



天威旅遊 至尊假期 TA 1749

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# 15D Ngari (Ali) 'Sacred Mountain' and 'Holy Lake' Peerless Scenery Tour + Train Tour

**Tour Code: TBT15B**

## **High Light:**

- ★ Orchestrated trip, exciting content, unique in the market.
- ★ Train Journey Highlights
  - Ride the most luxurious train on the world's highest railway
  - The world's most advanced oxygenised cabin
  - Marvel at the snowy landscape at the top of the world
- ★ Orchestrated the dishes: wild mushroom hot pot / new Sichuan Styles / Nepalese meal / Tibetan meal
- ★ five-star luxury buffet at Yadingsheli Hotel(valued at RMB 188 yuan per person)
- ★ Chinese tour guide and driver tips SGD6 per person per day, the leader tips SGD5 per person per day.

## **Highlight of Tibet:**

For travellers nonplussed by Tibet's religious significance, the big draw is likely to be the elemental beauty of the highest plateau on earth. Geography here is on a humbling scale and every view is lit with Spectacular Mountain light. Its Tibetan meaning of 'Goddess the Third' adds more mysterious color and magic power to the subject. And with this fusion of nature and cultural landscape, Tibet is a place that will likely change the way you see the world and remain with you for years to come. And that for me is the definition of the very best kind of travel.

## **Highlight of Ngari (Ali) :**

Himalayas, Gangdise Mountains, Kunlun Mountains, Karakoram Mountains and several other arch-shaped mountains lay in order from southern to northern Ngari.

Walking in the Kailash mountain range @ where is the Polar heart, the gods of the hall - Gangrenboqi, mother of the world's rivers Mansarovar - Ma Yong measures beside, there is the former palace of the Guge Kingdom ruins, as well as soil forest, a place to grow lakes, snow surrounded the hometown, let your mind surging looked absolutely delighted.

## **Itinerary:**

**Day 1: Singapore**  **Chengdu(Beijing or Guangzhou)**  **Xining**

**Accommodation: Xining Hotel or similar**

Assemble at Singapore Changi Airport for our flight to Xining via **Chengdu**(Beijing or Guangzhou).

## **Day 2: Xining/ Lhasa (Meals on board own expense)**

The train passes through the Qinghai Plateau overnight and reaches the Golmud Railway Station, the first station in 请 Tibet as we enter from Qinghai. Thereafter, we begin the scenic train journey through the highest Point in the world. Along the way, we pass magnificent sights: snow-capped mountains such as Yuzhu Peak and Mt Kunlunshan; Kekexili reserve; Tuotuo River, the source of Yangtze River; Fenghuo Mountain Tunnel, the world's highest mountain tunnel; Tanggula Station, the world's highest railway station located at 5,072m above sea level; Qiangtang Grassland and more. We arrive in Lhasa in the late night and check into our hotel. Meals onboard the train are at own expense.

### **D3: Lhasa**

#### **Accommodation: New Century Lhasa Hotel or similar Local 5\***

Today arrive in Lhasa (3650 m), the capital of Tibet, transfer to hotel. Stay at the hotel for adapting to the high altitude. It is helpful to take things easy for the first few days, and try to drink some water.

### **D4: Lhasa/Potala Palace / Jokhang Temple / Barkor Street (B/L/D)**

#### **Accommodation: New Century Lhasa Hotel or similar Local 5\***

**【Potala Palace】** perched on the northern side of Morburi Mountain. Throughout the ages, it had been the winter palace of Dalai Lamas. Its name means 'sacred Buddhist site' in Tibetan language. This palace-like complex of buildings was first built in the 7th century by King Songtsen Gampo to mark his marriage with the Tang Dynasty's princess Wencheng as well as to house the Buddha images brought by Wencheng and the Nepalese princess Bhrikuti Devi. Over time, the palace was restored and expanded. The buildings are built of wood and stone over 13 levels that span a height of over 117m, and a width of 400m from east to west and 360m from north to south. The 130,000m<sup>2</sup> architectural wonder has more than

**【Jokhang Temple】** - situated in the centre of Lhasa. It was first built in 674AD to celebrate the marriage of King Songtsen Gampo with Princess Wencheng and Bhrikuti Devi, both devout Buddhists. This monastery underwent expansion over the years and today, its four-level main hall sports a gilded roof and a blend of Han Chinese, Tibetan, Nepalese and Indian architectural styles. The centre hall is supported by 20 beautifully carved wooden beams, while the under the eaves of the second and third levels of the main hall are intricate sculptures of sphinxes and woodcarvings depicting animals. The corridors and halls are also densely adorned with colourful murals of a total length of over 1,000m, which portray historical episodes and mythological legends. Buddha images, including one of Sakyamuni at 13 years old, preside over the main hall, while the side halls feature lifelike statues of King Songtsen Gampo, Princess Wencheng and Princess Bhrikuti Devi.

**【Barkhor Street】** - in the old city, which offers glimpses of traditional Tibetan life. The faithful chant and circumambulate around Jokhang Monastery. In this circular street there are also shops selling a wide variety of crafts such as Tibetan knives, bangles, shoes and more.

### **D5: Lhasa/Qushui / Yamdrok lake/ Shigatse (450KM, HB3836M) (B/L/D)**

#### **Accommodation: Tashi Choten Hotel or similar 4\***

After breakfast, we depart for Shigatse. Along the way, we pass-by Yamzo Yumco Lake, whose name means 'swan lake'. Also known as Baidi Lake, it is wedged between two mountains, hence like a swan spanning its wings. The crystal-clear lake, located over 4,000m above sea level, has an area of 638m<sup>2</sup>, about the size of Singapore. It is the largest freshwater lake in Tibet, with a depth of up to 59m.

Far view Botree Pagoda of Baiju Temple, was started in the second year of Xuande Period during Emperor Xuanzong's reign in the Ming Dynasty (AD 1427) and completed ten years after. It is a typical Tibetan Buddhism temple that combines the pagoda and temple, "with pagoda in the temple, and temple in the pagoda". Temple and pagoda are harmonized to highlight each other.

### **D6: Shigatse -Saga (B/L/D)**

#### **Accommodation: Saga Guest House or similar**

After breakfast, coach to Saga is via Lazi. Sangsang Grass Land along the road. View the ghost lake Anrencuo lake and Langcuo lake. View the third Lake Zhari Nanmu Cuo lake and other so many lake.

### **D7: Saga--Taqing (B/L/D)**

#### **Accommodation: Taqing Guest House or similar**

After breakfast, along the way enjoy Zhongba grassland, (there may see black-necked cranes) Through Paryang dune. The coach traveling in the wilderness. Climb the mountain between Shigatse and Ali, arrival the lake-Gongzhucuo Lake. It is look like blue diamond. After watching along the way to stay in a different vantage points along the way and move on desert wasteland. Arrival Taqing evening.

### **D8: Gangrenboqi-Mapang Yongcuo Lake-Taqing (B/L/D)**

#### **Accommodation: Taqing Guest House or similar**

After breakfast enter Kailash Mansarovar scenic tour, you can see the center of the world's religions - Kailash mountain, and Mansarovar Ma Yong measures. Blue sky, blue lake, the majestic snow-capped peaks meandering form a beautiful picture, let your soul stirring, and then you can come to the White Tower stands, flags swaying Kivu lake temple sitting on the mountain cliff view of the sea, the extraordinary momentum, lake swimming play exhilaration, and you have exposure to the pagoda, Mary does heap, turning the field among a few families look around smoke curl, overlooking Ma Yong measures next, south balcony Naimona'nyi peak, north of Mount Kailash, sunset tower green reluctantly returned after the dinner break.

### **D9: Taqing/ Guge Kingdom ruins/Tuolin Temple (B/L/D)**

#### **Accommodation: Zhada Guest House or similar**

Go to town in the morning, 7 km away Guge sunrise, when you look up the magnificent palace Guge, you will find in this mountain more than 300 meters of earth have strict layout, top-down by rank order, each the remnants of the house of class rooms, caves, towers, pagodas, wall, etc. It is conceivable when the momentum of the grand palace. After lunch, visit the 900 years of history - Tholing in the architectural style of the temple and statues are a fusion of Indian Kashmir, Ladakh and Nepal style, the temple can be seen around more than 100 stupa ruins. After going to the regional capital of Ali - Gerr. Leave town coach fleet again in the forest soil, forest unearthed after wearing into the mountains, rugged

road . After continuous climb two mountain and slowly began to sight up wide, and soon saw a modern city stands far in the wilderness , that Ali area the capital - Saga .

**D10: Guge/Zhada /Taqing (B/L/D)**

**Accommodation: Taqing Guest House or similar**

Depart in the morning, arrival Ba-er depot for lunch. Continue to Zada soil forest where is called " China 's Colorado Grand Canyon ." Forest soil is a special landform formed by water erosion , down slope down into the walk through the forest soil.

**D11: Taqing/Saga (B/L/D)**

**Accommodation: Saga Guest House or similar**

Watch the magic along the way with an average elevation of 4500 meters above the Tibet Ngari beautiful natural scenery and cultural landscape has a unique charm .

**D12: Saga/Dingri (B/L/D)**

**Accommodation: Everest Hotel or similar**

After breakfast, followed by a tour to the Old Tingri to visit Peigucuo. Legend has it that in ancient times a Tibetan monk on his way back to India, due to fatigue thrown the wooden bowls and other objects at the lake, so there sheep Lake and Perry Lake legend. She is the largest inland lake in Xigaze Prefecture, 200 km away from the gateway to the Everest.

**D13: Dingri/ Everest Base Camp/Shigatse (B/L/D)**

**Accommodation: Tashi Choten Hotel or similar 4\***

In the morning, to watch the Everest sunrise. Everest , the Tibetan word for "Third Goddess " , 8848 meters above sea level . There are around Everest Makalu ( 8463 m ) , Lhotse ( 8516 m ) , Cho Oyu ( 8201 m ) and other three peaks over 8,000 meters , together with Everest in a row , very spectacular. Everest accompanied by the first rays of the rising Rays walk through the majestic , magnificent, meandering miles of the Himalayas , over 5200 meters above sea level. In the afternoon, proceed to Saga County. is an important transportation and material transfer station. On the way ,to view the world's fourteenth peak Shishapangma ( altitude 8027 m ) and Labuche Kang ,Mountain Nanle, the sun on the peak , you can view the beauty of the mountains. Back to Shigatse .

**D14: Shigatse /Visit Tibetan Family /Lhasa (B/L/D)**

**Accommodation: New Century Lhasa Hotel or similar Local 5\***

After breakfast, we proceed back to Lhasa. On the way, we can enjoy scenic views of the Yarlung Zangbo Gorge. Upon arrival, visit the **Tibetan family**. Continue coach to Lhasa.Stay Overnight in Lhasa.

**D15: Lhasa  Chengdu(Beijing or Guangzhou)  Singapore(B)**

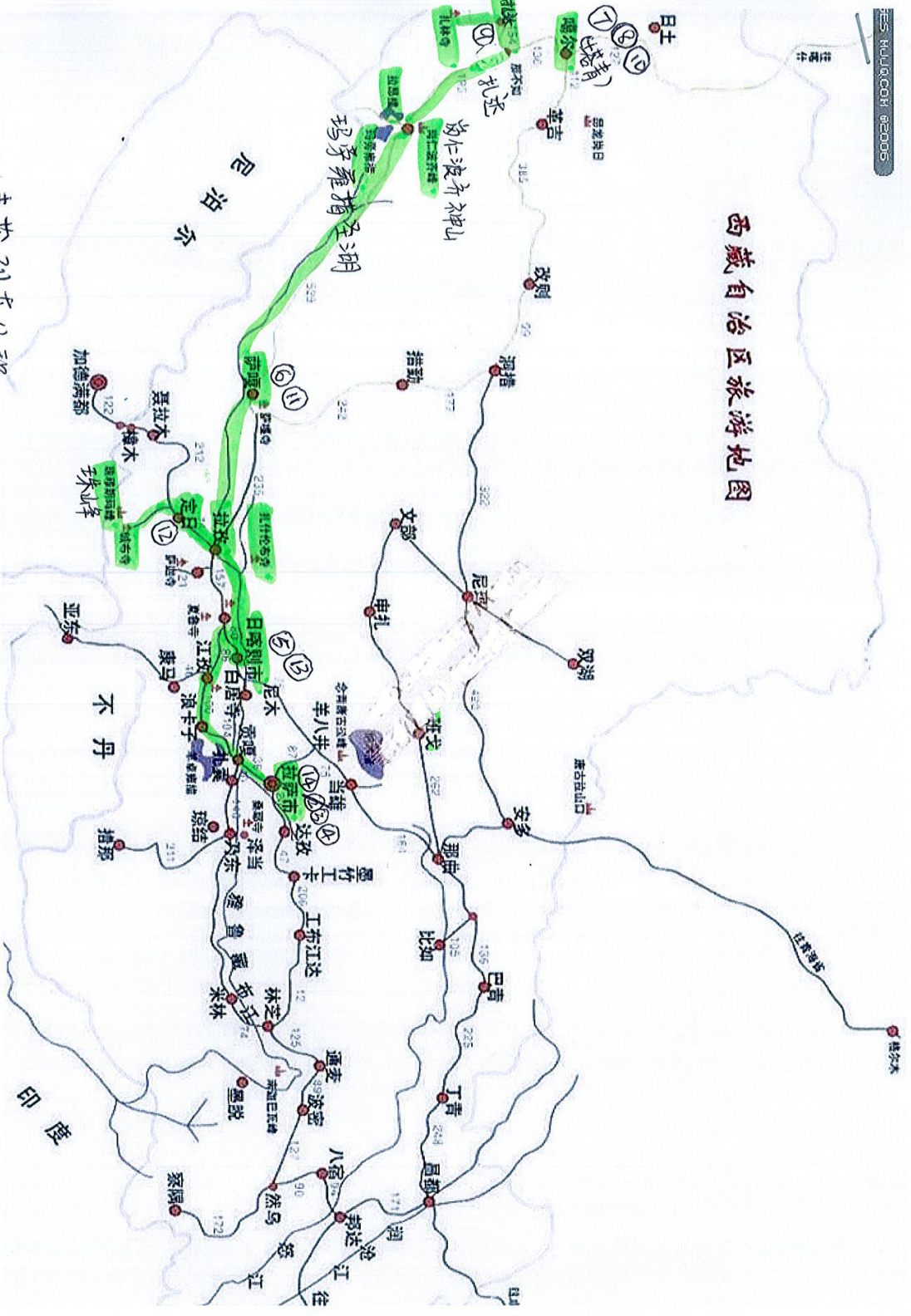
After breakfast, transfer to airport for flight to Singapore via Chengdu(Beijing or Guangzhou).

**Remark: No shopping & No additional tour**

**\* The Sequence of the tour is subject to the rearrangement based on the local travel agency. In the event that an original accommodation becomes unavailable due to unforeseen circumstances, another accommodation of the same standard will be arranged.**



# 西藏自治区旅游地图



## 青藏列车行程

- 第1晚 住西宁
- 第2晚 住火车
- 第3晚 住拉萨
- 第4晚 住日喀则
- 第5晚 住萨嘎
- 第6晚 住塔青
- 第7, 8, 9, 10晚 住
- 第11晚 住孔达
- 第12晚 住萨嘎
- 第13晚 住日喀则
- 第14晚 住拉萨