



# 12 天城市之光之旅

Cities of Light

12 Days | 10 Guided Tours | 3 Countries

12 天 | 10 次导览 | 3 个国家

**\*部分行程会有不同\***

## Day 1 — Paris, France 法国巴黎

Arrive and check in to your hotel. Long a hub of French culture and cuisine, Paris is one of the most romantic destinations in the world. Over the centuries, Parisian culture has been built on the wings of inspiration. Music, film, architecture, literature, dance and the visual arts all have their brilliant place in the museums, theaters, bookstores and remarkably preserved buildings of this magnificent city. At the center of it all is the Champs-Élysées. With its inviting riverside promenade, graceful bridges and splendid views of all things Parisian, from the Eiffel Tower to the Louvre Museum.

抵达后入住酒店。巴黎长期以来一直是法国文化和美食的中心，是世界上最浪漫的目的地之一。几个世纪以来，巴黎文化一直建立在灵感的翅膀上。音乐、电影、建筑、文学、舞蹈和视觉艺术都在这座宏伟城市的博物馆、剧院、书店和保存完好的建筑中占据着辉煌的地位。香榭丽舍大街是这一切的中心。这里有迷人的河畔长廊、优美的桥梁和从埃菲尔铁塔到卢浮宫博物馆等巴黎所有事物的壮丽景色。

## Day 2 — Paris, France 法国巴黎

One of the most pleasurable activities in Paris is whiling away the time in one of the city's outdoor cafés. Whether you are sipping a café au lait or a kir royal, there is no better way to feel like a Parisian. The hub of social and culinary life, cafés have been part of the city's fabric since the 1600s. During the 20th century, literary and artistic figures—such as Ernest Hemingway, Colette and Pablo Picasso—famously met over drinks to share their works and ideas. Today, thousands of cafés line the pavements and squares to connect with France's culture and history.

在巴黎最令人愉快的活动之一就是在于市内的露天咖啡馆消磨时光。无论是品尝牛奶咖啡还是皇家基尔酒，没有比这更好的方式来感受自己是巴黎人了。咖啡馆是社交和烹饪生活的中心，自 17 世纪以来一直是这座城市的一部分。在 20 世纪，文学和艺术人物（如欧内斯特·海明威、科莱特和巴勃罗·毕加索）经常在酒桌上相聚，分享他们的作品和想法。如今，人行道和广场上排列着数千家咖啡馆，让人们了解法国的文化和历史。

**Shore Excursions:** Panoramic Paris、Montmartre Hill、Paris by Night Tour、The Palace of Versailles、Paris Cabaret with Dinner、Monet's Gardens & Highlights of Paris

**岸上观光:** 巴黎全景、蒙马特山、巴黎夜游、凡尔赛宫、巴黎歌舞表演（含晚餐）、莫奈花园和巴黎亮点

### **Day 3 — Reims, France 法国兰斯**

#### **Trier, Germany 德国特里尔**

##### Reims, France

After breakfast, check out of your hotel and begin your journey to your embarkation city. Reims lies in the heart of France's renowned Champagne region. A testament to its rich history, which can be traced back to Gallo-Roman times, is its diverse collection of landmarks. Among its most iconic are the Abbey of Saint-Rémi, the final resting place of the archbishop who baptized Frankish king Clovis and initiated Reims's long line of coronations; the Palace of Tau, an archiepiscopal residence constructed in the Middle Ages; and Reims Cathedral, where 25 kings of France were coronated. These three monuments were collectively inscribed as a UNESCO World Heritage Site in 1991.

##### Trier, Germany

One of Germany's most treasured cities for its rich history, Trier was once the regional capital of the Holy Roman Empire. After Emperor Constantine the Great had a vision of Christ, he and his mother Helena built great churches and cathedrals here. A few still stand, the magnificent Romanesque Cathedral of Trier among them. The 20,000-seat amphitheater, the Roman Bridge and the massive Porta Nigra, the ancient city gate, are further relics of that time. Today, Trier is a picturesque town surrounded by forests and vineyards, known also as the birthplace of Karl Marx and as a vibrant university town. Embark your ship and settle into your stateroom.

##### 法国兰斯

早餐后，退房并开始前往登船城市。兰斯位于法国著名的香槟地区中心。其丰富的历史可以追溯到高卢罗马时代，其标志性建筑种类繁多。其中最具代表性的是圣雷米修道院，这

是为法兰克国王克洛维施洗并开启兰斯悠久加冕仪式的大主教的最后安息之地；陶宫，一座建于中世纪的大主教住所；以及兰斯大教堂，25位法国国王在此加冕。这三座纪念碑于1991年被列为联合国教科文组织世界遗产。

## 德国特里尔

特里尔是德国最受珍视的城市之一，历史悠久，曾是神圣罗马帝国的首府。君士坦丁大帝看到基督的幻象后，与母亲海伦娜在此修建了宏伟的教堂和大教堂。其中一些至今仍屹立不倒，其中就包括宏伟的罗马式特里尔大教堂。20,000个座位的露天剧场、罗马桥和巨大的黑门（古城门）都是那个时代的遗迹。如今，特里尔是一座风景如画的小镇，周围环绕着森林和葡萄园，也是卡尔·马克思的出生地和充满活力的大学城。登上您的游轮，入住您的客舱。

### **Shore Excursions: Reims Cathedral & Luxembourg American Cemetery**

岸上观光：兰斯大教堂和卢森堡美国公墓

## **Day 4 — Trier, Germany 德国特里尔**

### **Bernkastel, Germany 德国 贝恩卡斯特尔**

#### Trier, Germany

The historic heart of Trier, the bustling and colorful Hauptmarkt is the city's main gathering place and a rich repository of architecture. Once the center of trade in medieval Trier, the square is anchored by an ornate fountain featuring St. Peter, the city's patron saint. In addition, the unmistakable white- and mustard-colored tower of St. Gangolf Church rises above the square, resplendent with late Gothic and baroque elements. Perhaps the Hauptmarkt's most distinctive building is the Steipe, named for its short pillars. Today, the pedestrian-only Hauptmarkt is a colorful canvas of baroque, Renaissance and classicist styles that mingle seamlessly with modern shops and cafés.

#### Bernkastel, Germany

Nestled between soft rolling hills and the gently flowing Moselle River, Bernkastel, the "Pearl of the Moselle," boasts medieval squares laden with charming half-timbered houses and inviting lanes and alleys. For much of their history, Bernkastel and its sister town of Kues across the river stood worlds apart. A bridge united them in 1874, paving the way for actual unification in 1905. Today, Bernkastel plays the charming host with history to share, while Kues pours the wine, more attentive to the sweet grapes of its fertile valley. Indeed, the twin towns produce some of Germany's finest vintages.

## 德国特里尔

特里尔的历史中心，繁华而多彩的中央市场是这座城市的主要聚会场所，也是丰富的建筑宝库。广场曾是中世纪特里尔的贸易中心，广场上有一个华丽的喷泉，上面刻有城市的守护神圣彼得。此外，圣甘戈尔夫教堂的白色和芥末色塔楼高耸于广场之上，散发着晚期哥特式和巴洛克式的华丽气息。中央市场最独特的建筑可能是因其短柱而得名的 **Steipe**。如今，步行专用的中央市场是一幅色彩缤纷的画布，融合了巴洛克、文艺复兴和古典主义风格，与现代商店和咖啡馆完美融合。

## 德国 贝恩卡斯特尔

贝恩卡斯特尔坐落在绵延起伏的丘陵和缓缓流淌的摩泽尔河之间，被称为“摩泽尔明珠”，拥有中世纪广场，广场上遍布迷人的半木结构房屋和迷人的小巷。在大部分历史中，贝恩卡斯特尔和河对岸的姐妹城库斯一直相距甚远。1874 年，一座桥梁将两地连接起来，为 1905 年的实际统一铺平了道路。如今，贝恩卡斯特尔扮演着迷人的主人，与人们分享历史，而库斯则负责倒酒，更注重其肥沃山谷的甜葡萄。事实上，这对姊妹城出产一些德国最好的葡萄酒。

## **Shore Excursions: Trier Highlights、Bernkastel-Kues Wine Tasting**

**岸上观光:** 特里尔亮点、贝恩卡斯特尔-库斯葡萄酒品鉴会

## **Day 5 — Cochem, Germany 德国科赫姆**

Perched on a hilltop above the city and the Moselle, a 1,000-year-old imperial castle is the signature landmark of Cochem. Its mighty rectangular keep and many small towers strike a dramatic pose against a curtain of green hills. In Cochem's lively Old Quarter, the market square boasts old timber-framed houses that overlook Martin's Fountain and the bay-windowed baroque Town Hall. In this historic center, the 15th-century St. Martin's Church and the Capuchin monastery, which now serves as an artistic and cultural center, are all beautifully preserved. Wine taverns along the river offer a "green wine," a very young wine.

一座拥有 1000 年历史的皇家城堡坐落在城市和摩泽尔河上方的山顶上，是科赫姆的标志性地标。其巨大的矩形主楼和许多小塔楼在绿色山丘的映衬下，呈现出一种戏剧性的姿态。在科赫姆热闹的老城区，市场广场拥有古老的木结构房屋，俯瞰着马丁喷泉和带有凸窗的巴洛克式市政厅。在这个历史悠久的中心，15 世纪的圣马丁教堂和卡普齐纳修道院都保存完好，现在已成为艺术和文化中心。河边的酒馆提供“绿酒”，一种非常年轻的葡萄酒。

**Shore Excursions:** Cochem Walking Tour & Reichsburg Castle、Bicycling the Moselle

**岸上观光:** 科赫姆徒步之旅和莱希斯堡城堡、骑自行车游览摩泽尔河

## **Day 6 — Koblenz, Germany** 德国科布伦茨

### **Scenic Sailing: Middle Rhine** 风景优美的航行：莱茵河中游

Koblenz, Germany

Koblenz is a traditional German city, founded more than 2,000 years ago. This former trading settlement rests on a massif of the Middle Rhine Highlands. Its cobblestone streets, wood-beamed houses adorned with flowers, ancient market square and medieval churches recall the fairy-tale Germany of old. At the “German Corner,” a massive equestrian statue of Prince William I observes the lovely riverside scene. The famed Teutonic Knights set up their first base here in 1216. The Romanesque Basilica of St. Castor, Koblenz’s oldest building, dates to 836.

### Scenic Sailing: Middle Rhine

The Rhine River flows through one of Germany’s most scenic regions. As you sail its most picturesque stretch, the UNESCO World Heritage Site of the Middle Rhine, you will pass vineyard-blanketed hills whose steep slopes require vintners to pick grapes by hand, keeping a centuries-old tradition alive. Splendid castles line the banks, all of which have stories to share, and the Lorelei Rock presides at a dramatic curve in the river. This infamous river maiden mesmerized sailors with her song and lured them to their demise at her feet.

德国科布伦茨

科布伦茨是一座传统的德国城市，建于 2000 多年前。这座前贸易定居点坐落在莱茵河中游高地的一块地块上。它的鹅卵石街道、装饰着鲜花的木梁房屋、古老的集市广场和中世纪教堂让人想起童话般的古老德国。在“德国角”，威廉一世王子的巨大骑马雕像俯瞰着美丽的河畔景色。著名的条顿骑士团于 1216 年在这里建立了第一个基地。罗马式圣卡斯特大教堂是科布伦茨最古老的建筑，建于 836 年。

风景优美的航行：莱茵河中游

莱茵河流经德国风景最优美的地区之一。当您乘船游览莱茵河中游这一风景最优美的河段时，您会经过葡萄园覆盖的山丘，这些山丘的陡坡要求酿酒师手工采摘葡萄，以保持百年传统。河岸两旁排列着壮丽的城堡，每座城堡都有故事可讲，罗蕾莱岩位于河流的急转弯处。这位臭名昭著的河中少女用她的歌声迷住水手，并引诱他们在她的脚下丧命。

### **Shore Excursions: Marksburg Castle、Ehrenbreitstein Fortress**

岸上观光：马克斯堡城堡、埃伦布赖特施泰因要塞

### **Day 7 — Heidelberg, Germany 德国海德堡**

Germany's oldest university town, Heidelberg is situated in the Neckar Valley just east of the Rhine. Known as the cradle of the German Romantic movement, it also boasts beautiful baroque architecture. Heidelberg is most famous as the site of the imposing Heidelberg Castle. A magnificent red sandstone ruin perched 330 feet above the river, it was home to the Palatinate princes until it was partially destroyed by fire in the 17th century. It has been said that Heidelberg's cityscape is so beautiful and so admired that American forces deliberately chose to avoid bombing it during World War II.

海德堡是德国最古老的大学城，位于莱茵河以东的内卡河谷。它被誉为德国浪漫主义运动的摇篮，还拥有美丽的巴洛克式建筑。海德堡最著名的是雄伟的海德堡城堡。这座宏伟的红砂岩遗址高出河流 330 英尺，曾是普法尔茨王子的居所，直到 17 世纪被大火部分烧毁。据说海德堡的城市景观如此美丽，如此令人钦佩，以至于美国军队在二战期间故意选择不轰炸它。

### **Shore Excursions: Heidelberg Highlights & Lunch with University Students**

岸上观光：海德堡亮点和与大学生共进午餐

### **Day 8 — Würzburg, Germany 德国维尔茨堡**

Surrounded by Franconian vineyards, Würzburg was heavily damaged during World War II, but has since been completely restored. This prestigious university city is a jewel of baroque architecture. Its most pristine example of pomp and glory is the great Bishops' Residenz palace, built in 1744 for the prince-bishop; his unwavering support of artists is evidenced by the sweeping staircase and magnificent ceiling frescoes by Tiepolo. Other landmarks include the medieval, statue-lined Old Main Bridge and Marienberg Fortress, originally a Celtic hill fort and later residence of the bishops. The city remains a major wine-making center, hosting Germany's oldest and largest vineyard.

维尔茨堡周围环绕着弗兰肯葡萄园，在二战期间遭到严重破坏，但后来已完全修复。这座著名的大学城是巴洛克式建筑的瑰宝。其最原始的辉煌典范是宏伟的主教官邸，建于 1744 年，为主教而建；他对艺术家的坚定支持从旋转楼梯和提埃波罗创作的宏伟天花板

壁画中可见一斑。其他地标包括中世纪的雕像林立的老美因桥和马林贝格堡垒，后者最初是凯尔特山堡，后来成为主教的住所。这座城市仍然是一个主要的酿酒中心，拥有德国最古老和最大的葡萄园。

**Shore Excursions:** Würzburg Residenz & Walk、Rothenburg ob der Tauber、Hike the Würzburg Hills

岸上观光：维尔茨堡王宫与步行街、罗滕堡、徒步维尔茨堡山

**Day 9 — Scenic Sailing: Main River, Spessart 风景优美的航行：美因河、施佩萨特 Bamberg, Germany 德国班贝格**

Scenic Sailing: Main River, Spessart

Journey along one of Germany's most important waterways today, passing landscapes that embody the country's scenic beauty and storybook charm. You will sail by quaint riverside villages, undulating farm country and the sylvan forests of the Spessart woodlands. Along the way, you just may lose yourself in the dreamy canvases of half-timbered houses, historic castles and splendid palaces. This is the Germany once ruled by dukes and brought to magical life by the imagination of the Brothers Grimm, who grew up in the town of Hanau and wove fantastic tales from these banks.

Bamberg, Germany

Founded in 902, Bamberg remains a medieval-looking city known for its symphony orchestra and rauchbier, specialty smoked beer. The city's winding streets are filled with baroque patrician houses and are home to the stunning 11th-century Cathedral of Holy Roman Emperor Heinrich II, housing his tomb and that of Pope Clement II. Bamberg is especially noted for its Altes Rathaus, or Old Town Hall, situated on a twin-arched bridge over the Regnitz River, and for the old bishop's houses: the 16th-century Alte Hofhaltung (Old Court) and 17th-century Neue Residenz (New Residence).

风景优美的航行：美因河、施佩萨特

今天沿着德国最重要的水道之一航行，沿途的风景体现了该国的风景秀丽和童话般的魅力。您将经过古朴的河畔村庄、起伏的农田和斯佩萨特森林的森林。沿途，您可能会迷失在半木结构的房屋、历史悠久的城堡和华丽的宫殿的梦幻画卷中。这是曾经由公爵统治的德国，格林兄弟的想象力将这个德国变成了神奇的现实，他们在哈瑙镇长大，并从这些河岸编织出奇妙的故事。

德国班贝格

班贝格建于 902 年，至今仍是一座中世纪风格的城市，以交响乐团和特色烟熏啤酒而闻名。这座城市蜿蜒的街道上遍布巴洛克风格的贵族住宅，还有令人惊叹的 11 世纪神圣罗马帝国皇帝海因里希二世大教堂，里面安葬着他和教皇克莱门特二世。班贝格以其 **Altes Rathaus** 或旧市政厅而闻名，该市政厅位于雷格尼茨河上的双拱桥上，还有古老的主教住宅：16 世纪的 **Alte Hofhaltung**（旧法院）和 17 世纪的 **Neue Residenz**（新居）。

### **Shore Excursions: Bamberg Walking Tour**

岸上观光：班贝格徒步之旅

## **Day 10 — Nuremberg, Germany 德国纽伦堡**

### **Prague, Czech Republic 布拉格，捷克共和国**

#### **Nuremberg, Germany**

After breakfast, disembark your ship and transfer to your destination. The second-largest city in Bavaria, Nuremberg is filled with traditional half-timbered houses and Gothic churches with intricate spires. Although nearly destroyed during World War II, the remaining medieval city walls stretch some three miles and feature original gateways and 80 original watchtowers. Nuremberg is well known historically for its metal and toy craftsmanship. But it is infamous for its role in World War II, first as the site of Zeppelin Field's Nazi rallies and later as the site of the war crimes trials at the Palace of Justice that captured the attention of a generation. Transfer to your hotel and settle into your room.

#### **Prague, Czech Republic**

Arrive and check in to your hotel. Prague is known as the “City of a Hundred Spires” and it is easy to see why. The towering twin steeples of Týn Church and the beautiful baroque Church of St. Nicholas are among some of the city's most notable. Best explored on foot, Prague's Old Town is a maze of ancient cobblestone lanes with the Old Town Square at its core. Here, the medieval Astronomical Clock still chimes today and provides for its viewers a little theater with the “Walk of the Apostles” on the hour, every hour.

#### **德国纽伦堡**

早餐后，下船前往目的地。纽伦堡是巴伐利亚州第二大城市，到处都是传统的半木结构房屋和带有精致尖顶的哥特式教堂。尽管在第二次世界大战期间几乎被摧毁，但剩下的中世纪城墙绵延约三英里，拥有原始的城门和 80 座原始的瞭望塔。纽伦堡以其金属和玩具工

艺而闻名。但它因其在第二次世界大战中的作用而臭名昭著，首先是齐柏林场纳粹集会的地点，后来是司法宫战争罪审判的地点，吸引了一代人的关注。前往您的酒店并入住您的房间。

布拉格，捷克共和国

抵达后入住酒店。布拉格被称为“百塔之城”，原因显而易见。高耸的双尖塔泰恩教堂和美丽的巴洛克式圣尼古拉斯教堂是这座城市最著名的建筑之一。步行游览布拉格老城区是一座古老的鹅卵石小巷迷宫，老城广场是其核心。这里的中世纪天文钟至今仍在报时，为观众提供一个小剧场，每小时都会上演“使徒行”。

**Shore Excursions: Nuremberg Through History**

岸上观光：纽伦堡的历史

**Day 11 —Prague, Czech Republic 布拉格，捷克共和国**

Few cities embody the past as authentically as Prague, the Czech Republic's atmospheric capital on the Vltava River that clings to its history with unwavering passion. Prague's medieval architecture is its most prominent, but the city is also a rich repository of Romanesque, baroque and art nouveau buildings that stir the imagination. The city's graceful, pedestrian-only Charles Bridge served as the coronation route of the kings of Bohemia across the river to Hradčany Castle and its rich complex of royal buildings.

很少有城市能像布拉格一样真实地体现捷克共和国的历史。布拉格是捷克共和国的首都，位于伏尔塔瓦河畔，充满情调，对历史有着坚定不移的热情。布拉格的中世纪建筑最为突出，但这座城市也是罗马式、巴洛克式和新艺术风格建筑的宝库，激发人们的想象力。这座城市优雅的步行街查理大桥是波希米亚国王的加冕之路，穿过河前往城堡区及其丰富的皇家建筑群。

**Shore Excursions: Panoramic Prague、Privileged Access: Lobkowitz Palace、Prague Folklore Dinner、Prague by Night**

岸上观光：布拉格全景、洛布科维兹宫、布拉格民俗晚宴、布拉格之夜

**Day 12 — Prague, Czech Republic 布拉格，捷克共和国**

**After breakfast, check out of your hotel and journey home.**

自 1842 年发明皮尔森啤酒以来，捷克人就因其啤酒酿造技术而闻名，并将 Staropramen 和 Budějovický Budvar 等著名品牌带到了欧洲及其他地区。如今，布拉格的微型酿酒厂文化蓬勃发展，生产不同浓度和颜色的啤酒，从浅色到琥珀色，从深色到黑色。布拉格各

地的酒吧和咖啡馆里，当地人举杯庆祝，经常听到碰杯声和“**Na zdraví!**”的欢呼声。早餐后，退房回家。