

三生三世·十里桃花——

3 月林芝桃花 7 日 (專業攝影版)

林芝桃花溝【雅魯藏布大峽谷·南迦巴瓦峰·索松村】波密·嘎朗桃花溝

目的地介紹:

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, 令人如痴如醉, 流連忘返。



南迦巴瓦山: 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。在湛藍色的天空背景下, 中國最美山峰——南迦巴瓦峰顏線條明朗、輪廓分明, 加上些旗雲點綴, 讓人分外喜歡、百看不厭。

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, 索松村及河谷中的桃花競相開放;

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。

——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。

Peach Blossom in Nyingchi in March Professional Photography Route 7 Days

Life After Life · Blooms Over Blooms

Peach Blossom Valley in Nyingchi [Yarlung Zangbo Grand Canyon · Namcha Barwa · Suosong Village]

Destination description:

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.

Namcha Barwa: 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". Against a clear blue sky, China's most beautiful mountain—Namcha Barwa, are clear and chiseled, with the decoration of prayer flags, let people especially like it, never tired of watching.

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.

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".

——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→入住酒店	宿: 成都
第二天: 成都→林芝米林機場→【雅魯藏布大峽谷·索松村】	宿: 索松村当地民宿豪标
第三天: 【南迦巴瓦主峰·索松村桃花】→沿途拍摄桃花→林芝	宿: 林芝
第四天: 林芝→【色季拉山】【觀南迦巴瓦峰】→波密	宿: 波密县
第五天: 拍摄【波密桃花沟·嘎朗村·嘎朗湖】→鲁朗小镇	宿: 鲁朗镇
第六天: 鲁朗小镇→【林芝嘎拉村·桃花村】拍桃花	宿: 林芝
第七天: 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 → Hotel
Accommodation: Chengdu

Day 2: Chengdu → Nyingchi Mainling Airport → [Yarlung Zangbo Grand canyon • Suosong village]
Accommodation: Suosong village homestay(Deluxe Room)

Day 3: [The main peak of Namcha Barwa • Suosong Village peach blossom] → Shooting peach blossoms along the way → Nyingchi
Accommodation: Nyingchi

Day 4: Nyingchi → [Segrila Mountain][Namcha Barwa] → Bomi
Accommodation: Bomi County

Day 5: Shooting [Peach blossom Valley • Galang Village • Galang Lake] → [Lulang Town]
Accommodation: Lulang Town

Day 6: Lulang Town → [Nyingchi Gala Village • Peach blossom Village] Shoot peach blossom
Accommodation: Nyingchi

Day 7: 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→入住酒店

成都雙流國際機場接團, 乘車前往酒店, 入住休息。

行進順序: (機場 10KM 酒店)

公里數及行車時間: (12KM)。城區路。行車約 25 分鐘。

住地海拔: 成都市 500 米

用餐: 午餐*** 晚餐***

住宿: 成都賽侖吉地大酒店同級 (准五)

Detailed itinerary:

Day 1: Chengdu (capital of Sichuan province) pick up at Shuangliu International Airport → Hotel

Pick up at Chengdu Shuangliu International Airport, drive to the hotel, check in hotel and have a rest.

Specific line: Airport 10KM Hotel

Kilometres and driving time: 12KM. Urban road, driving about 25 minutes. Residential elevation: Chengdu city 500M

Dining: Lunch *** Dinner ***

Accommodation: Chengdu Serengeti Hotel or equivalent (5-star)

第二天: 成都飛林芝米林機場 → 【雅魯藏布大峽谷·索松村】

前往成都雙流國際機場，乘機飛林芝米林機場，前往雅魯藏布大峽谷景區內的索松村，索松村位於半山腰，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：（米林機場 80KM 索松村）

公里數及行車時間：（80KM）。柏油路。行車約 2 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 2: Chengdu → Nyingchi Mainling Airport → [Yarlung Zangbo Grand canyon · Suosong village]

Fly from Chengdu Shuangliu International Airport to Nyingchi Mainling Airport, then go to Suosong village in Yarlung Zangbo Grand canyon Scenic Area, this village is located halfway up the mountain, facing the Namcha Barwa, with the Yarlung Zangbo river and peach blossom forest at the foot of the mountain, it is the best place to shoot the Namcha Barwa and the peach blossom.

Specific line: Mainling Airport 80KM Suosong Village

Kilometres and driving time: 80KM. Asphalt Road. Driving about 2 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)

第三天：【南迦巴瓦主峰·索松村桃花】→沿途拍攝桃花→林芝

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！之後前往林芝，沿途拍攝。

行進順序：（索松村 93KM 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 3: [The main peak of Namcha Barwa · Suosong Village peach blossom] → Shooting peach blossoms along the way → Nyingchi

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 head to Nyingchi and shoot along the way.

Specific line: Suosong village 93KM 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)

第四天：林芝→【色季拉山】【觀南迦巴瓦峰】→波密

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之一。之後經過魯朗小鎮前往波密。

行進順序：（林芝 47KM 色季拉山口 180KM 波密）

公里數及行車時間：（227KM）。柏油路。行車約 4.5 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 4: Nyingchi → [Segrila Mountain][Namcha Barwa] → Bomi

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 one of the best place to overlook the Namcha Barwa. Then through Lulang Town to Bomi.

Specific line: Nyingchi 47KM Segrila Mountain 180KM Bomi

Kilometres and driving time: 227KM. Asphalt Road. Driving about 4.5 hours. Residential elevation: Bomi 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)

第五天：拍攝【波密桃花溝·嘎朗村·嘎朗湖】→ 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。

之後前往嘎朗湖，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 5: Shooting [Peach blossom Valley • Galang Village • 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: Lulang 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)

第六天：魯朗小鎮→【林芝嘎拉村·桃花村】拍桃花

魯朗小鎮出發，【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：（魯朗 65KM 桃花村 10KM 林芝）

公里數及行車時間：（75KM）。柏油路。行車約 2 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 6: Lulang Town → [Nyingchi Gala Village • Peach blossom Village] Shoot peach blossom

From Lulang Town, 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: Lulang 65KM Peach blossom village 10KM Nyingchi

Kilometres and driving time: 75KM. Asphalt Road. Driving about 2 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)

第七天：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 7: 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!](#)