

Amazing 中国  
CHINA 中国

9D7N

勇赴极致西藏

成都/西宁~青藏铁路/拉萨/羊湖/日喀则

LET BRAVERY BEGINS IN TIBET

CHENGDU/XINING~TIBET RAILWAY/LHASA/YAMDROK YUMTSO/SHIGATSE

Singapore ✈ Chengdu

Tour Code: JCCX-2

 **Golden®**  
Destinations



China  
中国



全程无购物站

NO SHOPPING STOP



Yamdrok Yumtso  
羊湖



Qinghai-Tibet Railway  
青藏铁路



Tashilhunpo Monastery  
扎什伦布寺



Potala Palace  
布达拉宫

行程次序，以当地旅社安排为准。  
Sequences of Itinerary are subject  
to local arrangement.





Jokhang Temple  
大昭寺



Barkhor Street  
八角街



Wide and Narrow Alley  
宽窄巷子



## 精简行程

### 第一天 新加坡 ✈️ 成都 (机上用餐/午/晚)

- ✓ 锦里古街
- ✓ 成都环球中心
- ✓ 打卡成都SKP

### 第二天 成都 ✈️ 西宁 (青藏铁路) 🚂 拉萨 (早/午/晚)

- ✓ 水井巷步行街
- ✓ 从西宁乘坐火车前往拉萨  
(运行时间约为22小时左右, 游客需要在火车上  
度过一天一夜, 一路欣赏青藏高原风光即可到达拉萨。)  
\*\*火车软卧 (4人一间)

### 第三天 西宁 (青藏铁路) 🚂 拉萨 (晚)

- ✓ 继续欣赏沿途高原风光
- ✓ 途径城市格尔木+可可西里无人区  
(藏羚羊栖息地)+ 昆仑山玉珠峰  
+ 错那湖等等

\*\*抵达拉萨后前往酒店休息, 慢慢适应高原环境

### 第四天 拉萨 (早/午/晚)

- ✓ 布达拉宫 (含门票和耳麦)
- ✓ 大昭寺 (含门票和耳麦)
- ✓ 八角街

### 第五天 拉萨 (200km) 🚗 羊湖 (240km) 🚗 日喀则 (早/午/晚)

- ✓ 羊湖 (含门票)
- ✓ 与藏獒拍照 (已含费用)
- ✓ 卡若拉冰川 (含门票)
- ✓ 日喀则步行街

### 第六天 日喀则 (280km) 🚗 拉萨 (早/午/晚)

- ✓ 扎什伦布寺 (含门票)
- ✓ 布达拉宫广场夜景

### 第七天 拉萨 ✈️ 成都 (早/午/晚)

- ✓ 扎基寺
- ✓ 宽窄巷子

### 第八天 成都 ✈️ 新加坡 (早/午/晚)

- ✓ 洛带古镇
- ✓ 东郊记忆工业遗址公园
- ✓ 春熙路步行街
- ✓ 太古里
- ✓ 成都IFS国际金融中心

### 第九天 抵达新加坡 (机上用餐)



✓ 6 早餐 / 7 午餐 / 8 晚餐

风味餐:

- ★ 西宁风味
- ★ 粤菜风味
- ★ 韩式烤肉
- ★ 野菌火锅
- ★ 四川火锅
- ★ 川菜风味

## 观光景点:

### 西宁 (平均海拔约2300米)

- ◆ **水井巷步行街** - 水井巷是古城西宁里是最热闹的商业街。水井巷的南北干货、风俗小吃、民族用品、琳琅满目, 商品进销量极大, 号称西宁市“日进斗金”的寸金之地。

### 青藏铁路

- ◆ **青藏铁路** - 是一条连接青海省西宁市至西藏自治区拉萨市的国铁Ⅰ级铁路, 是中国新世纪四大工程之一, 是通往西藏腹地的第一条铁路, 也是世界上海拔最高、线路最长的高原铁路。青藏铁路沿线将途径许多壮丽的美景和站点, 如昆仑山脉玉珠峰 (海拔约6200米), 错那湖 (世界上海拔最高的淡水湖, 约4600米) 等, 独特高原绚丽风景映入眼底, 接受绝美自然风光的洗涤。

### 拉萨 (平均海拔约3650米)

- ◆ **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。
- ◆ **大昭寺** - 是藏王松赞干布为尼泊尔王妃建的寺庙。
- ◆ **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。

### 羊湖 (平均海拔约4900米)

- ◆ **羊湖** - 又名羊卓雍措。湖水面积638平方公里, 湖面海拔4,441米, 与纳木错、玛旁雍措并称西藏三大圣湖, 是喜马拉雅山北麓最大的内陆湖泊, 湖光山色之美, 冠绝藏南。其湖面平静, 山水相映, 仿佛镶嵌在群峰之中的一颗蓝宝石。

### 日喀则 (平均海拔约4000米)

- ◆ **扎什伦布寺** - 为国家5A级旅游景区, 是西藏著名的四大寺院之一, 位于日喀则市城西的尼玛山东面山坡上, 是日喀则地区最大的一座寺院。建筑面积达30万平方米, 是后藏最大的寺院。

### 成都

- ◆ **宽窄巷子** - 由宽巷子、窄巷子、井巷子平行排列组成, 全为青黛砖瓦的仿古四合院落, 这里也是成都遗留下来的较成规模的清朝古街道, 与大慈寺、文殊院一起并称为成都三大历史文化名城保护街区。先后获2009年“中国特色商业步行街”、四川省历史文化名街、2011年成都新十景、四川十大最美街道等称号。

## 注意事项

- 高原反应 - 此行程内景点多数属于高海拔地区, 为防高山反应, 老年人和身体弱者需备好药品, 最好配备小型氧气瓶; 游客在高原旅行期间禁止饮酒, 不要剧烈运动, 多食蔬菜和水果; 心脏病患者和患有哮喘的人不建议参与此行程。
- 高原气候 - 高原气候变化多样, 昼夜温差大; 气候多变请带足保暖防寒衣物, 也随时可能下雨, 倾斜带好雨伞或雨衣, 高原山区紫外线、日照、阳光反射都很强, 旅客长时间在户外活动, 需要带上太阳镜, 防晒霜, 润唇膏, 穿好防晒衣保护皮肤, 手套, 围巾, 防滑性好的旅游或徒步鞋。
- 各段景区内内部有标注温馨提示以及注意事项, 请游客认真阅读, 避免意外发生。



酒店住宿 (7晚)

- ✓ 天府国际大酒店精品楼或同级
- ✓ 火车软卧 (4人一间)

\*\*火车票不保证同一间房, 但保证软卧4人房型

- ✓ 拉萨乔穆朗宗酒店或同级
- ✓ 日喀则舍里别院酒店或同级
- ✓ 成都雅爵酒店或同级

x1 晚

x1 晚

x3 晚

x1 晚

x1 晚

推荐自费项目: 文成公主大型实景秀 (RMB 380/人)

免责声明: 由于新冠肺炎疫情旅行限制当地/宗教节日, 公众假期, 天气状况, 交通等情况, 自然灾害, 必要时黄金旅程保留对行程进行适当调整 (调整景点游览顺序) 以确保行程顺利进行, 会或否事先通知。

备注: 如果旅游行程受到上述问题的影响, 将不予退款或更换。图片仅供参考。



Take Pictures with  
Tibetan Mastiff  
与藏獒拍照



Chengdu International  
Financial Square  
成都国际金融中心IFS



Luodai Ancient Town  
洛带古镇



## SCHEDULE

### D1 SINGAPORE ✈ CHENGDU (MOB/L/D)

- ✓ Jinli Ancient Street
- ✓ Chengdu New Century Global Center
- ✓ Popular Spot – Chengdu SKP

### D2 CHENGDU ✈ XINING (TIBET RAILWAY) 🚂 LHASA (B/L/D)

- ✓ Shuijing Lane Pedestrian Street
- ✓ Take Train from Xining to Lhasa  
Take about 22 Hours. Overnight on the Train and Enjoy the Scenery of the Qinghai-Tibet Plateau to Reach Lhasa  
\*\*Overnight In Tibet Train (Soft Sleeper-4 Pax in 1 Cabin)

### D3 XINING (TIBET RAILWAY) 🚂 LHASA (D)

- ✓ Continue Enjoy the Scenery of the Qinghai-Tibet Plateau to Reach Lhasa
- ✓ Pass by Golmud, Hoh Xil, Yuzhu Peak, Cuona Lake etc.  
\*\*Head to Hotel to Rest after Arriving in Lhasa and gradually acclimate to the Plateau Environment.

### D4 LHASA (B/L/D)

- ✓ Potala Palace (Entrance Ticket Included & With Headset)
- ✓ Jokhang Temple (Entrance Ticket Included & With Headset)
- ✓ Barkhor Street

### D5 LHASA (200KM) 🚗 YAMDROK YUMTSO (240KM) 🚗 SHIGATSE (B/L/D)

- ✓ Yamdrok Yumtso (Entrance Ticket Included)
- ✓ Take Pictures with Tibetan Mastiff (Fees Included)
- ✓ Kharola Glacier (Entrance Ticket Included)
- ✓ Shigatse Pedestrian Street

### D6 SHIGATSE (280KM) 🚗 LHASA (B/L/D)

- ✓ Tashilhunpo Monastery (Entrance Ticket Included)
- ✓ Enjoy Night View of Potala Palace

### D7 LHASA ✈ CHENGDU (B/L/D)

- ✓ Zha Ji Si
- ✓ Wide and Narrow Alley

### D8 CHENGDU ✈ SINGAPORE (B/L/D)

- ✓ Luodai Ancient Town
- ✓ Eastern Suburb Memory Park
- ✓ Chunxi Road Pedestrian Street
- ✓ Taikoo Li
- ✓ Chengdu International Financial Square

### D9 ARRIVE SINGAPORE (MOB)



✓ 6 Breakfast / 7 Lunch / 8 Dinner

Special Cuisine:

- ★ Xining Cuisine
- ★ Korea Style BBQ Cuisine
- ★ Sichuan Hotpot
- ★ Cantonese Cuisine
- ★ Wild Mushroom Hot Pot
- ★ Sichuan Cuisine

## TOURIST ATTRACTIONS:

### XINING (AVERAGE ALTITUDE AT 2300M)

- ◆ **Shuijing Lane Pedestrian Street** - The busiest commercial street in the ancient city of Xining. Shuijing Lane has a wide variety of dried goods from the north and south, local snacks, and ethnic products. The sales volume of goods is very large, it is well known as a place of gold in Xining City that "makes a fortune every day".

### QINGHAI-TIBET RAILWAY

- ◆ **Qinghai-Tibet Railway** - Class I national railway connecting Xining City, Qinghai Province to Lhasa City, Tibet Autonomous Region. It is one of China's four major projects in the new century. It is the first railway to the hinterland of Tibet and the highest and longest plateau railway in the world. You may enjoy the beautiful scenery of the plateau through the train window. The snow-capped mountains, lakes, blue sky, white clouds and wild animals are all beautiful scenery worth seeing.

### LHASA (AVERAGE ALTITUDE AT 3650M)

- ◆ **Potala Palace** - The tallest palace in the world, it is also the Dalai Lama's winter palace and the residence of the Dalai Lama in the past dynasties.
- ◆ **Jokhang Temple** - Temple built by Tibetan King Songtsen Gampo for the Princess of Nepal.
- ◆ **Barkhor Street** - A circle of old city streets surrounding the Jokhang Temple is the center of Tibetan activities.

### YAMDROK YUMTSO (AVERAGE ALTITUDE AT 4900M)

- ◆ **Yamdrok Yumtso** - Also named as Yamdrok Lake. Lake area of Yamdrok Yumtso is 638 square kilometers, lake elevation is 4,441 meters above sea level. It is known as the three sacred lakes in Tibet together with Namtso Lake and Mapam Yumtso. It is the largest inland lake in the northern foothills of the Himalayas. The beauty of lakes and mountains is unrivalled in southern Tibet.

### SHIGATSE (AVERAGE ALTITUDE AT 4000M)

- ◆ **Tashilhunpo Monastery** - It is a national 5A-level tourist attraction and one of the four most famous monasteries in Tibet. Located on the eastern slope of Mount Nyima in the western part of Shigatse region. With a construction area of 300,000 square meters, it is the largest monastery in Shigatse.

### CHENGDU

- ◆ **Wide and Narrow Alley** - Comprising Wide Alley, Narrow Alley, and Well Alley arranged in parallel, all featuring antique courtyards with gray-blue bricks and tiles. It is one of the relatively large historical streets preserved from the Qing Dynasty in Chengdu, collectively known as one of the three major historically and culturally protected street areas along with Da Ci Temple and Wenshu Monastery. It has received various titles, such as "China's Characteristic Commercial Pedestrian Street" in 2009, Sichuan's Historical and Cultural Famous Street, one of Chengdu's New Ten Scenic Spots in 2011, and one of Sichuan's Ten Most Beautiful Streets.

## Remark

- Altitude Sickness** - Most of the scenic spots in this trip belong to high altitude areas. To prevent mountain reactions, elderly people and weak people must prepare common medicines, it is best to have small oxygen cylinders. Tourists are prohibited drinking alcohol during high altitude travel. Avoid high intensity exercise, eat more vegetables and fruits; heats disease and asthma patients are not recommended to participate in this trip.
- Plateau Climate** - The climate change of the plateau is diverse, the temperature difference between day and night is large; if the climate is changeable, please bring warm and cold clothes, and it may rain at any time. Please bring an umbrella or raincoat. The ultraviolet rays, sunshine and sunlight reflection in the plateau mountains are very strong. For long periods of time outdoors wear sunglasses, sunscreen, lip balm, sun protection clothes, skin protections, gloves, scarves slip-resistant sneakers or hiking walking shoes.
- Please take note on travel safety tips and precautions at each of the scenic spot to avoid incidents happen.



## HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Tianfu International Hotel Complex Rongqing Courtyard or Similar Class x 1 Night
- ✓ Overnight In Tibet Train (Soft Sleeper-4 Pax in 1 Cabin) x 1 Night
- \*\*TIBET RAILWAY DO NOT GUARANTEE IN SAME ROOM, ONLY GUARANTEE A SOFT SLEEPER ROOM FOR 4 PAX
- ✓ Lhasa Qo Mo Lang Zong Hotel or Similar Class x 3 Nights
- ✓ Shigatse Schery Hotel or Similar Class x 1 Night
- ✓ Chengdu Yajue Hotel or Similar Class x 1 Night

## OPTIONAL TOUR: PRINCESS WENCHENG PERFORMANCE (RMB 380/PAX)

Disclaimer: Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.  
Remark: There will be no refund or replacement if the tour logistic affected by the above issue. All pictures are for illustration purpose only.



# General Information

## · 成都 CHENGDU ·



<b>货币</b> Currency 	<b>中国元</b> 人民币 Chinese Yuan Renminbi - CNY - RMB - CNY - RMB	<b>信用卡</b> Credit Card 	* 致电信用卡中心，以延长你的信用卡额度 * Major credit cards such as Visa and Master card are mostly widely used
<b>货币兑换率</b> Exchange Rate 	10 元 = 马币 6.50 10 CNY = MYR 6.50 <small>*Subject to currency of the day* *以当天汇率为准*</small>	<b>拨号代码</b> Dial Code 	<b>中国</b> : +86 <b>China</b> : +86
<b>电压</b> Voltage 	<b>电压 - 220伏特</b> Voltage - 220 V	<b>插座</b> Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type B - 两脚扁型 + 一圆型插头 / 2 flat blade pin + 1 round pin 类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"
<b>时差</b> Time Different 	<b>中国 - 时间与马来西亚时间标准时无相差</b> China - No time different with Malaysia	<b>行李托运</b> Luggage Allowance 	每人只限携带一件不超过7公斤的手提行李上机，以及托运行李不超过23公斤。 Each individual are entitled to check in 1 luggage of not more than 23 kg and a hand carry bag not more than 7 kg.
<b>气候</b> Weather 	<div> <input type="checkbox"/> <b>Spring 春季</b> 3月 - 5月 Mar to May 25°C ~ 10°C           <input type="checkbox"/> <b>Summer 夏季</b> 6月 - 8月 Jun to Aug 30°C ~ 24°C           <input type="checkbox"/> <b>Autumn 秋季</b> 9月 - 11月 Sep to Nov 24°C ~ 9°C           <input type="checkbox"/> <b>Winter 冬季</b> 12月 - 2月 Dec to Feb 7°C ~ -3°C         </div> <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
<b>飞机型号</b> Aircraft Type 	 A320		

<b>出发日期:</b> Departure Date:	<input type="text"/>	<b>航班行程:</b> Flight :	<input type="text"/>
<b>团费:</b> Tour Fare:	<input type="text"/>	<b>机场税及燃油附加费:</b> Airport Tax & Fuel Surcharge:	<input type="text"/>
<b>小费:</b> Tipping:	<input type="text"/>	<b>旅行社代收费:</b> Agent Collection Fee:	<input type="text"/>
<b>签证:</b> Visa:	<input type="text"/>	<b>旅行保险:</b> Travel Insurance:	<input type="text"/>
		<b>总数:</b> TOTAL :	<input type="text"/>



Operated By  
ICE HOLIDAYS SDN BHD  
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GD Partner: