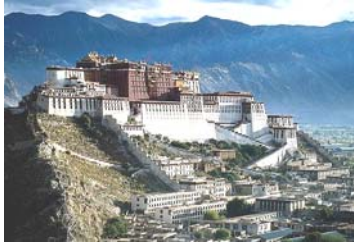


12天全境西藏天路之旅

LZY12D

拉萨/林芝/日喀则/鲁朗林海/羊卓雍错/纳木错/青海湖



第一天：新加坡-成都

(午晚餐)

齐集新加坡樟宜国际机场，乘豪华客机飞往成都。抵达后，享用午餐四川风味小吃宴。之后游览成都景致典雅的望江楼公园。公园以竹为特色，品种多达 100 多种，其中不乏海内珍品。相传唐代女诗人薛涛曾在此汲取井水，手制树签，留下了许多幽怨动人的诗句。

第二天：成都-林芝

(早午晚餐)

搭乘内陆飞机前往世界屋脊西藏林芝，在机场由导游献哈达欢迎贵宾到来！林芝地区最高行署所在地八一镇，到达后午餐。下午游览具有 2500 年历史见证的——林芝柏树王。在巨柏林中呼吸沁人心脾的空气，令人心旷神怡。让一路风尘的你，将尘世间的一切烦恼抛入静谧的山谷。晚餐后休息，适应高原气候。

第三天：林芝八一镇——鲁朗林海——林芝

(早午晚餐)

早餐后前往驱车前往鲁朗林海国家级风景区，途经色季拉山口，眺望具有“冰山之父”之称的南迦巴瓦峰（海拔 7682 米）及鲁朗林海。在秀美如画、云雾缭绕的鲁朗镇民俗文化村内的高山草甸里感受浓郁的民族活动。在世外桃源的世界里令人心旷神怡。穿过密林似海的鲁朗，翻越冰雪覆盖，云雾缭绕，海拔 4702 米的色季拉山，该山以春夏时的杜鹃花海闻名，同时此山也是观看南迦巴瓦峰最好的地方之一。参观完毕后由原路返回八一。（全程柏油路面，路况较好，往返 160 公里，游览、拍照及用餐约需 8 小时）

第四天：林芝-拉萨

(早午晚餐)

早餐后在留恋中踏上回归的路程。游览西藏最美丽的湖泊、雪山森林环绕中被称为小瑞士的——巴松措。这是一个令人沉醉的地方，湖的形状如镶嵌在高山峡谷中的一轮新月，湖水清澈见底、晶莹秀美，有如童话般静卧在雪峰冰山下松软如床的湖畔碧草之上，宛如世外桃源又似人间仙境。乘木排上湖心小岛观赏后，驱车前往圣城——拉萨！沿途观赏尼洋河谷旖旎的自然风光。雪峰下，原始森林和如茵草场，点缀其间的点点牛羊。而后乘车沿尼洋河而下前往著名的江河汇合口观赏美丽壮观的自然景观。参观完毕后返回拉萨。（全程 400 公里）

第五天：布达拉宫—大昭寺—八角街

(早午晚餐)

早餐后游览世界上海拔最高的古代宫堡式建筑群——布达拉宫。公元七世纪中叶，藏王松藏干布迁都拉萨并建宫殿于红山之上。十七世纪中叶重建后成为历代达赖喇嘛的驻锡地和政教权利中心。以其极高的历史价值和旷世宝藏闻名于世。下午游览藏传佛教信徒心中的圣地——大昭寺。公元七世纪文成公主进藏时带来的一尊释迦牟尼十二岁等身像被供奉于此。近距离体验信徒们五体投地的虔诚。寺庙金顶处是观赏布达拉宫远景的最佳位置之一。随后到八角街手市场自由参观，八角街是拉萨最有名的商业街。在这里，可以感受到浓郁的民族特色及风土人情。琳琅满目的藏族手工艺品，民族服饰，金银饰品，天珠奇石。

第六天：拉萨—羊卓雍湖—日喀则

(早午晚餐)

早餐后由拉萨起程，翻越海拔 4852 米的岗巴拉山。站在山口时，被称为天上圣湖之美誉的羊卓雍湖映入眼帘，宛如一条飘带挂在天地之间，清澈的湖水、巍峨的雪山、如洗的蓝天和朵朵白云融为一体，秀美如画的风景让你陶醉于这世外桃源般之人间仙境中久久不忍离去。参观完羊卓雍后由中尼公路前往日喀则。途经江孜，参观白居寺和远观宗山城堡。



第七天:日喀则—扎什伦布寺—拉萨 (早午晚餐)

早餐后游览修建于1447年的黄教六大寺之一、历代班禅额尔德尼驻锡地—**扎什伦布寺**，远眺整个寺院依山坡而筑，背附高山，殿宇毗连，群楼叠叠，金顶红墙的主建筑群雄伟、浑厚、壮观、金碧辉煌。寺内香炉紫烟升腾供台灯火闪烁，众佛尊容各异。大殿里僧侣诵经井然；佛像前，信徒顶礼膜拜。五百多年来它强烈地吸引着国内外佛教信徒。游人在这朝拜、观瞻。寺内供奉有高26米世界上最大的室内铜像—强巴佛，瞻仰十世班禅大师灵塔。下午沿雅鲁藏布江峡谷返回拉萨，途中欣赏峡谷风景。下午您将参观**色拉寺**，是中国格鲁派六大寺院之一，由宗喀巴弟子释迦益西创建于1419年。您可以在这里观看到独特的当地**喇嘛辩经**活动。

第八天 拉萨/羊八井/纳木错湖 (早午晚餐)

早餐后，乘车前往被誉为西藏三大圣湖之一**纳木错**。沿途欣赏位于草原和雪山环抱之中的羊八井高原地热，领略藏北草原迷人风光和念青唐古拉山脉。**纳木错**意为天湖、灵湖或神湖，信徒们尊其为西藏三大圣湖之一。传为密宗本尊胜乐金刚的道场，是藏传佛教的著名圣地。公元十二世纪末，藏传佛教达隆嘎举派创始人达隆塘巴扎西贝等高僧，曾到湖上修习密宗要法，并始创羊年环绕纳木灵湖之举。纳木湖畔玛尼堆遍布，如有教徒经过这里，总会投下一颗石子在这个西藏人心目中的圣湖。最著名的**羊八井地热蒸汽田**，位于当雄县境内，温度保持在47度左右，也是世界上海拔最高的地热发电站。融融热流的羊八井蒸汽田在白雪皑皑的群山怀抱之中，这一完美的契合，构成了世界屋脊上引人入胜的天然奇观。并可自费沐浴温泉，以缓解旅途疲惫（请自备泳装）

第九天. 拉萨—青藏高原 宿：火车中

拉萨-格尔木是青藏旅游列车白天快速通过的区段动态观赏自然景观也成为了今天主要的旅游方式您可以坐在车厢中充享受青藏高原的自然风光和独特景观。沿途将经过格尔木、**玉珠峰**、**唐古拉山**、**错那湖**、那曲、**羊八井**等观光车站。青藏铁路在设计中增加了各种功用不同的铁路桥，催生出中国铁路建设史上一道靓丽的“桥梁风景线”。铁路桥梁总长约160公里，除传统的跨江河桥及跨公路桥外，因环保的需要，还设计有冻土隧道、野生动物通道及穿越湿地沼泽的代路桥等独特的“环保桥”。您将一睹这些桥梁的神彩。这些铁路桥包括：桥墩高达52米的青藏路第一高桥三岔河特大桥，千里青藏第一长桥清水河；特大桥万里长江第一桥沱沱河特大桥，以及横跨昆仑、穿越唐古拉、雄贯拉萨河的众多大桥，同时又是兼具冻土隧道和野生动物通道两种功能于一身的“环保桥”，银色桥墩孔孔相连，长而不高，与广阔草原十分搭配。（火车上餐费自理）

第十天：青藏铁路—西宁/塔尔寺 (午晚餐)

中午抵达西宁。午餐后参观中国藏传佛教格鲁派六大寺院之一的**塔尔寺**，这里是藏传佛教格鲁派开门宗师、中世纪宗教改革的领袖人物、中阴成佛的世界第二佛陀宗喀巴大师之诞生地。建寺400多年来，塔尔寺不断扩改建、维修，形成了一座占地40余万平方米、佛塔林立、殿宇辉宏、华丽精美的古庙建筑群这些建筑以藏式为主，融合藏汉艺术风格，组成了一幅神圣庄严、神秘宏伟的佛刹景观。寺内还设立四大学院。塔尔寺的**堆秀**，**壁画**和**酥油花**举世闻名，被称为“**艺术三绝**”。其中尤以酥油花最为有名。酥油花是用酥油塑制而成。酥油晶莹洁白，松软细腻，容易调合各种颜料，塑成各种珍奇的艺术花朵。塔尔寺的酥油花集雕塑艺术之大成，不仅具有很高的艺术水平和独特的艺术风格，而且规模宏大，内容也丰富多彩。有花红叶绿的百花异草，有千姿百态的珍禽异兽，有景色壮丽的山水图画，有小巧玲珑的亭台楼阁，有栩栩如生的人物肖像，还有许多取材于历史和神话传说的故事等。

第十一天：西宁/青海湖 (早午晚餐)

出发乘车经中国第一颗原子弹氢弹的研制基地退役旧址—**原子城**（远观），探寻西部歌王王洛宾驻足写下世界名曲《在那遥远的地方》的**金银滩草原**，踏上令人向往的青藏公路，开往中国最大的内陆咸水湖泊—**青海湖**，身临其境的感受是那一座座雪山相连的壮观奇景。返回时车上远观纪念当年文成公主进藏标志性建筑—**日月山**。

第十二天：西宁-成都-新加坡 (早午餐)

早餐后乘机飞往成都中转，返回新加坡，结束愉快的“雪域高原”西藏神秘之旅，回到温暖的家。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。



12 Days explore Tibet Tour of Qinghai-Tibet Plateau Lhasa \ Nyíngchí \ Namtso \ Qinghái Lake

LXA12D



Day1 Singapore / Chengdu

(BLD)

4****hotel

Assemble at Changi International Airport for your pleasant flight to Chengdu. Upon arrival, you will be met by our local tour guide and check hotel. Today we will visit Wang Jianguo Park.

Day2 Chengdu / Nyinchi / Niyang River / Old huge cypress tree

(BLD)

3***hotel

Morning, we'll flight to the Jiangnan of Tibet – **Nyichi**. Deep blue sky and bright sunshine can touch you heart for the first sight. Upon arrival, we will visit the **Niyang River** and view the **largest cypress tree**. It is the oldest and largest tree among the living trees in China, known as 'Supernatural Tree'.

Day3 Bayi Town / Lulang Forest

(BLD)

3***hotel

This morning we will visit **Lulang Forest** – Tibet's Shangri-la, is located on the east slope of **Seji La Mountain**, it is covered by woods and with a lot of cuckoos in the woods, as well as the broad meadow with flows of cattle around the villages.

Day4 Nyíngchí / Lake Basumco / Lhasa

(BLD)

3***hotel

This morning, we will set off for Lhasa. Cross the **Milla snow-covered mountain**, appreciate Niyang river scene, taste of the virgin forest, and Experience the Mother Nature's beauty. (The Lake Basumco is surrounded by mountain.) We will visit the holy lake---**Basumco** known as little Switzerland. Tonight we will arrival Lhasa.

Day5 Lhasa / Potala Palace / Jokhang Temple / Bharkor Street

(BLD)

3***hotel

We will begin our day with **Potala Palace**. During the rule of the 5th Dalai Lama in the 17th century, large-scale reconstruction began on the original site. Several of the successive Dalai Lamas, but never on a scale as that which took place during the last few years carried out renovation of sorts. Its imposing scale and unique style make it the symbol of Tibet. As the official residence of the Dalai Lamas, the Potala Palace was representative of the region's former theocracy. Aside from that, it is also the site of an art museum and a treasure house of historical documents. **Jokhang Temple**, Legend has it that the temple was constructed under the auspices of the Tang Princess Wencheng Here is the most revered religious structure in Tibet which is most famous for its exquisite architecture and lively murals. The temple faces **Bharkor Street**, which has the city's greatest concentration of pilgrims and is its busiest commercial center.

Day6 Lhasa/Lake Yamzho Yumco/Shigatse

(BLD)

3***hotel

Today, we will depart for **Shigatse**, which is the second largest city in Tibet. On the old road between shigatse and Lhasa, the dazzling **Lake Yamzho Yumco** can be seen. It is known as the Holy Lake. The lake is 638 square kilometers in size, making it the largest lake on the northern slope of the Himalayas. In clear weather, the lake is a fabulous shade of deep turquoise. Lying between two mountains, it looks like a flying swan. After enjoy the beauty, we will travel onwards to **Shigatse** and check into the hotel.

Day7 Tashi-Lhunpo Monastery / Lhasa

(BLD)

3***hotel

Today we will visit the famous **Tashilunpo Monastery**---Tibet's largest Monastery of Yellow Hat Sect and also residence of the Panchen Lamas. This monastery is as magnificent as Potala Palace. First built in 1447, it is a constellation of red and white buildings. Totaling nearly 400,000 square meters in floor space, the building



complex covers an area of 18.5 hectares. After that, our destination is Lhasa. Upon arrival, we will proceed to **The Sera Monastery**. The Sera Monastery at the foot of Tatipu Hill is located in the northern suburb of Lhasa City. It is one of three famous monasteries in Lhasa along with the **Drepung Monastery** and the **Gainden Monastery**. The Sera Monastery is dedicated to the Gelugpa or Yellow Hat Sect, a branch of Tibetan Buddhism, founded by Tsong Khapa. Jamchen Choje, one of Tsong Khapa's disciples built the monastery in 1419 during the Ming Dynasty (1368-1644). The monastery was named Sera which means wild rose in the Tibetan language, because the hill behind it was covered with wild roses in bloom when the monastery was built.

Day8 Lhasa / Yangbajing Geothermal Field / Namtso Lake / Lhasa (BLD) 3*hotel**

After breakfast, you will be taken to the **Yangbajing Geothermal Field**, where you can see intermittent active springs and warm water explosions. A geothermal power station has been built here and also an earth-thermo spring swimming pool which is opened for tourists. Then we will proceed to **Namtso Lake**; the biggest and highest salt lake in Tibet. It is the division of the new generation from the third century due to the Himalayas campaign depression. In Tibetan language, Namtso means "Heavenly Lake". There are five islands in the lake, which were thought to be the manifestation of five Buddha. During summer, you will see yaks, sheep, wild donkeys, goats, bears and other wild animals wandering around. We will enjoy the beauty here for a few hours and then return to Lhasa.

Day9: Lhasa / Xining (B)

Qinghai – Tibet Plateau sightseeing train – the most luxurious sightseeing train holding eight world records.

1. The longest train routine in the world
2. The train routine of highest altitude in the world: Xining – Lhasa with total distance of 1956km Average 2800-3000m through the highland.
3. Highest Railway Station: Mt. Tangula Station
4. Highest Frozen Earth Tunnel: Mt. Fenghuo Tunnel
5. Longest Highland Tunnel: Mt. Kunlun Tunnel
6. Longest Railway Bridge: Qingshui River Bridge
7. Longest train mileage crossing the Frozen Earth
8. Fastest train speed on the frozen Earth

As oxygen is thin on the plateau, the train is equipped with oxygen system to keep cabin oxygen level same as at a much low altitude.

Day10: Xining / Tar Lamasery (LD) 3*hotel**

Upon arrival, after lunch, we will visit the **Tar Lamasery**—the special architecture and construction is a twist of Tibetan and Chinese style.

Day11: Xining / Qinghai Lake (BLD) 3*hotel**

This morning, we will transfer to **Qinghai Lake**, the pearl of the Plateau, the biggest salty water lake in China, where the Yangtze and Yellow River originated. **The bird island**, the most charming and attractive island with the receding of waters off its shores, been turned into a peninsula. Though it covers an area of slightly less than 1000 square meters, it attracts many migrating birds in spring and summer.

Day12: Xining / Chengdu/ Singapore (BL)

After breakfast, you have to leave this magic place by the domestic flight to Chengdu, for your International flight back to Singapore.

Finally, we hope that you will bring back fond memories of the journey and hope you had an enjoyable trip with **REN REN TRAVEL**