

加德满都飞进陆出·拉萨深度+珠峰 | 高端度假 7天6晚

7D6N Lhasa Deep Experience & Everest
(Kathmandu Fly-in & Land Out)

Day 1

加德满都机场-拉萨机场（3650米）医生检查身体

全天，当您从加德满都机场降落在3650米的日光之城，我们将安排导游和司机迎接，随后安排入住酒店休息。入住之后建议休整，适应高原，为后面的旅行做好准备。我们的藏医已在酒店等候，为您测量血氧，把脉问诊，告诉您注意事项，让高原反应悄然消散

酒店：拉萨酒店 | 用餐：/

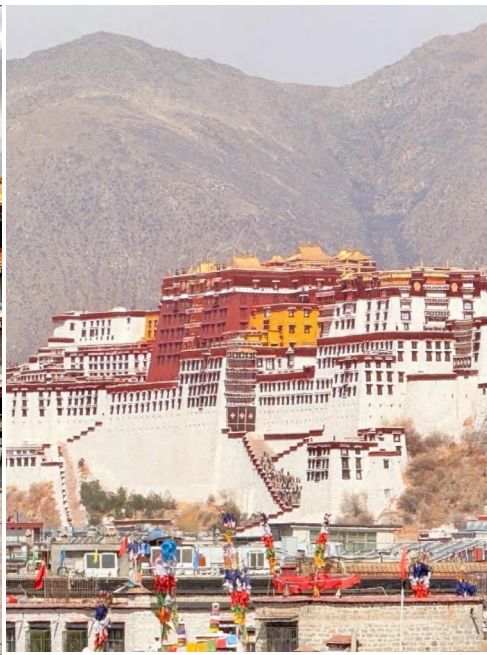
Day 1

Kathmandu Airport – Lhasa Airport (3,650m) –

Medical Checkup

When you land in the "City of Sunshine" (Lhasa, 3,650m altitude) from Kathmandu Airport, our guide and driver will greet you and transfer you to your hotel. Rest and acclimatize to the high altitude. In the afternoon, a Tibetan physician will conduct a health check at your hotel, measuring blood oxygen levels and providing personalized advice to help you adapt smoothly.

Accommodation: Lhasa Hotel | Meals: None



Day 2

拉萨：布达拉宫-千佛崖-大昭寺-八廓街City Walk

Day 2

Lhasa: Potala Palace – Thousand-Buddha Cliff – Jokhang Temple – Barkhor Street City Walk

早上，我们来到【布达拉宫】这里是西藏极负盛名的地标建筑，集宫殿、城堡和寺院于一体的古代宫堡建筑群。随后来到【千佛崖】崖壁上密布着上成千上百尊色彩艳丽、形态各异的佛像，最早可追溯至7世纪松赞干布时期，后经历代增刻形成今日规模，非常震撼

下午，我们先来到【大昭寺】这里供奉着文成公主带入藏的12岁等身佛像，这尊佛像在藏传佛教中无比殊胜，信徒不远万里来此朝拜。随后我们来到1300余年历史的八廓街，安排特色【八廓街CityWalk】这是一场流动的修行，跟着磕长头的朝圣者丈量石板温度。

酒店：拉萨酒店 | 用餐：早餐



Morning: Explore Potala Palace, Tibet’s iconic palace-monastery. Visit Thousand-Buddha Cliff, adorned with vibrant 7th-century rock carvings.

Afternoon: Enter Jokhang Temple, home to the revered 12-year-old Buddha statue brought by Princess Wencheng. Wander Barkhor Street for a spiritual "CityWalk," tracing pilgrims’ footsteps.

Accommodation: Lhasa Hotel | Meals: Breakfast

Day 3

拉萨：扎基寺、罗布林卡、色拉寺、唐卡/藏香体验

上午，朝拜西藏唯一财神庙【扎基寺】，这里是藏传佛教格鲁派寺庙色拉寺的分寺，也是西藏最灵验的求财寺庙，带着白酒与哈达，很多藏、汉族人会来此拜佛。

随后，探访藏式园林瑰宝【罗布林卡】，是西藏人造

Day 3

Lhasa City — Zhaxi Temple, Norbulingka, Sera Monastery—Thangka/Tibetan incense Workshop

Morning: Seek blessings at Zhaxi Temple, Tibet’s only wealth deity shrine. Offer white scarves and liquor with local devotees. Explore Norbulingka, the Dalai Lama’s summer palace — a Tibetan “RPG map” blending palaces, gardens, and forests.

园林中规模最大、风景最佳的、古迹最多的园林，建筑分三个区域：宫区、宫前区、森林区，进入以后就像进入西藏精心设计的RPG游戏地图里

下午，走进【色拉寺】，藏传佛教格鲁派六大主寺之一，自古就是高僧活佛讲经说法之地，每天下午（除周六、日外）大家都可以来到这里围观僧侣赤色袈裟下的激辩哲学，感受信仰与智慧的碰撞。随后，我们将安排特色体验【唐卡/藏香体验（2选1）】亲身体验藏香的基本制作过程，或者用矿物和颜料在唐卡画师指导下勾勒属于你的作品。

酒店：拉萨酒店 | 用餐：早餐



Afternoon: Attend Sera Monastery’s Monk Debates (Mon–Fri), watching crimson-robed monks spar in philosophical dialogues.

Subsequently, we will arrange a special experience [Thangka/Tibetan Incense Experience (choose one of two)]: either get hands-on experience in the basic production process of Tibetan incense, or under the guidance of a Thangka painter, use mineral pigments to sketch your own artwork with a brush.

Accommodation: Lhasa Hotel | Meals: Breakfast

Day 4

拉萨-羊卓雍措-日喀则

上午，我们翻越海拔4990米的冈巴拉垭口，来到有天上圣湖之美誉的【羊卓雍措】她是西藏三大圣湖之一的淡水湖。天气好，还可远眺宁金抗沙峰（海拔7206米）。春夏季湖边开满小花，牛羊在吃草；秋季草滩则火红一片；这里必须亲密接触湖水拍照！

下午，前往日喀则入住。

酒店：日喀则酒店 | 用餐：早餐



Day 4

Lhasa — Yamdrok Lake — Shigatse

Morning:Cross the 4,990m Kamba La Pass to Yamdrok Lake, one of Tibet’s three sacred lakes. Photograph its turquoise waters framed by wildflowers (spring/summer) or crimson meadows (autumn). Distant views of 7,206m Noijin Kangsang Peak await on clear days.

Afternoon: Head to Shigatse and check in at a hotel.

Accommodation: Shigatse Hotel | Meals: Breakfast

Day 5

日喀则-绒布寺-珠峰大本营

上午，前往期待已久的珠峰自然保护区。途径拉孜，我们先来到加乌拉山口，运气好的话，从这里可以看到5座8000米以上的雪山：从左向右排列的顺序是：玛卡鲁峰、洛子峰、珠穆朗玛峰、卓奥友峰、希夏邦玛峰，在这里，白雪皑皑的峰群尽收眼底，生命赤裸裸的直面天地宇宙之雄浑。

下午，抵达【珠峰大本营】下车，与珠穆朗玛峰848.86米纪念碑拍照合影，随后自由参观世界上海拔最高的寺庙【绒布寺】，很多登山专家认为绒布寺所在地正是观看珠穆朗玛峰的最佳位置，来到绒布寺旁边世界上海拔最高的主题邮局，大家可以把名片放在邮筒，寄出明信片，结束参观后适时前往酒店/招待所入住

酒店：珠峰景区酒店 | 用餐：早餐



Day 5

Shigatse — Rongbuk Monastery — Everest Base Camp

Morning: At Gyatso La Pass, marvel at five 8,000m+ giants: Makalu, Lhotse, Everest, Cho Oyu, and Shishapangma.

Afternoon: Reach Everest Base Camp (5,200m). Pose with the 8,848.86m summit marker. Visit Rongbuk Monastery — the world’s highest temple — and mail postcards from its 5,200m–altitude post office.

Accommodation: Everest Area Lodge | Meals: Breakfast

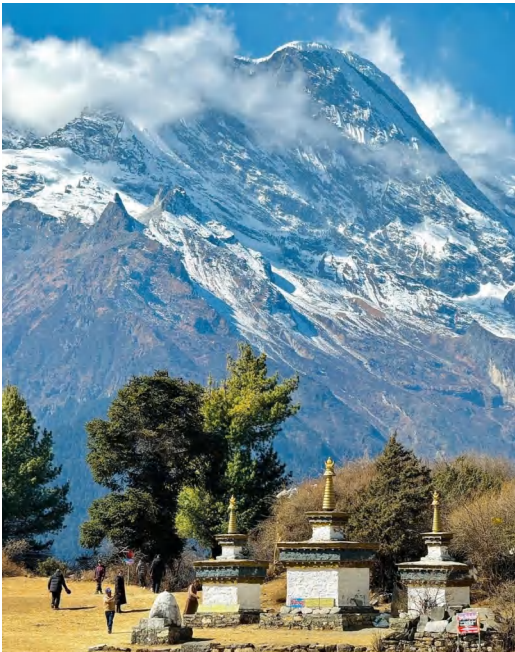
Day 6

珠峰大本营-佩枯措-吉隆沟

上午，离开珠峰景区，我们一路沿着喜马拉雅山脉前行，来到【佩枯措】湖边，这里可以有缘见到藏野驴等动物出没，也可以看到神山与湖水中的倒影。

下午，驱车进入“珠峰后花园”西藏吉隆，这是一个雪山环绕下的世外桃源，道路右侧就是海拔4680米的日吾班巴峰，南方矗立着海拔7227米的蓝塘里壤峰。今天剩余时间，大家可以自由活动

酒店：吉隆酒店 | 用餐：早餐



Day 6

Everest Base Camp – Peiku Tso Lake – Gyirong

Morning:Depart from the Everest Scenic Area and drive along the Himalayas to Peiku Tso Lake. Here, you may be lucky to spot Tibetan wild asses and other animals, as well as witness the holy mountains and their reflections in the lake.

Afternoon:Drive into Gyirong, a paradise surrounded by snow-capped mountains. The rest of the day is free for personal activities.

Accommodation: Gyirong Hotel | Meals: Breakfast

Day 7

吉隆沟-吉隆口岸-加德满都解散

上午，我们经过边境通关，回到尼泊尔，我们将驱车穿越吉隆峡谷返回尼泊尔

下午，到达加德满都，我们将在指定地点解散，结束我们的活动。

酒店：/ | 用餐：早餐



Day 7

Gyirong to Kathmandu (Border Crossing)

Morning:Cross the China–Nepal border at Gyirong Port and drive through the Gyirong Gorge back into Nepal.

Afternoon:Arrive in Kathmandu and disperse at a designated location, concluding the journey.

Accommodation: / | Meals: Breakfast