

TOUR CODE: 9TLL

indigo  
HOLIDAY

# 梦寻西藏之旅

Consummate Dream to Tibet

9D  
8N



免费  
藏獒拍摄



全程当地4+5星酒店  
Local 4+5  
Star Hotel



不走购物站  
No Shopping



特殊膳食安排  
Special Meals  
Arrangement



体验青藏铁路  
Train



SHANGRI-LA

HOTELS and RESORTS

升级一晚国际5星级拉萨  
香格里拉大酒店  
Upgrade 1 Night International  
5 Star - Shangri-La Hotel Lhasa

# 特色风味餐

精选风味餐：石锅鸡，野山菌火锅，尼泊尔风味。。。。  
满足您的味蕾！！！！



## 第1天 吉隆坡 → 兰州

✈️ 机上用餐

✦ 飞机带您到达兰州。入住酒店休息。

## 第2天 兰州 - 西宁

🕒 早 🕒 午 🕒 晚

▶ 早餐后，驱车前往西宁，参观**贵德国家地质公园（含电瓶车）**，阿什贡七彩峰丛景区作为贵德国家地质公园的核心景区，位于贵德县杂让乡阿什贡的千佛大峡谷，是一座文化内涵丰富，丹霞自然景观奇特，地质研究与科普教育价值极高的文化旅游胜地。目前已命名为“国家地质公园”，也是“国家AAAA级景区”。之后返回西宁入住。

## 第3天 西宁 - 青藏铁路

🕒 早 🕒 午 🕒 晚

▶ 早餐后，前往**东关清真寺**参观，现寺占地面积3500平方米，整体布局为中国传统殿宇式建筑风格。该寺几度毁损重修，始终保持中国传统建筑特色，为青海省清真寺中历史悠久、规模较大、建筑技艺精湛的古寺之一。之后前往**力盟商业街**，力盟商业街-力盟商业步行街是国家AAAA旅游景区，是中国第27条“中国著名商业街”融汇数千年河湟文化内涵，承载城市特色，传袭城市文化底蕴，充分展示城市发展活力。行程结束后**乘坐青藏火车前往拉萨**，欣赏青藏铁路无限美丽风光，途经中国最大的地热发电站【羊八井地热发电站】；过五道梁，抵达昆仑山口(4837m)，远观西王母瑶池神宫、昆仑玉珠峰、西大滩冰川等，从昆仑山至沱沱河段，还可观赏到高原野生动物，如藏羚羊、野驴、黄羊等，观赏【长江第一桥】。翻越【唐古拉山(5231m)】，遥望长江的发源地格拉丹东冰峰。火车上过夜，于第二天抵达拉萨市。（根据火车车次实际时间调整行程）

## 第4天 青藏铁路 - 拉萨

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▶ 列车抵达拉萨，拉萨是中国西藏自治区的首府，西藏的政治、经济、文化和宗教中心，也是藏传佛教圣地，拉萨位于青藏高原的中部、喜马拉雅山脉北侧，海拔3650米（要防内源氧缺乏症），拉萨全年多晴朗天气，降雨稀少，冬无严寒，夏无酷暑，气候宜人。全年日照时间在3000小时以上，素有“日光城”的美誉。



## 第5天 拉萨

🕒 早 🕒 午 🕒 晚

▶ 参观世界遗产保护---**布达拉宫**，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，然后参观西藏最大的手工艺品和地毯厂，了解西藏当地特产和工艺。下午前往著名的**大昭寺**，是藏王松赞干布为尼泊尔王妃建的寺庙，然后游览**八角街**，围绕在大昭寺周围的一圈老城街道，藏族人活动的中心



## 第6天 拉萨 - 日喀则

🕒 早 🕒 午 🕒 晚

▶ 早餐后前往西藏第二大城市---后藏重镇日喀则。翻过冈巴拉山（海拔4990米），来到西藏圣湖---**羊卓雍错**，湖面波光粼粼，风景如画，好像人间天堂！然后到达**卡若拉冰川**，几个世纪始终冰雪不化，和雪山相依，壮观震撼。途径**斯米拉水库**，然后**途经江孜在江孜备案**，之后前往日喀则。



## 第7天 日喀则 - 拉萨

🕒 早 🕒 午 🕒 晚

▶ 早餐后参观后藏最重要的寺庙，黄教六大主寺之一的---**扎什伦布寺**，班禅大师的驻锡地，内有世界上最大的铜弥勒坐像，还有五到九世班禅大师的合葬灵塔，整个建筑依山而建，金碧辉煌。之后返回拉萨市。280KM（6小时左右）



## 第8天 拉萨 - 兰州

🕒 早 🕒 午 🕒 晚

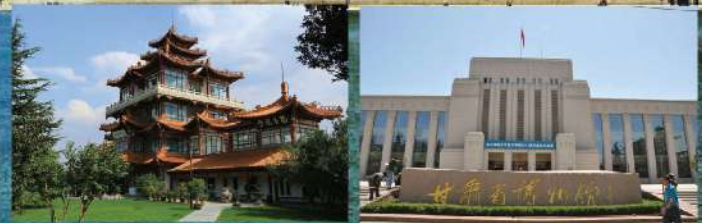
▶ 早餐后送机飞往兰州。兰州接机后，参观**兰州中山桥**，俗称“中山铁桥”，“黄河铁桥”，旧名镇远桥，甘肃省兰州市位于滨河路中段白塔山下，被称为“天下黄河第一桥”。1942年，为纪念孙中山先生而改名为“中山桥”，桥名沿用至今。之后游览**兰州水车博览园**，该园在新建的南黄河风情线上，由水车园、水车广场、文化广场组成，是以弘扬黄河文化为主题的旅游景区。水车园里，黄河奔腾，水车悠悠，渠水蜿蜒，花草树木错落有致。水车园还有小桥，有流水，有人家，全然都市村庄相貌。如今，兰州大水车制作技艺已入选第一批国家非物质文化遗产推荐名录。水车园建成于1994年，占地14,500平方米，由靖远县特级木工高启荣建造。车游**黄河母亲像**，位于兰州市黄河南岸的滨河路中段、小西湖公园北侧，是全国诸多表现中华民族的母亲河--黄河的雕塑艺术品中最漂亮的一尊。



## 第9天 兰州 → 吉隆坡

🕒 早 🕒 机上用餐

▶ 早餐后，前往参观**白塔山公园**，白塔山公园位于甘肃省兰州市北部，因山头有一座白塔寺而得名。登白塔山顶，可俯瞰兰州市容，集精巧的建筑结构和精湛的雕刻艺术于一身，充分显示了古代劳动人民的聪明才智和艺术创造力，是我国古代建筑的杰作。然后参观**甘肃省博物馆（周一闭馆）**，甘肃省博物馆位于甘肃省兰州市七里河区西津西路3号，是甘肃省规模最大的综合性博物馆，该馆建于1956年，建筑面积2.1万多平方米，展览面积1.3万多平方米。晚餐之后，搭乘国际航班，返回温暖的家。



## Day 1 KUALA LUMPUR → LANZHOU MOB

- Gather at the airport and take flight to Lanzhou. After dinner, check in hotel and overnight at Lanzhou.

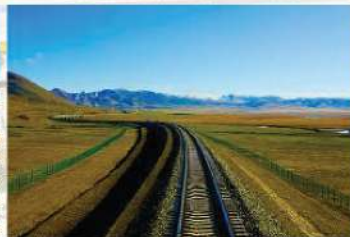
## Day 2 LANZHOU - XINING B L D

- ▶ After breakfast, take coach to Xining, visit **Gui De National Geopark**. Guide National Geopark is the natural landscape and geological relics as the main feature, with diverse ecological landscape and rich cultural landscape of a comprehensive geological park. Located in Guide County of Qinghai Province, including the Ashe tribute Park, the Yellow River Valley Park, Ma Wu Gorge Park three main park, an area of 554 square kilometers, the area of geology the main site of 113.6 square kilometers. The park Ashe tribute colorful fengcong landforms colorful, beautiful and magnificent.



## Day 3 XINING - TRAIN B L D

- ▶ After breakfast, drive to visit **Dongguan Mosque**— Restored recently, it was originally built in 1380 and has colorful white arches along the outside of the wide building. It has a green and white dome and two tall minarets. Then visit **Limeng pedestrian mall**, The walking street of the commercial alleys of Li League integrates the cultural connotation of Hehuang for thousands of years, carries the urban characteristics, inherits the urban cultural connotation, and fully displays the vitality of the urban development; The organic combination of Qin brick and Han tile and modern fashion, many original landscape sketches and surrounding related forms of intermingling, so that shopping more enjoy, the streets are full of fun. Then you will **take the train to Lhasa**. On the way there, you will enjoy the fantastic views of the Qinghai Tibet plateau with the Snow-covered Mountain, spacious grasslands and friendly wild animals. It would be one of the most enjoyable travel experiences in your life time.



## Day 4 TRAIN - LHASA B L D

- ▶ When the train arrives in Lhasa, send to the hotel, have a good rest.

## Day 5 LHASA B L D

- ▶ You will begin today's tour with the **Potala Palace**, the highest palace in the world. Afterwards you will proceed to the **Jokhang monastery**, the most holy place in every single believer's eyes.. Afterwards you can have a nice walk around the oldest commercial street and the most famous pilgrimages circuit, **Barkhor**.



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## Day 6 LHASA - SHIGATSE B L D

- ▶ Today it is going to be a long drive day, but it is nice and worth of it. On the way over to Shigatse, you will have some stopovers at the holy lake **Yamdrokto** for a lunch break. In clear weather, the lake looks like a flying swan. Then pass **Karuola glacier**. After lunch visit **Simila Reservoir**. Afterwards few hours more drive to get to Shigatse.



## Day 7 SHIGATSE - LHASA B L D

- ▶ This morning you are going to visit the biggest monastery in south Tibet, **Tashilhunpo**. It has been for centuries ban Chan lama's residence and his principal monastery. It is so proud of the world's biggest bronze statue of future life Buda built in 1904. Afterwards few hours more drive to get back to Lhasa. 280km ( 6hours )

## Day 8 LHASA - LANZHOU B L D

- ▶ After breakfast, send to the airport take flight back to Lanzhou. Visit **Lanzhou Zhongshan Bridge**, commonly known as "Zhongshan Railway Bridge", "Yellow River Railway Bridge", the old town far bridge, Lanzhou City, Gansu Province, located in the middle of Binhe Road under Baita Mountain, known as "the first Yellow River Bridge in the world. 1942, in memory of Dr. Sun Yat-sen changed its name to "Zhongshan Bridge", the name of the bridge is still in use. Then visit Lanzhou **Water truck Expo Park**, the park is composed of water cart park, water cart square and culture square. It is a tourist scenic spot with the theme of carrying forward the Yellow River culture. Water truck garden, the Yellow River rushes, water cart leisurely, canal water winding, plants and trees staggered. There are small bridges, running water, people, all the city village looks. Today, Lanzhou Daishui production technology has been selected as the first batch of national intangible cultural heritage recommended list. Water truck Park was built in 1994, covering an area of 14500 square meters, built by Jingyuan County extra-class carpentry Gao Qirong. Then visit the Yellow River Mom's Statue. The portrait of the mother of the Yellow River, located in the middle of the riverside road on the south bank of the Yellow River in Lanzhou, north of Xiaoxi Lake Park, is one of the most beautiful sculptures of the Yellow River, the mother river of the Chinese nation

## Day 9 LANZHOU - KUALA LUMPUR B MOB

- ▶ After breakfast, visit the **Gansu Provincial Museum (closed on Monday)**. The Gansu Provincial Museum is located at 3 Xijin West Road, Qilihe District, Lanzhou City, Gansu Province. it is a large comprehensive museum in Gansu Province. the museum was built in 1956 with a construction area of more than 21000 square meters and an exhibition area of more than 13000 square meters. Then visit the White Tower Mountain Park. **White Tower Mountain Park** is located in the north of Lanzhou City, Gansu Province. It is a masterpiece of ancient architecture in our country that climbing the top of white tower can overlook Lanzhou city, combining exquisite architectural structure and exquisite carving art, which fully shows the wisdom and artistic creativity of the ancient working people, and it is a masterpiece of ancient architecture of our country, which is a masterpiece of ancient architecture of our country, which shows the wisdom and artistic creativity of the ancient working people. After dinner, send to the airport take flight back home.

\*\* Under unforeseen circumstances the company and its associated agent has the rights to amend the itinerary as and when if necessary \*\*

## 备注

- 行程表所列出的航班资料，交通，行程，酒店住宿及膳食安排，将可能因应不同的出发日期而有所变动，恕可能不及时通知。若报名后行程表有所变动，本社将另行个别通知。
- 行程，膳食及住宿的先后次序，将以当地接待社安排为准。
- 本公司会根据团呈安排旅游巴士的大小，但若巴士行李舱放置空间不足时，就会遇上行李箱得放置在车厢内的可能，所以一人一座位为前提。
- 基本上全程中文讲解为主。若需要以其他语言讲解，务必在报名时提前通知本社。本社将另作安排，但将以最终确认为准。
- 若因季节的气温转变，多数酒店及餐厅都以中央空调来控制室内温度，空调设定为时段或是无空调提供，如遇此状况敬请谅解。团体房型及等级分配，由当地酒店排房为准，非本社所能掌控。
- 团队出发前建议购买旅游保险以则安心。
- 本社对旅客的任何费用损失不承担任何责任，有关保障范围及承保条款，请参阅保单。
- 若遇上特殊情况或其他不可抗拒之因素如天气不佳导致海陆空交通延误或取消，错过住宿，膳食及景点观光等等，本社保留放弃更改景点的权利，以免耽误下一个景点的观光时间，并无任何代替景点。
- 若旅客决定离团，所有的费用恕不退还。
- 行程表附上的图片仅供参考。
- 为确保消费者权益，详情请参阅单据背面之基本条款细节。
- 旅客所持有的国际护照或任何旅游证件需拥有至少6个月的有效期间。旅客需于有效期内返回本国。
- 2-11岁属于儿童，12岁及以上皆属于成人。

## TERMS & CONDITIONS

- Fights, transportation, hotels, meals and itinerary stated in the brochure are subject to change without prior notice. Any changes after booking shall be advised accordingly.
- The sequence of itinerary, meals and hotel arrangements are subject to the final confirmation by the local ground operator.
- Tour buses are arranged based on group size. Every passenger is entitled to one seat each. Should there be extra seats remaining, it shall be reserved for baggage storage.
- Tour is conducted in Mandarin, unless otherwise stated.
- Due to seasonal change in temperature and weather, most hotels and restaurants have a central control system to regulate the indoor temperature for the comfort of tour members and the system cannot be adjusted by the tour members.
- The room type and category allocated shall depend on the hotel's room availability and arrangement, and is not predetermined by the Company.
- Purchase of travel insurance is highly advisable. The Company shall not liable for any losses or personal expenses incurred by the tour member during the tour. Kindly refer to the insurance policy for the term of coverage.
- Due to adverse weather conditions, traffic congestion, and other unforeseen circumstances, the company reserves the rights to rearrange, change or abandon the tour itinerary without prior notice and there shall not be any reimbursement.
- For passengers who wish to deviate from tour, no refund shall be entertained for any unutilized portion of the tour.
- The images shown in tour itinerary are only for indicative.
- For other conditions, please refer to overleaf of your booking form for our standard terms and conditions.
- An international passport or other recognized travel documents which should be valid for at least 6 months from the date of return to country of origin.
- 2-11 years old categorize as child; 12 years old and above are categorize as adult.

## FLIGHT DETAILS | 航班时间

\*Subject to change / 航班时间有调整的可能



## HOTEL INFO | 酒店详情



兰州 5★ 瑞岭国际酒店或同级 x 2晚



西宁 4★ 西宁大厦或同级 x 1晚



拉萨 5★ 扎什顿珠酒店或同级 x 2晚



日喀则 4★ 旺润国际度假酒店或同级 x 1晚



拉萨 免费提升一晚入住国际 5★ 香格里拉酒店 x 1晚

## TOUR FARE | 团费

ADULT 成人	CHILD WITH BED 小孩加床	CHILD NO BED 小孩无床	SGLSUPP 单人房差



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