



11D10N Lhasa/Shigatse/Namtso/Chengdu

拉萨/日喀则/纳木措/成都

T/C: GA-CNTT | UPDATE: 25Oct2023

SEAT-IN
COACH

1 TO GO





白居寺 Baiju Temple



大昭寺 Jokhang Temple

DAY 01 抵达成都 Chengdu Airport Arrival

抵达成都机场后，前往酒店入住休息。

Upon arrival at Chengdu airport, transfer to hotel check in and rest.

DAY 02 成都 - 拉萨 Chengdu - Lhasa

在酒店享用早餐后，乘搭航班飞往拉萨。抵达后，机场接送至酒店入住休息。

After breakfast, take the flight to Lhasa. Upon arrival, transfer to hotel check in and rest.

DAY 03 拉萨 Lhasa

在酒店享用早餐后，前往参观： - After breakfast, transfer to visit:-

- ❖ 布达拉宫 Potala Palace
- ❖ 大昭寺 Jokhang Temple
- ❖ 八廓街 Barkhor Street



绒布寺 Rongbuk Temple

DAY 04 拉萨 - 日喀则 Lhasa - Shigatse (380km)

在酒店享用早餐后： - After breakfast, transfer to visit:-

- ❖ 冈巴拉雪山 Gombala Snow Mountain
- ❖ 羊卓雍错 Yangzhuoyoncuo
- ❖ 卡若拉冰山川 Karora Glacier
- ❖ 江孜 Gyantse
- ❖ 宗山抗英遗址 Zongshan Anti-British Site
- ❖ 白居寺 Baiju Temple



宗山抗英遗址 Zongshan Anti-British Site

DAY 05 日喀则 - 珠峰大本营 Shigatse - Everest Base Camp (350km)

在酒店享用早餐后，驱车前往： - After breakfast, transfer to visit:-

- ❖ 拉孜，定日（途径） Latse, Dingri (Pass through)
- ❖ 协格尔镇（远观珠穆朗玛峰） Xieger (Look up Mt Everest)
- ❖ 绒布寺 Rongbuk Temple
- ❖ 珠峰大本营 Everest Base Camp



布达拉宫 Potala Palace



珠峰大本营 Everest Base Camp

DAY 06 珠峰大本营 - 日喀则 Everest Base Camp - Shigatse (350km)

早起迎接珠峰的曙光，伴着珠穆朗玛峰升起的第一缕霞光穿行在巍峨壮丽、气势磅礴、蜿蜒千里的喜马拉雅山脉，之后前往：- Get up early to welcome the dawn of Mount Everest, and walk through the majestic, and winding Himalayas with the first ray of sunshine rising from Mount Everest, and then transfer to visit:-

- ❖ 嘉措拉山口观景台 Gyatso La Pass Observation Desk

DAY 07 日喀则 - 拉萨 Shigatse - Lhasa (320km)

在酒店享用早餐后，前往参观：- After breakfast, transfer to visit:-

- ❖ 扎什伦布寺 Tashilhunpo Temple

DAY 08 拉萨 - 纳木措 - 拉萨 Lhasa - Namtso - Lhasa (500km)

清晨驱车经过西藏北的大草原。Drive through the prairie in northern Ti

- ❖ 纳木措 Namtso - 西藏三大圣湖之首的“天湖”

DAY 09 拉萨 - 成都（青藏铁路）Lhasa - Chengdu (2200km)

晚上7点登上青藏铁路火车返回成都。

Boarding Qinghai-Tibet Railway train at 7 PM back to Chengdu.

- ❖ 青藏铁路（软卧）- 约36小时



卡若拉冰川 Karora Glacier

DAY 10 拉萨 - 成都 Lhasa - Chengdu (2200km)

青藏铁路是世界上海拔最高的铁路，沿途风景美丽，有湖泊(措那湖)，长江源头的沱沱河，戈壁滩，雪山(昆仑山)，有珍贵的动物驻足在可可西里。Enjoy the scenery along the way, including snow-capped mountains, lakes, and grasslands.

DAY 11 成都启程 Chengdu Airport Departure

约早晨6点抵达成都，之后前往成都机场，并结束了您的难忘的旅程。

After 36 hours of Qinghai-Tibet Railway you will arrive in Chengdu at about 6 AM & flight to your home.



八廓街 Barkhor Street



青藏鐵路旅行線路

沿世界海拔最高青藏铁路体验“天路”之旅
您的西藏之行将与众不同!

青藏铁路 Qinghai-Tibet Railway

4* Hotel (Or similar class)	Traveling Period Depart Every Friday	Ground Arrangement - MYR (Per Person) Seat-in-coach (SIC) T/C: GA-CNTT	
		GV 2	Solo Traveler (Single Room)
1N Chengdu: Chengdu Tianfu Ji Hotel or similar 1 晚成都: 成都天府全季酒店或同级 4N Lhasa: Lhasa Tashpodrang Hotel or similar 4 晚拉萨: 拉萨扎什颇章酒店或同级 2N Shigatse: Shigatse Gesar Hotel or similar 2 晚日喀则: 日喀则格萨尔酒店或同级	10 Oct 2023 – 31 Mar 2024	7,180	8,880
1N Everest: Everest Tent 1 晚珠峰帐篷 2N Qinghai-Tibet Railway: Train Cabin Soft Berth (Lhasa – Chengdu) 2 晚青藏铁路软卧 (拉萨 - 成都)	1 Apr – 9 Oct 2024	7,680	8,380

Included:

- 8-nights accommodation with breakfast as per itinerary + 2-nights train cabin.
- Domestic flight: Chengdu – Lhasa (One way)
- Train: Lhasa – Chengdu (Soft Berth) sharing with other passenger
- Transport with local driver (Backup with oxygen cylinder)
- Sightseeing tour and admission fee as per itinerary stated.
- Bilingual (Mandarin/English) speaking guide
- 2 mineral water per pax per day.
- Tibet entry permit

Excluded:

- International flight ticket, airport taxes, baggage allowance & meals on board.
- Compulsory Mandarin Speaking Driver **Tipping: CNY 30/Pax/Day (Direct pay to driver)**
- Compulsory Bilingual (Mandarin/English) Speaking Guide **Tipping: CNY 30/Pax/Day (Direct pay to guide)**
- China Visa
- All personal incidental expenses, room service, laundry, luggage handling fees, excess baggage charges, beverage, telephone telex, personal and baggage insurance.
- Other items which are not stated in the itinerary.
- Travel insurance (highly recommended).
- All Meals - order and paid by traveler.
- Peak Season date & Surcharge Subject to change without prior notice, block out date TBA upon booking confirmation.

Remarks:

1. Guarantee Departure. S.I.C Seat-in-coach tour. Min. 1 person per booking.
2. Non-refundable deposit of **RM 2,000.00 Per Person** upon booking confirmation. Full payment must be made 35 days before departure.
3. Tour packages are only applied for Malaysian/Singaporean passport holder.
4. Prices are quoted per person in Ringgit Malaysia (MYR) & subject to change without prior notice.
5. Hotel rooms are subject to availability. If selected hotel unavailable, others similar accommodation will be provided with different price apply (if any).
6. Hotel check in time 15.00 – onwards. Check out time 12.00.
7. Sequence of itinerary subject to local arrangement.
8. No services have been blocked under your favor, subject to availability upon your confirmation.
9. **Every Friday Departure.** Please ensure your flight schedule tallies with our tour schedule. Any missed flight will not be refunded.
10. Supplement will be applied for any fairs/events/public holidays/high seasons (subject to change).

** All the prices will be subject to change based on availability **

For Enquiry, please check the: <https://www.goldendestinations.com/>

