



第一天：新加坡—成都，游览成都大熊猫繁育研究基地和锦里民俗文化村

宿成都（晚餐）

齐集樟宜机场搭乘豪华客机前往中国四川省会—成都。介于黄河于长江之间的特殊位置，使成都成为中国历史上有名的民族走廊，造就了长江上游独具特色的巴蜀文化。游览著名的成都大熊猫繁育研究基地和锦里民俗文化村。成都熊猫基地是为保护拯救珍稀濒危动物大熊猫而兴建的具有世界先进水平的科研机构，基地模拟大熊猫及多种珍稀野生动物生息繁衍野外生态环境，竹木苍翠，鸟语花香，景观优美。

第二天：成都—拉萨，贡嘎机场接机献哈达欣赏尼塘大佛，高原气候适应性休息。

宿拉萨（早午晚餐）

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 100 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。途中停车观赏建于十一世纪的尼塘大佛。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。

第三天：拉萨游览布达拉宫、大昭寺、八角街。

宿拉萨（早午晚餐）

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。

第四天：拉萨翻越那根拉雪山游览天湖纳木错，羊八井地热景区自费沐浴温泉。

宿拉萨（早午晚餐）

拉萨出发经青藏公路翻越那根拉雪山前往面积 1920 平方公里，世界上海拔最高的咸水湖纳木错（海拔 4718 米）。纳木错湖滨广阔、水草丰美，清澈壮观，像一粒晶莹的明珠般镶嵌在万里羌塘草原上。返回拉萨途中远眺终年积雪的念青唐古拉山，游览羊八井地热景区，在雪山环绕之中自费沐浴温泉。感受蓝天白云雪峰下藏北草原苍茫辽阔的自然风光。（每年 10 月到次年 4 月行程只会安排前往羊八井游览后返回拉萨）

第五天：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（早午晚餐）

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。

第六天：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（早午晚餐）

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。

第七天：拉萨—成都—新加坡

（早餐）

早餐后自由活动，指定时间集合前往贡嘎机场乘机飞离拉萨，自行中转成都机场搭乘国际航班返回美丽家园新加坡。

行程可调整为第一天：新加坡—昆明，市区游后入住酒店，第七天：拉萨—昆明—新加坡结束行程。

最后：希望您能够满意人人旅游为您安排的旅行线路，并衷心祝福您度过一个美好的旅行假期。

（最终确认行程以当地旅行社确认及航班时间为准）



GV2

7 Days Exotic Tibet

ZP-1

Day.1 Singapore-Chengdu . (D)

Fly to Chengdu, the guide will meet you and take you have sightseeing in Chengdu city, covers Chengdu Panda Research Base and Jinli Folk Cultural Village. The Chengdu Panda Research Base is a highlight for the Chengdu tour. It was constructed in 1987, and open to the public in 1988. Its purpose is to enlarge the number of Panda bears and reintroduce the Pandas in to nature. After the visiting you will have a deep knowledge of the lovely pandas. Overnight in Chengdu.

Day.2 Chengdu -Lhasa. (B/L/D)

Fly to Lhasa in the morning. Our guide will meet you at Konggar Airport, and transfer you to Lhasa city with about two hours' driving (100km). On the way, you'll get greeted by Nie Tang Buddha - a Buddha image engraved in the mountain face. After arrive in Lhasa, rest and acclimatize. Overnight in Lhasa.

Day.3 Lhasa. (B/L/D)

You'll have a whole day of sightseeing in the holy city: in the morning, visit Lhasa's landmark - Potala Palace, a structure that deserves a place as one of the wonders of eastern architecture. In the afternoon, visit Jokhang Temple - the most revered religious structure in Tibet, and the surrounding area - Barkhor, Lhasa's pilgrimage circuit. This area is both the spiritual heart of Lhasa and the main commercial district for Tibetans. Overnight in Lhasa.

Day.4 Lhasa-Yangpachen. (B/L/D)

Excursing to Yangpachen , admiring the world-famous Yagpachen Geothermal Zone, enjoying the charming landscape on the grassland of northern Tibet, Commanding a long distance view of Mt. Nyainqentanglha Range (average height is 5300m). Pay to take a hot spring bath. You'll drive back to Lhasa in the afternoon. Overnight in Lhasa. (after April , itinerary will arrange Nasmo Lake)

Day.5 Lhasa-Yamdroktso-Shigatse. (B/L/D)

From this day, you'll explore outside of Lhasa. In the morning, drive 110km to visit Yamdroktso - one of the three holy lakes in Tibet. It's winding road all up to the mountain, bumpy and somewhat thrilling. After pass over the Kambala pass of 5030m, the lake finally appears. Seen from the summit of Kambala pass, the lake is a fabulous shade of deep turquoise. 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. In the afternoon, you'll go to Gyantse, visit Kumbum Monastery there. After that you'll drive about two hours (100km) to Shigatse. Overnight in Shigatse.

Day.6 Shigatse-Lhasa. (B/L/D)

In the morning, you'll drive to visit the residence of Panchen Lama- Tashilunpo Monastery. After visiting this magnificent monastery and having lunch at Shigatse, you'll go back to Lhasa along the Yarlong Tseangpo River, enjoy the great landscape en route. Overnight in Lhasa.

Day.7 Lhasa-Chengdu-Singapore. (B)

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. .

Remarks:

Sequences and timings of itinerary are subject to change without prior notice.

In case of any discrepancy between the English and Chinese itineraries, the Chinese version is deemed correct.

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