



# 10 天葡萄牙的黄金河

Portugal's River of Gold

10 天 | 8 场导览 | 2 个国家

10 Days | 8 Guided Tours | 2 Countries

\*部分行程会有不同\*



## Day 1 — Lisbon, Portugal 葡萄牙里斯本

抵达后入住酒店。里斯本位于塔霍河口，风景秀丽，数百年来一直吸引着探险家。其迷宫般的街道回荡着 16 世纪航海家在大航海时代航行的回声。这座城市因贸易而繁荣昌盛。如今的街道两旁遍布着富有建筑商留下的遗产，包括热罗尼莫斯修道院和贝伦塔，这些令人惊叹的建筑引入了曼努埃尔式建筑风格。品尝当地美食和波特酒是这里最受欢迎的消遣方式。每个晚上，历史悠久的阿尔法玛区俱乐部里都会传来*法朵*的旋律。

Arrive and check in to your hotel. Lisbon has inspired explorers for centuries with its stunning setting at the Tagus River's mouth. Its labyrinthine streets carry echoes of 16th-century navigators who sailed on the winds of the Age of Discovery. The city prospered greatly from its trade. And today's streets are lined with the legacies of wealthy builders, including the Jerónimos Monastery and Belém Tower, stunning works that introduced Manueline architecture. Savoring local cuisine and port wine are favorite pastimes here. On any evening, the strains of *fado* spill from clubs in the historic Alfama District.

## Day 2 — Lisbon, Portugal 葡萄牙里斯本

Throughout Lisbon, fascinating monuments tell this proud city's story. Along the riverfront, in Praça do Comércio, an equestrian statue at its center represents Portugal's King José I, who capably rebuilt the city following the devastating 1755 earthquake. Among the most recognized of Lisbon's monuments is the grand Monument to the Discoveries on the banks of the Tagus River, displaying statues of more than 30 contributors to exploration, whose bravery and spirit still shape the culture of this vibrant European capital.

里斯本各地的迷人纪念碑都在讲述着这座骄傲城市的故事。河畔的商业广场中央矗立着一座骑马雕像，象征着葡萄牙国王若泽一世，他在 1755 年毁灭性的地震后重建了这座城

市。里斯本最著名的纪念碑之一是塔霍河畔宏伟的发现者纪念碑，纪念碑上陈列着 30 多位探险家的雕像，他们的勇敢和精神至今仍塑造着这座充满活力的欧洲首都的文化。

**Shore Excursions:** COSMOPOLITAN LISBON & THE JERÓNIMOS MONASTERY、COSMOPOLITAN LISBON & THE MARITIME MUSEUM、NATIONAL TILE MUSEUM、FLAVORS OF LISBON

**岸上观光：**国际化都市里斯本和热罗尼莫斯修道院、国际化都市里斯本和海事博物馆、国家瓷砖博物馆、里斯本风味

### **Day 3 — Porto, Portugal 葡萄牙波尔图**

早餐后，退房并开始前往登船城市。波尔图是具有重要传统意义的地方。该镇以该地区 and 全国各地生产的波特酒命名。这座城市位于岩石堤岸上，拥有风景如画的街区、时尚的餐厅和热闹的市场。与里斯本一样，波尔图有着丰富的历史；它的历史中心是联合国教科文组织世界遗产，狭窄的鹅卵石街道上遍布着跨越几个世纪的浪漫建筑和一座罗马式大教堂。在河边，曾经用来运输酒桶的小船 *barcos rabelos* 描绘了一幅迷人的风景。

After breakfast, check out of your hotel and begin your journey to your embarkation city. Porto holds a place of great traditional importance. The town lends its name to the port wine produced in the region and throughout the nation. Located along a rocky embankment, the city boasts picturesque neighborhoods, fashionable restaurants and lively markets. Like Lisbon, Porto has a rich past; its historic center is a UNESCO World Heritage Site of narrow cobblestone streets brimming with romantic buildings spanning the centuries and a Romanesque cathedral. At the riverside, small *barcos rabelos*, boats once used to transport casks of wine, paint a charming scene.

**岸上观光：**科英布拉大学、巴塔利亚和法蒂玛、格雷厄姆的波特酒晚餐

**Shore Excursions:** COIMBRA UNIVERSITY、BATALHA & FÁTIMA  
、GRAHAM' S PORT DINNER

## **Day 4 — Régua, Portugal 葡萄牙雷瓜**

### **Pinhão, Portugal 葡萄牙皮尼昂**

The peaceful town of Peso da Régua, commonly known as Régua, overlooks the Douro River with the Serra do Marão mountains as a stunning backdrop. In 1756, the Marquês de Pombal proclaimed this city as the center of his newly demarcated wine region, and it has remained so since. As such, the town is steeped in the wine-making culture. This is particularly true at Casa do Douro, the headquarters of the Port Wine Institute. Its beautiful stained glass windows are a tribute in light and glass to the rich history of port wine and its cultural significance to the region.

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### **Pinhão, Portugal**

The sleepy town of Pinhão is situated between the Douro and Pinhão Rivers, in the epicenter of the valley' s port wine-making region. The climate and growing conditions here are perfect for port grapes and the surrounding landscape, festooned with vineyards, creates a serene experience. The biggest names in port have *quintas*, or wine estates, nearby. During the annual grape harvest in autumn, the village comes to life, attracting workers and wine enthusiasts from across the whole of Europe.

葡萄牙雷瓜

宁静的佩苏达雷瓜小镇（通常称为雷瓜）俯瞰杜罗河，背靠马劳山脉，景色壮丽。1756年，庞巴尔侯爵宣布这座城市为新划定的葡萄酒产区的中心，自此以后一直如此。因此，该镇沉浸在酿酒文化之中。杜罗之家是波特酒研究所的总部，尤为如此。其美丽的彩色玻璃窗以光线和玻璃向波特酒的悠久历史及其对该地区文化意义致敬。

### 葡萄牙皮尼昂

宁静的皮尼昂小镇位于杜罗河和皮尼昂河之间，是山谷波特酒产区的中心。这里的气候和生长条件非常适合波特酒葡萄的生长，周围的葡萄园为游客带来宁静的体验。波特酒业的知名企业在附近拥有酒庄。每年秋天，在葡萄收获季节，村庄变得生机勃勃，吸引了来自整个欧洲的工人和葡萄酒爱好者。

### Shore Excursions: MATEUS PALACE & GARDENS

#### 岸上观光：马特乌斯宫及花园

## Day 5 — Scenic Sailing: Douro River 风景优美的航行：杜罗河

### Barca d' Alva, Portugal Barca d' Alva, Portugal 风景优美的航行：杜罗河

穿过杜罗河谷，了解葡萄牙优质葡萄酒的历史。四周环绕着梯田山丘，可以看到该地区的一些酒庄，它们紧贴山坡，依偎在葡萄藤之间。在这个美丽且基本未受污染的地区，橄榄树和杏树与葡萄园共享河岸。很难忽视这样一个事实：这次旅程延续了传统的 barcos rabelos 的风格，这种运输方式曾经将葡萄酒顺流运送到 Vila Nova de Gaia 的酒桶中。

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### 葡萄牙巴萨达尔瓦

巴尔卡达尔瓦是杜罗河上最后一个葡萄牙小镇；这个古雅的河港距离西班牙边境只有几百码。樱桃树、杏树和橄榄树排列在附近的河岸上，指引着通往这个不起眼的边境村庄的

路。它的码头在伊比利亚的阳光下闪闪发光，是真正欣赏杜罗河谷美景的理想港口。无论朝哪个方向，梯田葡萄园都爬上河岸，陡峭的山丘延伸到河谷。简朴的咖啡馆营造出真实的氛围，河上的一座桥通向一个风景如画的村庄拍照机会。

### Barca d' Alva, Portugal

Journey through the Douro River valley into the history of fine Portuguese wine. Surrounded by terraced hills, spot some of the area' s quintas, or wine estates, clinging to the slopes, nestled snugly among their vines. In this beautiful and largely unspoiled region, olive and almond groves share the river' s banks with vineyards. And it is hard to ignore the fact that this journey follows in the wake of traditional barcos rabelos that once transported wine downriver to the waiting casks in Vila Nova de Gaia.

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Barca d' Alva is the last Portuguese town on the Douro River; this quaint river port is just a few hundred yards from the Spanish border. Cherry, almond and olive groves line the nearby banks, pointing the way to this unassuming frontier village. Its quayside sparkles in the Iberian sun, and it is the ideal port from which to truly appreciate the beauty of the Douro Valley. In either direction, terraced vineyards climb riverbanks and steep hills spill into river gorges. Simple cafés provide an authentic ambience and a bridge across the river leads to a picturesque photo opportunity of the village.

**岸上观光：**罗德里戈堡、河畔午餐和杜罗河风景游船、马利亚尔瓦城堡

**Shore Excursions:** CASTELO RODRIGO、RIVERSIDE LUNCH & SCENIC DOURO CRUISE、MARIALVA CASTLE & LUNCH

## **Day 6 — Salamanca, Spain 西班牙萨拉曼卡**

Founded by a Celtic tribe before the rise of the Roman Empire, Salamanca was named a UNESCO World Heritage Site in 1988 due to its beautifully preserved buildings. It is home to one of Europe's oldest universities, founded in 1134, and its main square, bustling with students, is often called the most beautiful in Spain. The beauty of this richly historic city, besides the enormous Romanesque cathedral whose profile dominates the town, is the grace with which Salamanca retains a traditional Spanish village feel. It is a living museum that takes visitors back to the Middle Ages.

萨拉曼卡由凯尔特部落在罗马帝国兴起前建立，1988 年因其保存完好的建筑而被联合国教科文组织列为世界遗产。萨拉曼卡拥有欧洲最古老的大学之一，始建于 1134 年，其主广场挤满了学生，被称为西班牙最美丽的广场。这座历史悠久、风景如画的城市除了拥有一座宏伟的罗马式大教堂外，还保留了传统的西班牙村庄风情。萨拉曼卡是一座活生生的博物馆，游客可以在这里重温中世纪的风情。

### **Shore Excursions: A DAY IN SALAMANCA**

**岸上观光：**萨拉曼卡的一天

## **Day 7 — Pinhão, Portugal 葡萄牙皮尼昂**

### **Régua, Portugal 葡萄牙雷瓜**

皮尼昂周围是风景如画的梯田山坡，这些山坡是杜罗河谷的代名词。这里节奏缓慢、气氛安静，但实际上这里生产着世界知名的波特酒；一些波特酒生产领域最知名的品牌就在附近经营着葡萄酒庄园。皮尼昂是杜罗河沿岸的“车站小镇”之一，拥有一条沿河的休闲长

廊，风景优美，非常适合在葡萄园覆盖的山丘上漫步和喝酒。村庄的火车站装饰着 24 个壮观的场景，这些场景是用葡萄牙独特的蓝白瓷砖 *azulejos* 描绘的。

## 葡萄牙雷瓜

雷瓜是葡萄牙划定的葡萄酒产区西部边界，具有悠久的酿酒传统。河畔庄园里住着葡萄种植户；有些庄园的露台上挂着巨大的字母，以便过往船只从水中轻松识别。16 世纪英国商人在当地葡萄酒中加入白兰地以防止其变酸，从而创建了该国著名的港口。几个世纪以来，成熟和混合的过程已经完善，酿造出诱人的茶色、红宝石色和其他品种的葡萄酒。

Pinhão is surrounded by picture-postcard terraced hillsides that are synonymous with the Douro River Valley. Its slow pace and quiet atmosphere belie the fact that it produces world-renowned port wines; some of the most recognizable names in port production operate wine estates near here. One of the “station towns” along the Douro River, Pinhão boasts a relaxing and scenic promenade along the river, perfect for strolling and drinking in the beauty of vineyard-clad hills. The village’s railway station is decorated with 24 spectacular scenes depicted in *azulejos*, Portugal’s distinctive blue-and-white tiles.

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## Régua, Portugal

With its historic place as the western boundary of the demarcated wine region of Portugal, Régua boasts a rich wine-making heritage. Riverside manor houses are occupied by winegrowers; some have draped their terraces with giant lettering so they can be easily identified from the water by passing ships. The country’s famous port was created when 16th-century British merchants added brandy to the local wine to prevent it from souring. Over the centuries, the process of maturing and blending has been perfected, resulting in appealing tawnies, rubies and other varieties.



**岸上观光：**Quinta Avessada 的 Favaios 面包店和午餐、葡萄园收获、卡瓦利亚斯庄园

**Shore Excursions:** FAVAIOS BAKERY & LUNCH AT QUINTA AVESSADA、  
VINEYARD HARVEST、QUINTA DAS CARVALHAS

## **Day 8 — Régua, Portugal 葡萄牙雷瓜**

### **Porto, Portugal 葡萄牙雷瓜**

In Portuguese cuisine, pork plays a central role, appearing in *paio*, a pork loin sausage, and *chouriço*, a spicy sausage often flavored with paprika or wine. These cured meats are nicely complemented by the smooth and creamy cheeses of the region. Among main dishes, the addictive *pastéis de bacalhau* (small cod cakes) are enjoyed hot or cold. And Portugal's famed soup, *caldo verde*, gets its deep green color from a variant of kale. At meal's end or just as a treat, the city's *pastelarias* are well worth a visit for anyone with a sweet tooth.

### Porto, Portugal

The magnificent 19th-century Luís I Bridge, designed by a disciple of Gustave Eiffel and opened in 1886, spans the Douro River to link Porto to Vila Nova de Gaia. Known locally as "Gaia," the city is central to Porto's role as a major producer of port. Here, amid ceramic, glass and soap factories, cellars of 58 companies fortify the prized wine. Visiting Gaia offers insight into how Douro River valley wines are transformed into some of the most sought-after ports in the world, and provides panoramic views of Porto, as many of the cellars are located on the banks of the river.

### 葡萄牙雷瓜

在葡萄牙美食中，猪肉扮演着重要角色，常见于 *paio*（一种猪腰肉香肠）和 *chouriço*（一种通常用辣椒粉或葡萄酒调味的辣味香肠）。这些腌制肉类与该地区柔滑的奶油奶酪相得益彰。在主菜中，令人上瘾的 *pastéis de bacalhau*（小鳕鱼饼）可冷热食用。葡萄牙著名的汤 *caldo verde* 的深绿色源于羽衣甘蓝的一种变种。无论是在用餐结束时还是作为零食，这座城市的 *pastelarias* 都值得任何爱吃甜食的人光顾。

## 葡萄牙雷瓜

宏伟的 19 世纪路易斯一世桥由古斯塔夫·埃菲尔的弟子设计，于 1886 年通车，横跨杜罗河，连接波尔图和加亚新城。这座城市在当地被称为“加亚”，是波尔图作为波特酒主要产地的核心。这里遍布陶瓷、玻璃和肥皂工厂，58 家公司的酒窖为珍贵的葡萄酒增色。参观加亚可以深入了解杜罗河谷葡萄酒如何变成世界上最受欢迎的波特酒，还可以欣赏波尔图的全景，因为许多酒窖都位于河岸边。

## Shore Excursions: CHARMING LAMEGO、CISTERCIANS & WINES

### 岸上观光：迷人的拉梅古、西多会修士与葡萄酒

## Day 9 — Porto, Portugal 葡萄牙波尔图

当独具特色的单桅帆船将第一批葡萄酒从杜罗河上游的葡萄园运到这里时，波尔图的繁荣前景就已注定。在铁路出现之前，这些木制货船是杜罗河谷酿酒厂与城市之间最快、最高效的葡萄酒运输方式，瓶装葡萄酒由此出口到世界各地。如今，这些船只归杜罗河沿岸的波特酒公司所有。虽然它们不再使用，但它们仍然点缀在河岸边，丰富了这座城市的特色和文化特征。

Porto's prosperous future was sealed when the distinctive, single-masted *barcos rabelos* delivered the first wine shipments here from vineyards up the Douro River. Before the advent of the railroad, these wooden cargo boats provided the fastest and most efficient transport of wines between the Douro River valley's wineries and the city, from which bottles were exported all over the world. Today, the vessels are owned by port wine companies along the

Douro. Though no longer in use, they still grace the river' s edge nonetheless, enriching the city' s character and cultural identity.

**岸上观光：**徒步波尔图、历史悠久的吉马良斯、阿韦莱达庄园、波尔图市徒步旅行、波特酒窖、传统鱼罐头厂和风景秀丽的波尔图

**Shore Excursions:** PORTO ON FOOT、HISTORIC GUIMARÃES、QUINTA DA AVELEDA、PORTO CITY HIKE、PORT WINE CELLARS、TRADITIONAL FISH CANNERY & SCENIC PORTO

## **Day 10 — Porto, Portugal 葡萄牙波尔图**

After breakfast, disembark your ship and journey home.

早餐后，下船回家。