

行程特色:

1. 独家西藏真正自由行, 零距离接触和感触藏民真实生活;
2. 全程住宿豪华四星级酒店;
3. 布达拉宫门票全程门票尽收囊中;
4. 特别安排赠送游览东方神犬藏獒园;
5. 西藏旅游车上全程免费提供专业氧气钢瓶供应氧气;
6. 西藏行程中每日均提供饮用矿泉水一瓶。

6 Days Lhasa-Gyantse-Shigatse Exotic Tibet

Valid Till : Dec 2018

Day01: Arrive in Lhasa. The guide will meet you at Konggar Airport, and transfer you to Lhasa city with about one hours' driving (60km). After arrive in Lhasa, rest and acclimatize. Overnight in Lhasa

Day02: Lhasa. The first day of sightseeing starts from Lhasa's cardinal landmark – **Potala Palace**, a structure of massive portions. Its towering image already appearing on various occasions, but your first sight of the Potala will still be an awe-inspiring moment. Some 2km to the east of the Potala is the most revered religious structure in Tibet – **Jokhang Temple**. Bustling with worshippers and redolent with mystery, the Jokhang is an unrivalled experience. The quadrangle of streets surrounding the Jokhang is the **Barkhor** – Lhasa's most interesting pilgrimage circuit. This area of the Old Town is both the spiritual heart of Lhasa and the main commercial district for Tibetans. Overnight in Lhasa (B)

Day.03: Lhasa. About 8km west of central Lhasa is the **Drepung**, once world's largest monastery with about 10,000 monks. This day's sightseeing begins with these white monastic buildings piled up on the hillside. Walking up to the hill is a pleasant thing, an easy break from the solemn ambience inside the halls and chapels. At the flat roof of hillside, you can have very good views of the whole Lhasa city and the distant mountains. Then go to **Norbulingka** - Dalai Lama's Summer Palace, an easy visit.

Drepung is one of Lhasa's two great Gelugpa monasteries, the other is **Sera**. Around 5km north of central Lhasa, Sera may not be as grandiose as Drepung, but is more serene surrounded by many small temples. The "Buddhism Scriptures Debating" in Sera is very famous. Overnight in Lhasa(B)

D4: Lhasa-Yamdroktso-Shigatse. **Yamdroktso**(4441m), one of Tibet's three holy lakes, is located 110km outside of Lhasa. In the fresh morning air, you're on the way to this lake. It's mostly mountain road, winding and bumpy, even thrilling somewhat. After about 3 1/2 hours' driving, climbing over the snow pass of Kambala(5030m), the dazzling Yamdroktso just lies several hundred meters below the road, and in clear weather is a fabulous shade of deep turquoise. Far in the distance is the huge massif of Mt. Nojin Kangtsang(7191m).

After down from the mountain, there's about 30km road along lakeside, with barley fields on the other side of the road. A nice walk by the lakeside can be a great joy. Leaving Yamdroktso is as spectacular as arriving, since you'll cross the 5045m Karola, with its awesome roadside views of the Nojin Kangtsang Glacier.

With the Glacier scene still exciting you, after about 90km, you get to **Gyantse**. There stands the 35m-high famous **Kumbum**, packed with exquisite Tibetan sculpture and paintings, a stunning architectural wonder in Tibet. Overnight in Shigatse(B)

D5: Shigatse-Lhasa. While **Tashilhunpo's** magnificent outside leaves you gasp in admiration, the inside of this monastery introduces you more religious tranquility and sincerity.

Just close Tashilhunpo is the **Old Town** of Shigatse, a great place to wander around: Nicely decorated Tibetan houses and interesting market and bazaar give you a vivid picture of local people's life. Afternoon drive back Lhasa. Overnight in Lhasa. (B)

Day06: Leave Lhasa. Pack your luggage and get ready for leaving. The guide will transfer you to the airport, and help you board the plane. Say goodbye to Tibet and fly out. End of the tour. B.

Price: SGD1520 per person (based on 2 pax and above)

single supplement: SGD 220

Includes: The Alien's Travel Permit,

- All necessary travel permits,
- All necessary tour transportation,
- Accommodations 4-star hotel ,
- Hotel rate in Lhasa: basing on 4 star hotel
Tibet Snow Heaven International Grand Hotel or the similar standard.
- Hotel rate in Shigatse: basing on 4 star hotel
Jiumu Yamei International Hotel or the similar standard
- English or Chinese speaking guide,
- Breakfast only,
- Potala Palace entrance fee,
- Sightseeing entrance fees,
- Travel accident insurance,

Excludes: Airfare, meals, tips, other personal expense.

Notes: 1、Hotels are subject to change, but will remain the same standard.

2、Potala Palace get a limitation 2400 paxs per day to protect the heritage of history. The sequence of sightseeing suppose to be adjust according the situation of entrance permission.

3、Please send me your Passport and Visa copies.

备注: GV4 每人减少 SGD180, GV6 每人减少 SGD300, 单间房差不予变更。

备注二: 行程全程使用五星级酒店报价, 拉萨段使用圣地天堂洲际大饭店

拉萨段: 圣地天堂洲际大饭店或同级;

日喀则段: 乔穆朗宗酒店、万润国际度假酒店或同级。

报价: 1715 新币/人

其中: 单间房差: 475 新币/人

备注三: 使用五星级酒店, 拉萨段使用超五星香格里拉拉萨大酒店或同级:

报价: 1795 新币/人

其中: 单间房差: 555 新币/人

备注: GV4 每人减少 SGD180, GV6 每人减少 SGD300, 单间房差不予变更。

特别提示: GV6 团队如果增加正餐, 首日含晚餐共计9餐, 每人需要增加90新币。

经典行程: 拉萨、江孜、日喀则六天神秘西藏

行程价值点: 前后藏人文景观和自然风光的经典汇集, 羊卓雍错卡惹拉冰川远古洪荒般的人生体验, 拉萨新旧古城那荡气回肠的心灵震撼, 班禅大师灵魂安息地和后藏大漠风光的点滴剪影。适宜各种客人各种季节旅游, 景点最具代表性。

第一天：贡嘎机场接机献哈达，高原气候适应性休息。 宿拉萨

(贡嘎机场至拉萨单程 60 公里，约 1 小时，柏油路面)(海拔 3650)

飞抵海拔约 3600 米的拉萨贡嘎机场，导游接机敬献哈达，沿世界最高的河流——雅鲁藏布江逆流而上驱车 60 公里前往拉萨。途中穿越景色迷人，充满雪域风情，有西藏三大粮仓之一美誉的雅鲁藏布河谷。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。抵拉萨后作高原适应性休息。

第二天：拉萨游览布达拉宫、大昭寺、八角街。 宿拉萨 (B)

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，浏览和选购各式充满民族特色和异域风情的手制品。

第三天：拉萨游览哲蚌寺、色拉寺、罗布林卡。 宿拉萨 (B)

上午参观世界上最大的黄教寺庙之一的哲蚌寺，五世达赖喇嘛重建布达拉宫之前历代达赖喇嘛的驻锡地。其鼎盛时期，住寺喇嘛曾达到近一万人。下午游览最具西藏特色的园林，达赖喇嘛的夏宫“宝贝园林”罗布林卡以及被称为“野玫瑰花园”的色拉寺，如果幸运的话还可以观赏到著名的“喇嘛辩经”，感受藏传佛教博大精深的文化底蕴。

第四天：拉萨—江孜—日喀则，观赏羊卓雍湖，卡惹拉冰川，游览白居寺十万佛塔。宿日喀则 (B)
(360 公里，约 7—8 小时，柏油路面+盘山路)(海拔 3850)

拉萨启程翻越海拔 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。

第五天：日喀则游览扎什伦布寺，班禅大师灵塔，沿雅鲁藏布江河谷返回拉萨。 宿拉萨 (B)

(单程 280 公里，约 6 小时，柏油路面)(海拔 3650)

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拉萨，沿途欣赏雅鲁藏布江草地峡谷、后藏大漠风光。

第六天：拉萨送机 (B)：

(贡嘎机场至拉萨单程 60 公里，约 1 小时，柏油路面)

早餐后休息或自由活动至送机时间团队集合前往贡嘎机场乘机飞离拉萨，结束愉快旅行。

友情提示：

- 1) 严重高血压、心脏病患者请勿参团。外国外交官、记者入藏另行安排。
- 2) 进藏前注意充分休息，初抵高原多休息，避免剧烈运动，禁烟酒，饮食宜节制。
- 3) 西藏海拔高日照强烈早晚温差大，请携带好防晒和护肤用品，诸如墨镜、太阳帽、防晒霜、润唇膏、阿斯匹林和安定等物品。
- 4) 因西藏线路行车时间较长，建议准备一些类如巧克力、牛肉干的食品备用。
- 5) 为保护布达拉宫古迹每天限量参观，届时可能调整参观次序，请务必提醒客人。

- 6) 鉴于青藏铁路特殊的运营状况，火车班次和开行时间将以列车乘坐当日具体票面为准。
- 7) 鉴于青藏铁路目前特殊的运营状况，行程中西宁—拉萨单程火车使用硬卧（六人一室），请按硬卧推广行程，有关具体铺位届时将根据年纪和人数协调分配，火车上不含餐。备注：如果使用软卧（四人一室）每人需要增加费用121新币/人。
- 8) 根据中国青藏铁路特殊的运营和车票发售状况，客人乘坐青藏铁路列车期间可能会发生所乘用铺位与同团其它客人彼此不相邻的情况，如果发生此类情况，建议客人届时可在列车上与相邻其他客人协商调整或更换。
- 9) 七~八月最旺季价格特别提示：鉴于西藏特殊情况和政府相关政策，西藏旅游接待价格自二〇一八年七月一日至八月三十一日相应予以调整：4天线路增加290新币/人，单间差增加245新币/人；5天线路增加320新币/人，单间差增加265新币/人。6天线路增加400新币/人，单间差增加345新币/人。7天线路增加320新币/人，单间差增加265新币/人。

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(GHT-270318)