



# 10 天地中海帝国

Empires of the Mediterranean

10 天 | 8 场导览 | 5 个国家

10 Days | 8 Guided Tours | 5 Countries

**\*部分行程会有不同\***



## **Day 1 — Venice (Chioggia), Italy 意大利威尼斯 (基奥贾)**

登上游轮，入住您的客舱。基奥贾是一个迷人的渔业社区，位于威尼斯泻湖南端，拥有悠久的航海传统。运河、桥梁和渔船的结合让它获得了“小威尼斯”的绰号。主要步行街 Corso del Popolo 两旁遍布商店、酒吧和餐馆，散发着新鲜美味的海鲜菜肴的香气，散发着热闹的氛围。基奥贾与威尼斯有着悠久的文化和经济联系，可以追溯到中世纪，从威尼斯大区的首府乘坐水上出租车即可到达，沿途风景优美。

Embark your ship and settle into your stateroom. Chioggia is a charming fishing community located at the southern end of the Venetian Lagoon and steeped in age-old seafaring traditions. Its combination of canals, bridges and fishing boats have lent it the nickname “Little Venice.” Lined with shops, bars and restaurants, the main pedestrian street of Corso del Popolo exudes a lively atmosphere amid the aroma of delicious fresh seafood dishes. Chioggia shares a long history of cultural and economic ties with Venice, dating back to the Middle Ages, and is a scenic journey by water taxi from the capital of the Veneto region.

## **Day 2 — Koper, Slovenia 斯洛文尼亚科佩尔**

科佩尔拥有丰富的建筑遗产，其历史可以追溯到它作为强大的威尼斯共和国的首都时期。即使在今天，意大利的影响仍然很强烈；由于这座历史名城靠近意大利边境，斯洛文尼亚语和意大利语在这里同样常见。在铁托广场，威尼斯哥特式禁卫军宫殿是这座城市曾经强大力量的证据。12 世纪的圣母升天大教堂内有一口 1333 年铸造的钟，是该国最古老的钟之一。爬上塔楼，可以欣赏到城市和的里雅斯特湾的壮丽景色。

Koper boasts a rich architectural legacy that dates back to its days as a capital city under the mighty Venetian Republic. Even today, the Italian influence is strong; as this historic city is near the Italian border, Slovene and Italian are equally likely to be heard here. In Tito Square, the Venetian-Gothic Praetorian Palace stands as evidence of the city’s once great power. The 12th-century

Cathedral of the Assumption is home to a bell cast in 1333, one of the country's oldest. A climb up its tower is rewarded with splendid views of the city and the Gulf of Trieste.

**岸上观光：**老科佩尔徒步之旅、斯洛文尼亚全景海岸和农贸市场、渔夫每日捕捞、历史悠久的皮兰和松露、卢布尔雅那的主要地标、布莱德湖和布莱德城堡、波斯托伊纳洞穴和 Predjama 城堡、斯洛文尼亚乡村和农场、军事历史公园、私人家族庄园参观、波斯托伊纳溶洞游览

**Shore Excursions:** OLD KOPER WALKING TOUR、PANORAMIC SLOVENIAN COAST & FARMERS' MARKET、DAILY CATCH WITH A FISHERMAN、HISTORIC PIRAN & TRUFFLES、THE BEST OF LJUBLJANA、LAKE BLEED & BLEED CASTLE、POSTOJNA CAVE & PREDJAMA CASTLE、SLOVENIAN COUNTRYSIDE & FARM、PARK OF MILITARY HISTORY、PRIVATE FAMILY ESTATE VISIT、POSTOJNA CAVE VISIT

### **Day 3 — Zadar, Croatia 克罗地亚扎达尔**

扎达尔曾经是一个岛屿，与大陆之间被一条深壕沟隔开，拥有该地区最丰富的历史。一千多年来，它一直是独立的达尔马提亚的首都，因此与罗马、威尼斯和其他帝国有着巨大的影响力。它雄伟的城墙证明了它的威力，三座教堂大胆的罗马式建筑体现了它的宗教影响力。鹅卵石铺砌的街道蜿蜒穿过宏伟的老城区，这里是一座引人注目的红色屋顶中世纪石屋的宝库。

Zadar, once an island separated from the mainland by a deep moat, boasts one of the region's richest histories. For over a millennium, it was the capital of independent Dalmatia and so held great sway with Rome, Venice and other empires. Its impressive city walls attest to its might, and the bold Romanesque architecture of its three churches embodies its religious influence. A maze of

cobblestone streets winds through its magnificent Old Town, a remarkable repository of red-roofed, medieval stone houses.

**岸上观光：**扎达尔徒步之旅、帕格：奶酪爱好者的天堂、弗拉纳湖自然公园和海洋景观、风景如画的扎达尔腹地、科纳提群岛专属游艇巡游、帕格岛的蕾丝工作坊、科尔卡公园和扎达尔、历史悠久的希贝尼克和美味佳肴、科尔卡国家公园和独步拉瓦猎鹰中心

Shore Excursions: WALKING TOUR OF ZADAR、PAG: A CHEESELOVER' S PARADISE、VRANA LAKE NATURE PARK & OCEAN VISTAS、PICTURESQUE ZADAR HINTERLAND、EXCLUSIVE YACHT CRUISE IN THE KORNATI ARCHIPELAGO、LACE WORKSHOP ON PAG ISLAND、KRKA NATIONAL PARK & ZADAR、HISTORIC ŠIBENIK & CULINARY DELIGHTS、KRKA NATIONAL PARK & DUBRAVA FALCONRY CENTER

#### **Day 4 — Dubrovnik, Croatia 克罗地亚杜布罗夫尼克**

杜布罗夫尼克是一座历史悠久的城市，拥有壮丽的亚得里亚海风光、12 世纪的中世纪街道和保存完好的建筑。老城区令人叹为观止，剧作家萧伯纳曾称其为“人间天堂”。整个城市被高耸的中世纪城墙环绕，十分壮观。古城内的斯特拉顿大街两旁排列着正宗的石屋。宁静的 14 世纪方济会修道院和药剂师拥有世界上最古老的药房和精美的文艺复兴时期绘画收藏，让您可以一窥古城的风采。

Dubrovnik is a historic jewel, with its spectacular Adriatic setting, 12th-century medieval streets and incredibly preserved structures. So stunning is its Old Town, the playwright George Bernard Shaw famously called it “paradise on Earth.” It is all spectacularly surrounded by a towering medieval wall. Inside, the ancient city’ s Stradun is lined with authentic stone houses. The peaceful 14th-century Franciscan Monastery and Apothecary, housing the world’ s oldest working pharmacy and fine collection of Renaissance paintings, provide insight into the ages.

**岸上观光：**独步罗浮你可徒步之旅、杜布罗夫尼克缆车、杜布罗夫尼克的陆地和海洋之旅、达尔马提亚海岸美酒佳肴品尝会、莫斯塔尔和老桥、克罗地亚美食：品酒、古老克罗地亚的风味与传统、厨房餐桌、杜布罗夫尼克里维埃拉的古朴小镇、杜布罗夫尼克防御工事：城墙漫步、文艺复兴花园和美景、在当地村庄庄园享用晚餐

**Shore Excursions:** DUBROVNIK WALKING TOUR、DUBROVNIK BY CABLE CAR、DUBROVNIK BY LAND & SEA、DALMATIAN COAST WINE & FOOD TASTING、MOSTAR & THE OLD BRIDGE、CROATIAN DELIGHT: WINE TASTING、FLAVORS & TRADITIONS OF OLD CROATIA、THE KITCHEN TABLE、QUAINT TOWNS OF DUBROVNIK' S RIVIERA、DUBROVNIK' S FORTIFICATION: A CITY WALL WALK、A RENAISSANCE GARDEN & VIEWS、DINNER AT A LOCAL VILLAGE ESTATE

## **Day 5 — Kotor, Montenegro 科托尔, 黑山**

科托尔是黑山风景如画的首都，坐落在壮丽的山脉和壮丽的景色之中。高耸的悬崖耸立在狭窄的科托尔河口上方——这是一个水下峡谷，通常被称为欧洲最南端的峡湾。科托尔也是亚得里亚海保存最完好的中世纪古城之一。这座红色屋顶的城市魅力无穷，从罗马式大教堂不协调的塔楼到狭窄的街道。其令人惊叹的威尼斯城墙建于 1420 年，是科托尔作为威尼斯共和国的一个省份近 300 年的遗迹。

Kotor is Montenegro's picturesque capital set amid glorious mountains and dramatic scenery. Towering cliffs soar above the narrow Kotor *ria*—a submerged river canyon often called Europe' s southernmost fjord. Kotor is also home to one of the Adriatic' s best-preserved medieval Old Towns. The charms of this red-roofed city are endless, from the mismatched towers of its Romanesque cathedral to its narrow streets. Its stunning Venetian walls were built in 1420, remnants from Kotor' s nearly 300 years as a province of the Venetian Republic.

**岸上观光：**科托尔徒步之旅、巴洛克式建筑和风景秀丽的海景、黑山的亮点、黑山的魅力与历史、乡村与美食、圣母岩岛晚间音乐会、洛夫琴国家公园越野之旅、佩拉斯特与圣母岩岛、厨房餐桌、圣尼古拉斯方济各修道院音乐会演出

**Shore Excursions:** WALKING TOUR OF KOTOR、BAROQUE BUILDINGS & SCENIC SEASCAPES、HIGHLIGHTS OF MONTENEGRO、GLAMOUR & HISTORY IN MONTENEGRO、COUNTRYSIDE & CUISINE、EVENING CONCERT ON THE ISLAND OF OUR LADY OF THE ROCKS

、OFF-ROAD TOUR IN LOVĆEN NATIONAL PARK、PERAST & OUR LADY OF THE ROCKS ISLET、THE KITCHEN TABLE

、CONCERT PERFORMANCE AT ST. NICHOLAS FRANCISCAN MONASTERY

## **Day 6 — Corfu (Kérkyra), Greece 希腊科孚岛 (克尔基拉岛)**

科孚岛有着悠久的历史，由征服者和寻求安宁的皇室所塑造。科孚岛的老城区和堡垒——由曾经强大的威尼斯共和国建造——是联合国教科文组织世界遗产。狭窄的巷道通向欧洲最大的公共广场之一和一条曾经专供当地贵族使用的美丽的长廊。到处都是壮丽的海岸景色，风景优美的小路通向历史悠久的飞地，从 Paleopolis 考古遗址和令人惊叹的 Vlacherna 修道院到前希腊皇家别墅。

Corfu has a rich history shaped by conquerors and by royalty seeking tranquility. Corfu's Old Town and Fortress—fashioned by the once powerful Venetian Republic—comprise a UNESCO World Heritage Site. Its narrow warrens lead to one of Europe's largest public squares and a lovely promenade once exclusively reserved for the local aristocracy. Everywhere, magnificent coastal views unfold and scenic byways lead to history-rich enclaves, from the archaeological site of Paleopolis and the stunning Vlacherna Monastery to a former Greek royal villa.

**岸上观光：**科孚岛全景及老城区徒步之旅、帕莱欧卡斯提撒修道院和科孚岛、山地自行车骑行科孚岛、乘四轮驱动车游科孚岛、乘船欣赏 Paleokastritsa 海岸风光和科孚岛古城、科孚岛的自然和历史财富、科孚岛的传统风味和现代美食、风景秀丽的科孚岛和 Theotoky 庄园及酒庄

**Shore Excursions:** PANORAMIC CORFU & OLD TOWN WALKING TOUR、PALEOKASTRITSA MONASTERY & CORFU、CORFU BY MOUNTAIN BIKE、CORFU BY 4X4 VEHICLE、PALEOKASTRITSA COASTAL VIEWS BY BOAT & OLD CORFU、CORFU' S NATURAL & HISTORIC RICHES  
、 TRADITIONAL FLAVORS & MODERN CUISINE OF CORFU  
、 SCENIC CORFU AND THEOTOKY ESTATE & WINERY

## **Day 7 — Olympia (Katakolon), Greece 希腊奥林匹亚 (卡塔科隆)**

Katakolon is huddled around a pretty little harbor dotted with colorful fishing boats. Nearby, the fertile valleys of the western Peloponnese are a bounty of olive groves, vineyards and orchards, and lead to the legendary city of Olympia. The well-kept ruins here transport visitors back to the days of the earliest athletes who competed for nothing less than the favor of the gods. The remains evoke the glory of the Games, and the Olympia Archaeological Museum features statues that once overlooked the site.

卡塔科隆坐落在一个美丽的小港口周围，港口上停泊着色彩缤纷的渔船。附近，伯罗奔尼撒半岛西部肥沃的山谷里长满了橄榄树、葡萄园和果园，通往传奇的奥林匹亚城。这里保存完好的遗址将游客带回到最早的运动员时代，他们为了赢得众神的青睐而竞争。这些遗迹唤起了人们对奥运会的辉煌回忆，奥林匹亚考古博物馆展出了曾经俯瞰该遗址的雕像。

**Shore Excursions:** ANCIENT OLYMPIA、ANCIENT OLYMPIA & MAGNA GRECIA FARM、SYRTAKI, GREEK FOOD & ANCIENT OLYMPIA、OLYMPIA COUNTRYSIDE HIKE、FLAVORS OF THE GREEK COUNTRYSIDE、THE KITCHEN TABLE

**岸上观光:** 古奥林匹亚、古奥林匹亚和大希腊农场、锡尔塔基 (Syrtaki) 、希腊美食和古奥林匹亚、奥林匹亚乡村徒步、希腊乡村风味、厨房餐桌

## **Day 8 — Santorini (Thíra), Greece**

Santorini is one of the most visually arresting islands in the Aegean. Its whitewashed capital of Thíra perches on a cliff 1,300 feet above the sea, offering spectacular views of this magnificent city and surrounding turquoise waters. Thíra' s winding streets are a delight to explore and its charming cafés invite lingering respites in the Cyclades sun. Not to be upstaged, the island and its surrounding islets also offer opportunities to experience fully the natural volcanic splendor, from thermal spring soaks to caldera hikes.

**岸上观光:** 山顶与乡村、古代与现代的岛屿生活、圣托里尼家访、圣托里尼的主要地标、圣托里尼的多种风味、生图里尼岛的秘密葡萄酒之路、圣托里尼游船和徒步旅行、圣托里尼岛的风味、乘船游览火山口

**Shore Excursions:** SUMMITS & COUNTRYSIDE、ANCIENT & MODERN ISLAND LIFE、SANTORINI HOME VISIT、THE BEST OF SANTORINI、THE MANY FLAVORS OF SANTORINI、SANTORINI' S SECRET WINE ROUTES、CRUISE & HIKE SANTORINI、TASTES OF SANTORINI、CRUISE THE CALDERA

## **Day 9 — Athens (Piraeus), Greece 希腊雅典 (比雷埃夫斯)**

Athens has been called the “birthplace of democracy.” Its legacy looms large from atop Acropolis Hill, the pinnacle of ancient Greece. This open air museum is an astonishing repository of once-mighty structures. From its colonnaded

Parthenon—more than 2,600 years ago—revered Greek philosophers like Plato and Aristotle formulated new ideas of government and debated its role in civic life to captivated audiences. Remnants of spiritual life are also here in the several temples to Athena and Zeus.

雅典被称为“民主的发源地”。雅典的遗产在古希腊的巅峰雅典卫城山顶上显得格外突出。这座露天博物馆是一座令人惊叹的宝库，里面收藏着曾经辉煌的建筑。从 2600 多年前的柱廊帕台农神庙开始，受人尊敬的希腊哲学家如柏拉图和亚里士多德就提出了新的政府理念，并就其在公民生活中的作用与着迷的观众进行了辩论。雅典娜和宙斯的几座神庙也保留了精神生活的遗迹。

**岸上观光：**雅典全景和考古博物馆、步行游览雅典卫城和普拉卡区、苏尼翁角、德尔福与神谕、美丽的海岸线和古老的奇迹、新卫城博物馆和普拉卡区、城市中的希腊岛屿氛围和卡内洛普洛斯博物馆、完整的雅典卫城体验、雅典电动自动车之旅、古科林斯和运河、阿耳忒弥斯神殿

**Shore Excursions:** PANORAMIC ATHENS & ARCHAEOLOGICAL MUSEUM、ACROPOLIS & PLAKA DISTRICT BY FOOT、CAPE SOUNION、DELPHI & THE ORACLE、BEAUTIFUL COASTLINE & ANCIENT WONDERS、THE NEW ACROPOLIS MUSEUM & PLAKA DISTRICT、GREEK ISLAND AMBIENCE IN THE CITY & THE KANELLOPOULOS MUSEUM、THE FULL ACROPOLIS EXPERIENCE、ATHENS BY ELECTRIC BIKE  
、ANCIENT CORINTH & CANAL、THE SANCTUARY OF ARTEMIS、ANCIENT CORINTH & OLIVE OIL、THE KITCHEN TABLE、THE ACROPOLIS OF ATHENS & THE TEMPLE OF POSEIDON、THE CONTEMPORARY ART OF ATHENS、A TASTE OF ATHENS、TRADITIONAL GREEK COOKING CLASS

**Day 10 — Athens (Piraeus), Greece 希腊雅典 (比雷埃夫斯)**

早餐后，下船回家。

After breakfast, disembark your ship and journey home.