

中国旅行修订方案

Revised China Journey

成都 · 西安 · 西藏 · 粤港澳大湾区 · 台北 · 上海

Chengdu · Xi'an · Tibet · Greater Bay Area · Taipei · Shanghai

TRAVEL WINDOW	11 OCT-02 NOV
DURATION	23 DAYS / 22 NIGHTS
TRAVELLERS	SIMON + JON
RESEARCHED	01 AUG 2026

DECISION

取消敦煌与嘉峪关

Dunhuang and Jiayuguan removed

NEW GUANGDONG MODULE

广州 + 顺德 + 深圳

Guangzhou + Shunde + Shenzhen

DISCIPLINE

航班与列车状态分级

Flights and rail services classified by evidence



FIXED FACTS / ROUTE RESET

新的决定与推荐路线 / New Decision & Recommended Route

REMOVED

敦煌 / Dunhuang

本版不再安排莫高窟、鸣沙山、嘉峪关及河西走廊交通。
This version removes Mogao, Mingsha, Jiayuguan and all Hexi Corridor transport.

RETAINED

五个核心区域

成都、西安、西藏、广州及后续台北与上海。
Chengdu, Xi'an, Tibet, Guangzhou, followed by Taipei and Shanghai.

ADDED

顺德 + 深圳

以广州为五晚基地，安排两次高铁日游。
Use Guangzhou as a five-night base for two rail day trips.

NRT → TFU → XIY → LXA → CAN → SHUNDE / SHENZHEN → TPE → PVG
Tokyo Narita → Chengdu Tianfu → Xi'an → Lhasa → Guangzhou → Shunde / Shenzhen → Taipei → Shanghai Pudong

成都 / Chengdu	西安 / Xi'an	西藏 / Tibet	广州基地 / Guangzhou base	台北 / Taipei	上海转机 / Shanghai connection
11-15 OCT	15-18 OCT	18-25 OCT	25-30 OCT	30 OCT-02 NOV	02 NOV

为什么这样排：成都4晚；西安3晚；10月18日飞入拉萨。拉萨仍只住2晚，增加的西藏日用于江孜过夜和白居寺等实质内容，不增加拉萨休息夜。10月25日从日喀则直达拉萨机场并继续前往广州。

Why this sequence: Chengdu receives four nights, Xi'an three, and the flight into Lhasa moves to 18 October. Lhasa remains limited to two nights; the added Tibet day is used for a Gyantse overnight and substantive sightseeing rather than another Lhasa rest night. On 25 October, travel directly from Shigatse to Lhasa airport and continue to Guangzhou.

时间效率准则：跨城日使用第一班现实可执行的早班交通，抵达后继续安排半日活动；不以“上午轻松活动”填充等待时间。医学适应、机场缓冲和安全休息不视为浪费。所有票价与运行图仍须在出票窗口复核。

Time-efficiency rule: use the first practical morning intercity departure and schedule a useful half-day after arrival; do not fill waiting time with a nominal “easy morning.” Medical acclimatization, airport buffers and safety rest are not treated as waste. Revalidate all fares and timetables when ticketing opens.



联网核验交通矩阵 / Online-Verified Transport Matrix

日期与区间 / Date & sector	首选班次 / Preferred service	状态 / Status	证据解释与备选 / Evidence interpretation & fallback
10/11 东京→成都 Tokyo → Chengdu	3U3962 NRT 16:40→TFU 21:00, 直飞 Nonstop, 5h20	SCHEDULE RETURNED	精确日期返回但无价格。可售备选CZ628 + CZ6409, 13:50→23:40, 经沈阳, €481。 Exact-date schedule returned without fare. Priced fallback via Shenyang: €481.
10/15 成都东→西安北 Chengdu East → Xi'an North	目标 G322 06:56→10:05; 备选D1910 07:00→10:59, G1282 07:36→11:21 Early current-timetable candidates	NOT YET ON SALE	优先早班以保留西安下午; 10月15日尚未进入预售期, 最终以12306为准。 Prioritize an early train to preserve the Xi'an afternoon; 15 October is outside the sales window. Revalidate on 12306.
10/17 西安北⇌华山北 Xi'an North ⇌ Huashan North	G2678 07:46→08:14; G2095 19:09→19:37 28 minutes each way	NOT YET ON SALE	当前运行图候选; 去程备选G1844, 回程备选G673/G915。 Current-timetable candidates; same-window backups identified.
10/18 西安→拉萨 Xi'an → Lhasa	TV6051 XIY 09:25→LXA 13:00, 直飞 Nonstop, 3h35	SCHEDULE RETURNED	精确日期返回、无价格; 同日另有TV9752、TV9894和TV9964直飞。 Exact-date schedule returned without fare; TV9752, TV9894 and TV9964 are same-day nonstop backups.
10/25 拉萨→广州 Lhasa → Guangzhou	3U6636 + 3U6709 LXA 16:10→CAN 21:50, 经成都天府1h40 One stop at Chengdu Tianfu; 1h40 connection	SCHEDULE RETURNED	精确日期返回、无价格; 同航司短转优先。备选CA4404 + CA4328为16:55→22:25、成都双流1h转机, 但更紧张。 Exact-date schedule returned without fare; prefer the short same-airline connection. Backup CA4404 + CA4328 has a tighter one-hour Chengdu Shuangliu connection.
10/28 广州南⇌顺德 Guangzhou South ⇌ Shunde	C7627 09:29→09:40; C7690 19:01→19:11 11 minutes outbound; 10 minutes return	NOT YET ON SALE	当前运行图; 同一时段有多班C字头城际车。 Current timetable with multiple same-window intercity backups.
10/29 广州南⇌深圳北 Guangzhou South ⇌ Shenzhen North	G6237 09:04→09:41; G6054 19:16→19:46 37 minutes outbound; 30 minutes return	NOT YET ON SALE	当前运行图; 早晚均有密集G/C车次可作替代。 Current timetable; dense G/C-service backups exist in both windows.
10/30 广州→台北 Guangzhou → Taipei	BR708 CAN 11:25→TPE 13:35, 直飞, €159 Nonstop, priced snapshot €159	PRICED SNAPSHOT	备选CZ3097 12:00→14:15, €178; CI522 17:30→19:35, €329。 Two exact-date priced nonstop alternatives returned.
11/02 台北→上海 (Simon) Taipei → Shanghai (Simon)	CI501 TPE 08:45→PVG 10:50, 直飞, €203 Nonstop, priced snapshot €203	PRICED SNAPSHOT	抵达后距22:00法航约11小时10分; 仍是两张票的自助衔接, 须预留入境、行李和航班延误风险。 Arrives about 11h10 before Air France at 22:00; this remains a self-connect on separate tickets and must allow for immigration, baggage and delay risk.



城市分配与高铁策略 / City Allocation & Rail Strategy

04

CHENGDU NIGHTS / 成都晚数

两个郊区日 + 两个城市日。

Two outer-city days plus two urban days.

03

XI'AN NIGHTS / 西安晚数

抵达半日 + 兵马俑 + 华山。

Arrival half-day, Terracotta Warriors and Mount Hua.

07

TIBET NIGHTS / 西藏晚数

两晚拉萨、一晚江孜、两晚定日；不住EBC且不增加最后拉萨夜。

Two Lhasa nights, one Gyantse night and two Tingri nights; no EBC overnight and no final Lhasa night.

05

GUANGZHOU-BASE NIGHTS / 广州基地晚数

广州、顺德与深圳均不换酒店。

Guangzhou, Shunde and Shenzhen without changing hotels.

03

TAIPEI NIGHTS / 台北晚数

抵达半日 + 两个完整日。

Arrival half-day plus two full days.

00

SHANGHAI NIGHTS / 上海晚数

Simon于11月2日早班机抵达PVG，衔接当晚法航。

Simon reaches PVG on an early 2 November flight and connects to Air France that evening.

RAIL EXPERIENCE 01

成都—西安主干高铁 / Chengdu—Xi'an trunk HSR

约3小时15分至4小时，真正承担跨城运输，而不是为体验而绕路。建议一等座。

Approximately 3h15–4h and performs a real intercity transfer rather than an artificial detour. First class preferred.

RAIL EXPERIENCE 02

华山、顺德、深圳三组短程 / Three short rail modules

华山约28分钟；顺德约8–11分钟；深圳约30–45分钟。班次密集、失败时可同日替换。

Mount Hua about 28 minutes; Shunde about 8–11 minutes; Shenzhen about 30–45 minutes. Dense frequency provides same-day fallback capacity.

酒店建议：广州住珠江新城或地铁可直达广州南站的区域。顺德和深圳均做日游，避免连续换酒店与拖运行李。

Hotel logic: stay in Zhujiang New Town or an area with direct metro access to Guangzhou South. Make Shunde and Shenzhen day trips to avoid repeated hotel changes and luggage handling.



逐日安排（一） / Daily Plan I

日期 / Date	住宿地 / Overnight	当天安排 / Programme	交通 / Transport
10/11 SUN	成都 Chengdu	Jon从日本抵达成都，与Simon会合；抵达后只入住休息。 Jon arrives from Japan and meets Simon in Chengdu; hotel and rest only.	首选3U3962 NRT 16:40→TFU 21:00；班次返回但无价格。 Preferred exact-date schedule returned; fare unavailable.
10/12 MON	成都 Chengdu	熊猫谷开门时进入；午后街子古镇。 Panda Valley at opening; Jiezi Ancient Town in the afternoon.	包车一日；不再叠加其他古镇。 Private car for the day; no extra ancient town.
10/13 TUE	成都 Chengdu	黄龙溪完整一日；傍晚回城后休息。 Full day at Huanglongxi; rest after returning to the city.	包车往返。 Private round trip.
10/14 WED	成都 Chengdu	武侯祠—锦里—宽窄巷子；新增的完整成都城市日。 Wuhou Shrine—Jinli—Kuanzhai Alleys; the added full Chengdu city day.	市内地铁与短程出租车。 Metro and short taxi rides.
10/15 THU	西安 Xi'an	05:50左右离开酒店，10:05抵达西安北；寄放行李后安排城墙—钟楼—鼓楼—回民街，完整利用下午与晚间。 Leave the hotel around 05:50 and reach Xi'an North at 10:05; after dropping luggage, use the full afternoon and evening for the City Wall—Bell Tower—Drum Tower—Muslim Quarter.	目标G322 06:56→10:05；备选D1910 07:00→10:59、G1282 07:36→11:21。 当前运行图，未开售。 Early current-timetable candidates; not yet on sale.
10/16 FRI	西安 Xi'an	兵马俑开门时进入；下午大雁塔及大唐不夜城。 Terracotta Warriors at opening; Big Wild Goose Pagoda and Grand Tang Mall in the afternoon and evening.	兵马俑建议早班包车；返城后地铁。 Early private transfer to the Warriors; metro after returning to the city.



逐日安排（二） / Daily Plan II

日期 / Date	住宿地 / Overnight	当天安排 / Programme	交通 / Transport
10/17 SAT	西安 Xi'an	华山索道组合，不做全程徒步；按天气与体力选择方向。 Mount Hua cable-car circuit; no full trek. Choose direction by weather and fitness.	G2678 07:46→08:14；G2095 19:09→19:37。当前运行图，未开售。 Current-timetable candidates; not yet on sale.
10/18 SUN	拉萨 / D1 Lhasa / D1	13:00抵达后只入住、补水、清淡饮食和休息；不安排观光。 After the 13:00 arrival: hotel, hydration, light food and rest only; no sightseeing.	TV6051 XIY 09:25→LXA 13:00；班次返回但无价格。 Exact-date nonstop returned; fare unavailable.
10/19 MON	拉萨 / D2 Lhasa / D2	身体状况良好才安排布达拉宫—大昭寺—八廓街；分段执行并保留午休。 Potala Palace-Jokhang Temple-Barkhor Street only if well; split the day and preserve a midday rest.	旅行社专车与英文导游；第2晚也是最后一个拉萨适应夜。 Operator vehicle and English-speaking guide; second and final Lhasa acclimatization night.
10/20 TUE	江孜 / D3 Gyantse / D3	07:30离开拉萨，经羊卓雍措、卡若拉冰川抵达江孜；下午按到达时间安排宗山古堡外围。 Leave Lhasa at 07:30 via Yamdrok Lake and Karola Glacier to Gyantse; add the Dzong exterior in the afternoon if timing permits.	约260-280km，含停留6-8小时；睡眠海拔约3,950-4,000m。 Approx. 260-280 km, 6-8 h including stops; sleep around 3,950-4,000 m.
10/21 WED	日喀则 / D4 Shigatse / D4	白居寺与十万佛塔开门时进入；随后前往日喀则并参观扎什伦布寺。 Pelkor Chode and Kumbum at opening; continue to Shigatse and visit Tashilhunpo Monastery.	江孜→日喀则约95km、2小时；当天总活动6-8小时。 Gyantse→Shigatse approx. 95 km / 2 h; total programme 6-8 h.
10/22 THU	定日/协格尔 / D5 Tingri/Shegar / D5	08:00离开日喀则前往定日/协格尔；抵达后办理EBC次日准备。 Leave Shigatse at 08:00 for Tingri/Shegar; prepare for the EBC day after arrival.	约240-260km，4-6小时；睡眠海拔约4,300m。 Approx. 240-260 km, 4-6 h; sleep at approx. 4,300 m.



逐日安排（三） / Daily Plan III

日期 / Date	住宿地 / Overnight	当天安排 / Programme	交通 / Transport
10/23 FRI	定日/协格尔 / D6 Tingri/Shegar / D6	加乌拉山口—绒布—珠峰大本营游客区；同日返回定日。 不在EBC过夜。 Gawula Pass–Rongbuk–Everest Base Camp visitor area; return to Tingri the same day. No overnight stay at EBC.	全天约6–8小时车程；日间最高约5,000–5,200m。 Approx. 6–8 h of driving; daytime high around 5,000–5,200 m.
10/24 SAT	日喀则 / D7 Shigatse / D7	07:30离开定日；若许可、天气和体力允许，途中加入萨迦寺；下午抵达日喀则后完成次日机场行李整理。 Leave Tingri at 07:30; add Sakya Monastery en route if permits, weather and condition allow. Reach Shigatse in the afternoon and prepare airport luggage for the next day.	约240–300km，含萨迦停留5–7小时。 Approx. 240–300 km and 5–7 h including the Sakya stop.
10/25 SUN	广州 / D8 Guangzhou / D8	07:30左右从日喀则出发，直接前往拉萨贡嘎机场；不进拉萨市区、不增加休息夜。当晚抵达广州后只入住。 Leave Shigatse around 07:30 and travel directly to Lhasa Gonggar Airport; do not enter Lhasa city or add a rest night. Hotel only after reaching Guangzhou.	日喀则→LXA约4–5小时；3U6636 + 3U6709 16:10→21:50，经TFU 1h40。班次返回、无价格。 Shigatse→LXA approx. 4–5 h; exact-date same-airline connection returned without fare.
10/26 MON	广州 Guangzhou	09:30开始珠江新城—花城广场—海心沙—广州塔；傍晚安排珠江夜游。避免长途，但不留空白半日。 Start at 09:30 with Zhujiang New Town–Huacheng Square–Haixinsha–Canton Tower; add an evening Pearl River cruise. Avoid a long transfer without leaving a blank half-day.	地铁 + 步行 + 夜游船。 Metro, walking and evening cruise.
10/27 TUE	广州 Guangzhou	陈家祠开门时进入—永庆坊—沙面—北京路；形成完整城市日。 Chen Clan Academy at opening–Yongqingfang–Shamian–Beijing Road for a full city day.	地铁 + 短程出租车。 Metro plus short taxi rides.
10/28 WED	广州 Guangzhou	顺德日游：清晖园—华盖路—本地餐饮；按体力加顺峰山公园。 Shunde day trip: Qinghui Garden–Huagai Road–local food; add Shunfeng Mountain Park if energy permits.	C7627 09:29→09:40；C7690 19:01→19:11。未开售。 Current-timetable intercity candidates; not yet on sale.



逐日安排（四） / Daily Plan IV

日期 / Date	住宿地 / Overnight	当天安排 / Programme	交通 / Transport
10/29 THU	广州 Guangzhou	深圳日游：深圳博物馆/市民中心—莲花山—福田；晚间返回广州。 Shenzhen day trip: Shenzhen Museum/Civic Center–Lianhuashan–Futian; return to Guangzhou in the evening.	G6237 09:04→09:41； G6054 19:16→19:46，未开售。 Current-timetable HSR candidates; not yet on sale.
10/30 FRI	台北 Taipei	约14:30后进入市区；中正纪念堂—永康街或大稻埕；夜市。 Enter the city after about 14:30; Chiang Kai-shek Memorial Hall–Yongkang Street or Dadaocheng; night market.	BR708 CAN 11:25→TPE 13:35；实时价格快照€159。 Exact-date priced snapshot: €159.
10/31 SAT	台北 Taipei	故宫博物院—迪化街—台北101或象山，按天气选择。 National Palace Museum–Dihua Street–Taipei 101 or Elephant Mountain, weather permitting.	捷运 + 短程出租车。 MRT plus short taxi rides.
11/01 SUN	台北 Taipei	新增台北完整日：北投/淡水或城市自由活动；Simon准备次日早班机。 Added full Taipei day: Beitou/Tamsui or flexible city time; Simon prepares for the next morning flight.	捷运；晚间提前整理行李。 MRT; pack early in the evening.
11/02 MON	上海转机 / 旅程结束 Shanghai connection / journey ends	Simon乘早班机抵达PVG；取行李、入境后留在机场或附近休息，建议18:00前完成法航值机。Jon当日去向未提供。 Simon reaches PVG on the morning flight; after immigration and baggage, remain at or near the airport and complete Air France check-in before 18:00. Jon's onward plan is not supplied.	CI501 TPE 08:45→PVG 10:50，€203；Air France PVG→CDG 22:00，仅Simon。 Priced nonstop snapshot; separate-ticket same-day connection, Simon only.

同日转机边界：CI501计划在法航前约11小时10分抵达，缓冲明显，但仍可能受台北起飞延误、上海入境和行李影响。建议两张票均可退改，并准备11月1日晚飞上海的备用方案。
Same-day connection boundary: CI501 is scheduled about 11h10 before Air France, a substantial buffer, but Taipei delay, Shanghai immigration and baggage remain risks. Use flexible tickets and retain a 1 November evening flight as backup.



西藏8日高效率规范 / Eight-Day Efficient Tibet Specification

日 / Day	路线 / Route	睡眠海拔 / Sleep altitude	车程 / Drive	控制逻辑 / Control logic
D1	抵达拉萨，只休息 Arrive in Lhasa; rest only	约3,650m Approx. 3,650 m	机场接送1–1.5h Airport transfer 1–1.5 h	禁止高强度活动 No strenuous activity
D2	拉萨轻量游览 Light Lhasa sightseeing	约3,650m Approx. 3,650 m	拉萨市内短途 Short Lhasa transfers	第2晚后离开拉萨 Leave Lhasa after the second night
D3	拉萨—羊卓雍措—卡若拉冰川—江孜 Lhasa–Yamdrok Lake–Karola Glacier–Gyantse	3,950–4,000m 3,950–4,000 m	260–280km / 6–8h 260–280 km / 6–8 h	07:30出发；江孜过夜，不把景点压成路过 Depart at 07:30; sleep in Gyantse rather than reducing it to a drive-through stop
D4	江孜—白居寺/十万佛塔—日喀则/扎什伦布寺 Gyantse–Pelkor Chode/Kumbum–Shigatse/Tashilhunpo	3,840–3,850m 3,840–3,850 m	约95km / 2h公路 Approx. 95 km / 2 h road	使用完整上午和下午，不设置空白恢复日 Use the full morning and afternoon; no blank recovery day
D5	日喀则—定日/协格尔 Shigatse–Tingri/Shegar	约4,300m Approx. 4,300 m	240–260km / 4–6h 240–260 km / 4–6 h	08:00出发；睡眠海拔上升约450m Depart at 08:00; sleeping altitude rises by approx. 450 m
D6	定日—加乌拉—绒布—珠峰大本营—定日 Tingri–Gawula Pass–Rongbuk–Everest Base Camp–Tingri	回到约4,300m Return to sleep at approx. 4,300 m	全天6–8h 6–8 h driving	日间最高5,000–5,200m；不住EBC Daytime high 5,000–5,200 m; no EBC overnight
D7	定日—萨迦寺—日喀则 Tingri–Sakya Monastery–Shigatse	3,840–3,850m 3,840–3,850 m	240–300km / 5–7h 240–300 km / 5–7 h	07:30出发；许可、天气和身体状况允许时加入萨迦寺 Depart at 07:30; add Sakya Monastery when permits, weather and condition allow
D8	日喀则—拉萨贡嘎机场—广州 Shigatse–Lhasa Gonggar Airport–Guangzhou	广州低海拔 Low-altitude Guangzhou	公路4–5h + 航班5h40 Road 4–5 h + flight 5h40	不进拉萨市区；机场缓冲至少3小时 Skip Lhasa city; retain at least three hours at the airport

许可 / Permits

由有涉外资质旅行社逐项确认TTP、沿线旅行证及珠峰/边境文件。
A qualified operator must itemize the TTP, route permits and EBC/border documents.

住宿 / Lodging

合同写明定日/协格尔准确镇区、海拔、供暖、独卫、热水与最近医疗点；并确认10月25日日喀则到机场的出发时间。
Contract to specify the exact Tingri/Shegar settlement, altitude, heating, bathroom, hot water and nearest clinic, plus the 25 October Shigatse-to-airport departure time.

下撤 / Descent

持续或加重症状时禁止继续升高；导游有权取消EBC并立即下撤。
No further ascent with persistent or worsening symptoms; the guide may cancel EBC and descend.



广州五晚模块 / Five-Night Guangzhou Module

26-27 OCT / GUANGZHOU

连续两个完整城市日 / Two full city days
26日09:30开始珠江新城、广州塔与夜游；27日陈家祠开门时进入，再走永庆坊、沙面 and 北京路。
Start 26 October at 09:30 with Zhujiang New Town, Canton Tower and an evening cruise; enter Chen Clan Academy at opening on 27 October, then continue to Yongqingfang, Shamian and Beijing Road.

28 OCT / SHUNDE

园林与饮食 / Garden & food
清晖园、华盖路；以顺德菜为主线。高铁到顺德站后用出租车接驳大良。
Qinghui Garden and Huagai Road, structured around Shunde cuisine. Taxi from Shunde station to Daliang.

29 OCT / SHENZHEN

当代城市观察 / Contemporary city
深圳博物馆/市民中心、莲花山、福田。高铁到深圳北后换地铁。
Shenzhen Museum/Civic Center, Lianhuashan and Futian. Transfer to metro at Shenzhen North.

模块 / Module	首选运行图 / Preferred current timetable	同窗备选 / Same-window backup	执行说明 / Operating note
广州南→顺德 Guangzhou South → Shunde	C7627 09:29→09:40	C6927 09:52→10:00	顺德站并非核心景点所在地，预留出租车接驳。 Shunde station is not the sightseeing core; allow taxi transfer.
顺德→广州南 Shunde → Guangzhou South	C7690 19:01→19:11	C6962 20:03→20:13	若晚餐延长，使用后续城际车。 Use a later intercity service if dinner runs long.
广州南→深圳北 Guangzhou South → Shenzhen North	G6237 09:04→09:41	G6579 09:00→09:46	车次密集；以最终12306当日运行图选择。 Dense frequency; select from the final 12306 operating plan.
深圳北→广州南 Shenzhen North → Guangzhou South	G6054 19:16→19:46	G6236 19:26→19:56	不要压到末班车；保留一班以上余量。 Do not target the final train; retain at least one later service.

不建议深圳过夜：10月30日11:25从广州白云机场飞台北。继续住广州可避免早晨跨城返回CAN。
No Shenzhen overnight recommended: the Taipei flight leaves Guangzhou Baiyun at 11:25 on 30 October. Remaining in Guangzhou avoids a morning cross-city airport transfer.



预订闸门与旅客边界 / Booking Gates & Traveller Boundaries

Jon / 美国护照 / U.S. passport

Simon / 文件待补 / Documents outstanding

须确认中国入境资格、签证入境次数与停留期；西藏旅行社需要护照及签证页办理入藏文件。
Confirm China entry basis, visa entries and permitted stay; the Tibet operator needs passport and visa copies.

Simon 10月11日进入成都的航班号仍未提供，不虚构班次。11月2日22:00法航PVG→CDG只适用于Simon。
Simon's 11 October Chengdu inbound flight remains unsupplied and is not invented. The 2 November 22:00 Air France PVG→CDG sector applies only to Simon.

台北→上海会再次进入中国大陆。任何过境免签路径都须在出票前由承运人和适用官方规则确认；双次/多次签证更稳妥。
Taipei→Shanghai re-enters mainland China. Any visa-free-transit path must be confirmed with the carrier and applicable official rules before ticketing; a double/multiple-entry visa is safer.

Simon的台湾入境依据须按其实际旅行证件单独核实，不能套用Jon的美国护照规则。
Simon's Taiwan entry basis must be checked against his actual travel document and cannot be inferred from Jon's U.S. passport.

执行顺序 / Execution order

#	动作 / Action	完成标准 / Completion criterion	失败处理 / Failure path
01	立即确定涉外西藏旅行社并提交10月18–25日路线。 Select a qualified Tibet operator and submit the 18–25 October route.	许可清单、江孜/日喀则/定日酒店、车辆与退款条款均书面确认 Written permits, Gyantse/Shigatse/Tingri hotels, vehicle and refund terms	更换旅行社；不买不可退进藏交通 Change operator; avoid non-refundable Tibet transport
02	验证3U3962、TV6051、3U6636 + 3U6709承运人结算页。 Validate carrier checkout for the schedule-only flights.	出现可支付票价、行李与退改规则 Payable fare, baggage and change/refund terms displayed	使用同日已返回备选，保留西藏8日核心结构 Use a same-day returned fallback while preserving the eight-day Tibet core.
03	先锁BR708与CI501的可退改票。 Lock flexible BR708 and CI501 tickets first.	出票成功、姓名与证件一致 Tickets issued; names match documents	CI501失败时，优先改为11月1日晚抵达上海 If CI501 fails, prioritize an evening 1 November arrival in Shanghai.
04	进入12306预售窗后购买四组铁路。 Buy the four rail modules once their 12306 windows open.	车次、车站、证件与席位全部确认 Services, stations, documents and class all confirmed	使用同时间窗备选车次 Use same-window backup services
05	按实名窗口预约布达拉宫、华山及热门博物馆。 Use real-name windows for Potala, Mount Hua and popular museums.	官方预约成功 Official reservation confirmed	调整同城日序，但不得取消第2个拉萨适应夜 Reorder local days, but do not remove the second Lhasa acclimatization night.



来源、限制与最终建议 / Sources, Limitations & Final Recommendation

航班检索 / Flight research

Google Flights exact-date queries, retrieved 2026-08-01, France/EUR:
https://www.google.com/travel/flights?hl=en&curr=EUR
Routes: TYO-CTU 10/11; XIY-LXA 10/18; LXA-CAN 10/25; CAN-TPE 10/30; TPE-PVG 11/02.
Flight numbers independently extracted from exact-date Travel Impact Model itinerary identifiers embedded in the returned HTML.

铁路检索 / Rail research

Ctrip current timetable pages, retrieved 2026-08-01:
https://trains.ctrip.com/TrainBooking/chengdu-xian/gaotie
https://trains.ctrip.com/TrainBooking/xian-huashan/gaotie
https://trains.ctrip.com/TrainBooking/huashan-xian/gaotie
https://trains.ctrip.com/TrainBooking/guangzhou-shunde/gaotie
https://trains.ctrip.com/TrainBooking/shunde-guangzhou/gaotie
https://trains.ctrip.com/TrainBooking/guangzhou-shenzhen/gaotie
https://trains.ctrip.com/TrainBooking/shenzhen-guangzhou/gaotie

Official China Railway / 中国铁路 12306:
https://www.12306.cn/en/index.html

西藏与健康 / Tibet & health

UK FCDO regional risks: https://www.gov.uk/foreign-travel-advice/china/regional-risks
Merck Manual altitude illness: https://www.merckmanuals.com/professional/injuries-poisoning/altitude-illness/altitude-illness
NHS altitude sickness: https://www.nhs.uk/conditions/altitude-sickness/

FINAL DECISION

采用单一路线

USE THE SINGLE REVISED ROUTE

成都4晚→西安3晚→西藏7晚→广州基地5晚→台北3晚；11月2日上海同日转机。
Chengdu 4 nights → Xi'an 3 → Tibet 7 → Guangzhou base 5 → Taipei 3; same-day Shanghai connection on 2 November.

有条件执行：TV6051与3U6636 + 3U6709均为精确日期返回但无价班次。日喀则—机场—广州是高强度衔接，必须先在承运人结算页出现可支付票价，并由旅行社书面确认公路到机场时限。

Conditional execution: TV6051 and 3U6636 + 3U6709 are exact-date returned but unpriced. The Shigatse–airport–Guangzhou connection is demanding; require a payable carrier checkout and written operator confirmation of the road-to-airport timing.

审计限制 / Audit limitations

- 绿色价格是检索时快照，不保证下一次结算仍有库存。 Displayed fares are snapshots, not inventory guarantees.
- 截至8月1日，12306官方仅显示售至8月15日；10月车次仍只是当前运行图候选。 On 1 August, official 12306 sales extended only to 15 August; October services remain current-timetable candidates.
- 10月25日前后民航换季；10月25日日喀则—机场—广州必须同时通过旅行社时限确认和承运人结算页验证。 The civil-aviation season changes around 25 October; the 25 October Shigatse–airport–Guangzhou chain requires both operator timing confirmation and carrier checkout verification.
- 许可、天气、道路与景区管理可改变计划。 Permits, weather, roads and site management can change the plan.

本报告不把“当前运行图”写成“已经可以买”。
This dossier does not convert a current timetable into a claim of bookability.