

Amazing 中国  
CHINA 中国

✈️ 02 Way Domestic Flight | 内陆双飞

8D7N

西藏 ~ 成都 /  
西宁-青藏铁路 / 拉萨 /  
羊卓雍措湖 / 林芝 (内陆双飞)

TIBET~ CHENGDU / XINING-TIBET RAILWAY / LHASA /  
YAMDROKTSO / NYINGCHI (02 WAY DOMESTIC)

Tour Code: CAH-10



旅者之家

TRAVELERS HUB



China  
中国  
中国

赠送 FREE

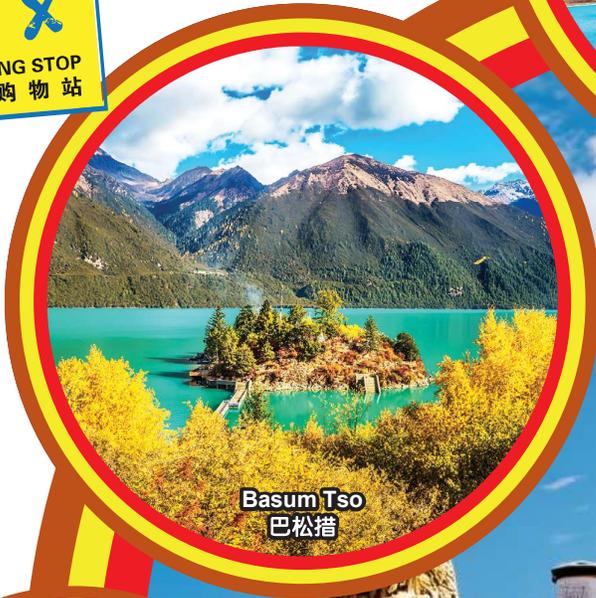
- ☑️ 每天矿泉水2瓶, 哈达接飞机, 氧气钢瓶随车, 精美转经筒每人一个。
- ☑️ 贴心安排拉萨酒店提升为豪华氧气房
- ☑️ Mineral Bottles X 2 Per Day, Prayer Wheel.
- ☑️ Special Arrange Lhasa Hotel Upgrade To Luxury Oxygen Room.



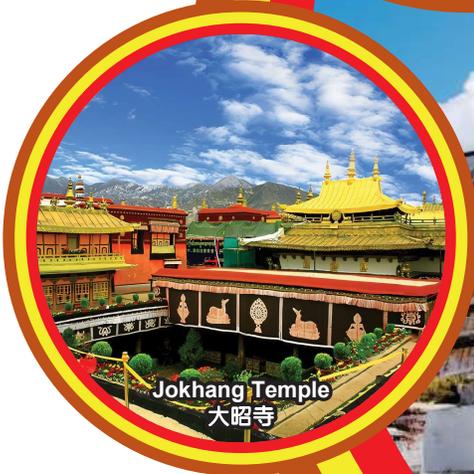
NO SHOPPING STOP  
全程无购物站



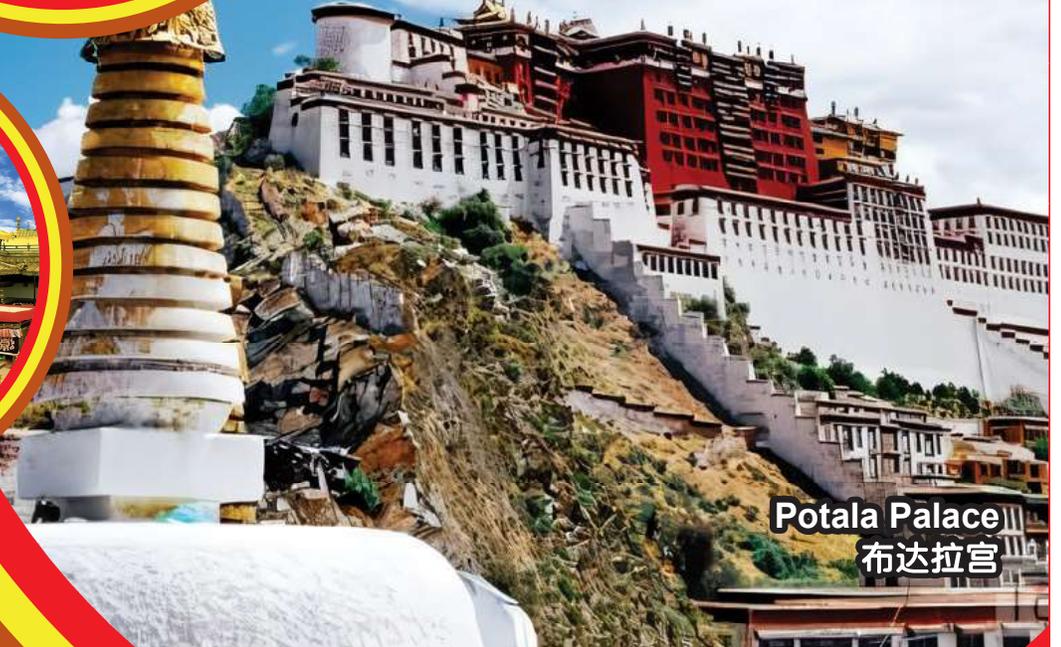
Yamdroktso  
羊卓雍措



Basum Tso  
巴松措



Jokhang Temple  
大昭寺



Potala Palace  
布达拉宫

行程次序, 以当地旅社安排为准。  
Sequences of Itinerary are subject  
to local arrangement.



Take a photo with Yak  
牦牛合影



Take a photo with  
Tibetan mastiff  
威猛的藏獒照



Tibet Railway  
青藏火车

## SCHEDULE

### D1 DEPART CHENGDU

(MOB/D)

- ☑ Kuanzhai Alley

### D2 CHENGDU ✈️ XINING (TIBET RAILWAY)

(B/L/D)

- ☑ Limeng Commercial Street
- The train from Xining to Lhasa takes about 22 hours. Overnight on the train and enjoy the scenery of the Qinghai-Tibet Plateau to reach Lhasa.

### D3 TIBET RAILWAY 🚂 LHASA

(B/L/D)

Arrived in Lhasa, we proceed to hotel to rest and slowly adapt to the plateau environment.

### D4 LHASA

(B/L/D)

- ☑ Zashi Lhamo Temple
- ☑ Potala Palace (Include Entrance Ticket)
- ☑ Yaowangshan Observation Deck
- ☑ Jokhang Temple (Include Entrance Ticket)
- ☑ Arrange take Tibetan clothes photography on Barkhor Street
- ☑ Night view of Potala Palace

### D5 LHASA 🚗 (110KM) YAMDROK 🚗 (110KM) LHASA

(B/L/D)

- ☑ Yamdroktsö (Include Entrance Ticket)
- ☑ Take a photo with Yak
- ☑ Take a photo with Tibetan mastiff
- ☑ Nachin Kangsan Snow Mountain (outlook)

### D6 LHASA 🚗 (320KM) BASUM TSO 🚗 (180KM) NYINGCHI

(B/L/D)

- ☑ Basum Tso
- ☑ Tsozong Gongba Monastery

### D7 NYINGCHI ✈️ CHENGDU

(B/L/D)

- ☑ Panda Base

### D8 CHENGDU ✈️ ARRIVE

(B/MOB)

- ☑ Chunxi Road Pedestrian Street
- ☑ Transfer to airport



✓ 7 Breakfast / 6 Lunch / 7 Dinner

#### Special Cuisine:

- ★ New Sichuan Flavor
- ★ Cantonese Flavor
- ★ Xining Flavor
- ★ Korean Barbecue
- ★ Bahe Fish Flavor
- ★ Stone Pot
- ★ Wild Mushroom Hot Pot Flavor
- ★ Chicken Flavor

## TOURIST ATTRACTIONS:

### CHENGDU

- ◆ **Kuanzhai Alley** - It is also one of the oldest remaining Qing Dynasty streets in Chengdu, with its ancient courtyards made of different type of brick and tile.
- ◆ **Panda Base** - The Panda Base is a world-famous relocation and protection base for Panda, with more than 200 pandas, the world's largest panda captive breeding population, and an internationalized and modernized museum with the functions of popularization of science, public education, display, exhibit collection, and academic research.

### XI NING (Altitude at 2300M)

- ◆ **Limeng Commercial Street** - Integrates thousands of years of Hehuang cultural connotation, carries urban characteristics, inherits urban cultural heritage, and fully demonstrates the vitality of urban development.

### LHASA (Altitude at 3700M)

- ◆ **Potala Palace** - Located in the Lhasa city, Potala Palace is a combination of a palace, castle and monastery and renowned for its extensive collection of historical artifacts.
- ◆ **Jokhang Temple** - Jokhang Monastery has a history of over 1300 years and it has a supreme role in Tibetan Buddhism and is one of the holiest places in Tibetan Buddhism.
- ◆ **Barkhor Street** - A circle of old city streets surrounding the Jokhang Temple is the center of Tibetan activities.

### YAMDROK YUMCO (Altitude at 4900M)

- ◆ **Yamdroktsö** - Cross over Gangbala Mountain and arrive at the holy lake of Tibet. The lake is sparkling and the scenery is picturesque, like a paradise on earth! Take photos with the yaks by the blue lake and enjoy a relaxing time, and then take photos with the tall and mighty Tibetan Mastiffs. There is also a viewing platform where you can also have a distant view of Nachin Kangsan Snow Mountain.

### NYINGCHI (Altitude at 2900M)

- ◆ **Basum Tso** - It is also called "Cuogao Lake", which means "green water". The lake is more than 3,700 meters above sea level. It has the beauty of Swiss lakes and mountains.

#### Remarks:

- Altitude Sickness** - Please note most of the scenic spots in this itinerary are at high altitude area. Old age or with weak body traveller or frailty are strongly advisable to prepare common medicine while travelling to this area. Visitors are highly recommended to prepare Portable oxygen cylinder, not consume alcohol during the tour and avoid high intensity exercise. Lastly, Patients with heart disease and asthma are to asthmatic patient should be cautioned against traveling to high altitude.
- Highland Climate** - The temperature in highland zones with an alpine climate of monsoon types with a longer winter, shorter summer and great day-night temperature difference. Traveller are advisable to prepare umbrella, raincoat, sun block, sunglasses, hats, lip balm, thick sweaters, thick coats, waterproof clothes, scarves, gloves and antiskid hiking shoes and etc.
- Please take note on travel safety tips and precautions at each of the scenic spot to avoid incidents happen.



#### HOTEL OR SIMILAR (7 NIGHTS)

- ✓ Chengdu High -Tech Zone Tongpai Hotel or similar class x 1 Night
- ✓ Overnight In Railway (Soft sleeper-4 pax in 01 Cabin)
- \*TIBET RAILWAY DO NOT GUARANTEE IN SAME ROOM, ONLY GUARANTEE A SOFT SLEEPER ROOM FOR 4 PEOPLE
- ✓ Lhasa Phuntsok Kangsang Oxygen International Resort Hotel or similar class x 1 Night
- ✓ Nyingchi Hilton Hotel or similar class x 1 Night
- ✓ ChengDu Wifc Suites -YYC Preferred or similar class x 1 Night

**Optional Tour : Princess WenCheng Performance +Tibetan sweet tea RMB480/person (Minimum 10 person)**

Disclaimer: Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.

Remark: There will be no refund or replacement if the tour logistic affected by the above issue. All pictures are for illustration purpose only.

# General Information

## · 成都 CHENGDU ·



<b>货币</b> Currency 	Chinese Yuan - CNY Renminbi - RMB 中国元 - CNY 人民币 - RMB	<b>信用卡</b> Credit Card 	* Major credit cards such as Visa and Master card are mostly widely used  * 致电信用卡中心，以延长你的信用卡额度
<b>货币兑换率</b> Exchange Rate 	10 CNY = MYR 6.50 10 元 = 马币 6.50 <small>*Subject to currency of the day* *以当天汇率为准*</small>	<b>拨号代码</b> Dial Code 	China : +86 中国 : +86
<b>电压</b> Voltage 	Voltage - almost always 220 V 电压 - 220伏特	<b>插座</b> Power Socket 	类型 / Type A - 两脚扁型插头 / 2 flat blade pin 类型 / Type B - 两脚扁型 + 一圆型插头 / 2 flat blade pin + 1 round pin 类型 / Type I - 八字扁型脚+接地孔 / 3 Oblique flat blade pin "V-shape"
<b>时差</b> Time Different 	China - No time different with Malaysia 中国 - 时间与马来西亚时间标准时无相差	<b>行李托运</b> Luggage Allowance 	Each individual are entitled to check in 1 luggage of not more than 20 kg and a hand carry bag not more than 7 kg. 每人只限携带一件不超过7公斤的手提行李上机，以及托运行李不超过20公斤。
<b>气候</b> Weather 	<input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 25°C ~ 10°C <input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 30°C ~ 24°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 24°C ~ 9°C <input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb 7°C ~ -3°C <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
<b>飞机型号</b> Aircraft Type 	A330       B737       B787		

Departure Date: 出发日期:	<input type="text"/>	Flight: 航班行程:	<input type="text"/>
Tour Fare: 团费:	<input type="text"/>	Airport Tax & Fuel Surcharge: 机场税及燃油附加费:	<input type="text"/>
Tipping: 小费:	<input type="text"/>	Agent Collection Fee: 旅行社代收费:	<input type="text"/>
Visa: 签证:	<input type="text"/>	Travel Insurance: 旅行保险:	<input type="text"/>
		TOTAL: 总数:	<input type="text"/>

GD Partner:



### TRAVELERS HUB TOURS SDN BHD

(896493-M) TDC No - KPL/LN: 6250

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