大美中国 BEAUTIFUL CHINA

West Air 西部航空

拉萨·林芝·山南·羊卓雍措 8天6晚

雪域天境·西藏朝圣之旅

新加坡直飞拉萨（经停重庆）

产品亮点

- 单程高铁体验（拉萨-林芝）
- 全程入住供氧四星酒店
- 藏族歌舞晚宴、高原小火车、射箭体验
- 帕竹酒庄（9-10月限定）
- 网红旅拍：旱地拔葱短视频+咖啡+小蛋糕
- 赠送羊卓雍措团体航拍视频

尊享贴心礼遇

- 哈达迎宾仪式
- 赠送西藏高原旅游保险（价值RM280）
- 全程矿泉水充足供应
- 随车配备医用氧气钢瓶
- 每人赠送便携式氧气筒 X1
- 每人赠送葡萄糖 X5
- 赠送藏式转经轮纪念品

DAY 1

拉萨：平措康桑国际酒店 或同级4★（供氧房）

新加坡→重庆→拉萨 飞机餐/晚

- **航班：PN6444 04:45-14:55**
- 搭乘航班经重庆飞往拉萨，抵达后由专业中文导游热情接机。
- 入住酒店休息，为即将开启的旅程养精蓄锐。

DAY 2

林芝乔穆朗宗酒店 或同级4★

拉萨++++林芝 早/午/晚

- 乘复兴号高原列车（二等座），穿越雪域高原前往"西藏江南"——林芝。
- 游览**卡定沟**，欣赏峡谷、瀑布与原始森林交织的壮丽景色。

★特色人文体验： 藏族歌舞晚宴、高原小火车、射箭体验，沉浸式感受藏族文化魅力。

DAY 3

山南希尔顿花园酒店 或同级4★（供氧房）

林芝→山南 早/午/晚

- **巴松措（含观光车）：** 被誉为"人间仙境"，雪山、森林、圣湖共同勾勒出西藏最迷人的高原画卷。
- **湖心岛&错宗寺：** 千年古寺静立湖心，沉浸式感受雪域圣湖与藏传佛教的神圣氛围。

DAY 4

拉萨：平措康桑国际酒店 或同级4★（供氧房）

山南→拉萨 早/午/晚

- **桑耶寺：** 走进西藏第一座寺院，感受千年藏传佛教文化。
- **雍布拉康：** 寻访西藏第一座宫殿，俯瞰壮丽雅鲁藏布江河谷。

★季节限定体验： 参观帕竹酒庄（仅限每年9-10月），体验雪域高原独特的葡萄酒文化。

DAY 5

拉萨：平措康桑国际酒店 或同级4★（供氧房）

拉萨 早/午/晚

- 深度探访**布达拉宫与大昭寺（全程含耳麦讲解）**，细细品味雪域圣城的历史与信仰。
- 漫步八**廓街**，感受最地道的拉萨人文风情。

★网红体验： 特别安排「旱地拔葱」创意旅拍，赠送布达拉宫背景15秒短视频，并享用网红咖啡及精致小蛋糕，为西藏之旅留下独特回忆。

★建议自费项目： 大型实景剧演出剧《文成公主》+品藏式甜茶+布宫夜景 = RMB 480元/人

DAY 6

拉萨：平措康桑国际酒店 或同级4★（供氧房）

拉萨→羊卓雍措→拉萨 早/午/晚

- 登临**岗巴拉山口**，俯瞰令人震撼的雪域高原风光。
- 探访**羊卓雍措**，欣赏如蓝宝石般纯净的圣湖美景。

★专属礼遇： 赠送羊湖团体航拍视频，珍藏雪域圣境的难忘回忆；晚餐特别赠送西藏特色精美礼品。

DAY 7

拉萨：平措康桑国际酒店 或同级4★（供氧房）

拉萨→重庆→新加坡 早/午/飞机餐

- 探访**扎基寺**，西藏唯一供奉财神的寺院，为旅程画下圆满句点。
- 午餐后前往机场，搭乘航班返回新加坡，结束一段融合雪域风光、藏地文化与圣境朝圣的精彩旅程。
- **航班：PN6443 17:35-0345+1**

DAY 8

抵达新加坡





温馨提示： 外籍旅客赴西藏需提前办理《入藏函》，请于出发前至少30天提供护照首页及有效中国签证（如需要）彩色扫描件。

TRAVEL AGENT

团费包含： 往返机票+税费+23公斤行李额+飞机餐，6晚酒店住宿（双人标准间）含早餐，行程中所列午餐和晚餐，行程用车，中文导游服务+基本小费，景点门票，拉萨-林芝高铁二等座，外宾入藏函。

团费不含： 可选项目，行李小费，个人消费以及未提及的其他旅游或活动。

Dchina 大美中国 BEAUTIFUL CHINA

West Air 西部航空

Lhasa • Nyingchi • Shannan • Yamdrok Lake

Sacred Tibet 8D6N

Journey to the Roof of the World

Direct Flight from Singapore to Lhasa (via Chongqing)



Tour Highlights

One-Way High-Speed Train: Lhasa → Nyingchi
4-Star Oxygen-Supplied Hotels
Tibetan Cultural Experiences: Song & Dance Dinner • Highland Mini Train • Tibetan Archery
Seasonal Experience (Sep–Oct Only): Pazhu Winery Visit
Instagram-Worthy Experience: 15-second Potala Palace video • Coffee & Cake
FREE Drone Video: Yamdrok Lake Group Drone Shoot

Exclusive Privileges

Khata Welcome Ceremony
FREE Tibet Travel Insurance (Worth RM280)
Unlimited Bottled Water
Onboard Medical Oxygen
1 Portable Oxygen Canister per Person
5 Glucose Sachets per Person
Complimentary Tibetan Prayer Wheel

DAY 1

Hotel: Pentsok Kangsang Hotel & Resort, Lhasa (4★) or similar

Singapore → Chongqing → Lhasa — MOB/Dinner

- **Flight: PN6444 04:45-14:55**
- Fly to Lhasa via Chongqing. Meet & greet by your Chinese-speaking guide upon arrival.
- Hotel check-in and rest to prepare for your unforgettable Tibet journey.

DAY 2

Hotel: Chomura Zong Hotel, Nyingchi (4★) or similar

Lhasa+++++Nyingchi — Breakfast / Lunch / Dinner

- Board the high-altitude bullet train (2nd Class) from Lhasa to Nyingchi, known as the "Switzerland of Tibet."
- Visit **Kading Valley**, famous for its spectacular canyon, waterfalls, and pristine forests.

★**Tibetan Cultural Experience:** Tibetan Song & Dance Dinner • Highland Mini Train • Traditional Tibetan Archery.

DAY 3

Hotel: Hilton Garden Inn, Shannan (4★) or similar

Nyingchi → Shannan — Breakfast / Lunch / Dinner

- Visit **Basum Tso**, Tibet's stunning alpine lake (Sightseeing Shuttle Included)
- Explore **Tsozong Monastery on Lake Island.**

DAY 4

Hotel: Pentsok Kangsang Hotel & Resort, Lhasa (4★) or similar

Shannan → Lhasa — Breakfast / Lunch / Dinner

- Visit **Samye Monastery**, the first monastery in Tibet and the birthplace of Tibetan Buddhism.
- Explore **Yumbulakang Palace**, the first palace in Tibet, overlooking the magnificent Yarlung Tsangpo Valley.

★**Exclusive Seasonal Experience (Sep-Oct Only):** Visit Pazhu Winery and discover Tibet's unique high-altitude wine culture.

DAY 5

Hotel: Pentsok Kangsang Hotel & Resort, Lhasa (4★) or similar

Lhasa — Breakfast / Lunch / Dinner

- Discover the iconic **Potala Palace & Jokhang Temple (Audio Guide Included),** the spiritual and cultural heart of Tibet.
- Stroll along Barkhor Street, the cultural heart of Lhasa

★**Instagram-Worthy Experience:** Creative photo shoot with a 15-second Potala Palace video, plus complimentary coffee & cake

★**Optional Tour:** Princess Wencheng Live Show + Traditional Tibetan Sweet Tea + Potala Palace Night View @ RMB 480 per person

DAY 6

Hotel: Pentsok Kangsang Hotel & Resort, Lhasa (4★) or similar

Lhasa → Yamdrok Lake → Lhasa — Breakfast / Lunch / Dinner

- Visit **Gampa La Pass** for breathtaking panoramic views of the Tibetan Plateau.
- Explore **Yamdrok Lake**, one of Tibet's most spectacular sacred lakes.

★**Exclusive Privilege:** FREE Yamdrok Lake Group Drone Video & a Special Tibetan Souvenir at dinner.

DAY 7

Lhasa → Chongqing → Singapore — Breakfast / Lunch / MOB

- Visit **Zhaji Temple**, Tibet's only temple dedicated to the God of Wealth.
- After lunch, transfer to the airport for your flight back to Singapore, bringing home unforgettable memories of Tibet's breathtaking landscapes, rich culture, and spiritual heritage.
- **Flight: PN6443 17:35-0345+1**

DAY 8

Arrive in Singapore

★**Important:** Foreign passport holders are required to obtain a Tibet Travel Permit. Please provide a colour scan of your passport information page and valid Chinese visa (if required) at least 30 days prior to departure.

Includes: Round-trip airfare and airport taxes+23kg checked baggage allowance+MOB, 6 nights accommodation at designated hotels (based on twin-sharing room), Daily hotel breakfast, Meals as specified in the itinerary, Transportation throughout the tour as per itinerary, Chinese-speaking tour guide service+Basic tipping, Admission fees to attractions as stated in the itinerary, Lhasa-Nyingchi High-Speed Train (2nd Class) ,Tibet Travel Permit

Excludes: Optional tours and activities, Portage and baggage handling fees, Personal expenses, Any meals/services/or activities not specifically mentioned in the itinerary