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探索西藏与晋菜

缘聚拉萨

PLATEAU OF TIBET With Jin Rong

西宁 | 林芝 | 拉萨

Xining | Nyingchi | Lhasa

出发日期: 2025年5月20

FROM RM **12,999** ALL IN



Jin Rong

行程亮点 HIGHLIGHTS

- [体验]** 世界海拔最高铁路 | 藏装人像摄影
- [景点]** 1994年被列入世界遗产名录 - 布达拉宫
位于拉萨古城中心的一座藏传佛教寺庙 - 大昭寺
西藏三大圣湖之一 - 羊卓雍错(羊湖)
令人惊叹的五彩泥土风光 - 贵德国家地质公园
- [享受]** 实景表演《文成公主》| 火车上含一次性用品 | 行李托运服务 | 软卧列车 | 火车上餐厅用餐
- [品尝]** 藏餐风味 | 野山菌火锅 | 烧烤风味 | 石锅鸡
- [EXPERIENCE]** The World Highest Altitude Railway | Photo Shooting With Tibetan Costume
- [ATTRACTIONS]** UNESCO World Heritage List in 1994 - Potala Palace Is a Tibetan Buddhist temple located in the center of old Lhasa city - Jokhang Monastery
It is one of the three largest sacred lakes in Tibet - Yamdroktso Lake
In the stunning multicoloured clay scenery - Guide National Geological Park
- [ENJOY]** Wencheng Princess Performance | Disposable Toiletries On Train | Luggage Delivery Service | Soft Berth Cabin | Table Arrangement Meals On Train
- [GOURMET]** Tibetan Cuisine | Mushroom Steamboat | BBQ Cuisine | Stone Pot Chicken

餐饮安排 MEAL PLAN | 住宿 ACCOMMODATIONS

※餐标 人民币 | Meal Cost RMB※

天数 DAYS	早餐 BREAKFAST	午餐 LUNCH	晚餐 DINNER	特选酒店 SELECTED HOTELS
1	-	-	机上用餐 On Board	中转城市酒店 Transit City Hotel
2	早餐盒 Breakfast Box	藏香猪风味 80 Tibetan Cuisine	石锅鸡 80 Stone Pot Chicken	林芝工布庄园希尔顿酒店 或 同级 Hilton Linzhi Resort or Similar
3	酒店 Hotel	农家风味 80 Farm Cuisine	韩式烤肉 80 Korean BBQ	拉萨香格里拉酒店 或 同级 Lhasa Shangri-la Hotel or Similar
4	酒店 Hotel	川菜风味 80 Sichuan Cuisine	野山菌火锅 80 Mushroom Steamboat	
5	酒店 Hotel	烤鸭风味 80 Roasted Duck Cuisine	酒店合菜 80 Hotel Dinner	
6	酒店 Hotel	火车上正餐 90 Train Restaurant Dining	火车上正餐 90 Train Restaurant Dining	火车上软卧 Tibet Railway Superior Cabin
7	火车上正餐 30 Train Restaurant Dining	贵德民俗宴 80 Guide Culture Cuisine	西宁风味 80 Xining Cuisine	西宁新华联索菲特酒店 或 同级 Xining Sofitel Hotel or Similar
8	酒店 Hotel	手抓肉风味 80 Boiled Meat Cuisine	晚餐自理 Own Expenses	※以最终航班确认为准 ※ subject to final flight confirmation
9	早餐盒 Breakfast Box	机上用餐 On Board	-	-

第1天 吉隆坡 ✕ 中转城市

集合于吉隆坡国际机场, 飞往中转城市。抵达后, 送入酒店休息。

第2天 中转城市 ✕ 林芝

★ 鲁朗林海
【鲁朗林海观景台】 【田园风光】 【色季拉山】 【远眺南迦巴瓦峰】
(如天气好)

第3天 林芝 -500公里- 拉萨

★ 巴松措
【含环保车】 【远眺雪山、湖尾和村寨】 【湖心岛】 【措宗寺】
途径米拉山口隧道

◎ 外观布达拉宫夜景

第4天 拉萨

★ 布达拉宫
※布达拉宫预订参观券由布宣管委会限制人数, 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。

◎ 大昭寺

★ 藏族歌舞表演【文成公主】

第5天 拉萨 -110公里- 羊卓雍措湖 -110公里- 拉萨

★ 羊卓雍措

◎ 八角街

★ 体验藏装人像摄影

※每人赠送8寸照片一张+10张电子照片

第6天 拉萨 西宁

★ 青藏铁路 - 软卧

※火车上安排软卧4人/间, 铺位分别上/下铺, 当地地接不能特意安排床位, 顾客有可能被安排在上/下铺或与他人共用1房

※青藏铁路乘车时间乃根据铁路票务实际操作为准, 所以旅行社无法人为控制并承担乘坐某指定车次。行程会以出发时获取的乘车时间为准, 届时会给予客人最新通知, 敬请留意。

第7天 西宁

★ 贵德国家地质公园【含电瓶车】

◎ 商业步行街

第8天 西宁 ✕ 中转城市

★ 塔尔寺【含讲解+电瓶车】

第9天 中转城市 ✕ 吉隆坡

早餐后, 自由活动, 随后前往机场, 返回温暖的家。

DAY 1 Kuala Lumpur ✕ Transit City

Assemble at KL International Airport for flight to Transit City.

DAY 2 Transit City ✕ Nyingchi

★ Lulang Forest
[Lulang Forest Observatory] [Natural Sceneries] [Sejila Mountain]
[Look around Namcha Barwa] (subject to weather changes)

DAY 3 Nyingchi -500km- Lhasa

★ Basongcuo [Include Electrical car] [Exterior view of Snow Mountain]
[Lake and Village] [Basum Tso Lake] [Tsozong Gongba Monastery]
Pass by Mira Pass Tunnel

◎ Exterior Potala Palace Night View

DAY 4 Lhasa

★ Potala Palace

※ A complimentary of 8R photo + 10 soft copy photos given to every tour member.

◎ Jokhang Monastery

★ Princess Wencheng Performance

DAY 5 Lhasa -110km- Yamdroktso Lake -110km- Lhasa

★ Yamdroktso Lake

◎ Barkhor Street

★ Personal Photo Shooting with Tibetan Costume

※ A complimentary of 8R photo + 10 soft copy photos given to every tour member.

DAY 6 Lhasa Xining

★ Tibet Railway - Soft Berth Cabin

※ Superior cabin is based on double-decker quad share basis. All the cabin allocations are fixed by railway authorities and unable to switch & select, and you might be sharing cabin with outsiders.

※ Departure time of Tibet Railway train is subject to actual time shown in automated ticketing system, hence we can't reserve and guarantee seats in particular train schedule. Any latest information will be notified to tour members the soonest.

DAY 7 Xining

★ Guide National Geological Park [Include Electrical car]

◎ Business Walking Street

DAY 8 Xining ✕ Transit City

★ Kumbum Monastery

[Includes Commentary + Electrical Car]

DAY 9 Transit City ✕ Kuala Lumpur

Morning free and leisure time, transfer to airport for the flight back home.

Remark:

※ 行程可能会以最终确定的航班而前后调动。

※ Sequence of the itinerary is subject to change according to the final flight confirmation

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Travel Essentials:

Passport & Visas - Each tour member is responsible to ensure their passport is valid for at least six (6) months from the return date of the trip and all necessary visas and permits have been acquired.

Travel Insurance - It's essential that you take out a comprehensive travel insurance before travel.

Terms & Conditions:

1. Itineraries, meals, hotels and transportation are subject to change without prior notice.
2. AVSB reserves the right to make changes to or cancel the itinerary at any time due to unforeseen circumstances, especially during peak periods or in the event of a force majeure.
3. AVSB is not responsible for omissions, printing and/or presentation errors in brochures or in any media where such information may be presented; AVSB reserves the right to make corrections as required.
4. Every person participating in AVSB's tours shall travel at his/her own risk. AVSB shall not be held liable to any person for additional expenses that may be incurred due to delays or changes in any transport services, sickness, weather, strikes, war or other causes.
5. For other terms & conditions, refer overleaf of invoice or visit <https://www.applevacations.my/web/terms.php>
6. All pictures shown are for illustration purpose only.

Note: AVSB refers to Apple Vacations Sdn. Bhd.

China Tours - Additional Terms & Conditions:

1. Tours are conducted in Mandarin.
2. Triple Room - Most of the hotel didn't provide extra bed.
3. Tour fare quoted is for MALAYSIAN, non-Malaysian surcharge applied.
4. In-coach Shopping - For your convenience, a variety of local snacks are offered for sale on board the coach. If interested, please place your order with our tour guide.
5. Discounted ticket prices only applicable for China local senior citizens.

旅行必备:

护照或签证 - 团员有责任确保护照有效期需至少6个月(从返程日期算起), 并且取得必要的签证和准证。

旅游保险 - 出发前, 建议您购买全面的旅游保险。

条规:

1. 行程、膳食、酒店住宿和交通可能会有所变动, 恕不另行通知。
2. 若出现无法预测的特殊情况, 特别是在旅游旺季期间, 苹果旅游将保留更改或取消行程的权利。
3. 若苹果旅游的宣传手册或任何传播媒介, 出现任何形式的印刷失误或遗漏, 本公司一概不负责, 并且保留更正的权利。
4. 每位参与苹果旅游团的成员, 必须为自身安全或行为负责。若出现无法预测的特殊情况 (例如: 交通延误/取消、天气、疾病、示威、战争等等), 因而引发额外支出的问题, 苹果旅游一概不负责, 旅客需自行负责额外的费用。
5. 详情条规, 请参阅单张背页或浏览 <https://www.applevacations.my/web/terms.php>
6. 以上图片仅供参考, 请以实物为准。

中国团 - 附加条规:

1. 所有行程以中文讲解为主。
2. 三人房-新疆酒店不提供加床服务。
3. 团费仅适用于大马公民, 外国公民则需缴付额外费用。
4. 车上购物 - 为了您的方便起见, 车上会售卖地道小吃。若您有兴趣购买, 请向我们的导游洽询。
5. 各景点乐龄人士门票优惠仅限中国公民享有。

For Agent Use Only:

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