



10 天莱茵河的宝藏

Treasures of the Rhine

10 Days | 8 Guided Tours | 4 Countries

10 天 | 8 场导览 | 4 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、Cheeses of Edam & Beemster、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、艾丹姆奶酪和贝姆斯特奶酪

Day 3 — Nijmegen, The Netherlands 荷兰奈梅亨

Perched on the south bank of the Waal River, vibrant Nijmegen is home to one of The Netherlands' largest universities. Residents and students alike linger at sidewalk cafés and unique eateries and the city's many shops offer items that reflect Nijmegen's artistic sensibility. Nijmegen's lower city is home to the charming Velorama, a bicycle museum, while the larger Valkhof Museum chronicles the city's Roman and medieval past. Famously, Nijmegen was the site of a decisive three-day battle between Allied and German forces during World War II's Operation Market Garden.

生机勃勃的奈梅亨坐落在瓦尔河南岸，是荷兰最大的大学之一的所在地。居民和学生都喜欢在街边咖啡馆和独特的餐馆里流连，城里的许多商店出售的物品都反映了奈梅亨的艺术感性。奈梅亨的下城是迷人的自行车博物馆 Velorama 的所在地，而规模更大的 Valkhof 博物馆则记载了这座城市的罗马和中世纪历史。众所周知，奈梅亨是二战市场花园行动期间盟军和德军之间为期三天的决定性战役的战场。

Shore Excursions: Nijmegen by Foot、Paleis Het Loo、Life & Works of van Gogh、Dutch Beer Culture、Nijmegen & World War II

岸上观光：步行奈梅亨、梵高的生平与作品、荷兰啤酒文化、奈梅亨与第二次世界大战、罗宫

Day 4 — Cologne, Germany 德国科隆

Cologne reveals its Roman heritage in its city layout and the ancient ruins that lie scattered through the town. Cologne's modern plazas and Hohe Strasse host welcoming shops, enticing restaurants and cologne boutiques. Of note is the city's 14th-century cathedral, a stunning example of Gothic artistry and a UNESCO World Heritage

Site. Having survived Allied bombs during World War II, the cathedral's imposing twin spires are visible for miles and its stained glass windows fill the interior with brilliant colored light. Its steps lead to a platform with astounding views.

科隆的城市布局和遍布全城的古代遗迹都展现了其罗马遗产的风采。科隆的现代广场和高地大街上遍布着温馨的商店、诱人的餐厅和古龙水精品店。值得注意的是这座城市的 14 世纪大教堂，它是哥特式艺术的典范，也是联合国教科文组织世界遗产。大教堂在二战期间幸免于盟军的轰炸，其雄伟的双尖塔在数英里外清晰可见，其彩色玻璃窗使内部充满了绚丽的彩色灯光。台阶通向一个平台，可以欣赏到令人惊叹的美景。

Shore Excursions: Cologne Walking Tour、Top of Cologne、Cologne's Beer Culture & Dinner

岸上观光：科隆徒步之旅、科隆之巅、科隆的啤酒文化和晚餐

Day 5 — Scenic Sailing: Middle Rhine 风景优美的航行：莱茵河中游
Mainz, Germany 德国美因茨

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.

Mainz, Germany

Mainz is part of the Rheinhessen wine region, Germany's largest wine region that is renowned for producing high-quality white wines, such as Riesling. Wine has long played a key role in the city's economy and culture, with numerous wine festivals and events throughout the year, including the Mainzer Weinmarkt and the Mainzer Weinwoche. The city is also home to the renowned Geisenheim University, which offers programs in viticulture and oenology. Mainz's wine culture and history continue to thrive today, with a strong emphasis on sustainability and innovation in winemaking.

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。

德国美因茨

美因茨是莱茵黑森葡萄酒产区的一部分，莱茵黑森葡萄酒产区是德国最大的葡萄酒产区，以生产雷司令等优质白葡萄酒而闻名。葡萄酒长期以来一直在该市的经济和文化中扮演着关键角色，全年举办众多葡萄酒节和活动，包括美因茨葡萄酒市场和美因茨葡萄酒周。这座城市也是著名的盖森海姆大学的所在地，该大学提供葡萄栽培和酿酒学课程。美因茨的葡萄酒文化和历史至今仍在蓬勃发展，并高度重视酿酒业的可持续性和创新。

Shore Excursions: Mainz Walking Tour & Gutenberg Museum、Wine Tasting & Dinner at Eberbach Monastery

岸上觀光：美因茨徒步之旅和古腾堡博物馆、埃伯巴赫修道院品酒及享用晚餐

Day 6 — Heidelberg, Germany 德国海德堡 **Speyer, Germany 德国 施派尔**

Heidelberg, Germany

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.

Speyer, Germany

The quiet German town of Speyer lies on the west bank of the Rhine. The city features a Romanesque imperial cathedral, burial place of eight emperors including some of the most famous Holy Roman Emperors. Speyer was once a major Celtic center that traded hands several times between the Romans and the Huns. The term Protestant originated here at the Diet of Speyer in 1529, when 14 free cities of Germany and six Lutheran princes protested the Edict of Worms that had banned the writings of Martin Luther and labeled him a heretic and enemy of the state.

德国海德堡

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。

德国 施派尔

宁静的德国小镇施派尔位于莱茵河西岸。这座城市拥有一座罗马式的帝国大教堂，埋葬着八位皇帝，其中包括一些最著名的神圣罗马帝国皇帝。施派尔曾经是凯尔特人的主要中心，罗马人和匈奴人曾多次易手。新教徒一词起源于 1529 年的施派尔议会，当时德国 14 个自由城市和 6 位路德宗王子抗议沃尔姆斯敕令，该敕令禁止马丁·路德的著作，并将他称为异教徒和国家敌人。

Shore Excursions: Highlights of Heidelberg、Technik Museum Speyer、Inside Speyer Cathedral、Lorsch Abbey & Beer Tasting

岸上观光: 海德堡的亮点、施派尔技术博物馆、施佩尔大教堂内部、洛尔施修道院和啤酒品尝

Day 7 — Strasbourg, France 法国斯特拉斯堡

The largest port on the Upper Rhine, Strasbourg is the cultural center of France's Alsace region. Thanks to its location at the border of France and Germany, it boasts a convivial mix of cultural influences. The well-preserved Old Town is enclosed on all sides by the little Ill River, with sites so compact that it is easy to explore the "island" on foot. And there is plenty to explore: cobblestone streets lined with wooden houses and intersected by picturesque canals. Indulging in Alsatian café culture is central to any visit here; enjoy coffee and cake amid lovely half-timbered houses.

斯特拉斯堡是莱茵河上游最大的港口，也是法国阿尔萨斯地区的文化中心。由于地处法国和德国边境，斯特拉斯堡拥有多种文化的融合。保存完好的老城区四周环绕着伊尔河，景点非常密集，步行游览“岛屿”非常方便。这里有很多值得探索的地方：鹅卵石街道两旁是木屋，风景如画的运河纵横交错。沉浸于阿尔萨斯咖啡馆文化是来此游览的重中之重；在漂亮的半木结构房屋中享用咖啡和蛋糕。

Shore Excursions: Strasbourg Highlights、Flavors of Alsace、Alsatian Wine Tasting

岸上观光: 斯特拉斯堡亮点、阿尔萨斯风味、阿尔萨斯葡萄酒品尝

Day 8 — Breisach, Germany 德国布赖萨赫

Breisach is a gateway to the fabled Black Forest region, built on a basalt rock outcropping in the Rhine plain. It is located in one of the warmest parts of Germany, across the river from French Alsace, famous for its wine growing. But Breisach, too, can boast about its wine: it is home to Europe's largest cellars, with a storage capacity of more than 160 million liters. The most prominent landmark of Breisach is the Romanesque-Gothic St. Stephen's Cathedral, built between the 12th and 13th centuries. Its two towers are visible from throughout the city and from the Rhine.

布赖萨赫是通往传说中的黑森林地区的门户，建在莱茵平原的一块玄武岩上。它位于德国最温暖的地区之一，与以酿酒闻名的法国阿尔萨斯隔河相望。但布赖萨赫的葡萄酒也值得骄傲：这里拥有欧洲最大的酒窖，储酒量超过 1.6 亿升。布赖萨赫最著名的地标是罗马式

哥特式圣斯蒂芬大教堂，建于 12 至 13 世纪之间。从整个城市和莱茵河上都可以看到它的两座塔楼。

Shore Excursions: German Traditions & the Black Forest、Colmar & the Musée d'Unterlinden、Medieval Staufen & Schnapps Distillery

岸上观光: 德国传统和黑森林、科尔马和菩提树下博物馆、中世纪施陶芬与杜松子酒酿酒厂

Day 9 — Basel, Switzerland瑞士巴塞尔

Located where Switzerland, Germany and France meet, Basel reflects a fascinating blend of traditions. The city straddles the Rhine at the river's farthest navigable point, and an alluring cluster of old-town buildings huddles along the riverbank. Around Market Square, guild houses recall Gothic, Renaissance and baroque splendor; the red-sandstone Rathaus, or Town Hall, is the centerpiece. More than 40 museums of art and culture lend modern polish to its history-rich streets. And there is no more refined way to sample it all than over cheese fondue or croissants.

巴塞尔位于瑞士、德国和法国的交汇处，体现了迷人的传统融合。这座城市横跨莱茵河，是莱茵河最远的通航点，迷人的老城区建筑群沿着河岸聚集。在市場广场周围，行会会馆让人想起哥特式、文艺复兴式和巴洛克式的辉煌；红砂岩市政厅是中心。40 多个艺术和文化博物馆为其历史悠久的街道增添了现代气息。品尝奶酪火锅或羊角面包是品尝这一切最精致的方式。

Shore Excursions: Basel Walking Tour、Highlights of the Alps、Cheese Fondue Evening、Novartis's Research and Development Center

岸上观光: 巴塞尔徒步之旅、阿尔卑斯山的亮点、卢塞恩的亮点、奶酪火锅之夜、诺华研发中心

Day 10— Basel, Switzerland瑞士巴塞尔

After breakfast, disembark your ship and journey home.

巴塞尔是瑞士保存最完好的秘密，是古老与现代的完美融合。在中世纪老城区中，鹅卵石街道两旁排列着可追溯至 15 世纪的淡色建筑。在市中心坐落着 Jean Tinguely 设计的狂欢节喷泉。喷泉的机械雕塑不断运动，似乎在相互交谈，就像曾经在同一地点的老城剧院舞台上表演的哑剧艺术家和演员一样。早餐后，下船回家。