

長江探索號



行程 (下游) ITINERARY (DOWNSTREAM)

重慶-涪陵-忠縣-巫山-宜昌 4日3夜 精華遊/
Chongqing - Fuling - Zhongxian - Wushan - Yichang
(3-Night & 4-Day)



重慶-涪陵-忠縣-巫山-宜昌 4日3夜 精華遊/ Chongqing - Fuling - Zhongxian-Wushan - Yichang (3-Night & 4-Day)



第1天/ Day 1

重慶/ CHONGQING

自行抵達重慶;機場/火車站
接機/接站, 送往碼頭登船

船上餐飲 晚餐

Self-arrival in Chongqing;
transfer from airport/train
station to the pier for
embarkation.

Meal dinner

第2天/Day 2

早上 涪陵
岸上游 (二選一)

A線: 816 地下核工程
B線: 白鶴梁水下博物館 & 當地菜場

傍晚 忠縣
岸上游 (二選一)

A線:《烽煙三國》大型山水實景演出
B線: 忠州巷子漫步

船上餐飲 早,午,晚

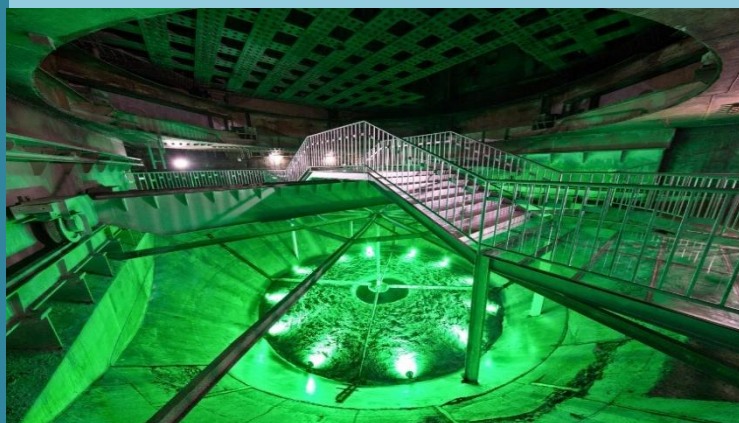
AM Fuling
shore excursion(Choose One)

Route A: 816 Underground Nuclear
Project

Route B: Baiheliang Underwater
Museum & Local Market

PM Zhongxian
Shore excursion(Choose One)
Route A: "The Beacon Fire of Three
Kingdoms" Live Performance
Route B: A stroll through Zhongzhou
Alleys

Meals Breakfast, lunch, dinner

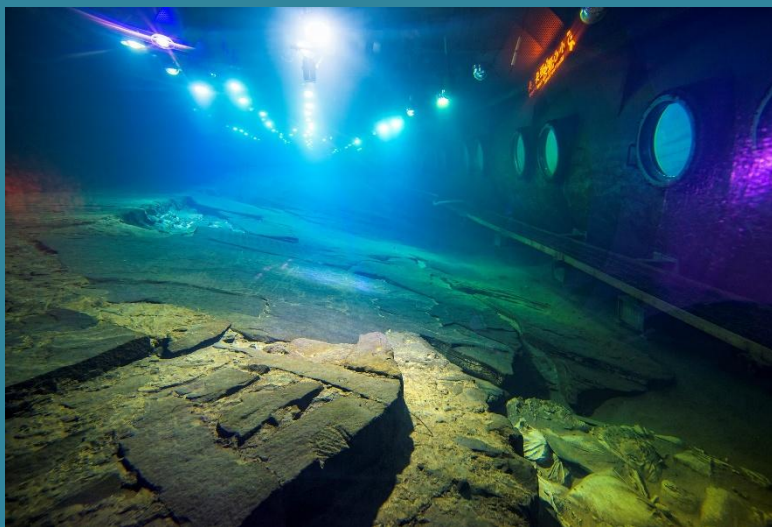


A 816 地下核工程/A 816 Underground Nuclear Project

816 地下核工程位於重慶涪陵, 是世界第一大人工洞體。這座昔日的秘密核燃料工廠深埋山腹, 歷時近20年建成, 規模宏大如「地下長城」。遊客可在此見證冷戰時期的震撼歷史與極致的工業奇蹟。

The 816 Underground Nuclear Project in Fuling is the world's largest man-made cave. Once a secret nuclear plant built over 20 years, this "Underground Great Wall" offers a stunning look at Cold War history and massive engineering feats deep inside a mountain.

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B 忠州巷子/B Zhongzhou Alleys/

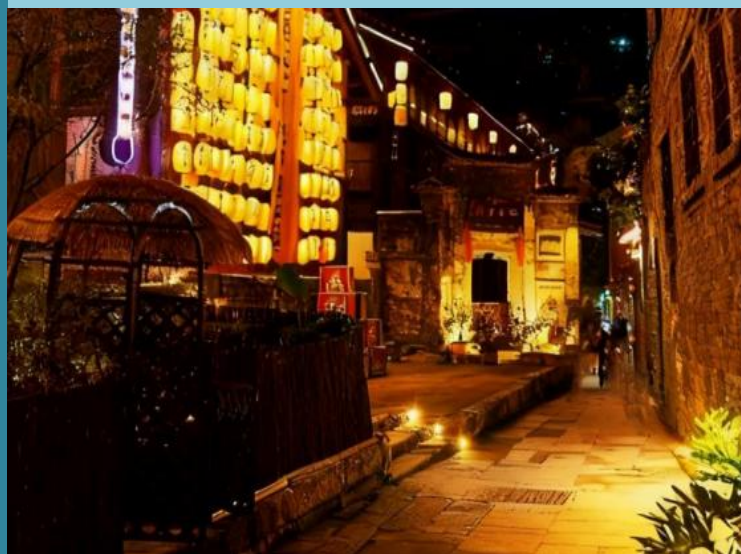
三峽大壩建設使長江沿岸許多城鎮淹沒，忠縣雖有部分舊城沒入水中，卻幸運保留了原始的三峽風情。透過「忠州巷子」的保護性開發，靜謐城牆、老樹根與斑駁磚瓦得以完好留存，展現濃厚的巴渝鄉愁。在保留老店生活氣息的同時，也因地制宜融入了新的文創業態。

The construction of the Three Gorges Dam submerged many towns along the Yangtze, but Zhongxian fortunately preserved its original charm. Through the protective development of "Zhongzhou Alleys," ancient city walls, old tree roots, and weathered tiles have been kept intact, capturing the essence of Bayu nostalgia. While maintaining the spirit of traditional local shops, new cultural and creative industries have also been thoughtfully integrated.

B 白鶴梁水下博物館/B Baiheliang Underwater Museum

白鶴梁水下博物館位於重慶涪陵。這道石樑記錄了長江1200多年來的水位變化，具備極高的科學價值。建立原因是為了在三峽大壩蓄水後，保護這座即將被淹沒的「世界第一古代水文站」。透過壓力補償技術，遊客能經水下廊道親見古人題刻。

The Baiheliang Underwater Museum in Fuling preserves stone carvings recording 1,200 years of Yangtze water levels. It was built to protect this "world's first ancient hydrological station" from being submerged by the Three Gorges Dam. Using pressure-compensation technology, it allows visitors to view these historic inscriptions through underwater tunnels.



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瞿塘峽/Qutang Gorge

瞿塘峽是長江三峽中最短、最窄，卻也最為雄偉險峻的一段。它以「夔門天下雄」著稱，兩岸峭壁千仞，江面狹窄湍急，展現出驚心動魄的自然奇觀，更是人民幣十元紙幣背後的風景所在地。

Qutang Gorge is the shortest and narrowest, yet most majestic and steepest of the Three Gorges.

Famous for the "Kui Gate," its sheer cliffs and narrow, rushing waters create a breathtaking natural wonder. It is also the iconic landscape featured on the back of China's 10-yuan banknote.

A 神女天路/A Goddess Sky Road

沿著海拔千公尺的懸崖步道漫步，遠眺神女峰與長江大拐彎的壯麗絕景。您可登上「三峽之心觀景台」，在雲霧繚繞中舉杯共飲。若體力允許，還可選擇輕徒步線路，穿越山林村莊，深入探索億萬年的地質遺蹟與在地文化。

第3天/Day 3

上午途經 瞿塘峽

巫山

岸上遊(三選一)

A線：神女天路（可選徒步線）

B線：巫山小三峽 & 小小三峽

C線：峽江垂釣（7-12月季節限定）

下午途經 巫峽、西陵峽

晚間 三峽大壩升船機（檢修及禁航期間除外）

餐飲 早、午、晚

Passing through Qutang Gorge in the morning

Wushan

On shore excursion(Choose One)

Route A: Goddess Sky Road (Hiking option available)

Route B: Wushan Lesser Three Gorges & Mini Three Gorges

Route C: River Fishing (Seasonal: July to December)

Passing through Wu Gorge and Xiling Gorge in the afternoon

Night Three Gorges Dam Ship Lift (except during maintenance and navigation ban periods)



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A Goddess Sky Road

Stroll a cliffside path at 1,000m elevation, overlooking Goddess Peak and the majestic Yangtze bend. Enjoy a scenic toast at the "Heart of the Three Gorges" platform amidst the clouds. For the adventurous, an optional light hike through remote villages and ancient geological wonders offers a deeper connection to local history and nature.



B 巫山小三峽與小小三峽/B Wushan Lesser Three Gorges

長江大寧河下游的精華景點。這裡以「奇峰、秀水、狹谷」著稱，遊客可換乘小船深入河道，欣賞兩岸如畫的翠綠峭壁、懸棺遺跡與嬉戲的獼猴。相較於長江大峽谷的雄偉，這裡更顯靈動幽深，被譽為「天下絕景」。

Wushan Lesser Three Gorges and Mini Three Gorges are the highlights of the Daning River. Known for their sheer cliffs, crystal waters, and narrow canyons, they offer a more intimate experience than the main Yangtze gorges. Visitors can take smaller boats to explore lush scenery, ancient hanging coffins, and wild monkeys. It is truly a "hidden paradise" of natural beauty.



巫峽/Wu Gorge

巫峽以「幽深秀麗」聞名，是長江三峽中最精華的一段。兩岸神女峰等十二峰挺拔峭秀，經常雲霧繚繞，形成著名的「巫山雲雨」景觀，充滿神祕詩意的浪漫色彩。Wu Gorge is renowned for its profound beauty and serene elegance. As the most picturesque section of the Three Gorges, it features the stunning Goddess Peak. The frequent mists create the legendary "Cloud and Rain of Wushan," filled with mystical charm.

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西陵峽/Xiling Gorge

西陵峽是長江三峽中最長的一段，以「險峻」著稱。這裡曾集結了眾多險灘與礁石，展現出大自然的鬼斧神工。如今隨著水利工程完工，江面平緩壯闊，遊客可舒適地領略兩岸壁立千仞的雄奇景致，感受峽谷與現代工程交織的震撼。

Xiling Gorge is the longest section of the Three Gorges, famously known for its rugged majesty. Once feared for its treacherous rapids and reefs, it showcases nature's raw power. Today, with calmer waters, visitors can comfortably admire the towering cliffs and the stunning blend of ancient natural canyons with modern engineering wonders.



三峽大壩升船機 / Three Gorges Dam Ship Lift
游輪將於第3天晚間通過「三峽大壩升船機」。這是目前世界上規模最大、技術難度最高的升船機，最大提升高度達 113 公尺(約 40 層樓高)，總重量可達 1.55 萬噸。「長江探索號」是世界第一艘按此標準打造的游輪，讓乘客無需換乘小船，即可優雅地在甲板或客房陽台親歷這項世界奇觀。★三峽大壩升船機(檢修及禁航期間除外)

The cruise will pass through the "Three Gorges Dam Ship Lift" at night on the 3rd day. This is currently the world's largest and most technologically advanced ship lift, capable of lifting a total weight of 15,500 tons to a maximum height of 113 meters (equivalent to 40 stories). The Yangzi Explorer is the first cruise ship in the world built to match these specifications, allowing guests to experience this world wonder directly from the deck or their cabin balcony without the need to transfer to smaller tour boats.

★Three Gorges Dam Ship Lift
(Except during maintenance or navigation bans)

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第4天/Day 4

宜昌

岸上遊(二選一)

A線:三峽大壩 VIP 行程

B線:屈原祠 & 三峽移民博物館

行程結束後送往宜昌機場/火車站。

餐飲 早、午

★午餐:長江肥魚宴 (宜昌聚翁品味餐廳)

Yichang

Shore Excursions (Choose one of two)

Route A: Three Gorges Dam VIP Tour

Route B: Qu Yuan Temple & Three Gorges Migration Museum

Transfer to Yichang Airport/Train Station after the itinerary ends.

Meals: Breakfast, Lunch

★ Lunch: Yangtze River Fat-head Fish Feast (Ju Weng Restaurant, Yichang)



A 世界規模最大水利樞紐工程 /A Three Gorges Dam VIP Tour

兼具防洪、發電、航運、水資源利用等功能。有效調控長江上游洪水, 保障長江中下游平原地區的安全。為華中、華東及華南地區輸送清潔電能。擁有世界最大的船閘和升船機。顯著改善了長江宜昌至重慶段的航運條件, 萬噸級船隊可直達重慶。

The World's Largest Water Conservancy Project Combines flood control, power generation, navigation, and water resource utilization. Effectively regulates floods in the upper Yangtze River, ensuring the safety of the middle and lower plains. Transmits clean electricity to Central, East, and South China. Features the world's largest ship locks and ship lift. Significantly improves navigation conditions between Yichang and Chongqing; 10,000-ton fleets can now reach Chongqing directly.

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B 湖北三峽移民博物館/B Hubei Three Gorges Migration Museum

博物館以「世紀壯舉 湖北擔當」為主題，透過八大單元展陳、歷史實物與場景復原，全景再現了三峽移民長達 30 年的「大搬遷、大建設、大發展」輝煌歷程。館內創新設計了水下展廳，還原淹沒的秭歸老城景觀，封存了百萬移民的鄉愁記憶。

The museum, themed "Heroic Feat, Hubei's Commitment," showcases the 30-year journey of the Three Gorges migration through eight display units, historical artifacts, and scene reconstructions. It features an innovative underwater exhibition hall that recreates the submerged landscape of old Zigui, preserving the nostalgic memories of over a million migrants.

宜昌聚翁品味餐廳/Ju Weng Restaurant, Yichang

遊覽結束後，前往「宜昌聚翁品味餐廳」享用名聞遐邇的長江肥魚。此魚為長江「四大名魚」之一，肉質細嫩無比、無小刺且入口即化。其精心燉煮的魚湯色澤乳白如瓊漿，味道鮮甜甘醇；而肥厚的魚鰾自古更是食中珍品。

After the tour, head to "Ju Weng Restaurant" in Yichang to enjoy the famous Yangtze River Fat-head Fish. As one of the "Four Famous Fish" of the Yangtze, it is renowned for its tender, boneless meat that melts in your mouth. The slow-cooked milky-white fish soup is rich and sweet, while the thick fish maw has been a prized delicacy since ancient times.



行程結束/End of itinerary