



8 天古代地中海宝藏

Ancient Mediterranean Treasures

8 Days | 6 Guided Tours | 2 Countries

8 天 | 6 导览 | 2 个国家

部分行程会有不同



Day 1 — Istanbul, Turkey 伊斯坦布尔，土耳其

登上游轮，入住您的客舱。伊斯坦布尔散发着西方和东方文化的迷人融合。其战略位置使其成为重要的贸易中心，最终成为举世闻名的丝绸之路上的文化十字路口。圣索菲亚大教堂是这座城市最令人叹为观止的中心建筑之一，最初是一座大教堂，后来改建为清真寺，然后是博物馆；现在它又变成了清真寺，拥有精美的马赛克和壁画。这座城市的大巴扎提供了丰富的土耳其文化，从各种各样的地毯和织物到美味的枣子和当地最受欢迎的甜品土耳其软糖。

Embark your ship and settle into your stateroom. Istanbul exudes a fascinating mix of Western and Eastern cultures. Its strategic locale led to its role as a significant center of trade—eventually becoming a cultural crossroads along the world-famous Silk Road. One of the city’s stunning centerpieces is Hagia Sophia, founded as a basilica, converted to a mosque, then a museum; it is now a mosque again and features exquisite mosaics and frescoes. The city’s Grand Bazaar offers a rich taste of Turkish culture, from a vast selection of carpets and fabric to luscious dates and the local sweet favorite, Turkish Delight.

岸上观光：：享受土耳其浴的苏丹音乐之夜

Shore Excursions： An Evening at the Hammam with Music of the Sultans

Day 2 — Istanbul, Turkey 伊斯坦布尔，土耳其

波斯普鲁斯海峡横跨欧亚两洲，世界上没有其他城市能跨越两大洲。从蓝色清真寺层叠的圆顶到托普卡帕宫的庭院，伊斯坦布尔的历史随处可见。游客和当地人都涌向卡拉柯伊和加拉塔的欧洲区，逛商店和参观画廊，海峡对面是卡德柯伊和莫达的时尚区。夜晚，老城区的建筑照亮了天空，穿过马尔马拉海，闪烁的船只灯光沿着一条轨迹延伸到亚洲大陆。

Straddling Europe and Asia across the Bosphorus Strait, no other city in the world bridges two continents. Istanbul’s history is evident on every corner, from the cascading domes of the Blue Mosque to the courtyards of the Topkapi Palace. Visitors and locals alike flock to the European districts of Karaköy and Galata to browse shops and visit galleries, while across the strait lie the fashionable areas of Kadıköy and Moda. At night,

the Old Town's buildings illuminate the skies, and across the Sea of Marmara, twinkling lights of ships follow a trail to the Asian continent.

岸上观光： 伊斯坦布尔雄伟的水道、伊斯坦布尔城市景观、土耳其最令人惊叹的建筑、伊斯坦布尔全景、美丽的伊斯坦布尔和传统的土耳其浴、享受土耳其浴的苏丹音乐之夜、厨房餐桌、波斯普鲁斯海峡晚餐巡游、伊斯坦布尔夜景、伊斯坦布尔的风景秀丽与文化、伊斯兰艺术与埃布鲁工作坊、徒步伊斯坦布尔和果仁蜜饼

Shore Excursions: Istanbul's Majestic Waterway、Istanbul Cityscape、Turkey's Most Amazing Edifices、Panoramic Istanbul、Beautiful Istanbul & a Traditional Turkish Bath、An Evening at the Hammam with Music of the Sultans、The Kitchen Table、Dinner Cruise on the Bosphorus Strait、Panoramic Istanbul by Night、Scenic Beauty & Culture of Istanbul、Islamic Arts & Ebru Workshop、Islamic Arts & Ebru Workshop、Istanbul on Foot & Baklava

Day 3 — Troy (Çanakkale), Turkey 特洛伊（恰纳卡莱），土耳其

恰纳卡莱是古希腊人梦寐以求的地方。如今，附近的特洛伊城遗址，曾是小亚细亚的重镇，让我们得以一窥该地区昔日的辉煌。这座联合国教科文组织世界遗产保存完好的建筑，让人想起亚历山大大帝和后来的罗马皇帝奥古斯都时代这里的生活。但这里最引人注目的还是传说中的特洛伊木马。在荷马的《伊利亚特》中，这匹木马在特洛伊战争期间帮助古希腊人进入了这座城市，它的传说至今仍广为流传。

Shore Excursions: Çanakkale was an object of desire dating back to the ancient Greeks. Today, the nearby ruins of Troy, once a powerhouse of Asia Minor, provide a glimpse of the region's former glory. The remarkably preserved structures of this UNESCO World Heritage Site offer hints of life here in the days of Alexander the Great and the later Roman Emperor Augustus. But it is the fabled Trojan Horse that is most prominent here. In Homer's Iliad, the wooden steed gave ancient Greeks entry to the city during the Trojan War, and its legend is still very much alive today.

岸上观光： 恰纳卡莱和特洛伊、加里波利战场、阿索斯的宝藏

Shore Excursions: Çanakkale & Troy、The Battlefields of Gallipoli、Treasures of Assos

Day 4 — Ephesus (Kuşadası), Turkey 土耳其以弗所（库萨达斯）

以弗所是古代保存最完好的城市之一，它为人们提供了了解古人生活的独特视角。以弗所是古代世界最大的都市之一，许多遗址自那时起就一直存在。发掘工作可追溯到公元前 10 世纪，当时这座城市拥有古代世界七大奇迹之一——阿耳忒弥斯神庙。如今，以弗所仍然充满奇迹：高耸的塞尔苏斯图书馆、曾可容纳 25,000 名观众的大型圆形剧场以及装饰有壁画的住宅。

One of antiquity's best-preserved cities, Ephesus offers an unparalleled look into the lives of the ancients. Many of its ruins have endured from the time Ephesus was one of the largest metropolises of the ancient world. Excavations reach back to the 10th century BC, when this city hosted one of the Seven Wonders of the Ancient World—the Temple of Artemis. Today, Ephesus is still full of wonders: the towering facade of the Library of Celsus, the massive amphitheater that once sat 25,000 spectators and residences adorned with frescoes.

岸上观光：古代以弗所、古罗马精英的居所、古代世界奇迹、回到青铜时代并参观神域神殿、圣经历史和美丽风景、飞行观光：空中俯瞰以弗所、厨房餐桌

Shore Excursions: Ancient Ephesus、Homes of the Ancient Roman Elite、Wonders of the Ancient World、Step Back Into the Bronze Age & Visit an Oracle's Temple、Biblical History & Beautiful Vistas、Flightseeing: Ephesus from the Air、The Kitchen Table

Day 5 — Rhodes, Greece 希腊罗得岛

罗得岛是大教长宫的所在地，这是一座宏伟壮观的防御工事。其历史街区是欧洲最大的中世纪城镇。城外，松树和柏树覆盖着山坡；葡萄园和柑橘和橄榄树丛沐浴着爱琴海的阳光。耶路撒冷圣约翰骑士团于 14 世纪征服了该岛，从圣地带来了巨额财富。在他们的统治下，这座城市按照中世纪的理想进行了重建。这个时代的许多建筑仍然存在，可以漫步其中，收获颇丰。

Rhodes is home to the Palace of the Grand Masters, a remarkable and sprawling fortification. Its historic quarter is Europe's largest active medieval town. Outside the

city, forests of pine and cypress blanket mountain slopes; vineyards and groves of citrus and olive soak up the Aegean sun. The Knights of Saint John of Jerusalem conquered the island in the 14th century, bringing great wealth from the Holy Land. Under their rule, the city was reconstructed to mirror the medieval ideal. Many of the buildings from this era remain and make for rewarding strolls.

岸上观光：罗得镇步行游和大教长宫、东海岸岛屿大道、菲莱里莫斯山和大教长官、罗得岛文化与传统、林多斯卫城、厨房餐桌、罗得岛犹太遗产、罗得岛老城区和希腊美食、古老的林多斯、全景和大教长官

Shore Excursions: Rhodes Town Walk & Palace of the Grand Masters、East Coast Island Drive、Mt. Filerimos & Palace of the Grand Masters、Rhodes Culture & Traditions、Acropolis of Lindos、The Kitchen Table、Rhodes Jewish Heritage、Rhodes Old Town & Greek Cuisine、Ancient Lindos、Panoramic Vistas & Grand Masters Palace

Day 6 — Crete (Heraklion), Greece 希腊克里特岛（伊拉克利翁）

克里特岛是欧洲最早有记载的文明——米诺斯人的故乡。它的首都伊拉克利翁从威尼斯帝国的财富中发展起来，威尼斯帝国统治了克里特岛四个世纪。克里特岛经历了文艺复兴时期的建筑热潮，这帮助伊拉克利翁成为该地区防御最坚固的城市。该岛拥有宽阔的海滩、高耸的山脉和奔腾的河流。这里也是独特的 *mantinades*（用克里特乐器伴奏的爱情对句）的诞生地，顾客们可以在咖啡馆里品尝 *tsikoudia*，这是一种在山上蒸馏的葡萄白兰地。

Crete was home to the Minoans, Europe's earliest recorded civilization. Its capital, Heraklion, grew from the riches of the Venetian Empire, which ruled here for four centuries. Crete enjoyed a Renaissance building boom that helped bolster Heraklion as the region's most strongly fortified city. The island is blessed with generous beaches, soaring mountains and coursing rivers. It is also where the distinct *mantinades*—couplets of love accompanied by Cretan instruments—could break out at any number of cafés where patrons sip *tsikoudia*, a grape-based brandy distilled in the hills.

岸上观光：伊拉克利翁和考古博物馆、阿尔卡季修道院和雷西姆农老城区、戈廷与费斯托斯、克诺索斯宫和阿罗利索斯村、克里特岛的村庄、厨房餐桌、全景岛屿大道和拉辛索

斯生态公园、克诺索斯宫和伊拉克利翁一瞥、喀拉修道院和风车、感受克里特岛的热情好客

Shore Excursions: Heraklion & Archaeological Museum、Arkadi Monastery & Rethymnon's Old Town、Gortyn & Phaistos、The Palace of Knossos & the Village of Arolithos、The Kitchen Table、Panoramic Island Drive & Lasinthos Eco-Park、The Palace of Knossos & a Glimpse of Heraklion、Kera Monastery & Windmills、A Taste of Cretan Hospitality

Day 7 — Athens (Piraeus), Greece 希腊雅典（比雷埃夫斯）

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显眼。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。

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.

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、雅典电动自行车之旅、古科林斯和运河、厨房餐桌

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 Kitchen Table

Day 8 — Athens (Piraeus), Greece 希腊雅典（比雷埃夫斯）

如果想更深入地体验雅典，迷人的普拉卡区以其迷宫般的鹅卵石小巷吸引着游客。新古典主义建筑排列在“众神之邻里”的狭窄街道上，因其地理位置而得名。逛逛商店或只是细细品味角落和缝隙是游客和当地人都喜欢的消遣方式。这个历史悠久的地区是享用传统开胃菜和乌佐酒的理想场所。早餐后，下船回家。

For a more intimate experience of Athens, the charming Plaka District invites guests with its labyrinth of cobblestone lanes. Neoclassical architecture lines the narrow streets of the “Neighborhood of the Gods,” so named for its location. Browsing its shops or simply perusing its nooks and crannies are pastimes favored by visitors and locals alike. This historic area is the ideal setting in which to enjoy traditional small plates of mezes and a sip of ouzo. After breakfast, disembark your ship and journey home.