

10天9晚

# 西藏 最美公路318 (川藏线)

林芝 | 然乌 | 波密 | 拉萨 青藏列车【拉萨 - 西宁】

## TIBET 318 | The Most Beautiful Route

Lin-zi | Wu-ran | Bo-Mi

Lhasa Scenic Railway (Lhasa - Xi Ning)

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### 来古冰川

来古冰川为一组冰川的统称，位于西藏昌都地区八宿县然乌镇境内，紧邻然乌湖，来古冰川包括美西、亚隆、若骄、东嘎、雄加和牛马冰川，该冰川群中亚隆冰川最为壮观。

Validity: All Season

CODE:10LXA318



# 10天9晚 西藏 最美公路318（川藏公路）

DAY

## 1 吉隆坡 / 新加坡 (飞往) 成都

机上用餐

欢迎您于第一旅游畅游世界第三极之称【西藏】。抵达后入住酒店。

住宿 4\* 天府国际酒店或同级

DAY

## 2 成都 (国内航班) 林芝

早餐, 午餐【中式合菜】, 晚餐【中式合菜】

【林芝市区海拔2800米】

路程 120km / 2 hrs

清晨乘早班机前往【林芝】林芝号称西藏的江南。

林芝号称西藏的江南, 在这里, 春天的桃花和夏季的苍翠在在蓝天和雪山的映衬下颇有几分瑞士风光的意境。【游览巨柏树公园】, 海拔3000米, 园内1株巨柏的年龄已有2000-2500年之久, 被当地人以“神树”之尊加以保护。园内面积约10顷, 有900多株柏树, 平均树高30米直径100厘米, 最大一颗高50多米, 直径5.8米, 2600多岁, 确实是世界之最。之后返回林芝市。

住宿 5\* 林芝希尔顿酒店或同级

DAY

## 3 林芝 - 然乌

早餐, 午餐【石锅鸡风味】, 晚餐【中式合菜】

【然乌海拔3850米】

路程 450km / 7 hrs

早餐之后翻越【色季拉山】, 远眺喜马拉雅东端最美的【南迦巴瓦峰】, 它是西藏最古老的佛教“雍仲本教”的圣地, 有“西藏众山之父”之称。游览【鲁朗林海】, 鲁朗位于林芝八一镇以东75公里的川藏线, 鲁朗藏语意为“龙王谷”、“也是”叫人不想家”的地方, 是我国面积最大、保持最完好的第三大林区。绿水青山的鲁朗离不开大山的怀抱、雪山、森林, 构成了鲁朗与众不同的自然景观, 它是西藏的另一种风景。之后抵达然乌。

住宿 4\* 然乌紫宸泊阅酒店氧气房或同级



DAY

## 4 然乌 - 波密

早餐, 午餐【中式合菜】, 晚餐【中式合菜】

【然乌海拔3850米】

路程 180km / 3 hrs

早起, 观赏这帕隆藏布的源头, 被誉为“睡美人”的角色美景【然乌湖】。然乌湖狭长的湖面一直延伸到古冰川, 周围是茂密的森林, 幽兰的冰川, 如茵的草甸, 白雪皑皑的雪山倒影在如镜的湖中, 千娇百态, 如诗如画。之后驱车来到【来古冰川】, 来古冰川为一组冰川的统称, 位于西藏昌都地区八宿县然乌镇境内, 紧邻然乌湖, 是帕隆藏布的源头, 冰雪融水流进然乌湖, 湖畔是茂密的原始森林, 还有很多原始的藏族村落, 包括美西、亚隆、若骄、东嘎、雄加和牛马冰川, 该冰川群中亚隆冰川最为壮观。之后驱车前往波密。

来古冰川-是西藏已知的面积最大和最宽的冰川, 世界三大冰川之一。来古在藏语意思就是隐藏着的世外桃源般的村落, 第一眼看见来古冰川就犹如眼前突然出现一美女一惊艳。现场看非常震撼和漂亮!

住宿 4\* 波密恒鑫藏王大酒店或同级

DAY

## 5 波密 - 林芝

早餐, 午餐【中式合菜】, 晚餐【中式合菜】

【林芝市区海拔2800米】

路程 260km / 5 hrs

早餐后驱车从波密返回林芝, 途中参观【鲁朗国际小镇】, 鲁朗小镇位于林芝市巴宜区以东74公里, 是粤藏两省区共同开发打造的旅游精准扶贫项目、民族团结样板工程, 因其丰富多元的休闲度假旅游产品, 2018年1月成为西藏首个入围国家级旅游度假区的旅游小镇。

住宿 5\* 林芝希尔顿酒店或同级



DAY

## 6 林芝 (林拉高速) 拉萨

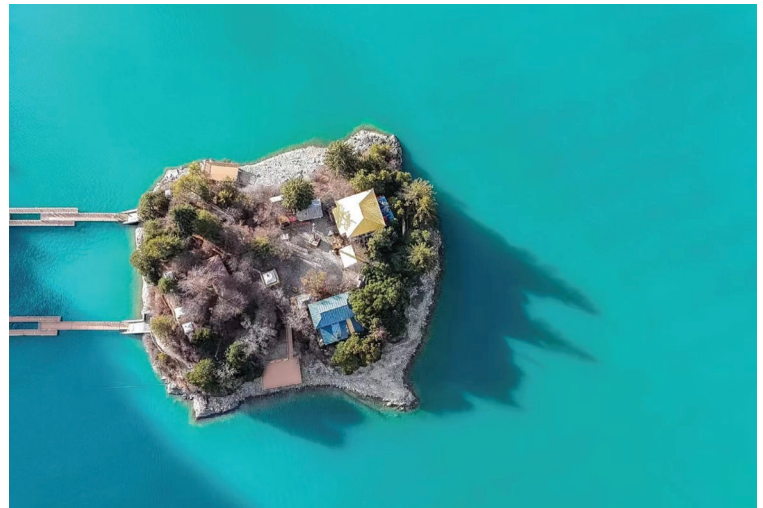
早餐, 午餐【中式合菜】, 晚餐【韩式烤肉】

【林芝市区海拔2800米】

路程 500km / 5 hrs

早餐后, 沿途欣赏雅鲁藏布江和尼洋河两江交汇风光, 游览位于工布江达县内的巴松错, 也叫「错高湖」, 意为“绿色的水”, 湖面海拔3700多米, 有瑞士湖光山色之美, 湖长约12公里, 最深处60多米, 总面积6000多亩, 巴松错湖是红教一藏传佛教宁玛派的著名神湖和圣地, 岛上有一座寺, 面积200余平方米, 名为【错宗寺】, 香火十分鼎盛, 始建于吐蕃赞普时期, 属藏传佛教宁玛派寺庙, 距今已有1500多年的历史。殿内还有两块天然鹅卵石, 石上凹陷的圆窝, 传说是格萨尔王征战此地实战马留下的蹄印。岛上的其他地方, 也流传着许多神奇传说, 如格萨尔王挥剑在石头上留下的剑痕, 树叶上有自然形成的藏文字母的“字母树”, 松赞干布在石头上留下的足印, 莲花生洗脸的神泉...之后返回拉萨市。

住宿 5\* 拉萨香格里拉酒店或同级





## 10天9晚 西藏 最美公路318（川藏公路）

**DAY 7 拉萨**  
早餐，午餐【中式合菜】，晚餐【野山菌火锅风味】  
【林芝市区海拔4300米】 路程 500km / 5 hrs

参观世界遗产保护【**布达拉宫**】，世界上最高的宫殿，也是达赖喇嘛的冬宫，历代达赖喇嘛驻锡地。下午前往著名的【**大昭寺**】，是藏王松赞干布为尼泊尔王妃建的寺庙，然后游览【**八角街**】，围绕在大昭寺周围的一圈老城街道，藏族人活动的中心。八廓街是传统藏族街道。

穿上传统特色藏装由专业摄影师一对一拍摄，并赠送10张电子底片。

住宿 5\* 拉萨香格里拉酒店或同级



**DAY 8 拉萨（青藏铁路）西宁**  
早餐，午餐【火车上】，晚餐【火车上】

早餐后，送火车前往**西宁**，欣赏青藏铁路无限美丽风光，在火车上度过24小时，于第二天中午前到达青海省会**西宁市**。途经中国最大的地热发电站【**羊八井地热发电站**】；过五道梁，抵达昆仑山口(4837m)，远观西王母瑶池神宫、昆仑玉珠峰等，还可观赏到高原野生动物，观赏长江第一桥。



**DAY 9 西宁（国内航班）成都**  
早餐，午餐【西宁家宴】，晚餐【四川火锅】

列车抵达西宁，接火车后乘坐旅游车前往【**力盟商业街**】（如当天行程来不及，则不参观），力盟商业步行街融汇数千年河湟文化内涵，承载城市特色，传袭城市文化底蕴，充分展示城市发展活力；秦砖汉瓦与现代时尚的有机结合，众多原创景观小品与周边相关业态的相互交融，使购物更加享受，游街充满乐趣。

住宿 5\* 非遗博览园缙沃酒店或同级



**DAY 10 成都（飞返）吉隆坡/新加坡**  
早餐，机上用餐

早餐后，自由活动至接送前往机场。

依据航班而定

游览【宽窄巷子】【春熙路】【太古里】

备注：

- 全程无购物无自费！
- 需提前30天预订配套，以便处理入藏证
- 青藏铁路（软卧4人房型）\*不保证同一间房
- 优质矿泉水每人每天2瓶，哈达接飞机，氧气钢瓶随车
- 精美转经筒每人一个，氧气筒每人2个
- 穿上传统特色藏装由专业摄影师一对一拍摄，并赠送10张电子底片
- 第九天依据国内航班状况抵达成都或其它城市，景点将做调整

### 一、氣候條件以及穿衣提示

西藏的氣候條件比較特殊，最明顯的便是晝夜溫差較大，太陽輻射強，乾燥，西藏地勢高，氣候較寒冷。並帶上必要的防曬設備如太陽鏡、防曬霜、唇膏等

### 二、高原反應（高山症）及其預防

西藏的平均海拔為4000米，含氧量是平原的70%。所以大部分遊客到西藏後會有不同程度的高原反應，其症狀為頭疼失眠、心慌氣短、噁心嘔吐等，因此凡有嚴重心、肺、高血壓病的患者均不宜冒險去高原旅遊。我們建議您自備一些針對高原反應的藥物，如阿司匹林、安定、複方黨參片、利尿磺胺、抗感冒藥、維生素C、E、B1、B6等。抵達西藏以後可以買些緩解高原反應類藥物，如高原安、高原康，也可在賓館的氧吧適當吸氧。保持一顆平常心是預防高原反應最有效的方法。不要過分緊張擔心，調整好心態和情緒，保證足夠的休息及睡眠，多喝水多吃水果，高原反應會很快消失。



# 10 Day 9 Nights Tibet

## DAY 1 Kuala Lumpur / Singapore (Flight) Chengdu

Meal on Board / Dinner: Hunan Cuisine

Welcome to visit the world's third pole – **Tibet** with Top-One Travel. Check in the hotel after arrival.

**Hotel** 4\* Tian Fu International Hotel or similar

## DAY 2 Cheng Du (Domestic Flight Flight) Lin Zi

Breakfast, Lunch, Dinner

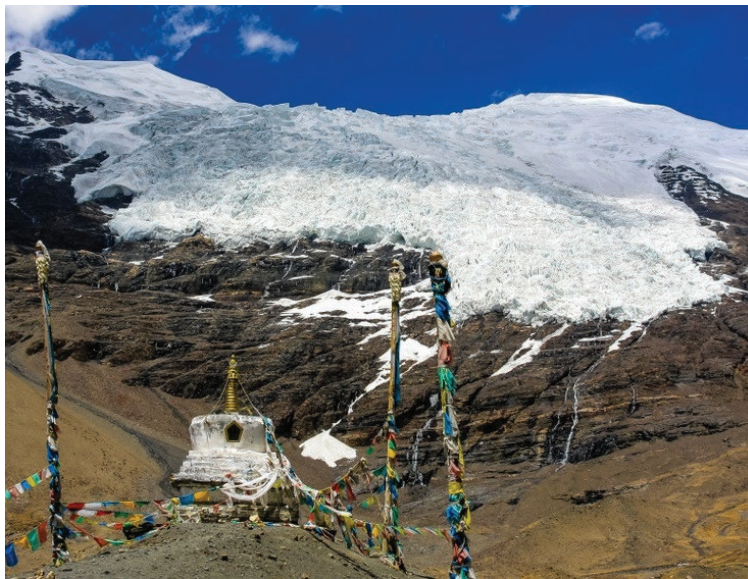
**Altitude:** 2,800 meter

**Journey:** 120km / 2 Hours

"In the early morning, taking the early flight to **Nyingchi**. Nyingchi is known as the 'Jiangnan of Tibet'."

Nyingchi is known as the "Jiangnan of Tibet". Here, the spring peach blossoms and the summer greenery against the backdrop of blue sky and snow-capped mountains evoke a Swiss-like scenery. Visit **Giant Cypress Park** "At an elevation of 3000 meters, the park houses a single giant cypress tree aged between 2000 and 2500 years, revered locally as a 'divine tree' and carefully protected. The park spans approximately 10 hectares and contains over 900 cypress trees, averaging 30 meters in height and 1 meter in diameter. The largest tree exceeds 50 meters in height and 5.8 meters in diameter, and is over 2600 years old, truly a world record. Afterward, return to Nyingchi City."

**Hotel** 5\* Lin Zi Hilton Hotel or similar



## DAY 3 Lin Zi - Ran Wu

Breakfast, Lunch: Stone pot chicken flavour, Dinner

**Altitude:** 3,850meter

**Journey:** 450km / 7 hours

After breakfast, cross over **Sejila Mountain**, "overlooking the most beautiful eastern end of the Himalayas. **Namtso Peak**" Mount Kailash is the holiest place in Tibet for the ancient Bon religion, known as the 'father of Tibetan mountains'. Tour **Lurong Forest Sea** "Lulang is located 75 kilometers east of Bayi Town in Nyingchi, along the Sichuan-Tibet Highway. In Tibetan, Lulang means 'Valley of the Dragon King' and is also known as a place that 'makes people not want to go home'. It is China's largest and best-preserved third largest forest area. Lulang, with its green waters and lush mountains, is nestled among mountains, snow-capped peaks, and forests, forming a unique natural landscape. It represents another kind of scenery in Tibet. Afterward, arrive at Ranwu."

**Hotel** 5\* Lin Zi Hilton Hotel or similar

## DAY 4 Ran Wu – Bo Mi

Breakfast, Lunch, Dinner

**Altitude:** 3,850meter

**Journey:** 180km / 3 hours

Rise early to admire the source of the Parlung Tsangpo River, renowned for its role as the 'Sleeping Beauty' scenic spot. **Ran Wu Lake**. Ranwu Lake stretches narrowly all the way to the Lagu Glacier, surrounded by dense forests, secluded glaciers, lush meadows, and snow-capped mountains reflecting in the mirror-like lake, presenting a picturesque scene of myriad charms.

Afterward, drive to **Lagu Glacier**. Lagu Glacier is a group of glaciers located in Ranwu Town, Basu County, Chamdo Prefecture, Tibet. It is adjacent to Ranwu Lake and is the source of the Parlung Tsangpo River. The melted ice and snow flow into Ranwu Lake, surrounded by dense virgin forests and many original Tibetan villages, including Meixi, Yalong, Ruoqiao, Dongga, Xiongjia, and Niuma glaciers. Among them, the Yalong Glacier is particularly spectacular. Afterward, drive to Bomê.

**\*\*\* Lagu Glacier** - It is the largest and widest glacier known in Tibet, one of the three largest glaciers in the world. Lagu in Tibetan means a hidden paradise-like village. The first sight of Lagu Glacier is as stunning as unexpectedly encountering a beautiful woman. Visiting it in person is extremely breathtaking and beautiful!

**Hotel** 4\* Bomi Hengxin Zangwang Grand Hotel or similar

## DAY 5 Bo Mi – Lin Zi

Breakfast, Lunch, Dinner

**Altitude:** 2,800meter

**Journey:** 260km / 5 hours

After breakfast, drive back from Bomê to Nyingchi. Along the way, visit **Lulang International Town** is located 74 kilometers east of Bayi District in Nyingchi City. It is a tourism-focused poverty alleviation project jointly developed by Guangdong Province and Tibet Autonomous Region, as well as a model project for ethnic unity. Known for its diverse leisure and holiday tourism offerings, Lulang Town became Tibet's first tourism town to be included in the national-level tourism resort list in January 2018.

**Hotel** 5\* Hilton Linzhi Resort or similar

## DAY 6 Lin Zi (Linla Expressway) Lhasa

Breakfast, Lunch, Dinner

**Altitude:** 2,800meter

**Journey:** 500km / 5 hours

After breakfast, enjoy the scenery where the **Yarlung Tsangpo River** and **Nyang River** converge. Visit the **Basong Lake**, also known as 'Cuogao Lake', which means 'green water'. The lake is situated at an altitude of over 3700 meters and boasts stunning Swiss-like landscapes. It stretches approximately 12 kilometers in length, with a maximum depth of over 60 meters, covering an area of over 6000 acres. Basong Lake is a renowned sacred lake and holy site of the Nyingma sect of Tibetan Buddhism.

On the island in the lake stands a temple called '**Cuozong Temple**', covering an area of over 200 square meters and known for its flourishing incense offerings. It was originally built during the Tubo Empire period and has a history of over 1500 years as a Tibetan Buddhist Nyingma sect temple. Inside the temple, there are also two natural pebbles with circular hollows, said to be hoofprints left by King Gesar's warhorse during his conquest of the area.

Other parts of the island are also rich in mystical legends, such as sword marks left by King Gesar on rocks, trees bearing naturally formed Tibetan letters known as 'letter trees', footprints left by Songtsen Gampo on stones, and a sacred spring where Princess Wencheng washed her face. Afterward, return to Lhasa city.

**Hotel** 5\* Lhasa Shangri - La Hotel or similar



# 10 Day 9 Nights Tibet

DAY

7

## Lhasa

Breakfast, Lunch, Dinner

Altitude: 4,300meter

Visit the UNESCO World Heritage site, the **Potala Palace**, the world's highest palace and the winter palace of the Dalai Lamas, and the historical seat of successive Dalai Lamas. In the afternoon, proceed to the famous **Jokhang Temple**, initially built by Tibetan King Songtsen Gampo for his Nepalese wife. Afterwards, explore **Barkhor Street**, a circular street surrounding the Jokhang Temple in the old city area, which serves as the center of Tibetan activity. Barkhor Street is a traditional Tibetan street.

Wear traditional Tibetan attire for a personalized photoshoot by a professional photographer, and receive 10 digital as a gift

Hotel

5\* Lhasa Shangri - La Hotel or similar

DAY

8

## Lhasa (The Qinghai - Tibet Railway) Xining

Breakfast, Lunch, Dinner

### Qing Zhang - Tibet Railway

After breakfast, take the train to **Xining** and enjoy the magnificent scenery along the Qinghai-Tibet Railway. Spend 24 hours on the train and arrive in Xining, the capital of Qinghai Province, by noon the next day.

Along the way, you will pass by China's largest geothermal power station, **Yangbajing Geothermal Power Station**. You'll also cross five mountain passes and reach Kunlun Mountain Pass (4837m), where you can admire the distant views of the Xi Wangmu Yaoc-hi Palace and Kunlun Yu Zhu Peak. You may also have the opportunity to see wild plateau animals and witness the first bridge over the Yangtze River.

Hotel

5\*Heritage Expo Park Tiwoli Hotel or similar



DAY

9

## Xining (Domestic Flight) Chengdu

Breakfast, Lunch, Dinner

After the train arrives in Xining, take a tourist bus to visit **Limalong Commercial Street** (if the schedule permits). Limalong Commercial Street integrates thousands of years of Hexi culture, showcasing the city's unique characteristics and cultural heritage.

It vividly displays the vitality of urban development, blending ancient Qin and Han dynasties' architectural styles with modern fashion. Numerous original landscapes and local businesses complement each other, creating an enjoyable shopping and leisure experience along the street.

Hotel

5\*Heritage Expo Park Tiwoli Hotel or similar



DAY

10

## Chengdu (Flight) Singapore/Kuala Lumpur

Breakfast, Meal on board

After breakfast, free time until transfer to the airport

### Remarks:

- No shopping and no optional expenses throughout the journey!
  - Booking the package 30 days in advance is required to process the Tibet Travel Permit.
  - Qinghai-Tibet Railway (soft sleeper, 4-bed cabin) \*Room assignment not guaranteed to be the same.
  - High-quality bottled mineral water, 2 bottles per person per day, Hada greeting at the airport, and oxygen cylinders available in the vehicle.
  - Each person receives a beautifully crafted prayer wheel and two oxygen cylinders.
  - Wear traditional Tibetan attire and have a one-on-one photo shoot with a professional photographer, including complimentary 10 digital.
  - On the ninth day, the itinerary will be adjusted based on the domestic flight status to arrive in Chengdu or another city.
- Climate conditions and clothing tips  
The climate conditions in Tibet are quite unique. The most noticeable aspects include large temperature differences between day and night, strong solar radiation, and dry air due to its high altitude. Tibet has a colder climate overall. Please bring necessary sun protection equipment such as sunglasses, sunscreen, lip balm, etc.
  - High-altitude sickness (Acute Mountain Sickness, AMS) and its prevention  
Tibet's average altitude is 4000 meters, with oxygen levels around 70% of those at sea level. As a result, most tourists experience varying degrees of high-altitude sickness (Acute Mountain Sickness, AMS) after arriving in Tibet. Symptoms can include headache, insomnia, palpitations, shortness of breath, nausea, and vomiting. Therefore, individuals with severe heart, lung, or hypertension conditions are not advised to risk traveling to high-altitude areas.
- We recommend bringing medications specifically for AMS prevention, such as aspirin, diazepam, compound danshen tablets, diuretics, cold medicine, and vitamins C, E, B1, and B6. Upon arrival in Tibet, you can purchase altitude sickness relief medications like Hongjingtan, Gaoyuan Kang, and use oxygen bars in hotels for supplemental oxygen. Maintaining a calm attitude is the most effective way to prevent AMS. Avoid excessive worry, adjust your mindset and emotions, ensure adequate rest and sleep, drink plenty of water, and eat fruits. Symptoms of high-altitude sickness will typically diminish quickly with these measures.



