

藏源山南深度文化之旅 | 7天6晚

7D6N Soul of Tibet: Shannan Cultural Immersion (Lhasa Round Trip)

Day 1

全国各地-拉萨

全天，当您降落在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：/

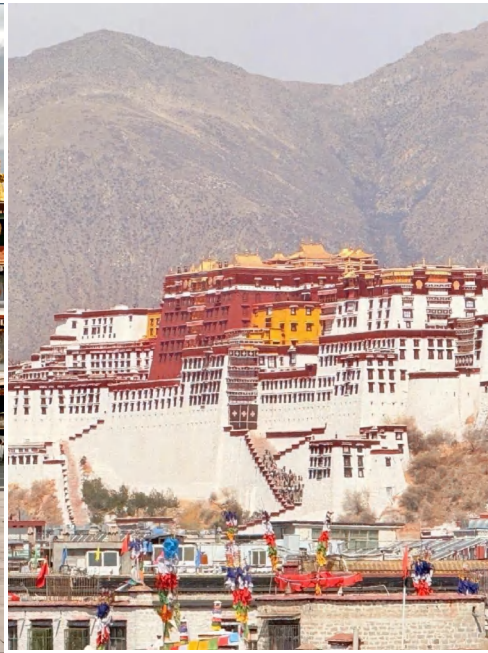


Day 1

Lhasa Airport Arrival

Upon arrival in the "City of Sunshine" (3,650m), our guide and driver will greet you and transfer you to your hotel. Rest and acclimatize to the high altitude.

Accommodation: Lhasa Hotel | Meals: None



Day 2

拉萨：布达拉宫-千佛崖-大昭寺-八廓街City Walk-唐卡/藏香体验

早上，我们来到【布达拉宫】这里是西藏极负盛名的

Day 2

Lhasa — Potala Palace — Thousand-Buddha Cliff — Jokhang Temple — Barkhor Street

Morning: Explore Potala Palace, Tibet's iconic

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，信徒们不远万里来此朝拜，虔诚的模样让人动容。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。随后，我们将安排特色体验【唐卡/藏香体验（2选1）】传统的藏香制作技艺采用柏树干、麝香、白檀香等几十种香料为原材料，亲手体验藏香的基本制作过程，或者用矿物和颜料与信仰对话，在唐卡画师指导下勾勒属于你的作品。

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. Choose a Thangka Painting or Tibetan Incense-Making Workshop to craft your own sacred art.

酒店：拉萨酒店 | 用餐：早餐

Accommodation: Lhasa Hotel | Meals: Breakfast



Day 3

拉萨：扎基寺、罗布林卡、色拉寺、文成公主演出

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



Day 3

Lhasa City — Zhaxi Temple, Norbulingka, Sera Monastery–Princess Wencheng Show (Optional)

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.

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

Evening optional: Attend the Princess Wencheng live outdoor drama (additional cost), a storytelling spectacle set against the Potala Palace, recreating the princess’s marriage to Tibet 1,300 years ago. Book with your guide one day in advance.

Accommodation: Lhasa Hotel | Meals: Breakfast

Day 4

拉萨：扎叶巴寺-甘丹寺-纳金山挂经幡

早上，沿着吐蕃王朝的密道驶向悬崖秘境，拜访【扎叶巴寺】108个修行洞窟藏着莲花生大师的伏藏密码。随后来到了【甘丹寺】绛红色僧舍迷宫中寻找宗喀巴真身灵塔时，山巅飘来的辩经声会突然揭开格鲁派600年的传承封印。

下午，在【纳金山口垭口】我们会安排挂经幡活动，将写满心愿的五彩经幡挂在山口，整座拉萨都成了您的许愿池。

酒店：拉萨酒店 | 用餐：早餐



Day 5

拉萨-羊卓雍措-桑耶寺-泽当

上午，从拉萨吃过早饭，正式启程，翻越海拔4990米

Day 4

Lhasa: Zayeba Temple — Ganden Monastery — Najin Mountain Prayer Flag Ceremony

Drive along ancient Tibetan secret paths to the cliffside Zayeba Temple, where 108 meditation caves hold the hidden teachings of Padmasambhava. At Ganden Monastery, search for Tsongkhapa’s relic stupa amid labyrinthine maroon monasteries, as debate chants from the mountain summit reveal 600 years of Gelugpa heritage.

In the afternoon, participate in a prayer flag ceremony at Najin Mountain Pass. Hang colorful flags inscribed with wishes, turning Lhasa into your personal wishing pool.

Accommodation: Lhasa Hotel | Meals: Breakfast

Day 5

Lhasa — Yamdrok Lake — Samye Monastery — Tsetang

的冈巴拉山，来到世界上海拔极高的淡水湖、有天上圣湖之美誉的【羊卓雍错】湖水如羊脂般清澈，湖水甘甜，可以饮用。

下午，游览桑耶寺，这里是西藏第一座佛、法、僧三宝俱全的寺庙。也是西藏第一座剃度僧人出家的寺院，寺内建筑按佛教的宇宙观进行布局，中心佛殿兼具藏族、汉族、印度三种风格，因此桑耶寺也被称作三样寺。结束后抵达藏文化发源地山南泽当镇。

酒店：泽当酒店 | 用餐：早餐

After breakfast in Lhasa, depart and cross the 4,990-meter-high Gambala Pass to reach Yamdrok Lake, one of the world's highest freshwater lakes and a "sacred lake in the sky." The water is as clear as sheep's fat and sweet enough to drink.

In the afternoon, visit Samye Monastery, Tibet's first temple to house the Three Jewels (Buddha, Dharma, Sangha) and the first monastery where monks were ordained. Its architecture follows Buddhist cosmology, with the central hall blending Tibetan, Han Chinese, and Indian styles—hence its nickname "Three-Style Temple." After the tour, arrive in Tsetang, the birthplace of Tibetan culture.

Accommodation: Tsetang Hotel | Meals: Breakfast



Day 6

泽当-雍布拉康-昌珠寺-敏珠林寺-拉萨

上午，探索山南核心古迹：上午登临雍布拉康，这里是西藏历史上第一座宫殿，始建于公元前二世纪，有二千多年历史，俯瞰雅砻河谷；随后参拜昌珠寺，

Day 6

Tsetang — Yumbulagang — Chuzang Temple — Mindrolling Monastery — Lhasa

Morning exploration of Shannan's core heritage

这里是藏地“十二镇魔寺”之一，用于镇压传说中的罗刹女（魔女）右肩，以稳固吐蕃疆土。据《西藏镇魔图》记载，文成公主通过风水堪舆，认定昌珠湖为魔女右肩所在，遂填湖建寺

下午，探访宁玛派重要寺庙敏珠林寺，了解藏文书法与天文历法传承；结束后返回拉萨。

酒店：拉萨酒店 | 用餐：早餐

sites: Climb Yumbulagang, Tibet’s first palace built in the 2nd century BCE, offering panoramic views of the Yarlung Valley. Next, visit Chuzang Temple, one of Tibet’s "Twelve Demon–Subduing Temples," said to suppress the "right shoulder" of a legendary demoness to stabilize the Tibetan land. According to the Tibetan Demon–Subduing Map, Princess Wencheng identified Chuzang Lake as the demoness’s right shoulder and built the temple after filling the lake.

In the afternoon, explore Mindrolling Monastery, an important Nyingma school temple, to learn about Tibetan calligraphy and astronomical calendar traditions. Later, return to Lhasa.

Accommodation: Lhasa Hotel | Meals: Breakfast



Day 7

拉萨机场送机

上午，我们将安排拉萨机场送机，结束我们的活动。如果你还想参加我们其他活动，请在报名时留言给我

Day 7

Lhasa Airport Departure

Transfer to Lhasa Airport. Extend your adventure with other tours — let us know when booking!

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Accommodation: / | Meals: Breakfast

酒店: / | 用餐: 早餐

