

# 9天神秘西藏/拉萨/日喀则/成都之旅

两人

成行 (2 TO GO) 天天出发

Tour code: TB-2D

非凡住宿: 成都住宿位于春熙路超四星级新良大酒店

精品景点: 献上洁白的哈达 布达拉宫 大昭寺 八角街

羊卓雍错 班禅新宫 罗布林卡 色拉寺 西藏博物馆

日喀则 扎什伦布寺 江孜 白居寺

洛带客家古镇 锦里一条街 春熙路 天府广场

免费品尝风味佳肴: 四川小吃 / 药膳风味 / 鸳鸯火锅 / 巴国布衣川菜每天免费提供矿泉水一瓶



## 第一天: 新加坡 成都/锦里一条街 (午/晚)

齐集新加坡樟宜国际机场, 乘客机飞往四川省省会**成都市**, 自古以来这里被称为“天府之国”。午餐后, 乘车前往成都“**锦里**”民俗休闲一条街, 老街、宅邸、府第、民居、客栈、商铺、万年台座落其间, 青瓦错落有致, 青石板路蜿蜒前行, 让人恍若时空倒流。川茶、川菜、川酒、川戏和蜀锦等古蜀文化如清风扑面而来。当晚住宿于成都超**四星级酒店新良大酒店**或同级酒店。

## 第二天: 成都 拉萨 (早/午/晚)

乘机航豪华班机出发前往日光城西藏-----**拉萨**。空中飞行时间约1小时40分钟抵达贡嘎机场(海拔3650米), 导游接机后**献上洁白的哈达**, 然后乘旅游专车前往拉萨市区, 沿途可欣赏雅鲁藏布江, 藏族村落, 迷人的自然风光, 呼吸到清新洁净的空气。车程98公里, 时间约2小时。入住酒店休息, 下午没有安排活动, 在酒店休息以适应高原气候。当晚住宿**拉萨岷山酒店**或同级。

## 第三天: 拉萨/布达拉宫/大昭寺/八角街 (早/午/晚)

拉萨市内世界遗产参观, 参观西藏的标志性建筑、达赖喇嘛的驻锡地、冬宫——, 之后参观建于公元七世纪的**大昭寺**, 一睹由唐代文成公主入藏带来的十二岁“释迦牟尼”等身金像的尊容, 之后在保留有藏民族旧格局特点的**八角街**自由活动, 感受当地民间商业活动的乐趣。当晚住宿**拉萨岷山酒店**或同级。

## 第四天: 拉萨/罗布林卡/色拉寺/博物馆/拉萨 (早/午/晚)

早餐后, 游览**罗布林卡**, 藏语意为“宝贝园林”, 它始建于七世达赖喇嘛时期, 是历代达赖喇嘛的夏宫。罗布林卡分为宫区、宫前区、森林区3个部分, 以格桑颇章、金色颇章、达旦明米久颇章为主体, 是一座典型的藏式风格园林。**色拉寺**是上拉萨三大寺之一, 由格鲁派(黄教)创始人宗喀巴大师的弟子释迦益于1419年所建。历史上色拉寺的僧侣数曾达5500人, 日本的多田等观、河口慧海也曾在此修行。现在和哲蚌寺一样相当于一所佛教大学。**西藏博物馆**坐落于拉萨市罗布林卡东南角, 是西藏第一座具有现代化功能的博物馆。具有鲜明的藏族传统建筑艺术特点, 同时又深刻体现了现代建筑的实用特点和艺术神韵, 熔裁出自己独具的建筑风格, 令人叹为观止。西藏博物馆有丰富的馆藏珍品, 诸如各种类型的史前文化遗物。从西藏的历史、文化、艺术、宗教、民俗等方面向观众直观地展示出藏民族独具魅力的灿烂文化和悠久历史....

## 第五天: 拉萨/羊卓雍错/江孜/十万佛塔白居寺/日喀则 (早/午/晚)

早晨后, 前往观看四大圣湖之一的**羊卓雍错**, 途中翻越4900米的岗巴拉山, 感受梦里羊湖的迷人, 游览完羊卓雍错后前往**江孜**县城, 参观始建于公元1418年, 有白教、黄教、萨迦教等以扎仓为单位的同时共存于一寺的**十万佛塔白居寺**。之后沿318国道前往西藏第一大城市——日喀则, **日喀则**是后藏地区政治、经济、文化、宗教和交通的中心, 也是历代班禅大师的驻锡地。当晚住宿**府上府酒店**或同级。

## 第六天: 日喀则/扎什伦布寺/强巴佛像/灵塔/班禅新宫/拉萨 (早/午/晚)

早晨后, 参观班禅大师的驻地、黄教六大寺院之一的——**扎什伦布寺**参观, 瞻仰世界上最高的铜制坐像——**强巴佛像**十世班禅大师班禅额尔德尼确吉坚赞的**灵塔**等, 随后前往参观**班禅新宫**。结束后由日喀则市出发, 返回拉萨。当晚住宿**拉萨岷山酒店**或同级。

## 第七天: 拉萨 成都/非物质文化遗产国家公园 (早/午/晚)

早餐后, 带着甜蜜的回忆乘机返回成都。随后前往中国唯一的**非物质文化遗产国家公园**。它被誉为历史文化的“活化石”, “民族记忆的背影”。这里是, 在这里你可以领略源于生活的艺术, 看到传承下来的即将失传的民间技艺, 听到天籁之声--悠悠古乐, 回味无穷.....以轻松的心情去回眸历史, 笑看未来。当晚住宿**成都位于繁华商业街超四星级酒店**

## 第八天: 成都/洛带客家古镇/浣花溪公园 (早/午/晚)

早餐后, 接着乘车前往“中国西部客家第一镇”之称的**成都洛带客家古镇**。它是一个千年古镇, 传说因蜀汉后主刘禅的玉带落入这里的一口八角井而得名“落带”, 后演变为“洛带”。清初, 一群客家人随着“湖广填四川”移民潮迁到这里, 洛带逐渐发展成为中国西部客家人最为集中的小镇。至今, 洛带镇内广东、江西、湖广、川北四大客家会馆保存完好, 客家博物馆和客家公园坐落其中, 而居住在这里的90%的居民是客家人, 他们仍讲着客家话, 沿袭着客家习俗。

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随后前往**浣花溪公园**，它是成都市迄今最大的开放性城市森林公园。将自然景观和城市景观，古典园林和现代建筑艺术，民俗空间和时代氛围有机结合，以自然、雅致的景观和建筑凸现川西浓厚的历史文化底蕴。随后当晚住宿于成都超**四星级酒店新良大酒店**或同级酒店。

**第九天：成都/春熙路/成都 新加坡（早/午）**

早餐后，随后前往成都最著名的繁华商业步行街**春熙路**，在这里你可尽情享受购物乐趣。随后，乘豪华飞机返回温暖的家园新加坡。

\*景点安排如有先后次序调整,以中国当地旅行社确认为准,或将随中国内陆航班调整而有所更动\*

**9DAY TIBET /LHASA/SHIGATSE/CHENGDU TOUR**

\*西藏段所列景点只含首道门票



↑ ↓ (2 TO GO) Daily Dep Tour code: TB-2D

◊Chengdu stay Super 4Star Xinliang Hotel in Chunxi Road Area◊Special Gourmet: Chengdu Herbal Dishes/ Sichuan Yuanyang Steamboat/Chengdu Local snack

**Day 1: Singapore ✈ Chengdu/ Jinli Street (L/D)**

Airport for your flight to **Chengdu**, provincial capital of Sichuan. Upon arrival, our local representative will meet you at the airport. Then visit **Jinli street**, It can represent many unchanged folk customs in ancient Chengdu. Tonight stay in chengdu four star **Xinliang hotel or similar class hotel**.

**Day 2: Chengdu ✈ Lhasa (B/L/D) ★★★**

Today, transferred for flight to **Lhasa**- Lhasa means holy land in Tibetan. On the northern bank of Lhasa River, a tributary of Yarlungtsanpo River, it is 3,650 meters above sea level. It is famous for its long history. Lhasa is also famous as a city of sunshine for its sunshine of more than 3,000 hours a year. It is the capital city of the Tibet Autonomous Region and is a political, economic and cultural center of the region. It boasts many historical sites and scenic spots both in its urban areas and outskirts. Upon arrival, you will be met and transferred to Hotel. Having rest due to the high elevation

**Day 3: Lhasa/ The Potala Palace/ Jokhang Monastery/ Barkor Street (B/L/D) ★★★**

Depart for tour of **the Potala Palace**—The Potala was the place of the Dalai Lama. It was originally built in the 7th century by King Songtsan Gampo and rebuilt to the present size by the 5th Dalai Lama in the 17th century. Its 13-story main building is 117metershigh and is composed of the Red and White Palaces, with the red one in the middle. The main building consists of the Halls of Stupas of Dalai Lamas from various historical stages and halls of Buddhist statues. The White Palace is the residence of the Dalai Lamas and places for handing political affairs. The Potala Palace houses great amounts of rare cultural relics including the Pattra-leaf scripture from India, Bak'gyur and the imperial edicts, golden seals and titles of nobility granted by the Qing emperors to the Dalai Lamas. **Jokhang Monastery**- Located in the center of the ancient city of Lhasa, the Jokhang Temple was built in the seventh century by Songtsan Gambo, the Tang Princess Wen Cheng and Nepalese Princess Bhrikuti. Its four-story main building demonstrates a combination of the Han, Tibetan, Indian and Nepalese architectural styles, as well as a Mandala world outlook of Buddhism. With the Hall of Amitayus Sutra as its center, the temple symbolizes the nucleus of the universe. The Hall of Sakyamuni is the essence of the temple., **Barkor Street**- This area bursts with atmosphere and contradictions. On the one hand, this is one of THE holiest areas of Tibet, awash with pilgrims, monks, nuns and temples. On the other, the streets around here are the hubs of Lhasa's commercial zone. Street traders, hawkers and market sellers fill the pavements around the Barkhor area.

**Day 4: Lhasa/ Norbulingka Monastery/ Sera Monastery/Tibet Museum (B/L/D)**

Our tour today cover **Norbulingka Monastery**- Norbulingka means a lovely garden in Tibetan. Located in the western suburbs of Lhasa, it has been a palace for the Dalai Lamas to stay to escape the summer heat. It was built in the 1740s and covers an area of 36 hectares. It was once a place of bathing and recuperation of the Seventh Dalai Lama. The Qing minister stationed in Tibet built the first palace here. Since then, the eighth, 13th and 14th Dalai Lamas built their own palaces here too. Continuous expansions in the past 200-odd years have turned it a large-scale and Tibet-style palace complex and garden. On festivals and holidays, the local people in their splendid attires come here with food and tents to sing and dance overnight. **Sera Monastery**- At the foot of the Wuzhe Hill in Sera to the north of Lhasa, the Sera Monastery is one of the three great monasteries in Lhasa and one of the six great monasteries of the Gelug Sect of Buddhism in Tibet. It was built by one of disciples of Zonggaba in 1419. On 27th of the 12th month of the Tibetan calendar, the monastery holds the grand Sera Bungchen Festival, which attracts flocks of Buddhists and others. After that visit **Tibet Museum**.

**Day 5: Lhasa/ Lake Yamdrok / Gyantse / Palcho Monastery (B/L/D) ★★★**

Driving out of Lhasa past the turquoise **Lake Yamdrok**—one of the three holy lakes in Tibet. Yamdrok Lake is situated in the Lhoka area, covers 621 square KM with the elevation of 4441M. That is the largest lake on the northern slope of the Himalayas, enjoying the beautiful sightseeing of the lakes and taking some pictures. **Palcho Monastery**- is so famous that its remarkable feature accommodates the three sects of Tibetan Buddhism in one monastery coexisting in peace with each other. The Palcho Monastery is in coexistence of the three sects namely, the Sakya, the Kagyu and the Gelug. The full name of the Palcho Monastery is called “The Auspicious Wheel Joy

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Monastery". According to the historical records, this monastery was built in 14<sup>th</sup> or 15<sup>th</sup> century. It consists of the Assembly Hall, the 100000-Buddha pagoda, dratsangs and an enclosure wall as its construction units. Continue to Shigatse and stay overnight.

**Day 6: Shigatse / Tashilunpo Monastery / Panchang Summer Palace/ Lhasa (B/L/D) ★★★**

This morning, you will visit **Tashilunpo Monastery**- At the foot of the Nyima Mountain on the outskirts of Xigatse, the monastery was built in 1447 under the supervision of the First Dalai Lama Gedun Tsuba, one of the disciples of Tsonggaba. It was expanded by the Fourth, Fifth and Sixth Panchen Lamas and has become the place of the reincarnation of the Panchen Lamas. The monastery houses a 22.4-meter-high gilded bronze statue of Qiangba Buddha, the tallest of its kind in the world. The image of the Buddha is kind, generous and vivid. then visit to **Panchang Summer Palace** . Overnight in Lhasa

**Day 7: Lhasa ✈ Chengdu/ The Country's Intangible Cultural Heritage Park (B/L/D) ★★★★★**

This morning, fly back to Chengdu. Then proceed to the **country's Intangible Cultural Heritage Park** where Chengdu's preparation in hosting the first China International Intangible Cultural Heritage Festival. According to the United Nations Educational, scientific and Cultural Organization (UNESCO), intangible cultural heritage, also known as living heritage, refers to practices, expressions, knowledge, skill as well as instruments, artifacts and cultural spaces associated therewith. Tonight stay in chengdu four star hotel.

**Day 8: Chengdu / Luodai Ancient Town/Huanhuaxi Park (B/L/D) ★★★★★**

This morning, you will visit the **Luodai Ancient Town** -the first Hakka town in the west Sichuan, 85% residents here are Hakka. Then proceed to **Huanhuaxi Park** . It is a very ideal park for the local people to relax. It is also the biggest open city -forest garden in Chengdu which combines the city scenery with the natural landscape. Tonight stay in chengdu four star **Xinliang hotel or similar class hotel**.

**Day 9: Chengdu / Chunxi Road ✈ Singapore (B/L)**

After breakfast, proceed to **Chunxi Road** walking street to go shopping. Thereafter, transfer to the airport for your flight back to Singapore .

*\*Note: The sequence of the tour programme may be re-arranged by the local tour operators as deemed necessary or when there is a re-schedule of the domestic flights. Any discrepancies in information please refer to Chinese itinerary.*

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