

**GREAT-EXPECTATION TRAVEL SERVICE**  
**& Dzogchen Community**

# 藏区深度定制十五天游

## Customized Tour Schedule in Tibet - 15 days

在雄伟的群山之间，碧蓝的苍穹之下，有一片纯净的佛国天堂……  
那里山头上挂满祈福的经幡，山谷里遍布红色的木屋，山顶上建有巨大的坛城，每天都有身披浆红色僧袍的喇嘛、觉母、信徒一圈一圈的转经，一次次的跪拜……

多少人不远万里，不分昼夜，来到这里，为的就是在这与接近的圣地，抛开纷繁的世俗，感受美好的世间，明示懵懂的心灵，唤醒迷茫的灵魂！

**Above majestic mountains, under a blue sky a piece of pure  
Buddha Land.**

**Where the hills are covered with prayer flags and red houses  
surround beautiful valleys, a huge Mandala was built above hills  
where people wear red robes, and the circle of life quietly  
continues, again and again.**

How many people following the path of illumination in this wheel of time visited this place which is so close to the holy land! Doing so during numerous centuries they expressed a desire for real knowledge to arise in this world. Wake up, you confused souls!

◆ **团队类型：环线深度游 让旅行回归本心**

◆ **发团日期：**2018年 9月成都出发

Team type: Circle tour, "let your spirit repose"

Date: September, 2018 starting from Chengdu



【私家定制】Custom-made tour

1. 朝圣川西藏区宗教圣地：世界上最大的佛学院--五明佛学院、第二个布达拉宫--观音庙

德格印经院 竹庆寺 八蚌寺 宗萨寺

2. 定制行程：此行程由专业藏区经验人员精心设计；

3. 深度体验：赏藏区高原风光，名扬中外的道孚民居、龙灯大草原风光；中国最美乡村--丹巴，探秘独特藏传佛教文化，探访第二布达拉宫观音庙，朝拜绰斯甲观音菩萨亲临天葬台，了解藏地丧葬风俗，震撼人心，开悟人生；

4. 我们倡导负责任、专业的旅行，深度纯玩，配备优秀领队全程服务。

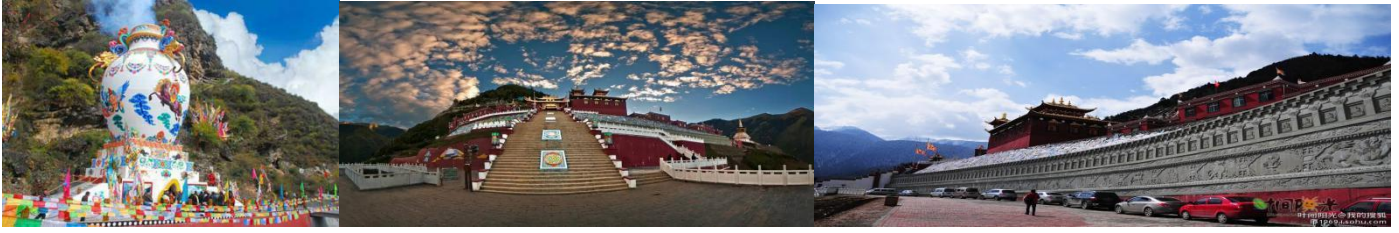
**1. Sichuan , Tibet religious pilgrimage: the world's largest Buddhist institute - five Ming Buddhist institute, second Potala palace - Guanyin temple**

**Dege monastery, Qing bamboo temple, Trongsa temple**

**2. Custom itinerary: this trip has been designed by professionals in order to have a real experience of Tibet;**

**3. Depth of experience: see most famous landscapes in Tibet, famous Chinese and foreign residential areas of Daofu, the Dragon prairie, the beautiful village of Danba - Explore Chinese and Buddhist culture, visit the second Potala palace, the Guanyin temple, the temple of Avalokiteshvara in the sky burial, discover the Tibetan funeral tradition;**

**4. We can assure that you will have responsible and professional guides, a depth of pure experience, a lot of fun and an excellent service team.**



## 【观音庙】

位于观音镇境内，距县城约85公里，有第二个布达拉宫之称，是阿坝州重点开放寺庙，该寺庙始建于公元七世纪，共传承25代。白若杂纳曾加持观音菩萨和圣山，并为寺庙取名“勒琼德钦朗”。绰斯甲观音菩萨名声远扬四海，朝拜者甚众。众多高僧大德朝拜过土基钦波。贡唐活佛和当祥则堪布为观音菩萨取过甘露水。1982年班禅大师曾亲笔写信关心观音庙。观音庙供奉众多神像佛像，收藏有大藏经、唐卡、法器等众多文物，观音庙以灵著称于世，是众多信徒心中的圣地。

"Kwan-Yin Temple"

In Guanyin Town there is the second Potala palace. The temple was built in the seventh century, which has seen a total of 25 generations of monks pass through. Vairotsana had the blessing of Avalokiteshvara in this holy mountain, and gave it the name of "Lejeune Degin Lang temple". Avalokiteshvara is famous all around the world, and there is a huge amount of people who worship him. In 1982 the Panchen Lama personally wrote about Guanyin temple. Guanyin temple has beautiful statues of Buddha, a collection of Buddhist scriptures, many Thangkas, traditional instruments, cultural relics, etc. Because of its fame many pilgrims visit this temple placed in the hearth of the holy land.



## 【五明佛学院】

创建于1980年，1993年被美国《世界报》称为“世界上最大的佛学院”。1997年，甘孜州宗教局报请四川省宗教局同意，正式批准设立了“色达喇荣寺五明佛学院”。佛学院分长期和短期进修两种，长期学制为6年，特殊学位却需要13年，学员通过各学科的单科考试，立宗论和口头辩论考试合格的，学院可以授予堪布(法师)的学位。佛学院有不少汉地显宗学生，故也设汉经院，由堪布用汉语讲经。僧人虽来自不同地域，却都平和相处。佛学院戒律十分严格，男众女众的僧舍泾渭分明，即使是兄妹亲属，彼此也不得互访。

这里的僧舍很壮观，连绵数公里的山谷布满了密密麻麻的红色小木棚屋。谷底和山梁上分布着几座寺庙和佛堂，建筑规模虽都不很大，但装饰考究而辉煌；身披浆红色僧袍的喇嘛和尼姑来来往往，空气中充满生机和祥和气氛。

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## "Buddhist College of Five Ming"

It has been founded in 1980. In 1993 the United States' "world news" called it "the largest Buddhist institute in the world". In 1997, Ganzi agreed to sign a document that formally approved the establishment of the temple "five Ming, Rong La Seda Buddhist institute." The State Bureau of religious affairs has submitted this document to the Sichuan Provincial Bureau of religious affairs, thus rendering it official. There are two different programs, a program of 6 years, and a special degree that takes 13 years to obtain. Students have to study interdisciplinary subject tests, Li Zong theory and oral arguments to pass the exams and to get a college degree as Khenpo (MAGE). There are a lot of Chinese students of exoteric Buddhism. The Buddhist Institute is also a Chinese hospital. Although monks come from different regions, there is peace between them. Buddhist discipline is very strict: men and women are in separate quarters and can't visit each other, even if they are siblings or relatives.

The landscape is spectacular, with several square kilometres of the valley filled by red, wooden retreat huts. The air around the temple is filled with life and there is a peaceful atmosphere, with monks and nuns dressed in red surrounded by elegant building decorations.

## 【坛城】

在佛学院内最高的山峰上有一个巨大的、金碧辉煌的坛城。坛城共有3层，一般大家都在1、2层转绕。1层是一个转经廊，放置了一圈转经筒。每天无论早晚都有人在这里转经，一等祈福10800圈，二等祈福1080圈，三等祈福108圈。坛城边的空地上，永远有磕长头的虔诚信徒，学院还专门为此在1层平台上放置了木板。

藏地古老而独特的风俗习惯，也是大部分西藏人采用的丧葬方法。天葬，就是将死者的尸体喂鹫鹰。鹫鹰食后飞上天空，藏族则认为死者顺利升天。色达天葬台在佛学院至色达县城之间，车程半小时左右，天葬时间13:00-16:00，在色达看天葬要有一定的胆量和承受力。

## "Altar City"

Altar city is a huge, magnificent city on the highest peak of the Buddhist academy. It is a three stories building where the first floor is a circular hallway. Every day, no matter whether it is morning or evening, there are people praying in the corridor. Altar city is always open to people and there is always a long queue of visiting pilgrims. One of the most ancient



and unique customs of Tibet is the “sky burial”. Vultures and eagles are fed with dead bodies chopped into smaller pieces. When they are finished and fly up to the sky, Tibetans believe their karma is purified to some extent. Seda sky burial platform is in the Buddhist academy of Seda county, half an hour by car from the city. The sky burial is 13:00-16:00, but to witness the sky burial you must have a certain amount of courage.



## 【道孚】

位于四川省西北部，甘孜州东北部。东与丹巴，西同新龙，南和康定、雅江，北与炉霍及阿坝州的金川、壤塘等共七县接壤相邻。道孚县旅游资源分布广、内涵丰富、文化底蕴浓，遍及22个乡镇，旅游资源主要有：道孚民居，康巴一绝；亚拉雪山，梦幻仙境；御建古刹慧远寺，佛坛生辉；“康巴阿勒泰”的玉科大草原；格萨尔文化走廊上龙灯大草原，牧民心中的“香巴拉”...

“Daofu”

It is located in the northwest corner of the Sichuan province, to the northeast of Ganzi in the east and to the west of Danba and Kangding. Yajiang Xinlong. Jinchuan, Luhuo are to the south. The Aba Zamtang county is adjacent to other seven country borders. The tourist resources of Daofu county are plenty, with 22 villages and towns to visit. Main tourist places are: the Daofu residence in Kangba, the Yala snow-capped mountains, the imperial Hui Yuan temple, the “Buddhist lit altar”, the “jade of Aletai” (grassland Kangba) and finally the “Dragon prairie”.



## 【炉霍】

系藏语“山岩村”之意。因原为霍尔章谷所属四土司之地。东南与打箭炉毗连，故名。清置炉霍屯。1914年设县。1936年中国工农红军第四方面军抵达炉霍，建立县、乡博巴政府。1950年，建立中国共产党炉霍县工作委员会和

炉霍县人民政府。川藏317线从东南至西北贯通全境，历为去藏抵青之要衢和茶马古道之重镇。炉霍县境内森林众多，河流纵横，气候和风景都非常宜人，藏民族英雄岭·格萨尔曾在这里征战。

“Luhuo”

Its meaning is “the region of the Tibetan rock village”. It is close to Tachienlu which is southeast of it. In 1936 Chinese Red Army arrived to Luhuo, and established a new Tibetan government. Sichuan-Tibet line runs through this whole territory from the southeast to the northwest. Luhuo County has many beautiful forests, rivers and climate and scenery are very pleasant. The Tibetan national hero Ling Gesar has visited this area.



### 【嘉绒藏秘】

途经的小金县、丹巴县、金川县，都是嘉绒藏族聚居地，嘉绒藏族是藏寨的一支，在历史长河中形成了独特的婚嫁、节日、生活、文化、建筑、信仰等，独特的锅庄舞，剽悍的藏族汉子，美丽的藏族姑娘。走进藏区，体验丰富的民族特色文化，品味独特的民族美食

“Tibetan secret”, Jiarong

Jiarong is a Tibetan village which has a unique cultural heritage of marriages, festivals, architecture, religion and unique folk dances. Here you can taste the rich ethnic Tibetan culture and experience the unique national delicacies.





## 【德格】

格印经院是素有“藏文化大百科全书”、“藏族地区璀璨的文化明珠”、“雪山下的宝库”盛名的德格印经院，全名“西藏文化宝藏德格印经院大法库吉祥多门”，又称“德格吉祥聚慧院”，始建于1729年，总占地面积约5,000平方米，建筑占地面积近3,000平方米，总建筑面积9,000余平方米，坐落在德格县城（更庆镇）文化街，1996年由中华人民共和国国务院列为全国重点文物保护单位，2009年作为传统技艺的德格印经院雕版印刷技艺被联合国教科文组织列入人类非物质文化遗产代表名录

[De Ge]

The "Snow Mountain Treasure" is a famous printing house in Dege also called the "Encyclopedia of Tibetan culture" or "the Tibetan culture's bright pearl", but its full name is "the Tibetan cultural treasures Dege Monastery Faku auspicious large doors", also known as the "Auspicious poly-clinic of Hui, Dege ". It was founded in 1729 and it covers an area of about 5000 square meters. It is located in the Douglas County (Gengqing town) Culture Street. The People's Republic of China nominated it and protected it as a national cultural relic in 1996 through the State Council. In 2009, for the traditional skills of the printing house, the Dege woodblock printing technique was listed by UNESCO as one of the protected representative Tibetan cultural industries.





## 【西索民居】

现今的西索民居在土司历史时期被称为卓克基赶枪巴（即卓克基街之意），当时居住此地的人多为卓克基土司的科巴（差人）和商人、民间手工艺者，解放后将此地划为西索村一组，时下居于民居中的村民多为原土司差人、商人、民间和工艺者的后代。民居建筑时间有待考证，据了解，居民中连续居于此寨最长者已繁衍数十代人。

## “Cecil House of resident”

In the historical period known as the Tusi Zhuokeji, “Cecil’s dwellings” were inhabited by many poor people, merchants and craftsmen. After the liberation of the place by a group of people that lived in the village of Cecil, half of the descendants of many of the original Tusi remained in the place. Now the residents of this village have the longest continuous genealogy of the country, traceable dozens of generations.

【安全保障】

全程按旅行社正规合法标准操作，调运正规合法空调旅游大巴。

已代买旅游意外险/统一签订正规旅游合同。

Security

The whole schedule is organized according to the travel agency legal standards and regular air-conditioned buses are dispatched.

We have travel insurance for accidents which is included once you sign the formal travel contract.



|    | 线路<br>Travel itinerary  | 早餐<br>Breakfast | 中餐<br>Lunch   | 晚餐<br>Dinner  |                              |
|----|---|-----------------|---------------|---------------|------------------------------|
| D1 | 9/1 成都接机 airport pick-up  |                 |               |               | 成都<br>Chengdu                |
| D2 | 9/2 市内 杜甫草堂-武侯祠-锦里--蜀风雅韵<br>Chengdu city: Du Fu's thatched cottage - Temple of Marquis - Jin Li Alley - ShuFeng elegance museum | 酒店<br>Hotel     | 含<br>Included | 含<br>Included | 成都<br>Chengdu                |
| D3 | 9/3 成都--长坪---四姑娘山<br>Chengdu - Changping - Four girls mountains   | 含<br>Included   | 含<br>Included | 含<br>Included | 四姑娘山<br>Four girls mountains |

|     |  |               |                    |               |                               |
|-----|--|---------------|--------------------|---------------|-------------------------------|
| D4  | 9/4四姑娘山--双桥--丹巴<br>Four girls mountains - Double Bridge - Danba  | 含<br>Included | 含<br>Included      | 含<br>Included | 甲居藏寨<br>Jiaju Tibetan village |
| D5  | 9/5甲居藏寨--梭坡古碉--马尔康<br>Jiaju Tibetan village - Ancient Suopo fort - Barkam  | 含<br>Included | 含<br>Included      | 含<br>Included | 马尔康<br>Barkam town            |
| D6  | 9/6 马尔康--小布达拉宫--世界最大转经筒--观音桥<br>Barkam - Little Potala Palace - The largest prayer wheel - Guanyin Bridge            | 含<br>Included | 含<br>Included      | 含<br>Included | 观音桥<br>Guanyin Bridge         |
| D7  | 9/7观音桥-世界最大藏传五明佛学院--天葬台--色达<br>Guanyin Bridge - The Tibetan buddhist academy - Zhodo Tidro Hermitage - Sertar County | 含<br>Included | 不含<br>Not Included | 含<br>Included | 色达<br>Khenpo                  |
| D8  | 9/8色达--东嘎寺--炉霍--甘孜<br>Sertar County - East ga temple - Luhuo County - Tibetan Autonomous Prefecture of Garzê         | 含<br>Included | 含<br>Included      | 含<br>Included | 甘孜<br>Garzi                   |
| D9  | 9/9 甘孜--竹庆寺<br>Tibetan Autonomous Prefecture of Garzê - ZhuQing Temple   | 含<br>Included | 含<br>Included      | 含<br>Included | 竹庆寺<br>ZhuQing Temple         |
| D10 | 9/10 竹庆---德格<br>ZhuQing - Dege   | 含<br>Included | 含<br>Included      | 含<br>Included | 德格<br>Dege County             |
| D11 | 9/11 德格--印经院--更庆寺<br>Dege - the block printing house - GengQing Temple   | 含<br>Included | 含<br>Included      | 含<br>Included | 德格<br>Dege County             |
| D12 | 9/12德格--八蚌寺--宗萨<br>Dege - Palpung Monastery - Zongsa   | 含<br>Included | 含<br>Included      | 含<br>Included | 宗萨寺<br>ZongSa Temple          |
| D13 | 9/13-宗萨寺--白玉--甘孜<br>Zongsa Temple - Baiyu town - Palpung Monastery   | 含<br>Included | 含<br>Included      | 含<br>Included | 甘孜<br>Garzi                   |
| D14 | 9/14-甘孜--炉霍--马尔康州府<br>Palpung Monastery - Luhuo County - The state of markan.  | 含<br>Included | 含<br>Included      | 含<br>Included | 马尔康<br>Barkam town            |
| D15 | 9/15 马尔康---成都<br>Barkam - Little Potala Palace - Chengdu   | 含<br>Included | 含<br>Included      |               |                               |



## 行程安排 Travel arrangements

D1



成都接机 Airport pick-up



-不含 Not included



成都 CD

### 行程简介 Schedule

早上根据航班由专业接机人员接机后入住酒店

Airport pick-up and hotel check-in

D2



杜甫草堂-武侯祠-锦里--蜀风雅韵



|早中晚



成都



## Du Fu's thatched cottage-Temple of Marquis-Jin Li Alley- ShuFeng elegance museum

### 行程简介 Schedule

上午：早餐后前往**武侯祠**游览，感受“丞相祠堂何处寻，锦官城外柏森林”的氛围，领略闻名于世的三国文化，同时可以了解著名三国人物——诸葛亮，鞠躬尽瘁，死而后已的传奇一生。游完之后前往武侯祠隔壁的川西民俗文化古街——**锦里**游览（该景点为游客自由活动，无导游陪同），体验当年老成都的生活方式和状态，这里皮影戏，吹糖人，各色小吃，穿越古典文化。

下午：午餐后前往唐代大诗人杜甫流寓成都时的故居——**杜甫草堂**游览，杜甫草堂完整保留着清代风格的五重纪念祠宇建筑，有陈列室及重建的杜甫茅屋故居等人文景观。

晚上：欣赏**蜀风雅韵**川剧等表演，是四川文化的一大特色。川剧中最有名的技巧又属变脸，因此到成都看一场地道的川剧也是必须的！这里是成都最为正宗的川剧场所之一，这里全方位展现地道西蜀民间绝艺和经典戏曲，要知道川剧可不仅仅只是变脸！

Morning: after breakfast, visit to the Wuhou Temple. Feel the atmosphere of the prime minister' s temple, surrounded by a cypress forest. Enjoy the famous “Three Kingdoms” period culture, and discover discover the legendary life of the famous hero of that period, Zhu Gelang. Afterwards have a walk in the Wuhou temple, next to the Western Sichuan

folklore cultural street. Then we will visit the Jinli Street (attractions for visitors are free, and there are free guided tours), experiencing the old Chengdu town and its way of life. We will be eating blown sugar and other snacks and be surrounded by classical Chengdu culture.

Afternoon: No meal. Visit to the Tang dynasty poet Du Fu' s house, in Chengdu's Du Fu Thatched Cottage. Du Fu Thatched Cottage comprises five Memorial temples of the Qing Dynasty architectural style, a showroom, a reconstruction of the Du Fu hut residence and other cultural scenery.

Evening: We will enjoy the Shu wind Yayun Sichuan opera performance. It is one of the major features of the Sichuan culture and the most famous opera in the region, so if you wish to visit authentic Chengdu, this is a must. Chengdu is one of the most traditional Sichuan' s places, where all the authentic folk and the classical operas are performed in its streets. Absolutely not to be missed!

D3



成都-长坪沟--四姑娘山



早中晚



四姑娘山

## Chengdu - Changping - Four girls mountains

### 行程简介 Schedule

上午：早餐后沿岷江而上，沿途经都江堰、紫坪铺水利工程，沿都汶高速抵映秀，沿途感受 2008 年汶川大地震“地动山摇、山崩地裂、沧海桑田”后的景象，感悟大自然的力量；观看震后统一重建的具有民族特色的民居，感受人定胜天的伟力。而后从映秀出抵耿达乡后沿卧龙峡谷，欣赏峡谷小桥、流水、枯藤、老树的美丽风光，而后翻越巴郎山（垭口海拔 4523 米），可观云海、映山红、红白杜鹃花、松萝、高山草甸等；观看植物从常绿阔叶林到高山荒漠的垂直变化，感受“**一山观四季、十里不同天**”的气象变迁。

下午：中餐后前往**长坪沟**（观光车已含）游览，穿越原始森林、穿过小溪、遥望雪山，在此可以看到大姑娘、二姑娘、三姑娘及四姑娘山，另可观赏到樟木藏寨、格鲁派喇嘛寺、古柏幽道、枯树滩、净心洞、洗身池、擂鼓石、金鸡岭等。长坪沟位于四姑娘山山脚下，全长 30 余公里。沟内植被丰富茂盛，分布着大片的原始森林，古柏苍松交错攀附，原始古朴。林深处，大片高山草甸置于群山环绕之中，给人远离尘世的感悟。没有人工修饰，一切自然天成，红石阵那激情的颜色，张扬着大自然的伟力。游客进入沟内或骑马或步行。

晚上：自由活动或参加烤羊篝火晚会（费用自理180/人）

Morning: departure after breakfast. Driving along the Minjiang River and the road passing through Dujiangyan. Visit of the Zipingpu Water project and arrival at Yingxiu, where you can see the effects of the 2008 Wenchuan' s earthquake. At that time mountains collapsed and earth split up. You can tangibly feel the power of nature. Witness the after-earthquake reconstruction and the resulting architecture. Then you will drive from Yingxiu to the valley of Wolong Da Xiang Geng. Enjoy the view from the canyon bridge, the powerful flow of the water below, the amazing withered vines, the trees and the beautiful scenery. You will then climb the Balang Shan (a pass 4523 meters above the sea level), where you can see beautiful clouds, azaleas, red azaleas and alpine meadows. Observe the flora from the evergreen broad-leaved forest to the vertical change of the alpine desert. See the pure "mountain view, ten different seasons in ten days" (beware: the weather changes very quickly!).

Afternoon: meal in the Changping Gou (sightseeing car included), tour through the



primeval forest, crossing of the creek, view of the mountains. Here you can see the “Big Girl” , the “Two Girls” , the “Three Girls” and the “Four Girls” Mountains. You will also visit the Zhangmu Tibetan villages, Gelug sect monasteries, a secluded beach, the Joshin Hole, a wash pool carved into the stones, Jingjiling, etc... The Changping Valley is located at the foot of the Four Girls Mountain, with a total length of 30 km. You can recognize symbols of the power of the nature in the rich and lush vegetation of large tracts of virgin primeval forest, with cypresses and pines, and amazing red rocks. All the landscape is natural. Tourist can have a walk through the forest.

Evening: free, or lamb barbecue (180RMB per person)

D4  四姑娘山-双桥--丹巴

🍴 早中晚

🏠 丹巴甲居

## Four girls mountains- Double Bridge-Danba

### 行程简介

上午：早餐后前往游览**双桥沟**（观光车已含），观阴阳谷、五色山、日月宝镜、人参果坪、沙棘林栈道、撵鱼坝、猎人峰、牛棚子、牛心山、阿妣山、野人峰等，双桥沟景区开阔平坦、景点集中，全程通车。沟内以山景为主，沿沟 216 平方公里范围内，次第分布着几十座海拔在 5000 米上的山峰，会同山涧溪流，如同徐徐展开的山水画廊。沟内还分布着目前国内罕见的千年原始沙棘树林，以及平坦宽阔的高山草甸，夏季，各色花卉装簇其间，香飘数里，漫步其中，宛若置身仙境。沟内现已开通绿色环保的观光车，游客可以更加舒适、方便的游览整个景区。

下午：中餐后前往**丹巴**美人谷--这里是新兴的旅游胜地，在2005年《中国国家地理》杂志主办的“中国选美”中被评为中国最美的六大乡村古镇之首，雪山、草原、海子、温泉、大河、藏寨、碉楼、喇嘛寺等自然、人文景观丰富多样。

晚上：晚餐后自由活动。

Morning: after breakfast, visit to Shuangqiao Gou (sightseeing car included), the Yin and Yang Valley, a panoramic view of the colourful mountains, Hokyo Sun, Ping plantation of ginseng, sea buckthorn forest, a fishing dam, the Hunter peak, bullpens, and Niuxinshan mountain peak. There is a crevice of 216 square kilometres which rises to an elevation of 5000 meters up the mountain. It is beautiful because of the many mountain springs which give it an incredible artistic dimension. In addition, you can enjoy the view of the rare domestic millennium buckthorn trees, of the flat alpine meadow, colourful flower fields, and a walk in Xiangpiao. It is like being lost in a wonderland. The crevice has an open car sightseeing tour so that tourists can feel more comfortable visiting the scenic area.

Afternoon: meal in the beautiful Danba valley. It is an rising tourist attraction according to the 2005 Chinese "National Geographic" magazine. It is called the "beauty of China" and is

home to the six most beautiful rural towns of the snow mountains of China. It is famous for its grasslands, lakes, springs, rivers, Tibetan villages, towers, temples and other natural landscape.

Evening: free time after dinner.

D5



甲居藏寨--梭坡古碉--马尔康

|| 早中晚

马尔康

## Jiaju Tibetan village- Ancient of Suopo fort-Barkam

### 行程简介

上午：早餐后呼吸着清新的空气参观游览丹巴中外闻名的，依山而建的嘉绒藏族特有建筑群——**甲居藏寨**(甲居藏寨四季景色各放异彩。春天，簇拥在寨房四周的桃树、梨树、石榴树吐绿滴以，红白相映，争奇斗妍，山寨融进了花的海洋；盛夏，幢幢寨楼又如含羞的少女深藏在万绿丛中，只有在微风中，林海碧涛轻轻翻滚时才若隐若现；金秋，山寨呈现出一派多彩的画面，树叶渐次褪绿，渐染红色、金黄色，楼房上堆积金灿灿的玉米、房檐上挂满串串红辣椒，寨前房后的果树枝头挂满香气四溢的雪梨、苹果和笑咧了嘴的石榴；只有冬季，寨楼才露出迷人的脸庞，可以尽情欣赏它那小巧玲珑的娇姿)，

下午：中餐后参观**梭坡古碉**，这是嘉绒地区藏民族先民们的建筑杰作，具有悠久灿烂的历史。丹巴县有“千碉之国”的美誉，在大小金川及大渡河上游两岸的村寨、山脊和要隘处耸立着无数的古碉建筑。据资料介绍；鼎盛期的丹巴碉楼不下3000座，一个大的村寨即有百余座。试想当初在深切河谷两岸，密密麻麻林立的碉群，其气势是何等的壮观！

晚上：可自由活动参观阿坝州州府-马尔康

D6



马尔康--西索民居--小布达拉宫----观音桥

|| 早中晚

观音桥

## Barkam-Little Potala Palace-The largest prayer Guanyin Bridge

### 行程简介

上午：早餐后参观**西索民居**，现今的西索民居在土司历史时期被称为卓克基赶枪巴（即卓克基街之意），当时居住此地的人多为卓克基土司的科巴（差人）和商人、民间手工艺者，解放后将此地划为西索村一组，时下居于民居中的村民多为原土司差人、商人、民间和工艺者的后代。民居建筑时间有待考证，据了解，居民中连续居于此寨最长者已繁衍数十代人。

下午：经米亚罗、马尔康，沿途观赏色曲河峡谷风光，经翁达镇，约16：00到达观音桥镇，入住酒店，后可换乘当地交通（往返50元/人，自愿自理，徒步13公里上山需1.5-2小时）沿着玛尼墙到达**观音寺**。登上纳勒山（含神山之意）半坡，远观**世界最大的转经筒**，探访古老的观音寺，登上石阶、转动经筒、细数玛尼墙上的玛尼石来到绰斯甲观音菩萨座前朝拜祈福，了解第二个布达拉宫的由来。观音寺供奉众多神像佛像，收藏有大藏经、唐卡、法器等众多文物；观音寺以“灵”著称于世，是众多信徒心中的圣地，信徒可挂旧衣物在半坡树枝以祛病祈福，还可欣赏藏区高原日落

晚上：晚餐后入住酒店，可自由活动。

Morning: after breakfast breathe the fresh air of Danba and visit the unique Jiarong Tibetan village and Jiaju village. Jiaju village scenery is really different depending on the season. In spring, it is surrounded by peach, pear and pomegranate trees. Trees sprout from intense green, red and white coloured sea of flowers. In summer, buildings are hidden in green leaves, and wind gently blows over Linhai making it seem a green wave. In autumn leaves gradually fade from green to red colour and then from red to yellow while buildings sprout from corn fields and leaves give the whole scenery a red shade. In the village you can smell the fragrance of pears, apples and pomegranate. In winter you can



see the majestic tower in its entirety.

Afternoon: after lunch, visit of the Po ancient towers. The Tibetan Jiarong region is the origin of all the architectural masterpieces of the area and has an ancient and glorious history. Danba County has thousands of towers, and the highest are along the Dadu river on both sides of the village, among numerous ancient stone buildings. This architecture is in a deep valley surrounded by huge forests. The view is spectacular!

Evening: free visit to the Aba state - Barkam

## Guanyin Bridge-The Tibetan buddhist academy- Zhodo Tidro Hermitage - Sertar County

### 行程简介

上午：早餐后集合出发,顺着 317 国道沿色曲河北上经翁达镇前往盛产黄金的地方——**色达** 后前往尸陀林景区观看**天葬**，感受藏族丧葬习俗。成百上千的秃鹫在上空盘旋，带领逝者往生极乐，场面之壮观，不由得让你感叹人生，更加珍惜生命！（洛若乡到天葬台，摆渡费用往返 40 元/人，自愿消费。为保障安全，使用随团旅游车，往返 10 公里左右，海拔高度达 4000 米，）

下午：感受、遨游那一片红色海洋——**喇荣五明佛学院**；震撼的画卷渐渐呈现在眼前——漫山遍野的红房子，裹着红袍的行人在其间穿行，金碧辉煌的学院，蓝天白云下气势宏伟的坛城(海拔 4000 米)；会当凌绝顶、一览学院景，诉说您的祈愿，整个山谷，红色一片，炊烟袅袅，光影游走，风吹云动，身在此地，内心宁静……

晚上：……**观佛学院夜景**（观赏夜景为赠送项目，不用不退）集合回到酒店休息（为让大家能尽情游玩，晚餐配备路餐）晚上在浩瀚的星河下，每个红色小房子里都有一位僧人在修行，坛城的转经筒依然嘎吱嘎吱嘎吱~~

（备注：佛学院无肉、烟、酒，也请游客尊重当地信仰！）

Morning: after breakfast, road trip on the 317 national highway, passing through Hebei and Weng Town and arrival to the Seda cemetery where sky burial can be witnessed and the authentic Tibetan funeral customs felt. Hundreds of thousands of vultures circle above the cemetery, leading the dead to a swift rebirth. It is a spectacular scene, it will surely leave a mark in your life helping you to see death in another light! (cost 40 yuan per person for a round-trip. In order to ensure safety, we will use a group travel car for 10 kilometres, at an altitude of 4000 meters).

Afternoon trip: discover the red sea. Visit the beautifully decorated La Rong Wuming Institute of Buddhism, a majestic red house surrounded by mountains and plains. It is a pure mandala under a blue sky and white clouds (elevation 4000 metres). You can pray to all the winds and clouds with the view of the valley.

Evening: Visit the Buddhist college. We will spend the night there and will not set back to the hotel to rest so that we can enjoy the place with a road-side dinner under a star-filled sky.

(Note: Buddhists don't eat meat, don't smoke tobacco and don't drink wine. Please respect these customs)

## Sertar County-East ga temple-Luhuo County-Tibetan Autonomous Prefecture of Garzê

### 行程简介

上午：早餐后欣赏沿途风光前往东嘎寺，这里为色达另一靓丽风景线——**东嘎寺、金马瓦须大草原**（60元/人，自愿消费，费用自理）在东嘎寺朝拜药师如来解脱塔，为家人、朋友祈福平安；塔内精美的笔画、历史长河中遗留下来的手工唐卡诉说着神秘的藏传佛教故事…。白雪茫茫的金马瓦须草原在蓝天白云下令你心旷神怡…、思绪纷飞；

下午：欣赏沿途风光，蓝天白云，一排排独特的藏式民居让人赏心悦目后经炉霍抵达甘孜县。

晚上：晚餐后自由活动。

Morning: after breakfast, visit to the Donggar monastery to enjoy the beautiful landscape along the way. See the inside of the Dongga temple, the Golden Horse prairie (60 yuan / person), relax in the Donggar temple and in the Buddhist pharmacist tower. Listen to the story of the mysterious Tibetan Buddhist Thangka. The vast blue sky and the majestic temple will surely purify your mind, relax and make you enjoy the visit.

Afternoon: enjoy the scenery along the way. Witness the Tibetan people from the Ganzi Country visiting the temple.

Evening: No arrangement.



## Tibetan Autonomous Prefecture of Garzê-ZhuQing Zhu Zhu Qing Temple

### 行程简介

参观佐钦寺，又名“**竹庆寺**”，全称“佐庆大圆满禅岭院”。位于德格县竹庆乡更达村，是藏传佛教**宁玛派**（红教）六大传承寺院之一。寺院建于公元一六八五年，在此后三百多年历史中，该寺曾出现过十三位虹化大成就者以及许多修成正果的通人证士（如麦彭仁波切、巴珠仁波切等）。现有僧人五百多名，寺院管理极为严格，道风淳正，地理灵峻，寺院所在的雪山上下布满成就者的修行山洞与道场，是极具加持力的修行圣地。

Visit to the Dzogchen temple, also known as "Zhu Qing Temple". The full name is "Zuoqing Dzogchen Zen Ling institute". It is located in the Dege County, and is one of the six major temples of the Nyingma lineage of Tibetan Buddhism. The temple was built in 1685, more than 300 years ago, and thirteen Mahasiddhas (Buddhist saints) dissolved their bodies there and many Buddhist practitioners reached total realization (such Ba Zhu Mipham Rinpoche). There are more than 500 monks that actually live there. It is a very spiritual, holy and blessed place.

D10  竹庆寺--德格

🕒 早中晚

🏠 德格

## ZhuQing-Dege

### 行程简介

上午：早餐后继续参观海拔3800米的藏传佛教宁玛派（红教）六大传承寺院之一，竹庆寺是藏传密宗0法的教授传承发源地

下午：中午后前往**德格**，德格是康巴藏文化的核心区，拥有“康巴文化发祥地”和“格萨尔王故里”两大文化品牌。德格印经院是迄今中国最大的藏文印经院，素有“藏民族文化宝库”之称；南派藏医药发祥于德格；格萨尔王诞生地德格阿须草原；境内藏传佛教五大教派并存；藏区三大画派噶玛噶则画派绘画与风格独特的建筑和独特的民俗风情。

晚上：自由活动

Morning: after breakfast visit the Qing bamboo Temple of Tibetan Tantric Buddhism belonging to the Nyingma lineage of Tibetan Buddhism. It is one of the main six heritage temples and is situated at the altitude of 3800 meters.

Afternoon: return to Dege. Dege is the heart of the Kangba Tibetan culture and King Gesar' s hometown. Dege monastery is not far from the largest Chinese-Tibetan printing house, known as the "treasure" of Tibetan culture. Sichuan Tibetan medicine has its origins in Dege. The five main lineages of Tibetan Buddhism coexist in this city. Discover the Karma Kagyu paintings and its unique architectures and folk customs.

Evening: No arrangement

D11  德格--印经院--更庆寺

🕒 早中晚

🏠 德格

## Dege-the block printing Printinghouse-GengQing Temple

### 行程简介

上午：早餐后前往印经院--**德格印经院**是素有“藏文化大百科全书”、“藏族地区璀璨的文化明珠”、“雪山下的宝库”盛名的德格印经院，全名“西藏文化宝藏德格印经院大法库吉祥多门”，又称“德格吉祥聚慧院”，始建于1729年，德格印经院最为华彩之处是经版库和印经工场。经版库里占据主殿二、三、四层的六、七个大小房间，为整个建筑面积的一半。经版库里光线暗淡，隐约看见靠墙一圈都是一层一层的木架子，上边插满带手柄的经版。近三十万块经版依照门类，分作丹珠尔经、甘珠尔经、大宝佛藏经、般若八千颂、名人经典、萨迦经书、版画、小经版等被小心而密集存放在这里，经版数量最大的一个是《甘珠尔》库。

下午：中餐后前往**更庆寺**，四川康区藏传佛教萨迦派主寺。原为宁玛派寺院，至第七代德格土司拉青.向巴彭措改宗萨迦派并扩建，命名为伦珠顶寺，俗称更庆寺，意为大寺庙。

晚上：自由活动

Morning: after breakfast, visit to the printing house in the Dege monastery known as “the encyclopaedia of Tibetan culture” , “Tibetan cultures bright pearl” , “Snow Mountain treasure” . Its full name is “the Tibetan cultural treasures Dege Monastery Faku auspicious large doors” also known as the " Hui poly-clinic", founded in 1729. The library contains seven large rooms and goes up four stories – it is practically half of the whole

residential area of the monastery. There are almost three hundred thousand books, divided in Tangyur, Kangyur, Dabao, Prajna songs, eight thousand copies of Sutras of the lord Buddha, Sakya scriptures, prints, etc. It' s considered as one of the biggest Kangyur libraries in Tibet.

Afternoon: Visit to the Gengqing temple, the Sichuan Kham Tibetan Buddhism Sakya monastery.

Evening: No arrangement

**D12**  德格--八蚌寺--宗萨寺

🍴 早中晚

宗萨寺

## Dege-Palpung Monastery-Zongsa

### 行程简介

上午:早餐后前往**八蚌寺**，全名：八蚌圣教法轮寺，位于东藏康区德格八帮，海拔大约3900公尺。八蚌寺位于莲花生大师于多康地区曾经加持的二十五处圣地之一~功德意地的前方，也是马尔巴大师授记为佛教兴盛吉祥宝聚之地。『八蚌』的意思是『财富集中，人杰地灵之地』，八蚌寺周围环境优美，三山环绕，有『三象戏水』的美传。

下午：中餐后前往**宗萨寺**，建寺于公元746年，属于萨迦教派。寺中讲、修、行具兴，常时举办佛事。特别是钦哲法堂经过两位文殊护主（蒋扬钦哲旺波和贡珠仁波切）将全部佛法总集新编，其中包括了藏地的各派教法。因此可以在钦哲法堂不紊乱地取得所有各别教法的灌顶、传承和教导。

晚上：可自由活动

Morning: after breakfast, go to the “eight mussels” temple. Its full name is “eight mussels Falun temple” It is located in the east of the Tibetan region of Kham, at an altitude of about 3900 meters. The temple was built in a place that Padmasambhava once blessed. It is surrounded by a beautiful scenery, with three high mountains in front of it.

Afternoon: meal in the Trongsa temple. This temple was built in 746 AD, and belongs to the Sakya lineage. There are two halls dedicated to Manjushri, a huge Dharma relics collection including a library of various teaching instructions. The main hall is used for sessions of teachings.

Evening: No arrangement

## Zongsa Temple-Baiyu town-Palpung Monastery

### 行程简介

#### Baiyu Country - Yaquin Temple

上午：早餐后欣赏沿途风光抵达白玉县沿途满目的葱绿预示着这块土地的生生不息，如果时间允许，每一处令你惊呼的美景都可以停留。

下午：午餐后前往**亚青寺**，不同于色达五明佛学院依山而建，亚青寺的大部分修行者的房屋是绕河而建亚青寺在章台大草原中间，建在在四面环山的草原湿地上，地势开阔，海拔四千米左右，温度较低，就算是夏季七八月份早晚的温度也就几度而已，围绕寺庙的建筑群，那是一片片信徒居住的小屋 ]。小盒子房，从数千间到二万多间，是修行者们自己建立的。纵横交错的昌曲河包围了整个寺庙的建筑群，每当清晨或黄昏，炊烟弥漫，河水闪耀着金光颂经声随风远远传来，犹如天籁，动人心弦。

晚上：可自由活动

Morning: after breakfast enjoy the scenery along the road in the Baiyu County. If the weather allows, we will see all the diverse flora and fauna. It is of such beauty that it can really touch your heart.

Afternoon: after lunch, visit the Yaqing temple, a Buddhist college. Most of the monk



houses are around the temple on the Yaqing River. The Temple has been built above the mountains, surrounded by a prairie of wetlands and open land above 4000 meters of altitude. The temperature is low. Even in July and August temperatures are not far from zero. Chang Qu River zigzags around temple buildings. Every morning and evening offerings of smoke fill the air, and strong wind blows in different directions making a melodious sound.

Evening: No arrangement

**D14**  甘孜--炉霍--马尔康

🍴早中晚

马尔康

## Palpung Monastery-Luhuo County-The state

### 行程简介

#### Luhuo Country - Barkham

上午：早餐后前往炉霍县，炉霍县城的北边有一个较大的寺庙，登上这里可以俯瞰炉霍县城。

下午：午餐后前往阿坝州州府--马尔康，参观尘埃落定的拍摄地：**卓克基土司官寨**（**门票60/人，自愿自费**），亦称土司署或土司官邸，为土司管辖境内的政治中心，是土司权力和地位的象征。卓克基土司官寨始建于清代，官寨座东北向西南，总建筑面积5400平方米，系典型的嘉绒藏族建筑物，其布局仿汉式四合院结构，北部正屋为假六层，东西厢房为五层，中为天井，共有大小房间63间。

晚上：自由活动

Morning: after breakfast we have a trip to the Luhuo County. We will pass close to a large temple on the north of the Luhuo County and visit the nature around it.

Afternoon: after lunch we will go to the Aba state - Barkam (tickets 60 yuan/person). It' s a symbol of political power. Zhuokeji village was built during the Qing dynasty and is 5400 square meters large. Architecture is in typical Jiarong Tibetan style with an imitation of a Chinese style courtyard structure. The North House has six floors and east wing is divided into five layers. Including the courtyard, there is a total of 63 rooms.

Evening: No arrangement

## Barkam-Little Potala Palace-Chengdu

### 行程简介

#### Suomo Miyaluo Grand Canyon - Gan Bao village

上午：早餐后经过米亚罗风景区梭摩大峡谷前往——**甘堡藏寨**，倚山傍河而建，故得名甘堡，藏语意为“坡上的村落”。在整个藏区自古就将甘堡为甘堡甲穹，意为百户大寨，甘堡藏寨石屋壮观的艺术群雕，带着给人一种的艺术享受。

下午：午餐后参观神奇的东方古堡——**桃坪羌寨新寨**。

结束愉快旅程！

Morning: after breakfast, visit to the Grand Canyon Scenic Area of Suomo Miyaluo. Visit the Gan Bao Tibetan village on a hill near a river named Gan Bao, a Tibetan word that means "the slope of the village". In the whole area there are ancient Tibetan stone sculptures which are an authentic example of traditional Tibetan art.

Afternoon: after lunch, visit to the magical Oriental Castle - Tao Ping Qiang village.

This is end of our pleasant journey!

#### 小贴士：

##### 【装备提示】

- 1·摄影装备（相机、三脚架、电池、充电器、内存卡、拖线板等），且自行保管好摄影器材及相关用品，若产生遗失或损坏，由客人自行负责；
- 2·早晚温差大：着冲锋衣裤、徒步鞋等方便户外摄影的服装；
- 3·藏区条件有限（停水停电是常事），自带洗刷用品、电筒、湿巾等，有洁癖的朋友，请自备睡袋；
- 3·藏区风大紫外线强，请准备帽子、墨镜、手套、防晒霜、唇膏等；
- 4·藏区条件艰苦，请自备饮用水、干粮、水果、零食等；
- 5·备基础药物：高反药、感冒药、肠胃药、创可贴、风油精等

##### 【行程提示】

因天气等不可抗力的因素，在不减少景点的前提下，旅行社有权利对行程顺序进行调整；若对行程造成影响的，旅行社将协助游客进行解决，但不承担由此造成的损失，若因此而增加的费用，敬请游客自理

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#### 【保险提示】

含旅行社责任险，已为游客代办旅游意外险10元/人（最高赔偿额度不超过10万元，最终解释权归保险公司所有，旅行社仅为代办机构）。

#### 【安全提示】

此行程儿童不宜参加，有心、肺、脑和血液系统疾病患者和60岁以上老人，出行旅游前应遵医嘱，谨慎出行，请视身体情况而定，量力而行,因此团是涉及高海拔地区户外运动的线路,参此团需向我提供实际身体状况说明，如因客人隐瞒疾病或年龄参团引起的任何后果，我社不承担任何责任。

#### 【投诉提示】

在行程中，如对服务及接待标准有异议，请及时与当团导游沟通或直接反馈回旅行社，游客投诉以在途中填写的《行程满意度调查表或旅行社服务质量跟踪表》为准，请游客认真填写；请仔细阅读以上行程及服务标准说明，同意并保证遵守旅行社安排。如产生合同纠纷或人身意外事故，按《中华人民共和国合同法》、《道路交通安全法》、《保险赔偿条例》裁定。此行程作为旅游合同附页与旅游合同同等法律效力。

#### 注意事项：

1. 初入高原，不可暴饮暴食，以免加重消化器官的负担，不要饮酒和吸烟，不能剧烈运动，使其能很好的适应此环境。
2. 要多食蔬菜、水果等富含维他命的物质，要多饮水。
3. 要防止因受凉而引起的感冒。高原温差特别大，很容易着凉并感冒，宁可热一点，不可冷一点，多穿衣服。
4. 一旦发生高原反应也不必恐慌，要视其反应的程度而有针对性的治疗。如果反应较低，可采取静养的办法，多饮水，少运动，一般一段时间后会消失或者减弱。
5. 要防止干燥，特别是防晒用的唇膏、防晒霜等，可以有效的防止水分的流失，可以增加身体的抵抗力。
6. 在户外运动中应充分考虑安全因素，不能因景色太好而忽略安全，在住宿地最好不要夜间单独出门。
7. 严格来说，色达是不允许拍摄的。山地有个检查站，上山的除了喇嘛和工作人员，其余人都要身份证登记，并且扣押相机包。管理这个的，是驻扎在那里的“工作组”，藏民和喇嘛十分友好。
8. 山坡上可以拍到佛学院宏伟壮观的全景，但上山要登记，且当天上山当天下山，不允许住宿，过夜。
9. 五明佛学院到目前为止还不是对外开放的，要参观也要凭国内的个人身份证，护照，老外都要开介绍信。
10. 这里还有外语教学，招收汉族学生，不过问起具体入学事项，所有的汉族学生却都众口一词：“不可说！”他们如果想了解一些情况，至少要在佛学院中住上一段时间才可以了解。
11. 因为某些原因，去色达佛学院旅行的时候还是要所禁忌的，注意不要让自己的言行引起不必要的争端，有些不该问的事情就不要问，毕竟我们是去旅行的。

确认签字：

2018年 月 日

Tips:

Equipment

1 Bring photographic equipment (camera, tripod, three batteries, charger, memory card, etc.), and take good care of the photographic equipment and the related products in order not to lose it or damage it;

2 Be aware of the temperature difference between morning and evening: heavy pants, hiking shoes and other comfortable outdoor clothes are in order;

3. There will be moments of particular conditions (there may not be water or electricity), so please bring your own personal hygiene supplies, a flashlight, wipes and a sleeping bag;

4 Be wary of the strong ultraviolet sunrays in Tibet: bring a hat, sunglasses, gloves, sunscreen, lipstick etc.;

5. When visiting places with no basic amenities please bring drinking water, food, fruit, snacks, etc.;

6. Bring basic medicines for altitude sickness, for cold, for gastrointestinal issues, band aids, etc.;

#### Travel tips

In case of extremely bad weather the travel agency has the right to adjust the itinerary and the trip order so as not to reduce the quality of the itinerary; the travel agency will assist tourists to solve such problems and without increase in the trip cost.

#### Team tips

In order to ensure the quality and efficiency of the tour team's service, already established expenses of each client cannot have expenses and expense related fees added to the already existing services, otherwise the tour contract will be void and terminated; There will be no refund for loss of property caused by guests actions, everyone is responsible for their own property.

#### Insurance tips

With the travel agency liability insurance, the travel accident insurance for tourists has a maximum amount of compensation of 100 000 (hundred thousand) yuan. The final decision on the amount of

money of the compensation will be decided by the insurance company and the travel agency.

### Safety tips

This trip is not suitable for children; people with heart, lung, brain or blood related illnesses; elderly over the age of 60. A doctor should check your medical condition before hand and authorise the trip according to your physical condition. This trip is at the level of high altitude outdoor sports so it is a basic requirement to provide the proof of your actual physical condition. The travel agency does not assume any responsibility for the consequences concealing the actual and real health condition of guests.

### "Prompt" complaints

If there are disagreements during the journey, concerning services please communicate eventual issues in a timely fashion to the tour guide or directly to the travel agency. We have a travel satisfaction questionnaire and a travel service quality tracking table as a standard quality indicator. Please read the itinerary above, the service standard agreement and comply with all the travel arrangements. In case of contract disputes or personal accident, the "People's Republic of China contract law", "road traffic law", "Insurance Compensation Ordinance" will be basis for the ruling. The travel and tourism contract attached has an equally legal effect as the law articles.

### Important behaviour tips

1. Don't overeat in order not to increase the burden on the digestive organs, don't drink and smoke, don't do strenuous exercise, try to slowly adapt to the high altitude environment.
2. Eat more vegetables and fruits rich in vitamins and other useful substances, drink more water.
3. Prevent the possible cold related issues. The temperature difference in Tibet is particularly accentuated, and it is very easy to catch a cold. Rather than wear only cold or warm clothes, wear different clothes according to temperature and weather.
4. There is no need to panic if you show symptoms of the altitude sickness. Depending on its gravity it is possible to apply a targeted therapy. If the discomfort is slight, it may simply be necessary to drink more water and do less exercise. In generally after a period of time it disappears or weakens by itself.



5. To prevent dehydration, use lipsticks combined with sunscreen and skin lotion. They can effectively prevent the loss of water and increase the body's resistance.

6. In every outdoor sport you should fully consider the safety factor. Please don't ignore security measures and don't go out at night alone.

7. It is not possible to take photos everywhere. At certain mountain checkpoints staff of Lamas will check your ID card and check the camera bag. There is no need to worry as Tibetan Lamas are very friendly.

8. We can enjoy the panoramic view of the magnificent Buddhist Institute, but are not allowed to stay there overnight.

9. In all the Buddhist Institutes the staff will check your personal identity card and passport. Foreigners will need a letter of introduction.

10. In some cases, when travelling in places with Buddhist taboos, don't cause unnecessary disputes and don't ask too many unwanted questions. You should remember that we are guests in these holy places and should behave respectfully.

Contact info: [cecilia@atiyogachina.com](mailto:cecilia@atiyogachina.com) - Cecilia Damiani

[migmar@atiyogachina.com](mailto:migmar@atiyogachina.com) - Migmar Tsering

[yushan@atiyogachina.com](mailto:yushan@atiyogachina.com) - Yushan Zhong