

經典中國

神秘西藏10日遊

10 Days Mysterious
Tibet



西寧 · Xining
青海湖 · Qinghai Lake
拉薩 · Lhasa
則當 · Tsetang
羊卓雍湖 · Yamdrok Lake
日喀則 · Shigatse

落地價

Land Only Price

\$2399/pp

- ★ 澳洲護照15日免簽
- ★ 六人成團
- ★ 全程精選4-5星級酒店
- ★ 接受英文客人

價格包含 Price Included

行程中所含項目用車 (使用車輛類型根據當日具體參團人數決定) ;

內陸段的火車票 (火車票為軟臥)

Private vehicle for the entire trip; Train tickets for the inland section (train tickets are for soft sleeper)

全程4-5星級或當地標準酒店

Accommodation in 4-5 star or local standard

行程中所含用餐

The meals included in the itinerary.

中英文雙語導遊服務

Bilingual Tour Guide Service (Chinese and English)

行程中所列景點首道大門票

Admission tickets to all listed attractions in the itinerary

價格不包含 Price Excluded

導遊司機小費\$150

Guide and Driver's Tips: \$150/PP

旅遊保險

Travel Insurance

其他個人消費

Other personal expenses

全程機票、稅金

Full air tickets, taxes

出發日期 Dates

十月：8、22

十一月：5



布達拉宮 · Potala Palace

具體行程安排 · Itinerary

Day 1 抵達西寧 Arrival in Xining

早餐後，乘飛機前往西寧，抵達後之後參觀藏傳佛教格魯派創始人宗喀巴大師的故鄉—湟中，參觀格魯派六大寺院之一的【塔爾寺】，塔爾寺全稱袞本賢巴林，意為十萬金身慈氏州，是宗喀巴大師的誕生地。

After breakfast, we will take a flight to Xining. Upon arrival, we will visit the hometown of Tsongkhapa, the founder of the Gelug school of Tibetan Buddhism, in Huangzhong County. We will visit the Ta'er Monastery (Kumbum Monastery), one of the six major monasteries of the Gelug school. The Ta'er Monastery, also known as the "Garthar Shurangama," meaning "100,000-body Mandala of Compassion," is the birthplace of Tsongkhapa.

酒店：西寧神旺大酒店或同級

Day 2 西寧—青海湖—西寧 · Xining- Qinghai Lake- Xining (B/L/D)

早餐後，前往日月山口參觀【月亭】和【日亭】；越過倒淌河抵達青海湖。青海湖古時稱為“西海”，是中國最大的內陸湖泊。湖水以青色為本色，青、藍、綠三色策有，與藍天碧野輝映，景色十分迷人。



青海湖 · Qinghai Lake



青藏鐵路 · Qinghai-Tibet Railway

After breakfast, we will visit the Sun and Moon Pavilions (Riting and Yueting) at the Sun and Moon Mountain Pass. We will then cross the Daxia River to reach Qinghai Lake. Qinghai Lake, historically known as "West Sea," is the largest inland lake in China. The lake's water is naturally colored blue, with shades of green and azure blending beautifully against the blue sky and surrounding scenery, creating a truly enchanting landscape.

酒店：西寧神旺大酒店或同級

Day 3 西寧—拉薩 · Xining- Lhasa (B/L/D)

早上乘坐到世界上海拔最高的鐵路【青藏鐵路】，前往世界屋脊拉薩。沿途可觀【昆侖橋】、【赤納臺】、【不凍泉】、【西大灘草原】，昆侖王峯、過可哥西裏自然保護區；沿線海拔4500米以上，這裏高寒缺氧，高原天氣瞬息萬變，您可以看到成群的藏羚羊自由奔跑。

In the morning, we will embark on the Qinghai-Tibet Railway, the highest railway in the world, heading towards the "Roof of the World" — Lhasa. Along the way, you will have the opportunity to witness the Kunlun Bridge, Chuma'er River, Bitter Cold Spring (Budongquan), and the vast Xidatan Grassland. We will pass by Kunlun Peak and the Qiangtang Nature Reserve. As we ascend to altitudes above 4,500 meters, the environment becomes cold and oxygen levels decrease. The weather on the plateau changes rapidly, and you may spot herds of Tibetan antelopes running freely in this high-altitude wilderness.

酒店：火車上

Day 4 抵達拉薩 · Arrival in Lhasa (B/L/D)

抵達拉薩，由優秀導遊在機場迎接，送您回飯店休息。

Upon arrival at Lhasa Railway Station, you will be greeted by an excellent tour guide who will accompany you to the hotel for some rest.

酒店：拉薩日喀則大酒店或同級

Day 5 拉薩 · Lhasa (B/L/D)

早餐後，參觀【布達拉宮】始建於西元7世紀，意為觀世音菩薩在雪域高原為普渡眾生的解脫之島。午餐後參觀【羅布爾卡】始建於十八世紀。【大昭寺】始建於西元647年，相傳是文成公王以陰陽五行之法，用白羊馱土填湖而建。

After breakfast, we will visit the Potala Palace, which was first built in the 7th century and signifies the “Island of Liberation” where Avalokiteshvara Bodhisattva is believed to deliver sentient beings in the snowy plateau. After lunch, we will tour the Norbulingka, built in the 18th century. Then, we will visit the Jokhang Temple, founded in 647 AD, which according to legend, was constructed by King Songtsen Gampo using the method of feng shui, filling the lake with rammed earth.

酒店：拉薩日喀則大酒店或同級

Day 6 拉薩–則當 · Lhasa-Tsetang (B/L/D)

早餐後，前往藏文化發源地則當，澤當號稱“西藏糧倉”，歷來為世人矚目，是公認的藏民族的發祥地。參觀已有2000多年歷史的【雅布拉克】，整個建築形似碉堡，是西藏最早建築的宮殿。隨後遊覽西藏著名寺院【昌珠寺】，寺院的鎮寺之寶篇珍珠唐卡

After breakfast, we will travel to Tsetang, the birthplace of Tibetan culture and known as the “granary of Tibet.” Tsetang has always been a focal point of attention and is recognized as the birthplace of the Tibetan ethnic group. We will visit the Yumbulagang Palace, which has a history of over 2,000 years. This fortress-like building stands on a hilltop and is also one of the earliest palaces in Tibet. Following that, we will tour the famous Tibetan monastery, Chang-zhu Monastery, known for its precious pearl thangka, a treasured masterpiece housed within the monastery.

酒店：山南美康國際大飯店或同級

Day 7 則當–羊卓雍湖–日喀則 · Tsetang-Yamdrok Lake-Shigatse (B/L/D)

早餐後，乘車沿雅魯藏布江河谷前往【羊卓雍湖】，是西藏三大聖湖之一，是集高原湖泊、雪山、島嶼、牧場、溫泉、野生動植物等多種景觀為一體的自然風景區，遊完後返回日喀則。

After breakfast, we will drive along the Yarlung Tsangpo River valley to Yangzhuoyong Lake, one of the three sacred lakes in Tibet. It is a natural scenic area that combines highland lakes, snow-capped mountains, islands, pastures, hot springs, and diverse wildlife. After



羊卓雍湖 · Yamdrok Lake



紮什倫布寺 · Tashilhunpo Monastery



exploring the lake area, we will return to Shigatse.

酒店：日喀則天臨大酒店或同級

Day 8 日喀則–拉薩 · Shigatse-Lhasa (B/L/D)

早餐後，遊覽【紮什倫布寺】是藏傳佛教在後藏地區的最大寺廟，為歷代班禪活佛練禪之地。午餐後返回拉薩，晚餐品味當地風味一邊欣賞藏歌舞表演。

After breakfast, we will visit Tashilhunpo Monastery, the largest monastery of Tibetan Buddhism in the Shigatse region and the traditional seat of successive Panchen Lamas. After lunch, we will return to Lhasa. In the evening, you will enjoy a local dinner featuring Tibetan cuisine while watching a traditional Tibetan song and dance performance.

酒店：日喀則天臨大酒店或同級

Day 9 拉薩 · Lhasa (B/L/D)

早餐後，遊覽【哲蚌寺】藏傳佛教最大的寺廟，黃教六大寺廟之一，原名是吉祥永恆十方尊勝州，藏語意為“堆米寺”或“積米寺”，藏文全稱意為“吉祥積米十方尊勝州”。遊覽【沙拉寺】色拉寺全名“沙拉大乘寺”，藏傳佛教格魯派六大主寺之一。與哲蚌寺、甘丹寺合稱拉薩三大寺，是三大寺中建成最晚的一座。色拉寺以辯經最有名。

After breakfast, visit Drepung Monastery, the largest temple of Tibetan Buddhism and one of the six major temples of the Yellow Sect. Its original name is Jixiang Yongheng Shifang Zunshengzhou, which means “Milled Rice Temple” or “Accumulated Rice Temple” in Tibetan. The full name in Tibetan means “Jixiang Jimi Shifang Zunshengzhou”. Visit Sera Monastery, the full name of Sera Monastery is “Sera Mahayana Temple”, one of the six main temples of the Gelug Sect of Tibetan Buddhism. Together with Drepung Monastery and Ganden Monastery, it is known as the three major temples in Lhasa. It is the last one built among the three major temples. Sera Monastery is most famous for its debates.

酒店：拉薩日喀則大酒店或同級

Day 10 離開拉薩 Departure from Lhasa (B)

早餐後前往貢嘎機場，搭乘返回您美麗的家。

After breakfast, your tour guide will accompany you to the airport for your flight back home.