新加坡直飞拉萨

西藏拉萨林芝8日游

纯玩不进店 | 不推荐自费 | 含小费

特别赠送：
网红旱地拔葱、卡拉OK
哈达迎宾、无限量矿泉水
每人5瓶葡萄糖、彩绘玛尼石
堆玛尼堆祈福
每人1个1.1升高压氧（可吸3-4小时，
不是只吸5-6分钟1.1升普通氧气瓶）
天边牧场上午茶（背靠喜玛拉雅雪山，面朝雅鲁藏布江）

无忧高返：
车备医用氧气钢瓶
拉萨全程有氧酒店
首晚医生巡房


石锅鸡
Stone Pot Chicken


菌汤锅
Mushroom Hot Pot


藏香猪风味
Fragrant Pork Specialty


尼泊尔咖喱餐
Nepalese Curry Meal

特别升级1晚国际五星林芝希尔顿庄园酒店

林芝工布庄园希尔顿酒店坐落米林雅鲁藏布江畔，背靠喜马拉雅山脉，距米林机场仅数分钟车程。藏汉融合建筑风格，部分客房揽江景山景。园区内生长珍稀野生大花黄牡丹，餐厅与影院，可体验藏式特色活动，是林芝高原度假休整的优选之地。

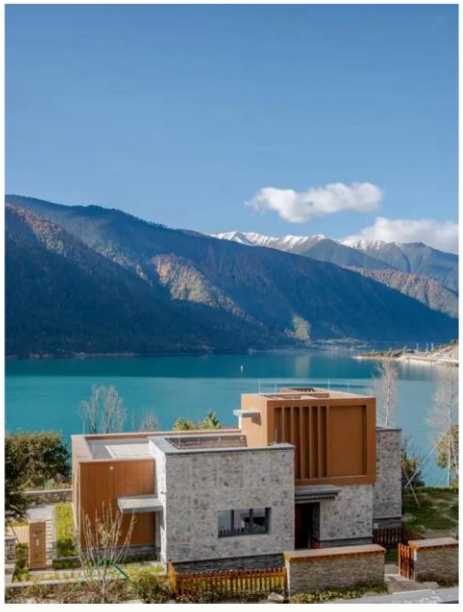






特别升级一晚5钻林芝藏南桃谷酒店(有氧)

林芝藏南桃谷酒店静卧多布湖畔，毗邻 318 国道，藏式原木院落错落于桃林草甸间。推窗尽揽碧湖与连绵雪山，客房配备供氧气，适配高原休憩。内设观景餐吧、藏文化体验空间，自驾前往巴松措、雅鲁藏布大峡谷便捷，是林芝度假与旅途休整的隐世湖居胜地。





拉萨吉米酒店4钻(有氧)

拉萨吉米酒店，藏式外观搭配现代简约客房，全屋配备弥散供氧与加湿器，舒缓高原反应。酒店设施崭新，设自助早餐，贴心周到，是朝圣与拉萨市区休整的舒适之选。



精选景点
Featured Attractions



巨柏林 Giant Cypress Forest


林芝最美水上高速
Nyingchi's Most Beautiful Overwater Expressway


色季拉山 Segrila Mountain


扎塘鲁措 Zharang Lucuo(Lake)


鲁朗小镇 Lulang Town


卡若拉冰川 Karola Glacier


天边牧场 Tianbian Ranch


布达拉宫 the Potala Palace


八廓街 Barkhor Street


布达拉宫广场
Potala Palace Square


扎基寺 Zha Ji Temple


羊卓雍措 Yamdrok Lake

D1　新加坡-拉萨

晚餐：菌汤锅80R　　住宿：拉萨吉米酒店（有氧）4钻或同级

新加坡-拉萨接机，送入酒店休息。

参考航班：新加坡-拉萨　PN6444 04:40-15:05

D2　拉萨-最美水上高速路-多布措-彩绘玛尼石或画唐卡-林芝

早餐：酒店内　午餐：中式合菜80R　晚餐：中式合菜80R　　住宿：林芝藏南桃谷酒店5钻（ 有氧)或同级

《最美水上高速路》林芝最美水上高速，长桥凌空跨多布湖，湖水澄澈如宝石，一路湖山相映，驰骋在雪域山水画卷之中。

《多布措》多布措静卧林芝山谷，湖水如透亮翡翠，长桥凌波飞越湖面，雪山林海共绘雪域江南画卷。

《彩绘玛尼石》彩绘玛尼石镌刻六字真言，五彩颜料绘就吉祥纹样，藏地山石承载虔诚祈愿，是高原流淌的无声信仰。

《画唐卡》绘制唐卡是一场静心修行，矿物彩料铺展佛国万象，细密线条间，藏着高原亘古不变的信仰。

D3　林芝-桃谷晨景-苯教神树巨柏园-鲁朗色季拉山口（挂经幡祈福、观南迦巴瓦峰）-鲁朗小镇-扎塘鲁措-林芝

早餐：酒店内　午餐：石锅鸡80R　　晚餐：中式合菜80R　　住宿：国际五星林芝工布庄园希尔顿

《桃谷风光》藏南桃谷静卧多布湖畔，春日野桃漫谷盛放，雪山映碧湖，桃香伴林海，是林芝独有的湖畔桃源秘境。

《苯教神树巨柏园》千年古柏擎天而立，相传为祖师寄魂圣树，经曼缠绕，承载古老苯教信仰。

《鲁朗色季拉山》318 国道咽喉，林海苍茫，经幡飞舞，遥望日照金山，藏东南经典观景台。

《鲁朗小镇》静栖林海山谷，雪峰遥遥相望，草甸铺展，藏式民居错落，藏着江南般温润的藏地风光。

《扎塘鲁措》卧于鲁朗山谷，湖水澄澈如镜，白塔临水而立，远山雪峰林海，绘就温柔雪域湖景。

D4　林芝-穿藏装巡游天边牧场（上午茶+水果+零食）-林芝送火车-拉萨-布达拉宫夜景

早餐：酒店内　午餐：中式合菜80R　　晚餐：中式合菜80R　　住宿：拉萨吉米酒店（有氧）4钻或同级

《天边牧场》背靠喜马拉雅雪山，面朝雅鲁藏布江，天幕雪山、草地交相辉映。藏舞老师带大家穿藏装，教大家跳藏族舞蹈。

《林芝火车》拉林铁路高原复兴号，穿行雪山峡谷与桃花林海，窗外一步一景，雪域江南最美观景列车。

D5　拉萨-布达拉宫（含耳机）-大昭寺（含耳机）八廓街-布达拉宫广场

早餐：酒店内　午餐：中式合菜80R　　晚餐：藏香猪风味80R　住宿：拉萨吉米酒店（有氧）4钻或同级

《布达拉宫(含耳机)》世界文化遗产布达拉宫，雪域高原神圣殿堂，藏式建筑巅峰，拉萨地标与信仰中心。

《大昭寺(含耳机)》千年古刹，金顶耀碧空，供奉觉沃佛像，酥油灯长明，转经声声，藏地朝圣信仰之源。

《八廓街》环布达拉宫而建，千年转经道，藏式商铺林立，是藏地文化、信仰与烟火交融的圣地。

《布达拉宫广场》是世界上海拔最高的城市广场，与布宫遥相呼应，是拉萨的城市客厅与祈福之地。

D6　拉萨-羊卓雍措-羊湖集体航拍-卡若拉冰川-拉萨

早餐：酒店内　午餐：中式合菜80R　晚餐：尼泊尔咖喱餐80R　住宿：拉萨吉米酒店(有氧)4钻或同级

《羊卓雍措》西藏三大圣湖之一，湖水碧蓝如缎，雪山环抱，宛如高原上坠落的蓝宝石。随后返回拉萨，送机至机场，结束雪域高原的难忘旅程。

《卡若拉冰川》悬于乃钦康桑山壁，冰瀑自雪峰倾泻而下，紧邻公路，皑皑冰原尽显雪域苍茫雄浑之美。

D7 扎基寺-网红旱地拔葱-拉萨送机

早餐：酒店内　　午餐：中式合菜80R

《扎基寺》西藏唯一财神庙，主供扎基拉姆女财神，香火鼎盛，以白酒供奉，求财祈福灵验之地。

《网红旱地拔葱》拉萨网红旱地拔葱机位，仰拍运镜造就奇观，布达拉宫似破土升腾，定格震撼的雪域旅拍大片。

参考航班：拉萨-新加坡　PN6443　17:25-03:45+1

D8　抵达新加坡

D1 Singapore - Lhasa

Dinner: Mushroom Soup Hot Pot 80R

Accommodation: Lhasa Jimi Hotel (with oxygen supply), 4-star or equivalent

Pick-up at Singapore - Lhasa, transfer to hotel for rest.

Reference flight: Singapore - Lhasa PN6444 04:40-15:05

D2 Lhasa - The Most Beautiful Overwater Expressway - Duobu Co (Lake) - Painted Mani Stones or Thangka Painting - Nyingchi

Breakfast: In-hotel | Lunch: Chinese Set Meal 80R | Dinner: Chinese Set Meal 80R

Accommodation: Nyingchi Zangnan Taogu Hotel, 5-star (with oxygen supply) or equivalent

"The Most Beautiful Overwater Expressway"

Nyingchi's most beautiful overwater highway has a long bridge high above Duobu Lake. The lake is clear as gemstones, and the lakes and mountains reflect each other along the way. Driving here is like traveling through a picturesque scroll of snow-capped mountains and rivers.

"Duobu Co (Lake)"

Duobu Co lies quietly in a valley in Nyingchi. The lake is like translucent emerald, and a long bridge skims across its surface. Snow-capped mountains and forested peaks together create a "Jiangnan in the Snowy Region."

"Painted Mani Stones"

Painted Mani stones are engraved with the Six-Syllable Mantra and decorated with colorful auspicious patterns. These stones from the Tibetan land carry devout prayers—a silent faith flowing through the high plateau.

"Thangka Painting"

Painting a Thangka is a form of meditation. Mineral pigments bring Buddhist imagery to life, and within the intricate, fine lines lies the eternal faith of the high plateau.

D3 Nyingchi - Taogu Morning Scenery - Bon Religion Sacred Tree & Giant Cypress Garden - Lulang Sejila Pass (Hanging Prayer Flags for Blessings, Viewing Namcha Barwa Peak) - Lulang Town - Zharang Lucuo (Lake) - Nyingchi

Breakfast: In-hotel | Lunch: Stone Pot Chicken 80R | Dinner: Chinese Set Meal 80R

Accommodation: International 5-Star Hilton Nyingchi Gongbo Manor

"Taogu Scenery"

Taogu (Peach Valley) in southern Tibet lies quietly by Duobu Lake. In spring, wild peach blossoms bloom throughout the valley. Snow-capped mountains reflect in the emerald lake, and peach blossom fragrance mingles with the forest. It is a unique lakeside peach-blossom paradise found only in Nyingchi.

"Bon Religion Sacred Tree & Giant Cypress Garden"

Millennium-old cypresses stand towering toward the sky. Legend has it that they are the sacred soul-trees of the founder, draped with prayer flags, carrying the ancient Bon religion's faith.

"Sejila Mountain in Lulang"

A vital choke point on National Highway 318, with vast, hazy forest seas and fluttering prayer flags. Gazing afar at the golden sunlight on the snow peaks, it is a classic viewing platform in southeastern Tibet.

"Lulang Town"

Nestled quietly in a valley of forest seas, with snow peaks gazing from afar, meadows spreading out, and Tibetan-style houses scattered in picturesque disorder—it hides a gentle Tibetan landscape reminiscent of Jiangnan (south of the Yangtze River).

"Zharang Lucuo (Lake)"

Lying in the Lulang valley, the lake water is as clear as a mirror. A white stupa stands by the water, and distant snow peaks and forest seas together paint a gentle snowy-region lake scene.

D4 Nyingchi - Wearing Tibetan Costumes and Touring the Horizon Pasture (Morning Tea + Fruit + Snacks) - Transfer to Nyingchi Railway Station - Lhasa - Potala Palace Night View

Breakfast: In-hotel | Lunch: Chinese Set Meal 80R | Dinner: Chinese Set Meal 80R
Accommodation: Lhasa Jimi Hotel (with oxygen supply), 4-star or equivalent

"Horizon Pasture"
Backed by the Himalayas and facing the Yarlung Tsangpo River, the sky canopy, snow-capped mountains, and grasslands complement each other beautifully. A Tibetan dance instructor helps everyone dress in traditional Tibetan clothing and teaches them to dance Tibetan dances.
"Nyingchi Train"
The Fuxing high-speed train on the Lhasa-Nyingchi Railway travels through snow-capped mountains, canyons, and seas of peach blossom forests. Every step outside the window offers a new view—it is the most beautiful sightseeing train in the "Jiangnan of the Snowy Region."

D5 Lhasa - Potala Palace (headphones included) - Jokhang Temple (headphones included) - Barkhor Street - Potala Palace Square

Breakfast: In-hotel | Lunch: Chinese Set Meal 80R | Dinner: Tibetan Fragrant Pork Specialty 80R | Accommodation: Lhasa Jimi Hotel (with oxygen supply), 4-star or equivalent

"Potala Palace (Headphones Included)"
A UNESCO World Heritage Site, the Potala Palace is a sacred hall on the snowy plateau, the pinnacle of Tibetan architecture, and the landmark and center of faith in Lhasa.
"Jokhang Temple (Headphones Included)"
A thousand-year-old ancient temple, its golden roof shining against the blue sky, enshrining the Jowo Shakyamuni statue. Butter lamps burn eternally, and the sound of prayer wheels echoes—it is the source of pilgrimage and faith in the Tibetan land.
"Barkhor Street"
Built around the Jokhang Temple, it is a thousand-year-old pilgrim circuit lined with Tibetan-style shops—a sacred place where Tibetan culture, faith, and everyday life blend together.
"Potala Palace Square"
The highest-altitude city square in the world, it echoes the Potala Palace from afar and serves as Lhasa's "city living room" and a place for blessings.

D6 Lhasa - Yamdrok Lake - Group Drone Aerial Photography at Yamdrok Lake - Karola Glacier - Lhasa

Breakfast: In-hotel | Lunch: Chinese Set Meal 80R | Dinner: Nepalese Curry Meal 80R
Accommodation: Lhasa Jimi Hotel (with oxygen supply), 4-star or equivalent

"Yamdrok Lake"
One of the three great sacred lakes of Tibet, its water is as blue as satin, surrounded by snow-capped mountains—like a sapphire fallen onto the plateau. Afterwards, return to Lhasa and transfer to the airport, bringing this unforgettable journey on the snowy plateau to a close.
"Karola Glacier"
Hanging on the cliff of Mount Noijin Kangsang, the icefall cascades down from the snow peak, right beside the highway. The vast icy expanse fully displays the desolate and majestic beauty of the snowy region.

D7 Zhaji Temple - Internet-Famous "Dry Land Scallion Pulling" (Photo Spot) - Transfer to Lhasa Airport

Breakfast: In-hotel | Lunch: Chinese Set Meal 80R

"Zhaji Temple"

The only God of Wealth temple in Tibet, primarily enshrining the female wealth deity Zhaji Lhamo. It has flourishing incense offerings and is known for worshipping with white liquor—a place famous for efficacious prayers for wealth and blessings.

"Internet-Famous 'Dry Land Scallion Pulling' (Photo Spot)"

A viral photo spot in Lhasa, where upward-angle camera movement creates a spectacular illusion—the Potala Palace appears to burst upward from the ground, capturing stunning snowy-region travel photography shots.

Reference flight: Lhasa - Singapore PN6443 17:25-03:45+1

D8 Arrival in Singapore

飞机行礼及餐食说明：

1、新加坡到拉萨（PN6444 04:45-14:55），托运行李 20KG、手提行李 7KG、含 1 个餐食。

2、拉萨到新加坡（PN6443 17:25-03:45+1），托运行李 20KG、手提行李 7KG、含 1 个餐食。

注意事项：

1、**【高原反应】**进藏后，要注意休息，多喝水，行动切忌过急、过剧，不可暴饮暴食。
最好不要饮酒、吸烟、洗浴，轻微反应建议不轻易要吸氧，可口服红景天、高原安等抗缺氧药物。

2、**【郑重提示】**入乡随俗，请尊重当地风俗习惯禁忌等，导游介绍时，大家紧记在心。

3、**【不宜到藏区旅游的人】**心肺、脑、肝、肾有明显病变，以及患有严重贫血、高血压、重感冒的不要盲目进入高原。入藏请自行到医院做身体检查。若隐瞒身体状况擅自入藏所产生的后果自负。

4、**【感冒者不得入藏】**感冒患者由于自身身体机能被破坏，抗病能力减弱，又增加自身的抵抗能力负荷，带着严重的感冒进藏极易转为其他高原病，特别是肺水肿，一种特别危险的高原疾病，不及时治疗很容易有生命危险。感冒患者，建议您在出发前将感冒治好后才进藏，不要带感冒病菌进藏。

5、**【进藏需要带什么样的衣服】** 由于西藏紫外线特别强，最好不要穿短袖上衣和短裤，春秋冬季建议带上羽绒服、保暖内衣，到珠峰、阿里地区、藏北地区一年四季都必须带羽绒服。

Flight & Meals:

Singapore → Lhasa (PN6444 04:45 – 14:55): 20kg checked luggage, 7kg carry-on, meals included
Lhasa → Singapore (PN6443 17:25 – 03:45+1): 20kg checked luggage, 7kg carry-on, meals included

Important Notes:

1.【Altitude Sickness】Rest well, drink plenty of water, avoid rapid or intense movements, and don't overeat. Best to avoid alcohol, smoking, and bathing. For mild symptoms, try not to use oxygen immediately; oral anti-altitude sickness remedies like Rhodiola or Gaoyuan An may help.

2.【Respect Local Customs】Follow your guide's advice on local traditions and taboos.

3.【Health Restrictions】Those with heart, lung, brain, liver, or kidney conditions, severe anemia, high blood pressure, or serious colds should not travel to Tibet. Get a medical check-up before departure. Travelers who conceal health conditions do so at their own risk.

4.【No Entry with a Cold】A cold weakens your body and resistance, making it easier to develop serious altitude-related illnesses—especially pulmonary edema, which can be fatal without prompt treatment. Please recover fully before traveling to Tibet.

5.【What to Pack】The Tibetan sun is strong—avoid shorts or short sleeves. In spring, autumn, and winter, bring a down jacket and thermal underwear. For Everest, Ngari, or northern Tibet, a down jacket is necessary year-round.