



-2025-

reservation for 4+ pax

Tips

To enter Tibet, you need to apply for a registration certificate, and confirm whether you meet the requirements for entry. (at least 1 month in advance), the required materials should be consulted;

MYSTERY OF TIBET 10 DAYS

XINING | QINGHAI LAKE | DULAN | GOLMUD | LHASA | TSEDANG | YMDDOK YUM TSO LAKE | SHIGATSE

Day 01 Arrive in Xining (XNN)

Upon arrival at Qinghai Xining Caojiapu Airport (XNN), you will be met at the airport by an excellent guide who will take you back to your hotel for rest. (There may be a wait at the airport/station, which will not exceed 2 hours).

Day 02 Xining B/L/D

After breakfast, take coach to Ta'er Monastery which is the birth place of the founder of the Yellow Sect (also called Gelu Sect) Tsong Khapa. In the Tibetan language, Ta'er Monastery is called 'Gongben' which means 100,000 figures of Buddha.

Day 03 Xining – Qinghai Lake – Chaka – Dulan B/L/D

This morning we journey by bus to Riyue Mountain pass (The Sun and the Moon Mountain), visit the Sun pavilion and the Moon pavilion. Then arrive at Qinghai Lake, which is the biggest inland salt lake in China. The most charming and attractive place in Qinghai Lake is the Bird Island. It is situated on the western shore of the Lake, and because of the receding water off its shores, the Bird Island has been turned into a peninsula. 164 species of birds have been identified at the lake. In spring and summer, the lake is ideal for ornithologists and bird-lovers, such as swan, wild goose, gulls, heron and petrel etc.

★ Tips: After July we visit Chaka Salt Lake instead; enjoy the sightseeing of Chaka Salt Lake.

Day 04 Dulan – Golmud B/L/D

After breakfast, take a coach to Golmud. Along the road we will visit the Xiangride oasis, Yadan wind erosion view, desert and Charham Salt Lake and the Salt Bridge. We will also visit the local Tibetan people and if lucky we can see a mirage, a desert tornado, and the forest of the desert. Arrive at Golmud at noon. Visit the Charham Salt Lake where we can see colorful salt crystals, some shaped like corals, some like pagodas, some like flowers, some like ivory, some like gems.

Day 05 Golmud – Lhasa B/D

We will take the new railway from Golmud to the World's Roof-Lhasa The Qinghai-Tibet Railway connecting China inner land to Lhasa is the highest-elevation railway in the world. The Chinese government believes the railway will put Tibet social and economic development on track, and lead to a richer life for Tibetans. Of course, it might also lead to drastic changes

in Tibetan culture. From Golmud to Lhasa is 1,118 km and the trip will take 12 hours. Along the way, we can visit Mt. Kunlun, Mt. Tangula and the Hoh Xil National Nature Reserve and see Tibetan antelope running on grassland.

Day 06 Lhasa B/L/D

After breakfast, visit The Potala palace, one of the most famous architectural works of Tibet, which is erected on the top of the Red Hill in Lhasa. It was first built in the 7th century by Sonsan Gambo, the king of the Tibet Kingdom for Princess Wencheng of the Tong Dynasty, whom he was soon to marry. After lunch we will visit the Norbulingka, which was built by the Seventh Dalai Lama in the 18th century and served as the summer palace for him. Visit Jakhag Temple, which is indeed the spiritual center as well as the oldest temple in Tibet.

Day 07 Lhasa – Tsedang B/L/D

After breakfast, take coach to Tsedang the cradle and hometown of Tibet. Upon arrival visit the Yumblagang, the palace for the 1th Tubo King Niechl in the Yalong River valley. It is also called "the Mosher and Song Holy Hall." Zhangzhu Monastery one of the earliest Buddhist temples in Tibetan history. It contains the precious relics the Pearl Tangkha, which is 2 meters in length, 1.2 meters in breadth, is made of 29,026 pearls and different precious stones by Naidong during the reign of Pamodrupa Kingdom. Stay overnight in Tsedang.

Day 08 Tsedang – Ymddok Yum Tso Lake – Shigatse B/L/D

In the morning, drive to Yamddok Yum Tso Lake via Kamba La (4,794m), Yamddok Yum Tso, one of the three largest holy lakes of Tibet, it covers 600 square kilometers. Then drive to Shigatse. Stay overnight in Shigatse.

Day 09 Shigatse – Lhasa B/L/D

After breakfast, visit the Tashilunpo Monastery which is the biggest Monastery in Tsang region of Tibet. The Monastery is well known for its Biggest Gold-gilded Sitting Buddha in Copper Amitabha. After lunch, return to Lhasa city, an approximately 5 hour trips. Have the local Tibetan food for dinner as you enjoy the local performance. Stay overnight in Lhasa.

Day 10 Departure from Lhasa (LXA) B

After breakfast, head to Lhasa Gongga Airport (LXA) to finish your pleasant trip.

Price

Adult Fare	CAD2699
Child Fare ^[with bed] (under 12 years old)	CAD2699
Child Fare ^[without bed] (under 12 years old)	CAD2399
Single Supplement	CAD500
Tips	CAD150

Arrival Date

2025

Apr 20	Aug 10
May 11,25	Sep 7,21
Jun 15	Oct 12
Jul 20	

Included in Price

1. Use the car during the trip (the type of vehicle used depends on the specific number of participants on the day);
2. The inland section of high-speed rail soft sleeper (Golmud – Lhasa);
3. Four or five star hotel accommodation (2 people 1 room) during the trip (including 2 breakfasts);
4. 9 breakfasts and 15 meals in the trip;
5. The largest ticket for the scenic spot involved in the trip;
6. Bilingual tour guide service in Chinese and English;
7. Tour fee has been included in Tibet;

Not Included in Price

1. First and last entry and exit domestic air tickets, taxes, visa fees;
2. Travel insurance;
3. Guide driver tip CAD150/ person;
4. Other personal consumption;



2025

四人起訂

備注

入藏需要辦理入藏證件，報名時先確認是否符合入藏條件。（至少提前1個月辦理），所需材料另詢；

神秘西藏10日游

西寧|青海湖|都蘭|格爾木|拉薩|布達拉宮|則當|羊卓雍湖|日喀則

第一天：抵達西寧（XNN）

抵達青海西寧曹家堡機場（XNN），由優秀導游在機場迎接，送您回酒店休息。（接機/站可能會有等待現象，不會超過2小時）。

住：金鼎麗呈大酒店或同級

第二天：西寧 B/L/D

早餐後，乘坐大巴前往參觀藏傳佛教格魯派創始人宗喀巴大師的故鄉—湟中，參觀格魯派六大寺院之一的【塔爾寺】，塔爾寺全稱袞本賢巴林，意為十萬金身慈氏州，是宗喀巴大師的誕生地。

住：金鼎麗呈大酒店或同級

第三天：西寧-青海湖-茶卡-都蘭 B/L/D

早餐後，前往日月山參觀【月亭】和【日亭】；越過倒淌河抵達青海湖。青海湖古時稱為“西海”，是中國最大的內陸湖泊。湖水以青色為本色，青、藍、綠三色兼有，與藍天碧野輝映，景色十分迷人。該湖已發現164種鳥類。春夏之際，該湖是鳥類學家和鳥類愛好者的理想之地，如天鵝、大雁、海鷗、蒼鷺和海燕等。

●備注：7月以後，行程改為查卡盐湖；享受茶卡盐湖的風光。

住：都蘭金世界賓館或同級

第四天：都蘭 - 格爾木 B/L/D

早餐後前往格爾木，沿途可賞【香日德沙灘洲】、雅丹風觸地貌奇異風光、茫茫戈壁灘，擦爾汗鹽湖的【羅文鹽橋】，也可以拜訪牧民帳篷。中午抵達青藏綫的門戶—戈壁新城格爾木。格爾木為蒙語，意為“聚寶盆”。這裏有中國最大的鹽湖—擦爾汗鹽湖，湖中色彩斑斕的結晶似珊瑚、寶塔、象牙。

住：格爾木美豪酒店或同級

第五天：格爾木 - 拉薩 B/D

早上乘坐到世界上海拔最高的【青藏鐵路】，前往世界屋脊—拉薩。沿途可觀【昆侖橋】、【赤納臺】、【不凍泉】、【西大灘草原】，昆侖王峰、過可

可西裏自然保護區；沿綫海拔4500米以上，這裏高寒缺氧，高原天氣瞬息萬變，您可以看到成群的藏羚羊自由奔跑。

住：拉薩喬穆朗宗大酒店或同級

第六天：拉薩 B/L/D

早餐後，參觀【布達拉宮】始建於公元7世紀，意為觀世音菩薩在雪域高原為普渡眾生的解脫之島。午餐後參觀【羅布爾卡】始建於十八世紀。【大昭寺】始建於公元647年，相傳是文成公主以陰陽五行之法，用白羊獻土填湖而建。

住：拉薩喬穆朗宗大酒店或同級

第七天：拉薩 - 澤當 B/L/D

早餐後，前往藏文化發源地則當，澤當號稱“西藏糧倉”，歷來為世人矚目，是公認的藏民族的發祥地。參觀已有2000多年歷史的【雅布拉克】，整個建築形似碉堡，高聳於山頂，十分顯眼，是西藏最早建築的宮殿。隨後遊覽西藏著名寺院—【昌珠寺】，寺院的鎮寺之寶——寶鼎珍珠唐卡。

住：澤當飯店或同級

第八天：澤當-羊卓雍湖-日喀則 B/L/D

早餐後，乘車沿雅魯藏布江河谷前往【羊卓雍湖】，是西藏三大聖湖之一，是集高原湖泊、雪山、島嶼、牧場、溫泉、野生動植物等多種景觀為一體的自然風景區，遊完後返回日喀則。

住：日喀則格薩爾酒店或同級

第九天 日喀則 - 拉薩 B/L/D

早餐後，遊覽【扎什倫布寺】是藏傳佛教在後藏地區的最大寺廟，為歷代班禪活佛練禪之地。午餐後返回拉薩，晚餐品味當地風味一邊欣賞藏歌舞表演。

住：拉薩喬穆朗宗大酒店或同級

第十天：離開拉薩（LXA） B

早餐後，前往拉薩貢嘎機場（LXA），結束愉快的行程。

價格

成人價	CAD2699/人
12歲以下兒童價（占床）	CAD2699/人
12歲以下兒童價（不占床）	CAD2399/人
單房差	CAD500/人
小費	CAD150/人

抵達日期

2025年

4月20日	8月10日
5月11,25日	9月7,21日
6月15日	10月12日
7月20日	

費用包含

- 1.行程中用車（使用車輛類型根據當日具體參團人數決定）；
- 2.內陸段高鐵軟臥（格爾木—拉薩）；
- 3.行程中四星或五星酒店住宿（2人1室1套2份早餐）；
- 4.行程中9早餐15正餐；
- 5.行程中涉及到的景區第一大門票；
- 6.中英文雙語導游服務；
- 7.團費已含入藏證；

費用不含

- 1.首尾出入國內機票、稅金、簽證費用；
- 2.旅遊保險；
- 3.導游司機小費CAD150/人；
- 4.其他個人消費；