

8D
7N

冬游

西藏+来古冰川

GLITTERING TIBET + LAIGU GLACIER

成都 | 林芝 | 然乌 | 波密 | 拉萨

CHENGDU | NYINGCHI | RANWU | BOME | LHASA

来古冰川
Laigu Glacier

CLHA08



第1天：吉隆坡 ✕ 成都

集合于吉隆坡国际机场，飞往四川 - 成都。

第2天：成都 ✕ 林芝

巨柏树公园

园内1株巨柏的年龄已有2000 - 2500年之久，被当地人以“神树”之尊加以保护。园内面积约10顷，有900多株柏树，平均树高30米直径100厘米，最大一颗高50多米，直径5.8米，2600多岁，确实是世界之最。

第3天：林芝 - 450公里 - 然乌

翻越【色季拉山】

位于林芝市巴宜区与米林县交界，是连接林芝和波密的重要通道。山的最高海拔达到4,728米。

南迦巴瓦峰（远眺）

南迦巴瓦峰海拔7782米，是世界第十五高峰，也常被称为“冰山之父”以其雄伟和壮丽著称。它是西藏最古老的佛教“雍仲本教”的圣地。

鲁朗林海

这里以郁郁葱葱的森林、美丽的风景和丰富的野生动物而闻名。由于其茂密的绿意和清新的空气，该地区常被称为“龙王谷”。

第4天：然乌 - 180公里 - 波密

然乌湖

位于中国西藏自治区昌都市八宿县境内，是一个风景如画的高原湖泊。它坐落在横断山脉中，湖面海拔约为3700米，周围被雪山和森林环绕。然乌湖因其湖水清澈、四周风景如画而受到游客的青睐。

来古冰川（含观光车及冰爪）

冰川是西藏已知的面积最大和最宽的冰川，世界三大冰川之一。来古在藏语意思就是隐藏着的世外桃源般的村落途径。

第5天：波密 - 260公里 - 林芝

鲁朗国际小镇

位于中国西藏自治区林芝市的一个高原小镇。这个小镇被誉为“西藏的瑞士”，以其迷人的自然风光和独特的藏族文化而闻名。鲁朗国际小镇地理位置优越，周围被雪山、森林和草原环绕。

第6天：林芝 - 500公里 - 拉萨

巴松措（含观光车）

它以其清澈的海水而闻名，周围环绕着风景如画的雪山和郁郁葱葱的绿色植物。该湖在西藏文化中具有精神意义，经常受到朝圣者的参观。它的宁静之美和文化重要性使其成为寻求自然奇观和了解西藏传统和信仰的游客的热门目的地。

第7天：拉萨 ✕ 成都

布达拉宫

西藏自治区首府拉萨的一座著名地标。宫殿以其独特的藏式建筑而闻名，其特点是巨大的白色墙壁、红色和金色装饰以及描绘佛教主题的精美壁画。

※为了配合布达拉宫的预约时间，我们将相应地调整今天的行程。

大昭寺

大昭寺位于中国西藏自治区首府拉萨的八角街广场，是一座著名的佛教寺庙。它被认为是藏传佛教中最神圣和重要的寺庙之一。

八角街

第8天：成都 ✕ 吉隆坡

送往机场，返回温暖的家。

※行程可能会以最终确定的航班而前后调动。



然乌湖 / Ranwu Lake

布达拉宫
Potala Palace

D1: KUALA LUMPUR ✕ CHENGDU

Assemble in KL International Airport for flight to Sichuan – Chengdu.

D3: CHENGDU ✕ NYINGCHI

📍 King of Cypress Park

"A giant cypress in the park is 2,000 - 2,500 years old and is currently protected as a 'sacred tree' by the local area. The park covers an area of about 10 hectares and houses more than 900 cypress trees, averaging 30 meters in height and 100 centimeters in diameter. The largest one measures over 50 meters in height, 5.8 meters in diameter, and is over 2,600 years old. Indeed, it stands as the tallest in the world.

D3: NYINGCHI – 450km – RANWU

📍 Passing through Seji Lashan Guojiaji Forest Park

Lies at the border between Bayi District and Milin County, serving as a crucial route connecting Nyingchi and Bomi. The peak of Seji Mountain reaches an elevation of 4,728 meters.

📍 Namjagbarwa Peak (Distant Viewing)

It stands at 7,782 meters (25,531 feet) and is the 15th highest peak in the world, which is often referred to as the "Father of Ice Mountains" due to its imposing presence and stunning beauty. It is the holy place of Tibet's oldest Buddhist "Yongzhongben Sect".

📍 Lulang Forest

It's known for its lush forests, beautiful landscapes, and diverse wildlife. The area is often referred to as the "Lung of Tibet" because of its dense greenery and fresh air.

D4: RANWU – 180km – BOME

📍 Ranwu Lake

It is a stunning high-altitude lake located in the Baxoi County of Changdu City, Tibet Autonomous Region, China. Nestled in the Hengduan Mountains, the lake sits at an elevation of about 3,700 meters (12,140 feet). It's renowned for its crystal-clear waters and breathtaking surroundings, which include snow-capped peaks and lush forests.

📍 Laigu Glacier (Includes Shuttle Bus & Crampons)

It is the largest and widest glacier known in Tibet and one of the three largest glaciers in the world. Laigu means a hidden paradise-like village in Tibetan.

D5: BOME – 260km – NYINGCHI

📍 Lulang International Tourism Town

It is a highland town located in Linzhi City, Tibet Autonomous Region, China. Often referred to as the "Switzerland of Tibet," Lulang is known for its stunning natural scenery and unique Tibetan culture. The town is surrounded by snow-capped mountains, forests, and meadows.

D6: NYINGCHI – 500km – LHASA

📍 Dragsum Tsho (Includes Shuttle Bus)

It's renowned for its crystal-clear waters, surrounded by picturesque snow-capped mountains and lush greenery. The lake holds spiritual significance in Tibetan culture and is often visited by pilgrims. Its serene beauty and cultural importance make it a popular destination for tourists seeking natural wonders and a glimpse into Tibetan traditions and beliefs.

D7: LHASA ✕ CHENGDU

📍 Potala Palace

Is a famous landmark located in Lhasa, the capital city of the Tibet Autonomous Region in China. The palace is renowned for its distinctive Tibetan architecture, characterized by its massive white walls, red and gold ornamentation, and intricate murals depicting Buddhist themes.

***To accommodate the timing of your reservation at the Potala Palace, we will adjust today's itinerary accordingly.**

📍 Jokhang Temple

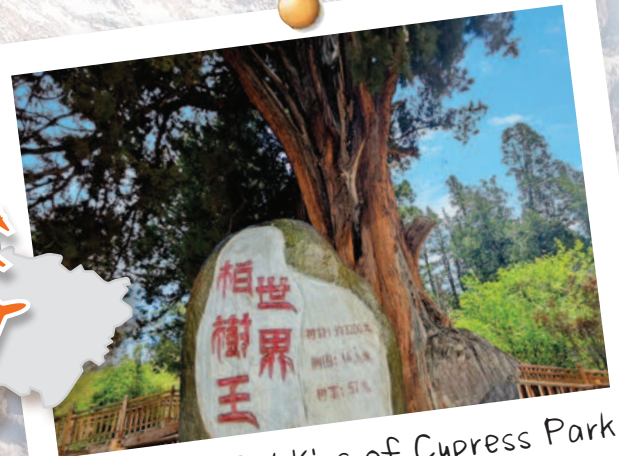
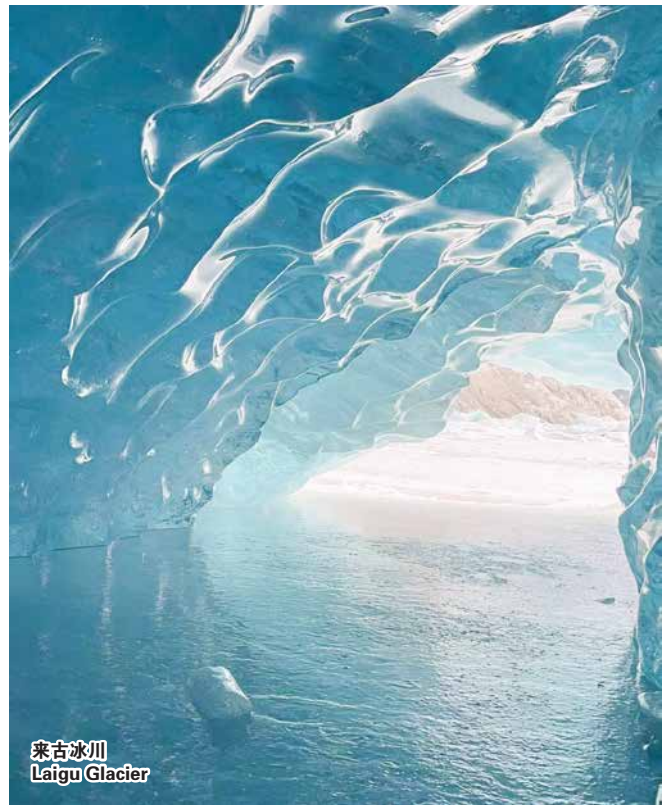
Is a famous Buddhist temple located in the Barkhor Square in Lhasa, the capital city of the Tibet Autonomous Region in China. It is considered one of the most sacred and important temples in Tibetan Buddhism.

📍 Barkhor Street

D8: CHENGDU ✕ KUALA LUMPUR

Proceed to airport for your flight back home with unforgettable memories.

※ Sequence of the itinerary is subject to change according to the final flight confirmation.





行程亮点 HIGHLIGHT

- 无购物
- 巨柏树公园
- 色季拉山
- 然乌湖
- 来古冰川
- 巴松措
- 布达拉宫
- 大昭寺

赠送

- 转经筒, 每人葡萄糖饮品5瓶, 每人2瓶便携式氧气瓶

- No Shopping Stop
- King of Cypress Park
- Seji Lashan Guojiaji Forest Park
- Ranwu Lake
- Laigu Glacier
- Dragsum Tsho
- Potala Palace
- Jokhang Temple

Complementary Gifts

- Prayer Wheel, Each person 5 bottles Glucose Drinks, Each person 2 bottles Portable Oxygen Inhaler



美食 GOURMET

石锅鸡风味 / 石锅鱼 / 韩式烤肉 / 野山菌火锅风味 / 成都小吃

Stone Pot Chicken Cuisine / Stone Pot Fish Cuisine / Korean BBQ / Mushroom Hotpot / Chengdu Cuisine



酒店 HOTEL

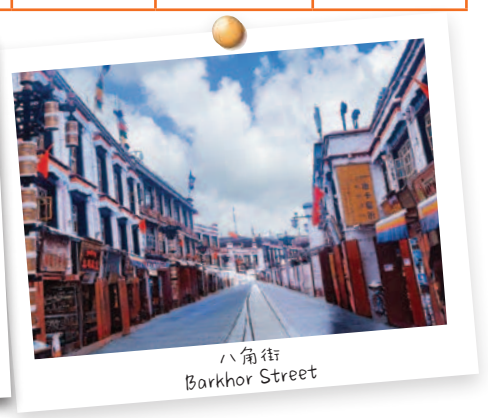
			早餐 Breakfast	午餐 Lunch	晚餐 Dinner
D1	成都 (1晚) Chengdu (1 Night)	天府国际酒店或同级 Tianfu International Hotel Complex or similar	-	-	✓
D2	林芝 (1晚) Nyingchi (1 Night)	林芝希尔顿工布庄园大酒店或同级 Hilton Linzhi Resort or similar	早餐盒 Box Breakfast	X	✓
D3	然乌 (1晚) Ranwu (1 Night)	然乌紫宸泊悦酒店或同级 Ranwu Zichen Boyue Hotel or similar	酒店 Hotel	✓	✓
D4	波密 (1晚) Bome (1 Night)	波密恒鑫藏王大酒店或同级 Bomi Hengxin Zao Hotel or similar	酒店 Hotel	✓	✓
D5	林芝 (1晚) Nyingchi (1 Night)	林芝希尔顿工布庄园大酒店或同级 Hilton Linzhi Resort or similar	酒店 Hotel	✓	✓
D6	拉萨 (1晚) Lhasa (1 Night)	拉萨香格里拉大酒店或同级 Shangri-La Hotel Lhasa or similar	酒店 Hotel	✓	✓
D7	成都 (1晚) Chengdu (1 Night)	天府国际酒店或同级 Tianfu International Hotel Complex or similar	酒店 Hotel	✓	✓
D8	-	-	酒店 Hotel	-	-



大昭寺
Jokhang Temple



韩式烤肉
Korean BBQ



八角街
Barkhor Street

旅行必备:

护照或签证 - 团员有责任确保护照有效期至至少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。

条款:

1. 行程、膳食、酒店住宿、交通和自费项目可能会有所变动, 恕不另行通知。
2. 若出现无法预测的特殊情况特别是在旅游旺季期间, UVSB将保留更改或取消行程的权利。
3. 若UVSB的宣传手册或任何传播媒介, 出现任何形式的印刷失误或遗漏, 本公司一概不负责, 并且保留更正的权利。
4. 每位参与UVSB团的成员, 必须为自身安全或行为负责。若出现无法预测的特殊情况 (例如: 交通延误/取消、疾病、天气、示威、战争等等), 因而引发额外支出的问题, UVSB一概不负责, 旅客需自行负责额外的费用。
5. 详情条款, 请参阅单张网页或浏览 <https://ubingo.my/home/terms.php>
6. 以上图片仅供参考, 请以实物为准。

备注: UVSB为UbinGO Vacations Sdn Bhd.

中国团 - 附加条款:

1. 所有行程以中文讲解为主。
2. 如预订三人间, 提供的额外床垫为滚动式折叠床。
3. 团费仅适用于大马公民, 外国公民则需缴付额外费用。
4. 车上购物 - 为了您的方便起见, 车上会售卖当地小吃及伴手礼。

Tentative Flight Details - Subject to Change

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 comprehensive travel insurance before travel.

Terms & Conditions:

1. Itineraries, meals, hotels, transportation and optional tour are subject to change without prior notice
2. UVSB reserves the right to make changes to or cancel the itinerary at any time due to unforeseen circumstances, especially during peak periods or in the event of a force majeure.
3. UVSB is not responsible for omissions, printing and/or presentation errors in brochures or in any media where such information may be presented; UVSB reserves the right to make corrections as required.
4. Every person participating in UVSB's tours shall travel at his/her own risk. UVSB shall not be held liable to any person for additional expenses that may be incurred due to delays or changes in any transport services, sickness, weather, strikes, war or other causes.
5. For other terms & conditions, refer overleaf of invoice or visit <https://ubingo.my/home/terms.php>
6. All pictures shown are for illustration purpose only.

Note: UVSB refers to UbinGO Vacations Sdn Bhd.

China Tours - Additional Terms & Conditions:

1. Tours are conducted in Mandarin.
2. For booking triple-share rooms please note that additional bed is based on "roll-away" bed.
3. Tour fare quoted is for MALAYSIAN, the non-Malaysian surcharge applied.
4. In-coach Shopping - For your convenience, a variety of local snacks and gift are offered for sale on board the coach.

For Agent Use Only:

Updated Date: JUL 2024