



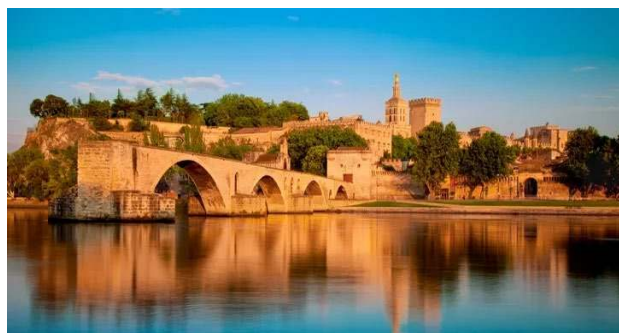
## 8 天里昂和普罗旺斯之旅

Lyon & Provence

8 Days | 7 Guided Tours | 1 Country

8 天 | 7 导览 | 1 个国家

**\*部分行程会有不同\***



## **Day 1 — Avignon, France 法国阿维尼翁**

Embark your ship and settle into your stateroom. Avignon's narrow streets are lined with churches and remarkable medieval buildings. This "City of Popes" was the papal seat for 70 years during the 14th century after the sitting pope abandoned Rome and fled here. The massive church-fortress Palais des Papes, or Palace of the Popes, was the center of the Christian world during that controversial period. It remains a work of Gothic splendor. Another of Avignon's notable structures reaches into the Rhône, the ruins of the Pont d'Avignon. The 12th-century bridge, immortalized in folk song and dance, once spanned the river.

登上您的船，安顿好您的客舱。阿维尼翁的狭窄街道两旁林立着教堂和引人注目的中世纪建筑。在 14 世纪，在位的教皇放弃罗马并逃到这里之后，这座“教皇之城”曾是教皇的所在地，长达 70 年。巨大的教堂堡垒教皇宫，即教皇宫，是那个充满争议的时期基督教世界的中心。它仍然是一座哥特式建筑。阿维尼翁另一座著名的建筑延伸到罗纳河，即阿维尼翁桥的废墟。这座 12 世纪的桥梁曾横跨这条河，因民间歌曲和舞蹈而永垂不朽。

## **Day 2 — Arles, France 法国阿尔勒**

In the last days of the Roman Empire, Arles was the capital of Roman Gaul and boasts many Gallo-Roman ruins including Les Arènes; this ancient amphitheater seats 20,000 and is still used today for bullfights and plays. The town has an energetic feel, attracting farmers from the countryside to the frequent and famous Provençal market. It also enjoys a rich artistic heritage; the Mediterranean sunlight here inspired legendary Impressionist Vincent van Gogh to paint a number of works. Many of Arles's sights are immortalized in his paintings.

在罗马帝国的最后时期，阿尔勒是罗马高卢的首都，拥有许多高卢罗马遗址，包括竞技场；这座古老的圆形剧场可容纳 20,000 人，至今仍用于斗牛和戏剧表演。这座城镇充满活力，吸引了来自乡村的农民前往频繁而著名的普罗旺斯市场。它还拥有丰富的艺术遗产；这里的地中海阳光激发了传奇印象派画家文森特·梵高创作了许多作品。阿尔勒的许多风景都在他的画作中永垂不朽。

**Shore Excursions:** Arles Walking Tour、Unspoiled Camargue & Architectural Gems、Delights of Provence

岸上观光：阿尔勒徒步之旅、未受污染的卡马格和建筑瑰宝、普罗旺斯的乐趣

### **Day 3 — Avignon, France 法国阿维尼翁**

When the Catholic Church acquired Avignon during the 1300s, it quickly transformed the quiet riverside village into a major religious and cultural center. Evidence of the makeover is everywhere. In addition to the enormous palace, the church constructed a wall around Avignon and provided mansion-like residences to its cardinals. Avignon Cathedral was dwarfed by its neighbor, the Palace of the Popes. Centuries after the papacy returned to Rome, the Vatican called for a gilded statue of Mary to be placed atop the cathedral; her golden gaze still welcomes visitors today.

1300 年代，天主教会接管了阿维尼翁，迅速将这个宁静的河畔村庄变成了一个重要的宗教和文化中心。改造的证据随处可见。除了巨大的宫殿外，教会还在阿维尼翁周围修建了一堵墙，并为枢机主教们提供了豪宅般的住所。阿维尼翁大教堂与它的邻居教皇宫相比显得矮小。教皇返回罗马几个世纪后，梵蒂冈要求在大教堂顶部放置一尊镀金的圣母玛利亚雕像；她金色的目光至今仍在欢迎游客。

**Shore Excursions:** Avignon Walk & Pope's Palace、Lavender Fields of Provence、Châteauneuf-du-Pape Wine Tasting、Pont du Gard Aqueduct、Canoe the Rhône River

**岸上观光:** 阿维尼翁步行道和教皇宫殿、普罗旺斯的薰衣草田、教皇新堡品酒会、加尔桥渡槽、罗讷河上的独木舟

### **Day 4 — Viviers, France 法国维维耶**

The sleepy town of Viviers was founded during the 5th century. This former Roman settlement became a bishop's seat, and conflicts during ensuing centuries required the town to be fortified. With the Renaissance came a more stable period of wealth that allowed many new houses to be built, including a fine example of the era that still stands, the Maison des Chevaliers. Some buildings date back to the Middle Ages, and time seems to stand still along the cobblestone streets of its Old Town, dominated by the 12th-century St. Vincent Cathedral with its beautiful windows.

寂静的维维耶小镇始建于 5 世纪。这座前罗马定居点成为主教的所在地，随后几个世纪的冲突迫使该镇加强防御。文艺复兴时期带来了一个更加稳定的财富时期，允许建造许多新房子，包括至今仍屹立不倒的那个时代的典范——骑士之家。一些建筑可以追溯到中世纪，沿着老城区的鹅卵石街道，时间似乎静止了，最引人注目的是 12 世纪的圣文森特大教堂，它有着美丽的窗户。

## **Shore Excursions:** Viviers Walking Tour、Charming Ardèche

岸上观光：维维耶徒步之旅、迷人的阿尔代什省

## **Day 5 — Tournon, France** 法国 图尔农

**Scenic Sailing: Rhône River** 风景优美的航行：罗讷河

**Vienne, France** 法国维埃纳

Tournon, France

Tournon lies secluded between the river and the vineyard-blanketed granite slopes that nurture fine vintages. An ancient castle, built snugly into a rock, overlooks the riverside setting. A settlement has perched on this hill since Celtic times, but the stunning views from its overlook have never changed. The name of its neighboring wine-producing region, Tain-l'Hermitage, comes from the hermit who planted vines here after returning from the Crusades. Today, his vines are awash in sunshine and produce a port-like wine and some stellar whites.

Scenic Sailing: Rhône River

The lure of fine cuisine, charming villages and breathtaking vistas is never-ending along the Rhône River. Journey along this graceful waterway, meandering past vine-clad banks, and incredibly preserved echoes of medieval times and the days of the Roman Empire. The several locks through which the ship passes have helped to tame its waters, once unnavigable because of rapids, shallows and whirlpools. Today, a voyage along this stretch is a pleasant, gentle experience, surrounded by the hills and soaring mountains of the Rhône Valley.

Vienne, France

Situated between France's Burgundy and Beaujolais regions, Vienne is the gateway to Lyon's countryside. It is one of the oldest towns in France, with a history that can be traced through its architecture. Among its Roman remains and artifacts, the Roman Temple of Augustus & Livia dates back to the 1st century AD. Its Roman amphitheater, nestled in the hills of Mont Pipet, is one of the best preserved in the nation. Vienne also boasts remarkably preserved medieval buildings and market ruins. Other landmarks include the Abbey of Saint Pierre and the Church of Saint-André-le-Bas.

法国 图尔农

图尔农位于河流与长满葡萄园的花岗岩山坡之间，这里盛产优质葡萄酒。一座古老的城堡紧贴岩石，俯瞰着河畔的景色。自凯尔特时代以来，这座山上就有一个定居点，但从那里俯瞰的壮丽景色从未改变过。邻近的葡萄酒产区泰恩-埃米塔日 (Tain-l'Hermitage) 的名字来自一位从十字军东征归来后在这里种植葡萄的隐士。如今，他的葡萄藤沐浴在阳光下，酿造出波特酒般的葡萄酒和一些优质的白葡萄酒。

### 风景优美的航行：罗纳河

罗纳河沿岸的美食、迷人的村庄和壮丽景色无时无刻不在诱惑着您。沿着这条优美的水道航行，蜿蜒穿过长满葡萄藤的河岸，以及保存完好的中世纪和罗马帝国时代的遗迹。船只经过的几座船闸有助于驯服曾经因急流、浅滩和漩涡而无法通航的水流。如今，沿着这条河道航行是一种愉快而轻松的体验，周围环绕着罗纳河谷的丘陵和高耸的山脉。

### 法国维埃纳

维埃纳位于法国勃艮第和博若莱地区之间，是通往里昂乡村的门户。它是法国最古老的城镇之一，其历史可以通过其建筑追溯。在其罗马遗迹和文物中，奥古斯都和利维亚罗马神庙可追溯到公元 1 世纪。其罗马圆形剧场坐落在 Mont Pipet 的山丘上，是法国保存最完好的圆形剧场之一。维埃纳还拥有保存完好的中世纪建筑和市场遗址。其他地标包括圣皮埃尔修道院和圣安德烈勒巴斯教堂。

### **Shore Excursions:** Tournon Steam Train、Vienne Walking Tour、Rhône Valley Vineyard Hike

岸上观光：图尔农蒸汽火车、维埃纳徒步之旅、罗纳河谷葡萄园徒步旅行

### **Day 6 — Lyon, France 法国里昂**

Lyon straddles the Rhône and Saône Rivers. After Paris, it is considered the country's most significant cultural center. Amid a cityscape of red-roofed buildings, tree-lined boulevards and riverside promenades, the cobblestone streets of Old Lyon host a rich collection of Renaissance architecture and intimate traboules, unique passageways through buildings that connect adjacent streets, all of it overlooked by the grand basilica atop Fourvière Hill. The city also boasts a wealth of outstanding museums, cultural treasures and excellent Lyonnaise eateries.

里昂横跨罗纳河和索恩河。它是继巴黎之后法国最重要的文化中心。在红顶建筑、林荫大道和河滨长廊的映衬下，里昂老城的鹅卵石街道上布满了文艺复兴时期的建筑和私密的

traboules，这些独特的通道穿过连接相邻街道的建筑，所有这些都俯瞰着富维耶山顶的大教堂。这座城市还拥有众多杰出的博物馆、文化宝藏和一流的里昂餐馆。

**Shore Excursions:** Panoramic Lyon、Timeless Town of Pérouges、Trek Vieux Lyon

**岸上观光:** 里昂全景、永恒之城佩鲁日、徒步游览里昂老城

## **Day 7— Lyon, France 法国里昂**

Lyon is known as the food capital of France. It is not uncommon for well-heeled Parisians to travel to Lyon for dinner. The city is surrounded by towns and villages that produce excellent fresh produce, and gastronomic outlets are plentiful here. The great chefs of Lyon enjoy celebrity status, whether they prepare classic recipes the traditional way or elevate them with their own signature touches. Their delicious meals may be paired with a glass of light, fruity Beaujolais from the north or a bold Rhône red from the south.

里昂被誉为法国美食之都。富有的巴黎人经常前往里昂享用晚餐。这座城市周围环绕着生产优质新鲜农产品的城镇和村庄，这里美食店众多。里昂的大厨享有名人地位，无论他们以传统方式烹制经典菜肴还是以自己的特色风味提升菜肴。他们的美味佳肴可以搭配一杯来自北部的清淡果味博若莱葡萄酒或来自南部的浓郁罗纳红葡萄酒。

**Shore Excursions:** Beaujolais Wine Country、Beaujolais & Truffles、Flavors of Lyon

**岸上观光:** 博若莱葡萄酒之乡、博若莱和松露、里昂风味

## **Day 8— Lyon, France 法国里昂**

After breakfast, disembark your ship and journey home.

里昂老城是欧洲文艺复兴时期建筑最密集的城市之一，值得一游。这座联合国教科文组织世界遗产的住宅可追溯到15世纪该市的丝绸编织成功时期，当时意大利商人和银行家将利润用于建造联排别墅；如今，他们的一些优雅住宅已成为博物馆。圣让大教堂位于里昂老城的中心地带，是罗马式和哥特式建筑的典范。它经历了政治动荡和宗教战争时期，现在是该市最突出的标志之一。早餐后，下船回家。