

3 月賞花精典線路——

金川梨花～沿 318 國道進藏～林芝桃花 12 日

金川梨花·318 國道·然烏湖·來古冰川·波密·米堆冰川～林芝桃花·雅魯藏布大峽谷

目的地介紹:

金川梨花: 金川有著“阿壩州小江南”之美譽，是全世界範圍內最大的原生態、高海拔雪梨種植區。每到仲春三月，萬畝梨海，百里白蕊，整個大金川河谷似茫茫雪海、白雲風湧。



318 國道: 從上海到西藏樟木鎮長達 5000 多公里的 318 國道，是中國乃至世界的一條美景高度集中的景觀長廊，自然景觀類型齊全多樣，世所罕見，號稱“中國人的景觀大道”。

來古冰川: 來古冰川緊鄰然烏湖，為世界三大冰川之一，來古冰川的名字來源於緊鄰冰川的小村落來古村。來古村的藏語意思是隱藏著的、世外桃源般的村落。

波密桃花溝: 波密的桃花溝在林芝地區規模最大。每逢春季，其內桃花遍野，享有“西藏江南”、“桃花世界”等美譽。

雅魯藏布大峽谷: 雅魯藏布大峽谷是地球上最深的峽谷。索松村是雅魯藏布大峽谷中的隱秘桃源村落。每到三月中下旬，索松村的桃花競相開放；

林芝桃花: 每年 3 月中旬至 4 月上旬，林芝地區的野桃花相繼開放，從雅魯藏布大峽谷沿著 318 國道一直延伸到波密，三月大部分雪山還未融化，雪山下的野桃花密密匝匝的競相開放，令人如癡如醉，流連忘返。

這是一個得天獨厚、獨具特色的自然生態聖地：雪山、草原、湖泊、冰川、原始森林、峽谷和多元性文化歷史印記和鮮明地域特徵交織的地方；也是你一生值得一去的地方……

——心靈與視覺的饗宴——

【特別贈送】礦泉水無限量供應。

【行程購物】絕不安排旅遊購物商店。

**Admire the beauty of flowers in March
[Pear flowers in Jinchuan • Take the bus along 318 National Rd • Peach Blossom in Nyingchi Classic route 12 days]**

**Pear flowers in Jinchuan • 318 National Rd • Ranwu Lake • Laigu Glaciers • Bomi County • Midui Glacier ~
Peach Blossom in Nyingchi • Yarlung Zangbo Grand canyon**

Destination description:

Pear flowers in Jinchuan: Jinchuan has the reputation of "Land of idyllic beauty" and it is the largest pears cultivated area of original ecology and high-altitude in the world. Every spring in March, ten thousand acres of pear flowers, a hundred miles of white flowers, the whole Jinchuan river valley like a vast sea of snow, like the white cloud, like the wind to come;

318 National Rd: The 318 National Rd, which covers more than 5,000 kilometers from Shanghai to Zhangmu town, Tibet, it is a landscape corridor with a high concentration of beautiful scenery in China and even the world. The natural landscape types are complete and diverse, which is rare in the world, it is known as "Chinese landscape avenue".

Laigu Glaciers: Laigu Glacier is adjacent to Ranwu Lake, it is one of the three major glaciers in the world, Laigu glacier gets its name from the small village next to Laigu glacier, Laigu village. Laigu village means a hidden, a village like a paradise in Tibetan.

Bomi Peach blossom Valley: The Peach blossom Vally in Bomi is the largest scale in Nyingchi region. In every spring, it is covered with peach blossoms and enjoys the reputation of "Tibet paradise"、"Peach blossom world".

Yarlung Zangbo Grand canyon: The Yarlung Zangbo Grand canyon is the deepest canyon on earth. Suosong village is a secluded village in the Yarlung Zangbo Grand canyon. In mid to late march, all the peach blossoms will bloom in Suosong village.

Peach Blossom in Nyingchi: Every year, from mid-March to early April, wild peach blossoms in Nyingchi region are in bloom, from Yarlung Zangbo Grand Canyon along the 318 National highway to Bomi, in march, most of the snow mountains have not yet melted, the wild peach blossom under the snow mountain are dense open, it is fascinating, let people enjoy so much as to forget to leave.

This is a unique natural ecological holy land with unique features: snow mountains, grasslands, lakes, glaciers, old-growth forest, canyons and places where cultural and historical diversity and distinct regional characteristics interweave. It's a place worth going to in your life...

——Spiritual and visual feast——

[Special gift] Unlimited supply of mineral water.

[Trip shopping] No shopping.

簡要行程:

第一天: 成都(四川省省會) 雙流國際機場接機→阿壩州府馬爾康	宿: 馬爾康
第二天: 馬爾康→金川【梨花隧道、梨花大道、花果山、梨花穀、神仙堡】【喀爾觀景臺拍日落】	宿: 金川
第三天: 金川【松坪觀景臺拍晨拍日出】【南古坪觀景臺拍梨花穀】→丹巴【中路藏寨 3 號觀景臺】	宿: 中路
第四天: 【中路藏寨 1 號觀景臺拍村莊晨曦】【甲居春韻】【梭坡碉樓】【新都橋】	宿: 新都橋
第五天: 新都橋→理塘【海子山、姊妹湖】→芒康	宿: 芒康
第六天: 芒康→左貢→邦達→八宿【業拉山 4651 米、覺巴山 3911 米、東達山 5008 米; 途觀三江及 99 道拐】	宿: 八宿
第七天: 八宿→來古冰川·然烏湖	宿: 然烏
第八天: 然烏湖→米堆冰川→波密	宿: 波密
第九天: 波密【桃花溝、嘎郎湖】→魯朗小鎮	宿: 魯朗
第十天: 魯朗【色季拉山觀南迦巴瓦峰】→【雅魯藏布大峽谷·索松村桃花】	宿: 索松村
第十一天: 【南迦巴瓦峰·索松村桃花】→【林芝桃花村】	宿: 林芝
第十二天: 林芝米林機場→乘機返程結束愉快之旅	

Brief itinerary:

Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu international airport → Barkam, capital of Aba

Accommodation: Barkam County

Day 2: Barkam → Jinchuan [Pear forest path, Pear flower avenue, Huaguo mountain, Pear flower valley, Shenxian castle] [kaer viewing platform to shoot sunset]

Accommodation: Jinchuan

Day 3: Jinchuan [Songping viewing platform to shoot sunrise] [Nanguping viewing platform to shoot Pear Flower Valley] → Danba [Zhonglu Tibetan Village no. 3 viewing platform]

Accommodation: Zhonglu

Day 4: [Zhonglu Tibetan Village no. 1 viewing platform to shoot sunrise of the village] [Spring in Jiayu] [Suopo Ancient Stone Watchtowers] [Xindu Bridge]

Accommodation: Xindu bridge

Day 5: Xindu bridge → Litang County [Haizi Mountain、Zimei Lake] → Markam County

Accommodation: Markam County

Day 6: Markam County → Zuogong County → Bangda Town → Baxiu County [Yela Mountain 4651 meters, Jueba Mountain 3911 meters, Dongda Mountain 5008 meters; View Jinsha River, Lancang River, Nujiang river and Ninety-nine turns on the road]

Accommodation: Baxiu

Day 7: Baxiu → Laigu Glaciers ▪ Ranwu Lake

Accommodation: Ranwu

Day 8: Ranwu Lake → Midui Glacier → Bomi

Accommodation: Bomi

Day 9: Bomi [Peach blossom Valley、Galang Lake] → [Lulang Town]

Accommodation: Lulang

Day 10: Lulang [View Namcha Barwa at Segrila Mountain] → [Yarlung Zangbo Grand canyon ▪ Suosong village peach blossom]

Accommodation: Suosong village

Day 11: [Namcha Barwa ▪ Suosong village peach blossom] → [Nyingchi peach blossom village]

Accommodation: Nyingchi

Day 12: Nyingchi Mainling Airport → Take the flight home and end the pleasant journey

詳細行程:

第一天: 成都(四川省省會) 雙流國際機場接機→阿壩州州府馬爾康

乘機抵達成都雙流國際機場, 乘車前往阿壩州府馬爾康。

行進順序: (成都 311KM 馬爾康)

公里數及行車時間: (311KM)。柏油路。行車約 5 小時。

宿地海拔: 馬爾康 2600 米

用餐: 早餐*** 午餐*** 晚餐(中式合菜 50)

住宿: 馬爾康嘉絨大酒店同級(准四)

Detailed itinerary:

Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu international airport → Barkam, capital of Aba

Arrive at Chengdu Shuangliu International Airport, drive to Barkam, the capital of Aba.

Specific line: Chengdu 311KM Barkam

Kilometres and driving time: 311KM. Asphalt Road. Driving about 5 hours. Residential elevation: Barkam 2600M

Dining: Dinner (Chinese dish 50)

Accommodation: Barkam Jiarong Grand Hotel or equivalent (4-star)

第二天: 馬爾康→金川【梨花隧道、梨花大道、花果山、梨花穀、神仙堡】【喀爾觀景臺拍日落】

前往金川, 進入了金川縣就進入了梨花的世界, 河谷兩岸以及道路兩旁都是古勁蒼穹的梨樹! 鋪天蓋地全是梨花! 風一過, 花瓣兒飛舞, 使人生疑: 是冬天的雪? 還是春天的花..... 換小車至【喀爾觀景臺】拍梨花穀日落全景。

行進順序: (馬爾康 90KM 金川)

公里數及行車時間: (90KM)。柏油路。行車約 2 小時。

宿地海拔: 金川縣 2165 米

用餐: 早餐(酒店內) 午餐(中式合菜 50) 晚餐(中式合菜 50)

住宿: 金川縣瀾峰賓館同級(准四)

Day 2: Barkam → Jinchuan [Pear forest path, Pear flower avenue, Huaguo mountain, Pear flower valley, Shenxian castle] [kaer viewing platform to shoot sunset]

Go to the Jinchuan, entered Jinchuan county to enter the pear flower world, on both sides of the river valley and the road are all ancient Pear Tree. There are pears everywhere! The wind passed, petals flying, make people suspicious: is the winter snow? Or the flowers of spring... Transfer to the small car to [kaer viewing platform] to take a panoramic view of the sunset in pear valley.

Specific line: Barkam 90KM Jinchuan

Kilometres and driving time: 90KM. Asphalt Road. Driving about 2 hours. Residential elevation: Jinchuan County 2165M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Jinchuan County Lanfeng Hotel or equivalent (4-star)

第三天: 金川【松坪觀景臺晨拍日出】【南古坪觀景臺拍梨花穀】→丹巴【中路藏寨 3 號觀景臺】

前往【松坪觀景臺】拍攝萬畝梨園日出, 盡情拍攝完之後前往【南古坪觀景臺】拍攝梨花穀, 進行梨花與美麗古樸村落的深度拍攝。下午前往中路藏寨 3 號觀景臺, 拍攝藏寨黃昏。【中路藏寨】藏語意為“神和人嚮往的地方”, 是東女國的故都遺址所在地之一, 她有著 5000 年的遠古文明, 並創造了自己的燦爛文化。晚入住村寨客棧。

行進順序: (金川 94KM 丹巴 12KM 中路)

公里數及行車時間: (106KM)。柏油路。行車約 2.5 小時。

宿地海拔: 中路鄉 2100 米

用餐: 早餐(酒店內) 午餐(中式合菜 50) 晚餐(中式合菜 50)

住宿: 中路罕額莊園(藏式別墅 當地最好)

Day 3: Jinchuan [Songping viewing platform to shoot sunrise] [Nanguping viewing platform to shoot Pear Flower Valley] → Danba [Zhonglu Tibetan Village no. 3 viewing platform]

Go [Songping viewing platform] to shoot sunrise of ten thousand acres of pear flowers, after that go to [Nanguping viewing platform] to shoot Pear Flower Valley, to take in-depth photos of pear flowers and beautiful ancient villages. Afternoon to Zhonglu Tibetan Village no. 3 viewing platform, taking pictures of sunset in the village. [Zhonglu Tibetan Village] means "the place where gods and people look forward to" in Tibetan. It is one of the sites of the former capital of East female country, it has an ancient civilization of 5000 years and created its own splendid culture. Check into the village inn at night.

Specific line: Jinchuan 94KM Danba 12KM Zhonglu

Kilometres and driving time: 106KM. Asphalt Road. Driving about 2.5 hours. Residential elevation: Zhonglu Village 2100M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Zhonglu Han e Manor(Tibetan villa The local best)

第四天: 【中路藏寨 1 號觀景臺拍村莊晨曦】【甲居春韻】【梭坡碉樓】【新都橋】

前往中路 1 號觀景臺拍攝藏寨晨曦全景。【梭坡碉樓】梭坡鄉境內的碉樓最多也最出名, 有世界上最集中的古碉群, 共 84 座, 有“千碉之鄉”的美譽; 【甲居藏寨】中國最美的鄉村—甲居藏寨, 距丹巴縣城 7 公里, 是康巴高原上一張靚麗的民俗風情名片。藏寨像群星般散落在依山起伏向上的緩坡上, 或星落棋布, 或稠密集中, 或在高山懸崖上, 或在河壩綠茵間, 不時炊煙嫋嫋, 若幻若真, 真可謂“別有天地非人間”。晚抵達攝影天堂——新都橋。

行進順序: (中路 20KM 甲居藏寨 14KM 梭坡碉樓 152KM 新都橋)

公里數及行車時間: (186KM)。柏油路。行車約 4.5 小時。

宿地海拔: 新都橋 3300 米

用餐: 早餐(酒店內) 午餐(中式合菜 50) 晚餐(中式合菜 50)

住宿: 印象雅致酒店同級(准四 當地最好)

Day 4: [Zhonglu Tibetan Village no. 1 viewing platform to shoot sunrise of the village] [Spring in Jiaju] [Suopo Ancient Stone Watchtowers] [Xindu Bridge]

Go to the Zhonglu no. 1 viewing platform to take a panoramic view of the dawning in Tibetan Village. [Suopo Ancient Stone Watchtowers] Suopo township has the most Watchtowers, also the most famous, has the world's most concentrated ancient Watchtowers group, a total of 84, has the "the township of the thousand Watchtowers" reputation. [Jiaju Tibetan village], the most beautiful village in China, is 7 kilometers away from Danba county, it is a beautiful folk custom business card on the Kham Plateau. Its buildings are scattered like stars on the gentle slopes of the ups and downs of the mountains, or the stars are falling, or densely dense, or on the cliffs of the mountains, or between the rivers and greenery, from time to time, smoke curling up from kitchen chimneys, like an illusion and like a real, it can be said that "there is no other world, really is another realm". Arrived at "the paradise of photographers"—Xindu Bridge.

Specific line: Zhonglu 20KM Jiaju Tibetan village 14KM Sopo Tibetan Fort 152KM Xindu Bridge

Kilometres and driving time: 186KM. Asphalt Road. Driving about 4.5 hours. Residential elevation: 3300M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Impression Yazhi Hotel or equivalent (4-star The local best)

第五天: 新都橋→理塘【海子山、姊妹湖】→芒康

乘車經過理塘, 途徑【姊妹湖】拍攝, 海子山姊妹湖是川藏線上一顆耀眼的明珠——周圍是白雪皚皚的雪峰, 她猶如兩顆璀璨的明珠、又像雪山的兩滴眼淚, 灑在山腳。晚抵達芒康。

行進順序: (新都橋 203KM 理塘 270KM 芒康)

公里數及行車時間: (473KM)。柏油路。行車約 8 小時。

宿地海拔: 芒康 3950 米

用餐: 早餐(酒店內) 午餐(中式合菜 50) 晚餐(中式合菜 50)

住宿: 芒康康願假日大酒店同級(准四當地最好)

Day 5: Xindu Bridge → Litang County [Haizi Mountain、Zimei Lake] → Markam County

Drive through Litang County, taking pictures of [Zimei Lake], the Zimei Lake of Haizi Mountain is a dazzling pearl on the Sichuan-tibetan route -- surrounded by snow-capped peaks, she is like two bright pearls, like two drops of tears on snow mountain, sprinkled on the foot of the mountain. Late arrival at Markam County.

Specific line: Xindu Bridge 203KM Litang County 270KM Markam County

Kilometres and driving time: 473KM. Asphalt Road. Driving about 8 hours. Residential elevation: 3950M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Markam Kangyuan Holiday Hotel or equivalent (4-star The local best)

第六天: 芒康→左貢→邦達→八宿 【業拉山 4651 米、覺巴山 3911 米、東達山 5130 米; 途觀三江及 99 道拐】

前往八宿, 翻越覺巴山(海拔 3911 米) 覺巴山樹木稀少, 下麵瀾滄江波濤洶湧, 繼續翻越東達山(海拔 5130 米), 是川藏線上最高海拔的山峰, 超過了米拉山口, 下山經左貢途徑藏東重鎮——邦達, 它是川藏南線和北線的交匯處, 告別邦達草原, 翻越業拉山(4651 米), 經著名的九十九道彎下行到怒江邊, 抵達八宿。

行進順序: (芒康 157KM 左貢 103KM 邦達 95KM 八宿)

公里數及行車時間: (355KM)。柏油路。行車約 8 小時。

宿地海拔: 八宿 3700 米

用餐: 早餐(酒店內) 午餐(中式合菜 50) 晚餐(中式合菜 50) 住宿: 八宿四季富氧酒店同級(准三)

Day 6: Markam County → Zuogong County → Bangda Town → Baxiu County [Yela Mountain 4651 meters, Jueba Mountain 3911 meters, Dongda Mountain 5008 meters; View Jinsha River, Lancang River, Nujiang river and Ninety-nine turns on the road]

Drive to Baxiu, crossing the Jueba Mountain (3911 meters above sea level). There are few trees on Jueba Mountain, the Lancang River is choppy below, continue to cross Dongda Mountain (5130 meters above sea level), it is the highest mountain on the Sichuan-tibetan route, over the Mila Mountain, after that, drive down the mountain and pass through Zuogong County to an important town in eastern Tibet —— Bangda Town, it is the intersection of the south and north lines of Sichuan and Tibet, leave Bangda Grassland, cross Yela Mountain (4651 meters above sea level), pass the famous Ninety-nine turns road goes down to the Nujiang river, arrived at Baxiu Town.

Specific line: Markam County 157KM Zuogong County 103KM Bangda Town 95KM Baxiu Town

Kilometres and driving time: 355KM. Asphalt Road. Driving about 8 hours.

Residential elevation: 3700M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Baxiu Siji Fuyang Hotel or equivalent (3-star)

第七天: 八宿→來古冰川→然烏湖

前往【來古冰川】, 位於西藏昌都地區八宿縣然烏鎮境內, 緊鄰然烏湖, 來古冰川為世界三大冰川之一, 是帕隆藏布的源頭, 冰雪融水流進然烏湖, 湖畔是茂密的原始森林, 還有很多原始的藏族村落; 前往然烏鎮拍【然烏湖】自然風光。

備註: 進入景區可徒步也可騎馬, 騎馬費自理。

行進順序: (八宿 120KM 來古冰川 33KM 然烏)

公里數及行車時間: (153KM)。柏油路。行車約 4.5 小時。

宿地海拔: 然烏 3950 米

用餐: 早餐(酒店內) 午餐(中式合菜 50) 晚餐(中式合菜 50) 住宿: 然烏房車自駕營地 湖景房當地最好

Day 7: Baxiu → Laigu Glaciers · Ranwu Lake

To [Laigu Glacier], it is located in Ranwu Town, Baxiu county, Qamdo Prefecture, Tibet. Laigu Glacier is adjacent to Ranwu Lake, it is one of the three major glaciers in the world, it is the source of Parlung Zangbo, the ice melted and flowed into the Ranwu Lake, beside the lake is old-growth forest and there are also many primitive Tibetan villages; then go to the Ranwu Town to shoot natural scenery of [Ranwu Lake].

Remark: You can walk or ride a horse into the Scenic area, if you choose to ride a horse, its own expense.

Specific line: Baxiu County 120KM Laigu Glacier 33KM Ranwu Town

Kilometres and driving time: 153KM. Asphalt Road. Driving about 4.5 hours.

Residential elevation: 3950M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Ranwu recreational vehicle(RV) self-driving camp (Lake view room is the local best)

第八天: 然烏湖→米堆冰川→波密

清晨拍攝然烏湖晨曦, 前往【米堆冰川】, 米堆冰川主峰海拔6385米, 冰川的末端海拔3800米, 曾經被《中國國家地理》評選為中國最美六大冰川之一, 是典型的現代季風型溫性冰川, 類型齊全, 尤以巨大的冰盆, 眾多雪崩, 陡峭巨大700—800米的冰瀑布為特點。 備註: 進入景區可徒步也可騎馬, 騎馬費自理。

行進順序: (然烏 30KM 米堆冰川 97KM 波密)

公里數及行車時間: (127KM)。柏油路。行車約 3 小時。

宿地海拔: 波密 2725 米

用餐: 早餐(酒店內) 午餐(中式合菜 50) 晚餐(中式合菜 50) 住宿: 波密山峽大酒店同級(准四 當地最好)

Day 8: Ranwu Lake → Midui Glacier → Bomi

Early in the morning shooting the sunrise of Ranwu Lake, after that to [Midui Glacier], the main peak of Midui Glacier is 6385 meters above sea level, the bottom of the glacier is 3,800 meters above sea level, it has been rated as one of the six most beautiful glaciers in China by “Chinese National Geography”, it is a typical Modern monsoon temperate glacier, the type is complete,

particularly characterized by large ice basins, numerous avalanches, and steep, massive ice waterfalls of 700-800 meters.

Remark: You can walk or ride a horse into the Scenic area, if you choose to ride a horse, its own expense.

Specific line: Ranwu Town 30KM Midui Glacier 97KM Bomi

Kilometres and driving time: 127KM. Asphalt Road. Driving about 3 hours. Residential elevation: 2725M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Bomi Shanxia Hotel or equivalent (4-star The local best)

第九天: 波密【桃花溝、嘎郎湖】→魯朗小鎮

前往【波密桃花溝】，在波堆藏布江河穀，綿延30公里，號稱中國最長的桃花溝。從海拔2600米到3300米，桃花隨著海拔氣候的變化次第開放，遠處的冰川雪山，近處桃花遮掩下色彩斑斕的藏式房屋，形成強烈的視覺衝擊，堪稱一幅大美圖畫。之後前往嘎郎湖，湖面碧波如鏡，與周邊雪山、森林、村莊、草地、鮮花、田園交織出秀麗神奇的景象，構成一幅仙境般的世外桃源。晚宿於魯朗小鎮。

行進順序: (波密 16KM 桃花溝 143KM 魯朗)

公里數及行車時間: (159KM)。柏油路。行車約 3.5 小時。

宿地海拔: 魯朗 3285 米

用餐: 早餐 (酒店內) 午餐 (中式合菜 50) 晚餐 (中式合菜 50)

住宿: 魯朗恒大酒店同級 (五星 當地最好)

Day 9: Bomi [Peach blossom Valley、Galang Lake]→[Lulang Town]

To [Peach blossom Valley], in the Boduizangbu Vally, it stretches for 30 kilometers, known as the longest peach blossom valley in China. From 2,600 to 3,300 meters above sea level, Peach blossoms sequential open with the change of altitude climate, the glacier snow mountain in the distance and the colorful Tibetan houses hidden by the peach blossom in the near distance form a strong visual impact and can be called a big beautiful picture. After to Galang Lake, the lake as a mirror with tiny waves, and the surrounding snow mountains, forests, villages, grasslands, flowers, countryside interweave a beautiful magical scene, constitute a wonderland of paradise. Night stay at LuLang Town.

Specific line: Bomi 16KM Peach blossom Valley 143KM Lulang Town

Kilometres and driving time: 159KM. Asphalt Road. Driving about 3.5 hours. Residential elevation: 3285M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Lulang Hengda Hotel or equivalent (5-star The local best)

第十天: 魯朗【色季拉山觀南迦巴瓦峰】→【雅魯藏布大峽谷·索松村桃花】

魯朗小鎮出發，前往【色季拉山】垭口觀景臺，拍攝南迦巴瓦峰，色季拉山頂海拔4700米的，是遠眺南迦巴瓦峰的最佳位置。南迦巴瓦峰海拔7787米，是世界第十五座高峰，藏語意為“直刺藍天的戰矛”，有“冰山之父”的美譽。之後前往【雅魯藏布大峽谷景區】，抵達索松村，此村位於半山腰，面對南迦巴瓦峰，腳下是雅魯藏布江和成片的桃林，是拍攝南迦巴瓦峰和桃花的絕佳位置。

行進順序: (魯朗 23KM 色季拉山口 115KM 索松村)

公里數及行車時間: (138KM)。柏油路。行車約 3.5 小時。

宿地海拔: 索松村 3000 米

用餐: 早餐 (酒店內) 午餐 (中式合菜50) 晚餐 (中式合菜50)

住宿: 雅魯藏布大峽谷索松村 (當地最好)

Day 10: Lulang [View Namcha Barwa at Segrila Mountain] → [Yarlung Zangbo Grand canyon · Suosong village peach blossom]

From Lulang Town, to [Segrila Mountain] Yakou viewing platform, take pictures of Namcha Barwa, the top of the Segrila Mountain is 4700 meters above sea level, it is the best place to overlook the Namcha Barwa. Namcha Barwa is 7,787 meters above sea level, it is the 15th highest mountain in the world, in Tibetan word means "A spear piercing the blue sky", it has the reputation of "The father of the iceberg". After to [Yarlung Zangbo Grand canyon scenic spot], arrive at Suosong village, this village is located halfway up the mountain, facing the Namcha Barwa, with the Yarlung Zangbo river and peach blossom forest at at the foot of the mountain, it is the best place to shoot the Namcha Barwa and the peach blossom.

Specific line: Lulang 23KM Segrila Mountain 115KM Suosong village

Kilometres and driving time: 138KM. Asphalt Road. Driving about 3.5 hours. Residential elevation: Suosong village 3000M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Yarlung Zangbo Grand canyon Suosong village (The local best)

第十一天: 【南迦巴瓦峰·索松村桃花】→【林芝桃花村】

清晨於索松村拍攝【南迦巴瓦主峰】晨曦風光，南迦巴瓦主峰海拔7787米，是世界第十五座高峰，藏語意為“直刺藍天的戰矛”，有“冰山之父”的美譽。古樸的桃樹，映襯在綠油油的青稞之上，南迦巴瓦峰露出了它神秘而又美麗的

身姿，這就是真正的雪域桃花！之後沿著尼洋河前往【林芝桃花村】，林芝桃花溝在林芝縣東南方向，與別的地方不同，這裏的桃樹高大粗壯，氣勢上能與梧桐樹一比。桃花溝三面環山，溪水傾瀉而下，岸邊野桃勃勃。

行進順序：（索松村 83KM 桃花村 10KM 林芝）

公里數及行車時間：（93KM）。柏油路。行車約 2.5 小時。

宿地海拔：林芝 2900 米

用餐：早餐（酒店內） 午餐（中式合菜50） 晚餐（中式合菜50） 住宿：林芝五洲皇冠酒店同級（五星，當地最好）

Day 11: [Namcha Barwa ▪ Suosong village peach blossom]→[Nyingchi peach blossom village]

Early in the morning shooting the sunrise of [Namcha Barwa] in Suosong village, the main peak of Namcha Barwa is 7787 meters above sea level, it is the 15th highest mountain in the world, in Tibetan word means "A spear piercing the blue sky", it has the reputation of "The father of the iceberg". The ancient simple trees, set against the green highland barley, the Namcha Barwa revealed its mysterious and beautiful posture, this is the real snowland peach blossom! Then follow the Niyang River to [Nyingchi peach blossom village], Nyingchi peach blossom valley in the southeast of Nyingchi county, what is different from other places is that the peach trees here are tall and strong, which can be compared with the sycamore tree. The peach blossom valley is surrounded by mountains on three sides, the stream poured down, wild peaches are growing on the shore.

Specific line: Suosong village 83KM Peach blossom village 10KM Nyingchi

Kilometres and driving time: 93KM. Asphalt Road. Driving about 2.5 hours. Residential elevation: Nyingchi 2900M

Dining: Breakfast (in the hotel) Lunch (Chinese dish 50) Dinner (Chinese dish 50)

Accommodation: Nyingchi Wuzhou Crown hotel or equivalent (5-star The local best)

第十二天：林芝米林機場→乘機返程結束愉快之旅

前往林芝米林機場，乘機返程結束愉快之旅！

行進順序：（酒店 50KM 機場）

公里數及行車時間：（50KM）。城區路。行車約 1 小時

用餐：早餐（酒店內） 午餐***

Day 12: Nyingchi Mainling Airport → Take the flight home and end the pleasant journey

To Nyingchi Mirin Airport, take the flight home and end the pleasant journey!

Specific line: Hotel 50KM Airport

Kilometres and driving time: 50KM. Urban road, driving about 1 hours.

Dining: Breakfast (in the hotel)

出發前的服飾準備：

高原海拔高，日照強烈，早晚溫差大，需準備戶外保暖衣褲，同時建議備好墨鏡、防曬霜、防曬帽、潤唇膏、登山鞋、雨衣等。

Dress preparation before departure:

The altitude of the plateau is high, the sunshine is intense, the temperature difference between morning and evening is big, need to prepare outdoor warm clothes, suggest at the same time prepared sunglasses, sunblock, sun hat, lip balm, hiking shoes, raincoat etc.

頌：旅途愉快！收穫滿滿！

Have a nice trip! Full of harvest!