



建地旅遊有限公司

CITIWORLD HOLIDAYS SDN BHD (Co. No.821829-X) (KPL:5636)

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TOUR CODE:CTWLXA/XNN09

9天8晚拉萨*日喀则*青藏铁路*西宁之旅

第一天 吉隆坡→上海

(午/晚餐)

齐集于雪邦国际机场，乘搭国际航班飞往上海。抵达后，续前往上海著名的【南京路步行街】自由购物。续游览闻名中外，风格各异大厦的【外滩】及【城隍庙商业区】，是购物的好去处，这儿不仅有小商品，土特产和特色商品市场，而且有大型综合商场和名点小吃。

第二天 上海→拉萨

(早/晚餐)

今早，送往机场乘搭内陆航班飞往拉萨。拉萨作为西藏自治区首府，是一座具有1300年历史的古城。抵达后，送往酒店休息，适应高原环境。

第三天 拉萨

(早/午/晚餐)

今早，游览【布达拉宫】；建于公元七世纪，是中国著名的官堡式建筑群，藏族古建筑艺术精华，是世界文化遗产之一。宫殿占地41万平方米，从达赖五世起，重大宗教，政治仪式均在此举行，是原西藏政教合一统治中心。下午游览【大昭寺】；是西藏现存最早的木石结构建筑，是建于公元647年。随后，游览【八角街】；位于拉萨旧城区的中心，较完整地保存了古城的传统风貌和居住方式。在此可观看转经的佛教信徒，购买各种藏族手工艺品。续，参观【哲蚌寺】；位于拉萨西郊，是藏传佛教格鲁派三大寺之一，也是西藏最大寺庙。明永乐十四年开始兴建的，占地面积约20万平方米。

第四天 拉萨⇌日喀则

(早/午/晚餐)

今天，乘车前往日喀则，途径西藏第三大圣湖【羊卓雍湖】；站在海拔4800米的甘巴拉山口远眺宁金抗桑雪山和俯瞰雪山倒影构成的变化无穷、五彩斑斓的神湖静观。续参观【罗布林卡】；俗称拉萨的颐和园，位于拉萨的西郊，是历代达赖喇嘛的夏宫，这座秀美的园林始建于18世纪中叶七世达赖喇嘛时期，也是他们处理政务和举行宗教活动之地。远眺【卡若拉冰川】，卡若拉冰川属宁金抗沙峰冰川向南漂移后而形成的悬崖冰川

第五天 日喀则⇌拉萨

(早/午/晚餐)

早餐后，前往参观后藏名寺历代班禅大师住锡地【扎什伦布寺】；寺内最大的镀金铜制如来座像高达5层楼。当您站在佛像脚下，无不感到佛的威严，历代班禅大师精美的灵塔和法座让您敬畏。随后乘车沿雅鲁藏布江新路返回拉萨。游览【色拉寺】；藏传佛教格鲁派六大主寺之一，与哲蚌寺、甘丹寺合称拉萨三大寺，是三大寺中建成最晚的一座。

第六天 拉萨⇌纳木错⇌拉萨

(早/午/晚餐)

早餐后，前往西藏圣湖之一的【纳木错湖】；位于拉萨当雄县和那江中孜190公里处。纳木错义为天湖、灵湖或神湖，是藏传佛教的著名圣地，信徒们尊其为四大威猛湖之一。湖水清澈蔚蓝的湖水和洁白的雪峰相映成趣。随后，参观【藏獒基地】；藏獒是中国国家二类保护物，世界级珍稀种，又名蕃狗，古称苍獬犬，产于中国西藏和青海。2000多年以前藏獒便活跃在喜马拉雅山脉，以及海拔3000多米以上的青藏高原地区。随后安排【藏族家访】。

第七天 拉萨⇌西宁

(早/火车上用午/晚餐)

今早，登上西藏列车，正式开始青藏铁路之旅。在列车上，可欣赏青藏铁路沿途风光。途径当雄、那曲、安多、可可西里及格尔木等，这样的安排才不会有所遗憾！

第八天 ⇌西宁

(火车上用早/午/晚餐)

今天，抵达西宁。西宁是一座具有2000多年历史的高原古城。抵达后，游览【塔尔寺】；塔尔寺是青海省和中国西北地区的佛教中心和黄教圣地，相传是黄教创始人宗喀巴(1357-1419)诞生地；欣赏塔尔寺艺术三绝—壁画、堆绣、酥油花。

第九天 西宁→上海→吉隆坡

(早/午餐)

早餐后，送往机场乘搭内陆航班飞往北京。抵达后，转乘搭国际航班返回温馨家园—吉隆坡。



备注：行程秩序如有更改，均以当地接待单位安排为准



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9DAYS 8NIGHT LASHA*SHIGATSA*XINING

DAY 01 KUALA LUMPUR→SHANGHAI (L/D)

Assemble at KLIA International airport for a pleasant flight to Shanghai. Upon arrival, free shopping at **Nanjing Walking Street**. Continue visit **The Bund** and free for shopping at **Chenghuang Temple**.

DAY 02 SHANGHAI → LHASA (B/D)

After breakfast, transferred to airport for pleasant flight to Lhasa. Upon arrival, check in hotel and have a rest.

DAY 03 LHASA (B/L/D)

After breakfast, visit **Potala Palace**; This architectural is Lhasa' cardinal landmark, is the highest ancient palace in the world. Majestically situated on the top of Marpo RI Hill (also called Red Hill) in the center of Lhasa city. Later, visit **Johkang Temple**; It is the spiritual center of Tibet. The Johkang has intimate, human proportions, bustling with worshippers and redolent with mystery. Thereafter, visit **Barkhor Street**; It houses monks from the Gelugpa, Sakyapa and Kahdampa orders. It is the only one known to house monks from different orders in harmony. Palkhor also features its "Bodhistupa" in Tibetan. Next, visit the **Drepung Monastery**; is known as the most important monastery of Gelugpa in Tibetan Buddhism. It is considered one of the 'Three Great Monasteries' (the other two are the Ganden Monastery and the Sera Monastery).

DAY 04 LHASA → SHIGATSA (B/L/D)

After breakfast, heading to Shigatse. Shigatse, also named Xigatse, means 'the fertile land', this frontier city is the second largest in Tibet. Upon arrival, visit **Yamdruk Lake**; It is one of three holy lakes in Tibet, and the largest freshwater lake at the south foot of the Himalayas. According to local mythology, Yamdruk Lake is the transformation of a goddess. Then visit **The Norbulingka Park**; the largest and the most beautiful artificial garden in Tibet. On the way to Gyantse overview the **Karola Glacier**.

DAY 05 SHIGATSA → LHASA (B/L/D)

After breakfast, visit **Tashilhungpo Monastery**; a residence of Panchen Lama. The monastery occupies 150,000 square meters. Facing south, the complex is built symmetrically against the Nyima Mountain. Next, heading back to Lhasa. Upon arrival, visit **Sera Monastery**; is one of the 'great three' Gelukpa university monasteries of Tibet. The other two are Ganden Monastery and Drepung Monastery.

DAY 06 LHASA → NAMCO → LHASA (B/L/D)

After breakfast, visit **Namco Lake**; which are the biggest lake in Tibet and the second biggest salt lake in China as well as the highest lake in the world (15,573 ft). Namtso means 'Heavenly Lake.' It is considered one of the three holy lakes in Tibet and was selected as one of the five most beautiful lakes in China. Next, visit **Tibetan Mastiff base**. Thereafter, visit **Tibetian house**.

DAY 07 LHASA->XINING (B-/L/D ON TRIAN)

This morning, take the train, start the Qinghai-Tibet railway journey. enjoy the spectaculars scenery along the Qinghai-Tibet Railway include DangXiong, Nagqu, Ando, Keke Xili and Golmud etc.

DAY 08 ->XINING (B ON TRIAN/L/D)

Today, arrive at Xining. Upon arrival, visit **Ta'er Monastery**, it is abounds in Fascinating Buddhist stories as well as arts.

DAY 09 XINING→SHANGHAI→KUALA LUMPUR (B/L)

After breakfast, proceed to airport for your return flight to Kuala Lumpur via Shanghai.



P/S : The final order of itinerary will follow the local operator's arrangement