

Amazing 中国
CHINA 中国



02 Way Domestic Flight | 内陆双飞

8D7N

西藏金秋秘境

(拉萨 / 林芝 / 成都)

AUTUMN OF TIBET
(LHASA / NYINGCHI / CHENGDU)

Penang ✈ Chengdu

Tour Code: PCL-4



特别安排

SPECIAL ARRANGEMENTS

- 车内配备便捷式氧气瓶
- 哈达迎宾礼遇 (林芝接机)
- 每人赠送红景天一份, 更好适应西藏高海拔环境
- 与藏獒或牦牛合影留念 (二选一)
- Portable oxygen bottles provided in the vehicle
- Hada welcome ceremony (upon arrival in Nyingchi)
- One pack of Rhodiola gifted per person to better adapt to Tibet's high altitude
- Souvenir photo with either a Tibetan mastiff or a yak (choose one)



China
中国



Panda Base
熊猫基地



Yamdruk Lake
羊卓雍措湖



Karola Glacier
卡若拉冰川



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



Kuanzhai Alley
宽窄巷子



Niyang River Wetlands
尼洋河湿地



精简行程

第一天

槟城 ✈️ 中转城市 ✈️ 成都

(机上用餐/晚)

☑ 锦里古街

第二天

成都 ✈️ 林芝

(-/午/晚)

*搭乘内陆航班 (成都—林芝)

☑ 佛掌沙丘

☑ 喇嘛岭寺

第三天

林芝

(早/午/晚)

☑ (翻越) 色季拉山口

(天气合适, 可眺望中国最美山峰~南迦巴瓦峰)

☑ 鲁朗林海

☑ 鲁朗小镇: 中国小瑞士

☑ 扎塘鲁措湖

第四天

林芝 🚗 (396公里) 拉萨

(早/午/晚)

☑ 尼洋河湿地

☑ 巴松措风景区 (含公共环保车): 西藏首个 5A 生态景区

第五天

拉萨

(早/午/晚)

☑ 布达拉宫

☑ 布达拉宫天上邮局: 世界第三极 特色邮局

(赠送明信片 1 张)

☑ 大昭寺: 拉萨的中心寺庙

☑ 八廓街: 最古老的转经道

第六天

拉萨

(早/午/晚)

☑ 岗巴拉山口: 眺望羊卓雍湖最佳地

☑ 羊卓雍措湖: 西藏三大圣湖之一、珊瑚湖

☑ 卡若拉冰川: 西藏离公路最近的冰川

☑ (远眺) 乃钦康桑雪山: 西藏四大神山之一 (是天气而定)

第七天

拉萨 ✈️ 成都

(早/午/晚)

☑ 扎基寺: 西藏唯一财神庙

*搭乘内陆航班 (拉萨—成都)

☑ 宽窄巷子

☑ 春熙路时尚步行街

第八天

成都 ✈️ 中转城市 ✈️ 槟城

(早/午/机上用餐)

☑ 熊猫基地 (含门票、电瓶车)

观光景点:

成都

- ◆ **春熙路步行街** - 成都最繁华的商业街区之一, 汇聚了时尚潮店、地道小吃与现代都市氛围, 是体验成都都市生活的绝佳地点。
- ◆ **熊猫基地 (成都大熊猫繁育研究基地)** - 世界知名的大熊猫保护与研究机构, 可近距离观赏憨态可掬的大熊猫及其他珍稀动物, 适合亲子与自然爱好者参观。

拉萨

- ◆ **布达拉宫** - 西藏最具代表性的地标建筑, 曾是达赖喇嘛的冬宫, 现为联合国教科文组织世界文化遗产, 拥有庄严的佛殿与宏伟的宫殿群。
- ◆ **羊卓雍措湖** - 西藏三大圣湖之一, 以湖水碧蓝、湖岸线蜿蜒曲折而著称, 是藏传佛教的重要朝圣地, 也因其绝美风景而深受摄影师喜爱。
- ◆ **卡若拉冰川** - 位于拉萨至江孜的公路旁, 是离公路最近的一座冰川, 雪白冰壁壮观雄伟, 是高原上不可多得的自然奇观。

林芝

- ◆ **鲁朗林海** - 被誉为“西藏的小瑞士”, 这里森林密布、雪山环绕, 牧场与藏式村落点缀其中, 是欣赏高原自然风光的绝佳之地。



✓ 6 早餐 / 7 午餐 / 7 晚餐

风味餐:

- ★ 石锅鸡
- ★ 成都鸳鸯火锅
- ★ 西藏风味
- ★ 菌汤风味



酒店住宿 (7 晚)

- ✓ 成都天府国际大酒店或同级 X 1 晚
- ✓ 林芝豪生酒店或同级 X 2 晚
- ✓ 拉萨雪域天堂国际大酒店或同级 X 3 晚
- ✓ 成都怡程酒店 (成都春熙路太古里点) 或同级 X 1 晚

自费项目: 文成公主实景秀舞台剧+布达拉宫夜景 (人民币480 / 人)

免责声明: 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, 这包含毫无通知的情况下。
备注: 如果旅游行程受到公共假期、天气状况、自然灾害的影响, 将不予退款或更换。图片仅供参考。



Basongtso Scenic Area
巴松措风景区



Tibetan Yak
西藏牦牛



Distant View of Mt. Noijin Kangsang
(Visibility Depends on Weather)
远眺乃钦康桑雪山 (可观度视天气状况)



SCHEDULE

D1 **PENANG ✈️ TRANSIT CITY** ✈️ **CHENGDU** (MOB/D)

- ☑ Jinli Ancient Street

D2 **CHENGDU ✈️ NYINGCHI** (-/L/D)

- *Domestic flight (Chengdu - Nyingchi)
- ☑ Buddha Palm Sand Dunes
- ☑ Lamaling Monastery

D3 **NYINGCHI** (B/L/D)

- ☑ Sejila Mountain Pass (weather permitting, view China's most beautiful peak ~ Mount Namcha Barwa)
- ☑ Lulang Forest
- ☑ Lulang Town: Known as "Little Switzerland of China"
- ☑ Zatang Lucho Lake

D4 **NYINGCHI 🚌(396KM) LHASA** (B/L/D)

- ☑ Niyang River Wetlands
- ☑ Basong Tso Scenic Area (includes eco-shuttle): Tibet's first 5A-rated ecological scenic area

D5 **LHASA** (B/L/D)

- ☑ Potala Palace
- ☑ Potala Palace Sky Post Office: The world's third-pole themed post office (includes 1 complimentary postcard)
- ☑ Jokhang Temple: Central temple of Lhasa
- ☑ Barkhor Street: Oldest kora (pilgrimage circuit) path

D6 **LHASA** (B/L/D)

- ☑ Gamba La Mountain Pass: Best viewpoint for Yamdrok Lake
- ☑ Yamdrok Lake: One of Tibet's three sacred lakes, known as the Coral Lake
- ☑ Karola Glacier: The glacier closest to a highway in Tibet
- ☑ Distant view of Mount Nojin Kangsang: One of Tibet's four sacred mountains (subject to weather)

D7 **LHASA ✈️ CHENGDU** (B/L/D)

- ☑ Zaki Temple: Tibet's only God of Wealth temple
- *Domestic flight (Lhasa - Chengdu)
- ☑ Kuanzhai Alley
- ☑ Chunxi Road Fashion Pedestrian Street

D8 **CHENGDU ✈️ TRANSIT CITY** ✈️ **PENANG** (B/L/MOB)

- ☑ Panda Base (includes entrance ticket and electric cart ride)

TOURIST ATTRACTIONS:

CHENGDU

- ◆ **Chunxi Road Pedestrian Street** - A bustling shopping district in Chengdu, known for its trendy fashion boutiques, street food, and vibrant atmosphere—perfect for experiencing modern Chinese urban life.
- ◆ **Panda Base (Chengdu Research Base of Giant Panda Breeding)** - A world-renowned conservation and research center dedicated to the protection and breeding of giant pandas, offering visitors an up-close look at these beloved animals in a naturalistic setting.

LHASA

- ◆ **Potala Palace** - An iconic symbol of Tibetan culture and spirituality, this UNESCO World Heritage Site was the former winter residence of the Dalai Lama and features stunning architecture, sacred chapels, and panoramic views of Lhasa.
- ◆ **Yamdrok Lake** - One of Tibet's three sacred lakes, Yamdrok is famous for its turquoise waters, breathtaking mountain backdrop, and spiritual significance in Tibetan Buddhism.
- ◆ **Karola Glacier** - Located near the highway between Lhasa and Gyantse, this majestic glacier descends from over 5,000 meters, offering a rare and dramatic sight of ice and snow in close proximity.

NYINGCHI

- ◆ **Lulang Forest** - Often called the "Swiss Alps of Tibet," this picturesque forest is surrounded by snow-capped peaks, alpine meadows, and traditional Tibetan villages—ideal for nature lovers and photographers.



✓ 6 Breakfasts / 7 Lunches / 7 Dinners

Special Cuisine:

- ★ Stone Pot Chicken
- ★ Tibetan Cuisine
- ★ Chengdu Yuan-Yang Hot Pot
- ★ Mushroom Soup Flavor



HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Chengdu Tianfu International Hotel or similar X 1 Night
- ✓ Nyingchi Haosheng Hotel or similar X 2 Nights
- ✓ Lhasa Snow Paradise International Hotel or similar X 3 Nights
- ✓ Echeng Hotel (Chengdu Chunxi Road Taikoo Li Branch) or similar X 1 Night

Optional Tour: "Princess Wencheng" Live Outdoor Stage Show + Night View of Potala Palace (RMB 480 per person)

Disclaimer: Golden Destinations reserves the right to alter or amend the sequence of the itinerary if necessary, with or without prior notice.

Remark : There will be no refund or replacement if the tour logistic is affected by public holidays, weather conditions, natural disasters. All pictures are for illustration purposes only.

General Information

· 西藏+成都 TIBET+CHENGDU ·



货币 Currency 	Chinese Yuan - CNY Renminbi - RMB 中国元 - CNY 人民币 - RMB	信用卡 Credit Card 	银联卡 (UNION PAY) 在中国大多地方能使用, VISA和MASTER卡较为限制 UnionPay cards are widely accepted in most locations, while VISA and MasterCard are only accepted at a limited number of places
货币兑换率 Exchange Rate 	10 CNY = MYR 6.00 10 元 = 马币 6.00 *Subject to currency of the day* *以当天汇率为准*	拨号代码 Dial Code 	China : +86 中国 : +86
电压 Voltage 	Voltage - 220 V 电压 - 220伏特	插座 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"
时差 Time Difference 	China - No time difference with Malaysia 中国 - 时间与马来西亚时间标准时无相差	行李托运 Luggage Allowance 	Each individual are entitled to check in 1 luggage of not more than 20 kg and a hand carry bag not more than 7 kg. 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20公斤。
气候 Weather 	☐ Spring 春季 3月 - 5月 Apr CHENGDU: 8 ~ 26 TIBET: -2 ~ 19 ☐ Summer 夏季 6月 - 8月 May to Aug CHENGDU: 21 ~ 31 TIBET: 9 ~ 23 ☐ Autumn 秋季 9月 - 11月 Sep to Oct CHENGDU: 11 ~ 27 TIBET: 8 ~ 22 ☐ Winter 冬季 12月 - 2月 Nov to Mar CHENGDU: 3 ~ 12 TIBET: -9 ~ 9 *Subject to weather of the day* *以当天天气报告为准*		
飞机型号 Aircraft Type 	A320 Boeing 777		

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



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