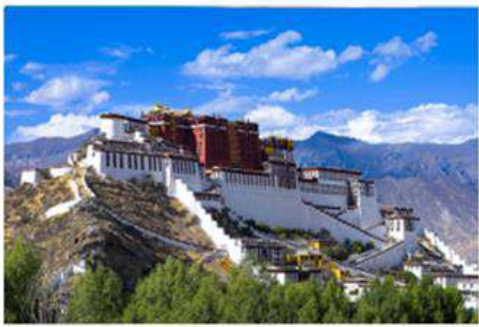


# 中国



## 7天漫游前·后藏\*拉萨+日喀则



### 世界文化遗产·布达拉宫

世界上海拔最高的古代宫堡式建筑群，高3700多米。依山而建，共13层。在这可俯瞰拉萨美丽风光，了解历代达赖喇嘛在宫中的生活和传奇，近距离欣赏宫殿及珍藏的奇珍异宝。



### 日喀则扎什伦布寺

西藏著名的四大寺院之一，建筑面积达30万平方米，是后藏最大的寺院。是班禅大师灵魂安息地，可与达赖喇嘛的布达拉宫相媲美。寺院依山而建，宫殿重叠，犹如一座城镇，十分壮观。



### 世界文化遗产·大昭寺

西藏现存最辉煌的建筑之一，融合了藏，唐，尼泊尔，印度的建筑风格，成为藏式宗教建筑的千古典范。是藏族心目中的“圣地”，有“先有大昭寺，后有拉萨城”的说法。



### 羊卓雍湖<含定点航拍>

西藏三大圣湖之一，世界上海拔最高的淡水湖；湖面平静如镜，与雪山，蓝天融为一体，加上两岸极具特色的藏民村落，风光之美冠绝山南。



### 卡若拉冰川

西藏三大冰川之一，也是西藏最容易到达的冰川之一；距公路仅几百米，是从拉萨前往日喀则，珠峰大本营等地的必经之地。



### 天湖·纳木错

西藏三大圣湖中海拔最高的湖，也是中国第二大咸水湖；以壮丽的景色和深厚的宗教底蕴而闻名。在雪峰倒影下，湖水清澈湛蓝，明净如天。

**康泰特别限定**

藏装拍摄体验

布达拉宫夜景

体验手抓糌粑

拉萨

拉萨老城区观景餐厅+下午茶

天数	早餐	午餐	晚餐	城市	LXA7 4* 酒店住宿 或同级
	7天(6早,5午,6晚)				
1	-	*	✓	拉萨	2晚4* 西藏宾馆贵宾楼 <客房弥散式供氧>
2	酒店	✓	✓		
3	酒店	✓	✓	日喀则	4* 舍里别院 <供氧房>
4	酒店	✓	✓	拉萨	3晚4* 西藏宾馆贵宾楼 <客房弥散式供氧>
5	酒店	✓	✓		
6	酒店	✓	✓		
7	酒店	*	-	结束7天行程，祝您旅途愉快!	

此行程于2025年8月起适用 LXA7\_CN\_18-Jul-25

- 若航班时间及行程次序有变动,以航空公司及当地接待单位安排为准.
- 若入境口岸在成都或重庆,则加送一晚4\*重庆/成都酒店,须视具体出发日期及航空公司的最后确认为准.
- 西藏位于海拔3500米之高原,团员须注意个人身体健康状况,不要有剧烈行动,以防出现高山反应;
- 此线路因山路较多且地理环境较特殊,高原行车,汽车容易出故障,途中可能会安排检修,敬请谅解.
- 西藏部份住宿及餐厅因条件所限,酒店,食物及环境设施仍欠水准,本社已尽量安排当地较佳,请各位团员见谅!
- 西藏为中国的特殊地区,导游司机服务费标准:人民币RMB60/人/天

# 中国



## 第一天 **新加坡 ✈ 拉萨 (海拔 3650 米)**

# 若入境口岸为重庆/成都,将加送一晚 4\*重庆/成都酒店住宿,视具体出发日期及最后确认为准

# 抵达后,特别赠送团友每人一个便携式氧气罐,并安排先入住酒店休息,以便团友更好的适应高原环境.同时旅程中全程随车配备医用氧气瓶(10L)

## 第二天 **拉萨 ~ 扎基寺 ~ 《世界文化遗产》大昭寺 ~ 八角街 ~ 糌粑体验 ~ 藏装旅拍 含 10 张电子底片**

- **扎基寺:**全西藏唯一的一座财神庙,是藏传佛教格鲁派寺庙色拉寺的分寺;寺庙虽小,但香火十分鼎盛.来参拜的以汉人居多.寺院的外观是典型的藏传佛教建筑,门口的狮子雕刻精美,有着内陆汉传佛教的特点.
- **大昭寺:**建于七世纪,释迦牟尼佛殿是全寺精华所在.是藏王松赞干布为尼泊尔王妃建的寺庙.文成公主进藏时运来的释迦牟尼像供奉于此.寺庙金顶处是观赏布达拉宫远景的最佳位置.
- **八角街:**此街形如一大磨盘,是拉萨最古老及保存最好的街道.街道两旁商店林立,热闹非常.
- **体验手抓糌粑:**糌粑是藏民的主食,特别安排学习制作糌粑,将青稞炒熟,磨制成粉.再与酥油茶等混合,用手捏成糌粑团.品尝其独特的风味,感受藏族美食的魅力.
- **藏装拍摄体验:**体验身着藏族服饰穿,梭在古建筑与人群中.在摄影师的指导下摆出不同造型.在沉浸式地感受藏族文化和历史的同时.收获最地道、最“出片”的藏服写真 <不含化妆>

## 第三天 **拉萨 ~ 《世界文化遗产》布达拉宫 ~ 西藏博物馆 ~ 千佛崖 ~ 观景餐厅 含下午茶套餐**

- **布达拉宫:**海拔最高的一座规模宏大的宫堡式建筑群.整座宫殿具有鲜明的藏族风格,依山而建,气势雄伟,宫中收藏了无数的珍宝.也是达赖喇嘛的冬宫.历代达赖喇嘛驻锡地.
- **西藏博物馆:**是西藏第一座具有现代化功能的博物馆,也是西藏唯一一座综合性国家一级博物馆;由史前文化,不可分割的历史,文化艺术,民俗文化四大部分组成,馆内珍藏有许多珍贵文物,展示出藏族独具魅力的灿烂文化和悠久历史. <逢周一闭馆>
- **千佛崖:**是拉萨林廓转经路上著名的朝拜圣地巴热如布摩崖石刻;现存上千尊彩色摩崖佛像石刻,最早可追溯至 7 世纪松赞干布时期.大大小小数千尊的佛像,菩萨和藏文经咒,色彩鲜艳,布满了整个山壁,一直绵延的整个山体的尽头将近两公里.
- **观景餐厅:**拉萨市最适合享受下午茶的网红打卡点,边赏景边悠闲的品茶,享受置身在拉萨旧街区中的美好时光.

# 布达拉宫预订参观券由布宫管委会限制人数,团体可能会被分批进入参观,具体参观时间和名单区由该管委会派发为准.

## 第四天 **拉萨 ~ 翻越冈巴拉雪山(海拔 4900 米) ~ 远眺冈巴拉雷达站 ~ (约 2.5 小时)羊卓雍湖(海拔 4440 米) 赠送定点航拍 ~ 下车远眺卡若拉冰川(海拔 5020 米) ~ 满拉水库 ~ (约 3 小时)日喀则(海拔 3850 米)**

- **羊卓雍湖:**是喜马拉雅山北麓最大的内陆湖泊.西藏第二大圣湖,是藏传佛教的重要朝圣地.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.因其绝美风景而深受摄影师喜爱.
- **卡若拉冰川:**西藏大大陆型冰川之一,背靠西藏四大高峰之一的乃钦康桑峰(7191 米)的南坡;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.
- **满拉水库:**有西藏第一坝之称,又称斯米拉湖,被誉为西藏的“隐藏圣湖”.位于日喀则到羊湖的路线上,虽然是人工水库,但以绚丽的湖水色彩,被形象地比喻为藏地绿宝石;碧绿色的湖水映衬着远山,显得格外美丽.

## 第五天 **日喀则 ~ 扎什伦布寺-铜弥勒佛坐像-十世班禅灵塔 ~ (约 4 小时)拉萨 ~ 布达拉宫夜景**

- **扎什伦布寺:**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,建筑面积达 30 万平方米,是后藏最大的寺院.班禅大师灵魂安息地,由一世达赖喇嘛根顿珠巴主持修建于 1447 年.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,在此还可瞻仰十世班禅大师灵塔.
- **布达拉宫夜景:**当夜幕降临,布达拉宫灯火璀璨,布达拉宫广场成为拉萨市中心最佳夜景打卡点;团友可以尽情捕捉美丽瞬间

## 第六天 **拉萨 ~ 远眺念青唐古拉山(海拔 6000 米) ~ 翻越那根拉雪山(海拔 5190 米) ~ (约 5 小时)纳木错(海拔 4710 米) 含景区环保车 ~ 拉萨**

- **纳木错:**世界上海拔最高的圣湖,比南美玻利维亚高原上的“的的喀喀”湖面高出 900 米.湖的南面是绵延的念青唐古拉山,白雪皑皑,朦朦胧胧;蓝天,白云,雪山,清晰地倒映在湖水中.湛蓝的天空,巍峨的雪山,辽阔的草原,浩渺的纳木错形成美妙和谐的一体.

# 若因天气原因无法前往纳木错,将由拉萨哲蚌寺及罗布林卡替代

## 第七天 **拉萨 ~ 扎叶巴寺 ~ 拉萨 ✈ 新加坡**

- **扎叶巴寺:**西藏四大隐修地之一,一处倚背绝壁,洞寺结合,佛殿错落分布的建筑群.是吐蕃赞普松赞干布为其爱妃芒萨赤尊公主所建的修行神庙之一,距今 1500 年的历史.其最高海拔 4300 多米,最大的特色是以洞立寺,洞寺合一,周围遍布 108 个闭关修行洞.

#若入境口岸为重庆/成都,将加送一晚 4\*重庆/成都酒店住宿,视具体出发日期及最后确认为准

**7 天 行程至此圆满结束, 康泰旅行社祝君旅途**

~行程顺序按实际情况可能前后调动,以当地接待单位安排为准~ LXA7\_CN\_18-Jul-25



**HONG THAI TRAVEL 6533 1788**

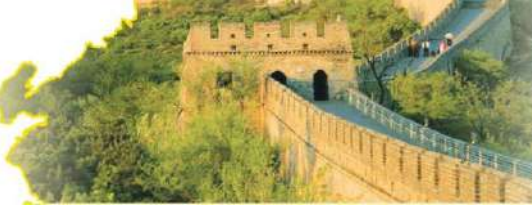
#02-121, #04-25/26 People's Park Complex

Email: enquiries@hongthai.com.sg

www.hongthai.com.sg

\*Please refer to Tour Booking Form for Terms & Conditions

# CHINA



## 7D Classic Tibet Scenic Tour **LHASA + SHIGATSE**



### UNESCO·Potala Palace

As the world's highest ancient palace, it is the largest and most complete of its kind, showcasing the grandeur of Tibetan architecture and culture.



### Tashi Lhunpo Monastery

It is the largest Buddhist monastery in Shigatse as well as one of the Great Four Holy Monasteries of Tibet, and houses the world's largest gilded statue of the Future Buddha.



### UNESCO·Jokhang Temple

The oldest and holiest architecture in Lhasa with a history of 1,400 years. Being the spiritual center and the ultimate pilgrimage destination for Tibetan.



### Yomdrok Lake

**(Free Drone Photography)**

One of the Great Three Holy Lakes in Tibet. The surrounding landscape of mountains and plains perfectly frame this lake for the best photos.



### Karola Glacier

One of Tibet's three major continental glaciers, it lies just 300 meters from the main highway connecting Lhasa and Shigatse, offering a dramatic scene of snow and ice visible from the road.



### Namtso Lake

It is Tibet's largest saltwater lake, and also one of the highest lakes in Tibet. often described as being next to heaven because of its lofty altitude, stunning beauty, pure blue water, and spiritual associations.

### HONGTHAI Presents



Photo Shoot

in Tibetan Costume



Potala Palace at Night



DIY Tsampa



Lhasa Old Town Tea House + Afternoon Tea Section



DAY	ABF	LUNCH	DINNER	CITY	LXA7 4★ Hotel or Similar class
	7D (6ABF,5 L,6D)				
1	-	✱	✓	Lhasa	2N4★ Tibet Hotel VIP Building < Diffused Oxygen Room >
2	Hotel	✓	✓		
3	Hotel	✓	✓	Shigatse	4★ Schery Hotel <Oxygen-equipped Room>
4	Hotel	✓	✓	Lhasa	3N4★ Tibet Hotel VIP Building < Diffused Oxygen Room >
5	Hotel	✓	✓		
6	Hotel	✓	✓		
7	Hotel	✱	-	Wish you enjoyed your 7D holiday!	

Effective from AUG'25

LXA7\_CN\_21-Jul-25

- In the event of unforeseen circumstances like the bad weather, the tour leader or local guide concerned possesses full discretion to change the tour sequence or cancel some itineraries.
- There will be free 1N CKG/CTU Hotel stay, If flight in out CKG/CTU
- Due to Lhasa is at high altitudes (over 3500m), Please refer to our "Tibet Travel Guide" for details.
- Your understanding on the limited conditions of some restaurants in Tibet is very much appreciated.
- In the event of any discrepancy between the English and Chinese itineraries, the Chinese version shall prevail
- Tipping for Tibet local guide & driver total is RMB ¥60/D/P

# CHINA



## D1 Singapore ✈️ Lhasa (3650M)

# There will be free 1N CTU/CKG hotel stay, if flight by CKG or CTU IN/OUT

# A free portable oxygen tank will be distributed to all customers upon arrive at Lhasa and head to hotel rest.

# There is an oxygen cylinders provided on the bus to bring you a more safety trip during your stay at Tibet Plateau.

## D2 Lhasa ~ Zaki Temple ~ UNESCO- Jokhang Temple ~ Barkhor Street ~ DIY Tsampa

**Experience ~ Photo Shoot in Tibetan Costume** Free 10 soft copy photos

- **Zaki Temple:** It is the only one temple of the God of Wealth in the whole Tibetan region, keeps a small scale but has been received quite good attendance with free charges.
- **Jokhang Temple:** It is the oldest and holiest architecture in Lhasa with a long history of 1,400 years. Being the spiritual center and the ultimate pilgrimage destination for Tibetan, it has attracted many pilgrims to worship and circumambulating around.
- **Barkhor Street:** one of the most famous places to go shopping in Lhasa as well as the best place to go to get authentic, local-made souvenirs from Tibet.
- **DIY Tsampa DIY:** Tsampa is the most uniquely Tibetan of all foods. Special arrange to hands-on experience in preparing traditional dishes like tsampa. You'll learn to roast barley, grind it into flour, and mix it with yak butter tea to create the doughy staple.
- **Photo Shoot in Tibetan Costume:** A special arrangement to experience something new—dress in traditional Tibetan attire and capture memorable photos while exploring Lhasa's old town, immersing yourself in the local culture.

<Make-up service excluded>

## D3 Lhasa ~ UNESCO- Potala Palace ~ Tibet Museum ~ Thousand Buddha Cliff ~ Old Town Tea

**House** Incl Afternoon Tea Set

- **Potala Palace:** As the world's highest ancient palace, it is also the largest and most complete of its kind, showcasing the grandeur of Tibetan architecture and culture. Spanning 13 hectares with over 1,000 rooms across 13 stories, it has served as the winter residence of the Dalai Lamas since the 7th century.
- **Tibet Museum:** It is the first large, modern museum in the Tibet Autonomous Region, home for a rich collection of prehistoric cultural relics like Buddha statues in different postures, imperial jade seals, gold albums, gifts granted by emperors, colorful Thangkas, and various printed Sanskrit and Tibetan scriptures. <Closed on every Monday>
- **Thousand Buddha Cliff:** also known as Chakpori Hill, it is a site renowned for its Buddhist carvings and is a popular destination for pilgrims and tourists, and features numerous Buddha statues and inscriptions carved into the cliff face.
- **Tea House:** You can just relax and bath in the sunshine on a cup of tea at the old town tea house, take your time, relax, and soak in the local atmosphere. it could be a perfect place to rest your feet while having something to bite on having visited the Potala palace.

# Entrance ticket of Potala Palace is under discretion of palace management. You may be entering the palace in different groups, subject to visitation time.

## D4 Lhasa ~ (est 2.5hrs) Yamdrok Lake (4440M) Free Fixed-Point Drone Photography ~ Photo Stop at Karola Glacier (5,020m) ~ Manla Reservoir ~ (est 3hrs) Shigatse (3850M)

# En tour cross the Gamba La Snow Mountain (4,900m) and take a glance at the Gamba La Radar Station

- **Yamdrok Lake:** one of the Great Three Holy Lakes in Tibet; the largest inland lake at the northern foothills of the Himalayas. The lake has beautiful blue water and is surrounded by snow-capped mountains.
- **Karola Glacier:** One of Tibet's three major continental glaciers, it originates from Mt. Noijin Kangsang (7,191m), one of Tibet's four sacred mountains. As the glacier closest to a highway, one of Tibet's most accessible glaciers; it offers an awe-inspiring view of ice-capped peaks and is a must-see landmark along the journey.
- **Manla Reservoir:** As the first dam in Tibet, it offers a picturesque, fairy-tale-like scene. Its translucent green waters mirror the sky above, creating a stunning artificial lake nestled among the mountains.

## D5 Shigatse ~ Tashi Lhunpo Monastery ~ (est 4hrs) Lhasa ~ Night View of Potala Palace

- **Tashi Lhunpo Monastery:** It is the largest Buddhist monastery in Shigatse as well as one of the Great Four Holy Monasteries of Tibet. A historically and culturally significant monastery and home to around 950 monks. It is renowned for its grand monastic architecture and houses the world's largest gilded statue of the Future Buddha.
- **Night View of Potala Palace:** Experience the majestic beauty of the Potala Palace illuminated against the night sky. Enjoy the vibrant music fountain and light show at Potala Palace Square; an enchanting scene with a charm that daytime simply can't offer.

## D6 Lhasa ~ (est 5hrs) Namtso Lake (4710M) Incl Shuttle Bus ~ Lhasa

# En tour, enjoy a distant view of the majestic Nyenchen Tanglha Mountains (6,000m) and cross Nagenla Snow Mountain Pass (5,190m)

- **Namtso Lake:** Known as the highest saline lake on Earth, Namtso dazzles with its sparkling sapphire waters and hovering seagulls. Take a leisurely stroll along its vast shoreline, with snowy mountains painting a stunning backdrop.

# Note: In case of adverse weather, the visit to Namtso will be replaced by a tour of Drepung Monastery and Norbulingka Palace, the treasured retreat of previous Dalai Lamas.

## D7 Lhasa ~ (est 1hr) Drak Yerpa Monastery (4,885M) ~ Lhasa ✈️ Singapore

- **Drak Yerpa Monastery:** It is a large complex of temples, monasteries and meditation caves nested on the mountain. As a hermitage of Tibetan Buddhism, it boasts numerous sacred caves for retreat, this peaceful site offers lovely views and is a great day trip from Lhasa. # There will be free 1N CTU/CKG hotel stay, if flight by CKG or CTU IN/OUT

**Wish you enjoy your holiday with Hong Thai Travel**

~Tour Sequence subject to airlines & land agent's final arrangement ~ LXA7\_CN\_18-Jul-25



**HONG THAI TRAVEL 6533 1788**

#02-121, #04-25/26 People's Park Complex

Email: [enquiries@hongthai.com.sg](mailto:enquiries@hongthai.com.sg)

[www.hongthai.com.sg](http://www.hongthai.com.sg)

\*Please refer to Tour Booking Form for Terms & Conditions