

11D8N MEDITERRANEAN SEA & ALPINE ROUTE FRANCE + SPAIN

Aiguille du Midi is a famous mountain peak and viewing point in the French Alps, located near Chamonix. It rises to an altitude of about 3,842 meters and is best known for its spectacular panoramic views of the surrounding Alpine landscape, including Mont Blanc, the highest peak in Western Europe.

TOUR CODE : FRSP11

Tour Highlights

MEAL PLAN

8 BREAKFAST, 1 LUNCH,
5 DINNER

SPECIAL MEALS

BOUILLABASSE (FISH STEW),
FRENCH ESCARGOT, SPANISH
ROASTED SUCKLING PIG

4★ HOTEL THROUGHOUT

*FREE UPGRADE 2N 5★
HOTEL IN BARCELONA

MAIN ATTRACTIONS

CHAMONIX (FRANCE)

- MONT BLANC - HIGHEST PEAK IN WESTERN EUROPE

LYON (FRANCE)

- LES HALLES DE LYON PAUL BOCUSE FOOD MARKET
- SAÔNE RIVER CRUISE

PROVENCE (FRANCE)

- L'OCCITANE EN PROVENCE FACTORY VISIT
- AVIGNON PONT DU GARD
- AVIGNON WINE TASTING
- MARSEILLE

CARCASSONNE (FRANCE)

- MEDIEVAL CITY WALK

BARCELONA (SPAIN)

- LA SAGRADA FAMÍLIA
- PASSEIG DE GRÀCIA
- CASA BATLLÓ
- CASA MILÀ

*SELECTED DEPARTURE DATES ONLY



Day 1 SINGAPORE ✈ MILAN

Assemble at the airport for your flight(s) to **Milan**, the vibrant gateway to Northern Italy

Day 2 MILAN - CHAMONIX (D)

Upon arrival in **Milan**, embark on a scenic journey to **Chamonix**, the world-renowned alpine resort nestled at the foot of **Mont Blanc**, the highest peak in Western Europe. Travel through breathtaking mountain landscapes and enjoy magnificent views of the surrounding Alps along the way. Upon arrival, take time to soak in the charming atmosphere of this picturesque mountain town and admire the stunning Mont Blanc massif. Overnight in Chamonix.

Day 3 CHAMONIX (B)

Today free at leisure, for you to discover the charm of Chamonix at your own pace. Stroll through its picturesque alpine streets, browse local boutiques, or simply relax and soak in the breathtaking mountain scenery. Alternatively, you may choose to join an optional excursion aboard the Aiguille du Midi cable car, soaring to an altitude of 3,842 metres. From the summit, marvel at spectacular panoramic views of Mont Blanc, Western Europe's highest peak, and the surrounding snow-capped Alpine landscape—an unforgettable experience for nature lovers and photography enthusiasts alike.

Day 4 CHAMONIX - LYON (B/ESCARGOT D)

This morning, travel to **Lyon**, France's gastronomic capital. Upon arrival, visit **Les Halles de Lyon Paul Bocuse**, a renowned indoor food market offering a rich selection of gourmet delicacies and regional specialties. Later, enjoy a relaxing **river cruise** along the **Saône River**, offering a unique perspective of Lyon's UNESCO-listed old town, elegant bridges, and historic riverside architecture. Glide past charming quay-side buildings and admire the city's blend of Renaissance heritage and modern waterfront. Tonight, savour a traditional French dinner featuring Escargot de Bourgogne, a classic delicacy prepared with garlic, butter, and herbs.

Day 5 LYON - AVIGNON - MARSEILLE (B/BOUILLABASSE D)

Today, travel to **Avignon** and visit the iconic **Pont du Gard**, a UNESCO World Heritage Roman aqueduct renowned for its remarkable engineering and scenic surroundings. Continue to a local winery for a **wine tasting experience**, sampling regional varietals and learning about Provence's winemaking traditions. Later, proceed to **Marseille**, where you will enjoy a traditional dinner featuring **Bouillabaisse**, the city's famous seafood stew made with fresh fish, shellfish, and aromatic Provençal herbs.



Day 6 MARSEILLE - PROVENCE - MARSEILLE (B/L)

After breakfast, travel to the **L'OCCITANE en Provence factory**, where you may explore and shop for a wide range of iconic skincare, fragrance, and home products inspired by Provence. If travelling between late June and mid-July, you may also have the opportunity to see the famous lavender fields in full bloom. Later, return to **Marseille** and enjoy the rest of the day at leisure to relax or explore the city at your own pace.

Day 7 MARSEILLE - CARCASSONNE - NARBONNE (B/D)

Today, travel to the enchanting medieval city of **Carcassonne**, a UNESCO World Heritage Site famous for its spectacular fortress and fairytale skyline. Step back in time as you explore its cobbled streets, towering ramparts, and centuries-old stone buildings, bringing the history of the Middle Ages vividly to life. Continue your journey to **Narbonne** for overnight.

Day 8 NARBONNE - BARCELONA (B/ROASTED SUCKLING PIG)

This morning, cross the border into **Spain** and continue to vibrant Barcelona for a city tour. Drive along the elegant **Passeig de Gràcia**, renowned for its luxury boutiques and striking modernist architecture, and pass by Gaudí's iconic masterpieces, **Casa Batlló** and **Casa Milà**. Make a photo stop at the magnificent **La Sagrada Família**, the world-famous basilica designed by visionary architect Antoni Gaudí. Been construction after more than a century, one of Barcelona's most extraordinary landmarks.

Day 9 BARCELONA (B)

Today is free at leisure for you to explore Barcelona at your own pace. Alternatively, you may choose to join an optional excursion to Montserrat, home to the spectacular mountain monastery set amidst dramatic rock formations and breathtaking panoramic views. Continue to La Roca Village, a stylish open-air shopping destination offering a wide selection of international designer brands and boutique outlets at attractive prices.

Day10 BARCELONA ✈ SINGAPORE (B)

After breakfast, enjoy some free time until your departure transfer to the airport for your flight back to Singapore.

Day11 SINGAPORE

Arrived Singapore. We hope you enjoyed your trip with **Hong Thai Travel** and we look forward to seeing you again for your next trip.

Day 1 新加坡 ✈ 米兰

于新加坡樟宜机场集合，搭乘航班前往**米兰**——这座充满活力的北意大利门户城市。

Day 2 米兰 - 霞慕尼 (晚餐)

抵达米兰后，启程前往**霞慕尼**，这座举世闻名的阿尔卑斯山度假胜地坐落于西欧最高峰——**勃朗峰**脚下。沿途穿越壮丽的山岳风光，尽览阿尔卑斯群山的迷人景色。抵达后，悠闲漫步于这座风景如画的山城，感受其独特魅力，并欣赏雄伟壮观的勃朗峰山群。夜宿霞慕尼。

Day 3 霞慕尼 (早餐)

今天自由活动，可按照自己的节奏探索霞慕尼的独特魅力。漫步于风景如画的阿尔卑斯山小镇街道，逛逛当地精品店，或悠闲放松，尽情欣赏壮丽迷人的山间景色。此外，也可选择自费参加南针峰缆车之旅，搭乘缆车直达海拔3,842米的观景平台。登顶后，可饱览西欧最高峰——勃朗峰及周边白雪皑皑的阿尔卑斯山脉全景。壮观的高山景致令人叹为观止，是大自然爱好者和摄影爱好者不可错过的难忘体验。



Day 4 霞慕尼 - 里昂 (早/法式蜗牛晚餐)

今晨启程前往法国美食之都——**里昂**。抵达后，参观著名的**保罗·博古斯里昂美食市场**，这座知名室内市场汇集了各式精品美食及地方特色佳肴，是体验法国饮食文化的绝佳去处。随后，搭乘**索恩河游船**，悠闲欣赏里昂这座联合国教科文组织世界遗产城市的迷人风貌。从河上可饱览古城区、优雅桥梁及历史悠久的河畔建筑。今晚享用传统法式晚餐，品尝经典名菜——**勃艮第焗蜗牛**，以蒜蓉、牛油及香草精心烹制，风味独特，是法国料理中极具代表性的美食之一。

Day 5 里昂 - 阿维尼翁 - 马赛 (早/马赛鱼汤晚餐)

今日前往**阿维尼翁**，参观著名的**加尔桥**。这座被列为联合国教科文组织世界遗产的古罗马高架引水桥，以其卓越的工程技术和优美的自然环境闻名于世，是古罗马建筑艺术的杰出典范。随后前往当地酒庄，参加**葡萄酒品鉴**活动，品尝普罗旺斯地区特色葡萄酒，并了解当地悠久的酿酒传统与文化。之后继续前往**马赛**。今晚享用地道的马赛特色晚餐——**马赛鱼汤**。这道经典海鲜料理选用新鲜鱼类、贝类及普罗旺斯香草精心熬制而成，风味浓郁，是法国南部最具代表性的传统美食之一。

Remarks.
* If a place of visit is closed to visitors, it will be replaced with an alternative.
* During major events, accommodation may not be in the city mentioned.
* Sequence of itinerary is subject to change without prior notice.

Day 6 马赛 - 普罗旺斯 - 马赛 (早/午餐)

早餐后，前往**欧舒丹工厂**，参观选购各类源自**普罗旺斯**灵感的经典护肤品、香氛及家居产品，感受浓厚的法式生活美学。若于每年6月下旬至7月中旬期间出行，更有机会欣赏到普罗旺斯著名的薰衣草花田盛开景象。漫山遍野的紫色花海与醉人芬芳交织成一幅浪漫迷人的画卷，是拍照留念的绝佳时机。返回**马赛**，余下时间自由活动。您可悠闲放松，或按照个人兴趣探索这座充满地中海风情的海港城市，感受其独特魅力。

Day 7 马赛 - 卡尔卡松 - 纳博讷 (早/晚餐)

今日前往迷人的中世纪古城**卡尔卡松**。这座被列为联合国教科文组织世界遗产的历史名城，以其壮观的城堡要塞和宛如童话般的天际线闻名于世。漫步于古城之中，仿佛穿越时光回到中世纪。沿着鹅卵石街道探索，欣赏高耸的城墙、巍峨的塔楼以及保存完好的古老石砌建筑，亲身感受浓厚的历史氛围，让中世纪的传奇岁月栩栩如生地展现在眼前。随后，继续前往**纳博讷**过夜。

Day 8 纳博讷 - 巴塞罗那 (早/西班牙烤乳猪晚餐)

今早越过法西边境，前往充满活力的西班牙第二大城市——**巴塞罗那**，展开精彩的市区观光之旅。沿着巴塞罗那最著名的大道——**格拉西亚大道**行驶。这条优雅繁华的街道汇聚众多国际精品名店，同时以其独特的现代主义建筑风格闻名。途中可欣赏建筑大师高迪的两大代表作——**巴特罗之家**及**米拉之家**，感受其天马行空的设计创意与艺术魅力。随后，前往世界闻名的**圣家堂**拍照留念。这座宏伟壮观的宗座圣殿由传奇建筑师安东尼·高迪精心设计，自1882年开始兴建，历经一个多世纪至今仍持续建设中。其独特而震撼的建筑风格使其成为巴塞罗那最具代表性和最令人赞叹的地标之一。

Day 9 巴塞罗那 (早餐)

今天自由活动，可按照自己的节奏探索巴塞罗那的城市魅力。此外，也可选择自费参加蒙特塞拉特观光之旅，前往这座坐落于壮丽奇岩山脉中的修道院圣地。这里以其独特的自然地貌与震撼的全景视野闻名，是加泰罗尼亚最具代表性的宗教与自然景点之一。随后，前往拉罗卡购物村，这是一处时尚的露天购物目的地，汇集众多国际设计师品牌及精品折扣店，以优惠价格提供丰富的购物选择，是购物爱好者不可错过的好去处。

Day10 巴塞罗那 ✈ 新加坡 (早餐)

早餐后，可自由活动，随后前往机场，搭乘航班返回新加坡。

Day11 新加坡

抵达新加坡。衷心希望您在**康泰旅游社**的陪伴下度过了一个愉快的假期。期待在您的下一次旅程中再次与您相见。



Marseille is the second-largest city in France and the country's oldest city, founded by Greek settlers over 2,600 years ago. It is known for its vibrant multicultural atmosphere, historic old port (Vieux-Port), and strong maritime heritage.

注：
*倘若原定的景点不对外开放，将由其他景点取代。
*重大活动举行期间，酒店住宿可能无法按照行程指定城市安排。
*行程顺序如有更改，恕不预先告知。
*中文行程若出现出入，将以英文版本为依据。

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