



Tibet

林芝/拉萨/日喀则/布达拉宫/卡若拉冰川/羊卓雍措/珠峰大本营

雪域神山 之境

西藏

藏地圣境10日团

FROM
RM **8,788**

2027年4月18日 /
5月15日 / 6月12日

诚献全面旅运服务
For All Your Travel Needs

华益旅运社 HYT TRAVEL SERVICES

Ipoh 05-2554060 KL 03-20722993 KPL 0038
016-5563838 012-5163838 017-7237377

D1 吉隆坡 ✈️ 广州

广州接机，前往酒店休息

🍽️ 机上餐食

🏠 住宿：4钻广州丽呈睿轩酒店 (或同级)

D2 广州 ✈️ 林芝

搭乘航班飞往林芝。抵达后，由当地导游接机，随后展开精彩的西藏之旅。**卡定沟**国家4A级景区，以壮丽的天佛瀑布、古老石刻及清幽的山水景观闻名，沿途小桥流水，景色秀美。翻越**色季拉山**沿途欣赏壮丽的高原风光，远眺喜马拉雅山东端著名的**南迦巴瓦峰**，感受“西藏众山之父”的雄伟气势。**鲁朗林海**素有“叫人不想家”的美誉，茂密森林与雪山、草甸相映成趣，景色如诗如画，是林芝极具代表性的自然风光之一。

🍽️ 早/中：石锅鸡风味60/晚：藏香猪风味60

🏠 住宿：4钻林芝乔穆朗宗酒店 (或同级)

D3 林芝-巴松措-拉萨 (6H)

沿途欣赏尼洋河风光。**巴松措** (含观光车)+湖心岛也叫「错高湖」，意为“绿色的水”，湖水的绿色现出不同的层次、浓淡和美感。措宗寺 寺内供奉莲花生大师，是当地人心中的圣地

🍽️ 早/中：巴河鱼风味60/晚

🏠 住宿：4钻拉萨吉米酒店氧气房 (或同级)

D4 拉萨市区

布达拉宫，世界上最高的宫殿，也是达赖喇嘛的冬宫。**大昭寺**，藏王松赞干布为尼泊尔王妃建的寺庙。八廓街，围绕在大昭寺周围的一圈老城街道，藏族人活动的中心。**特色人文体验：藏装摄影。体验藏族传统服饰，包含一套藏装及头饰，由专业摄影师为您拍摄，赠送10张电子底片及3张精修电子底片。**

🍽️ 早/中/晚：野山菌风味60

🏠 住宿：4钻拉萨吉米酒店氧气房 (或同级)

D5 拉萨-羊卓雍错-卡若拉-日喀则 (8H)

沿途车观雅鲁藏布江风光、翻过岗巴拉山。**羊卓雍错**，是西藏三大圣湖之一，像珊瑚枝一般，因此它在藏语中又被称为“上面的珊瑚湖”。**卡若拉冰川**，位于西藏山南地区浪卡子县和江孜县交界处，是西藏三大大陆型冰川之一。远眺乃钦康桑雪山是西藏四大神山之一。斯米拉水库，经幡飞扬的山口，向下是日喀则地区最大的水利发电站。前往日喀则。**特色体验：赠送与西藏三大圣湖羊卓雍错的集体航拍视频。**

🍽️ 早/中/晚：野山菌风味60

🏠 住宿：4钻日喀则熙客富景大酒店氧气房 (或同级)

D6 日喀则-定日-珠峰-扎西宗乡 (6.5H)

途径嘉措拉和加乌拉山口，两个五千米以上的山口，经108拐，可看到**希夏邦马峰、卓奥友峰、珠穆朗玛峰、马卡鲁峰、和洛子峰**等美景，被称为“世界之巅的景观大道”。前往**珠穆朗玛峰自然保护区**。山口无数五色经幡迎风杨，蓝天白云触手可及。珠峰大本营 (含观光车)，这里距离珠峰顶峰仅20多千米，想要一览珠峰的伟岸身姿，想要感受珠峰的恢弘气势，这是最佳位置。返回扎西宗乡。

🍽️ 早/中/晚

🏠 住宿：4钻珠峰云左星光酒店氧气房 (或同级)

D7 扎西宗乡-日喀则 (6.5H)

加乌拉山口:观赏 8000 以上的山峰 5座。之后返回定日返回日喀则。

🍽️ 早/中/晚

🏠 住宿：4钻日喀则熙客富景大酒店氧气房 (或同级)

D8 日喀则-拉萨 (4H)

扎什伦布寺坐落于日喀则尼色日山下，是后藏地区著名的藏传佛教寺院，规模宏大，建筑庄严，历史文化底深厚。感受浓郁的藏传佛教文化与独特的人文风情。之后沿着高速公路，返回拉萨市。**特色体验：拍摄网红视频:旱地拔葱~赠布达拉宫背景视频15秒。晚间推荐自费：大型户外表演--文成公主表演+藏族甜茶+药王山观景台480RMB/PAX.**

🍽️ 早/中/晚:韩式烤肉不限量自助餐90

🏠 住宿：5钻拉萨希尔顿惠庭酒店氧气房 (或同级)

D9 拉萨-贡嘎机场 ✈️ 广州

扎基寺，是全西藏唯一的一座财神庙，寺庙虽小，但香火十分鼎盛。拉萨送机，返回广州。

🍽️ 早/中/机上餐食

🏠 住宿：4钻广州丽呈睿轩酒店 (或同级)

10 广州 ✈️ 吉隆坡

广州送机，返回温暖的家。

🍽️ 机上餐食

🏠 住宿：温馨的家

包含：全程机场税+1件23KG行李津贴+司机导游小费。

最后确认的行程将以旅行团抵达各地后接待社安排为准，在不可预知的情况之下，敝社保留删改行程内容的权力，恕不预先通知。团队出发按最少10人成团；16人派遣领队。团员受促购买旅游保险，更添保障。

*** 行程中图片只供参考 ***

D1 KUALA LUMPUR ✈️ GUANGZHOU

Assembly at KLIA for your pleasant flight to transit city. Upon arrival, meet and transfer to the hotel.

Meal on board

Rezen Select Hotel Guangzhou (or similar)

D2 GUANGZHOU ✈️ NYINGCHI

This morning, take a domestic flight to Nyingchi. Upon arrival, meet the local guide and begin your exciting journey through Tibet. **Kadinggou** – is a National 4A-rated scenic area, renowned for its magnificent Tianfo Waterfall, ancient rock carvings, and tranquil mountain scenery. Along the way, you will enjoy picturesque landscapes with charming streams and small bridges. Cross **Sejila Mountain** and admire the spectacular highland scenery along the way. From here, you can also enjoy a distant view of the famous **Mount Namjagbarwa**, located at the eastern end of the Himalayas, and appreciate its majestic presence as the “Father of the Mountains in Tibet.” **Lulang Forest** – Known as a place people never want to leave, with lush forests, snow-capped mountains, and beautiful alpine meadows.

B/L/D

Qiaomulangzong Hotel Nyingchi (or similar)

D3 NYINGCHI-BASUM TSO LAKE-LHASA (6hrs)

Enjoy the scenic views of **Niyang River** along the way, where snow-capped mountains, rivers, and the natural landscapes of the Tibetan Plateau come together to create a spectacular panorama. **Basum Tso + Sightseeing Bus + Tashi Island** – Also known as “**Cuogao Lake**,” Basum Tso means “green water.” Its crystal-clear, emerald-green waters reveal different shades and breathtaking beauty as the light and surrounding scenery change. **Cuocong Temple** – Located on Tashi Island in the middle, this ancient Tibetan Buddhist temple is believed to date back over 1,000 years to the Tubo period. After drive back Lhasa from the high way

B/L/D

Lhasa Jimy Hotel (or similar)

D4 LHASA

Potala Palace – The world’s highest palace and a UNESCO World Heritage Site. Admire its magnificent architecture and grandeur. **Jokhang Temple** – Explore this sacred Tibetan Buddhist temple and admire the revered 12-year-old statue of Shakyamuni Buddha. **Barkhor Street** – Stroll along Lhasa’s famous sacred lakes, known for its stunning turquoise waters, blue skies, and picturesque scenery. **Karuola Glacier** – A magnificent Tibetan glacier surrounded by snow-capped mountains, offering breathtaking highland scenery. **Nyenchen Khangsar Snow Mountain** – Enjoy distant views of one of Tibet’s four sacred mountains, with its majestic snow-capped peaks. **Smila Reservoir** – Surrounded by colorful prayer flags, offering stunning views of the highland reservoir and snow-capped mountains. **Special Experience**: Complimentary Group Aerial Video at Yamdrok Lake – Capture the team and the stunning sacred lake from a unique aerial perspective, creating unforgettable travel memories.

B/L/D

Lhasa Jimy Hotel (or similar)

D5 LHASA-YAMDROK LAKE-KARUOLA GLACIER-SHIGATSE (8hrs)

Enjoy views of the Yarlung Tsangpo River while crossing Gangbala Mountain, with stunning Tibetan Plateau scenery along the way. **Yamdrok Tso** – One of Tibet’s famous sacred lakes, known for its stunning turquoise waters, blue skies, and picturesque scenery. **Karuola Glacier** – A magnificent Tibetan glacier surrounded by snow-capped mountains, offering breathtaking highland scenery. **Nyenchen Khangsar Snow Mountain** – Enjoy distant views of one of Tibet’s four sacred mountains, with its majestic snow-capped peaks. **Smila Reservoir** – Surrounded by colorful prayer flags, offering stunning views of the highland reservoir and snow-capped mountains. **Special Experience**: Complimentary Group Aerial Video at Yamdrok Lake – Capture the team and the stunning sacred lake from a unique aerial perspective, creating unforgettable travel memories.

B/L/D

Xike Richview Hotel Shigatse (or similar)

D6 SHIGATSE – EVEREST BASE CAMP – TASHI DZOM (6.5hrs)

Pass through Gyatso La Pass and Gyawu La Pass, crossing mountain passes over 5,000 metres high and the famous “108 Bends.” On clear days, enjoy views of Shishapangma, Cho Oyu, Mount Everest, Makalu, and Lhotse, surrounded by colorful prayer flags, blue skies, and snow-capped peaks. Continue along the “Scenic Highway to the Roof of the World” to Mount Everest National Nature Reserve. **Everest Base Camp + Shuttle Bus** – Take the sightseeing bus to Everest Base Camp and admire the majestic Mount Everest, the world’s highest peak, with breathtaking snow-capped scenery.

B/L/D

Yunzuo Starlight Hotel (Mount Everest Town) (or similar)

D7 TASHI DZOM – SHIGATSE (6.5hrs)

Gyawu La Pass – is one of the best viewpoints for admiring the magnificent Himalayan mountain range. On clear days, you can enjoy distant views of five peaks above 8,000 metres in elevation. The majestic snow-capped mountains stretch across the horizon, beautifully framed by the blue sky and white clouds. Standing at the mountain pass, take in the breathtaking scenery where snow-capped peaks, sea of clouds, and the vast Tibetan Plateau come together, creating unforgettable memories of your Everest journey.

B/L/D

Xike Richview Hotel Shigatse (or similar)

D8 SHIGATSE – LHASA (4hrs)

Tashilhunpo Monastery – Located at the foot of Niseri Mountain in Shigatse, this renowned Tibetan Buddhist monastery features grand architecture and rich cultural heritage. Explore the monastery and experience its unique Tibetan Buddhist culture and traditions. After tour drive back to Lhasa from high way, souvenirs and local specialties. **Shoot the viral “Dry Land Jump” video**, and get a free 15-second background footage of the Potala Palace. **Evening Optional**: Grand outdoor show Princess Wencheng, +Tibetan sweet tea+ MT. Medicine king(480RMB/PAX).

B/L/D

Home2 Suites by Hilton Lhasa (or similar)

D9 LHASA ✈️ GUANGZHOU

Zhaji Temple – A famous temple in Tibet dedicated to the God of Wealth and a branch monastery of Sera Monastery. Though small in size, it is popular among devotees seeking blessings and offers a glimpse into Tibetan religious culture. After lunch, take a domestic flight back to transit city. Upon arrival, meet and transfer to the hotel.

B/L/Meal on board

Rezen Select Hotel Guangzhou (or similar)

10 GUANGZHOU ✈️ KUALA LUMPUR

Transfer to Airport for your departure flight home. SWEET HOME!

Meal on board

INCLUDE : All Airport Taxes + Meal onboard + 1 piece of 23KG Luggage Allowances + Tipping.

The order of itinerary is subject to the final discretion of local land operator, we reserve right to amend the itinerary due to the unforeseen circumstances without prior notice. You are advised to purchase Travel Insurance for unforeseen protection.

*** Artwork/Picture designed in the itinerary just for reference only***



特色美食

本地榜单美食TOP
原汁原味民族特色让您每餐尽享西藏风味

韩式烤肉、野山菌火锅、鲁朗石锅鸡
藏香猪风味、新派川菜、巴河鱼风味



韩式烤肉自助
Korean BBQ



野山菌火锅
Wild mushroom hot pot



鲁朗石锅鸡
Lulang Stone Pot Chicken



藏香猪风味
Tibetan fragrant pig



新派川菜
Modern Sichuan Cuisine



巴河鱼风味
Bahe fish meal

诚献全面旅运服务
For All Your Travel Needs

华益旅运社 HYT TRAVEL SERVICES 184118-w
Ipoh 05-2554060 KL 03-20722993 KPL 0038
016-5563838 012-5183838 017-7237377

独家安排

西藏

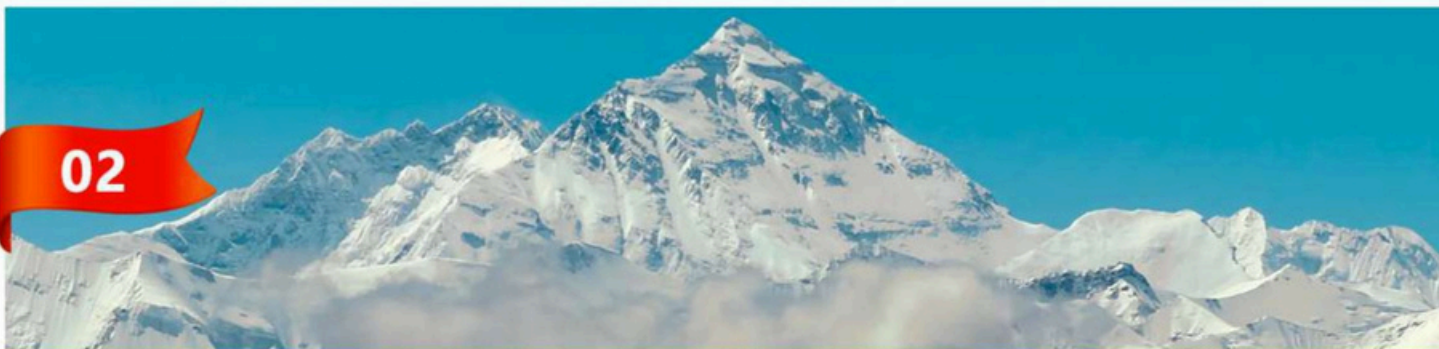
01



珠峰大本营（含观光车）



02



扎西宗乡加乌拉山口5座8000米神山



马卡鲁峰



洛子峰



卓奥友峰



希夏邦马峰

LET'S
GO



雪域神山
之境

藏地圣境10日团

Service
独家安排



01

拍摄网红视频:旱地拔葱

赠布达拉宫背景视频15秒



02

羊湖集体航拍

赠送30秒视频



03

藏装摄影

赠送10张电子底片



04

卡若拉冰川

西藏最美冰川之一



05

圣湖巴松措

国家AAAAA级景区

诚献全面旅运服务
For All Your Travel Needs

华益旅运社 HYT TRAVEL SERVICES

Ipoh 05-2554060 KL 03-20722993 KPL 0038

016-5563838 012-5183838 017-7237377

LET'S
GO



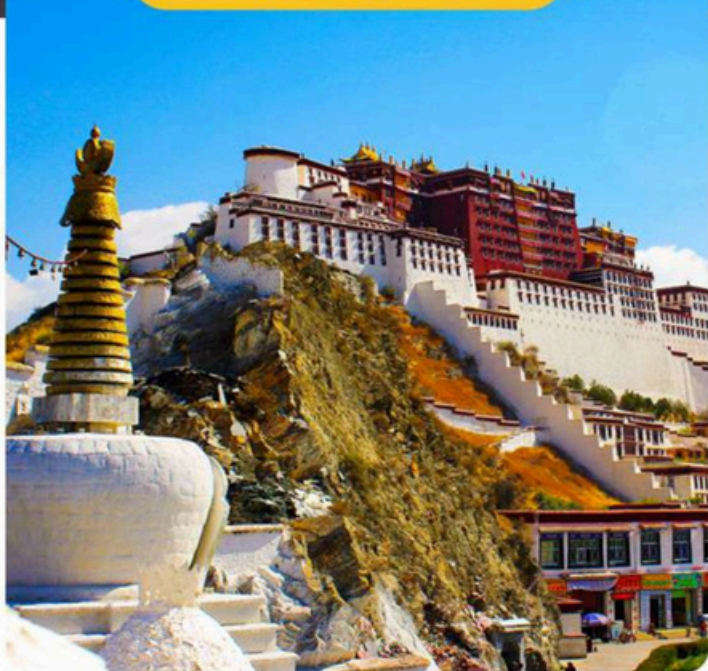
雪域神山
之境

藏地圣境10日团

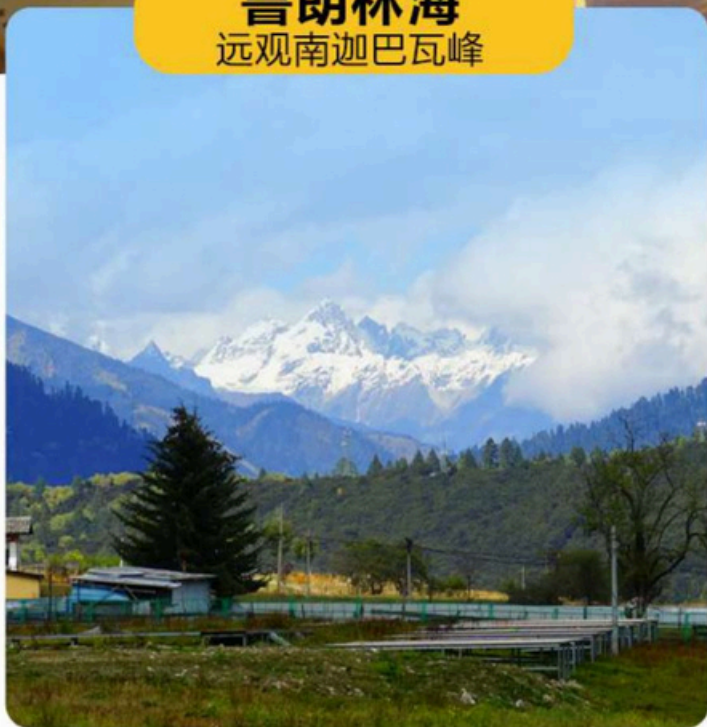
网红景点

不一样的旅行体验
西藏不止于风景，每一程都值得收藏

布达拉宫



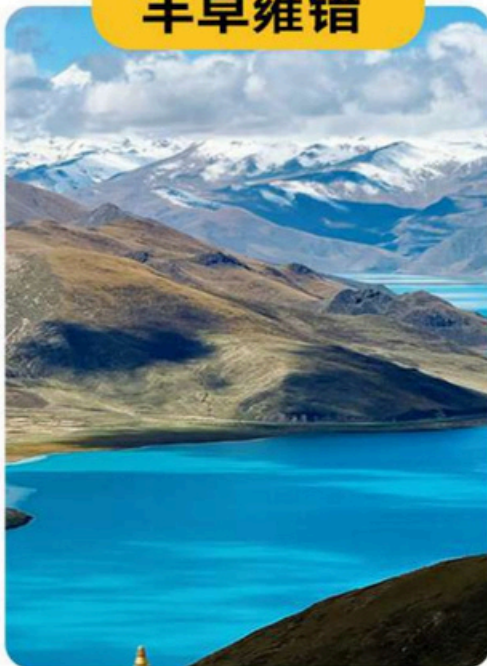
鲁朗林海
远观南迦巴瓦峰



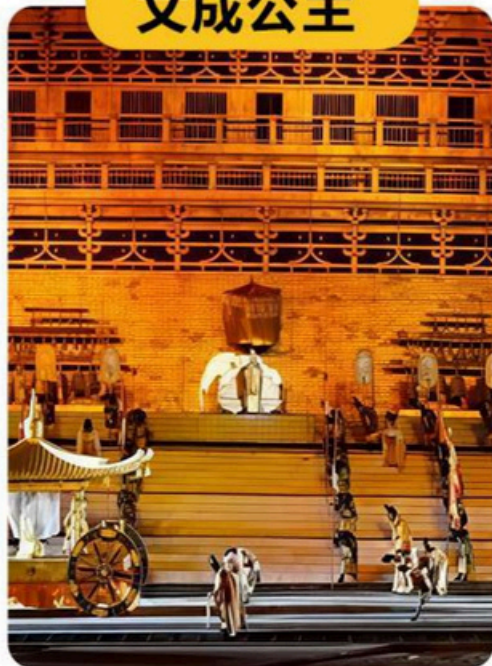
扎基寺-财神庙



羊卓雍错



文成公主

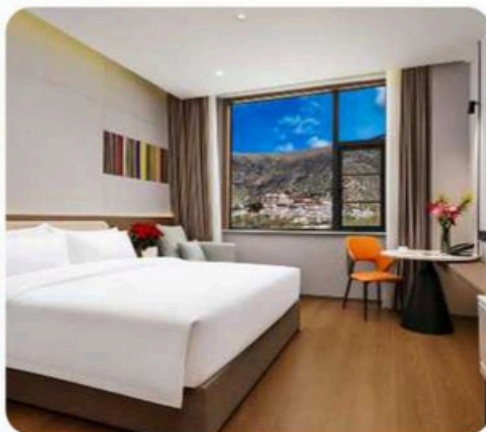




甄选酒店

全程4+5星酒店

提升一晚拉萨市区五钻酒店拉萨希尔顿惠庭酒店



参考酒店REFERENCE HOTEL

广州丽呈睿轩酒店 / 林芝乔穆朗宗酒店 / 拉萨吉米酒店 / 日喀则熙客富景大酒店
珠峰云左星光酒店 / 拉萨希尔顿惠庭酒店（或同级优选酒店）