

iCHINA

冰雪

WINTER
TIBET

10DAYS 9NIGHTS

西藏



成都 | 林芝 | 波密 | 拉萨 | 日喀则

Chengdu | Nyingchi | Bomi |
Lhasa | Shigatse

01

冬季限定的“冰雪星球”

来古冰川

Laigu Glacier

02

把回忆带回家

藏装旅拍

Tibetan-style
travel photography

03

西藏著名四大寺院之一

扎什伦布寺

Tashilhunpo Monastery

HIGHLIGHT



TOUR CODE: CTW10

第1天 吉隆坡✈️成都

- ◆ 集合于机场，飞往【成都】

第2天 成都✈️林芝^[240公里]波密

- ◆ 乘搭内陆航班前往【林芝】
- ◆ 色季拉山【观景台】
- ◆ 南迦巴瓦峰【远眺】
- ◆ 鲁朗林海

第3天 波密^[130公里]然乌^[130公里]波密

- ◆ 然乌湖
- ◆ 来古冰川
【含观光车】 【蓝冰洞】

※2025年12月24号-2026年3月31号开放可以上贡错冰湖湖面上行走

第4天 波密^[240公里]林芝

- ◆ 鲁朗国际旅游小镇

第5天 林芝^[500公里]拉萨

- ◆ 巴松措
【含观光车】 【湖心岛(远眺)】
- ◆ 措宗寺

第6天 拉萨

- ◆ 布达拉宫

※布达拉宫预订参观券由布官管委会限制人数，团体可能会被分批进入参观，具体参观时间和名单区由该管委会派发为准※



首家安排：藏装旅拍(含藏装1套+头饰+赠10张电子底片)

- ◆ 药王山观景台

第7天 拉萨^[260公里]日喀则

- ◆ 羊卓雍措
- ◆ 乃钦康桑雪山【远眺】
- ◆ 卡若拉冰川
- ◆ 宗山抗英古堡遗址【远眺】

第8天 日喀则^[260公里]拉萨

- ◆ 扎什伦布寺
- ◆ 大昭寺
- ◆ 八廓街

第9天 拉萨✈️成都

- ◆ 扎基寺
- ◆ 西藏博物馆
- ◆ 乘搭内陆航班返回【成都】

第10天 成都✈️吉隆坡

- ◆ 送往机场，返回温馨的家

DAY 1 Kuala Lumpur✈️Chengdu

- ◆ Assemble at airport for flight to [Chengdu]

DAY 2 Chengdu✈️Nyingchi^[240KM]Bomi

- ◆ Take domestic flight to [Nyingchi]
- ◆ Sejila Mountain [Observation Deck]
- ◆ Namjagbarwa Peak [Exterior view]
- ◆ Lu Lang Forest

DAY 3 Bomi^[130KM]Ranwu^[130KM]Bomi

- ◆ Ranwu Lake
- ◆ Laigu Glacier
[Included Buggy] [Blue Ice Cave]

※ From December 24, 2025, to March 31, 2026:
walking on the surface of Gongcuo Ice Lake is permitted

DAY 4 Bomi^[240KM]Nyingchi

- ◆ Lu Lang Town

DAY 5 Nyingchi^[500KM]Lhasa

- ◆ Basongcuo Lake
[Included Buggy] [Huxin Island (Exterior view)]
- ◆ Tsozong Gongba Monastery

DAY 6 Lhasa

- ◆ Potala Palace [Included Headphones]

※Entrance ticket of Potala Palace is under discretion of palace management. Tour members may be entering the palace in groups, subject to visitation time.※



EXCLUSIVE: Personal Photo Shooting with Tibetan
Costume (A complimentary of 10 soft copy photos)

- ◆ Yaowang Mountain Observation Deck

DAY 7 Lhasa^[260KM]Shigatse

- ◆ Yamdrok Lake
- ◆ Naiqin Kangsang Xue Mountain [Observation Deck]
- ◆ Karuola Glacier
- ◆ Jiangzi Zongshan Anti British Site [Observation Deck]

DAY 8 Shigatse^[260KM]Lhasa

- ◆ Tashilhunpo Monastery
- ◆ Jokhang Temple
- ◆ Barkar Street

DAY 9 Lhasa✈️Chengdu

- ◆ Dra Shi Monastery
- ◆ Tibet Museum
- ◆ Take domestic flight back [Chengdu]

DAY 10 Chengdu✈️Kuala Lumpur

- ◆ Transit to airport, home sweet home



蓝冰洞天花板

LAIGU GLACIER

世界第三极上的绝美秘境——来古冰川，能满足你对冰雪星球的全部幻想！蓝冰、雪山、冰洞、冰湖，这时的来古冰期最佳观赏期已至，冰川景观达到巅峰，如置身童话世界，趁着假期去邂逅独一无二的冰雪世界吧

A breathtaking hidden wonder on the Third Pole of the world — Laigu Glacier will fulfill all your fantasies of an icy planet!



藏族旅拍

TIBETAN-STYLE TRAVEL PHOTOGRAPHY

身着藏服，穿梭在布达拉宫的光影里，服饰上的每一处花纹，都诉说着古老故事。每一次按下快门，都将这高原的神圣与你的灵魂紧紧相连。这不仅是一组写真，更是你在圣城留下的美好回忆。

This is more than just a photoshoot — it's a beautiful memory you'll take with you from the Holy City



西藏三大圣湖之一

YAMDROK LAKE

在海拔4441米的高原上，羊卓雍措如同一块被天神失手打碎的蓝宝石，碎片散落在群山之间。这片被誉为“天上的仙境，人间的羊卓”的圣湖，用最纯粹的蓝，书写着雪域高原最动人的诗行。

Yamdrok Lake is a freshwater lake in Tibet. It is one of the three largest lakes in Tibet. It is over 72 km long. The lake is surrounded by many snow-capped mountains and is fed by numerous small streams.



如果信仰有声音，那便在这里

TASHILHUNPO MONASTERY

藏文意为「吉祥须弥」，格鲁派六大寺院之一，始建于明正统十二年，坐落于日喀则市南的尼色日山下，身为后藏历代班禅驻锡之地，每天吸引着无数信徒前来朝觐，烟火从未断绝。

Is an historically and culturally important monastery in Shigatse, the second-largest city in Tibet. Founded in 1447 by the 1st Dalai Lama, it is the traditional monastic seat of the Panchen Lama.



餐饮安排 MEAL PLAN | 住宿 ACCOMMODATIONS

注意：餐食安排会因航班及交通路况做出更改

天数 DAYS	早餐 BREAKFAST	午餐 LUNCH	晚餐 DINNER	精选酒店 SELECTED HOTELS
1	-	-	机上用餐 MOB	5★ 天府空港悦享酒店或同级 Joyhub Cheer Hotel or Similar
2	餐盒 Meal Box	石锅鸡 80 Stone Pot Chicken	中式合菜 60 Chinese Cuisine	4★ 波密希臻酒店或同级 Bomi Xizhen Hotel or Similar
3	酒店内 Hotel	中式合菜 60 Chinese Cuisine	中式合菜 80 Chinese Cuisine	4★ 波密希臻酒店或同级 Bomi Xizhen Hotel or Similar
4	酒店内 Hotel	中式合菜 60 Chinese Cuisine	川菜 80 Sichuan Cuisine	5★ 林芝乔穆朗宗酒店或同级 Lin Zhi Chomura Zong Hotel or Similar
5	酒店内 Hotel	中式合菜 60 Chinese Cuisine	野山菌火锅 80 Mushroom Hotpot	4★ 拉萨雪龙庄园酒店或同级 La Garry Snow Dragon Manor Resort or Similar
6	酒店内 Hotel	尼泊尔餐 80 Nepal Meal	藏餐 120 Tibetan Cuisine	4★ 拉萨雪龙庄园酒店或同级 La Garry Snow Dragon Manor Resort or Similar
7	酒店内 Hotel	中式合菜 60 Chinese Cuisine	中式合菜 80 Chinese Cuisine	5★ 日喀则乔穆朗宗酒店或同级 Qomo Langzong Hotel or Similar
8	酒店内 Hotel	中式合菜 60 Chinese Cuisine	海鲜烤肉自助 150 Seafood BBQ Buffet	4★ 拉萨雪龙庄园酒店或同级 La Garry Snow Dragon Manor Resort or Similar
9	酒店内 Hotel	粤菜 80 Cantonese Cuisine	中式合菜 80 Chinese Cuisine	5★ 天府空港悦享酒店或同级 Joyhub Cheer Hotel or Similar
10	酒店内 Hotel	机上用餐 MOB	-	-

Travel Essentials :

Passport & Visas - Each tour member is responsible to ensure their passport is valid for at least six (6) months from the return date of the trip and all necessary visas and permits have been acquired.

Travel Insurance - It's essential that you take out a comprehensive travel insurance before travel.

Terms & Conditions :

1. Itineraries, meals, hotels and transportation are subject to change without prior notice.
2. All pictures shown are for illustration purpose only.
3. Tours are conducted in Mandarin.
4. Triple Room - Third person shall be based on rollaway bed.
5. Tour fare quoted is for MALAYSIAN, non-Malaysian surcharge applied.
6. In-coach Shopping - For your convenience, a variety of local snacks are offered for sale on board the coach. If interested, please place your order with our tour guide.

Travel Essentials 旅行必备:

护照或签证 - 团员有责任确保护照有效期需至少6个月(从返程日期算起), 并且取得必要的签证和准证。

旅游保险 - 出发前, 建议您购买全面的旅游保险。

Terms & Conditions 条款:

1. 行程、膳食、酒店住宿和交通可能会有所更动, 恕不另行通知。
2. 以上图片仅供参考, 请以实物为准。
3. 所有行程以中文讲解为主。
4. 三人房-房内第三名住客的床褥, 将以折叠式为准。
5. 团费仅适用于大马公民, 外国公民则需缴付额外费用。
6. 车上购物 - 为了您的方便起见, 车上会售卖道地小吃。若您有兴趣购买, 请向我们的导游洽询。

IMPORTANT NOTES

1. ALL MISC charges are subject to change without prior notice.
2. Seat availability and tour fare discount are subject to first come first served basis.
3. Flight schedule above is subject to change.
4. Customer is required to re-confirm the latest flight schedule with our Tour Consultant before proceeding to purchase any domestic and / or transportation tickets.

For Agent Use Only:

Updated Date: JUN 2025