

雪域圣境 心灵之旅

West Air
西部航空

西藏拉萨林芝 8日游 *Tibet*

✈ 新加坡直飞 含小费 两人出发

📷 特别赠送：网红早地拔葱旅拍

团费

SGD **1780** /起/人

🏠 机场税 SGD **200** /人

✈ PN6444 新加坡 04:45 - 拉萨 14:55
PN6443 拉萨 17:25 - 新加坡 03:45+1

托运行李20KG 手提行李7KG 含餐食

📅 出发日期

2026年

10月 11/25
11月 1/15/22/29
12月 6/13/20/27

2027年

2月 28
3月 7/14/21/28
4月 4/11/18/25
5月 2/9/16/23/30
6月 6/13/20/27
9月 5/12/19
10月 10/17/24



精华景点 HIGHLIGHTS



📍 **林芝**

· 巨柏林 / 卡定沟 / 色季拉山
· 鲁朗林海 / 鲁朗小镇 / 天边牧场



📍 **波密**

· 米堆冰川



📍 **拉萨**

布达拉宫 / 八廓街 / 布达拉宫广场
扎基寺 / 羊卓雍措

Hilton
HOTELS & RESORTS

1晚国际五星
林芝希尔顿庄园酒店
★★★★★



特别安排

林芝到拉萨
高原动车 / 复兴号



特别赠送

网红早地
拔葱旅拍



地道美食体验



石锅鸡



菌汤锅



藏香猪风味



尼泊尔咖喱餐



新雅旅游

SINGATOUR PTE LTD

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6323 4556



LICENSE NO.: TA01285

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singatour.com

101 Upper Cross Street #B1-16 People's Park Centre S058357

西藏 拉萨 林芝 8 日游

D1 新加坡-拉萨 晚餐：中式合菜
住宿：拉萨德朋大酒店（有氧酒店）或同级4钻酒店

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-林芝 早餐：酒店内 午餐：中式合菜 晚餐：石锅鸡
住宿：林芝豪生酒店或同级 4 钻酒店

《巨柏林》林芝巨柏林，苯教神树之地，数百棵千年古柏耸立，柏树王高 50 米，藏地信仰与自然共生。

《卡定沟》藏语“人间仙境”，天佛瀑布落差 200 米，崖壁天然佛像，峡谷葱郁，藏地秘境。

D3 林芝-波密 早餐：酒店内 午餐：中式合菜 晚餐：中式合菜
住宿：波密山水大酒店或同级 4 钻酒店

《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。

《鲁朗林海》鲁朗林海云雾缭绕，松杉苍翠、草甸如茵，雪山环抱，藏地“东方瑞士”，高原天然画廊。

《鲁朗小镇》“东方瑞士”鲁朗小镇，雪山林海环绕的宁静仙境。

D4 波密-林芝 早餐：酒店内 午餐：中式合菜 晚餐：菌汤锅
住宿：国际五星林芝工布庄园希尔顿酒店

《米堆冰川》6800 米雪峰托举双冰瀑，冰舌探入林海，幽蓝圣洁，318 国道上的冰雪秘境。

后入住**国际五星林芝希尔顿庄园**。酒店坐拥尼洋河畔，藏式风情与现代奢华交融，客房推窗即见雪山倒映碧波，夜听流水潺潺入梦。工布文化体验贯穿全程——唐卡手作、藏香制作、藏服旅拍，沉浸式感知千年工布文明。

D5 林芝-拉萨 早餐：酒店内 午餐：中式合菜 晚餐：藏香猪风味
住宿：拉萨德朋大酒店（有氧酒店）或同级 4 钻酒店

《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。

随后乘火车前往拉萨。

《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。

D6 拉萨 早餐：酒店内 午餐：中式合菜 晚餐：尼泊尔咖喱餐
住宿：拉萨德朋大酒店（有氧酒店）或同级 4 钻酒店

《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。

《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。

《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。

D7 羊卓雍措-送机 早餐：酒店内 午餐：中式合菜

《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。

参考航班：拉萨-新加坡 PN6443 17:25-03:45+1。

D8 抵达新加坡

餐点安排：6 早餐/6 午餐/6 晚餐

升级特色餐：石锅鸡/菌汤锅/藏香猪风味/尼泊尔咖喱餐

Xizang Lhasa Nyingchi 8-Day Tour

D1 Singapore → Lhasa

Dinner: Chinese Set Meal

Accommodation: Lhasa Depeng Hotel (Oxygen-supply hotel) or equivalent 4-diamond hotel

Arrive in Lhasa from Singapore, transfer to hotel for rest.

Reference flight: Singapore → Lhasa PN6444 04:40–15:05

D2 Lhasa → Nyingchi

Breakfast: At hotel | **Lunch:** Chinese Set Meal | **Dinner:** Stone Pot Chicken

Accommodation: Nyingchi Hojoen Hotel or equivalent 4-diamond hotel

The Linzhi Giant Cypress Forest, a sacred Bon site with a 50m ancient king cypress, and **Khading Valley**, a Tibetan "paradise on earth" featuring a 200m waterfall with natural Buddha images on its cliff, both showcase the harmonious coexistence of Tibetan faith and nature.

D3 Nyingchi → Bomi

Breakfast: At hotel | **Lunch:** Chinese Set Meal | **Dinner:** Chinese Set Meal

Accommodation: Bomi Shanshui Hotel or equivalent 4-diamond hotel

The Lulang journey features **the Segrila Mountain** as a classic viewpoint along the 318 National Highway for the golden sunrise on snow peaks, the misty **Lulang Forest Sea** known as the "Eastern Switzerland" with its lush pines and meadows, and the peaceful **Lulang Town** nestled among snowy mountains and forests—together forming a breathtaking alpine gallery in southeastern Tibet.

D4 Bomi → Nyingchi

Breakfast: At hotel | **Lunch:** Chinese Set Meal | **Dinner:** Mushroom Hot Pot

Accommodation: International 5-star HILTON LINZHI RESORT

The journey features the sacred **Midui Glacier** along the 318 National Highway, where 6,800m snow peaks support twin ice waterfalls and a blue ice tongue reaches into the forest, followed by an overnight stay at the international five-star **HILTON LINZHI RESORT**.

D5 Nyingchi → Lhasa

Breakfast: At hotel | **Lunch:** Chinese Set Meal | **Dinner:** Tibetan Fragrant Pork Specialty

Accommodation: Lhasa Depeng Hotel (Oxygen-supply hotel) or equivalent 4-diamond hotel

The itinerary includes the **Tianbian Ranch** set against the Himalayas and the Yarlung Tsangpo River, where a Tibetan dance teacher will guide you in traditional costumes and dancing, followed by a scenic ride on the Lhasa – **Nyingchi Railway's Fuxing bullet train** through snowy peaks, canyons, and peach blossom forests—known as the most beautiful scenic train in the "Snowy Southern Tibet."

D6 Lhasa

Breakfast: At hotel | **Lunch:** Chinese Set Meal | **Dinner:** Nepalese Curry Meal

Accommodation: Lhasa Depeng Hotel (Oxygen-supply hotel) or equivalent 4-diamond hotel

The Lhasa tour features the UNESCO-listed **Potala Palace**(including audio headset), the sacred pinnacle of Tibetan architecture; the thousand-year-old **Barkhor Street** pilgrimage route circling the palace with its vibrant shops; the **Potala Palace Square**, the world's highest urban plaza; and the unique **Zha Ji Temple**, Tibet's only wealth temple dedicated to the goddess Zashi Lhamo, where devotees offer liquor for good fortune.

D7 Yamdrok Lake → Airport Transfer

Breakfast: At hotel | **Lunch:** Chinese Set Meal

The tour ends with a visit to **Yamdrok Lake**, one of Tibet's three holy lakes—a sapphire-blue jewel embraced by snowy peaks — before returning to Lhasa for a flight departure, concluding an unforgettable journey on the snowy plateau.

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

D8 Arrive in Singapore

Meal Arrangements: 6 breakfasts / 6 lunches / 6 dinners

Upgraded specialty meals: Stone Pot Chicken / Mushroom Hot Pot / Tibetan Fragrant Pork Flavor / Nepalese Curry Meal

行程特点

特别赠送：网红旱地拔葱旅拍 **特别安排：**林芝到拉萨高原动车/复兴号

无忧高返：1、车备医用氧气钢瓶 2、拉萨全程有氧酒店 3、首晚医生巡房，为初到高原的您保驾护航
高原反应因人而异，50%左右的人不会有高原反应，40%左右会出现轻微头昏，适当休息适应一下就会正常了，极个别的会出现高原反应严重的情况。

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。

Tour Highlights

Special Gifts: Influencer-style "Jump-Up" Travel Video Shoot

Special Arrangement: High-speed train / Fuxing train between Nyingchi and Lhasa.

Altitude Sickness Care:

- 1、Medical oxygen cylinders on the vehicle
- 2、Oxygen-supply hotels throughout your stay in Lhasa
- 3、First-night doctor visits for your peace of mind

Note: Altitude sickness varies. About 50% of travelers experience none, 40% may feel mild dizziness that subsides with rest, and only a few have severe reactions.

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.

参考酒店 Use this hotel as a reference



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。



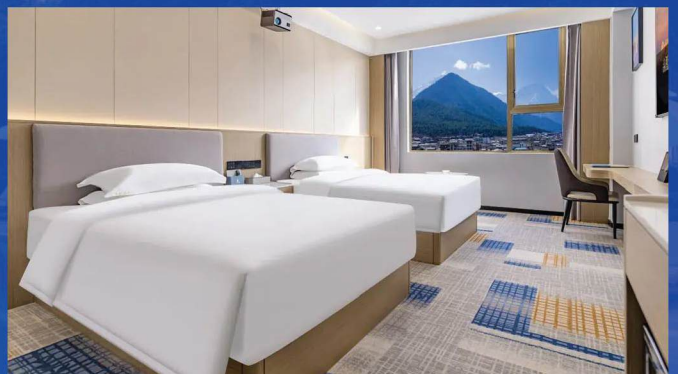
林芝工布庄园希尔顿酒店
HILTON LINZHI RESORT



德朋大酒店（有氧酒店）
Depeng Hotel (Oxygen-supply hotel)

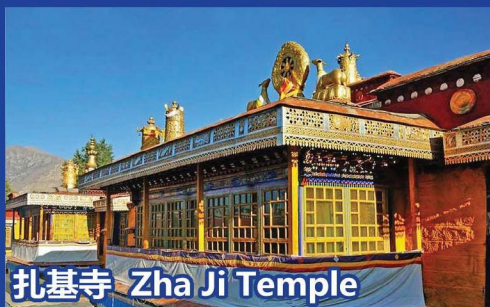
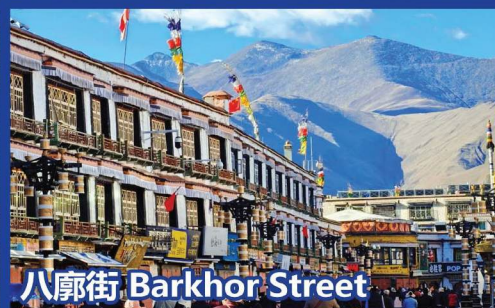
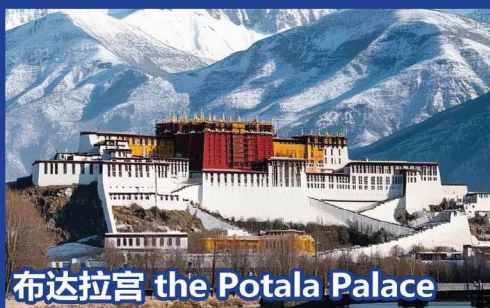
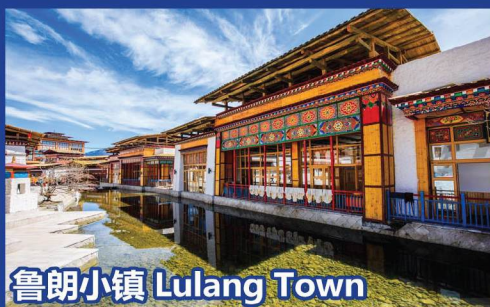
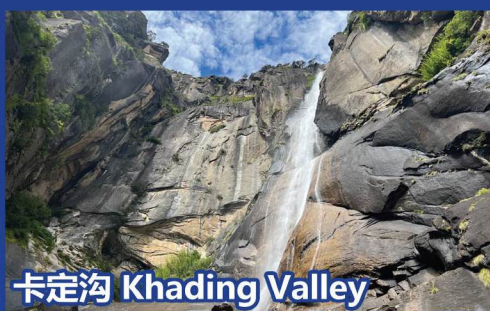


林芝豪生酒店
Nyingchi Hojoen Hotel



波密山水大酒店
Bomi Shanshui Hotel

精选景点 Featured Attractions



新雅旅游

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