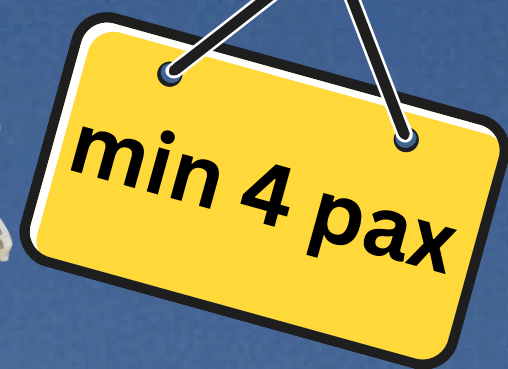




CHENGDU - XIZANG



318川藏线 (拉萨全景)

成都 - 泸定 - 康定 - 新都
桥 - 雅江 - 理塘 - 巴塘 -
芒康 - 如美 - 左贡 - 然乌 -
波密 - 鲁朗 - 林芝 - 拉萨

Tibet, located on the Qinghai-Tibet Plateau in southwestern China, is known as the "Roof of the World" for its average elevation of over 4,000 meters. Its capital is Lhasa and it is home to the Tibetan people and other ethnic groups.

西藏自治区（简称“藏”）位于青藏高原西南部，是中国面积第二大的省级行政区。全区面积达120.28万平方公里，常住人口约370万。平均海拔超过4000米，被誉为“世界屋脊”，是藏族等少数民族的聚居地，首府为拉萨。

No Shopping 无购物

Everyday 天天出发

Famous Tourist Spot 著名地标

Sky Road Eighteen Bends Observation Deck 天路十八弯
观景台 1 Jinsha River Bridge 金沙江大桥 1 Seventy-Two
Turns of the Nujiang River 怒江七十二倒拐 1 Basom
Lake 巴松措 Cuocong Temple 措宗寺 The Lake Island



GROUND TRAVEL PACKAGE Fare Excluded Air Ticket
地接旅游配套费用不含飞机票

免费升级：《拉萨和成都》，免费升级3晚★★★★★酒店
包含：拉萨成都（单程）国内飞机票



康定

康定市位于四川省西部、甘孜藏族自治州东部，是州府所在地。作为“茶马古道”重镇和《康定情歌》的故乡，这里不仅是川藏咽喉，更是康巴藏文化的重要发祥地。

D1 吉隆坡✈️成都

根据航班时间，接机入住酒店自由活动/休息。
注意⚠️：出团日期请《避开星期日SUNDAY》出发，否则无法在来临星期一参观布宫！（逢周一闭馆）。

D2 成都-泸定-康定-新都桥-雅江

经雅康高速，停【318线网红服务区】，经二郎山隧道，经泸定，抵达**康定溜溜城**，午餐。途径折多山，停【**西出折多观景台**】，前往摄影天堂**新都桥**，行车途中远眺蜀山之颠**贡嘎山**，住宿雅江。



贡嘎山

D3 雅江-理塘-巴塘

途径【**天路十八弯观景台**】，途径【**理塘大草原**】并午餐，游览【**姊妹湖**】住宿巴塘。



姊妹湖

D4 巴塘-芒康-左贡

巴塘出发，途径【**金沙江大桥**】，前往芒康，途径拉乌山垭口，车览澜**沧江大桥**和**觉巴山**，【**东达山观景台**】住宿左贡。



金沙江大桥

D5 左贡-八宿-然乌

【**怒江七十二倒拐**】，途径怒江大桥，途径八宿，住然乌。



怒江七十二倒拐

D6 然乌-来古-波密

游览【**然乌湖**】，游览【**米堆冰川**】（目前来古冰川景区关闭，若景区恢复运营，则游览【**来古冰川**】）。



米堆冰川

D7 波密-鲁朗-林芝

途经古乡湖，游览【**鲁朗小镇**】和【**鲁朗林海**】，途径【**色季拉山口**（观南迦巴瓦峰，日照金山）】，住林芝。



色季拉山口

D8 林芝-拉萨

游览【**巴松措-措宗寺-湖心岛**】，途径拉林高速和米拉山隧道。



措宗寺

D9 拉萨

游【**布达拉宫**（含门票耳麦）】，【**大昭寺**（含门票耳麦）】【**八廓街**】，【**布宫网红下午茶**】。



布达拉宫

D10 拉萨-成都（飞机）

专人接机后，特别安排庆功宴成都火锅。过后入住酒店休息/自由活动。

D11 成都-自由活动-吉隆坡

全天自由活动。根据航班时间由专人送机场。

以上安排与行程是以当地旅行社最终安排为准



Kangding

Located in western Sichuan Province, Kangding is the capital of Ganzi Tibetan Autonomous Prefecture. Renowned as a key stop on the ancient Tea Horse Road and the birthplace of the beloved folk song Kangding Love Song, the city serves as the gateway to Tibet while showcasing the rich heritage and traditions of Khampa Tibetan culture.

D1

KUALA LUMPUR – CHENGDU

According to the flight time, greet at airport and transferred to the hotel for free time / rest.

Note ⚠️ : Please avoid departing on Sunday, otherwise you will not be able to visit the Potala Palace on the following Monday (the palace is closed every Monday).

D2

CHENGDU – LUDING – KANGDING – XINDUQIAO – YAJIANG

Travel via the Yakang Expressway, stop at the "Internet-famous Service Area along Route 318," pass through the Erlangshan Tunnel, pass by Luding, and arrive at Kangding, the lively "**Liuliu City**". En route, cross Zheduo Mountain with a stop at the "**Westward beyond Zheduo**" Scenic Viewpoint, then proceed to **Xinduqiao** – a paradise for photographers. Along the way, enjoy a distant view of **Mount Gongga**, the king of Sichuan's peaks, and stay overnight in Yajiang.



Mount Gongga

D3

YAJIANG – LITANG – BATANG

En route, stop at the "**Sky Road Eighteen Bends**" Observation Deck, traverse the vast **Litang Prairie** with a lunch break, explore the stunning **Sister Lakes**, and conclude the day with an overnight stay in Batang.



Sister Lakes

D4

BATANG – MANGKANG – ZUOGONG

Depart from Batang, cross the **Jinsha River Bridge** en route, head to Mangkang, pass through the Lawu Mountain Pass, take in views of the **Lancang River Bridge** and **Jueba Mountain** from the vehicle, stop at the **Dongda Mountain** Observation Deck, and stay overnight in Zogang.



Jinsha River Bridge

D5

ZUOGONG – BASU – RANWU

Navigate the legendary "**Seventy-Two Turns of the Nujiang River**," pass by the Nujiang River Bridge, travel through Baxoi, and stay overnight in Ranwu.



Seventy-Two Turns of the Nujiang River

D6

RANWU – LAIGU – BOMI

Visit **Ranwu Lake** and tour the **Midui Glacier**. (Note: The Laigu Glacier scenic area is currently closed. If it reopens by the time of your visit, **Laigu Glacier** will be substituted for Midui Glacier.)

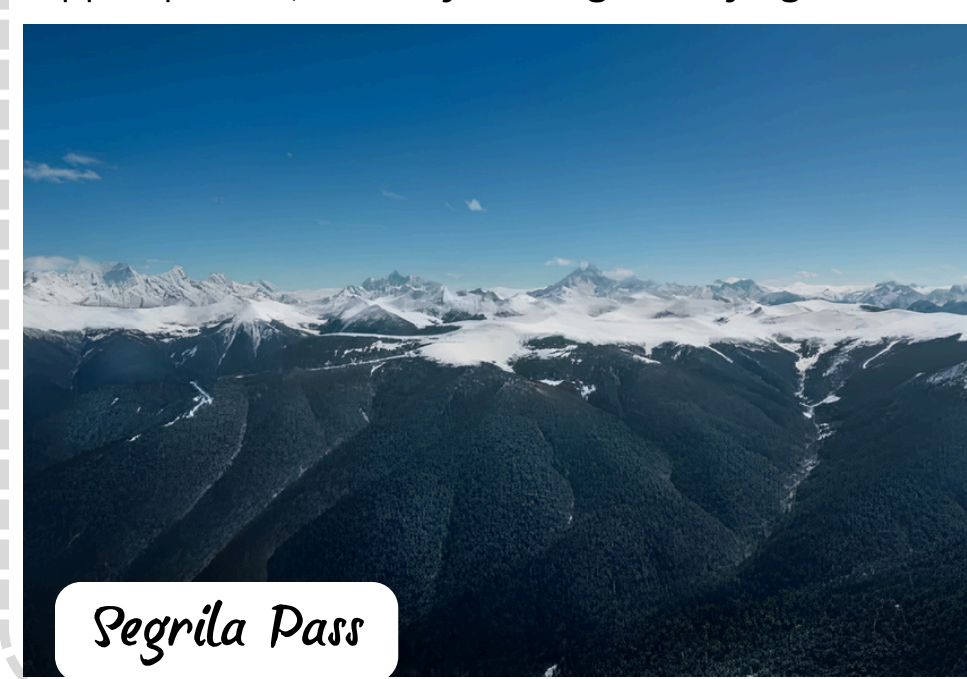


Midui Glacier

D7

BOMI – LULANG – NYINGCHI

Pass by Guxiang Lake, visit [**Lulang Town**] and [**Lulang Forest Sea**], pass through [**Segrila Pass** (view Mount Namcha Barwa and the golden sunshine on the snow-capped peaks)], and stay overnight in Nyingchi.



Segrila Pass

D8

NYINGCHI – LHASA

Visit "**Basom Lake** – **Cuocong Temple** – the **Lake Island**," and travel via the Lalin Expressway and the Mila Mountain Tunnel.



Cuocong Temple

D9

LHASA

Visit the **Potala Palace** (including entrance ticket and audio headset), **Jokhang Temple** (including entrance ticket and audio headset), **Barkhor Street**, and enjoy the Internet-famous afternoon tea at the Potala Palace.



Potala Palace

D10

LHASA – CHENGDU (FLIGHT)

After being picked up by a dedicated driver, a special celebration dinner – Sichuan hotpot – will be arranged. Afterwards, check into the hotel for rest / free time.

D11

CHENGDU – FREE AT LEISURE – KUALA LUMPUR

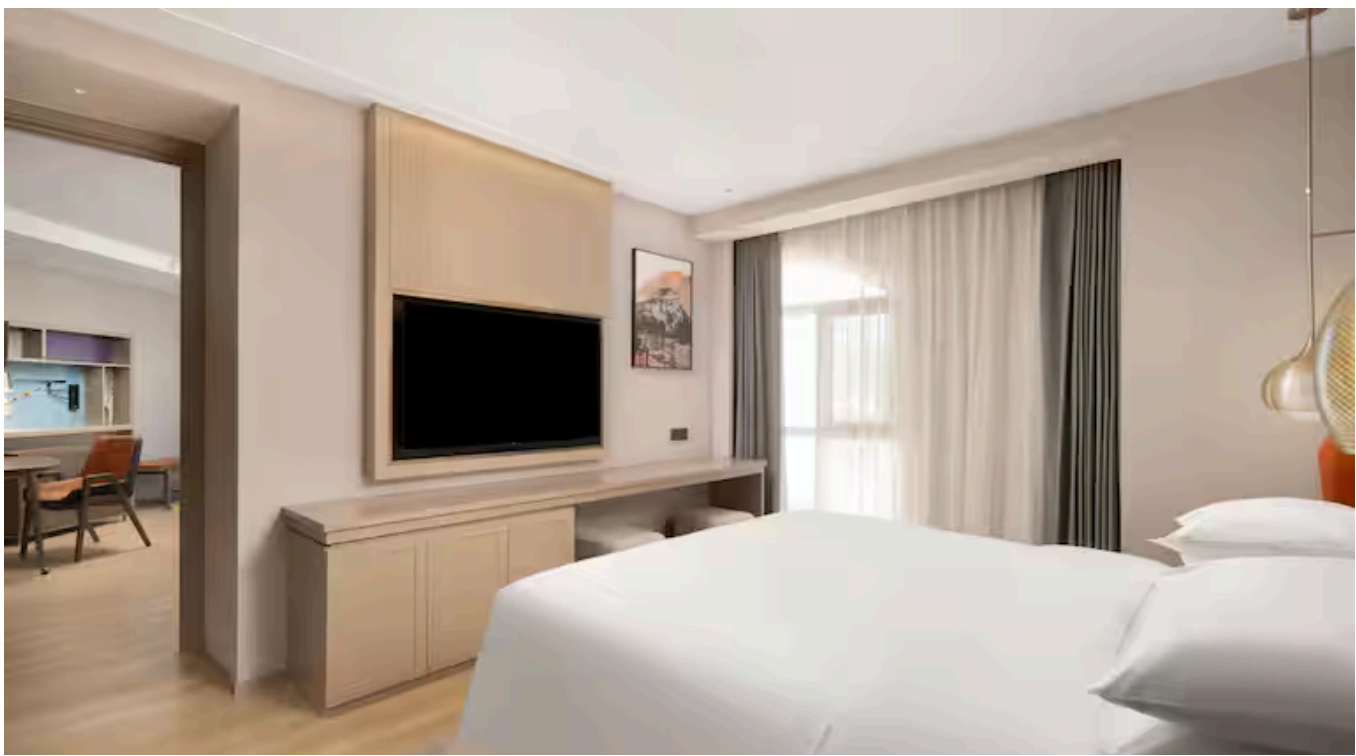
Full day at your own leisure. You will be transferred to the airport by a dedicated driver according to your flight schedule.

The above itinerary is subject to the final arrangements of the local tour operator.



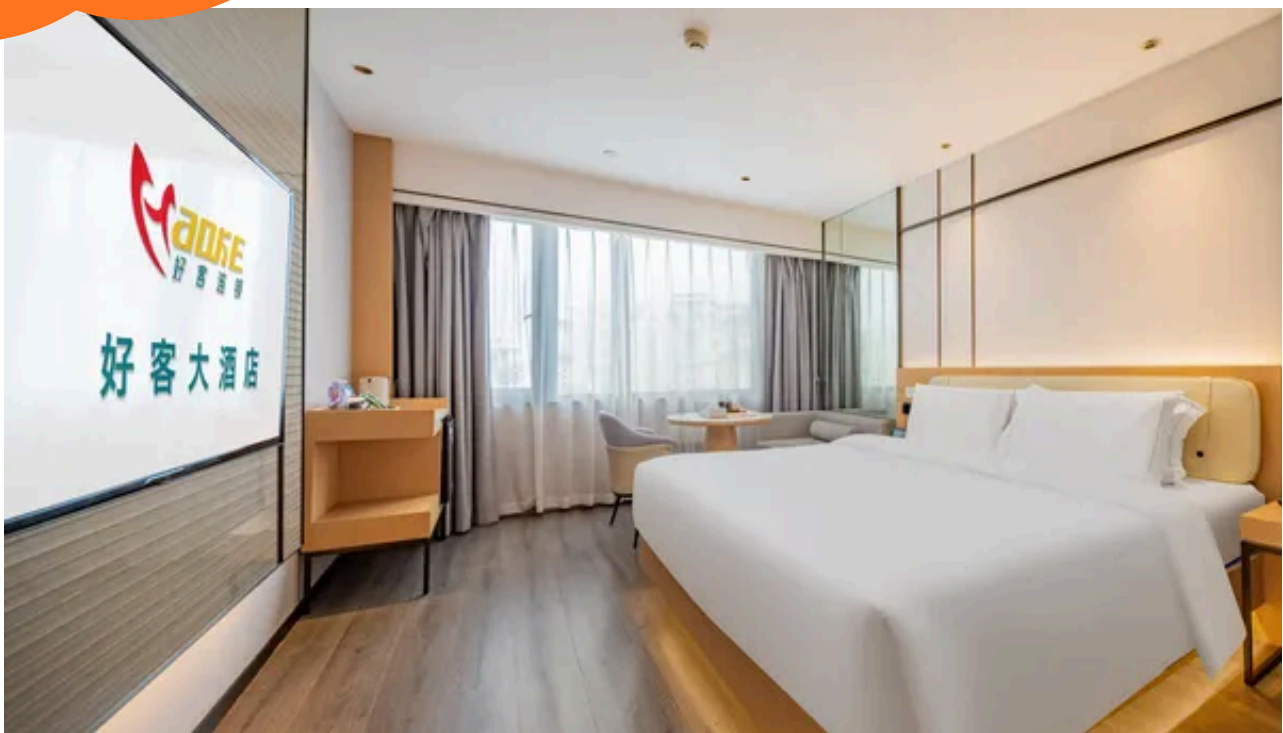
Hotel Reference Photo 酒店参考照片

HOME2 SUITES BY HILTON HOTEL (LHASA MUNICIPAL GOVERNMENT)
拉萨希尔顿惠庭酒店

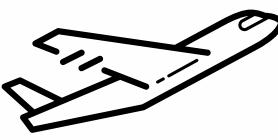


FREE!
Upgrade
3 night (5 ★) hotel

HAO KE HOTEL (CHENGDU)
成都好客大酒店

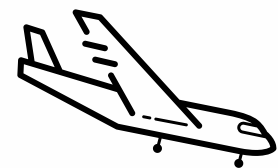


RECOMMENDED FLIGHT 建议航班:



KUALA LUMPUR - CHENGDU (TFU).

D7 326 (TIME 18:00 - 22:40)



CHENGDU (TFU)- KUALA LUMPUR

D7 327 (TIME 23:55 - 04:20+1)



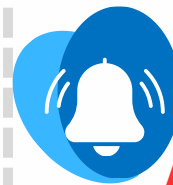
PACKAGE INCLUDES 配套包含

- Hotel accommodation (sharing Twin/Triple room) 酒店住宿 (双人/三人间)
- Meals (as per itinerary) 餐 (根据行程安排)
- Local transportation (bus / mini van) 当地交通 (巴士/小巴)
- Professional Mandarin-speaking tour guide/driver 专业中文导游/司机
- Entrance tickets 景点门票
- Sightseeing 景点



PACKAGE EXCLUDES 配套不包含

- Flight tickets 机票
- Travel insurance coverage 旅游保险
- Additional surcharges to the offered price: during peak times, festivals, and public holidays 报价之外的附加费用: 高峰期、节假日及公共假期
- Additional hotel services such as laundry, snacks and minibar and porter service 酒店额外服务, 例如洗衣、小吃、迷你吧及行李搬运服务
- Food and beverages not specified in the program 行程中未包含的餐饮
- Optional tours not specified in the program 行程中未包含的自费项目
- Excess baggage charges 超重行李费
- Visa (if required) 签证 (如需要)
- Round-trip transportation costs from home to KLIA 1/ KLIA2 往返吉隆坡国际机场1号航站楼/2号航站楼的交通费用
- Other items not specified 其他未列明项目



ADDITIONAL INFORMATION 附加信息

- Itinerary is subject to change subject to circumstances (with or without notice) 行程可能因实际情况而有所变更 (恕不另行通知)。
- Terms & conditions apply 须符合条件与规则

Notes 笔记:



DESIGNATED DEPARTURE DATES
建议出发日期

MTH 月份	2026	2027
A p r	---	20-30
M a y	---	01-31
J u n	---	01-25
S e p	01-30	01-30
O c t	08-31	08-31