

LET'S
GO

Tibet



中國你好
HELLO CHINA
11LZY-1

林芝/拉萨/日喀则/布达拉宫/羊卓雍措/嘎啦桃花村/波密桃花沟

雪域桃花 巔藏行

西藏

雪域桃花团11日游

FROM
RM 8,888

2027年3月14日

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華益旅運社 HYT TRAVEL SERVICES
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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

今早搭乘航班飞往林芝。抵达后，由当地导游接机，随后展开精彩的西藏之旅。【**林芝桃花沟**】位于林芝市东南方向，坐落于嘎拉村与达则沟之间。这里拥有大片天然野生桃林，每逢春季桃花盛放，漫山遍野的粉色花海与雪山、河谷相互映衬，景色壮观而浪漫，是林芝春季赏桃花的热门景点之一。

早/中/晚：藏香猪风味60

住宿：4钻林芝乔穆朗宗大酒店 (或同级)

D3 林芝-波密 (4H)

翻越**色季拉山**沿途欣赏雪山、云海与森林景观，天气晴朗时可远眺壮丽的**南迦巴瓦峰**、**嘎朗湖**、雪山、森林与碧湖相映成趣，并可欣赏古老的嘎朗王宫遗址。**鲁朗林海**素有“叫人不忍家”的美誉，雪山、森林、草甸相映成趣，景色如诗如画。【**波密桃花沟**】沿途欣赏桃花盛开的藏族村庄，桃花与雪山、田园相映成趣。

早/中：鲁朗石锅鸡60/晚

住宿：4钻波密希臻酒店氧气房 (或同级)

D4 波密-米堆冰川-波密 (4H)

米堆冰川位于藏东南念青唐古拉山与伯舒拉岭的交接处、米堆河上游，是我国著名的季风海洋性冰川之一，也是藏东南海洋性冰川的典型代表。冰川由雪山、冰舌、冰瀑和冰湖等自然景观组成，原始森林与雪山冰川相互映衬，景色壮丽而秀美。远眺晶莹剔透的冰川从高山深处延伸而下，与周围碧绿的森林、湖泊形成鲜明对比，展现出独特的高原冰川风光。

早/中/晚

住宿：4钻波密希臻酒店氧气房 (或同级)

D5 波密-林芝 (5H)

古乡湖位于波密县境内，是川藏线上著名的高原湖泊之一。湖泊四周群山环抱，雪山、森林、草甸与碧绿湖水相互映衬，远处雪山倒映湖中，景色清幽秀美。沿途可欣赏帕隆藏布江、雪山森林及高原村落风光，感受波密独特的自然之美。途经**通麦大桥**、**帕隆藏布江**、**鲁朗小镇**，一路欣赏峡谷、江河与森林风光，前往林芝。

早/中/晚

住宿：5钻林芝藏南桃谷酒店 (或同级)

D6 林芝-巴松措-拉萨 (6H)

巴松措+含观光车位于工布江达县，又称“错高湖”，藏语意为“绿色的水”，是西藏著名的高原湖泊及宁玛派红教的神湖圣地。湖水碧绿清澈，四周雪山、森林环绕，湖光山色相映成趣，景色宁静秀美。**错宗寺**坐落于巴松措湖心的扎西岛上，距今已有千余年历史，是当地重要的藏传佛教文化遗迹，历史底蕴深厚。

早/中：巴河鱼风味60/晚

住宿：4钻平措康桑国际酒店氧气房 (或同级)

D7 拉萨

布达拉宫世界上海拔最高的宫殿——布达拉宫，登临宫殿，感受这座世界文化遗产的恢弘气势。**大昭寺**走进大昭寺，近距离感受释迦牟尼十二岁等身像所承载的深厚佛教文化与庄严魅力。**八廓街**漫步拉萨著名的八廓街，沿途感受虔诚朝拜者的信仰与浓厚的藏地人文风情。**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钻平措康桑国际酒店氧气房 (或同级)

D8 拉萨-羊卓雍措-日喀则 (7H)

翻越**岗巴拉山**，沿途欣赏壮丽的高原山景。**羊卓雍措**西藏著名的圣湖之一，湖面碧波荡漾，水天一色，风景如画，宛如人间仙境。远眺**乃钦康桑雪山**，西藏四大神山之一，雪峰巍峨壮丽，气势磅礴。**卡若拉冰川**位于西藏山南地区浪卡子县与江孜县交界处，是西藏著名的大陆型冰川之一，也是年楚河东部的重要源头，冰川雪峰壮美，景色震撼。【**特色体验：赠送羊卓雍措集体航拍视频**】从空中视角记录团队与西藏圣湖的壮丽风光，留下难忘的高原旅行回忆。

早/中/晚

住宿：4钻穆伦拉宗酒店氧气房 (或同级)

D9 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，历史文化底蕴深厚。参观寺院，感受浓郁的藏传佛教文化与独特的人文风情。【**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：4钻平措康桑国际酒店氧气房 (或同级)

D10 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)

D11 广州 ✈️ 吉隆坡

广州送机，返回温暖的家。

机上餐食

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. **Nyingchi Peach Blossom Valley** - A scenic area famous for its beautiful wild peach blossoms, set against snow-capped mountains and river valleys.

B/L/D: Tibetan fragrant pig

Nyingchi qomolangzong hotel (or similar)

D3 NYINGCHI - BOMI (4hrs)

Cross **Sejila Mountain**, enjoying views of snow-capped mountains, sea of clouds and forests. On clear days, admire the majestic Mount. **Nam-cha Barwa Galong Lake** - Enjoy the beautiful scenery of snow-capped mountains, forests and turquoise waters, with views of the ancient Galong Palace ruins. **Lulang Forest** - Known as a place that "makes you reluctant to leave", featuring snow-capped mountains, forests and alpine meadows. **Bomi Peach Blossom Valley** - Enjoy blooming peach blossoms among Tibetan villages, snow-capped mountains and countryside.

B/L: Lulang Stone Pot Chicken/D

Bomi xizhen hotel (or similar)

D4 BOMI - MIDUI GLACIER - BOMI (4hrs)

Midui Glacier - One of Tibet's famous maritime glaciers, surrounded by snow-capped mountains, pristine forests, icefalls and glacial lakes. Enjoy breathtaking views of the glacier flowing down from the high mountains, contrasting beautifully with the surrounding green forests and lakes.

B/L/D

Bomi xizhen hotel (or similar)

D5 BOMI - NYINGCHI (5hrs)

Guxiang Lake - A scenic plateau lake surrounded by snow-capped mountains, forests and green meadows. Enjoy the peaceful lake views and beautiful reflections of the surrounding mountains. Pass through **Tongmai Bridge**, **Parlung Tsangpo River** and **Lulang Town**, enjoying views of the valleys, rivers and forests before arriving in Nyingchi.

B/L/D

Nyingchi valley hotel (or similar)

D6 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: Bahe fish meal/D

Pentsok kangsang- hotel & resorts lhasa (or similar)

D7 LHASA

Potala Palace - The world's highest palace and a UNESCO World Heritage Site. Admire its magnificent architecture and grandeur. (Visiting order is subject to the actual reserved time slot.) **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 street and experience its rich Tibetan culture and local traditions. with **Tibetan Costume Photography** - Dress in traditional Tibetan attire, including one costume and headdress. Professional photography is included, with 10 digital photos and 3 retouched digital photos provided.

B/L/D: Wild mushroom hot pot

Pentsok kangsang- hotel & resorts lhasa (or similar)

D8 LHASA - YAMDROK LAKE - SHIGATSE (7hrs)

Gangbala Mountain - Cross the mountain and enjoy breathtaking highland scenery along the way. **Yamdrok Lake** - One of Tibet's famous sacred lakes, known for its crystal-clear turquoise waters and picturesque landscape. **Naiqinkangsang Snow Mountain** - Admire the majestic snow-capped peak, one of Tibet's four sacred mountains. **Karola Glacier** - A spectacular continental glacier located between Langkazi and Gyantse, featuring magnificent snow-covered peaks and dramatic glacier scenery. **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

Mulun Lazong Hotel (or similar)

D9 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, enjoysome free time around the monastery to browse and shop for Tibetan handicrafts, 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: Korean BBQ

Pentsok kangsang- hotel & resorts lhasa (or similar)

D10 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/D: Meal on board

Rezen Select Hotel Guangzhou (or similar)

D11 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. Your 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

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巔藏行

雪域桃花团11日游

独家安排

西藏

01



波密桃花沟



02



嘎啦桃花村



LET'S
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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

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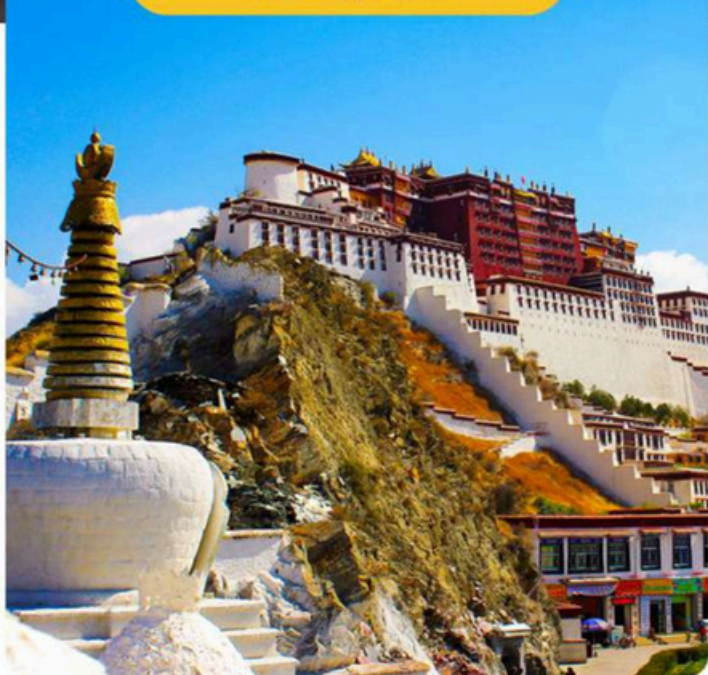


**雪域桃花
巔藏行** 雪域桃花团11日游

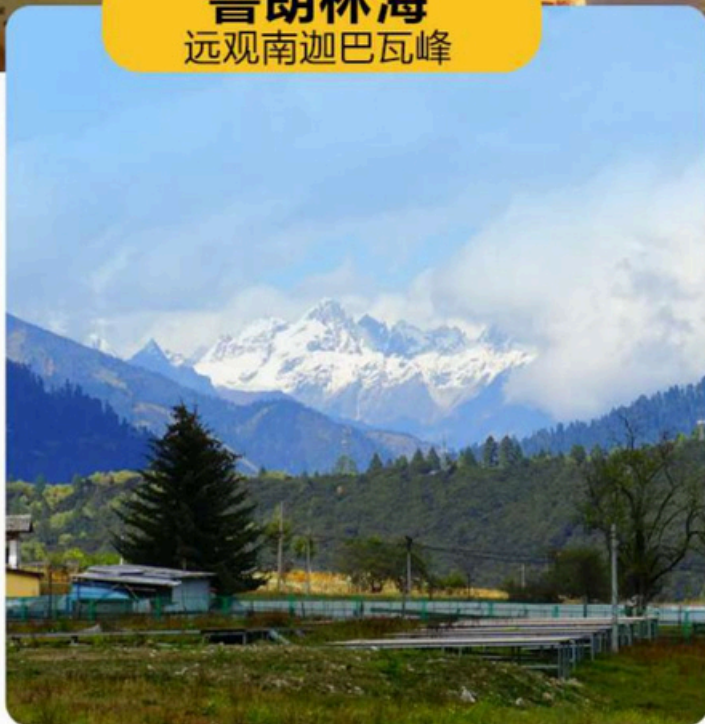
网红景点

不一样的旅行体验
西藏不止于风景，每一程都值得收藏

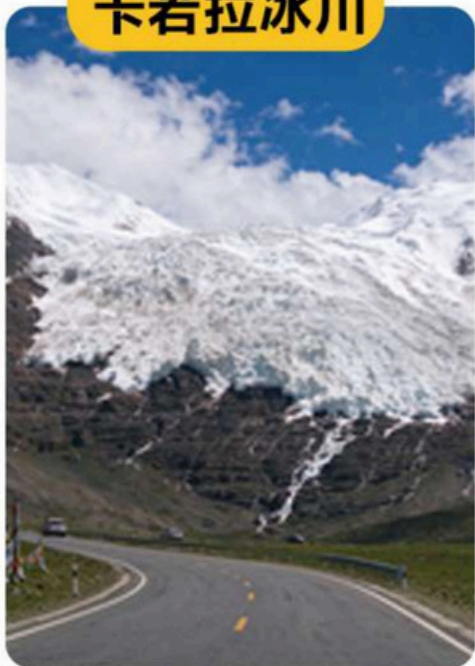
布达拉宫



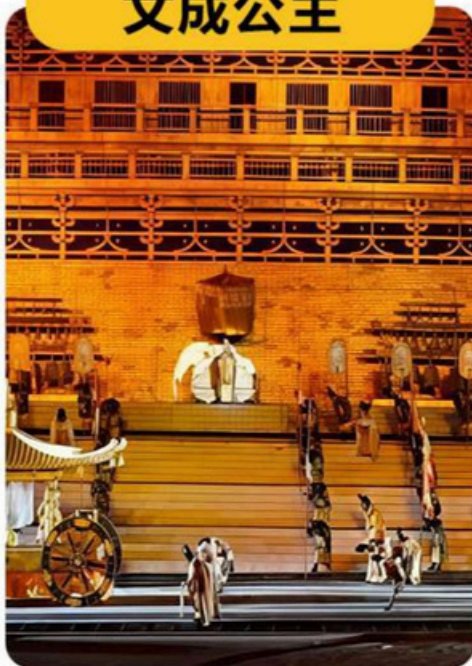
鲁朗林海
远观南迦巴瓦峰



卡若拉冰川



文成公主



羊卓雍错



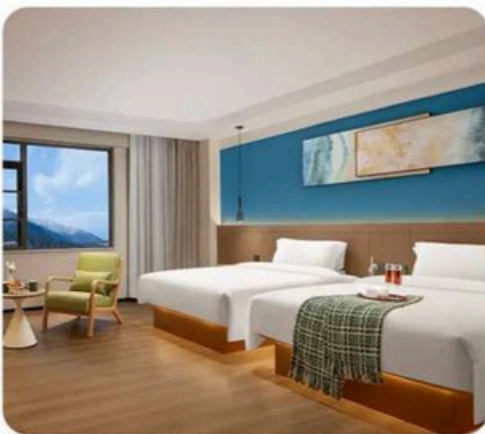
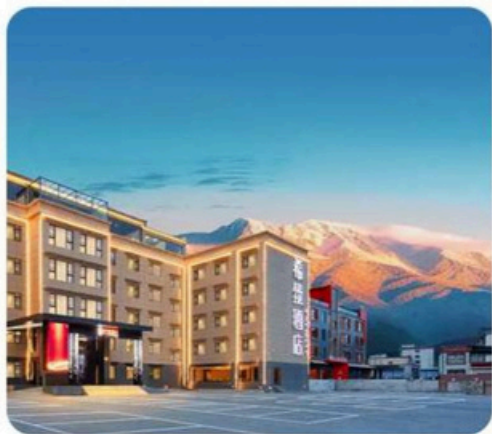


雪域桃花
巔藏行 雪域桃花团11日游

甄选酒店

全程4+5星酒店

提升一晚林芝湖边美景酒店五钻林芝藏南桃谷酒店



参考酒店REFERENCE HOTEL

广州丽呈睿轩酒店 / 林芝乔穆朗宗酒店 / 波密希臻酒店 / 平措康桑国际酒店
穆伦拉宗酒店 / 林芝藏南桃谷酒店（或同级优选酒店）