



12 天伦敦、巴黎和诺曼底登陆日

London, Paris & D-Day

12 Days | 8 Guided Tours | 2 Countries

12 天 | 8 场导览 | 2 个国家

部分行程会有不同

Day 1 — London, England 伦敦，英国

Arrive and check in to your hotel. After the fall of France, Hitler turned his eyes toward the invasion of England and the capture of its capital city, London. From July to October 1940, the “Battle of Britain” raged in the skies over the British Isles as numerous skirmishes were fought between the British RAF and the German Luftwaffe. While many cities—including London—suffered heavily from the bombing raids, the Luftwaffe never achieved air superiority; their mounting losses led to the cancellation of Germany’s invasion plans, and Britain’s victory is considered a major turning point in the war.

抵达后入住酒店。法国沦陷后，希特勒将目光转向入侵英国并攻占其首都伦敦。1940 年 7 月至 10 月，“不列颠之战”在英国上空肆虐，英国皇家空军和德国空军之间发生了多次小规模冲突。虽然包括伦敦在内的许多城市都遭受了轰炸的重创，但德国空军从未取得空中优势；他们不断增加的损失导致德国的入侵计划被取消，英国的胜利被认为是战争的一个重要转折点。

Day 2— London, England 伦敦，英国

“The Blitz” began on September 7, 1940, with the German Luftwaffe focusing its nightly raids on London and other major cities. The sustained air campaign lasted from September 1940 to May 1941, during which 43,500 civilians were killed. At one point, London suffered through 57 consecutive nights of bombings; the resulting destruction required some areas of the city to be completely rebuilt after the war. Iconic London landmarks like the Houses of Parliament were also heavily damaged, while others—such as Buckingham Palace and 10 Downing Street—escaped unscathed.

“闪电战”始于 1940 年 9 月 7 日，德国空军集中夜间空袭伦敦和其他主要城市。这场持续的空袭从 1940 年 9 月持续到 1941 年 5 月，期间有 43,500 名平民丧生。伦敦一度遭受了连续 57 个晚上的轰炸；由此造成的破坏迫使战后该市的一些地区彻底重建。伦敦的标志性建筑如国会大厦也遭到严重破坏，而其他建筑——如白金汉宫和唐宁街 10 号——则毫发无损。

Shore Excursions: Golden Lion Pub, Gunwharf Quays & the D-Day Museum

岸上观光：金狮酒吧、金狮酒吧、冈沃夫码头和诺曼底登陆博物馆

Day 3 — London, England 伦敦，英国

The dark years of World War II were a time of major upheaval for England's civilian population. Subjected to "The Blitz," as well as flying bomb and rocket attacks, more than 60,000 civilians were killed and another 86,000 injured. In London, residents were forced to take shelter nightly in the underground subway system. More than 1 million people were evacuated from the cities to the countryside in an effort to escape the bombings. Shortages of essential items were widespread and continued during the postwar period, having a lasting impact on the lives of everyone.

第二次世界大战的黑暗岁月是英国平民生活动荡不安的时期。在“闪电战”以及飞弹和火箭弹的袭击下，超过 60,000 名平民丧生，另有 86,000 人受伤。在伦敦，居民被迫每晚在地下地铁系统中避难。超过 100 万人从城市疏散到乡村，以躲避轰炸。战后时期，生活必需品短缺现象普遍存在，并持续存在，对每个人的生活产生了持久影响。

Shore Excursions: Britain at War & Panoramic London

岸上观光：应该战争与伦敦全景

Day 4 — London, England 伦敦，英国

Much of the "Battle of Britain" was fought over southeastern England. During "The Blitz," Portsmouth, an important naval base, was subjected to repeated attacks, while Southampton suffered two devastating raids that leveled the city. By the late stages of the war, the entirety of the southeast had become the base of operations for launching the massive Allied invasion of Normandy. On the evening of June 5, 1944, more than 86,000 troops left Portsmouth and

Plymouth alone for French shores to start Operation Overlord. Its goal: the liberation of Europe from Nazi control.

“不列颠之战”的大部分战斗发生在英格兰东南部。在“闪电战”期间，重要的海军基地朴茨茅斯遭到反复袭击，而南安普敦则遭受了两次毁灭性的袭击，将这座城市夷为平地。到战争后期，整个东南部已成为盟军大规模入侵诺曼底的作战基地。1944年6月5日晚上，超过86,000名士兵离开朴茨茅斯和普利茅斯前往法国海岸，开始“霸王行动”。其目标是：将欧洲从纳粹控制中解放出来。

Shore Excursions: Bletchley Park

岸上观光：布莱切利园

Day 5— Paris, France 法国巴黎

早餐后，退房并前往登船城市。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。

After breakfast, check out of your hotel and begin your journey to your embarkation city. 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.

Day 6— Paris, France 法国巴黎

在巴黎最令人愉快的活动之一就是在于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。

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.

Shore Excursions: Panoramic Paris、Flavors of Paris、The Palace of Versailles、Montmartre Hill

岸上观光：巴黎全景、巴黎风味、凡尔赛宫、蒙马特山

Day 7—Vernon, France 法国 弗农

Scenic Sailing: Seine River 风景优美的航行：塞纳河

法国 弗农

韦尔农是一座迷人的省级城镇。鹅卵石铺就的街道让人想起中世纪，一些半木结构的房屋配有精美的木雕。这座城镇由维京人罗洛于 9 世纪建立，塞纳河上的一个岛屿方便人们通行。由于它是巴黎和鲁昂之间的中转站，该镇防御严密，经常被围攻。塞纳河右岸至今仍保留着中世纪古桥的遗迹。图雷尔城堡的遗迹是那个时代的最后见证。

风景优美的航行：塞纳河

塞纳河蜿蜒流过诺曼底的优美景色。它蜿蜒流向英吉利海峡，从巴黎出发，绵延 240 英里，比乌鸦飞行距离的两倍还长。航行途中，肥沃的田野延伸至苹果园，这里是该地区著名的卡尔瓦多斯苹果白兰地的产地。诺曼底奶牛在草地上吃草，这些草地有助于生产奶油味的布里奶酪和卡门培尔奶酪。在这些田园风光的河岸上，您还可以欣赏风景如画的村庄和历史悠久的修道院。

Vernon, France

Vernon is a charming provincial town. Its cobblestone streets are reminiscent of the Middle Ages, and some of its half-timbered houses feature magnificent wooden carvings. The town was founded by the Viking Rollo in the 9th century, where an island in the Seine made for easy crossings. Because of its importance as a transit point

between Paris and Rouen, the town was well fortified and frequently besieged. Ruins of its old medieval bridge still linger on the Seine's right bank. The remains of La Chateau des Tourelles are the last surviving witness to that era.

Scenic Sailing: Seine River

The Seine meanders through the mellow vistas of Normandy. As it makes its sleepy and serpentine way to the English Channel, it winds along for 240 miles from Paris, more than doubling the distance of a crow's flight. As you sail, fertile fields unfurl toward groves of apple orchards, sources of the region's famed calvados apple brandy. Norman cows graze the grassy meadows that help produce creamy Brie and Camembert. You will also gaze upon picturesque villages and historic abbeys on these bucolic banks.

岸上观光：吉维尼莫奈基金会、骑自行车游览莫奈花园、陆路前往诺曼底海滩、犹他海滩和奥克角

Shore Excursions: Monet Foundation Giverny、Monet's Garden by Bicycle、Overland to Normandy Beaches、Utah Beach & Pointe du Hoc

Day 8 — Rouen, France 法国鲁昂

鲁昂的中世纪中心适合步行游览，步行游览效果最佳。哥特式建筑与风景如画的市场广场相映成趣，蜿蜒的小巷中矗立着历史悠久的瑰宝，例如 14 世纪的 Gros-Horloge 天文钟。鲁昂人以他们的美食而自豪；奶酪和苹果酒是诺曼底的特色，您可以在城市各处的餐馆享用。在夏季，鲁昂的水果小径色彩缤纷，樱桃和苹果的甜香弥漫在空气中。

Rouen's medieval center is pedestrian friendly and best explored on foot. Gothic architecture meets picturesque market squares, and winding narrow streets house historic gems, such as the 14th-century Gros-Horloge Astronomical Clock. The Rouennais take pride in their culinary delights; cheese and cider are Norman specialties that can be enjoyed in eateries throughout the city. During the summer months, Rouen's fruit trails burst with color as the sweet scent of cherries and apples fill the air.

岸上觀光：桑葚港、诺曼底美军公墓和奥玛哈海滩、鲁昂徒步之旅

Shore Excursions: Mulberry Harbors, Normandy American Cemetery & Omaha Beach、Rouen Walking Tour

Day 9— Rouen, France 法国鲁昂

1940 年 6 月，巴黎沦陷，鲁昂和整个法国都落入了德国国防军的控制之下。鲁昂的铁路中心是纳粹在西欧的战争中不可或缺的一部分，也是盟军轰炸机的诱人目标。早在德国占领之前，这座城市就已经遭受了破坏，因为撤退的法国军队炸毁了桥梁以减缓纳粹闪电战，英国皇家空军也进行了轰炸。**6 月 11 日**，老城区发生了一场大火，持续了 **48 小时**，摧毁了 **900 座**中世纪建筑，进一步破坏了这座城市。

With the fall of Paris in June 1940, Rouen and all of France came under the control of the German Wehrmacht. Rouen's railway center made it vital to the Nazi war effort in Western Europe and an enticing target for Allied bombers. Even before German occupation, the city had already suffered damage from retreating French forces detonating bridges to slow the Nazi Blitzkrieg, as well as bombing raids by the British RAF. Further destruction came on June 11, when a large fire that broke out in the Old Town was left to burn for 48 hours, destroying 900 medieval buildings.

岸上观光：鲁昂徒步之旅、朱诺海滩和飞马纪念博物馆

Shore Excursions: Rouen Walking Tour、Juno Beach & Pegasus Memorial Museum

Day 10 — Les Andelys, France 法国 莱安代利

莱安德里斯最出名的是俯瞰城市的雄伟城堡——盖亚尔城堡。这座城堡由狮心王理查德于 **1196 年**建造，其战略位置和村庄的战略位置在整个中世纪都增强了莱安德里斯的重要性。该镇还因其圣克洛蒂尔德神奇泉而闻名，第一位法兰克国王克洛维的妻子在这里将井水变成葡萄酒，供本笃会修道院的建造者享用。欧洲的虔诚信徒在听说这一举动后，纷纷来此朝圣，直到 **19 世纪末**。

Les Andelys is best known for its imposing castle overlooking the city, the Château Gaillard. Built in 1196 by Richard the Lionheart, the castle and the village's strategic location bolstered the importance of Les Andelys throughout the Middle Ages. The town also gained notice for its Sainte Clotilde Miraculous Spring, where the wife of the first Frankish king, Clovis, turned well water into wine to serve the builders of her Benedictine monastery. Europe's devout, upon hearing of the act, flocked here on pilgrimages until the end of the 19th century.

岸上观光：盖拉德城堡徒步之旅、吉维尼莫奈基金会

Shore Excursions: Château Gaillard Walking Tour、Monet Foundation Giverny

Day 11 — Paris (Le Pecq), France 法国巴黎（勒佩克）

Paris, France 法国巴黎

法国巴黎（勒佩克）

巴黎长期以来一直是法国文化、美食和建筑辉煌的中心，是世界上最浪漫的目的地之一。几个世纪以来，巴黎文化在灵感的翅膀下不断发展。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。香榭丽舍大街拥有迷人的河畔长廊、37 座优美的桥梁以及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，是法国最美丽的林荫大道。

法国巴黎

巴黎的生活围绕着塞纳河，河上有 37 座桥，每座桥都讲述着一个故事。也许没有哪座桥比亚历山大三世桥更奢华，这座优美的桥以 1892 年签署法俄同盟的俄罗斯沙皇的名字命名。下游是五拱桥，耶拿桥，因其风景优美的地理位置而备受喜爱，连接着埃菲尔铁塔和特罗卡德罗区。艺术桥位于卢浮宫和法国学院之间，以其成千上万的挂锁而闻名，情侣们将这些挂锁挂在栏杆上，以示他们对彼此的忠诚。

Paris (Le Pecq), France

Long a hub of French culture, cuisine and architectural splendor, 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, 37 graceful bridges and splendid views of all things Parisian, from the Eiffel Tower to the Louvre Museum, it is France's most beautiful boulevard.

Paris, France

Life in Paris revolves around the Seine River, with 37 bridges crossing the river, each telling a story. Perhaps none are so extravagant as the Pont Alexandre III, a graceful span named for the Russian tsar who signed the Franco-Russian Alliance in 1892.

Downriver, the five-arched Pont d'Iéna is beloved for its scenic location linking the Eiffel Tower to the Trocadéro district. The Pont des Arts, set between the Louvre and the Institut de France, was famed for its thousands of padlocks, attached by couples to the railing grate as a sign of their devotion to each other.

岸上观光：拿破仑的马尔迈松城堡、卢浮宫博物馆和啤酒馆晚餐、巴黎夜间游船

Shore Excursions: Napoleon's Château de Malmaison、The Louvre Museum & Brasserie Dinner、Paris Cruise by Night

Day 12— Paris, France 法国巴黎

第二次世界大战期间，被占领的巴黎成为自由法国抵抗运动的中心。与其他遭到盟军轰炸的法国城市不同，巴黎没有遭受重大破坏，其许多标志性建筑，如埃菲尔铁塔和卢浮宫，在战争中完好无损，至今仍可欣赏。诺曼底登陆仅两个月后，法国解放就到来了，**1944 年 8 月 26 日**，法国坦克师和美国步兵师进入诺曼底，在戴高乐将军的率领下，沿着香榭丽舍大街进行了一场盛大的游行。早餐后，下船回家。

During World War II, occupied Paris became the center for the Free French resistance movement. Unlike other French cities that were targets of Allied bombing raids, Paris escaped major damage and its many iconic landmarks, such as the Eiffel Tower and the Louvre, survived the war intact and can still be enjoyed today. Liberation came just two months after the D-Day landings in Normandy, when divisions of the French tanks and US infantry entered the city on August 26, 1944, culminating with an exuberant march, led by Gen. Charles de Gaulle, down the Champs-Élysées. After breakfast, disembark your ship and journey home.