



15 天壮丽的湄公河

Magnificent Mekong

15 Days | 16 Guided Tours | 2 Countries

15 天 | 16 导览 | 2 个国家

部分行程会有不同



Day 1 — Hanoi, Vietnam 越南河内

抵达后入住酒店。河内是一座法国殖民城市，没有哪个地方比它更能代表现代越南的对比性。1902 年至 1954 年间，河内曾是法属印度支那的首都，如今拥有该地区最美丽的全景之一，文化遗址比越南任何其他城市都多。河内老城区拥有 600 多座宝塔和寺庙，保留着 20 世纪初的原始街道和建筑。漫步在历史悠久的街道上，仿佛回到了过去。

Arrive and check in to your hotel. A French-conceived colonial city, no other destination better represents the contrasting nature of modern Vietnam than Hanoi. It was the capital of French Indochina from 1902 to 1954 and today boasts one of the most beautiful panoramas in the region, with more cultural sites than any other city in Vietnam. Amid more than 600 pagodas and temples, Hanoi's Old Quarter displays the original streets and architecture from the early 20th century. A stroll along its historic streets is like stepping back in time.

Day 2 — Hanoi, Vietnam 越南河内

河内老城区的中心地带是一条条狭窄的迷宫，尽管喧闹嘈杂，但街道井然有序。在熙熙攘攘的人群中，街道名称中隐约可见商业模式，每条街道的名称都与几个世纪以来在此生产和销售的产品有关。从 Hàng Bạc（银）到 Hàng Bò（篮子），从 Hàng Bông（棉花）到 Hàng Đào（丝绸），几乎所有商品都可以在商店或市场摊位上找到，旁边还有各种越南著名的街头小吃摊。

At the heart of Hanoi's Old Quarter lies a labyrinth of narrow streets that, despite the noise levels, are well organized. Amid the bustle, a pattern of trade emerges from the street names, each dedicated to the products that have been produced and sold here for centuries. From Hàng Bạc (silver) to Hàng Bò (baskets) and Hàng Bông (cotton) to Hàng Đào (silk), just about any item can be found at a store or market stall alongside a variety of Vietnam's famous street food vendors.

岸上观光：历史悠久的河内

Shore Excursions: HISTORIC HANOI

Day 3 — Hanoi, Vietnam 越南河内

越南首都的美味佳肴唤醒了人们的感官。河内以其美味的街头美食而闻名，提供来自城市各个角落的各种菜肴。热气腾腾的越南米粉汤搭配烤得恰到好处的腌制肉类。越南的咖啡馆同样受欢迎；鸡蛋咖啡是当地特色，也是任何一餐的点睛之笔。早餐后，退房。今天下午，飞往目的地城市并入住酒店。

柬埔寨暹粒

暹粒是通往吴哥窟宏伟寺庙的门户，拥有一个氛围浓厚的老法国区，殖民风格的建筑与中国建筑并存。随处可见这座城市的历史地位，与乡村历史有着密切的联系。不过，吴哥窟仍然备受关注；联合国教科文组织世界遗产是世界上最重要的考古遗址之一，不仅吸引了历史学家和考古学家，还吸引了查理·卓别林和杰奎琳·肯尼迪等人。

A treasure trove of tasty delights awaken the senses in the Vietnamese capital. Hanoi is famous for its delicious street food, serving up an array of dishes from all corners across the city. Steaming bowls of pho, a Vietnamese rice noodle soup, are served alongside marinated meats grilled to perfection. The café scene in Vietnam is equally as popular; egg coffee is a local specialty and a decadent cap to any meal. After breakfast, check out of your hotel. This afternoon, fly to your destination city and check into your hotel.

Siem Reap, Cambodia

Gateway to the magnificent temples of Angkor Wat, Siem Reap boasts an atmospheric Old French Quarter where colonial-style buildings stand alongside Chinese architecture. Everywhere there is evidence of its place in history as a city with strong ties to its rural past. Still, Angkor Wat gets much of the attention; the UNESCO World Heritage Site is one of the most important archaeological sites in the world, drawing not only historians and archaeologists but also the likes of Charlie Chaplin and Jackie Kennedy.

岸上观光：电动车游览河内古城、Apsara 舞蹈表演

Shore Excursions: HANOI OLD CITY BY ELECTRIC CAR、APSARA DANCE SHOW

Day 4 — Siem Reap, Cambodia 柬埔寨暹粒

高棉帝国的持久遗产在东南亚许多地方都有所体现。高棉人以其建筑技能和与整个大陆社会建立经济联系的能力而闻名，他们通过湄公河进行大米、鱼类和其他商品的贸易。高棉文明深深植根于印度教和佛教信仰，这反映在该国许多古代建筑中。吴哥窟和巴戎寺的雄伟纪念碑彰显了高棉的巨大权力和财富，其巅峰时期甚至比欧洲的拜占庭帝国还要强大。

The lasting legacy of the Khmer Empire is evident across many parts of Southeast Asia. The Khmer were known for their construction skills and ability to establish economic links with societies across the continent, trading in rice, fish and other goods via the Mekong River. The Khmer civilization was deeply embedded with Hindu and Buddhist beliefs, which are reflected in much of the country's ancient architecture. The majestic monuments of Angkor Wat and Bayon pay tribute to the Khmer's vast power and wealth, which at its peak was larger than Europe's Byzantine Empire.

岸上观光：吴哥窟

Shore Excursions: ANGKOR WAT

Day 5 — Siem Reap, Cambodia 柬埔寨暹粒

从暹粒出发，可以探索许多令人惊叹的小型寺庙。电影《古墓丽影》中的塔布茏寺遗址令人着迷，其塔楼、庭院和走廊由精雕细琢的石头组成，周围环绕着巨大的榕树根。暹粒市中心氛围活跃，餐馆提供各种当地和国际美食，商店营业至深夜，出售各种商品，从高棉艺术品和珠宝到手工丝绸和漆器。

From Siem Reap, a number of stunning smaller temples can be explored. The ruins of Ta Prohm Temple, featured in the movie *Lara Croft: Tomb Raider*, is a fascinating sight, with its collection of towers, courtyards and corridors of delicately carved stone enveloped by the vast roots of banyan trees. The center of Siem Reap enjoys a vibrant atmosphere with eateries offering a range of local and international cuisine, as well as stores that are open until late selling a variety of goods, from Khmer art and jewelry to handmade silks and lacquerware.

岸上观光：塔布隆寺和吴哥城、参观维京学校

Shore Excursions: TA PROHM & ANGKOR THOM、VIKING SCHOOL VISIT

Day 6 — Kampong Cham, Cambodia 柬埔寨磅湛省

早餐后，退房并前往登船城市。磅湛省的首府，大致翻译为“占族人的河畔”，是柬埔寨第六大城市。它的街道远离湄公河，散发着宜人的法国殖民时期魅力。河上的 Kizuna 桥于 2001 年开通，是柬埔寨第一座横跨湄公河的桥梁。另一座桥，相比之下朴素，但同样令人印象深刻，是一座精致的竹桥，在旱季，它通向 Koh Paen 岛，那里的高棉和占族村庄被架设在高架上，以迎接洪水季节。

After breakfast, check out of your hotel and begin your journey to your embarkation city. The capital city of Kampong Cham province, which loosely translates to “the riverside of the Cham people,” is the sixth-largest city in Cambodia. Its streets, which spread away from the Mekong River, exude a pleasant French colonial charm. The Kizuna Bridge over the river, opened in 2001, is the first span to cross the Mekong in Cambodia. Another bridge, modest in comparison but no less impressive, is the elaborate bamboo bridge that, during the dry season, leads to Koh Paen island, where Khmer and Cham villages are mounted on stilts in anticipation of high water season.

Day 7 — Kampong Cham, Cambodia 柬埔寨磅湛省

在磅湛省省会宁静的河畔，生活节奏缓慢而悠闲。很少有游客会冒险来到这座古老的亚洲城市，但那些来到这里的人很快就会被安静的街道、友好的当地人和悠闲的海滨长廊所吸引。这里最著名的景点之一是诺哥寺，这是一座建于 12 世纪的寺庙建筑群，比吴哥窟还要早。它由高棉国王阇耶跋摩七世用黑砂岩建造，阇耶跋摩七世还负责建造塔布茏寺和巴戎寺。

Amid the serene riverside setting of Kampong Cham’s provincial capital, life unfolds at a slow, relaxed pace. Few travelers venture off the beaten path to this ancient Asian city, but those who do make their way here soon find themselves captivated by quiet streets, friendly locals and a leisurely waterfront promenade. Among its most notable sights is Wat Nokor, a 12th-century temple complex predating Angkor Wat. It was constructed in black sandstone by Jayavarman VII, the Khmer king also responsible for the Ta Prohm and Bayon Temples.

岸上观光：磅湛、西奥克纳岛编制村

Shore Excursions: KAMPONG CHAM、WEAVING VILLAGE OF KOH OKNHA TAY

Day 8— Phnom Penh, Cambodia 柬埔寨金边

金边仿佛已是时光流逝。这座繁华的柬埔寨首都曾被誉为“亚洲明珠”，拥有迷人的法国殖民时期建筑、精美的宝塔和宏伟的吴哥窟建筑群，柬埔寨因这些建筑群而备受推崇。这座城市公园般的河畔拥有众多诱人的咖啡馆和餐厅，其丰富的大学、博物馆和其他机构已发展成为柬埔寨的文化遗产中心。

Time seems to have passed by Phnom Penh. Once known as the “Pearl of Asia,” this bustling Cambodian capital is home to charming French colonial architecture along relaxed boulevards, beautifully wrought pagodas and the monumental Angkorian complexes for which Cambodia is revered. The city’s park-like riverfront boasts plenty of inviting cafés and restaurants, and its rich collection of universities, museums and other institutions have grown into Cambodia’s center of cultural heritage.

岸上观光：乘三轮车前往金边、琼邑克

Shore Excursions: PHNOM PENH BY CYCLO、CHOEUNG EK

Day 9— Phnom Penh, Cambodia 柬埔寨金边

金边曾两度被选为柬埔寨首都，其历史中曾被高棉和法国统治。近来，这座城市经历了快速的城市化，文化和美食繁荣兴旺。尽管传统柬埔寨美食常常被邻国泰国和越南的知名美食所掩盖，但它代表了世界上最古老的烹饪传统之一——高棉美食的风味和烹饪技巧。在金边，品尝其招牌菜肴的机会很多，从美味的阿莫克鱼到新鲜的 *nom banh chok* 米粉。

Twice chosen as Cambodia's capital, Phnom Penh's history is punctuated with periods of Khmer and French rule. More recently, the city has experienced rapid urbanization and has enjoyed a thriving cultural and food scene. Although often shadowed by the more well-known cuisine of neighbors Thailand and Vietnam, traditional Cambodian fare represents the flavors and techniques of one of the world's oldest surviving culinary traditions: Khmer cuisine. In Phnom Penh, opportunities abound to sample its signature dishes, from savory fish *amok* to fresh *nom banh chok* rice noodles.

岸上观光：乌冬寺和银匠村

Shore Excursions: UDON MONASTERY & SILVERSMITH VILLAGE

Day 10 — Scenic Sailing: Mekong River 风景优美的航行：湄公河

沿着湄公河旅行，了解为什么它是真正的“东南亚母亲河”，几个世纪以来支撑着文明。穿过湄公河稻田、村庄和城镇，仿佛时间静止，看到大量证据证明湄公河在农业和渔业中的作用。郁郁葱葱的常绿阔叶林覆盖着平坦的地貌，一直延伸到崎岖的山峰。当河流流向越南三角洲时，狭窄的溪流通向诱人的水上市场，各种各样的大地珍宝都从随处可见的长船上出售。

Journey along the Mekong and understand why it is truly the “Mother River of Southeast Asia,” sustaining civilizations through the centuries. Pass Mekong rice fields, villages and towns that seem frozen in time, and see ample evidence of the river's role in farming and fishing. A lush landscape of evergreen and broadleaf forests drapes across flat landscapes that rise to rugged peaks. As the river opens up to the Vietnamese delta, narrow rivulets lead to inviting floating markets where all manner of the earth's bounty is sold from ubiquitous longboats.

Day 11 — Tân Châu, Vietnam 越南新洲

新洲是湄公河沿岸一个繁荣的边境小镇，位于越南三角洲的一个农村地区。新洲始建于 18 世纪中叶，随着人口的增长，它已升级为一个乡镇。这里出产高品质的丝绸，以精致的传统图案精心编织而成，并染成鲜艳的色彩。莎草编织是另一项历史悠久的传统，可制作垫子、篮子和其他实用物品。周围的地形大多平坦，运河和小河纵横交错，适合种植稻田和其他农业。

A thriving border town on Mekong shores, Tân Châu occupies a rural district in the delta of Vietnam. Founded in the mid-18th century, its growing population has earned it an upgrade to a township. High-quality silk is produced here, skillfully woven in delicate traditional patterns and expertly dyed in bright colors. Sedge grass weaving is another long-held tradition, producing mats, baskets and other useful items. The surrounding terrain, crisscrossed by canals and smaller rivers, is mostly flat and supports rice fields and other agriculture.

岸上观光：新洲

Shore Excursions: TÂN CHÂU

Day 12 — Sa Đéc, Vietnam 越南沙邑

Cái Bè, Vietnam 越南蔡贝

沙堤位于越南南部，是法国殖民时期的河港，也是农业贸易中心。19 世纪之前，它是湄公河三角洲最大的城市之一。如今，它是一个宁静悠闲的小镇，绿树成荫的街道让人可以轻松漫步，古老的别墅周围环绕着果园和鲜花市场。沙堤是法国最著名作家之一玛格丽特·杜拉斯的童年故居，因其自传体小说《情人》的背景而备受关注，该小说讲述了她与一位中国富商之子的恋情。

越南蔡贝

蔡贝是越南的一个飞地，坐落在湄公河三角洲的水域之中，是一场感官盛宴。这座小镇四周环绕着果园，充满迷人的乡村气息，其同和协公社的古老房屋保存完好。这里的乡村生活以三角洲水域为中心，手工艺人在小型水上市场上交易和出售他们的产品和商品，旧世界的商业活动仍然保留下来。该地区还以蔡良而闻名，这是一种越南风格的民间歌剧，将民谣和戏剧与以农村生活为主题的故事情节相结合。

Located in southern Vietnam, Sa Đéc is a French colonial river port as well as an agricultural trading center. Prior to the 19th century, it was one of the largest cities in the Mekong Delta. Today, it is a sleepy, laid-back town where tree-lined streets invite easy strolls and old villas are surrounded by orchards and markets selling flowers. The childhood home of Marguerite Duras, one of France's best-known authors, Sa Đéc gained attention as the setting of her autobiographical novel *The Lover*, which chronicled her affair with the son of a wealthy Chinese businessman.

Cái Bè, Vietnam

A feast for the senses, Cái Bè is a Vietnamese enclave nestled among the lacework of waters of the Mekong Delta. Surrounded by fruit orchards, this small town with a charming village air boasts remarkably preserved old houses in its Đông Hòa Hiệp Commune. Village life here centers on the waters of the delta, where old-world commerce still survives as craftspeople trade and sell their produce and wares in small floating markets. The region is also known for Cải Lương, a Vietnamese-style folk opera that mixes ballads and theater with storylines focused on rural life.

岸上观光：萨德克和湄公河三角洲 by Sampan 、蔡贝村

Shore Excursions: SA ĐÉC & MEKONG DELTA BY SAMPAN、CÁI BÈ VILLAGE

Day 13 — Ho Chi Minh City, Vietnam 越南胡志明市

早餐后，下船前往目的地。胡志明市最初是一个小渔村，现在是越南最大的城市。虽然当地人仍普遍称其为西贡，但他们更愿意将家乡的名字简化为 HCMC。无论您怎么称呼它，它都是历史与现代年轻活力的完美融合，宝塔和法国殖民时期的宏伟建筑与熙熙攘攘的旧世界市场和现代摩天大楼融为一体，摩托车的嗡嗡声和自行车铃声不断。从历史悠久的狭窄小巷到宽阔的巴黎风格林荫大道，胡志明市拥有自己的特色。抵达后入住酒店。

After breakfast, disembark your ship and transfer to your destination. Founded as a small fishing village, Ho Chi Minh City is now Vietnam's largest city. Though still commonly called Saigon, locals are as likely to simplify the name of their hometown to HCMC. No matter what you call it, it is a seamless blend of history and modern youthful energy, where pagodas and French colonial grandeur mingle with bustling old-world marketplaces and modern skyscrapers, all against a constant buzz of motor scooters and trill of bicycle bells. From enduring, narrow alleyways to wide, Parisian-style boulevards, Ho Chi Minh City has an identity all its own. Arrive and check in to your hotel.

岸上观光：古芝地道

Shore Excursions: CU CHI TUNNELS

Day 14 — Ho Chi Minh City, Vietnam 越南胡志明市

胡志明市是法国和越南文化的交融之地，法式长棍面包和羊角面包与越南粉（越南面条汤）一起出售，摩托车在殖民时期的建筑中呼啸而过。这座城市宽阔的林荫大道让人想起巴黎，两旁矗立着许多瑰宝，例如仿照巴黎小皇宫建造的歌剧院和由古斯塔夫·埃菲尔设计的中央邮局。香气扑鼻的小吃摊和色彩缤纷的商店出售当地特色菜和各种越南商品，从圆锥形帽子到奥黛（女性穿的传统丝绸束腰外衣）。

Ho Chi Minh City is a heady mix of French and Vietnamese cultures, where baguettes and croissants are sold alongside *pho* (Vietnamese noodle soup) and motor scooters buzz past colonial-era architecture. The city's wide boulevards are reminiscent of Paris, lined with jewels such as the Opera House, fashioned after the Petit Palais, and the grand Central Post Office, designed by Gustave Eiffel. Aromatic food stalls and colorful shops purvey local specialties and all manner of Vietnamese wares, from conical hats to *ao dai*, the traditional silk tunic worn by women.

岸上观光：胡志明市全景

Shore Excursions: PANORAMIC HO CHI MINH CITY

Day 15 — Ho Chi Minh City, Vietnam 越南胡志明市

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

早餐后，退房并回家。