

觸摸川藏西游13天

D8 (週四) 拉薩 (BLD)

早餐後前往參觀西藏唯一的財神廟【**紮基寺**】，接著前往【西藏博物館】。午餐後，前往“拉薩三大寺”之一的【**沙拉寺**】，每天下午有僧人辯經活動。大殿和各甬道經堂四壁保存著大量彩色壁畫原作。晚餐後，欣賞**西藏歌舞音畫史詩《幸福在路上》**。（注：冬季《喜馬拉雅》歌舞劇將停演，期間行程改為江孜【宗山城堡】。）
After breakfast, visit the only Mammon temple of Tibet 【the Zaki Temple】 and then proceed to 【the Tibet museum】. After lunch, go to "one of the three major monasteries in Lhasa-- 【the Sera Monastery】”, monks debate every afternoon. Tibetans preserved the original color murals on the walls of main hall. After dinner, enjoy the Tibet song and dance epic 【On the road】(Note: 【Himalaya song and dance drama】 will stop in winter ,will replace with 【the Castle Hill】)



D9 (週五) 拉薩--江孜 (BLD)

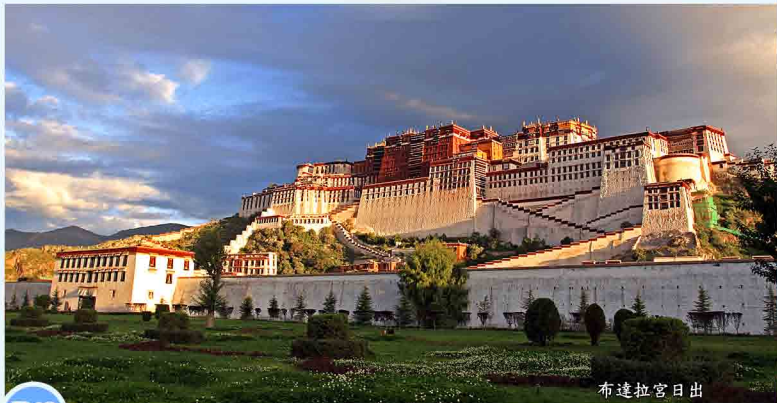
早餐後乘車翻越海拔4990米的【岡巴拉雪山】，遊覽西藏三大聖湖之一的【羊卓雍湖】，碧藍的湖水平滑如鏡，和掠過湖面的水鳥和遠山相映成趣。接著前往【卡若拉冰川】，傳說是藏傳佛教四大山神之一的西方山神諾吉康娃桑布居住之地，能近距離欣賞的冰川，先後有電影《紅河谷》、《江孜之戰》、《雲水謠》在此拍攝外景。隨後，乘車前往江孜。
After breakfast ,drive over 4990 meters above sea level【the Snow Mount. Gangbala】 ,visit one of the Tibet three big holy lake--【the Yamzho Lake】,the deep blue lake water as smooth as a mirror. Then go to 【the Karuola Glacier】,it is one of the four major mountain in the legend of Tibetan Buddhism,can close to watch the glacier . After that ,proceed to Jiangzi.

D10 (週六) 江孜--日喀則 (BLD)

早餐後前往參觀十五世紀初始建的【**白居寺**】，是藏傳佛教的薩迦派、噶當派、格魯派3大教派共存的一座寺廟，寺內有難以數計的精美壁畫和造像。【**白居塔**】有“十萬佛塔”之稱，代表了13世紀末至15世紀中葉後西藏地區寺院建築的典型樣式。而後乘車前往日喀則，參觀藏傳佛教格魯派四大寺之一、日喀則地區最大的寺廟—【**紮什倫布寺**】。
After breakfast ,visit 【the Baiju Monastery】 which was built in the fifteenth century ,the 3 sects of Tibetan Buddhism Sakya、Kadampa、Gelugpa coexist in this temple ,there are countless exquisite murals and statues to view . 【The Baiju Pagoda】 also known as "one hundred thousand pagodas", on behalf of a typical pattern of the Tibetan areas temple building in late thirteenth Century to mid fifteenth Century .Then travel to Shigatse, visit one of four temples of Gelugpa Sect , the largest temple in Shigatse -- 【the Tashilhunpo Monastery】.

D11 (週日) 日喀則--拉薩 (BLD)

早餐後，乘車返回拉薩，參觀地礦博物館，之後自由活動，感受拉薩“日光之城”的魅力。
After breakfast, return to Lhasa by bus, visit 【the Geological Museum】. After that , free activities, experience the charm of the city of sunlight.



D12 (週一) 拉薩 (BLD)

早餐後前往拉薩的地標【**布達拉宮**】，依山而建，規模宏大巍峨壯觀，被譽為世界屋脊的明珠，以曠世寶藏聞名於世。參觀【**大昭寺**】，又名“祖拉康”，寺內供奉有釋迦牟尼12歲時的等身鍍金像，及松贊干布和文成公主、赤尊公主的塑像。隨後來到【**八廓街**】，這裡保存了拉薩古城的傳統面貌。之後參觀藏醫藥博覽中心，瞭解藏藥的神奇功效。
After breakfast , visit a landmark of Lhasa--- 【the Potala Palace】 , built close to the mountains, magnificent majestic, known as “the pearl on the roof of the world” . Then visit 【the Jokhang Temple】 , also known as the "Zula Kang", Tibetans honour the life size gilded statues of Shakya Muni at the age of 12、Song Zan Gan Bu and Princess Wencheng statues in the temple . Then came to 【the Barkhor Street】 , here, save traditional features of Lhasa . After that, visiting the 【Tibetan medicine Expo Center】 to understand the magic of Tibetan medicine.

D13 (週二) 拉薩散團 (B)

散團，返回溫暖的家。Lhasa--Homebound flight

| | | |
|--|-----------------------------|------------------|
| 免費送機時間 | Free transfer hotel-airport | 9 : 00 |
| 集合地點 | Meeting Point | 酒店大堂 Hotel Lobby |
| 備註：原則上按照相鄰時間段離開的客人集中後送往機場，可能會遇到等待的情況，不願意等待的客人可自行乘坐計程車前往機場，也可以支付USD30/人單獨派車送往機場。Free Hotel-Airport transfers are based on group transfers. Passengers may need to wait for others. Otherwise, passengers can request private transfer at USD100 per car (2-3person) each way or take a taxi to hotel by yourself. | | |

雪山风光

觸摸川藏

C4912 西游13天

Chengdu Jiuzhaigou Lhasa Jiangzi Shigatse 13 Days

請持有效護照、證件、確認書
參團報到，并請您仔細閱讀參團須知

€399

2015年4-6月
逢週四抵達

4人成行!

免費辦理：入藏函
Free charge: Tibet entry permit

展開中國大西南如畫長卷，
開啓川藏最震撼的心靈之旅。

行走天府之國，
再探訪神秘高原深處的那一片淨土。
九寨溝美妙仙境宛如童話世界，
世界屋脊似行走雲端-抹不去的回憶。

行程包含(Package Inclusions) :

- 1、行程內酒店以及行程內列明的膳食; All Hotels Accommodation and Meals as listed
- 2、行程內遊覽門票以及優秀中文導游服務; Entrance fees as listed and Professional Chinese-speaking guide
- 3、豪華空調旅遊巴士; Transport by air-conditioned coach
- 4、¥100000/人的旅行社責任保險。RMB100,000 Travel agency liability insurance

行程不包含(Package Exclusions) :

- 1、國際、國內段機票以及機票稅（成都--拉薩內陸機票+稅：€200）；中國簽證費；
International and Domestic airfare & taxes, China Visa fee(Chengdu/Lhasa €200/PP)；
- 2、服務費（抵達支付）：€90/人
Service fee (Fee will be collected by local guide upon arrival.): €90/PP
西藏節目活動費用（抵達支付）：€130/人（1:藏戲幸福在路上 2：藏民家訪 3、紮基寺）
Program fee (Fee will be collected by local guide upon arrival.):€130/PP(the song and dance epic <On the road> + visit the Tibetan Dwellings + the Zaki Temple)
- 3、任何個人消費、酒店以及機場的行李小費、個人旅遊意外險（強烈建議境外購買）
Personal expense、Airport and hotel luggage fee、Travel insurance (strongly recommended)





觸摸川藏西游13天

參團須知：(Notes)

- 本產品僅限北美、澳新、歐洲、英國等中國境 外定居的華僑華人（18週歲-60週歲，身體健康）適用。對於有心肺、腦、肝、腎病變，以及嚴重貧血或高血壓、感冒、發燒的病人，切勿盲目進入高原。

This product is only for Overseas Chinese passengers from the United States, Canada, Australia, New Zealand and Europe who is able to speak fluent Chinese will be eligible to special price.(18 years old -60 years old, in good condition).The guest get heart and lung, brain, liver, kidney disease and patients with severe anemia or hypertension, cold, have a fever, do not blindly into the Tibet.

- 不能以流利中文溝通的客人，必須有能以中文溝通能力的人士隨行參團，需要補團費附加費：USD200/人。
Guests who can't communicate fluently in Chinese must be with the people who can communicate in Chinese and extra charge USD200per person.

- 本行程規定的活動節目費以及行程服務費為團費的一部分，請主動於抵達後支付給當地導遊。
Program and services fee are the parts of tour fee, please pay to the local tour guide upon arrival.

- 川藏線報名需要提前30天，一經報名，不得隨意要求更改或退團，如果因個人原因退團以及NOSHOW，已付的團款和活動費不退。西藏地區可能有因政治問題而臨時關閉遊客進藏的情況出現，我們將會提前15天通知客人，客人可以選擇退團或調換前往長江三峽等其他線路。

Please make reservation 30 days prior departure ,upon booking,all China special tour is non-refundable and non-changeable. If the tour be closed anytime due to political problems in Tibet area, we will notify guests 15 days prior departure , guests can choose to leave or change to other lines of the Three Gorges of the Yangtze River.

- 本報價不含旅遊保險，強烈建議客人在出發地自行購買各種旅遊保險，如醫療、失竊、旅程取消保險等。

The price does not include travel insurance. We strongly recommend that traveller purchase related travel insurance in the home city prior departure.

- 如遇單人住一間房，包括因臨時有人取消參團而導致單人住一間房，則必須額外支付單房差：€ 500

A single supplement € 500 applies for travellers requiring a single-occupancy room, including any circumstances caused by the cancellation of other travellers in the same room. Please notify your travel agent of your rooming requests upon booking.

- 任何因客人個人原因或者戰爭、天氣、政治因素等旅行社無法控制的因素所造成的額外費用和責任，均由客人自行承擔（旅行社可以視情況提供幫助）

The extra payment will be made by the guests that caused by personal reasons ,or other reasons of force majeure.

- 所有節目安排按當地狀況決定，因天氣或航班原因本公司有權適時調整瀏覽安排，並且本公司保留最終決定和解釋權。以上所列酒店倘若已訂滿，本公司有權用其他同級酒店替換。如因個人原因未能及時會合導遊，本公司不承擔任何責任。如因個人原因、罷工、天氣、政治因素、戰爭、災難或其他人力不可抗拒等因素所引起的額外費用，本公司不承擔任何責任。

Beauty orient tour reserves the right to adjust the itinerary as it sees fit to ensure the smooth running of the tour and to substitute hotels of a similar standard if the hotels listed in our brochure are unavailable. Passengers must remain with the tour group at all times and must not deviate from the set itinerary. Beauty orient tour acts only as an agent and assumes no responsibility for any loss or damage caused arising directly or indirectly from incidents or events over which Beauty orient tour has no control.



西藏旅遊必讀：

部分人初到高原都有或輕或重的高原反應，高原反應的症狀一般表現為：頭痛、氣短、胸悶、厭食、微燒、頭昏、乏力等。這些症狀第一、二天明顯，以後就會逐漸減輕或消失。克服高原反應的關鍵是克服自我內心的恐懼。為防止高原反應請隨身攜帶一些抗高原反應藥：紅景天及西洋參（對緩解極度疲勞很有用）、速效救心丸等。抵達第一天不要做任何劇烈運動；當晚不要洗澡，以防感冒；不要飲酒，多飲水及吃水果。請聽從我社工作人員及導遊的安排，儘量不要外出活動，保持平常心態和充分的休息。早晚溫差大，請準備足夠的禦寒衣服，以防受涼感冒。要帶上太陽鏡、太陽帽、防曬霜、護膚霜等。

Tibet travel required:

some people maybe get altitude sickness, general symptoms of altitude sickness as follows: headache, shortness of breath, chest tightness, dizziness, anorexia, slight fever, spent Force etc.. These symptoms will gradually reduce or disappear after 2days. The key to overcome altitude sickness is to overcome the self inner fear. In order to prevent altitude sickness please take some drugs: rhodiola and Panax quinquefolium , Kyushin Pills etc.. In the first day don't do any exercise; don't take a shower; don't drink alcohol and water, don't eat fruits. Please follow the tour guide' s arrangements, maintaining a happy mind and take a good rest. Large temperature difference in one day, please prepare enough warm clothes to prevent catching a cold. To bring sunglasses, sun hat, sunscreen, cream etc..

觸摸川藏西游13天

俏東方特約代理商

D1 (週四) 抵達成都

俏東方優秀導遊機場微笑接機，後轉移到酒店休息，晚餐自理。
Arrive in Chengdu, Transfer to the hotel (Not includes Meals)

| | |
|--|---|
| 免費接機時間 Free transfer airport-hotel | 11: 00--23: 00 |
| 集合地點 Meeting Point | 國際航班：T1航站樓 國際到達一號門 International flight:1st Exit Arrival Hall, T1 terminal 國內航班：T2航站樓，到達大廳四號門 Domestic flight :4th Exit ,Arrival Hall, T2 terminal |
| 備註：原則上相鄰時間段抵達機場的客人集中後送往酒店，可能會遇到需要等待的情況，不願意等待的客人可自行乘坐計程車前往酒店，也可支付USD30/人單獨派車送往酒店。 Notes:On the principle ,guests may be grouped together for similar arrival time, the guest who don't willing to wait for others please take taxi to the hotel by yourself ,or pay extra transfer fee USD 30 per person each way. | |

D2 (週五) 成都/水磨古鎮/汶川/九寨溝 (BLD)

早餐後沿成都的母親河順江而上，沿途岷江河谷風光的美景目不暇接。沿途遊覽【水磨古城】、【512汶川地震遺址】，傍晚抵達九寨溝口，入住酒店。
After breakfast ,enjoy the scenery of Minjiang River Valley along the way, take a look at the 【Shuimo ancient town】，visit 【the Sites of 5.12 Wenchuan Earthquake】，then arrive at the mouth of Jiuzhaigou,

D3 (週六) 九寨溝 (BLD)

早餐後乘坐綠色無污染的公共環保車開始九寨溝觀光，樹正溝、樹正瀑布、日則溝、則渣窪溝風光宜人，長海、熊貓海、五花海、靜海、老虎海，像一顆顆綠寶石透徹晶瑩，感受自然界的神奇。晚餐後，欣賞【九寨藏、羌族歌舞篝火晚會】。
After breakfast , start for 【the Jiuzhai Valley】 tour ,take green coach, visit the ditch Shuzheng、Shuzheng falls、the Java ditch , with pleasant scenery, the Changhai Lake、the Panda Lake, the Five Flower Lake, the Jinghai Lake, the Tiger Lake, like a green jade , feel the miracle of nature. After dinner, enjoy 【 the song and dance bonfire party with Tibetan and Qiang 】

D4 (週日) 九寨溝/成都 (BLD)

早餐後前往瞭解藏族最神秘的【天珠】，後前往【松潘古城】遊覽，這裡是松贊干布和文成公主西域之行的起始地。遊【迭溪海子】【1947年大地震遺址】，遠眺2000多年前李冰父子修建的現在都還在發揮作用的【都江堰水利工程】。
After breakfast, go to understand the mysterious Tibetan-- 【 Dzi bead 】，visit the 【 Songpan Ancient Town 】 ,here is the start of Song Zan Gan Bu and Princess Wencheng western trip, followed by 【the Diexi Lake 】，【the Sites of 1947 Earthquake】，overlooking the 【Dujiangyan 】 which was built by Li Bing and his son 2000 years ago.

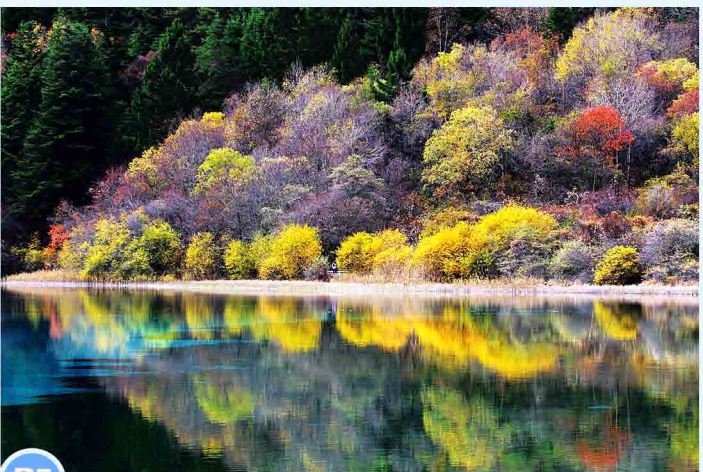
D5 (週一) 成都 (BLD)

早餐後前往觀賞【熊貓基地】， 觀看憨態可掬的世界級國寶大熊貓，瞭解它的生活規律和它拍照留影。後前往仿古【錦裡古街】感受成都市井文化，琳琅滿目的小商品讓你愛不釋手。參觀四川【古玉博物館-天脈店】琳琅滿目的玉器總有一款是你割捨不掉的寶貝。

After breakfast , go to visit 【 the Panda Breeding Research Base 】，watching the world class national treasure , understand life rules of pandas and took photos with them. After that ,proceed to 【the Jinli Ancient Street】 ,feeling Chengdu civil culture,here, small beautiful survivor make you love. After that ,visit 【the Sichuan Ancient Jade Museum 】

D6 (週二) 成都 (BLD)

早餐後遊覽“成都的名片”【寬窄巷子風情街】，後再去探訪這個城市獨特的【茶館文化】，慢慢品茶享受悠閒的時光，晚餐品嚐經典四川火鍋。後去欣賞中國國粹【四川變臉秀】，其中變臉、吐火、手影等絕技讓人讚不絕口。
After breakfast , visit "Chengdu card" -- 【 the Wide Narrow Alley Street】，and then go to visit the unique 【 the Tea Culture Center of Sichuan 】，sipping tea to enjoy leisure time,then enjoy classic Sichuan Hot pot dinner. After dinner, watch 【the Sichuan Face Changing Show】 。



D7 (週三) 成都/拉薩 (BD)

早餐後前往機場，飛向神秘的西藏，抵達拉薩貢嘎國際機場後，導遊會為遠道而來的您敬獻潔白的哈達。而後乘車前往拉薩市區，感受高原的潔淨空氣。接著入住酒店，作適應性休息。

After breakfast , you' ll be transferred to airport for flight to Lhasa, upon arrival, you will be met by our local representative and escorted to your hotel.Your hotel room is available for mid-afternoon check in. The rest of the day is at your own leisure.

雪山草原