



西藏 | 青藏列车、醉美藏东桃花、前后藏**13**日秘境之旅

Tibet | Qinghai-Tibet Railway, the most beautiful peach blossoms in eastern Tibet, and a 13-day trip to the secret places of Tibet

林芝的春天，桃花环绕，蓝天白云，白雪皑皑。到了三、四月这里便成了粉红色的天堂。这段时间，河岸、山谷桃花竞相开放，绵延百里的桃花林，美不胜收。

Spring in Nyingchi is surrounded by peach blossoms, blue sky, white clouds, and white snow. In March and April, this place becomes a pink paradise. During this time, peach blossoms bloom on the river banks and in the valleys, and the peach blossom forests stretching for hundreds of miles are extremely beautiful.



「行程亮点」

- ★ 林芝桃花 - 四月，桃花灼灼。漫山遍野的野桃花开得正艳，红红粉粉、沾雨带雪，掩映着高原的蓝天和雪山，装点出一个色彩斑斓的世界。
Linzi Peach Blossom - In April, the peach blossoms are scorching. The wild peach blossoms all over the mountains and plains are in full bloom, red and pink, with rain and snow, reflecting the blue sky and snow-capped mountains of the plateau, decorating a colorful world.
- ★ 巴松措 - 巴松措又名措高湖，藏语中是“绿色的水”的意思，位于距工布江达县巴河镇约36千米的巴河上游的高峡深谷里，是红教的一处著名神湖和圣地。
Basongcuo - Basongcuo, also known as Cuogao Lake, means "green water" in Tibetan. It is located in the high gorge and deep valley of the upper reaches of the Bahe River about 3600meters away from Bahe Town, Gongbujiangda County. It is a place of the Red Sect. Famous sacred lakes and holy places.
- ★ 波密 - 远方连绵的洁白雪峰，碧绿的青稞田，美丽的藏民居和湾湾的河流构成一副仙境般的画卷，是真正的世外桃源。
Bomi - the distant white snow peaks, green barley fields, beautiful Tibetan houses and bayous rivers form a fairyland-like picture, a true paradise.
- ★ 拉萨 - 布达拉宫,大昭寺等藏传佛教所在地。
Lhasa - Potala Palace, Jokhang Temple and other places of Tibetan Buddhism.
- ★ 羊卓雍措湖 - 在藏人心中被看做是“神女散落的绿松石耳坠”。湖水随光线变幻，演化成千变万化的蓝色。
Yamdruk Lake - regarded by Tibetans as "the goddess's scattered turquoise earrings". The lake water changes with the light, evolving into ever-changing blues.

出发日期 Departure Date	人数 Number of people	团费 Fee	领队联系 Tour Leader
29 March – 10 April 2025 13天 Day	15人团满 Full group of 15 people	旅费 : MYR 9,600 MYR 2,000(订金) + MYR 7,600 (余额) Fee: MYR 2,000 (Deposit) + MYR 7,600 (Balance)	Julia • WeChat : julia3669 • WhatsApp : 0123113669

确定的朋友，请汇定订金至以下户口以保留位子: (★ 银行注明 Reference: Nyingchi Julia)
 please transfer the deposit to the following account to reserve and confirm your seat : (★ Bank instructions
 Reference: Nyingchi Julia)
FUN BUDDY SOLUTION
Maybank: 512307622692 (马来西亚)

新加坡户口: HIANG EK HWA
**Singapore Maybank: 14060441774 (方便新加坡朋友, 根据当天的汇率 SGD:RM) 可以直接用 PayNow
 0122926890 付款**

Flight detail

29 March 2025	Air China	CA 484	18.45 KL – 23.15 Chengdu Tianfu
10 April 2025	Air China	CA 483	13.10 Chengdu Tianfu – 17.40 KL

《行程表》(若有无法预料的因素, 当局有权变动行程)

If there are unforeseen factors, the authorities have the right to change the itinerary.

行程表 Itinerary

D01: 吉隆坡—成都

Kuala Lumpur—Chengdu

D02: 成都（飞）林芝（海拔 2900）

Chengdu (fly) Nyingchi (2900 meters above sea level)

D03: 林芝—鲁朗—通麦—古乡湖（海拔2200）

Nyingchi - Lulang - Tongmai - Guxiang Lake (2200 meters above sea level)

D04: 古乡湖—波密—米堆冰川—然乌湖（海拔3800）

Guxiang Lake - Bomi - Midui Glacier - Ranwu Lake (3800 meters above sea level)

D05: 然乌湖—来古冰川—然乌湖—波密（海拔2200）

Ranwu Lake - Laigu Glacier - Ranwu Lake - Bomi (2200 meters above sea level)

D06: 波密—鲁朗—林芝—巴松措（海拔3500）

Bomi - Lulang - Nyingchi - Basongcuo (3500 meters above sea level)

D07: 巴松措湖—拉萨（帕邦卡寺）（海拔3650）

Basongcuo Lake - Lhasa (Pabongka Monastery) (3650 meters above sea level)

D08: 拉萨观光—布达拉宫—大昭寺

Lhasa Sightseeing Potala Palace Jokhang Temple

D09: 拉萨—羊卓雍措湖—江孜—日喀则

Lhasa - Yamdrok Lake - Gyangze - Shigatse

D10: 拉萨—穆琼岗嘎雪山—拉萨

Lhasa - Muqiong gangga Snow Mountain - Lhasa

D11: 拉萨—西宁青藏列车

Lhasa - Xining Qinghai-Tibet Train

D12: 西宁—成都

Xining - Chengdu

D13: 成都—吉隆坡

Chengdu - Kuala Lumpur



Day 01: 吉隆坡—成都 : Kuala Lumpur—Chengdu

- 飞抵成都 / Fly to Chengdu
 - 机场接机 / Airport pickup
 - 入住成都酒店 / Check into hotel in Chengdu
- 宿:成都 / Overnight Chengdu



Day 02: 成都 (飞) 林芝

Chengdu (fly) Nyingchi

- 飞抵林芝 / Fly to Nyingchi
 - 參觀雅魯藏布江與尼洋河兩江交匯, 前往嘎拉桃花村參觀, 傍晚返回林芝八一鎮
 - Visit the confluence of the Yarlung Zangbo River and the Niyang River, visit Gala Peach Blossom Village, and return to Nyingchi Bayi Town in the evening.
- 宿:林芝 / Overnight : Nyingchi



Day 03: 林芝—魯朗—通麥—古鄉湖 (海拔2200)

: Nyingchi - Lulang - Tongmai - Guxiang Lake (2200 meters above sea level)

→翻越色季拉山，遠眺喜馬拉雅東端最美的南迦巴瓦峰，抵達世外桃源般的小鎮——魯朗。

Cross the Sejila Mountain, overlook the most beautiful Mount Namjagbarwa in the eastern Himalayas, and arrive at the paradise-like town of Lulang.

→於易貢大橋觀雅魯藏布江與帕隆藏布江交匯，沿途桃花不斷盛放，映襯在雪山、森林、村莊之間，格外妖嬈，抵達古鄉湖。

Watch the confluence of the Yarlung Zangbo River and the Parlung Zangbo River from the Yigong Bridge. Peach blossoms are in full bloom along the way, reflecting the snow-capped mountains, forests, and villages, making them particularly charming. Arrive at Guxiang Lake

宿:古乡湖 / Overnight: Guxiang Lake



Day 04: 古鄉湖—波密—米堆冰川—然烏湖 (海拔3800)

Guxiang Lake - Bomi - Midui Glacier - Ranwu Lake (3800 meters above sea level)

→參觀波密桃花溝 / 觀米堆冰川

Visit Bomi Taohuagou / View Midui Glacier

→然乌湖是个椭圆或是近似圆形的湖泊，它是一个长条状的，容易让人以为这是条河，湖水清澈山峰覆雪，集万千绿色于一身。

Ranwu Lake is an elliptical or nearly circular lake. It is a long strip, which easily makes people think it is a river. The lake is clear, the mountain peaks are covered with snow, and it is a combination of thousands of greens.

宿:然乌湖 / Overnight: Ranwu Lake



Day 05: 然烏湖—來古冰川—然烏湖—波密 (海拔2200)

Ranwu Lake - Laigu Glacier - Ranwu Lake - Bomi

→清晨欣賞冰雪中的然烏湖美景，前往西藏最大最寬的冰川—來古冰川。

In the morning, enjoy the beautiful scenery of Ranwu Lake in the snow and ice, and head to the largest and widest glacier in Tibet - Laigu Glacier.

宿:波密/ Overnight: Bomi



Day 06: 波密—魯朗—林芝—巴松措 (海拔3500)

Bomi - Lulang - Nyingchi - Basongcuo (3500 meters above sea level)

→欣賞如詩如畫一般的魯朗村莊風光。

Enjoy the picturesque scenery of Lulang Village.

→前往風景秀美的巴松措湖，巴松措湖是集雪山、湖泊、森林、廟宇、野生動物和村莊為一體的人間天堂。

Go to the beautiful Basongcuo Lake, which is a paradise on earth that combines snow-capped mountains, lakes, forests, temples, wild animals and villages

宿:巴松措/ Overnight : Basongcuo



D07: 巴松措湖—拉薩 (帕邦卡寺) (海拔3650)

Basongcuo Lake - Lhasa (Pabongka Monastery) (3650 meters above sea level)

→前往拉薩，沿途觀中流砥柱、太昭古城、秀巴古堡，翻越海拔5013米的米拉雪山。

Go to Lhasa, visit Zhongliuzhu, Taizhao Ancient City, Xiuba Castle along the way, and cross the Mila Snow Mountain with an altitude of 5013 meters.

宿:拉薩 / Overnight: Lhasa



D08: 拉薩觀光—布達拉宮—大昭寺

Lhasa Sightseeing Potala Palace Jokhang Temple

→布達拉宮位於拉薩市城關區，距今1300多年歷史，為世界上海拔最高、規模最大，並集宮殿、寺院和城堡為一體的宮堡式建築群。

The Potala Palace is located in Chengguan District, Lhasa City. It has a history of more than 1,300 years. It is the highest and largest palace-style building complex in the world, integrating palaces, temples and castles.

→大昭寺，西藏的信仰中心。是信徒心中獨一無二的莊嚴淨土。大昭寺又稱“祖拉康”，“覺康”（藏語意為佛殿）

Jokhang Temple, the center of faith in Tibet. It is a unique and solemn pure land in the hearts of believers. Jokhang Temple is also known as "Zulakang" and "Juekang" (meaning Buddhist temple in Tibetan)

宿:拉薩 / Overnight: Lhasa



D09: 拉薩—羊卓雍措湖—江孜—日喀則

Lhasa - Yamdrok Lake - Gyangze - Shigatse

→羊卓雍措湖-在藏人心中被看做是“神女散落的绿松石耳坠”。湖水随光线变幻，演化成千变万化的蓝色。

Yamdrok Lake - is regarded as "the goddess's scattered turquoise earrings" in the hearts of Tibetans. The lake water changes with the light, evolving into ever-changing blues.

→抵达日喀则，参观札什倫布寺，日喀則地區最大的寺廟。

Arrive in Shigatse and visit Tashilhunpo Monastery, the largest temple in Shigatse.

宿:日喀则 / Overnight: Shigatse



D10: 拉薩—穆琼岗嘎雪山—拉萨

Lhasa - Muqiongqangga Snow Mountain - Lhasa

→绕道大竹卡，前往隐秘的，被誉为智慧女神的穆琼岗嘎雪山。

Detour through Dazhuka and head to the hidden Muqiongqangga Snow Mountain, known as the goddess of wisdom

宿:拉萨 / Overnight: Lhasa



D11: 拉萨—西宁青藏列车

Lhasa - Xining Qinghai-Tibet Train

→搭乘青藏列车离开拉萨，列车上可欣赏藏北羌塘无人区、念青唐古拉山、可可西里的壮丽风光。

Take the Qinghai-Tibet train to leave Lhasa, and on the train you can enjoy the magnificent scenery of the Qiangtang No Man's Land in northern Tibet, the Nyainqentanglha Mountains, and the Hoh Xil.

D12: 西宁—成都

Xining - Chengdu

列车约在早上7点左右抵达西宁，随后接驳西宁飞成都的航班。

The train arrives in Xining at around 7am and then connects to a flight from Xining to Chengdu

宿:成都 / Overnight Chengdu

D13: 成都—吉隆坡

Chengdu — Kuala Lumpur



旅费包括 : Travel expenses include

- ✓ 成都 -林芝单程機票及稅金; Chengdu-Nyingchi one-way air ticket and tax
- ✓ 西宁-成都单程機票及稅金; Xining-Chengdu one-way air ticket and tax
- ✓ 拉萨--西宁青藏列车软卧,火车票及稅金; Lhasa - Xining -Tibet Railway Tickets and Taxes
- ✓ 成都機場接送機 (共4次接送); Chengdu airport pick-up and drop-off (4 pick-ups in total)
- ✓ 西藏全程用車; Tibet full journey by car
- ✓ 布達拉宮門票預定服務(門票自理); Potala Palace ticket reservation service (tickets are at your own expense)
- ✓ 司機導遊外出食宿; Driver and tour guide meals and lodging
- ✓ 優質中文導遊服務; High-quality Chinese tour guide service
- ✓ 外國客人進藏旅行函及及相關地區旅行證件; Travel letters for foreign guests entering Tibet and relevant regional travel documents
- ✓ 全程住宿(都是标间); Full accommodation (all in standard rooms)
- ✓ 旅行社責任保險; Travel agency liability insurance
- ✓ FUN 领队; FUN tour leader

旅费不包括 : Travel expenses not include

- ✗ 馬來西亞 — 成都往返機票預估(MYR 1,800.00-2,000.00); Malaysia - Chengdu round-trip air tickets estimated MYR 1,800.00-2,000.00)
- ✗ 个人旅游保險, 必須自行購買; Personal travel insurance must be purchased by yourself
- ✗ 中国簽證 ; Chinese visa
- ✗ 全程景點門票 (大概人民幣 1,000) ; Tickets for all attractions (approximately RMB 1,000)
- ✗ 全程用餐預估CNY 80--100/人/天; All meals estimated CNY 80--100/person/day
- ✗ 个人性消費; personal expenses
- ✗ 当地导游司机小费 ; Tips for local tour guide and driver
- ✗ 自费活动的开销; Expenses for self-funded activities
- ✗ 因班机或巴士延误、公路中断、罢工封路等无法预料情况所形成的的额外开销; Additional expenses caused by unforeseen circumstances such as flight or bus delays, road interruptions, strikes and road closures, etc.

「温馨提示」 [Gentle reminder]

1) 如发生金融风暴、汽油价飙升、兑换率出现巨大差异等重大波动，团费有可能变动

In the event of major fluctuations such as financial turmoil, soaring gasoline prices, huge differences in exchange rates, etc., the tour fee may change.

2) 若因天气、景点、社会环境变化、房间数量或其他因素所影响，主办方有权更动行程。

The organizer reserves the right to change the itinerary if it is affected by weather, attractions, changes in social environment, number of rooms or other factors.

3) 报名以收到订金为准

Registration is subject to receipt of deposit.

4) 款项已付的朋友，若因个人因素而要取消报名，可以换人替代位置。若无人可换等情况，恕不退还已缴付的订金 (There will be no refunds given once payment has been made)

For friends who have already paid, if they want to cancel their registration due to personal reasons, they can substitute someone to take their place. There will be no refunds given once payment has been made (There will be no refunds given once payment has been made).

5) 此团非一般传统旅行团，欢迎志同道合、健康状况和体力良好、拥有年轻心态的朋友一同参与!

This group is not an ordinary traditional tour group. Friends who are like-minded, in good health and physical strength, and have a young mentality are welcome to participate!