

# 9天 神秘西藏/拉萨/日喀则/成都之旅

👤 👤 两人成行 (2 TO GO) 天天出发

Tour code: TB-2D

👉非凡住宿：成都住宿位于春熙路超四星级新良大酒店

👉精品景点：✓献上洁白的哈达 ✓布达拉宫 ✓大昭寺 ✓八角街

✓羊卓雍错 ✓班禅新宫 ✓罗布林卡 ✓色拉寺 ✓西藏博物馆

✓日喀则 ✓扎什伦布寺程 ✓江孜 ✓白居寺

✓洛带客家古镇 ✓锦里一条街 ✓春熙路 ✓天府广场

👉免费品尝风味佳肴：四川小吃 / 药膳风味 / 鸳鸯火锅 / 巴国布衣川菜

每天免费提供矿泉水一瓶

第一天：新加坡 ✈️ 成都/锦里一条街（午/晚）★★★★

齐集新加坡樟宜国际机场，乘客机飞往四川省省会成都市，自古以来这里被称为“天府之国”。午餐后，乘车前往成都“锦里”民俗休闲一条街，老街、宅邸、府第、民居、客栈、商铺、万年台座落其间，青瓦错落有致，青石板路蜿蜒前行，让人恍若时空倒流。川茶、川菜、川酒、川戏和蜀锦等古蜀文化如清风扑面而来。当晚住宿于成都超四星级酒店新良大酒店或同级酒店。

第二天：成都 ✈️ 拉萨（早/午/晚）★★★

乘国航豪华班机出发前往日光城西藏-----

拉萨。空中飞行时间约1小时40分钟抵达贡嘎机场（海拔3650米），导游接机后献上洁白的哈达，然后乘旅游专车前往拉萨市区，沿途可欣赏雅鲁藏布江，藏族村落，迷人的自然风光，呼吸到清新洁净的空气。车程98公里，时间约2小时。入住酒店休息，下午没有安排活动，在酒店休息以适应高原气候。当晚住宿拉萨岷山酒店或同级。

第三天：拉萨/布达拉宫/大昭寺/八角街（早/午/晚）★★★

拉萨市内世界遗产参观，参观西藏的标志性建筑、达赖喇嘛的驻锡地、冬宫——

布达拉宫，之后参观建于公元七世纪的太昭寺，一睹由唐代文成公主入藏带来的十二岁“释迦牟尼”等身金像的尊容，之后在保留有藏民族旧格局特点的八角街自由活动，感受当地民间商业活动的乐趣。当晚住宿拉萨岷山酒店或同级。

#### 第四天：拉萨/罗布林卡/色拉寺/博物馆/拉萨（早/午/晚）★★★

早餐后,游览:罗布林卡,

藏语意为“宝贝园林”，它始建于七世达赖喇嘛时期，是历代达赖喇嘛的夏宫。罗布林卡分为宫区、宫前区、森林区3个部分，以格桑颇章、金色颇章、达旦明米久颇章为主体，是一座典型的藏式风格园林。色拉寺是上拉萨三大寺之一，由格鲁派（黄教）创始人宗喀巴大师的弟子释迦益于1419年所建。历史上色拉寺的僧侣数曾达5500人，日本的多田等观、河口慧海也曾在此修行。现在和哲蚌寺一样相当于一所佛教大学。西藏博物馆坐落于拉萨市罗布林卡东南角，是西藏第一座具有现代化功能的博物馆。具有鲜明的藏族传统建筑艺术特点，同时又深刻体现了现代建筑的实用特点和艺术神韵，熔载出自己独具的建筑风格，令人叹为观止。西藏博物馆有丰富的馆藏珍品，诸如各种类型的史前文化遗物。从西藏的历史、文化、艺术、宗教、民俗等方面向观众直观地展示出藏族独具魅力的灿烂文化和悠久历史...

#### 第五天：拉萨/羊卓雍错/江孜/十万佛塔白居寺/日喀则（早/午/晚）★★★

早晨后,前往观看四大圣湖之一的羊卓雍错，途中翻越4900米的岗巴拉山，感受梦里羊湖的迷人，游览完羊卓雍湖后前往江孜县城，参观始建于公元1418年，有白教、黄教、萨迦教等以扎仓为单位的同时共存于一寺的十万佛塔白居寺。之后沿318国道前往后藏第一大城市——

日喀则，日喀则是后藏地区政治、经济、文化、宗教和交通的中心，也是历代班禅大师的驻锡地。当晚住宿府上府酒店或同级。

#### 第六天：日喀则/扎什伦布寺/强巴佛像/灵塔/班禅新宫/拉萨（早/午/晚）★★★

早晨后,参观班禅大师的驻地、黄教六大寺院之一的——扎什伦布寺参观，瞻仰世界上最高的铜制坐像——

强巴佛像十世班禅大师班禅额尔德尼确吉坚赞的灵塔等，随后前往参观班禅新宫。

结束后由日喀则市出发，返回拉萨。当晚住宿拉萨岷山酒店或同级。

#### 第七天：拉萨✈️成都/非物质文化遗产国家公园（早/午/晚）★★★★

早餐后，带着甜蜜的回忆乘机返回成都。随后前往中国唯一的非物质文化遗产国家公园。它被誉为历史文化的“活化石”，“民族记忆的背影”。这里是，在这里你可以领略源于生活的艺术，看到传承下来的即将失传的民间技艺，听到天籁之声——

悠悠古乐，回味无穷.....以轻松的心情去回眸历史，笑看未来。当晚住成都位于繁华商业街超四星级大酒店

#### 第八天：成都/黄龙溪古镇/浣花溪公园（早/午/晚）★★★★

早餐后,

出成都东门沿成仁公路向东南方向前行约40公里，便是近几年被影视界人士和旅游者爱好的旅游景点——

黄龙溪古镇。古镇内上古牌坊、古寺庙、古代民居与古榕树、古崖墓、古渡口浑然一体，极具川西情调，风光独具魅力。黄龙溪古镇至今仍保留着打更的习俗，每天每两小时打一次更，游人在此可真正感觉到黄龙溪的古朴民风。随后前往浣花溪公园，它是成都市迄今最大的开放性城市森林公园。

将自然景观和城市景观，古典园林和现代建筑艺术，民俗空间和时代氛围有机结合，以自然、雅致的景观和建筑凸现川西浓厚的历史文化底蕴。随后当晚住宿于成都超四星级酒店新良大酒店或同级酒店。

#### 第九天：成都/春熙路/成都✈️新加坡（早/午）

早餐后，随后前往成都最著名的繁华商业步行街春熙路，在这里你可尽情享受购物乐趣。随后,乘豪华飞机返回温暖的家园新加坡。

\*景点安排如有先后次序调整,以中国当地旅行社确认为准,或将随中国内陆航班调整而有所更动\*

\*西藏段所列景点只含首道门票

# 9 Day Mysterious Tibet-Chengdu Tour

Tour Highlights		Accommodations	
<ul style="list-style-type: none"> <li>• Jinli Street</li> <li>• Lhasa</li> <li>• Potala Palace</li> <li>• Jokhang Temple</li> <li>• Barkhor Street</li> <li>• Norbulingka</li> <li>• Sera Monastery</li> <li>• Tibet Museum</li> <li>• Yamdrok Lake</li> <li>• Palcho Monastery</li> <li>• Shigatse</li> </ul>	<ul style="list-style-type: none"> <li>• Tashi Lhunpo Monastery</li> <li>• New Palace of Panchen</li> <li>• Intangible Cultural Heritage National Park</li> <li>• Huanglongxi Ancient Town</li> <li>• Huanhuaxi Park</li> <li>• Chunxi Road</li> </ul>	Chengdu: Xin Liang Hotel or similar x 3N Lhasa: Lhasa Minshan Hotel (“拉萨岷山酒店”) or similar x 4N Shigatse: Fu Shang Fu hotel (“府上府酒”) or similar x 1N	
		Meals	Remarks
<ul style="list-style-type: none"> <li>• 8 Breakfast</li> <li>• 9 Lunch</li> <li>• 8 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Delicacies:</b> Sichuan snacks, Herbal meal, Yuan Yang steamboat, Sichuan Folk dishes</li> <li>• <b>Additional:</b> free 1 bottle of mineral water everyday</li> <li>• Hotel star ratings are based on local standards.</li> <li>• Sequence of itinerary is subject to change without prior notice.</li> <li>• Entire tour to be conducted in Mandarin only.</li> <li>• In the event of any discrepancy between the English and Chinese itineraries, the Chinese version shall prevail.</li> </ul>		

Day	Itinerary Details	Meal
1	<b>Singapore ✈️ Chengdu- Jinli Street</b>  Depart for your flight to <b>Chengdu</b> , the natural habitat of giant pandas, ancient civilisation and famous historical figures, natural wonders and resources. After lunch, proceed to <b>Jinli Street</b> . Jinli Street was the most famous place for baldachin - a rich, ornate cloth and it was one of the busiest commercial streets during the Shu Kingdom. Hence, it is known as 'First Street of the Shu Kingdom'. Check into hotel for the night.	Lunch Dinner
2	<b>Chengdu ✈️ Lhasa</b>  In the morning, fly to <b>Lhasa</b> , the administrative capital of the Tibet Autonomous and the second most populous city on the Tibetan Plateau. At an altitude of 3,490m, Lhasa is one of the highest cities in the world. It contains many culturally-significant Tibetan Buddhist sites. Upon arrival, you will be greeted by the tour guide with a Khata- a traditional ceremonial scarf used in Tibet and Mongolia. It symbolizes purity and compassion. Enjoy the mesmerizing view en route to hotel. The rest of the day will be own leisure time.	Breakfast Lunch Dinner
3	<b>Lhasa - Potala Palace - Jokhang Temple - Barkhor Street</b>  Today you will visit the <b>Potala Palace</b> . It was named after Mount Potala, the abode of Chenresig or Avalokitesvara. The Potala Palace was the chief residence of the Dalai Lama until the 14th Dalai Lama fled to Dharamsala, India, after an invasion and failed uprising in 1959. The Potala Palace houses great amounts of rare cultural relics including the Pattra-leaf scripture from India, Bak'gyur and the imperial edicts, golden seals and titles of nobility granted by the Qing emperors to the Dalai Lamas.  Thereafter, visit the <b>Jokhang Temple</b> , located on Barkhor Square in Lhasa. For most Tibetans it is the most sacred and important temple in Tibet. The temple's architectural style is a mixture of Indian, Tang Dynasty and Nepalese designs. Part of the "Historic Ensemble of the Potala Palace", it was listed on UNESCO's World Heritage list in 2000.	Breakfast Lunch Dinner

	<p>After that, visit the <b>Barkhor Street</b> at own leisure time. It is an area of narrow streets and a public square located around Jokhang Temple. A wide variety of shops stand on both sides of the street and floating stands are at every corner. Most of them offer the prayer wheels, long-sleeve 'chuba' (traditional clothes of the Tibetan people), Tibetan knives and some religious articles for sale.</p>	
4	<p><b>Norbulingka - Sera Monastery - Tibet Museum</b></p> <p>After breakfast, tour <b>Norbulingka</b>, a palace and surrounding park in Lhasa built in 1755. It served as the traditional summer residence of the successive Dalai Lamas from the 1780s until the 14th Dalai Lama's exile in 1959. Part of the "Historic Ensemble of the Potala Palace", Norbulingka is recognized as a UNESCO World Heritage Site, and was added as an extension of this Historic Ensemble in 2001. It was built by the 7th Dalai Lama and served both as administrative centre and religious centre. It is a unique representation of Tibetan palace architecture.</p> <p>Proceed to <b>Sera Monastery</b>. At the foot of the Wuze Hill in Sera to the north of Lhasa, the Sera Monastery is one of the three great monasteries in Lhasa. It was built by one of disciples of Zonggaba in 1419. On 27th of the 12th month of the Tibetan calendar, the monastery holds the grand Sera Bungchen Festival, which attracts flocks of Buddhists amongst others.</p> <p>Next you will visit <b>Tibet Museum</b>, the official museum of the Tibet Autonomous Region in Lhasa. Inaugurated on 5 October 1999, it is the first large-sized modern museum in the Tibet Autonomous Region. It has a permanent collection related to the cultural history of Tibet. The museum has a collection of around 1000 artifacts, from examples of Tibetan art to architectural design throughout history such as Tibetan doors and beams.</p>	<p>Breakfast Lunch Dinner</p>
5	<p><b>Yamdruk Lake - Gyantse - Palcho Monastery - Shigatse</b></p> <p>After breakfast, pass by one of the three largest sacred lakes in Tibet- <b>Yamdruk Lake</b>. It is over 72 km long. The lake is surrounded by many snow-capped mountains and is fed by numerous small streams. The lake has an outlet stream at its far western end.</p> <p>Upon reaching <b>Gyantse</b>, a town located in Gyangze County, visit <b>Palcho Monastery</b>. The monastery precinct is a complex of structures which apart from the Tsuklakhang Monastery, also includes its Kumbum, believed to be the largest such structure in Tibet that is most notable for its 108 chapels in its several floors and the old Dzong or fort.</p> <p>Thereafter, proceed to <b>Shigatse</b>, the second largest city in Tibet. It is the administrative centre of the modern Xigaze Prefecture. With thirteen ethnic groups including Tibetan, Hui and Man, Shigatse is a typical living area for minority nationalities.</p>	<p>Breakfast Lunch Dinner</p>
6	<p><b>Tashi Lhunpo Monastery - New Palace of Panchen - Lhasa</b></p> <p>This morning you will explore <b>Tashi Lhunpo Monastery</b>. It is one of the four great monasteries of Central Tibet and was supervised and looked after by the Dalai Lamas and Panchen Lamas of the Gelugpa, or Yellow Hat tradition. It has the glory of producing thousands of renowned scholars in the field of Mahayana Buddhist Philosophy and Tantra. The monastery houses a gilded bronze statue of Qiangba Buddha, the tallest of its kind in the world.</p> <p>Continue the tour to the <b>New Palace of Panchen</b>, a splendid, imposing and elegant summer palace built by the tenth Panchen Lama in 1954. It houses many precious Tibetan cultural relics and excellent artwork. Afterwards, return to <b>Lhasa</b> via Shigatse.</p>	<p>Breakfast Lunch Dinner</p>
7	<p><b>Lhasa 🐉 Chengdu - Intangible Cultural Heritage National Park</b></p> <p>After breakfast, you will depart back to <b>Chengdu</b> via flight. Tour the <b>Intangible Cultural Heritage National Park</b>. Here, you will be able to find living heritage such as practices, expressions, knowledge, skill as well as instruments, artifacts and cultural spaces of the past.</p>	<p>Breakfast Lunch Dinner</p>

8	<p><b>Huanglongxi Ancient Town - Huanhuaxi Park</b></p> <p>Start the day by visiting <b>Huanglongxi Ancient Town</b>. It has a history of more than 1,700 years and is one of the most famous ancient towns in China. Well-preserved buildings dating back to the Ming and Qing dynasties can be seen everywhere. Streets covered with slab stones and exquisitely-carved railings and window frames give a tranquil feel to this town.</p> <p>Next, proceed to <b>Huanhuaxi Park</b>. An ideal park to relax, it is also the biggest open-spaced garden in Chengdu which combines the city scenery with the natural landscape.</p>	<p>Breakfast Lunch Dinner</p>
9	<p><b>Chunxi Road - Chengdu 成都 Singapore</b></p> <p>After breakfast, it is time for shopping at <b>Chunxi Road</b>. With a history of 70 years, Chunxi Road boasts the most prosperous commercial pedestrian street in Chengdu. Thereafter, depart back to Singapore with wonderful memories of the tour!</p>	<p>Breakfast Lunch</p>