后, 送往酒店休息。

宿: 成都

第二天: 成都 – 林芝 – 鲁朗林海 – 波密

(早午晚)

早餐后, 送往机场乘坐**内陆客机**飞往有西藏小江南之称的**林芝**, 沿地球上“最后的秘境”【**雅鲁藏布江河谷**】。薄薄的晨雾浮在江面上, 白云系在山腰, 远处是金色的雪山, 美丽的田园笼着轻烟翻越川藏公路及**色季拉山**, 经过帕隆藏布江与易贡藏布江两江交汇处, 原始森林密布, 河谷丛林, 脆绿青葱, 云雾有缠绵, 看江流交汇美景。沿途行经排龙门巴族乡, 通麦天险, 通麦铁索桥, 易贡原始森林自然保护区。后前往**绿海明珠**, 冰川之“**波密**”。沿线是现代海洋性冰川, 雪山群, 堰塞湖, 泥石流活动区, ‘活的地质博物馆’途经油画般的风景让众多文豪懒着不走的【**古乡湖**】, 这一路的自然风景会让人目不暇接, 蓝色是天空, 白色是雪山, 多层次的绿色是森林和河流, 每一处转角都有惊喜风景在等待。接着抵达【**冰川之乡**】美誉的**波密**! 可以看到只有宫崎骏动画中才有看到的**夜空**。

宿: 波密

第三天: 波密 – 密堆冰川 – 然乌湖 – 波密

(早午晚)

早餐后, 从波密出发, 在森林里的柏油道上穿行, 来到中国最美雪山中精灵~【**米堆冰川**】, 走入米堆村, 是满山原始的雪山, 河流, 森林, 如此纯厚的藏寒风光, 宛如身处仙境般。深藏在桃花源里的雪山精灵, 也是世界海拔最低的米堆冰川, 主峰海拔6800米, 冰舌末端最低只有2400米, 以零距离触摸那壮美的冰川瀑布。这感觉带给您无比惊人的魅力与震撼喔! 接着前往欣赏帕隆藏布江的源头被誉为‘**睡美人**’的绝美景【**然乌湖**】。湖面海拔3807多米, 一年四季皆色彩瑰丽、平静安详, 令人赞叹! 结束后返回**波密**。

宿: 波密

第四天: 波密 – 通麦大桥 – 鲁朗镇 – 林芝八一镇

(早午晚)

今早由波密出发通过**通麦大桥**, 沿帕隆藏布江峡谷返回林芝。后出发前往鲁朗。沿山路而上翻越海拔4702米的【**色季拉山**】, 在山顶遥望中国最美十大名山之冠的南迦巴瓦峰如瑞士的阿尔卑斯山; 原始森林环抱的鲁朗高山牧场一片欧陆风光。**鲁朗**位于林芝八一镇以东75公里的川藏线上, 鲁朗藏语意为“**龙王谷**”、也是“**叫人不想家**”的地方, 是我国面积最大、保持最完好的第三大林区。绿水青山的鲁朗离不开大山的怀抱、雪山、森林, 构成了鲁朗与众不同的自然景观, 它是西藏的另一种风景; 远观世界第十五高峰 – **南迦巴瓦峰**的魅力还在于集壮丽与秀美于一身(2005年曾被《中国国家地理杂志》当选为中国最美的山峰之首)。中午在鲁朗小镇品尝著名的**石锅鸡**。

宿: 林芝

第五天: 林芝 – 巴松措 – 拉萨

(早午晚)

早餐后, 前往参观【**巴松措湖**】—有西藏“**九寨沟**”之美誉, 位于工布江达县内的巴松措也叫**错高湖**, 意为“**绿色的水**”, 湖面海拔3700多米, 有瑞士湖光山色之美, 湖长约12公里, 最深处60多米, 总面积6000多亩(约400公顷), 终年被雪山环抱, 唯山下翠林郁郁, 繁花争艳, 形成独特华丽景致, 形状如同镶嵌在高山峡谷深谷中的一轮新月, 湖水清澈见底, 四周雪山倒映其中, 黄鸭、沙鸥、白鹤等禽鸟浮游湖面, 透明的湖水中可见游鱼如织。巴松措湖是红教—藏传佛教宁玛派的著名神湖和圣地, 虽然深藏在交通闭塞、远离城镇的山沟里, 但它却以林木繁茂和群山耸立中的一池碧水而广为外界所知, 成为林芝地区最著名的风景区之一。湖中的扎西岛有座千年古刹【**错宗寺**】。之后沿着尼洋河谷、湛蓝天空高耸雪山, 掩映在神秘的藏传佛教与满山牛羊的世外桃源里, 仿佛徜徉在无比自在的梦境里, 谁不相信香格里拉的实境就在眼前! 我们经过米拉雪山及尼洋河谷。傍晚, 抵达**拉萨**。

宿: 拉萨

第六天: 布达拉宫 – 大昭寺 – 八廓街

(早午晚)

今日前往游览当今世界上海拔最高的古代官堡式建筑群—【**布达拉宫**】。自公元七世纪以来, 具有1370年历史, 布达拉宫一直是历代达赖喇嘛驻锡地和西藏政教权力的中心。它分为红宫和白宫两部分, 红宫主体建筑是灵塔殿和各类佛堂, 也是举行佛事活动的场所, 白宫是历代达赖喇嘛起居、诵经及处理行政事务的场所。它珍藏有数以万计精美雕塑和独特的唐卡画, 各类典籍和无数壁画, 难以记数的佛塔、法器、供品。它是藏族人民智慧、文化的结晶。后往参观位于拉萨老城区中心的【**大昭寺**】, 它距今已有1350年的历史, 是西藏现存最辉煌的吐蕃时期建筑, 珍藏着文成公主进藏时一起运来的释迦牟尼十二岁等身像。环绕大昭寺的【**八廓街**】, 既是举世闻名的商业街, 又是具有独特地域特色及民俗风情的朝圣者的转经道, 让您深切感受一下西藏的人文风土。

宿: 拉萨

第七天: 拉萨 – 羊卓雍措 – 藏獒基地

(早午晚)

早餐后, 沿途翻越海拔4990米的岗巴拉山, 【**羊卓雍措**】西藏三大圣湖之一, 藏语为“**上面牧场的珊瑚湖**”; 碧蓝的湖水在光线下呈现深浅不一的色块, 平静无澜, 远处俊俏的“**宁金康沙峰**”, 海拔7171米, 冷傲凌驾于圣湖之上; 沿途可欣赏终年积雪不化的**卡若拉冰川**, 途中参观【**藏獒基地**】, 世界上最古老的狗类, 凶猛的巨犬, 一生只认一个主人, 并和比较温柔的一两只拍照纪念。

宿: 拉萨

第八天: 拉萨火车站 – 西宁 – 宿软卧火车

(早)

上午搭乘火车离开**拉萨**, 沿途经过当雄, 那曲, 茫茫的羌塘草原, 藏北第一县—安多, 在雪山脚下, 在湖畔、谷地, 随时都会有野生动物出没, 这里是野生动物理想的家园。美丽的【**错那湖**】, 湖水碧绿清澈, 水鸟游弋飞翔, 鱼儿轻游跳跃; 举目环视, 山水相映, 宁静安详, 湖畔居住着世代在湖边繁衍生息的牧民和他们的牛羊, 错那湖是当地藏族群众心目中的“**神湖**”, 错那湖是怒江的源头, 是世界海拔最高的淡水湖, 唐古拉山脉南部河溪均汇入错那湖流入怒江。翻越**唐古拉山口**, 蒙语的意思是“**鹰飞不过去的地方**”, 藏语意为“**高原上的山**”。唐古拉山是青藏高原的最神圣之地, 是藏民族心目中最敬仰圣洁的神山。可可西里自然条件恶劣, 人类无法长期居住, 昆仑山是中华民族的象征, 也是中华民族神话传说的摇篮, 列车夜间途径青海省第二大城市, 有着中国“**盐湖城**”之称的**格尔木**。

宿: 青藏高铁(软卧4人一箱)

第九天: 西宁 – 贵德 – 西宁

(午晚)

早晨抵达**西宁**火车站。抵达后, 驱车前往**贵德**, “**天下花和贵德清**”中国母亲河黄河的上游水域, 非雨季时, 河水清澈如海水。继续前往参观【**地质公园丹霞地貌景区**】内丹霞地貌悠久奇特, 山峰突兀林立, 地质造型古怪神奇, 山体色彩呈七种颜色, 故又称**七彩峰丛**从**轩辕山**土然后返回**西宁**送往入住酒店。下午自由活动, 晚餐将安排于酒店。

宿: 西宁

第十天: 西宁 – 兰州 – 吉隆坡

(早午晚)

早餐后, 游览【**土族互助村**】(含表演)展现了土族绚丽多彩的民俗文化、源远流长的青稞酒文化、弥久沉香的醪糟酒文化、古老纯真的建筑文化、别具一格的民居文化、古朴神秘的宗教文化, 是世界上最全面、最纯正、最真实的以“**土族文化**”为主题的综合性旅游景区。乘车前往**黄河流域唯一黄河穿城而过的城市**, 市区依山傍水, 山静水动的——**兰州**游览: **黄河母亲像、水车园、中山铁桥、正宁路步行街以及张掖路步行街**。游毕, 乘坐动车前往**兰州**。后送往机场乘搭凌晨客机返回家园。

第十一天: 抵达吉隆坡

以上行程仅供参考, 最后确认由当地旅行社为准

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11D9N MYSTERY TIBET ALTIPLANO TOUR

CHENGDU / NLINGCHI / BOMI / RICE HEAP GLACIER / RANWU LAKE / LHASA / GUI'DE / XINING / LANZHOU

DAY 01: KUALA LUMPUR ~ CHENGDU

Assemble at Kuala Lumpur International Airport for your flight to Chengdu **Shuangliu** International Airport. Upon arrival, meet and transfer to check in hotel.

Stay: Chengdu

DAY 02: CHENGDU ~ NLINGCHI ~ YARLUNG ZANBO GRAND CANYON ~ BOMI (BLD)

After breakfast, proceed to board the **Domestic Flight** to **Nlingchi**. Upon arrival, transfer to visit **Yarlung Zangbo Grand Canyon**, Green mountains have snow-covered peaks poking through the clouds China's longest plateau river, located in the Tibet Autonomous Region, is one of the world's highest river. After that, proceed to the most beautiful glacier town ~ **Bomi**. Bomi County is a county of the Nyingchi Prefecture in the south-east of the Tibet Autonomous Region. Passing through the beautiful sceneries of **PailongMen BazuXiang, Tongmai Bridge, Guxiang Lake...**

Stay: Bomi

DAY 03: BOMI~ RICE HEAP GLACIER ~ RANWU LAKE ~ BOMI (BLD)

After breakfast, proceed to visit **Glacier Heap of Rice**, located in the Territory of Bomi County, 8 km from the 318 national highways. Everest 6800 meters above sea level, the snow line is only 4,600 meters above sea level, latitude and altitude of the world's lowest sea of glaciers. Shining on the snow, glaciers, pure, glacial woodlands under the vast, verdant, it is **Touguo silver Pa**, under a Green Dress. It had recorded at the year 2005 Chinese National Geographic magazine as China's most beautiful glaciers. After that, proceed to visit **Ranwu Lake**. The lake is formed by alpine landslides, debris flow blocking the river and forming a barrier lake. Lake elevation of 3807 meters is an area of 22 square kilometers. The lakes are mainly surrounded by the **Ganry Mountains** and the ancient glaciers. After tour, transfer back to **Bomi**.

Stay: Bomi

DAY 04: BOMI ~ TONG MAI BRIDGE ~ LULANG ~ NLINGCHI BAYI TOWN (BLD)

This morning we are leaving from Bomi through **Tongmai Bridge**, along the **Palong Tibetan cloth canyon** back to **Nyingchi**. Enroute you can enjoy over view **Namjiabrawa Peak**, it is a cloud kissing peak, surrounded by clouds and mist. The fifteenth highest peak in the world with the height 7,782 meters anode sea level. **Lulang** is located in **Nyingchi Bayi Town** 75 kilometers east of **Sichuan-Tibet line**, **Lulang Tibetan** means "Dragon Valley". Lunch serve at **Lulang Town** taste the famous **Stone Chicken**.

Stay: Nlingchi

DAY 05: NLINGCHI ~ BASONG CUO ~ LHASA (BLD)

After breakfast, proceed to visit **Basong Cuo** is an alpine lake walled up by terminal moraines. Its water surface is 3700 meters above sea level. The maximum depth OT the lake is 60 meters. With beautiful scenes combined b snowy mountains, glaciers, forests and greet lakes, **Basong Lake** is one of the best tourist resorts in the whole Tibet. There is the small island is **Tang Dynasty building "Wrong Zonggongba Temple"**, is the famous Tibetan temple. After that, proceed to visit **Nyang valley**. **Nyang** is located in the north of the largest tributary of the **Brahmaputra** is one of the five tributaries of the **Brahmaputra basin**. Arrive **Lhasa** in the evening.

Stay: Lhasa

DAY 06: POTALA PALACE ~ JOKHANG TEMPLE ~ BARKHOR STREET (BLD)

In the morning, visit to **Potala Palace**. This palace was built at the time of **Songtsan Gampo** in the 7th Century. In the 17th century the 5th Dalai Lama extended the palace to its present size. At this time, it also succeeded in becoming the Dalai Lama's residence place and turned the main political and religious affair. The palace is divided to two parts, **White Palace** is the part of the living quarters of the Dalai Lama and the **Red Palace** is completely devoted to religious study and Buddhist prayer. In afternoon, visit the most sacred and important temple in Tibet - **Jokhang Temple**. It is the first Buddhist temple in Tibet, located on **Barkhor Square**. It was built during the reign of **King Songtsan Gampo** to celebrate his marriage with Chinese **Tang Dynasty princess Wencheng**; the main hall of the temple houses the **Jowo Shakyamuni Buddha statue**, perhaps the single most venerated object in Tibetan Buddhism. Then, free to shopping at **Barkhor Street**. This street was the most popular devotional circumambulation for pilgrims and locals.

Stay: Lhasa

DAY 07: LHASA ~ YAMDROK YUMTSO LAKE ~ TIBETAN MASTIFF BASE (BLD)

After breakfast, proceed to visit **Yamdruk Lake**. This lake is one of the three holiest lakes in Tibet and is surrounded by many snow-capped mountains and is fed by numerous small streams. Over viewing the **Ningjinkangshan Peak** is located at the junction and elevation 7171 meters. Enroute pass through the 5045m **Karola**, with its awesome roadside views of the **Nojin Kangtsang Glacier**. After that, proceed to visit **Tibetan Mastiff Base**, an ancient breed, noble and impressive, it had long coat appealing colors and beautiful tail.

Stay: Lhasa

DAY 08: LHASA ~ XINING By Qinghai-Tibet Railway (B)

We will board the Tibet train to **Xining**. Passing through the beautiful sceneries, mountain snow, lake, you might spot some animals hoping around. **Tsonag Lake** is one of the highest fresh water lakes, located in northern Tibet, China. The **Tanggu La Mountain**, or **Tanggu Pass** is a wide mountain pass over 5000 meters elevation in the People's Republic of China used by the Qinghai, passing through Tibet Highway to cross the **Tanggula Mountains**. During the night hour on the train will pass through Tibet second biggest city in china "**Salt Lake City**".

Stay: Qinghai-Tibet railway (Soft Bed 4 Pax Per Cabin)

DAY 09: XI NING~ GUI'DE ~ XINING (LD)

Arrive **Xining** in the morning. Upon arrival, transfer to **Gui'de**. **Gui'de County** is located in the **Qinghai-Tibet Plateau** in **Qinghai Province**, the **Yellow River** through the territory of the **Qing River** in recent years to attract tourists from home and aboard. Continue visit **National Geological Park**. It is a comprehensive geological park with natural landscape and geological relics as the main features, supplemented by diverse ecological landscape and rich cultural landscape. After that, transfer back to **Xining** check in to the hotel. Free at own leisure. Dinner serve at the hotel.

Stay: Xining

DAY 10: XINING ~ LANZHOU ~ KUALA LUMPUR (BLD)

After breakfast, visit **Huzhu Tu Ethnic Village**, showcase the colorful Tu folk culture, profound barley wine culture, old distilled wine culture, ancient and pristine architectural culture, unique folk residence culture, and the ancient, mysterious religious culture. It fully reflects the purest and most authentic Tu culture. Transfer to **Lanzhou**, visit: **Yellow River Mother Statue**, located on the edge of the **Yellow River** and built in the 1980s. It is a sculpture of a mother holding her baby; **Waterwheel Park**, located on the bank of the **Yellow River** in **Nanbin River East Road**, it is part of the green promenade of **Binhe Road** and a famous theme park in **Lanzhou**; **Yellow River Iron Bridge**, also known as **Zhongshan Bridge**, is located in **Chengguan District**; **Zhengning Road Walking Street** and lastly **Zhangye Road Walking Street** is the oldest commercial street in **Lanzhou** people's minds and the most culturally historical street. Tour ends, transfer to **Lanzhou** by train. Upon arrival, transfer to **Lanzhou airport** for your mid-night flight home.

DAY 11: Arrival KUALA LUMPUR

Itinerary subject to change without prior notice

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