



# 12 天巴黎瑞士阿尔卑斯之旅

Paris to the Swiss Alps

12 Days | 10 Guided Tours | 4 Countries

12 天 | 10 次导览 | 4 个国家

**\*部分行程会有不同\***

## Day 1 — Paris, France 法国巴黎

Arrive and check in to your hotel. 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、Montmartre Hill、Paris by Night Tour、The Palace of Versailles、Paris Cabaret with Dinner、Monet's Gardens & Highlights of Paris

**岸上觀光：**巴黎全景、蒙马特山、巴黎夜游、凡尔赛宫、巴黎歌舞表演（含晚餐）、莫奈花园和巴黎亮点

### **Day 3 — Reims, France 法国兰斯** **Trier, Germany 德国特里尔**

## Reims, France

After breakfast, check out of your hotel and begin your journey to your embarkation city. Reims lies in the heart of France's renowned Champagne region. A testament to its rich history, which can be traced back to Gallo-Roman times, is its diverse collection of landmarks. Among its most iconic are the Abbey of Saint-Rémi, the final resting place of the archbishop who baptized Frankish king Clovis and initiated Reims's long line of coronations; the Palace of Tau, an archiepiscopal residence constructed in the Middle Ages; and Reims Cathedral, where 25 kings of France were coronated. These three monuments were collectively inscribed as a UNESCO World Heritage Site in 1991.

## Trier, Germany

One of Germany's most treasured cities for its rich history, Trier was once the regional capital of the Holy Roman Empire. After Emperor Constantine the Great had a vision of Christ, he and his mother Helena built great churches and cathedrals here. A few still

stand, the magnificent Romanesque Cathedral of Trier among them. The 20,000-seat amphitheater, the Roman Bridge and the massive Porta Nigra, the ancient city gate, are further relics of that time. Today, Trier is a picturesque town surrounded by forests and vineyards, known also as the birthplace of Karl Marx and as a vibrant university town. Embark your ship and settle into your stateroom.

## 法国兰斯

早餐后，退房并开始前往登船城市。兰斯位于法国著名的香槟地区中心。其丰富的历史可以追溯到高卢罗马时代，其标志性建筑种类繁多。其中最具代表性的是圣雷米修道院，这是为法兰克国王克洛维施洗并开启兰斯悠久加冕仪式的大主教的最后安息之地；陶宫，一座建于中世纪的大主教住所；以及兰斯大教堂，25 位法国国王在此加冕。这三座纪念碑于 1991 年被列为联合国教科文组织世界遗产。

## 德国特里尔

特里尔是德国最受珍视的城市之一，历史悠久，曾是神圣罗马帝国的首府。君士坦丁大帝看到基督的幻象后，与母亲海伦娜在此修建了宏伟的教堂和大教堂。其中一些至今仍屹立不倒，其中就包括宏伟的罗马式特里尔大教堂。20,000 个座位的露天剧场、罗马桥和巨大的黑门（古城门）都是那个时代的遗迹。如今，特里尔是一座风景如画的小镇，周围环绕着森林和葡萄园，也是卡尔·马克思的出生地和一座充满活力的大学城。登上您的游轮，入住您的客舱。

**Shore Excursions:** Reims Cathedral & Luxembourg American Cemetery

**岸上觀光：**兰斯大教堂和卢森堡美国公墓

**Day 4 —Trier, Germany**德国特里尔  
**Bernkastel, Germany**德国贝恩卡斯特尔

Trier, Germany

The historic heart of Trier, the bustling and colorful Hauptmarkt is the city's main gathering place and a rich repository of architecture. Once the center of trade in medieval Trier, the square is anchored by an ornate fountain featuring St. Peter, the city's patron saint. In addition, the unmistakable white- and mustard-colored tower of St. Gangolf Church rises above the square, resplendent with late Gothic and baroque elements. Perhaps the Hauptmarkt's most distinctive building is the Steipe, named for its short pillars. Today, the pedestrian-only Hauptmarkt is a colorful canvas of baroque, Renaissance and classicist styles that mingle seamlessly with modern shops and cafés.

## Bernkastel, Germany

Nestled between soft rolling hills and the gently flowing Moselle River, Bernkastel, the “Pearl of the Moselle,” boasts medieval squares laden with charming half-timbered houses and inviting lanes and alleys. For much of their history, Bernkastel and its sister town of Kues across the river stood worlds apart. A bridge united them in 1874, paving the way for actual unification in 1905. Today, Bernkastel plays the charming host with history to share, while Kues pours the wine, more attentive to the sweet grapes of its fertile valley. Indeed, the twin towns produce some of Germany's finest vintages.

### 德国特里尔

特里尔的历史中心，繁华而多彩的中央市场是这座城市的主要聚会场所，也是丰富的建筑宝库。广场曾是中世纪特里尔的贸易中心，广场上有一个华丽的喷泉，上面刻有城市的守护神圣彼得。此外，圣甘戈尔夫教堂的白色和芥末色塔楼高耸于广场之上，散发着晚期哥特式和巴洛克式的华丽气息。中央市场最独特的建筑可能是因其短柱而得名的 **Steipe**。如今，步行专用的中央市场是一幅色彩缤纷的画布，融合了巴洛克、文艺复兴和古典主义风格，与现代商店和咖啡馆完美融合。

### 德国 贝恩卡斯特尔

贝恩卡斯特尔坐落在绵延起伏的丘陵和缓缓流淌的摩泽尔河之间，被称为“摩泽尔明珠”，拥有中世纪广场，广场上遍布迷人的半木结构房屋和迷人的小巷。在大部分历史中，贝恩卡斯特尔和河对岸的姐妹城库斯一直相距甚远。1874年，一座桥梁将两地连接起来，为1905年的实际统一铺平了道路。如今，贝恩卡斯特尔扮演着迷人的主人，与人们分享历史，而库斯则负责倒酒，更注重其肥沃山谷的甜葡萄。事实上，这对姊妹城出产一些德国最好的葡萄酒。

**Shore Excursions: Trier Highlights、Bernkastel-Kues Wine Tasting**  
**岸上觀光：**特里尔亮点、贝恩卡斯特尔-库斯葡萄酒品鉴会

## **Day 5 — Cochem, Germany德国科赫姆**

Perched on a hilltop above the city and the Moselle, a 1,000-year-old imperial castle is the signature landmark of Cochem. Its mighty rectangular keep and many small towers strike a dramatic pose against a curtain of green hills. In Cochem's lively Old Quarter, the market square boasts old timber-framed houses that overlook Martin's Fountain and the bay-windowed baroque Town Hall. In this historic center, the 15th-century St. Martin's Church and the Capuchin monastery, which now serves as an artistic and cultural center, are all beautifully preserved. Wine taverns along the river offer a "green wine," a very young wine.

一座拥有 1000 年历史的皇家城堡坐落在城市和摩泽尔河上方的山顶上，是科赫姆的标志性地标。其巨大的矩形主楼和许多小塔楼在绿色山丘的映衬下，呈现出一种戏剧性的姿态。在科赫姆热闹的老城区，市场广场拥有古老的木结构房屋，俯瞰着马丁喷泉和带有凸窗的巴洛克式市政厅。在这个历史悠久的中心，15 世纪的圣马丁教堂和卡普齐纳修道院都保存完好，现在已成为艺术和文化中心。河边的酒馆提供“绿酒”，一种非常年轻的葡萄酒。

**Shore Excursions: Cochem, Reichsburg & the Moselle Valley、Bicycling the Moselle、An Evening of Music & Wine**

**岸上觀光：**科赫姆、赖希斯堡和摩泽尔河谷、骑自行车游览摩泽尔河、音乐与美酒之夜

## **Day 6 — Koblenz, Germany德国科布伦茨**

**Scenic Sailing: Middle Rhine风景优美的航行：莱茵河中游**

### **Koblenz, Germany**

Koblenz is a traditional German city, founded more than 2,000 years ago. This former trading settlement rests on a massif of the Middle Rhine Highlands. Its cobblestone streets, wood-beamed houses adorned with flowers, ancient market square and medieval churches recall the fairy-tale Germany of old. At the "German Corner," a massive equestrian statue of Prince William I observes the lovely riverside scene. The

famed Teutonic Knights set up their first base here in 1216. The Romanesque Basilica of St. Castor, Koblenz's oldest building, dates to 836.

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## 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.

科布伦茨是一座传统的德国城市，建于 2000 多年前。这座前贸易定居点坐落在莱茵河中游高地的一块地块上。它的鹅卵石街道、装饰着鲜花的木梁房屋、古老的集市广场和中世纪教堂让人想起童话般的古老德国。在“德国角”，威廉一世王子的巨大骑马雕像俯瞰着美丽的河畔景色。著名的条顿骑士团于 1216 年在这里建立了第一个基地。罗马式圣卡斯特大教堂是科布伦茨最古老的建筑，建于 836 年。

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。

**Shore Excursions:** Historic Koblenz、Fairy-tale Eltz Castle

**岸上觀光：**历史悠久的科布伦茨、童话般的埃尔茨城堡

## Day 7 — Mainz, Germany 德国美因茨

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.

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、Jewish Mainz & Chagall Windows、The Working World of Opel、Wine & Nature of Schloss Vollrads

**岸上觀光：**美因茨徒步之旅和古腾堡博物馆、欧宝的工作世界、SCHLOSS VOLLRADS 的葡萄酒与自然

## **Day 8 — Speyer, Germany 德国施派尔**

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.

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:** Speyer Walking Tour、Heidelberg & Martin Luther's Worms、Gardens of Schloss Schwetzingen

**岸上觀光:** 施派尔徒步之旅、海德堡和马丁·路德的沃尔姆斯、施韦青根宫花园

## **Day 9 — 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、Alsatian Wine Tasting、Flavors of Alsace

**岸上觀光:** 斯特拉斯堡亮点、阿尔萨斯葡萄酒品尝、阿尔萨斯风味、斯特拉斯堡高处俯瞰

## **Day 10 — Basel, Switzerland** 瑞士巴塞尔 **Zürich, Switzerland** 瑞士苏黎世

### **Basel, Switzerland**

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. After breakfast, disembark your ship and transfer to your destination.

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## Zürich, Switzerland

Arrive and check in to your hotel. Overlooking Lake Zürich and spanning the banks of the Limmat River, Switzerland's largest city is often cited as one of Europe's most livable. It is the country's financial heart, but its residents also embrace their natural surroundings, from soaring alpine peaks to the lake's shimmering waters. Zürich is home to a lively and impressive arts culture. The avant-garde Dada movement was born here in 1916 and two of its most important churches boast stained glass windows by Marc Chagall and Augusto Giacometti. More masterworks reside in the city's renowned Kunsthaus, including an enormous water lily painting by Monet.

### 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的最佳方式。早餐后，下船前往目的地。

### 瑞士苏黎世

抵达并入住酒店。瑞士最大的城市俯瞰苏黎世湖，横跨利马特河两岸，经常被誉为欧洲最宜居的城市之一。它是瑞士的金融中心，但居民也热爱自然环境，从高耸的阿尔卑斯山峰到波光粼粼的湖水。苏黎世拥有活跃而令人印象深刻的艺术文化。前卫达达运动于 1916 年在这里诞生，两座最重要的教堂拥有马克·夏加尔和奥古斯托·贾科梅蒂的彩色玻璃窗。这座城市著名的艺术馆里还有更多杰作，包括莫奈的一幅巨大的睡莲画。

### Shore Excursions: Basel Highlights、Highlights of the Alps

岸上觀光：巴塞尔亮点、阿尔卑斯山的亮点

## Day 11 — Zürich, Switzerland 瑞士苏黎世

Zürich offers much more than its reputation as a city of banking institutions. The Grossmünster is one of Zürich's most important landmarks and the center of the Swiss Reformation in the 16th century. Across the river lies Fraumünster, famed for its stained glass windows painted by Marc Chagall. Exclusive designer boutiques line the streets of Storchengasse alongside world-renowned chocolatiers and quaint, cozy cafés. The scent of delicious sweet treats and freshly baked *gipfeli* waft through the air on every street corner.

苏黎世不仅以其银行机构之城的美誉而享有盛誉，其魅力远不止于此。苏黎世大教堂是苏黎世最重要的地标之一，也是 16 世纪瑞士宗教改革的中心。河对岸是圣母大教堂，以其由马克·夏加尔绘制的彩色玻璃窗而闻名。独家设计师精品店排列在 **Storchengasse** 的街道上，旁边还有世界著名的巧克力店和古雅舒适的咖啡馆。每个街角都飘荡着美味甜点和新鲜出炉的 *吉普菲利* 饼干的香味。

**Shore Excursions:** Zürich Walking Tour & Lake Cruise、Lindt Exclusive Chocolate Workshop、Swiss Cuisine at a Historic Guild House、Zürich West by Foot、Swiss Chocolate: From Bean to Bar

**岸上觀光：**苏黎世徒步之旅和湖上巡游、LINDT 独家巧克力工作坊、历史悠久的行会大厦中的瑞士美食、步行前往苏黎世西部、瑞士巧克力：从可可豆到巧克力棒

## **Day 12 — Zürich, Switzerland 瑞士苏黎世**

After breakfast, check out of your hotel and journey home.

苏黎世是瑞士艺术和文化中心，历史悠久。德国作曲家理查德·瓦格纳曾在此流亡，并完成了他著名的歌剧系列《尼伯龙根的指环》。苏黎世剧院曾首演剧作家贝托尔特·布莱希特的作品，并举办小说家托马斯·曼的朗诵会。如今，这座城市拥有数个音乐场所，吸引了众多本地和国际艺术家。这里还举办广受欢迎的街头游行，以庆祝自由、爱、宽容和音乐，每年吸引超过一百万人来到苏黎世湖畔。早餐后，退房并返回酒店。