



**NOW 2 PAX CAN GO! 2 人也成行!**

## 神奇的西藏 6 天精華遊

### Mystic Tibet 6 days Tour

- ★世界第三級—西藏高原
- ★西藏第一座宮殿—雍布拉康
- ★世界上最高的宮殿—布達拉宮
- ★最神奇的聖湖—羊卓雍錯
- ★ Tibet—the Roof of the world
- ★ First Palace in Tibet—Yungbulakang
- ★ Highest Palace in the world—Potala Palace
- ★ Most Mystic Holy Lake--Yamdruk Lake

Tibet- the roof of the world, located at the southwestern part of China, is the most mysterious land and the heaven on the minds of tourists. It has abundant cultural & historic relics, and also many breath-taking natural sceneries. There are unique plateau sceneries and elegant beauties of southern China style in Tibet. All these make Tibet Tour feature in authentic charms. Till now, many Tibetans still preserve the ancient traditional life style and custom. This also attracts tourists from home and abroad.

Enjoy your Tibet tour here!

#### Day 1: Arrive in Lhasa

Our local guide will greet you at the airport or the railway station and present you a Hada which would bring you good luck. Then we will set out for the Holy City - Lhasa which has an altitude of 3658 meters. You can take a break for acclimatization in the rest of the day.

根據航班抵達時間，安排機場接機，司機、導遊在機場敬獻哈達，隨後驅車前往拉薩市區，沿途觀雅魯藏布江與拉薩河風光。入住酒店休息，以適應高原氣候。【拉薩】西藏自治區首府有日光城、聖地之稱，青藏高原的主體中，平均海拔達到 4000 米，特色是氣候寒冷、氣壓低、空氣稀薄、日照長，有世界第三極地之稱。拉薩市海拔 3500 米，她處於雅魯藏布江及其支流拉薩河交會處，一般俗稱『前藏』，因為她的高度，也因為她的距離，長久以來，一直蒙著神秘的面紗，讓外界的人們無法真實的瞭解。

Accommodation:3-star Standard Hotel Meals:None

#### Day 2: Potala Palace – Jokhang Temple – Barkhor Street (本天安排步行前往各景點)

We will make a visit to the highest ancient castle style architectural complex above the sea level – Potala Palace (1hour). It was the residence of the Tibetan Dalai Lamas, as well as the political, educational and religious center of Tibet. It was built in the 7th century during the regime of Songtsan Gampo. Potala Palace is composed of the White Palace and the Red Palace. The main constructions of the Red Palace are the Buddhism stupas and chapels while the White Palace acted as the residence of Daila Lamas.

In the afternoon, we will pay a visit to the Jokhang Temple (1 hour) which was widely accepted as the spiritual center of Tibet. The precious Statue of 12-year-old Sakyamuni (the founder of Buddhism) brought to Tibet by Princess of Chinese Tang Dynasty and the statues of some eminent Buddhists are enshrined in the monastery. There are also exquisite murals which present the history and culture of Tibet collected in the monastery. Then we will take a ramble at Barkhor Street (half an hour) which around the Jokhang Temple. There we could experience the traditional culture and daily life of Tibetan.



參觀世界上最高的宮殿---**布達拉宮**，瞭解達賴喇嘛的黃教政教合一中心，並將參觀西藏最神聖的寺廟---**大昭寺**，膜拜釋迦摩尼 12 歲等身像，參觀巨大的蓮花生大師像。然後在**八廓街**參觀，自由購物流覽！【布達拉宮】始建於西元 7 世紀松贊幹布時期，17 世紀五世達賴喇嘛時期重建後，成為歷代達賴喇嘛的住錫地和政教合一的中心。主體建築分紅宮和白宮，主樓 13 層，樓高 115.703M，由寢宮、佛殿、靈塔殿、僧舍等組成。宮內珍藏大量佛像、壁畫、經典等文物，這一民族文化藝術瑰寶，被列入國家級文物保護單位和《世界文化遺產名錄》。【大昭寺】始建於西元 7 世紀中葉，是唐朝文成公主所建，為西藏境內最輝煌的吐蕃時期名勝古跡之一。一直是藏族人民朝覲的主要佛教勝地，內供一尊當年唐文成公主入嫁吐蕃時帶來的釋迦牟尼 12 歲等身佛像，只要您瞻仰過一次，定會終身難忘。【八角街】環繞大昭寺。是血拼的好地方，舉凡各種法器、唐卡、天珠及各類工藝品，保證令您大開眼界。

Accommodation:3-star Standard Hotel Meals:B

### Day 3:Day 3:Lhasa – Ganden Monastery – Heybu Village-Sera Monastery

We can rent a yak to carry our supplies and necessities. We will leave Lhasa for Ganden Monastery in the morning. In the afternoon, we will start our trekking. It will be a hard day since it is our first trekking day. We will trek into the remote mountains after we take the last overview of Lhasa. Three hours later, we will arrive in Heybu Village.

In the afternoon, we will pay a visit to Sera Monastery – one of the three great monasteries in Lhasa. It is quite noted for its Buddhism scripture debating. Sera means wild rose in Tibetan. It is said that this land was covered with wild roses before the construction of Sera Monastery.

**甘丹寺**，是黃教六大寺中地位最特殊的一座寺廟，它是由藏傳佛教格魯派的創始人宗喀巴於 1409 年親自籌建的，可以說是格魯教派的祖寺，清世宗曾賜名為永壽寺。甘丹寺中藏有豐富珍貴的歷史文物，其中有 1757 年清代乾隆皇帝賜予該寺鑲滿金銀珠寶、書有漢滿蒙藏四種文字的盔甲，國家特級文物、純金汗書寫而成的藏文《大藏經》中的整套《甘珠爾》佛經，由十六羅漢和四大天王等組成的整套二十四幅的繡絲唐卡“唐繡”，這些文物都展示出明清兩代中央政府和西藏地方之間的親密關係。藏曆每年的 10 月 25 日宗喀巴大師的忌日，白天在寺內要展掛長 26 米、寬 10 米的大佛像，晚上全寺燃燈示敬，儀式極為隆重，為該寺最重要的傳統節日，稱“甘丹昂卻”。意為燃燈節，其盛大程度甚至超過了雪頓節。**沙拉寺**全稱為“沙拉大乘洲”，位於西藏拉薩布達拉宮北面 3 千米巨石、崢嶸的沙拉烏孜山腳。與甘丹寺、哲蚌寺合稱“拉薩三大寺”。“沙拉”在藏語裏是野玫瑰的意思。傳說山下修寺時這裏長滿了野玫瑰，沙拉寺因此得名。沙拉寺的辯經非常有名。辯經園就在通往正門通道的北端。辯經的時間一般從 15:00 開始，可以隨意觀看。

Accommodation:Accommodation:3-star Standard Hotel Meals:breakfast

### Day 4:Lhasa – Yamdrok Lake – Gyantse – Shigatse (360 kilometers)

We will leave Lhasa for Yamdrok Lake through Gambarak Mountain Pass (4780 meters above the sea level) after breakfast. Yamdrok Lake is one of the three holy lakes in Tibet. It covers an area of 638 square kilometers with an altitude of 4441 meters. The landscapes of mountains and lakes here tops in southern Tibet. Then we will set out for Shigatse, via Karo-la Glacier and Manla Reservoir. We can also take an overlook of the Zongshan Castles in Gyantse on the way to Shigatse, which is the biggest city in Tsang. Then we will visit the residence of Panchen Lamas - Tashilhunpo Monastery (1.5 hours). It is the largest monastery in Shigatse Prefecture and one of the six great monasteries of Gelug Sect.

從拉薩前往西藏第二大城市---後藏重鎮日喀則，途經雅魯藏布江，參觀**羊卓雍措湖**，沿途欣賞高原植物和藏族田地，景色宜人，【羊卓雍措】位於海拔 4500 公尺的崗巴拉山口，是西藏三大聖湖之一，措為湖之意，全意為{珊瑚之湖}此湖面積廣達 670 多平方公里，為杭州西湖的 70 倍大，湖面海拔 4441 公尺，碧波萬頃，水天一色，自然風光絕美，恍如人間仙境。【卡若拉冰川】位於浪卡子縣和江孜縣交界處，距離江孜縣城 71 公里，從羊湖出來後，跨越 4330 米的斯米拉山口後就來到了卡若拉冰川的冰舌下。抵達江孜古城，傍晚抵達後藏最大的城市日喀則！參觀後藏最重要的寺廟---**紮什倫布寺**，班禪大師的住錫地，黃教在後藏最重要的寺廟。【**劉什倫布寺**】它是黃教六大寺廟之一，此寺是西藏



歷代班禪喇嘛的駐錫地,並參觀十世班禪的包金靈塔『劄什南捷』及供奉著世界上最大的銅佛『強巴佛殿』、展佛台、措欽大殿等著名佛殿古蹟。

Accommodation:3-star Standard Hotel Meals:B

### Day 5:Shigatse – Qushui - Tsedang (350 kilometers)

We will set out for Tsedang via Qushui County along Yarlung Zangbo River Valley. Tsedang is the cradle of Tibetan with a long history. We will look around Yungbulakang – the first palace of Tibet which could be dated back to 2100 years ago after we arrived in Tsedang. It is said that Yungbulakang was constructed for the first Tibetan king – Nyatri Tsenpo by the followers of Bon in second century B.C. Yungbulakang acted as the palaces of the Tibetan kings till 7th century. The 33rd Tibetan king – Songtsen Gampo united Tibet and moved his capital to Lhasa. Yungbulakang became the summer palace of Songtsen Gampo and Princess Wencheng of Chinese Tang Dynasty.

早起,由日喀則前往西藏文明的發源地—澤當,觀西藏第一座宮殿---**雍布拉康**,據說第一位藏王聶赤贊普時期所建,欣賞雅魯藏布江與拉薩河穀風光。雍布拉康從中國唐朝時期開始成為藏王松贊干布和文成公主的夏宮。『澤當』“猴子玩耍的壩子”,藏民族相信自己的祖先是澤當鎮內的貢布日山上的一隻神猴,神猴的後代在此繁衍生長,形成了西藏歷史上眾多的第一:第一座王宮、第一座寺廟、第一塊莊稼地等。澤當又有藏民族文化發祥地之稱。【雍布拉康】西藏第一座宮殿,「雍布」乃母鹿之,因所處之小山形似母鹿之後腿,據考證其為雅魯部落,第一代藏王聶赤贊普約在西元前100多年所建,最近曾在1982年修建過。

Accommodation: 3-star Standard Hotel Meals:B

### Day 6: Tsedang – Airport (100 kilometers)

We will transfer you to the airport after breakfast.

早餐后,送往机场,搭机前往成都,結束愉快的西藏高原之旅。

Accommodation:None Meals:B

★本行程游客将有可能与其他国家的游客拼团,从拉萨开始至机场结束,一般酒店会安排在市區,其中D2将步行前往附近景点,一般步行时间10-15分钟左右。

### 2 TO GO Quotation:

APR—JUN: RM\$2750/PAX Single supplement: RM\$470/PAX

JUL—OCT: RM\$3050/PAX Single supplement: RM\$700/PAX

### 2013 年度散客拼团的接团日期:

月份	发团时间 (如 4 月 6 号, 是指 6 号抵达拉萨为 D1)
4 月	6 号、13 号、20 号、27 号、30
5 月	4 号、11 号、14、18 号、25 号、28
6 月	1 号、8 号、11、15 号、22 号、25、29 号
7 月	6 号、9、13 号、20 号、23 号
8 月	20、24 号、31 号
9 月	3、7 号、14 号、17、21 号、28 号



10月	1、5号、12号、15、19号、26号
11月	2号、9号、16号、23号、30号
12月	7号、14号、21号、28号
大部分发团时间是每周六，红色字体是周二	

### Price Include

1. Transfers, Vehicle type will be arranged according to group size.
2. Meals: Breakfast only
3. Guide: English or Chinese-speaking local tour guide, your kindly friend in Tibet.
4. Entrance fees listed in the itinerary
5. Accommodation: 3-star standard hotels
6. Travel Permits: Tibet Entry Permit
7. 1shopping station---local handicraft shop
8. 1optional: Happiness on the way, 280RMB/pax –Tibetan singing & Dancing show.

### Price Exclude

- 1, Air-ticket, airport taxes and fuel surcharge
2. Meals: Lunches & Dinners
3. Single Room Supplement
4. Personal Expenses like beverages, mini bar, laundry, telephone cost, etc
5. Tips to driver and tour guide as your wish.
6. Day 2 walking from hotel to Potala Palace and Jokhang Temple, the hotels will arrange around downtown.
7. China Visa and Travel insurance

### 【参团特别注意事项】

- ★本行程游客将有可能与其他国家的游客拼团,从拉萨开始至机场结束。请大家告知顾客。感谢支持!
- ★请提前24天Scan 护照+签证给我们,以便及时办理入藏函手续。
- ★此行程為高原地區,拉薩為3500公尺,日喀則為3800公尺,羊卓雍措.納木錯的海拔超過4700公尺。若有體力不好、行動不便、高血壓、心臟疾病、糖尿病、氣喘病者,請斟酌自身情形審慎參加。
- ★此行程所到之地區,因為海拔高容易引起高山反應現象,務請團友多準備個人所需的預防藥,及出發前休息充足以適應高原地區氣候變化。建議應付高原反應藥,敬請出發3天前開始服用,並請示自己的醫師,是否適用於自己。
- ★白天日照強且長一高原空氣稀薄,透明度高,平均日照時間均比平原上長好幾倍以上,有些城市太陽要到晚上八點多才下山,請自備太陽眼鏡、遮陽帽及防曬油用品。
- ★西藏的飯店內多配備有氧氣機,此為個人自行付費的行為,團費不包括其使用費用;唯團體行程內,個人可視自身情況之需要,向隨團領隊索取氧氣瓶,以備緊急情況使用,在正常情況下,第一天的高山反應實乃正常現象,非屬必要,盡量不使用氧氣瓶。
- ★在高山地區旅行,腳步與說話速度敬請放慢,情緒也不要太激昂,煙酒盡量減少,夜晚外間活動少,若有可能,夜間盡



量減少外出, 以便保存體力, 讓隔天的適應力更加順暢。 在抵達拉薩當晚, 為避免受涼, 建議敬請當晚不要洗澡, 以免感冒, 因在高原上感冒不易復原。不要帶感冒入藏, 前往西藏旅遊前後期間, 請保持睡眠充足。

★參觀布達拉宮, 女生不得穿著裙子, 可穿著七分褲子, 不得攜帶氧氣瓶. 打火機. 礦泉水. 乳液等液體物品。(類似搭機安檢規格)

★在旅遊行程中, 如有感覺身體有負面反應, 敬請即時告知導遊。

## Tips on travel in Tibet

★ Please apply passport & Visa(must be clear) ahead 20days for us to issue the Tibet permit.

1. Drink **enough water** (mineral water is better, for you can't get 100% boiled water because of the lack of oxygen)
2. Wear enough **warm clothes** in order not to catch a cold (vast temperature difference between the day and the night wherever in Tibet ).
3. Better not take a shower on the first night, although you are not used to it. **Cold shower is no good!**
4. Walk slowly and talk less! You would certainly get so excited arriving at the Lhasa airport, but try to keep quiet. Walking fast and talking aloud take more oxygen!
5. Both **sunglasses and sun block lotion** are necessary (Being the top of world, Tibet is closest to the sun, and the sunshine is too strong.)
6. **Hat and scarf** are helpful when you reach to the summit of some mountains where is cold and windy as well.
7. "An apple a day keeps your doctor away", it also helps in Tibet! Banana is a good helper, too. Maybe you don't have a big appetite during first stays in Tibet, try to eat your favorite fruit!
8. Keep taking either **Ginseng tea or Ginseng pills** a week **before** your arrival in Tibet.
9. Make sure to have a medical check, if you used to suffer from the heart, breathing or high blood pressure problems. **THIS IS VERY IMPORTANT!**
10. **Umbrella** is a must for your travel of Tibet, although it seldom rains in the day time. When it comes to the rainy season, it often rains at night.
11. Don't get too dependent on oxygen tan or mask, it is quite normal when you don't feel well or find it difficult falling asleep for first 2 days. **Try to keep optimistic!**