

10天9晚

西藏 + 广州

TIBET + GUANGZHOU

西藏林芝的樱花在雪山脚下轻轻绽放，
广州的街头藏着南方的烟火气息，
旅程，在春意与人间之间缓缓流淌。

出发日期：
14 APR 2026
(樱花季节)



全程无购物

malaysia
airlines

Tour Code: **MH-CAN10TB**

10 天 9 晚 西藏 + 广州 (体验西宁青藏铁路+梦幻桃花节)

10D9N TIBET + GAUNGZHOU (XINING QINGHAI-TIBET RAILWAY-SAKURA SEASON)

嘎
啦
桃
花
村

青
藏
铁
路
拉
萨

卡
拉
冰
川

布
达
拉
宫

羊
卓
雍
错

p1	吉隆坡 ✈️ 广州	(MOB/D)	KUL/ Guangzhou
永庆坊 整体呈现出民国时期的独特风情			- Yongqing Fang
北京路 街道两侧以骑楼建筑为主			- Beijing Road
p2	广州 ✈️ 西宁 🚄 青藏铁路 (B/MOB/D)	Guangzhou ✈️ Xining 🚄 Qinghai-Tibet Railway	
乘搭内陆航班, 西宁接机			- Xining Airport Pickup
(参考航班: CZ6393 CAN/XNN 1025/1530)			- Limeng Commercial Street
力盟商业街 秦砖汉瓦与现代时尚的有机结合的特色街区			- After dinner, take Qinghai-Tibet Railway to Lhasa.
晚餐后, 乘火车前往拉萨			Takes 22 hours in train, soft sleeper provided
(全程 22 小时, 火车软卧, 火车上 3 餐不含)			, meals are not included on the train.
p3	青藏铁路 (海拔 3650 米) 🚄 拉萨 (X/X/X)	Tibet Railway 🚄 Lhasa	
抵达拉萨, 入住酒店休息 (缓解高原反应)			- transfer to the Lhasa hotel for rest.
p4	拉萨 (当天车程每站约 10 分钟) (B/L/D)	Lhasa (10 mins journey)	
布达拉宫 西藏最庞大, 最完整的古代宫堡建筑群			- Potala Palace
大昭寺 藏王松赞干布为尼泊尔王妃建的寺庙			- Jokhang Temple
八廓街 藏族人活动的中心			- Barkhor Street (Dry Land Onion Tibetan Costume)
※赠送: 藏装摄影 (摄影师专业拍照, 含一套藏装+头饰, 赠送 10 张电子底片+3 张精修电子底片)			
Complimentary: Tibetan Costume Photography (professional photographer, includes one set of Tibetan costume + headpiece, 10 unedited digital photos + 3 retouched digital photos provided)			
p5	拉萨 (3H) 羊卓雍错 (4H) 日喀则 (B/L/D)	Lhasa (3H) Yamdrok Lake (4H) Shigatse	
翻过岗巴拉山 (海拔 4990 米)			- Cross Gangbala Mountain
西藏圣湖—羊卓雍错 (观景台) 湖面波光粼粼			- Sacred Tibetan Lake — Yamdrok Lake (Observation deck).
乃钦康桑雪山 (远眺) 西藏四大神山之一			- Qinkangsang Snow Mountain (Overlooking)
赠送: 和西藏特色大藏獒拍照			- Free 1 photoshoot with Tibetan Mastiff
卡若拉冰川 是西藏三大大陆型冰川之一			- Karola Glacier
斯米拉水库 向下是日喀则地区最大的水利发电站			- Simila Reservoir
p6	日喀则 (3H) 拉萨 (B/L/D)	Shigatse (3H) Lhasa	
扎什伦布寺 寺院位于日喀则的尼色日山下			- Tashilhunpo Monastery
沿途欣赏雅鲁藏布江流域风光, 返回拉萨酒店			- Enjoy the scenery of the Yarlung Zangbo River along the way and return to Lhasa Hotel
p7	拉萨 (3H) 林芝 (B/L/D)	Lhasa (3H) Nyingchi	
巴松措 (含观光车) 5A 景区湖水的绿色现出不同的层次			- Basongcuo Lake 5A (with shuttle bus)
措宗寺 寺内供奉莲花生大师, 是当地人心中的圣地			- Cuozong Monastery
p8	林芝 (B/L/D)	Nyingchi	
(季节限定: 3 月 20-4 月 20 日, 其他时间不参观)			- Gala Peach Blossom Village (Seasonal: March 20 – April 2not available outside this period)
嘎啦桃花村 被誉为“桃花第一村”			- Kading Valley
卡定沟 地处雅鲁藏布江支流尼洋河畔			- Kading Valley
雅尼国家湿地公园 公园由高处观景台和沿河步行栈道组成			- Yani National Wetland Park
p9	林芝 ✈️ 广州 (B/MOB/D)	Nyingchi ✈️ Guangzhou	
乘搭内陆航班飞广州 (参考航班: CZ3478 LZY/CAN 1130/1520)			
花城广场			- Huacheng Square
远观广州塔 有名小蛮腰			- View of Canton Tower (Overlooking)
p10	广州 ✈️ 吉隆坡 (B/L/MOB)	Guangzhou ✈️ KUL	

午餐后, 广州送机, 抵达吉隆坡, 返回温馨家园

After lunch, back Sweet Home

Flight: Malaysia Airline (Subject to change)

Departure Date : 14/4/2026

KUL/CAN 0925/1335 MH376

Arrival Date : 23/4/2026

CAN/KUL 1440/1850 MH377

Include MOB + 30kg checked baggage

Tour Fare:

~ 全程 4+5 📍 酒店 (当地 5 星) Hotel

青藏列车 (4 人一室软卧) (1N)

Qinghai-Tibet Railway – Soft sleeper
(4 people per cabin)

4 📍: 广州丽呈睿轩酒店或同级 (1N)

Nyingchi Jinjiang Metropolo Hotel or sml

5 📍: 拉萨平措康桑富氧酒店氧气房或同级 (3N)

Lhasa Pingcuo Kangtsang Hotel – Oxygen-Enriched Room or sml

4 📍: 日喀则穆伦拉宗酒店氧气房或同级 (2N)

Mulun Lazong Hotel Oxygen-Enriched Room or sml

4 📍: 林芝锦江都城酒店或同级 (1N)

Nyingchi Jinjiang Metropolo Hotel or sml

4 📍: 广州流花宾馆或同级 (1N)

Nyingchi Jinjiang Metropolo Hotel or sml

美食安排 Local Meals:

1. 野山菌火锅 Wild Mushroom Hot Pot
2. 巴河鱼风味 Ba River Fish Flavor
3. 石锅鸡风味 Stone Pot Chicken Flavor
4. 韩式烤肉 Korean BBQ
5. 藏香猪风味 Tibetan Pork Flavor

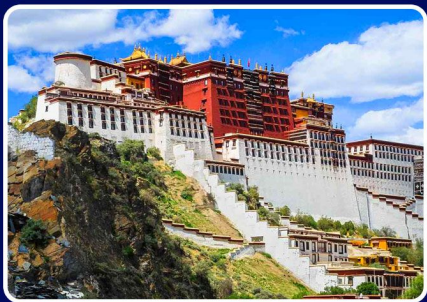
保证自费 Compulsory: 480RMB/Pax

文成公主表演+拉萨藏族甜茶+布宫夜景
Princess Wencheng performance + Lhasa Tibetan sweet tea + Potala Palace night view

团费不含 Tour Package No Including:

保险 Travel Insurance RM 100 /Pax

行程特别安排 ITINERARY ARRANGEMENTS



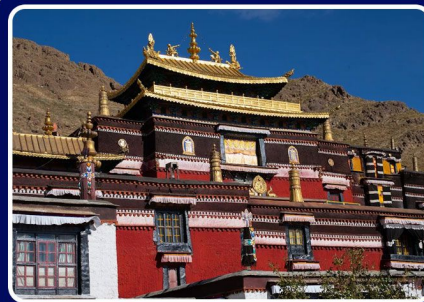
布达拉宫
Potala Palace

它位于中国西藏拉萨，是世界文化遗产，也是藏传佛教的重要圣地
It is in Lhasa, Tibet, China. It is a World Heritage Site and an important place for Tibetan Buddhism



大昭寺
Jokhang Temple

它是藏区最古老的佛寺，静静矗立在拉萨，诉说着千年的信仰与虔诚
It is the oldest Buddhist temple in Tibet. It stands quietly in Lhasa, telling the story of thousands of years of faith and devotion



扎什伦布寺
Tashilhunpo Monastery

它是西藏日喀则最大的寺庙，也是藏传佛教格鲁派的重要寺院
It is the largest temple in Shigatse, Tibet. It is an important place for the Gelug tradition of Tibetan Buddhism



巴松措
Basongcuo

巴松措是西藏著名的高原湖泊，以清澈的湖水和宁静的自然风光闻名
Basongcuo is a famous highland lake in Tibet. It is known for its clear water and peaceful natural scenery



卡若拉冰川
Karola Glacier

卡若拉冰川是西藏著名的大型冰川，岁月在这里凝结成永恒的洁白
Karola Glacier is a famous large glacier in Tibet. Time has frozen here into eternal white



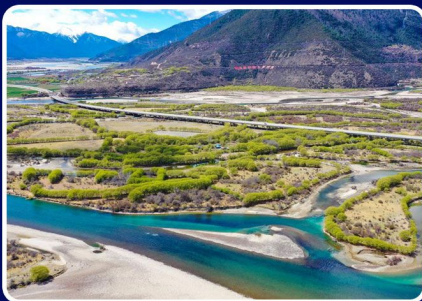
卡定沟
Kading Valley

卡定沟是西藏的一个风景区，以壮丽的自然景观和浓厚的藏族文化闻名
Kading Valley is a scenic area in Tibet. It is famous for its beautiful nature and rich Tibetan culture



永庆坊
Yong Qing Fang

永庆坊是广州著名的文化旅游区，既有历史韵味，又充满现代活力
Yongqingfang is a popular place in Guangzhou where you can feel history and modern life together



雅尼国家湿地公园
Yani National Wetland Park

它是藏地一片静谧的绿洲，湖水、草甸与远山交织成高原的柔情画卷
It's a peaceful oasis in Tibet, where lakes, grass and mountains create a gentle and lovely view of the highlands



北京路步行街
Beijing Road Walking Street

它是广州城市记忆与现代繁华交汇的地方，眼前是一条热闹的长街
It's a place where the old memories of Guangzhou meet today's busy city life. A lively street stretches out in front of you

行程亮点 TOUR HIGHLIGHTS

特别安排



全程双飞

吉隆坡飞广州; 广州飞西宁; 林芝飞回广州; 最后从广州飞回吉隆坡

Fly from Kuala Lumpur to Guangzhou; Guangzhou to Xining; Nyingchi back to Guangzhou; and finally Guangzhou to Kuala Lumpur

特别安排



青藏铁路

乘坐青藏铁路, 从西宁到拉萨世界上最高, 火车上提供软卧, 4人一间包厢

Take the Qinghai-Tibet Railway from Xining to Lhasa, the highest railway in the world. The train has soft sleepers with 4 people in one cabin

特别安排



乘坐2+1VIP车(西藏段)

乘坐2+1VIP车, 旅程更舒适, 轻松缓解疲惫

Travel in a 2+1 VIP bus for a more comfortable trip and to relax tiredness easily

特别季节



嘎啦桃花村

它是一个美丽的村庄, 特别在3月20号到4月20号期间, 桃花盛开, 景色迷人

It is a beautiful village. From **March 20** to **April 20**, the peach blossoms bloom and the scenery is lovely

特别安排



游览西藏3个大城市

一程畅游拉萨、日喀则与林芝, 藏地的文化、美景与独特风情尽收眼底

Travel through Lhasa, Shigatse, and Nyingchi in one trip, and enjoy the culture, beautiful scenery, and unique charm of Tibet

特别安排



西藏两大圣湖

国家5A级景区巴松措和“蓝宝石”羊卓雍错, 是西藏最具代表性的湖泊风景

Basong Lake, a national 5A scenic spot, and Yamdrok Lake, known as the “blue gem,” are two of the most famous and beautiful lakes in Tibet

入住四钻五钻酒店



全程四钻和五钻酒店

甄选当地五星酒店, 全程享受尊贵旅居体验

Enjoy top-tier stays throughout the journey in local 5-star hotels

特别赠送



藏装摄影

专业摄影师拍摄, 包含一套藏装和头饰, 赠送10张电子底片及3张精修电子底片

A professional photographer will take pictures. It includes one set of Tibetan clothes and a headpiece. You will get 10 digital photos and 3 retouched digital photos

特别赠送



和西藏特色犬藏獒拍照

跟藏獒拍照, 感受它的威严与力量, 体验藏地独特文化和高原风情

Take photos with Tibetan mastiffs. Feel their strength and power. Experience Tibet's unique culture and highland scenery