



# 10 天郁金香风车之旅

Tulips & Windmills

10 Days | 8 Guided Tours | 2 Countries

10 天 | 8 场导览 | 2 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、Amsterdam's Golden Age、Delft Walking Tour & Porcelain Ware、Delft Walking Tour & Porcelain Ware

**岸上观光:** 阿姆斯特丹运河游船、阿姆斯特丹的黄金时代、代尔夫特徒步之旅及瓷器

## Day 3 — Scenic Sailing: IJsselmeer 风景优美的航行：艾瑟尔湖

### Enkhuizen, The Netherlands 荷兰恩克赫伊曾

#### Scenic Sailing: IJsselmeer

Journey across the IJsselmeer, once known as the Zuiderzee. This remarkable artificial body of water, one of the largest lakes in Western Europe, formed after the inland sea here was closed off from the North Sea by construction of the 20-mile-long Afsluitdijk dam in 1932. As you sail, you may see to the east the province of Flevoland, made up of three polders of land that were reclaimed when the IJsselmeer formed. To the west, fertile Dutch farmland hugs the lake, despite the shores' proximity to the major metropolitan city of Amsterdam.

#### Enkhuizen, The Netherlands

Originally a small fishing village, Enkhuizen grew into a prosperous harbor before joining the Hanseatic League. During the 17th century, the city flourished as a center of maritime trade and shipbuilding. The silting up of the Zuiderzee at the end of the century ended this golden era; the sea eventually became an inland lake, cut off from the North Sea, with the completion of a dike in 1932. The era's wealth and prosperity remain evident in several impressive landmarks, including the Drommedaris, a former city gate and watchtower, and the striking Gothic-style Zuiderkerk.

#### 风景优美的航行：艾瑟尔湖

穿越艾瑟尔湖，曾被称为须德海。这片人工水域是西欧最大的湖泊之一，1932年修建了20英里长的阿夫鲁戴克大坝，将这里的内海与北海隔绝开来，之后形成了这个水域。航行途中，您可能会看到东边的弗莱福兰省，该省由三块在艾瑟尔湖形成时填海造地而成。西边，肥沃的荷兰农田环绕着湖泊，尽管湖岸靠近阿姆斯特丹这个大都市。

#### 荷兰恩克赫伊曾

恩克赫伊曾原本是一个小渔村，后来发展成为一个繁荣的港口，之后加入了汉萨同盟。17世纪，这座城市作为海上贸易和造船业的中心而蓬勃发展。17世纪末，须德海的淤积结束了这个黄金时代；1932年堤坝建成后，须德海最终变成了一个内陆湖，与北海隔绝。这个时代的财富和繁荣仍然体现在几个令人印象深刻的地标建筑中，包括Drommedaris（一座前城门和瞭望塔）和引人注目的哥特式须德教堂。

#### **Shore Excursions:** Enkhuizen by Foot、Zuiderzee Museum、Tulips & Windmills

岸上观光：步行前往恩克赫伊曾、须德海博物馆

## **Day 4 — Arnhem, The Netherlands** 荷兰阿纳姆

A picturesque town nearly destroyed during World War II, Arnhem is graced with an array of beautiful parks and gardens. In 1443, Arnhem joined the Hanseatic League, the powerful merchant conglomerate that dominated Northern Europe's medieval trade world. During the 19th century, it evolved into a more leisurely town, renowned for its scenic landscapes. Today, Arnhem's Hoge Veluwe National Park is known for its natural beauty and diverse flora and fauna, as well as the Kröller-Müller Museum, which boasts the world's second-largest collection of works by Vincent van Gogh.

阿纳姆是一座风景如画的小镇，在二战期间几乎被摧毁，但这里拥有众多美丽的公园和花园。1443年，阿纳姆加入了汉萨同盟，这是一个强大的商业集团，主宰着北欧中世纪的贸易世界。在19世纪，它发展成为一个更加悠闲的小镇，以其风景秀丽的景观而闻名。如今，阿纳姆的Hoge Veluwe国家公园以其自然美景和多样化的动植物而闻名，还有Kröller-Müller博物馆，该博物馆拥有世界上第二大文森特·梵高的作品收藏。

**Shore Excursions:** Operation Market Garden: Arnhem、Paleis Het Loo、Kröller-Müller Museum & Sculpture Garden、Netherlands Open Air Museum、Veluwe by Bicycle

**岸上观光:** 市场花园行动: 阿纳姆、罗宫、库勒-穆勒博物馆和雕塑花园、荷兰露天博物馆、骑自行车游览费吕沃

## **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、Rotterdam on Foot

**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、徒步鹿特丹

### **Day 6 — 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、Best of Brussels、Delicious Antwerp  
**岸上观光:** 安特卫普徒步之旅、布鲁塞尔最佳、美味安特卫普

### **Day 7 — Middelburg, The Netherlands** 荷兰米德尔堡

#### **Veere, The Netherlands** 荷兰维勒

#### Middelburg, The Netherlands

The capital of Zeeland, Middelburg's historical significance can be seen in its well-preserved medieval buildings. The magnificent 15th-century Gothic-style Town Hall stands as a testament to Middelburg's past grandeur. The soaring abbey tower of Lange Jan offers panoramic views of the city, while the 800-year-old abbey complex showcases striking architecture. The city hosts various cultural events throughout the year, including the annual Middelburg Jazz Festival and the Mossel-feesten (Mussel Festival), where guests can enjoy a variety of Zeeland's delicious delicacy.

## Veere, The Netherlands

A picturesque town located in the province of Zeeland, Veere has a rich history dating back to the 13th century. A bustling port, the town grew in prominence during the Dutch Golden Age and became a hub for the wool and fishing industries. Veere remains deeply influenced by its maritime heritage. Pleasure yachts anchor in its harbor, which is lined with historic buildings and quaint shops. The annual Veere Regatta, one of the Netherlands' oldest and most prestigious sailing competitions, highlights the town's nautical traditions and draws enthusiasts from around the world.

### 荷兰米德尔堡

米德尔堡是泽兰省的首府，其保存完好的中世纪建筑彰显了其历史意义。宏伟的 15 世纪哥特式市政厅见证了米德尔堡昔日的辉煌。高耸的朗格扬修道院塔楼可俯瞰城市全景，而拥有 800 年历史的修道院建筑群则展示了引人注目的建筑风格。这座城市全年举办各种文化活动，包括一年一度的米德尔堡爵士音乐节和 Mossel feesten（贻贝节），客人可以在那里品尝各种泽兰美味佳肴。

### 荷兰维勒

维勒是泽兰省一座风景如画的小镇，其悠久历史可追溯至 13 世纪。这座繁华的港口在荷兰黄金时代逐渐兴起，成为羊毛和渔业中心。维勒至今仍深受其海洋遗产的影响。游艇停泊在港口，港口两旁林立着历史建筑和古雅的商店。一年一度的维勒帆船赛是荷兰历史最悠久、最负盛名的帆船比赛之一，彰显了该镇的航海传统，吸引了来自世界各地的爱好者。

## **Shore Excursions:** Middelburg on Foot、A Day in Medieval Bruges、Historic Veere on Foot

**岸上观光：** 徒步米德尔堡、中世纪布鲁日的一天、徒步游览历史悠久的维尔

## **Day 8 — Zeeland, The Netherlands** 荷兰西兰省

The tranquil region of Zeeland is a fascinating blend of natural and human-made landscapes. Here, large swaths of land have been shaped by the tendrils of the delta where the Rhine, Meuse and Scheldt Rivers make their final sprint to the sea. Much of this land lies below sea level, protected from the tides of the North Sea by the vast Delta Works project and by the work of the classic windmills that grace the landscape. A number of islands dot this serene coastal region too. This archipelago of sorts gives this province its name: Zeeland, which means “sea land.” From September through April,

restaurants in Zeeland offer oysters, farmed fresh from local waters. They are delicious served with a squeeze of lemon and paired with a crisp glass of wine.

宁静的泽兰地区是自然景观和人工景观的完美结合。莱茵河、默兹河和斯凯尔特河在这里汇入大海，三角洲的蜿蜒流淌形成了大片土地。这片土地大部分位于海平面以下，庞大的三角洲工程和点缀着这片土地的古典风车使这些土地免受北海潮汐的影响。这片宁静的沿海地区还散布着许多岛屿。这个省的名字就源于这个群岛：泽兰，意思是“海上土地”。从九月到四月，泽兰的餐馆都会提供从当地水域养殖的新鲜牡蛎。挤上一点柠檬汁，再配上一杯清爽的葡萄酒，味道非常美味。

### **Shore Excursions:** Walcheren & Delta Works、Flavors of Holland

**岸上观光:** 瓦尔赫伦和三角洲工程、荷兰风味

### **Day 9 — Amsterdam, The Netherlands** 荷兰阿姆斯特丹

Amsterdam is admired for its charming brick canal houses, with their distinctive stepped gables and forward slant. A stroll along the city's waterways showcases the beautiful architecture of these properties and their interesting features. The houses are traditionally narrow but deep and tend to tilt forward. The lean serves two purposes: it provides additional living space in a house's upper quarters; and, in conjunction with the hoist beam protruding from the peak of the roof, it allows heavy items to be lifted by pulley to top floors without breaking any windows.

阿姆斯特丹以其迷人的砖砌运河房屋而闻名，这些房屋具有独特的阶梯式山墙和向前倾斜。沿着城市的水道漫步，可以欣赏到这些房屋的美丽建筑及其有趣的特色。这些房屋传统上狭窄但很深，并且倾向于向前倾斜。这种倾斜有两个目的：它为房屋的上层提供了额外的居住空间；并且，与从屋顶顶部伸出的吊梁相结合，它允许用滑轮将重物吊到顶层而不会损坏任何窗户。

### **Shore Excursions:** Keukenhof Gardens、Historic Haarlem

**岸上观光:** 库肯霍夫花园、历史悠久的哈勒姆

### **Day 10 — Amsterdam, The Netherlands** 荷兰阿姆斯特丹

After breakfast, disembark your ship and journey home.

郁金香是阿姆斯特丹的代名词，春天，这座城市周围的风景变成了一片色彩的海洋。荷兰人对郁金香的热爱始于 16 世纪，当时第一批郁金香球根从奥斯曼帝国进口。到了荷兰黄金时代，郁金香激发了艺术家的灵感，并出现在包括伦勃朗的《花神》在内的画作中。每

年从三月到五月，五颜六色的花朵装点着这座城市的户外空间；著名的建筑物装饰着各种花卉图案；郁金香的淡淡香味弥漫在人行道上。早餐后，下船回家。