



12 天法老与金字塔

Pharaohs & Pyramids

12 天 | 11 导览 | 1 个国家

12 Days | 11 Guided Tours | 1 Country

Day 1 — Cairo, Egypt 埃及开罗

抵达后入住酒店。人们曾这样评价埃及这座令人兴奋的首都：“没来过开罗的人就不算见过世面。”毫无疑问，这个城市的心脏跳动着无拘无束的激情，数千年来，这座城市作为通往拜占庭的贸易路线上撒哈拉商队的中途停留地而繁荣兴盛。在激动人心的琴声中，日常生活的执着之美在这里盛行，宁静的尼罗河像一条迷人的蛇一样蜿蜒而过。开罗的悠久历史令人着迷；它的古迹已经矗立在这里 5,000 多年。

Arrive and check in to your hotel. It has been said of Egypt's exhilarating capital, "He who has not seen Cairo has not seen the world." Certainly, the heart of the nation beats with an unbridled passion in this city made prosperous over millennia as a stopover for Sahara caravans on trade routes to Byzantium. Amid the stimulating strum, the insistent beauty of everyday life reigns here, with the serene Nile sliding through like an entrancing serpent. Cairo's very age mesmerizes; its monuments have stood here for more than 5,000 years.

Day 2 — Cairo, Egypt 埃及开罗

几个世纪以来，开罗在埃及的宗教和文化发展中发挥着核心作用。如今，这座城市拥有唯一一座保存完好的古代世界奇迹——吉萨大金字塔。这座城市的历史街区老开罗拥有世界上最多的伊斯兰建筑。除了这些古迹外，作为联合国教科文组织创意城市手工艺和民间艺术之都的成员，开罗一直努力保护其传统工艺遗产，包括吹玻璃、铜匠、陶器、陶瓷和珠宝。

For centuries, Cairo has played a central role in religious and cultural developments in Egypt. Today, the city is home to the only Wonder of the Ancient World still intact—the Great Pyramids of Giza. And the city's historic district, Old Cairo, boasts the world's highest concentration of Islamic architecture. In addition to these monuments, Cairo has been making efforts as a member of the UNESCO Creative City of Crafts and Folk Art to preserve its traditional craftwork heritage including glassblowing, coppersmithing, pottery, ceramics and jewelry.

岸上观光：开罗城堡和埃及博物馆、汉哈利利市场和晚餐

Shore Excursions: CAIRO CITADEL & EGYPTIAN MUSEUM、
KHAN EL-KHALILI MARKET & DINNER

Day 3— Cairo, Egypt 埃及开罗

开罗老城的中世纪城墙外，展现着一个历经时间考验的迷人世界。穆伊兹街以法蒂玛王朝哈里发的名字命名，他于 969 年将开罗定为埃及首都。这条街是开罗的主干道，横跨 11 世纪的城门 Bab al-Futuh 和 Bab Zuweila。从优雅清真寺和陵墓到华丽的宫殿和埃及

政要和著名商人的故居，这里拥有辉煌的伊斯兰建筑，让人们一窥法蒂玛王朝及其后时期的辉煌。

A captivating world that has withstood the tests of time unfolds beyond the medieval walls enclosing Old Cairo. Muizz Street, named for the Fatimid caliph who established Cairo as Egypt' s capital in 969, was the city' s main thoroughfare, running between the 11th-century city gates Bab al-Futuh and Bab Zuweila. Its splendid Islamic architecture—from elegant mosques and mausoleums to ornate palaces and former residences of Egyptian dignitaries and prominent merchants—provides a glimpse into the glory of the Fatimid dynasty and the periods that followed.

岸上观光：萨卡拉阶梯金字塔、吉萨和狮身人面像

Shore Excursions: SAKKARA STEP PYRAMID, GIZA & THE SPHINX

Day 4— Luxor, Egypt 埃及卢克索

早餐后，退房并飞往登船城市。卢克索位于尼罗河东岸，曾是埃及新王国的首都。如今，它已被联合国教科文组织列为世界遗产，两旁是美丽的殖民酒店和一些世界上最古老、最重要的遗址。许多人认为这座城市是世界上最伟大的露天博物馆之一，尼罗河上优雅的单帆船俯瞰着这座城市。东岸的卢克索神庙和卡纳克神庙由古老的狮身人面像大道连接。西岸的帝王谷里，埋葬着埃及伟大的法老。

After breakfast, check out of your hotel and fly to your embarkation city. Luxor is set on the east bank of the Nile River and once served as the capital of Egypt' s

New Kingdom. Today, it is a UNESCO World Heritage Site lined with beautiful colonial hotels and some of the world's most ancient and significant ruins. Many consider this city, watched over by graceful single-sailed *feluccas* plying the Nile, one of the world's great open air museums. The sprawling Temples of Luxor and Karnak on the east bank are linked by the ancient Avenue of the Sphinxes. On the west bank, in the Valley of the Kings, lie the tombs of Egypt's great pharaohs.

岸上观光：卡纳克神庙和卢克索图书馆、卢克索神庙

Shore Excursions: KARNAK TEMPLE & LUXOR LIBRARY、LUXOR TEMPLE

Day 5 — Qena, Egypt 埃及基纳

基纳在古埃及被称为卡内，位于尼罗河岸边，数千年来一直繁荣昌盛。商人和旅行者从红海穿过山谷来到这里，带来来自波斯和其他地方的货物。主广场上的谢赫·埃尔·基纳维清真寺是这座城市丰富而包罗万象的伊斯兰和苏菲派历史的纪念碑。基纳最为人所知的是通往丹德拉神庙宏伟遗址的门户。它的石门和饰有象形文字的高耸柱子是埃及保存最完好的建筑之一。

Known in ancient Egypt as Caene, Qena's situation on the banks of the Nile River has bolstered its prosperity over millennia. Merchants and travelers have long journeyed here from the Red Sea, through the valley, bringing goods from Persia and beyond. The Sheikh el-Qenawi Mosque on the main square serves as a monument to the city's rich and all-embracing Islamic and Sufi past. Qena is mostly known as the gateway to the magnificent ruins of the Dendera Temple. Its stone gate and towering columns adorned with hieroglyphics are some of Egypt's best-preserved structures.

岸上观光：丹德拉神庙、热气球之旅

Shore Excursions: DENDERA TEMPLE EXPLORATION、HOT AIR BALLOON RIDE

Day 6 — Luxor, Egypt 埃及卢克索

卢克索位于世界上最大的考古遗址之一：底比斯，这里曾是繁华的帝国首都。古代，尼罗河流经底比斯，将其分为“生者之城”和“死者之城”。前者指的是东岸（现代卢克索），因为这里是该市大多数人口（有时也是埃及统治者）的居住地。西岸（今天称为库尔纳）被指定为后者，因为它是一座墓地，遍布皇室和其他贵族的豪华安息之地。

Luxor lies amid what is arguably one of the world’ s largest archaeological sites: Thebes, once a thriving imperial capital. In antiquity, the Nile River ran through Thebes, dividing it into a “City of the Living” and a “City of the Dead.” The former referred to the east bank (modern-day Luxor) as this was where the majority of the city’ s population—and at times, Egypt’ s rulers—made their home. The west bank (known today as Kurna) was designated the latter as it served as a necropolis, dotted with the lavish resting places of royalty and other nobility.

岸上观光：帝王谷、哈特谢普苏特和奈菲尔塔莉王后陵墓

Shore Excursions: VALLEY OF THE KINGS, HATSHEPSUT & QUEEN NEFERTARI TOMB

Day 7— Esna, Egypt 埃及伊斯纳

古埃及人称伊斯纳为拉托波利斯，以尼罗河圣水中最大的鲈鱼品种命名。其古老的历史在色彩缤纷的街市中得以延续，街市上摆满了织物、地毯、铜器、珍珠母纪念品等。伊斯纳辉煌的克努姆神庙以其 1 世纪的罗马柱厅而闻名，该厅有 24 根柱子，顶部有精雕细琢的花柱。其墙壁上装饰着罗马皇帝向埃及诸神献祭的图像。

Ancient Egyptians knew Esna as Latopolis, named for the largest of the perch species that swam in the Nile's sacred waters. Its ancient past lives on in the colorful street market overflowing with fabrics, carpets, brassware, mother-of-pearl keepsakes and more. Esna's glorious Temple of Khnum is celebrated for its 1st-century Roman Hypostyle Hall, 24 columns topped with intricately carved floral capitals. Its walls are adorned with images of Roman emperors making offerings to Egyptian gods.

岸上观光：艾斯纳古庙、徒步游览埃斯纳村

Shore Excursions: ANCIENT TEMPLE OF ESNA
、 VILLAGE OF ESNA BY FOOT

Day 8 — Aswan, Egypt 埃及阿斯旺

阿斯旺位于古代努比亚的北部边界，努比亚是一片壮丽的地区，东起利比亚沙漠，西至红海，北至苏丹中部，东至埃及南部。作为联合国教科文组织创意城市手工艺与民间艺术之都，如今的阿斯旺致力于保护其丰富的文化遗产。其努力包括举办国际演出的阿斯旺民间舞蹈团、展示努比亚日常生活和手工艺品的努比亚博物馆，以及鼓励古埃及花岗岩石雕实践的阿斯旺国际雕塑研讨会。

Aswan stands at what was once the northern border of ancient Nubia, a remarkable region that encompassed the land eastward from the Libyan Desert

to the Red Sea and northward from central Sudan to southern Egypt. As a UNESCO Creative City of Crafts and Folk Art, present-day Aswan strives to preserve its rich heritage. Its efforts include the Aswan Folk Dance Troupe that performs internationally, the Nubian Museum showcasing Nubian daily life and craftwork, and the Aswan International Symposium of Sculpture encouraging the practice of ancient Egyptian granite stone carving.

岸上观光：阿斯旺大坝、阿布辛贝神庙

Shore Excursions: ASWAN HIGH DAM, LOCAL MARKET VISIT & FELUCCA SAIL、THE TEMPLES AT ABU SIMBEL

Day 9— Aswan, Egypt 埃及阿斯旺

Kom Ombo, Egypt 埃及康翁布

阿斯旺位于尼罗河第一瀑布，这是一条湍急的河流，流经岩石河床。长期以来，阿斯旺一直是尼罗河的终点站。如今，这座城市的贸易传统仍在尼罗河岸边热闹的集市上延续。这座城市的繁荣还源于这里开采的大量花岗岩，用于建造该国无数的古庙、方尖碑和金字塔。20 世纪 60 年代，阿斯旺大坝建成，形成了纳赛尔湖。随着湖水上涨，这座城市吸引了众多考古学家，他们决心拯救古庙，避免它们被淹没。

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埃及康翁布

康翁布是尼罗河沿岸的一个小镇。它位于埃及肥沃的农业区中心，周围环绕着大片甘蔗和玉米田。该村居住着大量努比亚人，由于阿斯旺大坝的修建和纳赛尔湖的形成，他们的家园被淹没，许多人被迫流离失所。该镇的亮点是其同名神庙，坐落在俯瞰尼罗河的一座小

山上。该神庙由一位埃及法老于公元前 2 世纪开始修建，并由一位罗马皇帝于公元前 30 年左右完成。

Located at the first cataract of the Nile, a set of rapids coursing through a rocky riverbed, Aswan has long been a terminus town on the Nile. Today, the trading tradition continues in the city' s lively market near the Nile' s banks. The city also thrived due to the massive quantities of granite quarried here to build the country' s countless ancient temples, obelisks and pyramids. In the 1960s, completion of the Aswan High Dam created Lake Nasser. As the lake rose, the city became a magnet for archaeologists intent on saving ancient temples from submersion.

Kom Ombo, Egypt

Kom Ombo is a small town along the Nile. In the heart of one of Egypt' s fertile agricultural regions, it is surrounded by vast fields of sugarcane and corn. The village is home to a large Nubian population, many of whom were displaced when their homes were submerged by construction of the Aswan High Dam and the creation of Lake Nasser. The town' s highlight is its namesake temple, perched on a low hill overlooking the Nile. Construction was started by an Egyptian pharaoh in the 2nd century BC and completed by a Roman emperor around 30 BC.

岸上观光：努比亚村、菲莱神庙和纸莎草研究所

Shore Excursions: NUBIAN VILLAGE, PHILAE TEMPLE & THE PAPYRUS INSTITUTE、KOM OMBO TEMPLE

Day 10 — Edfu, Egypt 埃及 艾德富

Luxor, Egypt 埃及卢克索

艾德富充满了埃及传说。古代神话说，在这个神圣的地方，猎鹰神荷鲁斯与他的叔叔塞特展开了战斗，因为塞特残忍地杀死了荷鲁斯的父亲奥西里斯。为了纪念荷鲁斯，艾德富人民在公元前 237 年至公元前 57 年修建了一座宏伟的神庙，按照埃及的标准，这是一座年轻的建筑。埃及古物学家对它的设计特别感兴趣，因为它与更古老的神庙非常相似。附近的一个古老定居点提供了尼罗河沿岸生活的线索，其有趣的文物可以追溯到公元前 3100 年。

埃及卢克索

卢克索拥有丰富的考古宝藏，拥有丰富的历史和文化遗产。体验这一切的最佳方式之一是参观卢克索博物馆。博物馆位于市中心，自 1975 年在埃及文化部的倡议下成立以来一直向公众开放。博物馆精心策划的藏品展示了从古王国到马穆鲁克苏丹国的文物。其中最著名的展品是阿赫摩斯一世和拉美西斯一世的木乃伊，以及从图坦卡蒙国王墓中发掘出的物品。

Edfu is steeped in Egyptian legend. In this sacred place, ancient myth says that the falcon god Horus battled his uncle Seth after Seth brutally killed Horus' s father Osiris. To honor Horus, the people of Edfu built a grand temple from 237 to 57 BC, a young structure by Egyptian standards. Egyptologists have paid particular interest to its design, as it closely resembles that of much older temples. Nearby, an ancient settlement provides hints of life along the Nile, with its interesting artifacts dating as far back as 3100 BC.

Luxor, Egypt

Home to a wealth of archaeological treasures, Luxor boasts a rich history and cultural heritage. One of the best ways to experience this is with a visit to the

Luxor Museum. Located downtown, its doors have been opened to the public since 1975, when it was founded under the initiative of the Ministry of Culture of Egypt. Its thoughtfully curated collection showcases artifacts spanning from the Old Kingdom to the Mamluk sultanate. Among its most notable exhibits are those displaying the mummies of Ahmose I and Ramses I, and objects excavated from King Tutankhamen' s tomb.

岸上观光：艾德富神庙

Shore Excursions: EDFU TEMPLE

Day 11— Cairo, Egypt 埃及开罗

早餐后，下船飞往目的地。抵达后入住酒店。露天市场是埃及社会、文化和经济传统的中心。露天市场是这座城市的缩影，可以一窥当地的生活、历史、艺术、手工艺和美食。开罗的露天市场非常丰富，其中最著名的一个就位于城市的历史中心。Khan el-Khalili 最初建于 1382 年，当时是一家商队旅馆，它不仅是开罗最大的露天市场，也是中东最古老的露天市场。它巨大的迷宫般的通道两旁是熙熙攘攘的摊位和商店，提供各种各样的商品。

After breakfast, disembark your ship and fly to your destination. Arrive and check in to your hotel. Souks (marketplaces) are central to Egypt' s social, cultural and economic traditions. A microcosm of the city, they provide a glimpse into local life, history, art, crafts and food. And in Cairo, they are in abundance, with one of its most notable lying in the historic heart of the city. Originally established as a caravansary in 1382, Khan el-Khalili is not only the largest souk in Cairo, but also the oldest in the Middle East. Its vast labyrinth of passageways is lined with bustling stalls and shops offering a wide range of goods.

岸上观光：开罗老城区及其科普特区、埃及国家文明博物馆

Shore Excursions: OLD CAIRO & ITS COPTIC QUARTER、THE NATIONAL MUSEUM OF EGYPTIAN CIVILIZATION

Day 12 — Cairo, Egypt 埃及开罗

早餐后，退房并回家。

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