

12EVE

GO HOLIDAY! ³⁶
Discover Exotic Horizon

西藏 TIBET 12D11N

打卡世界之巅 –
珠穆朗玛峰大本营

Check In at the Top of the World –
Mount Everest Base Camp



成都 CHENGDU | 林芝 NYINGCHI | 拉萨 LHASA | 日喀则 SHIGATSE |
扎西宗乡 ZHAXIZONG TOWNSHIP | 青藏铁路 TIBET RAILWAY | 西宁 XINING

行程亮点 TRIP HIGHLIGHTS



打卡世界之巅 – 珠穆朗玛峰大本营

Check In at the
Top of the World –
Mount Everest
Base Camp

站在世界之巅脚下，震撼于自然。
At the foot of the highest peak,
in awe of nature.

特别安排 体验绘唐卡

Special Arrangement
Thangka Painting
Experience



特色体验 穿上传统特色藏装摄影

Cultural Highlight
Dress in Traditional
Tibetan Attire for
a Photoshoot



青藏铁路
Qinghai – Tibet Train



全程2+1 VIP车
2+1 VIP Coach

特色美食 SPECIALITY CUISINE

- 板栗藏香鸡
Tibetan
Fragrant
Chicken with
Chestnuts



- 野山菌火锅
Wild
Mushroom
Hotpot



- 藏式风味
Traditional
Tibetan Cuisine



- 尼泊尔风味
Nepalese
Cuisine



- 石锅鸡
Stone Pot
Chicken

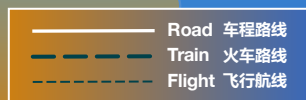


- 网红咖啡馆
下午茶
Afternoon Tea
at a Trendy Café



穿越雪域高原， 触摸离天堂最近的地方。

Journey across the snowy highlands,
and **touch the place closest to** *Heaven.*



@拉萨布达拉宫航拍视角
Lhasa Potala Palace in Aerial View

秒懂行程图 Travel Map

DAY 2



鲁朗林海
Lulang Linhai

DAY 3



巴松措
Basongcuo

DAY 4



布达拉宫
Potala Palace

DAY 5



羊卓雍措
Yamdrok Yumco

DAY 6



珠穆朗玛峰大本营
Mount Everest Base Camp

DAY 7



加乌拉山口 - 日照金山
Gyawu La Pass - Golden Peaks

DAY 8



扎什伦布寺
Tashilhunpo Monastery

DAY 9



拉萨八廓街
Lhasa Bakhor Street

DAY 10



青藏铁路
Tibet Railway

第1天

吉隆坡 ✈ 成都

- ✈ 机上用餐
- ✈ 集合于吉隆坡国际机场，飞往成都。

第2天

成都 ✈ 林芝

- ✈ 早餐 / 午餐 / 晚餐
- 📍 **鲁朗林海**: 其景色如诗如画，茂密的原始森林、碧绿的草地、清澈的溪流，吸引着众多游客和摄影爱好者前来观赏。
- 📍 **鲁朗小镇**: 藏语中意为“龙王谷”或“神仙居住的地方”，四季如画、山水交融，被誉为“东方瑞士”。这里坐落于318国道最美路段，仿佛是一幅流动的藏地山居图。

季节限定 (3月20日 - 4月20日)

- 📍 **嘎啦桃花村**: 由于每年气候条件不同，花期可能会有所提前或延后，以上时间仅供参考。



@ 嘎啦桃花村 Gala Peach Blossom Village

第3天

林芝 - 拉萨 (500公里±)

- ✈ 早餐 / 午餐 / 晚餐
- 📍 **巴松措 (含观光车)**: 被誉为“西藏最美的湖泊”之一，湖水清澈湛蓝，如翡翠般镶嵌在群山之间。四周雪山、森林与草原环绕，湖光山色交相辉映，美不胜收。

第4天

拉萨

- ✈ 早餐 / 午餐 / 晚餐
- 📍 **布达拉宫**: 世界遗产保护，也是世界上最高的宫殿，也是达赖喇嘛的冬宫，历代达赖喇嘛驻锡地。
- ◆ **特别安排 - 体验绘唐卡**

*注意事项: 因布达拉宫有设定每梯参观人数(分梯进入参观)及旅客参观的时间 (1小时)，行程会因为设定的时间而做顺序的更改，敬请谅解。

第5天

拉萨 - 日喀则 (360公里±)

- ✈ 早餐 / 午餐 / 晚餐
- ◆ **途径岗巴拉山**
- 📍 **羊卓雍措 (羊湖)**: 青藏最大的封闭性内陆湖泊，西藏三大圣湖之一。
- 📍 **乃钦康桑雪山 (远观)**: 周围有丰富的生态资源，是野生动植物的栖息地，也是摄影爱好者的天堂的村落，风景如画。
- 📍 **卡若拉冰川**: 西藏三大大陆型冰川之一。在阳光下，冰川发出耀眼的白光，宛如一幅巨大的唐卡挂在山壁上。

第6天

日喀则 - 定日 - 珠峰大本营 - 扎西宗乡 (370公里±)

- ✈ 早餐 / 午餐 / 晚餐
- 📍 **珠穆朗玛峰大本营 (含观光车)**: 海拔约5,200米，是世界上海拔最高的汽车可达旅游营地之一。这里是观赏珠穆朗玛峰北坡的最佳地点，也是众多登山者攀登世界之巅的起点。

珠穆朗玛峰大本营 (海拔约5,200米)
Everest Base Camp (Approximately 5,200m)

第7天

扎西宗乡 - (60公里±) - 定日 - (240公里±) - 日喀则

- ✈ 早餐 / 午餐 / 晚餐
- 📍 **加乌拉山口 - 日照金山**: 加乌拉山口海拔五千余米，是通往珠峰沿途的重要观景点。天气晴朗时，可远眺五座8000米以上的雪山一字排开，日照金山景象震撼人心。(视天气而定)



第8天

日喀则 - 拉萨 (280公里±)

- ✈ 早餐 / 午餐 / 晚餐
- 📍 **扎什伦布寺**: 海藏传佛教格鲁派六大寺院之一，寺院依山而建，气势恢宏，拥有世界上最大的铜铸坐佛之一高达26.2米的“强巴佛” (未来佛)。

第9天

拉萨

- ✈ 早餐 / 午餐 / 晚餐
- 📍 **大昭寺**: 是藏王松赞干布为尼泊尔王妃建的寺庙。
- 📍 **八廓街**: 围绕在大昭寺周围的一圈老城街道，藏族人活动的中心。八廓街是传统藏族街道，是传统的藏族百姓活动的中心，也是拉萨市著名的商业街。
- ◆ **特色体验 - 穿上传统特色藏装摄影 (赠送10张电子底片)**
- ◆ **打卡推荐 - 网红咖啡 + 小蛋糕**

第10天

拉萨 青藏铁路 (22小时±)

- ✈ 早餐 / 午餐 / 晚餐
- ◆ **青藏火车 (4人 / 间)**: 软卧车厢还配备了空调系统，确保乘客在旅程中保持舒适，确保乘客在旅程中保持舒适，可以欣赏沿途的壮丽风景，体验独特的铁路旅行体验。

*注意事项: 火车上安排软卧4人/间，铺位分别上/下铺，恕无选位，将被安排在上/下铺或与外人共用1房。



@ 青藏火车窗外风景 View from Qinghai - Tibet Train

第11天

青藏铁路 西宁 ✈ 成都

- ✈ 早餐 / 午餐 / 晚餐自理
- 📍 **东关清真寺**: 作为中国西北地区最重要的伊斯兰地标之一，这座清真寺巧妙地融合了传统中式宫殿建筑与经典伊斯兰元素，展现出一座既令人惊叹又极具文化特色的建筑。
- 📍 **力盟步行街**: 漫步在力盟步行街，体验本地热门的购物与美食区域。

第12天

成都 ✈ 吉隆坡

- ✈ 早餐 / 机上用餐
- ✈ 乘搭航班，返回家园。

DAY 1

KUALA LUMPUR ✈️ CHENGDU



Meals on Board



Assemble at Kuala Lumpur International Airport to board a flight to Chengdu.

DAY 2

CHENGDU ✈️ NYINGCHI



Breakfast / Lunch / Dinner



Lulang Linhai: The lakes and mountains are refreshing. The scenery here included dense virgin forests, green grasslands and clear streams.



Lulang Town: In Tibetan, its name means "Valley of the Dragon King" or "A Place Where the Immortals Reside." With breathtaking scenery through all four seasons and a perfect harmony of mountains and waters, it is known as the "Switzerland of the East." Nestled along the most scenic stretch of National Highway 318, Lulang unfolds like a living scroll of Tibetan pastoral beauty.

Seasonal Arrangement (20 March - 20 April)



Gala Peach Blossom Village: Please note that actual blooming times may vary slightly each year depending on local weather conditions. The dates provided are for reference only.

DAY 3

NYINGCHI - LHASA (500KM±)



Breakfast / Lunch / Dinner



Basongcuo (Includes Sightseeing Shuttle): one of the four sacred lakes in Tibet, is celebrated as one of the most beautiful lakes on the plateau. Nestled among towering mountains, the lake features crystal-clear turquoise waters.

DAY 4

LHASA



Breakfast / Lunch / Dinner



Potala Palace: World heritage protected and the tallest palace in the world, the winter palace of the Dalai Lama, and the residence of the Dalai Lama in the past dynasties.



Special Arrangement – Thangka Painting Experience.

*Note: Potala Palace is under discretion and time limit of visit (1hour), tour itinerary will subject to visitation time arrangement.

DAY 5

LHASA - SHIGATSE (360KM±)



Breakfast / Lunch / Dinner



Yamdrok Yumco: A holy land of Tibetan Buddhism, and it surrounded by magnificent snow-capped mountains, vast grasslands and quiet villages, with picturesque scenery.



Distant view of Naiqin Kangsang Snow Mountain: Surrounded by rich ecological resources, it is a habitat for wild animals and plants, and is also paradise for photography enthusiasts.



Karola Glacier: As one of Tibet's three great continental glaciers, it radiates a brilliant white light under the sun, like a colossal thangka draped across the mountainside.



@卡若拉冰川 Karola Glacier

DAY 6

SHIGATSE - TINGRI COUNTRY - MOUNT EVEREST BASE CAMP - ZHAXIZONG TOWNSHIP (370KM±)



Breakfast / Lunch / Dinner



Mount Everest Base Camp: Sits at an altitude of approximately 5,200 meters. It is one of the highest vehicle-accessible tourist camps in the world and serves as a prime vantage point for viewing the magnificent north face of Mount Everest.

DAY 7

ZHAXIZONG TOWNSHIP -(60KM±)- TINGRI COUNTRY -(240KM±)- SHIGATSE



Breakfast / Lunch / Dinner



Gyawa La Pass – Golden Peaks: At over 5,000 meters above sea level, Gyawa La Pass offers a stunning panoramic view of five snow-capped peaks above 8,000 meters, lined up across the horizon. The golden glow on the mountains is truly breathtaking. (Subject to weather condition)

DAY 8

SHIGATSE - LHASA (280KM±)



Breakfast / Lunch / Dinner



Tashilhunpo Monastery: One of the six major monasteries of the Gelugpa (Yellow Hat) sect of Tibetan Buddhism. The monastery is the traditional seat of the Panchen Lama, the second-highest spiritual leader in Tibetan Buddhism. Its iconic feature is the giant statue of Maitreya Buddha, one of the largest copper statues in the world.

DAY 9

LHASA



Breakfast / Lunch / Dinner



The Jokhang Temple: Is a temple built by the Tibetan King Songtsen Gampo for the Princess of Nepal.



Bakhor Street: A traditional Tibetan street, the center of traditional Tibetan people's activities, and a famous commercial street in Lhasa.



Cultural Highlight – Dress in Traditional Tibetan Attire for a Photoshoot. (Includes 10 complimentary digital photos)



Social Media Favourite – Trendy Café Visit with Coffee & Cake.



@藏族摄影 Tibetan Attire Photoshoot

@下午茶 Afternoon Tea

DAY 10

LHASA 🚆 TIBET RAILWAY (22Hrs±)



Breakfast / Lunch / Dinner



Qinghai – Tibet Train (4 person / cabin): The soft sleeper carriage is also equipped with an air-conditioning system to ensure that passenger remain comfortable during the journey and can enjoy the magnificent scenery along the way and experience a unique railway travel experience.

*Note: Train cabin is based on double decker quad share basic. All the cabin allocations are fixed by railway authorities and unable to switch & selector you might be sharing cabin with outsiders.

DAY 11

TIBET RAILWAY 🚆 XINING ✈️ CHENGDU



Breakfast / Lunch / Dinner on Own



Dongguan Mosque: As one of the most significant Islamic landmarks in northwest China, the mosque seamlessly blends traditional Chinese palace architecture with classic Islamic motifs, resulting in a structure that is both awe-inspiring and culturally unique.



Limeng Pedestrian Street: Stroll through Limeng Pedestrian Street and explore one of the city's most popular areas for shopping and local cuisine.

DAY 12

CHENGDU ✈️ KUALA LUMPUR



Meals on Board



Board your flight back to Kuala Lumpur.

SELECTED 4+5-STAR HOTEL 特选4+5星级酒店



5* 林芝悦皇冠度假酒店
Linzi Joy Crown Resort Hotel



5* 拉萨香格里拉大酒店 (氧气房)
Shangri-la Hotel Lhasa
(Room with Oxygen Supply)



5* 日喀则希尔顿酒店
Hilton Shigatse



5* 成都禧悦隆堡酒店
Rhombus Park Aura
Chengdu Hotel

STAY	天数	LOCATION	地点	SELECTED HOTEL (OR SIMILAR)	特选酒店 (或同等)
1 Night	1 晚	Chengdu	成都	Joyhub Cheer Hotel	天府空港悦享酒店
1 Night	1 晚	Nyinchin	林芝	Linzi Joy Crown Resort Hotel	林芝悦皇冠度假酒店
2 Nights	2 晚	Lhasa	拉萨	Shangri-la Hotel Lhasa	拉萨香格里拉大酒店
1 Night	1 晚	Shigatse	日喀则	Hilton Shigatse	日喀则希尔顿酒店
1 Night	1 晚	Zhaxizong Township	扎西宗乡	Vienna International Hotel	维也纳酒店
1 Night	1 晚	Shigatse	日喀则	Hilton Shigatse	日喀则希尔顿酒店
2 Nights	2 晚	Lhasa	拉萨	Shangri-la Hotel Lhasa	拉萨香格里拉大酒店
1 Night	1 晚	Tibet Railway	青藏铁路	Train	火车上
1 Night	1 晚	Chengdu	成都	Joyhub Cheer Hotel	天府空港悦享酒店

*Note: Hotels are subject to final confirmation. Should there be changes, customers will be offered similar accommodations as stated in this list.

*注: 酒店以最终确认为准。如果有变化, 客户将获得与此列表中所述类似的住宿。

GENERAL INFORMATION 基本信息

LOCATION 地点	SPRING 春天	SUMMER 夏天	AUTUMN 秋天	WINTER 冬天
	MAR-MAY 3-5月	JUN-AUG 6-8月	SEP-NOV 9-11月	DEC-FEB 12-2月
Lhasa 拉萨	-3 / 14°C	5 / 14°C	7 / 20°C	-5 / 9°C
Nyinchin 林芝	0 / 16°C	7 / 22°C	5 / 20°C	-5 / 10°C

*Note: All seasonal scenery and activities are subject to weather and seasonal changes. *注: 季节性景观及活动视实际天气与气候而定。

TENTATIVE FLIGHT SCHEDULE 预计航班时间

	DAYS 天数	FLIGHT NO. 航班号	ETD 预计起飞时间	ETA 预计抵达时间
DEPARTURE 出发	DAY 01		KUL 吉隆坡	TFU 成都
	DAY 02		TFU 成都	LZY 林芝
RETURN 往返	DAY 11		XNN 西宁	TFU 成都
	DAY 12		TFU 成都	KUL 吉隆坡

*Flight schedule and estimate time of arrival and departure subject to airline confirmation without prior notice.*此航班仅供参考, 对应的航班时间均有调整的可能, 包括起飞时间的变化等。

TOUR FARE 团费 PRICE QUOTED BASED ON PER PERSON

DEPARTURE 出发日期	ADULT TWIN 成人	CHILD TWIN 小孩占床	CHILD W/B 小孩加床	CHILD N/B 小孩无床	SINGLE SUPP 单人房差	UPGRADE 升级	TRAVEL INSURANCE 旅游保险

TERMS & CONDITIONS 备注

- Flights, transportation, hotels, meals and itineraries and sequences stated in the brochure are subject to change without prior notice and subject to final confirmation. We reserves the right to alter itineraries at any time (without compensation) due to unforeseen circumstances, especially during peak periods or force majeure.
- Purchase of travel insurance is compulsory. The Company or our consortium agents shall not be liable for any losses or personal expenses incurred by tour members during the tour. Or in the event of unforeseen circumstances such as adverse weather conditions/natural disaster or other causes which may lead to traffic delays/extend stays, cancellation, rescheduling or others losses.
- Unless otherwise specified by request, tours are conducted in English/Chinese.
- Tour buses are arranged based on group size which make sure every passenger is entitled to one seat each.
- Expenses of personal nature like tipping, laundry, telephone calls/internet data, beverages, photography fee at sightseeing, optional tour, medical expenses, any insurance or etc are on own expenses.
- No refund shall be entertained for any unutilized portion of the tour.
- Notwithstanding the place or country in which a course of action arises, it is expressly agreed hereto that all causes of actions shall at all times be commence within the jurisdiction and territory of the country.
- Airport taxes, fuel surcharges and visa fees do not form part of the tour fare and it should be borne by the passenger. The Company is only acting as an agency to collect the above charges therefore it is subject to the Terms and Conditions of the respective authorities & airlines in case if there is any hike if any of these fee without notice by the authorities.
- In case on any currency fluctuations or amendment in local Government & Hotel taxes, or any fuel hike, we reserve the right to adjust the tour price accordingly without any notice.
- Flight timing and schedules are not guaranteed and do not form part of the contract. They are subject to change at the insistence of the Aviation of Government Authorities for the Tour Member's safety, security and other reasons. Neither The Company nor the Carrier concerned will accept liability for reasons of flight cancellations, delays or diversions that is not within its control.
- The Company reserves the right to cancel or withdraw at any time bookings made by or on behalf of Tour Members prior to departure. However, the company will reserve the absolute right to vary the group size due to unforeseen circumstances. The decision of The Company shall be final and inclusive and no liabilities whatsoever shall be incurred by the Company for such cancellation.
- It is the Tour Member's responsibility to ensure that they have a valid passport with at least 6 months validity from the date of departure.
- Itinerary Sequence is subject to Final hotel confirmation and shall be updated 30 days before departure.

Deposit / Tour Payments

A non-refundable of RM 2000 per person must be paid upon reservation. Full payment shall be made 60 days before departure. If full payment is not received 60 days or more prior to departure date, the Company reserves the right to forfeit the deposit and cancel the reservation.

- Amendment fee is applicable to all booking which are confirmed and deposit paid. All amendments will need to be made 60 days before departure date amendment fee of (min RM300) will be charged and may vary depending on the changes. Any subsequent cost increases and surcharges will be borne by the tour member.
- Cancellation of booking must be made in writing. Deposit of RM 2000 per person will be forfeited if the company received notice more than 60 working days. If the company received notice to cancel less than 60 working days before the date of departure, a 100% cancellation of tour fare will be charged.

UPDATED DATE: 28 AUGUST 2025

CONTACT US NOW!