



8 天巴黎和诺曼底之心

Paris & the Heart of Normandy

8 Days | 6 Guided Tours | 1 Country

8 天 | 6 导览 | 1 个国家

部分行程会有不同



Day 1 — Paris, France 法国巴黎

Embark your ship and settle into your stateroom. 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是在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、Flavors of Paris、Montmartre Hill、Scenic Paris & Highlights of the Louvre

岸上觀光：巴黎全景、巴黎风味、蒙马特山、风景秀丽的巴黎和卢浮宫的亮点

Day 3 —La Roche-Guyon, France 法国拉罗什吉永

Vernon, France 法国 弗农

La Roche-Guyon, France

The picturesque village of La Roche-Guyon lies within the verdant Vexin Français Regional Nature Park, bound between the meandering Seine River and a striking wall of white chalk. This idyllic setting is home to a number of historic monuments, including a 15th-century church dedicated to St. Samson; a 16th-century salt store; a public fountain presented to the village in 1742; and the town hall, inaugurated in 1847. The beguiling 12th-century Château de La Roche-Guyon, however, is undoubtedly the village's most emblematic landmark, once capturing the attention of poet Victor Hugo, impressionist Claude Monet and composer Joseph Kosma, among many others. The castle and its breathtaking surroundings still mesmerize all who visit it.

Vernon, France

Vernon is a charming provincial town. Its cobblestone streets are reminiscent of the Middle Ages, and some of its half-timbered houses feature magnificent wooden carvings. The town was founded by the Viking Rollo in the 9th century, where an island in the Seine made for easy crossings. Because of its importance as a transit point between Paris and Rouen, the town was well fortified and frequently besieged. Ruins of its old medieval bridge still linger on the Seine's right bank. The remains of La Château des Tourelles are the last surviving witness to that era.

Monet gardens not available before April 1 or after November 1; a visit to the village of Auvers-sur-Oise, favored by van Gogh and other artists, will be substituted.

法国拉罗什吉永

风景如画的拉罗什吉翁村位于青翠的 **Vexin Français** 地区自然公园内，蜿蜒的塞纳河和一堵引人注目的白垩墙环绕着它。这个田园诗般的地方拥有许多历史古迹，包括一座 15 世纪的圣萨姆森教堂、一座 16 世纪的盐店、一座 1742 年赠送给村庄的公共喷泉以及 1847 年落成的市政厅。然而，迷人的 12 世纪拉罗什吉翁城堡无疑是这个村庄最具代表性的地标，曾吸引过诗人维克多·雨果、印象派画家克劳德·莫奈和作曲家约瑟夫·科斯马等人的注意。这座城堡及其令人惊叹的环境仍然让所有参观者着迷。

法国 弗农

韦尔农是一座迷人的省级城镇。鹅卵石铺就的街道让人想起中世纪，一些半木结构的房屋配有精美的木雕。这座城镇由维京人罗洛于 9 世纪建立，塞纳河上的一个岛屿方便人们

通行。由于它是巴黎和鲁昂之间的中转站，该镇防御严密，经常被围攻。塞纳河右岸至今仍保留着中世纪古桥的遗迹。图雷尔城堡的遗迹是那个时代的最后见证。

4 月 1 日前或 11 月 1 日后无法参观莫奈花园；将改为参观梵高和其他艺术家喜爱的瓦兹河畔奥维尔村。

Shore Excursions: French Château Life、Monet Foundation Giverny、Monet's Garden by Bicycle

岸上观光：法国城堡生活、吉维尼莫奈基金会、骑自行车游览莫奈花园

Day 4 — Scenic Sailing: Seine River 风景优美的航行：塞纳河

Rouen, France 法国鲁昂

Scenic Sailing: Seine River

The Seine meanders through the mellow vistas of Normandy. As it makes its sleepy and serpentine way to the English Channel, it winds along for 240 miles from Paris, more than doubling the distance of a crow's flight. As you sail, fertile fields unfurl toward groves of apple orchards, sources of the region's famed calvados apple brandy. Norman cows graze the grassy meadows that help produce creamy Brie and Camembert. You will also gaze upon picturesque villages and historic abbeys on these bucolic banks.

Rouen, France

Founded by Romans, Rouen is situated amid chalk cliffs along the Seine. The Norman capital boasts many pleasures, from the 700 charming half-timbered houses of the Old Town to the glorious Rouen Cathedral, which so captivated Claude Monet that he painted it many times in varying light. Until the 17th century, Rouen was the second-largest city in France. Today, it is the country's fourth-largest port. The city is perhaps best known as the site of Joan of Arc's last stand; the patron saint of France was tried and condemned here for heresy and burned at the stake in 1431.

风景优美的航行：塞纳河

塞纳河蜿蜒流过诺曼底的优美景色。它蜿蜒流向英吉利海峡，从巴黎出发，绵延 240 英里，比乌鸦飞行距离的两倍还长。航行途中，肥沃的田野延伸至苹果园，这里是该地区著名的卡尔瓦多斯苹果白兰地的产地。诺曼底奶牛在草地上吃草，这些草地有助于生产奶油

味的布里奶酪和卡门培尔奶酪。在这些田园风光的河岸上，您还可以欣赏风景如画的村庄和历史悠久的修道院。

法国鲁昂

鲁昂由罗马人建立，坐落在塞纳河沿岸的白垩悬崖之间。这座诺曼底首府拥有众多乐趣，从老城区 700 栋迷人的半木结构房屋到辉煌的鲁昂大教堂，克劳德·莫奈对这座大教堂如此着迷，以至于他多次在不同光线下对其进行绘画。直到 17 世纪，鲁昂都是法国第二大城市。如今，它是法国第四大港口。这座城市最著名的可能是圣女贞德的最后一战之地；这位法国的守护神圣女在这里被审判并被判为异端邪说，并于 1431 年被烧死在火刑柱上。

Shore Excursions: Rouen Walking Tour、Rouen Farm & Countryside、Picturesque Honfleur On Foot

岸上观光：鲁昂徒步之旅、鲁昂农场和乡村、徒步游览风景如画的翁弗勒尔

Day 5 — Normandy Beaches, France 法国诺曼底海滩

History focused its sights along the coast of Normandy, France—notably Omaha, Juno and Gold Beaches—on the early morning of June 6, 1944, as American, Canadian and British troops made landfall in their first European incursion during World War II. The entire operation was termed Operation Overlord, the code name for the invasion of Normandy. The remains of the concrete structures and steel causeway of Mulberry Harbor, built by the British, can still be seen on the beach near the village of Arromanches. The Arromanches Debarkment D-Day Museum presents animated 3D scale models to help visitors grasp this exceptional harbor and its contribution to the battle—considered perhaps the single greatest innovation that ensured victory for the Allies.

1944 年 6 月 6 日清晨，美国、加拿大和英国军队在第二次世界大战期间首次入侵欧洲，登陆法国诺曼底海岸，历史的目光聚焦在了这片海岸上，尤其是奥马哈海滩、朱诺海滩和黄金海滩。整个行动被称为“霸王行动”，这是诺曼底入侵的代号。英国人建造的桑葚港混凝土结构和钢制堤道的遗迹至今仍可在阿罗芒什村附近的海滩上看到。阿罗芒什登陆诺曼底博物馆展示了动画 3D 比例模型，帮助游客了解这个独特的港口及其对战役的贡献——这或许被认为是确保盟军胜利的最伟大创新。

Shore Excursions: Normandy Beaches: US、Normandy Beaches:Commonwealth

岸上观光：诺曼底海滩：美国、诺曼底海滩：联邦

Day 6 — Les Andelys, France 法国 莱安德利

Les Andelys is best known for its imposing castle overlooking the city, the Château Gaillard. Built in 1196 by Richard the Lionheart, the castle and the village's strategic location bolstered the importance of Les Andelys throughout the Middle Ages. The town also gained notice for its Sainte Clotilde Miraculous Spring, where the wife of the first Frankish king, Clovis, turned well water into wine to serve the builders of her Benedictine monastery. Europe's devout, upon hearing of the act, flocked here on pilgrimages until the end of the 19th century.

莱安德里斯最出名的是俯瞰城市的雄伟城堡——盖亚尔城堡。这座城堡由狮心王理查德于 1196 年建造，其战略位置和村庄的战略位置在整个中世纪都增强了莱安德里斯的重要性。该镇还因其圣克洛蒂尔德神奇泉而闻名，第一位法兰克国王克洛维的妻子在这里将井水变成葡萄酒，供本笃会修道院的建造者享用。欧洲的虔诚信徒在听说这一举动后，纷纷来此朝圣，直到 19 世纪末。

Shore Excursions: Château Gaillard Walking Tour

岸上观光：盖拉德城堡徒步之旅

Day 7 — Paris (Le Pecq), France 法国巴黎（勒佩克）

Paris, France 法国巴黎

Paris (Le Pecq), France

Long a hub of French culture, cuisine and architectural splendor, 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, 37 graceful bridges and splendid views of all things Parisian, from the Eiffel Tower to the Louvre Museum, it is France's most beautiful boulevard.

Paris, France

Life in Paris revolves around the Seine River, with 37 bridges crossing the river, each telling a story. Perhaps none are so extravagant as the Pont Alexandre III, a graceful span named for the Russian tsar who signed the Franco-Russian Alliance in 1892. Downriver, the five-arched Pont d'Iéna is beloved for its scenic location linking the Eiffel Tower to the Trocadéro district. The Pont des Arts, set between the Louvre and the Institut de France, was famed for its thousands of padlocks, attached by couples to the railing grate as a sign of their devotion to each other.

法国巴黎（勒佩克）

巴黎长期以来一直是法国文化、美食和建筑辉煌的中心，是世界上最浪漫的目的地之一。几个世纪以来，巴黎文化在灵感的翅膀下不断发展。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。香榭丽舍大街拥有迷人的河畔长廊、37 座优美的桥梁以及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，是法国最美丽的林荫大道。

法国巴黎

巴黎的生活围绕着塞纳河，河上有 37 座桥，每座桥都讲述着一个故事。也许没有哪座桥比亚历山大三世桥更奢华，这座优美的桥以 1892 年签署法俄同盟的俄罗斯沙皇的名字命名。下游是五拱桥，耶拿桥，因其风景优美的地理位置而备受喜爱，连接着埃菲尔铁塔和特罗卡德罗区。艺术桥位于卢浮宫和法国学院之间，以其成千上万的挂锁而闻名，情侣们将这些挂锁挂在栏杆上，以示他们对彼此的忠诚。

Shore Excursions: Napoleon's Château de Malmaison、The Palace of Versailles、Paris Cruise by Night

岸上观光：拿破仑的马尔迈松城堡、凡尔赛宫、巴黎夜间游船

Day 8 — Paris, France 法国巴黎

During World War II, occupied Paris became the center for the Free French resistance movement. Unlike other French cities that were targets of Allied bombing raids, Paris escaped major damage and its many iconic landmarks, such as the Eiffel Tower and the Louvre, survived the war intact and can still be enjoyed today. Liberation came just two months after the D-Day landings in Normandy, when divisions of the French tanks and US infantry entered the city on August 26, 1944, culminating with an exuberant march, led by Gen. Charles de Gaulle, down the Champs-Élysées. After breakfast, disembark your ship and journey home.

第二次世界大战期间，被占领的巴黎成为自由法国抵抗运动的中心。与其他遭到盟军轰炸的法国城市不同，巴黎没有遭受重大破坏，其许多标志性建筑，如埃菲尔铁塔和卢浮宫，在战争中完好无损，至今仍可欣赏。诺曼底登陆仅两个月后，法国解放就到来了，1944年8月26日，法国坦克师和美国步兵师进入诺曼底，在戴高乐将军的率领下，沿着香榭丽舍大街进行了一场盛大的游行。早餐后，下船回家。