



11 天莱茵河和美因河探险

Rhine & Main Explorer

11 Days | 9 Guided Tours | 3 Countries

11 天 | 9 导览 | 3 个国家

部分行程会有不同



Day 1 — Nuremberg, Germany 德国纽伦堡

登上您的船，入住您的客舱。纽伦堡是巴伐利亚州的第二大城市，到处都是传统的半木结构房屋和带有复杂尖顶的哥特式教堂。尽管在第二次世界大战期间几乎被摧毁，但剩下的中世纪城墙绵延约三英里，拥有原始的城门和 80 座原始的瞭望塔。纽伦堡以其金属和玩具工艺而闻名。但它因其在第二次世界大战中的作用而臭名昭著，首先是齐柏林场纳粹集会的地点，后来是司法宫战争罪审判的地点，吸引了一代人的关注。

Embark your ship and settle into your stateroom. The second-largest city in Bavaria, Nuremberg is filled with traditional half-timbered houses and Gothic churches with intricate spires. Although nearly destroyed during World War II, the remaining medieval city walls stretch some three miles and feature original gateways and 80 original watchtowers. Nuremberg is well known historically for its metal and toy craftsmanship. But it is infamous for its role in World War II, first as the site of Zeppelin Field's Nazi rallies and later as the site of the war crimes trials at the Palace of Justice that captured the attention of a generation.

Day 2— Nuremberg, Germany 德国纽伦堡

在纽伦堡的中世纪城墙内，老城区仿佛是时间凝固的地方。其质朴的半木结构房屋、华丽的哥特式教堂和鹅卵石小巷构成了一幅童话般的景象。最显眼的是帝国城堡，这里曾举行过神圣罗马帝国皇帝的加冕仪式以及圣徒的升天和埋葬仪式。这座城堡于公元 1000 年建成，是一座坚固的防御工事，是德国国王的中央权力中心。纽伦堡成为帝国的非官方首都长达 600 年，设有法院和国会，这些定期会议制定政策和战略。

Within the medieval walls of Nuremberg, Old Town is a place frozen in time. Its rustic half-timbered houses, ornate Gothic churches and cobblestone lanes form a fairy-tale scene. Looming above all is the Imperial Castle, which hosted the coronation of Holy Roman Emperors and the exaltation and entombment of saints. Completed in 1000 AD, it was a formidable fortification and provided a central seat of power for German kings. Nuremberg became the unofficial capital of the empire for 600 years, hosting courts and the Diet, periodic assemblies that shaped policy and strategy.

岸上观光：纽伦堡的历史、纽伦堡与第二次世界大战、战争幸存者：纽伦堡的艺术

Shore Excursions: Nuremberg Through History、Nuremberg & World War II、Surviving the War: Art in Nuremberg

Day 3 — Bamberg, Germany 德国班贝格

班贝格建于 902 年，至今仍是一座中世纪风格的城市，以交响乐团和特色烟熏啤酒而闻名。这座城市蜿蜒的街道上遍布巴洛克风格的贵族住宅，还有令人惊叹的 11 世纪神圣罗马帝国皇帝海因里希二世大教堂，里面安葬着他和教皇克莱门特二世。班贝格以其 Altes Rathaus 或旧市政厅而闻名，该市政厅位于雷格尼茨河上的双拱桥上，还有古老的主教住宅：16 世纪的 Alte Hofhaltung（旧法院）和 17 世纪的 Neue Residenz（新居）。

Founded in 902, Bamberg remains a medieval-looking city known for its symphony orchestra and *rauchbier*, specialty smoked beer. The city's winding streets are filled with baroque patrician houses and are home to the stunning 11th-century Cathedral of Holy Roman Emperor Heinrich II, housing his tomb and that of Pope Clement II. Bamberg is especially noted for its Altes Rathaus, or Old Town Hall, situated on a twin-arched bridge over the Regnitz River, and for

the old bishop' s houses: the 16th-century Alte Hofhaltung (Old Court) and 17th-century Neue Residenz (New Residence).

岸上观光：班贝格徒步之旅

Shore Excursions: Bamberg Walking Tour

Day 4 — Würzburg, Germany 德国维尔茨堡

维尔茨堡周围环绕着弗兰肯葡萄园，在二战期间遭到严重破坏，但后来已完全修复。这座著名的大学城是巴洛克式建筑的瑰宝。其最原始的辉煌典范是宏伟的主教官邸，建于1744年，为主教而建；他对艺术家的坚定支持从旋转楼梯和提埃波罗创作的宏伟天花板壁画中可见一斑。其他地标包括中世纪的雕像林立的老美因桥和马林贝格堡垒，后者最初是凯尔特山堡，后来成为主教的住所。这座城市仍然是一个主要的酿酒中心，拥有德国最古老和最大的葡萄园。

Surrounded by Franconian vineyards, Würzburg was heavily damaged during World War II, but has since been completely restored. This prestigious university city is a jewel of baroque architecture. Its most pristine example of pomp and glory is the great Bishops' Residenz palace, built in 1744 for the prince-bishop; his unwavering support of artists is evidenced by the sweeping staircase and magnificent ceiling frescoes by Tiepolo. Other landmarks include the medieval, statue-lined Old Main Bridge and Marienberg Fortress, originally a Celtic hill fort and later residence of the bishops. The city remains a major wine-making center, hosting Germany' s oldest and largest vineyard.

岸上观光：维尔茨堡王宫与步行街、罗腾堡、徒步维尔茨堡山

Shore Excursions: Würzburg Residenz & Walk、Rothenburg ob der Tauber、Hike the Würzburg Hills

Day 5 — Marktheidenfeld, Germany 德国 马克特海登费尔德

德国 马克特海登费尔德

马克特海登费尔德是一座风景如画的小镇，位于巴伐利亚州下弗兰肯地区，拥有可追溯至中世纪的丰富文化遗产。保存完好的半木结构房屋排列在古朴的街道两旁，市中心坐落着熙熙攘攘的集市广场，散发着个性和活力的氛围。当地餐厅供应传统的丰盛巴伐利亚美食，包括 *Schweinshaxe*（猪肘）、*Kaiserschmarrn*（炒焦糖煎饼）和更常见的德国香肠等美味佳肴。

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风景优美的航行：美因河、施佩萨特

今天沿着德国最重要的水道之一航行，沿途的风景体现了该国的风景秀丽和童话般的魅力。您将经过古朴的河畔村庄、起伏的农田和斯佩萨特森林的森林。沿途，您可能会迷失在半木结构的房屋、历史悠久的城堡和华丽的宫殿的梦幻画卷中。这是曾经由公爵统治的德国，格林兄弟的想象力将这个德国变成了神奇的现实，他们在哈瑙镇长大，并从这些河岸编织出奇妙的故事。

Marktheidenfeld, Germany

Marktheidenfeld is a picturesque town situated in the Lower Franconia region of Bavaria and boasts a rich heritage that dates back to medieval times. Well-preserved, half-timbered houses line quaint streets and in its heart lies a bustling Marktplatz, or market square, that exudes character and a vibrant atmosphere. Local restaurants serve traditional hearty Bavarian fare, including delicious dishes

such as Schweinshaxe (pork knuckle), Kaiserschmarrn (scrambled caramelized pancake) and the more commonly known bratwurst.

Scenic Sailing: Main River, Spessart

Journey along one of Germany's most important waterways today, passing landscapes that embody the country's scenic beauty and storybook charm. You will sail by quaint riverside villages, undulating farm country and the sylvan forests of the Spessart woodlands. Along the way, you just may lose yourself in the dreamy canvases of half-timbered houses, historic castles and splendid palaces. This is the Germany once ruled by dukes and brought to magical life by the imagination of the Brothers Grimm, who grew up in the town of Hanau and wove fantastic tales from these banks.

岸上观光：美因河畔马克泰登菲尔德和洛尔

Shore Excursions: Marktheidenfeld & Lohr am Main

Day 6 — Frankfurt, Germany 德国法兰克福

法兰克福横跨美因河，因其天际线与曼哈顿相似而被昵称为“美因哈顿”。它是一个主要的金融中心，也是文化、历史和建筑的丰富中心。美因河堤岸上排列着至少九家博物馆，涵盖从艺术到电影到民族学等各个领域。在罗马山区，法兰克福市政厅分布在 11 栋相连的贵族住宅中。皇帝在哥特式圣巴塞洛缪大教堂加冕，而该市的考古花园则展出了罗马定居点的遗迹。

Straddling the Main River, Frankfurt has been nicknamed “Mainhattan” for its skyline that resembles that of Manhattan. It is a major financial center and a rich hub of culture, history and architecture. No fewer than nine museums line the Main embankment, covering everything from art to film to ethnology. In the Roman Hill district, Frankfurt's town hall spreads out over 11 conjoined

patrician houses. Emperors were crowned in the Gothic St. Bartholomew's Cathedral, and remnants from Roman settlements are on exhibit in the city's Archaeological Garden.

岸上观光：法拉克福全景、海德堡和马丁·路德的沃尔姆斯

Shore Excursions: Panoramic Frankfurt、Heidelberg & Martin Luther's Worms

Day 7 — Karlsruhe, Germany 德国卡尔斯鲁厄

卡尔斯鲁厄是德国西南部的文化瑰宝之一，融合了传统与现代。这座城市于 18 世纪初作为巴登大公国建立，拥有雄伟的卡尔斯鲁厄宫，城市的街道以卡尔斯鲁厄宫为起点，形成独特的圆形布局。创新深深植根于这座城市的 DNA 中；2009 年，世界著名的卡尔斯鲁厄理工学院被选为所在地。众多博物馆、剧院和画廊都是热门景点，宁静的绿色空间也为人们提供了远离城市生活的宁静空间。

Blending tradition and modernity, Karlsruhe is one of southwest Germany's cultural gems. Founded as the Grand Duchy of Baden during the early-18th century, the city is home to the majestic Karlsruhe Palace, from which the city's streets span forming a distinctive circular layout. Innovation is ingrained in the city's DNA; it was the chosen destination to establish the world-renowned Karlsruhe Institute of Technology in 2009. Numerous museums, theaters and galleries are popular sights to explore, as well as the peaceful green spaces that offer a serene escape from city life.

岸上观光：卡尔斯鲁厄和植物园、巴登巴登温泉小镇、拉斯塔特最喜爱的宫殿

Shore Excursions: Karlsruhe & Botanical Gardens、Spa Town of Baden Baden、Rastatt Favorite Palace

Day 8 — Strasbourg, France 法国斯特拉斯堡

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。

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.

岸上观光：斯特拉斯堡运河游船、阿尔萨斯葡萄酒品尝、阿尔萨斯风味、上柯尼斯堡城堡

Shore Excursions: Strasbourg Canal Cruise、Alsatian Wine Tasting、Flavors of Alsace、Castle Haut-Königsbourg

Day 9 — Breisach, Germany 德国布赖萨赫

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。

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.

岸上观光：布莱萨赫徒步之旅和凯撒斯图尔、科尔马中世纪村庄、电动自行车畅游阿尔萨斯葡萄酒之路、全日黑森林体验

Shore Excursions: Breisach Walking Tour & the Kaiserstuhl、Medieval Village of Colmar、Alsatian Wine Route by E-Bike、Full Day Black Forest Experience

Day 10 — Basel, Switzerland 瑞士巴塞尔

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。

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.

岸上观光： 巴塞尔徒步之旅、阿尔卑斯山的亮点、诺华研发中心、奶酪火锅之夜

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

Day 11 — Basel, Switzerland 瑞士巴塞尔

早餐后，下船回家。

After breakfast, disembark your ship and journey home.