



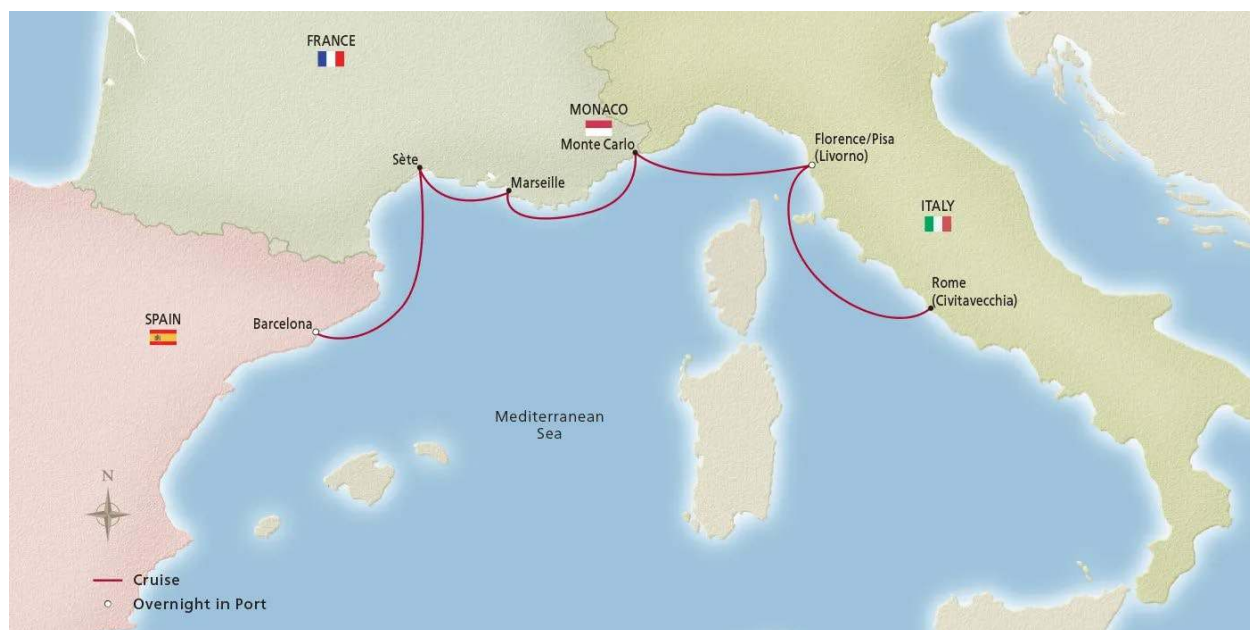
# 标志性的西地中海

Iconic Western Mediterranean

8 Days | 5 Guided Tours | 4 Countries

8 天 5 个导览 4 个国家

\*部分行程会有不同\*



## **Day 1 —Barcelona, Spain 西班牙巴塞罗那**

登上游轮，入住您的客舱。巴塞罗那这座充满活力的城市拥有活跃的文化 and 迷人的户外空间，保留了丰富的历史。风景如画的中世纪小巷蜿蜒穿过这座城市最古老的部分——哥特区，这里发现了这座城市罗马城墙的遗迹。这里的珍宝包括新哥特式巴塞罗那大教堂、中世纪的 El Call 犹太区和罗马式的 Santa Maria del Pi 教堂。晚上，食客们可以在优雅广场周边的皇家广场餐厅里放松身心。

Embark your ship and settle into your stateroom. The vibrant city of Barcelona, with its lively culture and inviting outdoor spaces, preserves a rich history. Picturesque medieval lanes wind through the oldest part of the city, the Gothic Quarter, where remnants of the city's Roman wall were uncovered. Its treasures include the neo-Gothic Barcelona Cathedral, the medieval Jewish district of El Call and the Romanesque Church of Santa Maria del Pi. In the evenings, diners relax in the Royal Plaza at restaurants along the elegant square's perimeter.

岸上观光：弗拉明戈之夜

**Shore Excursions:** An Evening of Flamenco

## **Day 2 — Barcelona, Spain 西班牙巴塞罗那**

巴塞罗那历史悠久，建筑精美，文化丰富。地中海的微风拂过海岸，加泰罗尼亚的首府是一场感官盛宴。漫步在宽阔的林荫大道上——例如长达一英里的绿树成荫的步行街兰布拉大街和格拉西亚大道，两旁矗立着欧洲最优雅的建筑——感受这座城市的韵律。土生土长的著名建筑师安东尼·高迪用奇思妙想装饰着他的城市，无论是沿着奇幻的城市街区，还是用他巨大的杰作——高耸的圣家堂大教堂。

Barcelona is steeped in history, with stunning architecture and a rich culture. Mediterranean breezes grace the shore and Catalonia's capital is a feast for the senses. Long strolls on wide boulevards—such as Las Ramblas, the mile-long leafy pedestrian way, and the Passeig de Gràcia, lined with some of Europe's most elegant buildings—

set the tone for a city that moves to its own tempo. Native son and famed architect Antoni Gaudí adorned his city with whimsy, whether along fantastical city blocks or with his colossal masterpiece, the towering La Sagrada Família cathedral.

**岸上观光：**标志性的巴塞罗那、高低建筑和圣家堂、风景秀丽的蒙特塞拉特圣玛利亚修道院、厨房餐桌、哥特区：重温城市的起源、巴塞罗那最佳景点和蒙特塞拉特圣母院、现代主义珍宝、巴塞罗那的艺术家、高迪的现代主义住宅、悠闲漫步巴塞罗那、步行游览哥特区并品尝卡瓦酒、与高迪共度夜晚

**Shore Excursions:** Iconic Barcelona、Gaudí Architecture & La Sagrada Família、Scenic Santa Maria de Montserrat Abbey、The Kitchen Table、The Gothic Quarter: Back to the Origins of the City、Best of Barcelona & Our Lady of Montserrat、Jewels of Modernism、The Artists of Barcelona、Gaudí's Houses of Modernism、Leisurely Walk Through Barcelona、Gothic Quarter by Foot & Cava、An Evening with Gaudí

### **Day 3 — Sète, France 法国 塞特**

蒙彼利埃几个世纪以来一直是学习中心。其同名大学成立于 1160 年，是世界上最古老的大学之一，其历史早于文艺复兴时期。尽管如此，学生群体为充满活力的文化注入了活力。蒙彼利埃的社会和文化中心是喜剧广场，优雅的三女神喷泉和新古典主义的喜剧歌剧院是其中心。其他景点也向丰富的遗产致敬，从充满艺术气息的法布尔博物馆和令人印象深刻的圣克莱门特渡槽到圣皮埃尔大教堂，其“浮动”门廊由一对塔楼支撑。

Montpellier has been a center of learning for centuries. Its namesake university, founded in 1160, is one of the world's oldest, predating the Renaissance. Still, a student population breathes life into a vibrant culture. The social and cultural center of Montpellier is the Place de la Comédie, anchored by the elegant Three Graces fountain and the neoclassical Opéra Comédie. Other sites pay tribute to a rich heritage, from the art-filled Musée Fabre and impressive St. Clément Aqueduct to the St. Pierre Cathedral with its “floating” porch supported by a pair of towers.

**岸上观光：**徒步游览赛特岛美景、路易九世的地中海港口城市、中世纪城堡卡尔卡松、蒙彼利埃和弗劳格格城堡、葡萄酒之乡的中世纪小镇和修道院、赛特港、索湖和苦艾酒品尝、风景秀丽的那博讷和丰弗鲁瓦德修道院、牡蛎巡游及品尝、乘船游览 Thau 塘泻湖

**Shore Excursions:** Scenic Sète by Foot、The Mediterranean Port City of Louis IX、Medieval Fortified Town of Carcassonne、Montpellier & Château Flaugergues、Medieval Town & Abbey in the Wine Country、Sète, Thau Lagoon & Vermouth Tasting、Scenic Narbonne & Fontfroide Abbey、Oyster Cruise & Tasting、Étang de Thau Lagoon by Boat

## Day 4 — Marseille, France 法国马赛

马赛拥有丰富的历史宝藏，坐落在地中海和石灰岩岩石山丘之间。两座 17 世纪的堡垒俯瞰着迷人的老港，这座天然港口停泊着各种船只，从时尚优雅的游艇到老式渔船。其风景如画的码头是世界上最浪漫的步行道之一，两旁有数十家咖啡馆和商店。同样值得探索的是市中心，La Canebière 大道为它增色不少。在咖啡馆里流连忘返，品尝这座城市用新鲜捕获的鱼制成的招牌法式**海鲜汤**。

Marseille is rich in historic treasures, nestled between the Mediterranean and rocky hills of limestone. Two 17th-century fortresses dominate the charming Vieux Port, or Old Port, the natural harbor that hosts all manner of watercraft, from sleek elegant yachts to old style fishing vessels. Its picturesque quay is one of the world's most romantic walks, lined with dozens of cafés and shops. Also worth exploring is the city center, graced by La Canebière boulevard. Linger in a café and sample the city's signature *bouillabaisse* made from freshly caught fish.

**岸上观光：**风景秀丽的马赛、马赛历史宗教遗址、卡西和卡哪个下完的冬季、阿维尼翁和教皇宫殿、探索普罗旺斯地区埃克斯、追寻梵高的足迹、马赛的手工艺品、卡斯雷特及品酒、卡西斯和卡朗格的夏天

**Shore Excursions:** Scenic Marseille、Historic Religious Sites of Marseille、Winter in Cassis & Calanques、Avignon & Palace of the Popes、Discover Aix-en-Provence、In the Footsteps of van Gogh、Handicrafts in Marseille、Le Castellet & Wine Tasting、Summer in Cassis & Calanques

## Day 5 — Monte Carlo, Monaco 摩纳哥蒙特卡罗

摩纳哥小国蒙特卡罗是一座时尚之城，拥有世界上最高档的购物场所和美丽的旧港口。童话般的氛围笼罩着这座格里马尔迪家族的辉煌城市，也许没有哪个地方比亲王宫更优雅了，已故美国女演员、公主格蕾丝·凯利和雷尼尔三世亲王曾在这里主持过。蒙特卡罗的中世纪街区坐落在“岩石”上，这是海上阿尔卑斯山脚下的一座悬崖，可以欣赏到地中海和停泊着巨型游艇的港口的壮丽景色。

The chic city of Monte Carlo in the petite kingdom of Monaco boasts some of the world's most exclusive shopping and a beautiful old port. A fairy-tale aura has settled on this glittering city of the Grimaldi family, perhaps nowhere more elegantly than at the Prince's Palace, where the late American actress-turned-princess Grace Kelly presided with Prince Rainier III. Monte Carlo's medieval quarter perches on "The Rock," an escarpment at the foot of the Maritime Alps, and offers spectacular views of the Mediterranean and the harbor lined with mega-yachts.

**岸上观光：**：尼斯、埃兹和蒙特卡洛、厨房餐桌、独自一人感觉很棒、尼斯徒步之旅和罗斯柴尔德别墅、蔚蓝海岸全景、步行游览尼斯和夏加尔博物馆

**Shore Excursions:** Walking Tour of Monaco、Leisurely Walking Tour of Monaco、Exclusive Visit to Villa Rothschild、Walking Tour of Nice & Musée Matisse、Perfumes of Grasse & St. Paul、French Riviera by Helicopter、Nice, Èze & Monte Carlo、The Kitchen Table、Nice On Your Own、Walking Tour of Nice & Villa Rothschild、Panoramic Côte d'Azur、Nice by Foot & Chagall Museum

## **Day 6 — Florence/Pisa (Livorno), Italy 佛罗伦萨/比萨（利沃诺），意大利**

托斯卡纳是文艺复兴的摇篮，也是美食和美酒的中心。在这片翠绿的乡村中，柏树点缀，无尽的美景随处可见。佛罗伦萨就是其中之一，它是一座活生生的文艺复兴博物馆。布鲁内莱斯基著名的大教堂主宰着中世纪的城市景观——一项建筑成就。托斯卡纳的另一处瑰宝——奇迹广场，位于比萨。这里的三位一体杰作——比萨斜塔、比萨大教堂和洗礼堂——构成了欧洲最精美的艺术和建筑。

Tuscany is known equally as the cradle of the Renaissance and a center of culinary delights and astounding wines. Throughout this emerald-green countryside dotted with cypress trees, endless delights unfold. Among them is Florence, a living museum of the Renaissance. Brunelleschi's famous Duomo dominates the medieval cityscape—an architectural achievement. Another Tuscan treasure, the Square of Miracles, unfolds in Pisa. Here, a trinity of masterpieces—the Leaning Tower, Pisa Cathedral and Baptistery—comprise some of Europe's finest art and architecture.

**岸上观光：**从托斯卡纳到比萨、佛罗伦萨和比萨斜塔、佛罗伦萨和屁地宫、意大利的艺术与建筑、佛罗伦萨的文艺复兴珍宝、风景秀丽的卢卡和比萨、罗斯卡纳的一天、佛罗伦萨自己玩、在托斯卡纳城堡里烹饪、卢卡之旅、菲亚特 500 体验和佛罗伦萨之旅、达芬奇博物馆和历史悠久的卢卡、卡拉拉大理石采石场和采矿小镇、陆路前往美丽的托斯卡纳、基安蒂葡萄酒

**Shore Excursions:** From Tuscany to Pisa、Florence & the Leaning Tower of Pisa、Florence & the Pitti Palace、Italy's Art & Architecture、The Renaissance Treasures of Florence、Scenic Lucca & Pisa、A Day in Tuscany、Florence On Your Own、Cooking in a Tuscan Castle、Lucca On Your Own、Fiat 500 Experience & Florence On Your Own、Leonardo da Vinci's Museum & Historic Lucca、Carrara Marble Quarry & Mining Town、Overland to Beautiful Tuscany、Chianti Wine

## **Day 7 — Florence/Pisa (Livorno), Italy 佛罗伦萨/比萨（利沃诺），意大利**

托斯卡纳以其风景秀丽而闻名，散发着独特的乡村气息。葡萄园、橄榄树林、麦田和无边无际的农田环绕着中世纪山城的山脚，蜿蜒起伏的缓坡上空。肥沃的土壤出产世界上最好的葡萄酒，包括基安蒂和蒙特普尔恰诺贵族葡萄酒。不仅如此，许多人认为托斯卡纳是最初的“从农场到餐桌”运动的发源地。从奶油奶酪到用木火烤制的厚厚的佛罗伦萨牛排，简单、纯正的食物为托斯卡纳的餐桌增色不少。

Tuscany is known for its scenic beauty and exudes a unique, rustic character. Vineyards, olive tree groves, wheat fields and endless expanses of farmland skirt the bases of medieval hill towns as they march across an undulating landscape of gentle hills. Fertile soils produce some of the world's finest wines, including Chianti and Vino Nobile di Montepulciano. More than this, many consider Tuscany the birthplace of the

original farm-to-table movement. Simple, honest food graces the Tuscan table, from creamy cheeses to thick Florentine steak grilled over a wood fire.

**岸上观光：**从托斯卡纳到比萨、佛罗伦萨和比萨斜塔、佛罗伦萨和屁地宫、意大利的艺术与建筑、佛罗伦萨的文艺复兴珍宝、风景秀丽的卢卡和比萨、罗斯卡纳的一天、佛罗伦萨自己玩、在托斯卡纳城堡里烹饪、卢卡之旅、菲亚特 500 体验和佛罗伦萨之旅、达芬奇博物馆和历史悠久的卢卡、卡拉拉大理石采石场和采矿小镇、陆路前往美丽的托斯卡纳、基安蒂葡萄酒

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## **Day 8 — Rome (Civitavecchia), Italy 意大利 罗马 (奇维塔韦基亚)**

早餐后，下船回家。

After breakfast, disembark your ship and journey home.