



10 天荷兰 比利时之旅

Holland & Belgium

10 Days | 8 Guided Tours | 3 Countries

10 天 | 8 场导览 | 3 个国家

部分行程会有不同



Day 1 —Amsterdam, The Netherlands 荷兰阿姆斯特丹

Embark your ship and settle into your stateroom. A city of charming canals, elegant gabled houses, splendid museums and abundant bicycles, the Dutch capital of Amsterdam is a delight to explore. Its patchwork of waterways forms about 90 islands connected by 1,500 bridges. The legacy of the Dutch Golden Age lives on in gilded manses and in the lush paintings of Rembrandt and other Dutch masters that adorn the Rijksmuseum, The Netherlands' grand repository of art and cultural history. Discovering Amsterdam is a pleasure best pursued on foot; visitors line the tranquil canals and linger over Dutch pancakes, or take a *stroopwafel* to go.

登上游轮，入住您的客舱。荷兰首都阿姆斯特丹是一座拥有迷人运河、优雅山墙房屋、壮丽博物馆和大量自行车的城市，值得您探索。它的水道错落有致，形成了约 90 个岛屿，由 1,500 座桥梁连接。荷兰黄金时代的遗产在镀金豪宅和装饰荷兰国立博物馆的伦勃朗和其他荷兰大师的华丽画作中得以传承，荷兰国立博物馆是荷兰艺术和文化历史的宏伟宝库。探索阿姆斯特丹是一种最好的步行乐趣；游客们沿着宁静的运河漫步，品尝荷兰煎饼，或带上一份荷兰松饼外带。

Day 2 — Amsterdam, The Netherlands 荷兰阿姆斯特丹

In Amsterdam, the bicycle is as much a cultural treasure as any museum. The city's flat terrain makes it ideal for getting around on two wheels. Bikes first pedaled onto the city's streets during the late 19th century; in the 1960s, the first bike-share program was invented here, founded by members of the anti-establishment Provo movement—short for “provocateur”—whose aim was to reduce air pollution created by cars. The program did not last, but the bicycle did, and cycle lanes were soon added to the street. Today, the city is home to hundreds of thousands of bikes.

在阿姆斯特丹，自行车和博物馆一样都是文化瑰宝。这座城市地势平坦，非常适合骑两轮车出行。自行车首次出现在城市街道上是在 19 世纪末；20 世纪 60 年代，第一个自行车共享计划在这里发明，由反建制运动 Provo（即“provocateur”的缩写）的成员创立，其目的是减少汽车造成的空气污染。该计划没有持续下去，但自行车却持续了下来，街道上很快就增加了自行车道。如今，这座城市拥有数十万辆自行车。

Shore Excursions: Amsterdam Canal Cruise、Keukenhof Gardens、Amsterdam's Golden Age、Portuguese Synagogue & Amsterdam's Jewish History、Cheeses of Edam & Beemster、Keukenhof Gardens & Historic Haarlem

岸上观光：阿姆斯特丹运河游船、库肯霍夫公园、阿姆斯特丹的黄金时代、葡萄牙犹太教堂和阿姆斯特丹的犹太历史、艾丹姆奶酪和贝姆斯特奶酪、库肯霍夫花园和历史悠久的哈勒姆

Day 3 — Hoorn, The Netherlands 荷兰霍恩

Founded in 1300, Hoorn was named for its horn-shaped harbor along the IJsselmeer, the artificial lake created by the construction of massive dams. Long before the dams, sailors had easy access to the North Sea from here, and this bolstered the success of the Dutch East India Company. A major trader with Asia and the most powerful company in the world, it made Hoorn one of its six home bases. The Dutch navigator Willem Corneliszoon Schouten was born in Hoorn; he is best known as the man who rounded the southern tip of South America in 1616 and named it “Cape Horn” for his birthplace. Brimming with history, the city’s cobblestone streets and age-old cheese warehouses are a delight to explore.

霍恩建于 1300 年，因艾瑟尔湖畔的角形港口而得名。艾瑟尔湖是一座人工湖，由大型水坝建造而成。早在水坝建成之前，水手们就可以轻松从这里前往北海，这为荷兰东印度公司的成功奠定了基础。作为与亚洲的主要贸易商和最强大的公司，该公司将霍恩作为其六个总部之一。荷兰航海家威廉·科内利松·斯考滕 (Willem Corneliszoon Schouten) 出生于霍恩；他最出名的是于 1616 年绕过南美洲南端，并以他的出生地将其命名为“合恩角”。这座城市充满了历史气息，鹅卵石街道和古老的奶酪仓库令人赏心悦目。

Shore Excursions: Hoorn Walking Tour & Local Performance、Dutch Countryside by E-Bike、Bulb Growers Visit

岸上观光：霍恩徒步之旅和当地表演、骑电动自行车游览荷兰乡村、球根种植者来访

Day 4 — Dordrecht, The Netherlands 荷兰多德雷赫特

Rotterdam, The Netherlands 荷兰鹿特丹

Dordrecht, The Netherlands

Dordrecht is the oldest city in Holland. Throughout the city, there are hundreds of historic monuments and landmarks, including the Grote Kerk and the 13th-century Augustinian monastery known as Het Hof. The picturesque waterways and decorative bridges of Dordrecht exude a bygone era and are best explored on foot. The inner-city harbors are centuries old and lined with grand warehouses that have now been

transformed into elegant homes. With a relaxed atmosphere and a plethora of quaint cafés and shops, Dordrecht oozes old-world charm.

Rotterdam, The Netherlands

Rotterdam stretches across a maze of natural and artificial waterways. With its location at the mouth of the New Meuse River and easy link to the Rhine and Central Europe, it is Europe's largest port, earning it the nickname "Gateway to Europe." Much of it was destroyed during World War II, yet it stands today as one of the continent's great cities of art, architecture and innovation, boasting a lively culture and many museums. With a pleasant river orientation, Rotterdam's spacious new inner city is a pleasure to explore; its shop-lined Lijnbaan district was Europe's first pedestrian shopping precinct.

荷兰多德雷赫特

多德雷赫特是荷兰最古老的城市。整个城市有数百座历史古迹和地标，包括格罗特教堂和13世纪的奥古斯丁修道院，即 **Het Hof**。多德雷赫特风景如画的水道和装饰精美的桥梁散发着旧时代的气息，最适合步行游览。市内港口已有数百年历史，两旁是宏伟的仓库，现已改建成优雅的住宅。多德雷赫特氛围轻松，拥有众多古雅的咖啡馆和商店，散发着旧世界的魅力。

荷兰鹿特丹

鹿特丹横跨迷宫般的天然和人工水道。鹿特丹位于新默兹河的河口，与莱茵河和中欧交通便利，是欧洲最大的港口，因此被誉为“欧洲之门”。二战期间，鹿特丹大部分建筑被毁，但如今，鹿特丹已成为欧洲最伟大的艺术、建筑和创新城市之一，拥有活跃的文化和众多博物馆。鹿特丹新内城面朝河流，宽敞宜人，值得一游；商店林立的 **Lijnbaan** 区是欧洲首个步行购物区。

Shore Excursions: Historic Dordrecht、Historic Dordrecht & Delft、Dutch Innovation and Greenhouse Agriculture

岸上观光: 历史悠久的多德雷赫特、历史悠久的多德雷赫特和代尔夫特、荷兰创新和温室农业、历史悠久的高达干酪和荷兰焦糖华夫饼

Day 5 — Kinderdijk, The Netherlands 荷兰小孩堤防

Kinderdijk is a village community in the Alblasserwaard province. This corner of South Holland, part of the scenic Waal and Merwede regions, has long been shaped by Rhine Delta waters. Kinderdijk is most known for its 19 remarkably preserved 18th-century windmills. The charming hamlet is located amid low-lying polders, tracts of land reclaimed from the sea by the power of the windmills and enclosed by embankments, or dikes. This legendary place calls to mind the 1865 novel *Hans Brinker*, in which a heroic boy plugs his finger into a ruptured dike.

小孩堤防是阿尔布拉瑟瓦德省的一个村庄。南荷兰省的这个角落是风景秀丽的瓦尔和梅尔韦德地区的一部分，长期以来一直受到莱茵河三角洲水域的影响。小孩堤防以其 19 座保存完好的 18 世纪风车而闻名。这个迷人的小村庄坐落在低洼的圩田中，大片土地被风车的力量从海中围起来，周围有堤坝。这个传奇的地方让人想起 1865 年的小说《汉斯·布林克》，书中一个英勇的男孩将手指插入破裂的堤坝。

Shore Excursions: Kinderdijk Windmills、Kinderdijk Windmills by E-bicycle、Kinderdijk by Vintage Barge、Kinderdijk Windmills & Dutch Cheese Making

岸上观光: 小孩堤防风车、骑电动自行车游览小孩堤防风车、乘坐复古驳船游览小孩堤防、小孩堤防风车和荷兰奶酪制作

Day 6 — Wesel, Germany 德国韦塞尔

Situated where the Lippe River flows into the Rhine, Wesel has long been an important trading center. The city reached its peak in the 15th century, when it was an influential member of the Hanseatic League, Northern Europe's dominant confederation of mercantile guilds. During its heyday, Wesel even rivaled Cologne as a major commercial presence. Throughout its history, it has been overseen by Spain, The Netherlands, France and Prussia. Peter Minuit, the founder of New Amsterdam—today's New York City—was born here. Today, the city recalls its glorious past in the Willibrord Cathedral, beautifully restored after Allied bombing, and the renovated structures of the stately Wesel Citadel.

韦塞尔位于利珀河与莱茵河的交汇处，长期以来一直是重要的贸易中心。这座城市在 15 世纪达到顶峰，当时它是汉萨同盟（北欧占主导地位的商业行会联盟）的重要成员。在鼎盛时期，韦塞尔甚至与科隆相媲美，成为重要的商业中心。纵观其历史，它曾受到西班牙、荷兰、法国和普鲁士的监管。新阿姆斯特丹（今天的纽约市）的创始人彼得·米纽伊特 (Peter Minuit) 就出生在这里。今天，这座城市在威利布罗德大教堂（在盟军轰炸后经过精心修复）和经过翻新的庄严韦塞尔城堡中重现了其辉煌过去。

Shore Excursions: Xanten During the Time of Rome & Today

岸上观光：罗马时期和现在的桑滕

Day 7 — Nijmegen, The Netherlands 荷兰奈梅亨

Perched on the south bank of the Waal River, vibrant Nijmegen is home to one of The Netherlands' largest universities. Residents and students alike linger at sidewalk cafés and unique eateries and the city's many shops offer items that reflect Nijmegen's artistic sensibility. Nijmegen's lower city is home to the charming Velorama, a bicycle museum, while the larger Valkhof Museum chronicles the city's Roman and medieval past. Famously, Nijmegen was the site of a decisive three-day battle between Allied and German forces during World War II's Operation Market Garden.

生机勃勃的奈梅亨坐落在瓦尔河南岸，是荷兰最大的大学之一的所在地。居民和学生都喜欢在街边咖啡馆和独特的餐馆里流连，城里的许多商店出售的物品都反映了奈梅亨的艺术感性。奈梅亨的下城是迷人的自行车博物馆 **Velorama** 的所在地，而规模更大的 **Valkhof** 博物馆则记载了这座城市的罗马和中世纪历史。众所周知，奈梅亨是二战市场花园行动期间盟军和德军之间为期三天的决定性战役的战场。

Shore Excursions: Nijmegen by Foot、Life & Works of van Gogh、Dutch Beer Culture、Nijmegen & World War II

岸上观光：步行奈梅亨、梵高的生平与作品、荷兰啤酒文化、奈梅亨与第二次世界大战

Day 8 — Maastricht, The Netherlands 荷兰马斯特里赫特

Straddling the Meuse River, Maastricht is one of The Netherlands' oldest and most picturesque cities, boasting 1,677 Rijksmonumenten, or National Heritage Buildings. The narrow cobblestone streets and stunning churches of the car-free inner city evoke the rich medieval era, when the city held important places in the Carolingian and Holy Roman Empires. In the early 1990s, Maastricht took its place on the 20th-century world stage when the Maastricht Treaty was signed and the single European currency, the euro, was created here. Nearby, the American Military Cemetery in Margraten is the final resting place for more than 8,000 young men who fell during the march toward Germany after the D-Day Landings.

马斯特里赫特横跨默兹河，是荷兰最古老、最美丽的城市之一，拥有 1,677 座国家遗产建筑。无车的内城狭窄的鹅卵石街道和令人惊叹的教堂让人想起富裕的中世纪时代，当时这座城市在加洛林帝国和神圣罗马帝国占有重要地位。20 世纪 90 年代初，随着《马斯特里赫特条约》的签署和欧洲单一货币欧元的诞生，马斯特里赫特登上了 20 世纪的世界

舞台。附近的马格拉滕美国军人公墓是诺曼底登陆后向德国进军时阵亡的 8,000 多名年轻人的最后安息之地。

Shore Excursions: Streets & Squares of Maastricht、Charlemagne's Cathedral & Treasury、Netherlands American Cemetery & Memorial、Pie-Making Workshop

岸上观光: 马斯特里赫特的街道和广场、马斯特里赫特的街道和广场、荷兰美军公墓和纪念馆、馅饼制作工作坊

Day 9 — Antwerp, Belgium 比利时安特卫普

A cosmopolitan city, Antwerp is one of the world's major seaports. Its unique atmosphere comes from the contrasts between old and new, commerce and art. The Old Town and the expansive Grote Markt are filled with narrow, winding streets and medieval guild houses. The Gothic Cathedral of Our Lady, Belgium's largest church, contains works by 17th-century painter Peter Paul Rubens; he lived in the city and is entombed in the Church of St. James. Antwerp is also renowned for diamonds and chocolate. Many diamond cutters can be found here alongside countless confectioners.

安特卫普是一座国际大都市，也是世界主要海港之一。其独特的氛围源自新旧、商业和艺术之间的对比。老城区和广阔的大市场遍布狭窄、蜿蜒的街道和中世纪的行会大厦。比利时最大的教堂是哥特式圣母大教堂，内有 17 世纪画家彼得·保罗·鲁本斯的作品；他曾在这座城市生活过，并被安葬在圣詹姆斯教堂。安特卫普还以钻石和巧克力而闻名。这里有许多钻石切割工和无数糖果商。

Shore Excursions: Antwerp Walking Tour、Jewish Traditions & Romi Goldmuntz、Flavors of Antwerp、Antwerp by Bicycle

岸上观光: 安特卫普徒步之旅、犹太传统和罗米·戈德蒙茨、安特卫普风味、骑自行车游安特卫普

Day 10 — Antwerp, Belgium 比利时安特卫普

After breakfast, disembark your ship and journey home.

15 世纪和 16 世纪，安特卫普因其繁荣的艺术品贸易而声名鹊起，成为经济热点。安特卫普文化特征的核心是其本土人、佛兰德斯巴洛克画家彼得·保罗·鲁本斯的杰作。鲁本斯以充满活力的作品而闻名，在比利时 17 世纪黄金时代，在充满活力的知识和艺术复兴的

背景下，鲁本斯达到了巅峰。您可以在鲁本斯故居欣赏他的作品，这里可以一睹这位艺术家曾经熙熙攘攘的工作室。早餐后，下船回家。