

# 美岸皇宫大酒店 & 洛桑观光旅游指南

## The Beau-Rivage Palace Hotel Guide & City Guide of Lausanne



### 酒店简介：

美岸皇宫大酒店位于有奥运首都之称的瑞士洛桑，距离日内瓦国际机场仅 45 分钟。酒店保留了 19 世纪优雅的 Belle-Époque 建筑，拥有 4 公顷的私家花园，与奥林匹克博物馆相邻坐拥风光绮逸的日内瓦湖畔，对望白雪皑皑的阿尔卑斯群峰，拥有超过 150 年的历史，是欧洲最著名的酒店之一。

酒店共有 168 间客房其中套房 34 间包括 8 间拥有迥然不同风格的总统套房，为您提供极致的优雅与舒适。12 个各具风格的私人宴会厅满足您各种活动宴会庆典需要。1500 平米的五洲水疗中心以其顶级设施与服务恭候您的光临。

The Beau-Rivage Palace is one of Europe's most famous hotels is located in Lausanne which is known as the Olympic Capital in Switzerland. It takes only 45 minutes from Geneva International Airport. The hotel retains the elegant 19th-century Belle Epoque building, sitting on the shores of Lake Geneva with its picturesque scenery, snow-capped Alps, with over 150 years of history.

The Beau-Rivage Palace has 168 rooms and 34 suites, including eight different style presidential suites which give you the ultimate in elegance and comfort. 12 different styles meeting rooms can meet your need for a variety of activities such as banquets, meetings and celebration. Spa Cinq Mondes with its 1,500 square metres surface and the high quality service await your visit.

## Wi-Fi/ 互联网使用指南

1. 请您在手机无线网络 (WI-FI) 中选 **BEAU\_RIVAGE\_PALACE**
2. 点击您平常上网的图标，这时出现登录页面 (**Login**)
3. 用户名 (**Enter User ID**)：请输入您的房间号
4. 密码 (**Enter password**)：请输入房间预订者的姓氏 (拼音)

☐ Remember password (可选项)

☐ I have read and accepted the contract conditions. I do not have any right of refund. (必选项)

5. 点击登录 (**Login**) 即可

整个酒店配备了免费 Wi-Fi 系统，您客房的办公桌还提供了高速互联网接入电缆。我们的商务服务中心提供了两台接入宽带与互联网的电脑，您每天 24 小时可以免费使用。如果需要了解进一步的信息，请拨打礼宾部电话 2120 或前台服务电话 2140

The entire hotel is equipped with a free of charge Wi-Fi system. You will also find a cable for high speed internet access on your desk. Our business centre holds available two broadband and Internet-linked computers which you may use free of charge, 24 hours a day. For further information, call the Concierge on 2120.

## 电话 Phone

### 语音信箱 Voice mail

您客房的电话机能够通过闪灯信号提示，您有未听到的语音邮件，如需要检查语音信息，请按照下列方法操作

Your phone signals that you have voice mail with a winking light. To check your voice message, please follow the following steps:

1. 拿起听筒 pick up the receiver
2. 按话机右上角的邮件按钮 press the message key on the upper right hand side of your phone
3. 按照语音提示操作 follow the recorded instruction

**房间和房间之间通话：** 42 + 房间号码

给 312 房间挂电话请拨打：42 + 312 即可实现房间与房间的通话

Calling room to room: 42 + the room number your need

**挂瑞士国内电话：** 0+本地区号，如洛桑的区号为 021 请拨打：0 + 021-xx

Calling within Switzerland: Dial 0 + city code (for example: Lausanne 021) + subscriber's number

**拨打国际长途：** 0+00+国家区号+电话号码

中国座机拨打方法： 0+0086+地方区号去开头的零+其他号码

中国手机拨打方法： 0+0086+直接加对方的手机号

International calls: Dial 0+00+country code + city code + subscriber's number

## 酒店服务号码列表

### List of hotel service

话务员/总机	Operator/Switchboard	111/ 2115
礼宾部	Concierge	2120
前台和收款台	Reception and Cashier's desk	2140
管家服务	Housekeeper	7162/7163
客房服务	Room service	7311
Cinq Mondes 水疗中心	Cinq Mondes Spa	2461
值班经理	Duty Manager	7777

## 私人宴会 Private Events

### 预订电话: 2330

无论是家庭聚会还是商务会议，团体聚餐或者大型庆典活动，美岸皇宫大酒店都可以使您的梦想成真。需要预订宴会请提前与我们的宴会预订部 2330 联系，或请发邮件至 [events@brp.ch](mailto:events@brp.ch)

A Private room for a business meeting or a magnificent function, the Beau-Rivage Palace makes your wishes come true. Please contact us in advance on 2330 or send an email to [events@brp.ch](mailto:events@brp.ch)

## 美岸皇宫大酒店精心为中国客人提供的特色服务 Unique at the Beau-Rivage Place for Chinese guests

-酒店向所有在湖滨平台早餐厅内享用早餐的中国客人特别提供中式早餐+丰富的西式自助早餐

We offer Chinese breakfast and buffet breakfast to all of our Chinese guests who reserved a breakfast.

-客人可在客房收看 **CCTV4、CCTV9** 和**江苏卫视**的电视节目

Guests can watch TV programs of CCTV4、CCTV9 and Jiangsu Satellite TV in rooms.

-酒店有会讲中文的员工为您提供翻译服务并根据您的需要协助入住登记，酒店内的活动组织以及退房

Our hotel has Chinese-speaking staff to help guests for all necessary translation and give assistance for your check-in, hotel in-house activities and check-out according to your requirements.

-根据需要可向客人提供中文的洛桑观光信息以及中文杂志

Lausanne tourism information in Chinese and Chinese magazines are provided according to your requirements

-向酒店入住的中国客人特别提供中式欢迎点心

Special Chinese welcome amenities for our Chinese guests

## 酒店餐厅介绍 Restaurant Introduction

如果您需要在酒店就餐，请拨打订餐电话提前预定您的座位 或者通知酒店前台预定您的位置

If you want to eat at the hotel, please call reservations, please call in advance to reserve your seat or to inform the hotel front desk to reserve your location

### 湖滨平台早餐厅

营业时间：周一至周五 6:30 am -10: 30am

周六至周日 7:00 am – 11:00 am

周日中午自助餐：12:30 am – 2:30 pm

酒店内预订电：7171

外部预订电话：+ 41 (0) 21 613 33 18

### La Terrasse-Breakfast

6:30 am – 10: 30 am from Monday to Friday

7:00 am – 11:00 am from Saturday to Sunday

Brunch on Sunday: 12:30 am – 2:30 pm

Internal Tel: 7171

External Tel: + 41 (0) 21 613 33 18

### 美岸皇宫大酒店的特色米其林 2 星级美食餐厅

#### 安娜-索菲 皮克 (Anne-Sophie Pic)

这个优雅的美食餐厅位于酒店的中心

午餐营业时间：周二至周六 12:00 pm- 2:00 pm

晚餐营业时间：周二至周六 7:00pm-9:30 pm

美食餐厅每周一周日不营业

酒店内预订电话：7371/7372

外部预订电话：+ 41 (0) 21 613 33 39

### Anne-Sophie Pic au Beau-Rivage Palace

Two Michelin stars for Anne-Sophie Pic at Beau-Rivage Palace in Lausanne

Lunch 12:00 pm – 2:00 pm

Dinner 7:00 pm – 9:30 pm

Closed on Sunday and Monday

Jacket required in the evening

Internal Tel: 7371/7372

External Tel: + 41 (0) 21 613 33 39

Email: [asp@brp.ch](mailto:asp@brp.ch)

### 优雅的美岸咖啡豪华餐厅 (Café Beau-Rivage)

气氛优雅放松的的啤酒广场以及各种特色菜肴

营业时间：12:00pm – 11:30 pm

酒店内预订电话：7364

外部预订电话：+ 41 (0) 21 613 33 30

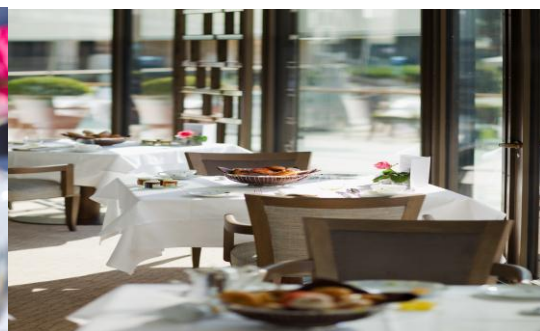
### Café Beau-Rivage

Known for its wide variety of brasserie-style dishes in a relaxed yet elegant atmosphere

Every day from 12:00 pm – 11:30 pm

Internal Tel: 7364

External Tel: + 41 (0) 21 613 33 30





### 精致时尚的 Miyako 日式美食餐厅

提供现做的新鲜寿司、刺身和铁板烧

午餐营业时间：周一至周六 12:00 am – 2:00 pm

晚餐营业时间：周一至周六 7:00 pm – 10:00 pm

餐厅周日休息

酒店内预订电话：7347

外部预订电话：+ 41 (0) 21 613 33 91

### 意大利餐厅 L'Accademia -全年开放

经典意大利美食和现代艺术

午餐时间：12:00 pm – 2:00 pm

晚餐时间：7:00 pm – 10:00 pm

酒店内预订电话：7977

外部预订电话：+41(0)21 613 34 34

### 拥有现代气息的酒店大堂吧 - 全年开放

湖光山色环绕的开放式休息露台和舒适的酒吧

11 月至 4 月营业时间

周一至周五 8:00am – 10:00 pm

周六至周日 8:00am – 10:00 pm

5 月至 10 月营业时间

每日 8:00 am – midnight

酒店内预订电话：7352

外部预订电话：+41(0)21 613 34 32

### BAR 鸡尾酒吧，温馨美好的回忆

11 月至 2 月营业时间

周一至周四 5:00pm – 1:00 am

周五至周六 5:00pm – 2:00 am

周日 5:00pm – 00:00 am

3 月 7 日至 4 月 17 日营业时间

周一至周四 5:00pm – 1:00 am

周五 5:00pm – 2:00 am

周六 2:00pm – 02:00am

周日 2:00pm – 00:00am

4 月 18 日至 10 月营业时间

周一至周四 2:00pm – 1:00 am

周五至周六 2:00pm – 2:00 am

周日 2:00pm – 00:00am

酒店内预订电话：7356

外部预订电话：： + 41(0) 21 613 33 95

### Miyako – Gastronomy Japanese restaurant

Lunch: 12:00 am – 2:00 pm

Dinner: 7:00 pm – 10:00 pm

Closed on Sunday

Internal Tel: 7347

External Tel: + 41 (0) 21 613 33 91

### L'Accademia Italian Restaurant- Open every day

Classic Italian Menu with a modern Twist

Lunch: 12: 00 pm – 2:00 pm

Dinner: 7:00 pm – 10:00 pm

Internal Tel: 7977

External Tel: +41(0)21 613 34 34

### Lobby Lounge - Open every day

Lounge area open on the garden and the lake and cosy bar for a good start of a nice evening

From November to April

8:00 am – 10:00 pm from Monday to Friday

8:00 am – midnight from Saturday to Sunday

From May to October

8:00 am – midnight every day

Internal Tel: 7352

External Tel: +41(0)21 613 34 32

### BAR New bar for an unforgettable experience

From November to February

5:00pm – 1:00am from Monday to Thursday

5:00pm – 2:00am from Friday to Saturday; `

5:00pm – midnight on Sunday

From 7th March to 17th April

5:00 pm – 1:00 am from Monday to Thursday

5:00pm – 2:00 on Friday

2:00 pm – 2:00 am Saturday

2:00 pm – midnight on Sunday

From 18 April to October

2:00pm – 1:00am from Monday to Thursday

2:00 pm – 2:00 am from Friday to Saturday

2:00pm – midnight on Sunday

Internal Tel: 7356

External Tel: +41(0)21 613 33 95



## 美岸皇宫大酒店"蒙特勒号"日内瓦湖美食巡航

### Le "Montreux" - Gourmet cruise on Lake Geneva from Beau-Rivage Palace



2015 年 6 月 23 日至 2014 年 9 月 5 日期间（每周二至周六）我们欢迎您乘坐“蒙特勒号”游船.体验从洛桑到伊瓦尔独具特色的日内瓦湖美食巡航，尽享由洛桑美岸皇宫大酒店的厨师们为您精心准备的美味佳肴、全套自助地中海风味的佳肴、美味的特色烧烤肉、奶酪自助餐和甜点

We are looking forward to welcome you on board of the "Montreux" from June 23rd until September 7th 2015 from Tuesday to Saturday. Experience a unique gourmet cruise on Lake Geneva, from Lausanne to Yvoire and enjoy gastronomic delights prepared by the chefs of the Beau-Rivage Palace. Full buffet of starters with mediteranean flavours, spitroast meat specialties and buffet of cheeses and desserts.

#### 价格 Rates

CGN -从洛桑乘船出发：每人 48.00 瑞士法郎(可使用火车半价卡)，五岁以下儿童免费，6 至 16 岁儿童半价 24.00 瑞士法郎，10 人以上的团队优惠（请联系 CGN 的获取更详细的信息）

无限制的全套自助餐及其特色烤肉：每人 98 瑞士法郎  
 自助开胃餐，精选奶酪和甜点自助餐：每人 82 瑞士法郎  
 主菜，奶酪和甜点自助餐：每人 68 瑞士法郎（最多 9 人）

CGN - Boat from Lausanne: CHF 48.00 per person (1/2 price card for the train available), 50% off for children between 6 and 12 years old / free of charge for kids up to 5 years old. Advantages for groups of 10 people or more (please contact the CGN for further information)

Unlimited full buffet and its spit roast specialties: CHF 98. - per person

Buffet of starters, selection of cheese and buffet of desserts: CHF 82. - per person

Main course, cheese and dessert buffet: CHF 68. - per person (for maximum 9 people)

#### 时间表 (Timetable)

Lausanne-Ouchy (洛桑-乌希港口) 出发	18:45	Yvoire (Departure) (伊瓦尔) 出发	20:23
St-Sulpice (圣叙尔皮斯)	19:03	Rolle (罗尔)	20:52
Morges (莫尔日)	19:21	St-Prex (圣普雷)	21:24
St-Prex (圣普雷)	19:36	Morges (莫尔日)	21:40
Yvoire (Arrival) (伊瓦尔) 到达	20:21	St-Sulpice (圣叙尔皮斯)	21:57
		Lausanne-Ouchy (洛桑-乌希港口) 返回	22:15

蒙特勒号作为日内瓦湖航海公司“美好时代”最古老的蒸汽船，除了每年 6 月至 9 月的美食巡航的时间以外，9 月至 5 月则可举办私人宴会活动

As the oldest vessel in the Belle Époque fleet of the CGN, the "Montreux" is not only the floating restaurant of the Beau-Rivage Palace from June 22nd to September 7th 2014, but also a private events venue from September to May.

## **商务中心 Business Center**

我们的商业中心位于酒店大堂，拥有传真机、复印机、电脑和打印机设备，24 小时为您服务。

Our business centre, equipped with a fax, photocopier, computers and printers, is at your service 24 hours a day in the Hotel lobby

## **请勿打扰“Do not disturb”**

您的客房里有一个“请勿打扰”的牌子，您也可以打开卧室旁边控制面板上的请勿打扰“Do not disturb”的灯，此外如果您不希望接听任何电话，请拨打 2115 告知话务员。

A “Do not disturb” sign is available in your room. You can also light the “Do not disturb» on your control panel next to your bed. Furthermore, if you do not want to receive any phone calls, please inform the operator on 2115.

## **美岸皇宫大酒店的精品商店 La Boutique**

**服务电话：2451**

我们的精品店提供了各种报纸和杂志，以及精心挑选的礼物。

营业时间：早 10 点至晚 8 点

休息时间：12：30 - 13：00 / 15：00 - 15：15 / 18：00 - 18：30

Our boutique offers a large choice of newspapers, magazines and an excellent selection of gift ideas.

## **房间服务 Room Service**

**服务电话：2311**

我们客房服务 24 小时为您提供客房内用餐包括中式菜肴和中式早点以及任何类似服务。

★ 客房内用餐的中式早点需要提前 24 小时预订

Our room service is available 24 hours a day for meals including Chinese dishes and Chinese breakfast or any similar request in your room.

★ Chinese breakfast room dining 24-hour advance reservations required

## **总机/话务员 Switchboard/Operator**

**服务电话：2115/ 111**

我们的话务员随时为您提供留言、传真服务，或者为您希望拨打的电话提供建议。他们还可以安排任何时间的叫醒服务。如果您需要进一步的帮助，请拨打内线 2115 或 111 向话务员咨询

Our telephonists are always at your service for messages, faxes, or simply advising you on any calls you wish to make. They will also arrange any wake-up call. If you need any further help, please call the operator on 2115 or 111.

## 管家服务 Housekeeper

房间尾号 02-33 的客人请拨打美岸管家服务电话：7162

房间尾号 48-70 的客人请拨打皇宫管家服务电话：7163

如果您有任何与客房有关的要求，我们的管家服务随时为您服务。如果您需要额外的毯子、枕头、羽绒被、浴巾和电熨斗等，请拨打管家服务电话

Our housekeepers are at your service for any requests concerning your room. Extra blankets, boards for your bed, pillows, duvets and bath towels

## 礼宾服务 Concierge Service

### 服务电话：2120

我们的礼宾台设在酒店大堂，礼宾部负责人和她的团队每天 24 小时竭诚为您服务，如果您有下列需要，请拨打礼宾部直线电话：2120

Our concierge desk is in the hotel lobby. Our Head Concierge and her team are at your service to help you, 24 hours a day. Please call 2120

- **洛桑旅游综合信息：**我们的礼宾将竭诚为您提供所需要的洛桑旅游购物餐饮天气交通信息

Lausanne tourism information: Our concierge will be happy to provide you with the information you may require such as Lausanne tourism, shopping, restaurants, local weather and traffic information

- **出租车以及轿车预订：**如果您需要叫出租车或者预订轿车接送服务，请拨打礼宾部电话

Taxi and Limousine reservations: If you need to book a taxi or limousine service, please call us.

- **邮件包裹：**我们的礼宾随时帮助您邮寄任何国内，国际的快递邮件或包裹

Our concierge can always help with any national, international, express mail or parcel delivery

- **房间钥匙保管：**为了客人们出行方便，礼宾部可为客人代为保管房间钥匙，客人返回房间的时可以到礼宾部直接领取

Room key custodian services: For guests' convenience, the concierge can take custody of room keys for our guests. The guests can pick the room key directly from the concierge while coming back.

- **留言 Messages：**如果您的钥匙未存放于礼宾部，书面留言将自动送达您的客房。如果您外出留言将在您回来取钥匙时当面转交

Written messages are automatically delivered to your room if your key is not with the Concierge. If you are not in your room, the message will be left with your key.

- **传真封面页：**您客房办公室的抽屉里提供了传真封面页，前台话务员可以帮您发传真。如果您希望接收传真请到礼宾部，也可以请服务人员把它送到您的客房

Fax cover sheets are to be found in the desk drawer in your room. Faxes are sent by operator at the Reception. Should you receive a fax, you will find it with the Concierge or it will be delivered to your room. Should you need help, the Concierge will gladly assist you on 2120



## 转接插头 Adapter plugs

客房内的电压均为 220 伏，因此我们温馨提示您在接入任何设备前，请检查电压是否匹配。您的客房的书桌抽屉里有一只转接插头供您使用。您也可以在我们酒店的精品店内买到，售价为 20 瑞郎。

The electricity in your room is at 220 volts. We therefore advise you before plugging in any equipment to check that its voltage matches. There is an adapter at your disposal in your room, in the drawer of the desk. You may find this article on sale in our hotel boutique at CHF 20.-

## 暖气 Heating

您可以通过客房门口附近的控制器调节温度。为了使温度符合您的个人喜好，请按照下列操作调整专用恒温器

You can adjust the temperature with the control placed near the door of your room. To modify it to your personal needs, there is a special thermostat which you can adjust as follows:

-“0”位置：散热器关闭 Position “0” the radiators are closed down

-“自动 auto”位置：专用恒温器会测量室内温度，并自动调节加热装置

Position “auto”: A special thermostat measures your room’s temperature and automatically adjusts the heating.

要打开客房的加热装置，请向右旋转温度拨至“+”

To turn up the heat in your room, turn the temperature dial to the right “+”

要降低客房内的温度，请向左旋转温度拨至“- ”

To lower the heat, turn the temperature dial to the left “ - ”

在冬季制冷空调系统并不工作，如果您需要了解更多的信息，请拨打管家服务 7162

The air conditioning is not in operation during the winter months. If you need more information, please call the Housekeeper 7162

## 洗衣服务 Laundry Service

所有的水洗和干洗衣物，请将它们放入客房内提供的专用袋，请填写好干洗衣物表格后，拨打我们的管家服务电话联系管家：7162/7163

For all laundry and dry cleaning, please use the special bag you will find in your room and fill in the cleaning form which is placed in in your closet, then contact the Housekeeper on 7162 or 7163

**熨烫：**每天早晨 7 点 30 至晚上 8 点 Ironing: from 7:30 am to 8:00 pm every day

**洗衣/干洗：**每天早晨 7 点 30 至下午 4 点 Laundry/Dry cleaning: from 7:30 to 4:00pm

上午 11 点前提交的衣物将于同日晚上 6 点送回到房间内 Items given before 11:00 am will be returned the same day around 6:00 pm

上午 11 后至下午 2 点提交的衣物将于当日内送回 From 11:00 am for same day service

下午 2 点以后提交的衣物将于次日 12 点送回 From 2:00pm for next day 12:00pm service

## 五洲水疗中心 (SPA Cinq Mondes)



总面积 1500 平方米的五洲水疗中心提供多种理疗和按摩，内部设施包括土耳其浴室和桑拿，9 个按摩理疗室，室内外两个游泳池，2 个网球场，一个乒乓球台，一个健身房和一个冲浪浴缸，我们美丽的花园和游泳池以及健身房均朝向风光绮丽的日内瓦湖，让您在最轻松的环境尽享美好。

Spa Cinq Mondes offers a variety of spa treatments and massages including 9 massage treatment rooms, Turkish bath and sauna, 2 swimming pools including both indoor and outdoor pool, a Jacuzzi pool, two tennis courts, a table tennis table, a fitness rooms, a Turkish bath and sauna with a total area of 1500 m2, our beautiful garden, swimming pool and gym all face to the beautiful scenery of the Lake Geneva, allowing you to enjoy the most wonderful relaxing environment.

五洲水疗中心的开放时间为早 6:30 至晚上 10:00，每位在酒店的入住的客人可以免费使用除按摩理疗以外水疗中心的所有设施。疗按摩服务，网球场和乒乓球台需要提前预订，根据需要可以申请私人健身教练的课程（需要额外收费）

The opening hours of Spa Cinq Mondes are from 6:30 am to 10:00 pm, each of the hotel's guests can use all the facilities free of charge except the massage treatments. Several services require to be reserved in advance such as massage treatments, tennis and table tennis. If necessary you can apply for a fitness instructor's course with an extra charge.

### 特色按摩套餐推荐

#### 面部按摩

##### “太极恒妍”面部抗衰老活力焕发护理按摩

“Taoist” Fountain of youth facial

CHF 170.- /50 分钟 或 CHF 225.- /80 分钟



采用无针针灸传统按摩法及中医天然草药，有效预防初显细纹。针对关键穴位的按压可舒缓面部纹路和消除岁月痕迹效果立竿见影

Based on Chinese Herbs Pharmacopeia, this treatment is designed to help prevent the onset of wrinkles with authentic and ancestral Art of Touch Ritual. Skin stimulation targeting acupressure points delivers exceptional result to relax facial lines and efface the passage of time

##### “五花焕采”面部护理按摩（50 分钟）

"Five Flowers Ritual" Illuminescence Facial

CHF 170.- /50 分钟



来自巴厘岛的脸部护理，可促进皮肤更新，回复弹力，焕发光泽。使用五种热带鲜花萃取物和专利活性成分“红茶菌®”，透过对脸部、颈部和肩胛的按摩，使皮肤彻底清洁净化散发新生光彩  
Based on an ancestral Balinese ritual, this treatment includes a purifying deep pore cleansing and blends the extracts of five tropical flowers and a skin glowing patented ingredient, the Kombuchka®. A mesmerizing massage of the face, nape and shoulder muscles awakens skin vitality

## 全身按摩

### 法国 - 波利尼西亚解乏按摩 (50 或 80 分钟) Soothing French-Polynesia message Ritual

CHF 170.- /50 分钟 或 CHF 225.- /80 分钟

承袭波利尼西亚传统治疗师及夏威夷式按摩的方法，主要靠按摩师手前臂施力按压及长而连续的动作舒压解乏。在栀子花香气的陪伴下体验不可思议的功效，进入浑然忘我的境界

A body massage treatment inherited from the Polynesian healers and inspired by Lomi-Lomi, which uses deep pressure from the therapist's forearms and long continuous movements. Tiare flower notes accompany you all along this blissful experience of instant relief.



### 北非放松按摩仪式 Relaxing North African Massage Ritual

CHF 170.- /50 分钟 或 CHF 225.- /80 分钟

这是一个通过使用带有微妙芳香的热坚果油按摩的一个真正的生活艺术按摩护理。我们的按摩师专业的手法通过经络按摩使您的身体在排除毒素并缓解肌肉疼痛的同时，保持最佳的健康状态

A genuine art of living massage that works on entire body using delicately perfumed hot Argan oil. The expert hands of the massage therapist work on tender knots and tensions to eliminate toxins and muscle pains while promoting a state of pure wellness

### 古印度阿育吠陀全身弹力按摩 (50 或 80 分钟) Tonifying Indian Ayurvedic Massage Ritual (50 min / 80 min)

CHF 170.- /50 分钟 或 CHF 225.- /80 分钟

来自於印度千年传统按摩。疗程之中使用温热精油结合节奏多变的按摩手法，让您在香草及小豆蔻的馨香中舒缓全身肌肉，帮助睡眠，肌肤的触感如丝般柔滑。

This hot oil tonifying massage, from the millennia old Indian tradition, relies on a combination of invigorating strokes. Enjoy the vanilla and cardamom fragrances of this treatment that helps to relieve muscles, encourages sound sleep and leaves skin silky-softy.



## 特色纤体按摩 Treatment Rituals-Slimming and Firming

### 巴西《咖啡奶油》纤体按摩护理 Slimming and Firming Brazilian Ritual

CHF 170.- /50 分钟

巴西式按摩护理，是一个采用含有最强大减肥功效的成分-咖啡因的巴西《咖啡奶油》以及一个用粘土包裹全身的排汗纤体塑身按摩护理

### 印度阿育吠陀仪式《Udvardana 瘦身乳液》按摩护理 Slimming and Silhouetting Udvardana Indian Ritual

CHF 170.- /50 分钟

在印度流传千年，具有排汗和消脂纤体功能的护理疗程。通过将生姜和具有减肥消脂功效的 Lipocare 热敷来排毒纤体，获得专利证书

## 局部按摩

Scalp and Face Massage 头部与面部按摩

CHF 90.- /20 分钟

Relaxing Back Massage 背部放松按摩

CHF 90.- /20 分钟

Revitalizing & Lifting leg Ritual 腿部按摩

CHF 90.- /20 分钟

Energetic Foot Massage 足疗

CHF 90.- /20 分钟

Manicure or Pedicure 美甲或修脚

CHF 90.- /50 分钟

除按摩服务外，酒店还有脱毛，洗发美发，化妆服务等其它一系列服务，如果需要请拨打 **2461 提前预订**

# 活力焕发套餐 VITAL PACKAGE



该套餐包括：

- 美岸皇宫大酒店园景或湖景&阿尔卑斯山景高级间或豪华间或标准小套房 2晚住宿  
2 nights in a Superior room with town- or lake view, in a deluxe room or in a Junior Suite
- 包括在全景早餐厅内享用丰富的自助早餐或房间内舒适就餐的欧式早餐  
Full buffet breakfast at the panoramic breakfast restaurant or continental breakfast in the comfort of your room
- 著名营养师 Olivier Bourquin 先生的一次健康咨询诊断  
1 consultation with Olivier Bourquin, nutritionist
- Jérémy Peltier 客卿教练的两次专属私人训练  
2 training sessions with Jérémy Peltier, sport and fitness coach
- 五洲（Cinq Mondes）水疗吧的2次瘦身按摩理疗
- 一份五洲水疗吧的产品 1 Cinq Mondes product
- 可以免费进入我们的 Cinq Mondes Spa 水疗中心、游泳池、健身中心和网球场  
Free access to the Cinq Mondes spa, the fitness centre and the tennis courts

## 入住 Occupation

## 双人 Double

## 单人 Single

城市花园景观高级间 Superior room with town view

CHF 3'400.-

CHF 2'100.-

湖景& 阿尔卑斯山高级间 Superior room with lake & Alps view

CHF 3'800.-

CHF 2'450.-

豪华间 Deluxe room

CHF 4'000.-

CHF 2'650.-

小套房 Junior Suite

CHF 4'800.-

CHF 3'400.-

**活力焕发套餐套餐** - 帮助您实现由内而外神清气爽，恢复大脑和神经系统的功能。优雅奢华的环境中，尽情享受，您的每一个需求，都会被细心呵护到。微神经营养学方面的专家们将引导您完成重新平衡身体系统的过程，同时配合为您量身定制的专属私人教练训练课程。

**Vital Package program** will help you achieve just that – healing your body from the inside and restoring the functions of your cerebral and nervous system in luxurious surroundings, where you will be pampered and your every need attended to. Specialist in micro and neuronutrition will guide you through the process of rebalancing your body systems, combined with a program of your personal coach.

包括上文所述价格均为瑞士法郎，服务和增值税包括在内，城市税为每人每晚 4.20 瑞郎

These rates, in Swiss francs, include all the benefits mentioned above as well as V.A.T. and service. The local taxes are at CHF 4.20 per person, per night



## 您可以随时加入的年度的儿童娱乐项目

### KIDS PROGRAM AVAILABLE THROUGHOUT THE YEAR

#### 寻宝图游戏 Treasure hunt

该任务是找到地图照片上到所出现的酒店的各个场所，您会在每个地方发现一张与之相对应的贴纸。一旦卡片被贴满后您可以在我们礼品商店领取奖品

#### 插花课程

##### Lessons of flower arrangements

如果您对学习插花艺术感兴趣，我们的花艺师会非常乐意帮您为心爱的人设计完美的花束！课程时间为一小时，授课对象为6岁或6岁以上的儿童

#### 做我们的小小礼宾 "Be our Concierge"

在我们的礼宾部招待我们所有的客人并负责分发房间的钥匙课程时间 30 分钟，适合6岁或6岁以上的儿童

#### 糕点制作课程 Pastry lessons

您将会学会如何调制糖、面粉、巧克力!!! 材料一旦准备好,您即可在我们的一家餐厅或者您自己的房间享受您的独创!课程时间为一小时，授课对象为6岁或6岁以上的儿童

#### 网球课程 Tennis lessons

您是否想成为下一个网球天王费德勒？您可以自由预约一位网球教练,课程价格 100 瑞士法郎/每小时

#### 孩子们的游乐场 Kids' playground

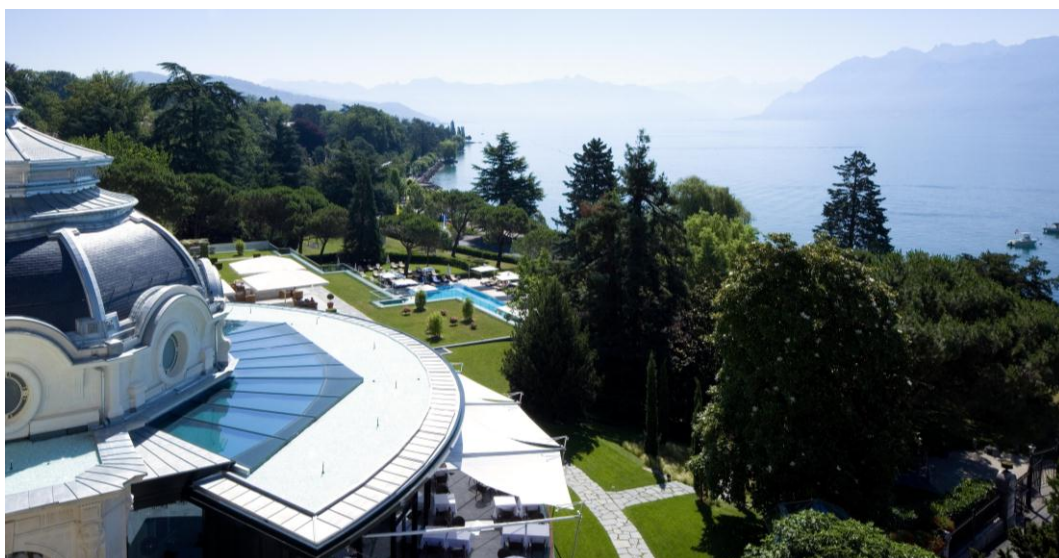
如果您喜欢在阳光下尽享欢乐，您同样可以到我们的室外公园活动

如需预约或任何其它有关信息，请与我们的礼宾 2120 联系





# 洛桑观光旅游指南 - Cityguide of Lausanne



洛桑(Lausanne)是瑞士联邦沃州的首府，日内瓦湖畔的第二大城市。洛桑拥有繁荣的商业和别具一格的度假胜地，同时也是一个极具活力的大学城，拥有深厚的文化底蕴。洛桑被称为奥林匹克之都，高度重视体育运动和文化活动。

Lausanne is the capital of the canton of Vaud and the second-largest city on Lake Geneva, combines a dynamic commercial town with the locality of a holiday resort, and meanwhile is also a lively university and convention town. Sports and culture are given a high profile in the Olympic Capital.

## 热门活动 (Top Events)

- **洛桑国际芭蕾舞大赛 (1 月)** —— 一项为优秀的青年芭蕾舞者准备的国际芭蕾舞大赛  
Prix de Lausanne in January – international ballet competition for young talents from throughout the world
- **自行车计时赛 (4 月/5 月)** —— 国际自行车联盟主办的自行车赛事。选手们将骑车穿越瑞士西部，这项赛事是环意大利自行车赛前最重要的准备赛  
Tour de Romandie (April/May). – UCI ProTour cycling race through western Switzerland; the most important preparatory race for the Giro d'Italia
- **洛桑贝嘉芭蕾舞团 (7 月/12 月)** —— 世界著名的芭蕾舞团，该团创始人贝嘉 1987 年定居洛桑  
Béjart Ballet Lausanne (June and December) – a company of world-class repute, Béjart settled in Lausanne in 1987 and founded the Béjart Ballet
- **洛桑节 (6 月)** —— 全城庆祝的节日，期间免费的露天文化演出将在洛桑老城区各个广场举行  
Fête de Lausanne (June)– spirited town festival with the most diverse of attractions staged on many squares in the town
- **国际田联钻石联赛洛桑站 (7 月)** —— 一项世界顶级田径运动会，是国际田联黄金联赛一部分  
Athletissima (July)– international, world-class track and field athletics meeting, held as part of the Golden League
- **洛桑音乐嘉年华 (7 月)** —— 节日期间，洛桑老城区的大街小巷可免费欣赏超过 120 项文化活动  
«Festival de la Cité» (July) – old town festival with over 120 free cultural events in the side streets of the town of Lausanne
- **洛桑爵士音乐节 (10 月)** —— 该节日从设立之初就提供很多关于现代爵士的音乐节目  
Jazzonze+ Festival Lausanne (October).– since its foundation, the Lausanne Jazz Festival has dedicated its programme to contemporary jazz

博物馆 Museum

奥林匹克博物馆 (The Olympic museum)



国际奥林匹克委员会从 1915 年开始设在洛桑，洛桑也因此被人们称为“奥林匹克之都”。要建立一所博物馆以颂扬和纪念奥林匹克运动的想法最早出自皮埃尔·德·顾拜旦，也正是他使奥林匹克运动会重生并创立了国际奥林匹克委员会（IOC）。

奥林匹克博物馆隶属洛桑的乌希(Ouchy)区,于 1993 年对外开放,向人们展现了体育运动的优秀精神,也正是体育运动精神将全世界团结在一起。在日内瓦湖美丽的倒影里,您可以看到一座非比寻常的新式建筑,这里经常举办稀世珍品的互展,包括珍贵的历史文件、影像资料等,可追溯至遥远的古希腊时代,一直到现代摩登的当今。是世界上最大的奥林匹克博物馆。

开放时间:

每日早 9 点至晚 6 点对外开放。11 月 31 日至 3 月 31 日期间, 除了复活节期间的周一外, 每周一均休息

地址: Quai d'Ouchy 1 · 1001 Lausanne ·

电话: T +41 (0)21 621 65 11

Email: [events.museum@olympic.org](mailto:events.museum@olympic.org)

网址: [www.olympic.org](http://www.olympic.org)

International Olympic Committee has been founded in Lausanne since 1915, and therefore Lausanne has been called as the "Capital of Olympics". The idea of a museum dedicated to appreciating the Olympic idea goes back to Pierre de Coubertin, who revived the Olympic Games and founded the International Olympic Committee (IOC).

The Olympic museum, which was opened in 1993 in Ouchy, a district of Lausanne, reflects the spirit of the sports games which bring nations together. An unusual new building in the most beautiful of locations on Lake Geneva is home to interactive exhibitions, documents, films and collections of precious objects dating from Greek antiquity up until modern times. The museum is the largest information center on the subject of the Olympic Games in the world.

## 阿尔布吕特美术馆 (Collection de l'Art Brut)



为纪念提倡“消极艺术”的杜布费而建立,这里是世界唯一陈列展示着精神病患者和犯人的独创作品的博物馆。

**开放时间:** 每周二至周日早 11 点至晚 6 点, 每月月初第一个周六可以免费参观

地址: Collection de l'Art Brut · Av. des Bergières 11 · 1004 Lausanne ·

联系电话 : T +41 (0)21 315 25 70 .

Email : [art.brut@lausanne.ch](mailto:art.brut@lausanne.ch)

网址: [www.artbrut.ch](http://www.artbrut.ch)

Musée de l'Art Brut – a unique, worldwide collection of works of art created by outsiders in psychiatric clinics and prisons.

### 吕密纳馆(Palais de Rumine)



这座宫殿建于1990年，是Gabriel de Rumine的遗产。它包括一系列优秀建筑：大学、图书馆、以及美术和科学博物馆。

**开放时间：** 每周一至周五早7点至晚10点，周六开放时间为早7点至晚5点，周日开放时间为早10点至晚7点。节假日开放时间为早8点至晚5点，节假日期间每逢周一不对外开放

**地址与：** Palais de Rumine · 6, pl. de la Riponne, 1014 Lausanne

**联系电话：** T +41 (0)21 316 33 13

**网址：** [www.lausanne.ch](http://www.lausanne.ch)

Built in 1900 thanks to the specific bequest of Gabriel de Rumine, the palace includes a clutch of buildings: the University, the library and the Fine Arts and Science museums.

### 阿赫米达什基金会(Fondation de l'Hermitage):



再次展现了 17-19 世纪的艺术风采，这里定期举办各种艺术展会。

**开放时间：** 每周二至周日早 10 点至晚 6 点（星期四开放至晚 9 点），周一休息

**地址：** 2 Route du Signal , 1000 Lausanne 8 Bellevaux

**联系电话：** T. +41 (0)21 320 50 01

**Email:** [info@fondation-hermitage.ch](mailto:info@fondation-hermitage.ch)

**网址：** [www.fondation-hermitage.ch](http://www.fondation-hermitage.ch)

Fondation de l'Hermitage – the fondation presents changing art exhibitions of the highest calibre in a magnificent setting dating from the 19th century.

### 爱丽舍博物馆—摄影博物馆

Musée de l'Elysée – Museum of Photography



爱丽舍博物馆是欧洲历史上第一个以照片为主题的博物馆。1985 年 10 月开放以来迅速得到国际关注，大受欢迎。馆内永久性展览及主题展览的内容包括 20 世纪著名摄影师如卡蒂尔-布雷松、罗伯特·卡帕、马阿尔瓦雷兹·布拉沃、欧文·佩恩、弗兰克·帕尔默、雷蒙·德帕东、艾拉·玛雅尔等人的作品以及当前经典的摄影作品。作品展示了摄影的发展史。

这家博物馆座落于日内瓦湖之上，建于 1780-1783 年之间，由建筑师亚伯拉罕·弗雷斯设计。馆内 14 个楼层的 8 间展厅展示了 19-20 世纪摄影师们拍摄的 12 万幅原版照片。

**开放时间：** 周二至周日早 11 点至晚 6 点,周一休息

**地址：** Musée de l'Elysée · Avenue de l'Elysée 18 · 1014 Lausanne ·

**联系电话：** T +41 (0)21 316 99 11

**Email :** [info@elysee.ch](mailto:info@elysee.ch) **网址：** [www.elysee.ch](http://www.elysee.ch)

The Musée de l'Elysée was one of the first museums in Europe to be solely dedicated to photography. It already became internationally acclaimed shortly after its opening in October 1985. Permanent and special exhibitions showcase the beginnings of photography with works by the great photographers of the 20<sup>th</sup> century such as Cartier-Bresson, Capa, Alvarez Bravo, Penn, Frank, Depardon and Ella Maillart as well as today's classic contemporary photography.

The museum is housed in a mansion above Lake Geneva, built between 1780 and 1783 by the architect Abraham Fraisse. The collections include about 120,000 original photographs, exhibited in 8 rooms on four floors.



## 历史建筑 Historical Architecture

### 洛桑老城区和圣母大教堂-Lausanne old town with Notre-Dame Cathedral



圣母玛利亚大教堂位于洛桑市老城区的中心。人们认为该教堂是一座非常重要的哥特式建筑，尤其是那些能够追溯到十三世纪的玫瑰花窗。这座教堂被洛桑老城区的大部分建筑围绕着，包括建造于1397到1472年间的迈尔城堡，以及于十七世纪建造的市政厅。建造于1340年的Ale Tower以及位于乌希区的主教城堡，其历史可以追溯到十二世纪，这两座建筑物是来自中世纪的最后遗产，那时这座城中有大约50座塔。乘坐地铁穿行于洛桑，对游客来说是最舒适的旅行方式，这是瑞士第一条远程遥控的轻轨线路，大部分时间都行驶在地下。

开放时间：周一至周五早7点至晚7点，周六早8点至晚7点，周日早9点至晚7点。9月1日至3月31日期间晚5点30分关闭。

地址：Cathédrale de Lausanne · Pl.de la Cathédrale 13 · 1005 Lausanne ·

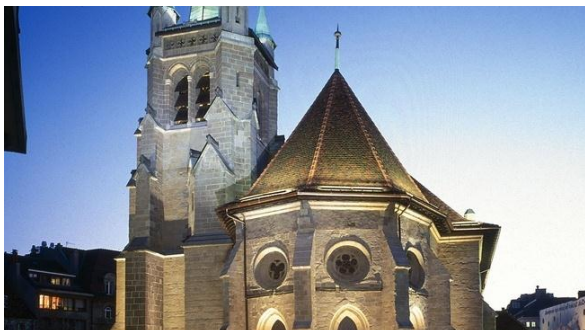
联系电话：T +41 (0)21 316 71 61

Email：[info@lausanne-tourisme.ch](mailto:info@lausanne-tourisme.ch)

网址：[www.lausanne.ch/cathedral](http://www.lausanne.ch/cathedral)

Notre-Dame Cathedral is the queen of the Old Town of Lausanne. The cathedral is considered to be an important Gothic edifice. The rose window dating back to the 13th century is especially important. The cathedral is surrounded by the Old Town of Lausanne, including Maire Castle, which was built between 1397 and 1427 and the 17th century town hall. The Ale Tower, which was built in 1340, and the tower of the bishop's castle in Ouchy, dating back to the 12th century, is the last remnants of the medieval city wall, which had about 50 towers. One travels most comfortably between the various parts of the city of Lausanne using the Metro, a subway which runs underground most of the time and is remote controlled, and the first of its kind in Switzerland.

### 圣弗朗西斯科大教堂-Saint-François Church



这个有着悠久历史的著名建筑建造于1270年，是唯一一座建于1260年之后并保存下来的修道院，里面完好保存着哥特式的管风琴；圣弗朗西斯科广场也是一个洛桑购物天堂。

地址：Église St. François · Place St-François · 1003 Lausanne ·

网址：<http://www.lausanne.ch>

Built in 1270, this is the only old convent established since 1260 that has survived. Inside of the church, you can see the gothic organ, the Saint-François Square area is Lausanne's fashionable shopping paradise.

## 公园 Park

### Mon-Repos Park 公园

圣佛朗索瓦广场(the Sanit-François Square)附近的Mon-Repos公园，是一个极具英伦风情的宁静公园，避过街市的喧嚣，获得片刻的宁静。沿着Bourg大街后面的小径穿过草坪和花园，可直通歌剧院。

地址：Parc Mon-Repos. Avenue Mon-Repos. Lausanne.

网址：[www.lausanne.ch](http://www.lausanne.ch)

The Sanit-François Square is the most beautiful example of an English-Style park near Mon-Repos Park where people can be away from the bustle of the streets, get a moment's peace. Walking along the pathway in the back side of Bourg Street by crossing the lawn and flowers, direct access to the famous Opera House.

### 洛桑植物园 - Botanical Garden Lausanne

这是一个如同梦幻般的美丽地方，到处都是盛开的花朵和高大的树木。这如同天堂般美丽的植物园同样位于城市中心。

地址：Jardin Botanique. Avenue de Cour 14. 1007 Lausanne.

联系电话：+41 (0)21 316 99 88

Email：[info.botanique@vd.ch](mailto:info.botanique@vd.ch)

网址：[www.botanique.vd.ch](http://www.botanique.vd.ch)

This is a magnificent place, with flowers and huge trees everywhere. This little corner of heaven is also in the heart of the town.

## 艺术 - Art

**贝嘉芭蕾舞团 - Béjart Ballet:** 世界著名的芭蕾舞团由贝嘉先生于1987年建于瑞士洛桑。

地址：Béjart Ballet Lausanne, Chemin du Presbytère 12, Case Postale 25, 1000 Lausanne 22

电话：+41 21 641 64 64

Email：[admin@bejart.ch](mailto:admin@bejart.ch)

网址：[www.bejart.ch](http://www.bejart.ch)

Béjart Ballet Lausanne – Béjart settled in Lausanne in 1987 and founded the Béjart Ballet Lausanne- A company of world-class repute.

### 洛桑歌剧院 - Opéra de Lausanne

地址：Avenue du Théâtre 12, CP 7543, 1002 Lausanne

联系电话：+41 21 315 40 20

Email：[opera@lausanne.ch](mailto:opera@lausanne.ch)

网址：[www.opera-lausanne.ch](http://www.opera-lausanne.ch)

## 瑞士国内艺术盛典信息

### 巴塞尔艺术节 - Art Basel

[www.artbasel.com/zh-CN/About-Art-Basel](http://www.artbasel.com/zh-CN/About-Art-Basel)

文化之城巴塞尔将成为国际艺术节的一个热点。

### 洛迦诺电影节 - 八月

[www.pardo.ch/](http://www.pardo.ch/)

洛迦诺坐落在意大利语区的马焦雷湖畔，自1946年起，这里每年都有11天成为世界电影之都

### 琉森音乐节 - Lucerne Festival

<http://www.lucernefestival.ch/en/>

世界一流的管弦乐队、指挥以及独奏音乐家共同打造瑞士最激动人心的古典音乐节

### 蒙特勒爵士音乐节 - 七月

<http://www.montreuxjazzfestival.com/fr>

自1967年为期三天的蒙特勒爵士音乐节与观众见面以来，这个举世闻名的音乐节已经成为了一个为期16天的音乐盛会。爵士乐、布鲁斯、摇滚乐、世界音乐、说唱音乐、电子合成音乐、流行乐和灵魂音乐的大师和明星已及音乐人都将在这里相聚。



## 洛桑的休闲生活 (Leisure life in Lausanne)

### 购物-Shopping

**圣弗朗西斯科广场 (The Saint-François Square area ):** 是洛桑最时尚的购物天堂和漫步区之一。这附近您可以看到圣弗朗西斯科大教堂 (Saint-François Church) 和瑞士法语区最具特色的咖啡厅。沿着**柏格路 (Rue de Bourg)** 及**佛朗索瓦路 (Rue St. François)** 延伸出两条购物街 如Bally、Cartier、Divarese、Rolex等, 服装、首饰、食品应有尽有, 是世所闻名的购物中心。

地址: The Sanit-François Square, Place Saint-François, 1003 Lausanne

友好贴士: 洛桑大多数的商店, 营业时间是周一到周五9:00-18:30; 周六8:00-16:00; 周四则会延迟到晚上21:00; 周日休息

**帕吕广场(Palace de la Palud):** 每周星期三和星期六是水果、蔬菜的早市, 每月的第一个星期五是民间艺术品的展示

**Flon Area:** 位于洛桑市中心, 现代整洁的街道上林立着各种特色酒吧、俱乐部及商场, 展示洛桑的新面貌

### 路易威登商店地址( Louis Vuitton )

地址: 30 Rue de Bourg, LAUSANNE, 1003 , Lausanne

联系电话: Phone: +41 21 312 76 60

### 爱马仕洛桑专卖店 (Hermes)

地址: 1, Rue de la Paix, 1003 Lausanne

联系电话: Tel. : + 41 (0)21 312 33 22

### Bucherer Lausanne 洛桑宝齐莱 钟表店

表店内经营 Rolex (劳力士), Audemars Piguet (爱彼), Hublot (宇舶), IWC, Tag Heuer (豪雅), Girard Perregaux (芝柏), Baume & Mercier (名士), Piaget (伯爵)等各大世界知名品牌

地址: 1, Rue de Bourg, 1003 Lausanne

联系电话: +41 21 312 36 12

### Blondel Confectionery 巧克力店

该巧克力品牌创立于1850年, 在其超过150年的悠长历史里, 一直保持着始终如一的传统制作工艺和绝佳品质, 在这里有超过120种美味精致的巧克力供您选择。

地址: Blondel, Chocolats fins, rue de Bourg 5, 1003 Lausanne.

联系电话: Tel: +41 (0)21 323 4474

### 洛桑GLOBUS 大型综合百货商店(Globus Lausanne)

地址 : 5, rue du Pont, 1003 Lausanne

营业时间周一至周五早8点至晚7点, 周六早8点至晚6点.周日休息; 节假日营业时间会有所调整

### 洛桑中餐美食 (Chinese Restaurant in Lausanne)

#### 洛桑北京鸭餐厅 (Au Canard Pékinois Café Restaurant) - 优雅的用餐环境

地址: Pl. Chauderon 16 - 1003 Lausanne

订餐电话: 021 329 03 23

营业时间: 周六至周日早11点至下午2点30份, 晚9点至10点30

饭店共有120个位置, 私人宴会可容纳60位

友好贴士: 我们建议每位用餐的客人用餐前提前预订位置

## 体育休闲 (Sport)

### 洛桑高尔夫球俱乐部 - GOLF CLUB LAUSANNE

洛桑高尔夫球俱乐部建于1921年，坐落于海拔850米以上。多种赛制可供选择。置身于百年古树群山环绕的自然美景中，阿尔卑斯山和汝拉地区的壮观美景会给每一位玩家留下难忘的记忆。

地址: Route du Golf 3, 1000 Lausanne 25

联系电话Phone +41 21 784 84 84

贴心贴士: 洛桑高尔夫球场需要提前预订, 如果需要前台礼宾部为您预订, 请提前通知, 需要提供具体日期及时间, 并需告知您的Handicap水平, 洛桑高尔夫球俱乐部 需要至少 26 Handicap的水平。

### 游船- CGN Boat from Lausanne

日内瓦湖南岸属法国, 您可以乘坐从洛桑出发的复古韵味的优雅游船, 享受愉快的游湖之旅。距离美岸皇宫大酒店步行仅五分钟即可到达出发港口。您可以乘船, 途经拉沃葡萄园地区, 前往蒙特勒、沃韦、西庸城堡或从洛桑直抵依云等法国名城。关于游船乘船时间, 可从网站查询 [www.cgn.ch](http://www.cgn.ch)

Shore of Lake Geneva is French, you can take elegant retro charm lake boat from Lausanne ride and enjoy a pleasant trip on the lake. Within 5 minutes walking distance from the hotel, you will find the pier for boat tours. Possibility to go to Montreux, Vevey, Chillon Castle passing by the Lavaux vinzard area or in France to Evian and Yvoir.

### 租借自行车畅游洛桑 - Lausanne rolls

为了帮助你更深入地探访这座著名城市, 洛桑提供了诸多自行车停车站点。

租借自行车, 有两种方式提供。您可以选择自行车自助服务站或者在洛桑鲁莱租车服务站点(Lausanne Roule hire station)租用自行车, 这个协会还提供了一系列的主题游览路线: 历史、建筑、环境、全景...您也可以跟随导游一起探寻游线或者下载一个PDF, MMS或MP3的文件帮助您畅游洛桑。

地址: Lausanne Roule • Place de l'Europe 1b • 1003 Lausanne •

联系电话: +41 (0)21 533 01 15 ,

Email : [info@lausanneroule.ch](mailto:info@lausanneroule.ch)

Lausanne has pulled out all the stops to help you explore the city by bike. There are two ways to rent a bike here – either at the automatic self-service bike stations or at the Lausanne Roule hire station. This association also offers a range of thematic itineraries: history, architecture, environment, panoramic views... you can explore trails in the summer with a guide or download as a PDF, MMS or MP3 file.

### 洛桑周边地区的著名温泉 - the famous hot springs in the surrounding areas of Lausanne

#### Les Bains de Lavey



地址: Route des Bains 48, 1892 Lavey-les-Bains

温泉联系电话: +41. (0) 24 486 15 55

按摩服务联系电话: +41 (0) 24 486 15 28

网址: [www.lavey-les-bains.ch](http://www.lavey-les-bains.ch)

#### Les Bains de Saillon



地址: Rte du Centre thermal 18, 1913 Saillon

联系电话: +41 (0) 27 602 11 11

Email: [info@bainsdesaillon.ch](mailto:info@bainsdesaillon.ch)

网址: [www.bainsdesaillon.ch](http://www.bainsdesaillon.ch)

## 洛桑周边地区休闲娱乐活动 - Sightseeing suggestions in the surrounding areas of Lausanne

### 西庸城堡 - Château Chillon, Montreux

日内瓦湖畔的著名中世纪西雍古堡以及附近的城市蒙特勒，距离美岸皇宫大酒店仅30分钟车程。

了解更多信息，请访问：[www.chillon.ch](http://www.chillon.ch) 或 [www.montreux-vevey.com](http://www.montreux-vevey.com)

The famous medieval Chillon Castle, on the shores of Lake Geneva, 30 minutes' drive from the Beau-Rivage Palace combined with a visit of the nearby city of Montreux.

### 沃韦 - Vevey

坐落于日内瓦湖畔，靠近蒙特勒，距离美岸皇宫大酒店仅20分钟车程。

这里有卓别林的故居。到了夏季，漂亮的步行街上，商店与咖啡厅林立，非常热闹；每周六的集市趣味十足，还有被誉为“Alimentarium”的雀巢食品博物馆。了解更多信息，请访问：[www.montreux-vevey.com](http://www.montreux-vevey.com)

Situated on Lake Geneva, near Montreux, 20 minutes' drive from the Beau-Rivage Palace.

It was the home place of Charlie Chaplin, nice pedestrian streets very lively in summer time with shops and cafes, interesting market on Saturdays, also the Neslé food museum called “Alimentarium”.

### 拉沃梯田葡萄酒庄 - Lavaux vineyards

您可以参观拉沃梯田上的这片面积约800公顷的葡萄园。联合国教科文组织已经将这个葡萄园列为世界自然遗产。长达32公里的小径从洛桑一直延伸到西庸城堡。途中有7条环道，每条环道上都竖立着信息牌，向您讲述关于当地葡萄栽培的相关历史和文化。

拉沃葡萄园位于洛桑与沃韦之间，您可以沿着拉沃葡萄园的标识“Lavaux”，进行日内瓦湖畔自驾游览，同时欣赏湖光山色的壮丽景观，并根据自己的喜好，自由选择品尝红酒、湖边用餐或者徒步旅行。了解更多信息，请访问：[www.lavaux.com](http://www.lavaux.com)

洛桑旅游局地址 : Lausanne Tourisme · Av. de Rhodanie 2 · 1000 Lausanne 6 ·

联系电话: +41 (0)21 613 73 73

Email : [info@lausanne-tourisme.ch](mailto:info@lausanne-tourisme.ch) ·

网址: [www.lausanne-tourisme.ch](http://www.lausanne-tourisme.ch) / [www.montreuxriviera.com](http://www.montreuxriviera.com)

To discover the 800 hectares of terraced vineyards of the Lavaux that have been accorded UNESCO World-Heritage listing. A footpath of 32 km in length leads from Lausanne-Ouchy to Chillon Castle. En route you'll find 7 circuits complete with information panels detailing every facet of local viticulture. Taste locally produced wines in an authentic wine cellar and learn more about local wine growing culture and grape varieties.

Between Lausanne and Vevey, you can drive through the terraced vineyard area of the “Lavaux” with outstanding views on Lake Geneva, possibility to do wine tasting, have a meal with lake view or simply enjoy nice hikes.

### 格吕耶尔地区 - Gruyeres region

#### 格吕耶尔村庄 (Gruyeres village)

格吕耶尔 (50 分钟车程)，著名的中世纪的村庄，坐落在一个小山上，这里您可以看到很多瑞士特色纪念品商店和传统的瑞士餐厅。了解更多信息，敬请访问：[www.la-gruyere.ch](http://www.la-gruyere.ch)

The famous medieval village of Gruyeres (50 minutes' drive), perched on a little hill with typical Swiss souvenir shops, and traditional Swiss restaurants.

#### 格吕耶尔奶酪厂 (Gruyeres cheese factory)

可以参观奶酪工厂“逸轩格吕耶尔”以及附近的格吕耶尔村。了解更多信息，敬请访问 [www.lamaisondugruyere.ch](http://www.lamaisondugruyere.ch)

Possibility to visit the cheese factory “La Maison du Gruyeres”, nearby the village of Gruyeres.

#### Cailler 巧克力工厂 (Cailler chocolate factory)

“La Maison de Cailler” 位于布罗克 (车程距离格吕耶尔 10 分钟)。

在那里，你可以了解瑞士的巧克力历史，并可以直接观看著名的 Cailler 巧克力的制作过程。了解更多信息，敬请访问 [www.cailler.ch](http://www.cailler.ch)

“La Maison de Cailler” is situated in Broc (10 minutes by car from Gruyeres).

There, you can learn about the history of chocolate in Switzerland and look at the production of the famous Cailler chocolate.

## 阿尔卑斯山脉 - The Alps Mountains

### Rochers-de-Naye 山峰: (海拔 2000 米)



从蒙特勒出发，可以乘坐登山铁道火车前往 Rochers-de-Naye，沿途您可以观赏到犹如仙境般美丽的山脉与湖泊（顶部设有餐厅）。了解更多信息，请访问 [www.goldenpass.ch](http://www.goldenpass.ch)

From Montreux, possibility to take a mountain train to the Rochers-de-Naye, with a spectacular view of the lake and the mountains (restaurant on the top).

### 格施塔德 - Gstaad



您也可以从蒙特勒搭乘著名的全景列车前往优雅迷人的滑雪小镇格施塔德（行车时间需要 1 小时 30 分钟，需要提前预约）。了解更多信息，请访问：[www.mob.ch](http://www.mob.ch)

Also from Montreux you can take a panoramic train through the mountain to the elegant ski village of Gstaad (journey time 1hour 30 minutes, reservation require

### 莱迪亚布勒雷 - Les Diablerets



莱迪亚布勒雷山村（1 小时 15 分钟车程），位于海拔 3000 米高的冰川上，可乘缆车抵达。您可以在终年积雪的冰川上散步、滑雪或去乘坐雪橇狗。了解更多信息，敬请访问 [www.glacier3000.ch](http://www.glacier3000.ch)

Above the mountain village of Les Diablerets (1 hour 15mins drive), is a glacier at 3000 meters high reachable by cable car. On the glacier, you can walk on the snow all year round, ski or go for a ride with snow dogs.

### 采尔马特 - Zermatt:



非常著名的滑雪胜地，面对宏伟险峻的马特宏峰（海拔 3883 米），2 小时 30 分钟的自驾车程或火车。了解更多信息，敬请访问 [www.zermatt.ch](http://www.zermatt.ch)

Very famous ski village, facing the spectacular Matterhorn Mountain (3883m.), 2 hours and 30 minutes by car or by train

### 因特拉肯和少女峰（4158 米）- Interlaken and the Jungfrau (4158m)



这座小镇朝向少女峰—瑞士境内最高最著名的山脉之一，乘坐火车即可抵达。了解更多信息，敬请访问 [www.interlaken.ch](http://www.interlaken.ch)

Small city facing The Jungfrau, one of the most famous and highest mountains in Switzerland which is accessible by train to the summit



## 瑞士汝拉湖- Lake of Joux ( 钟表山谷 The Watch Valley)

瑞士汝拉湖，位于沃州汝拉山脉的中心位置，是整个汝拉山脉中最大的湖泊。在冬天，冻结成冰的湖面成为了欧洲最大的天然溜冰场；而夏天，众多运动迷们和自然爱好者们纷至沓来。这个美丽的地方也因其著名的钟表匠而闻名于世。这里有各种向游客开放参观的著名瑞士手工业，如奥利维尔彼表的制表培训中心。在它的附近，您也可参观著名的罗曼莫捷修道院或瓦洛尔布岩洞。

Lake Joux, in the heart of the Vaudois Jura Mountains, is the largest lake in the entire Jura massif. In winter, it turns into the largest natural ice rink in Europe and in summer it attracts sports fans and lovers of nature. This beautiful area is also renowned for its watchmakers. There are different places opened to visitors to discover this famous Swiss industry such as the Olivier Piguet watchmaking training centre. Nearby, you may also visit Romainmotier famous abbey or Vallorbe caves.

## 纳沙泰尔湖，埃斯塔瓦耶，穆尔腾 - Lake Neuchâtel, Estavayer, Murten

纳沙泰尔湖（Lake Neuchâtel）是瑞士境内最大的湖泊。河流长约 38 公里，宽度约为 8 公里。纳沙泰尔小镇位于湖边，是一座迷人的城市，四周环绕着秀丽无垠的葡萄园。主要的地标有学院教堂和城堡，高大的建筑群浑然一体。埃斯塔瓦耶（Estavayer）是一个美丽的小村庄，位于在湖的另一边。穆尔登也是一座漂亮宁静的小镇，古老的城墙和保存完好的主要街道。

Lake Neuchâtel is the largest wholly Swiss lake, nearly 38km long and 8km wide. On its shore, the town of Neuchâtel is a charming city which stands in the middle of the vineyards. The main landmark there is the Collegiate Church and Castle that forms a monumental ensemble. On the opposite side of the lake is the charming village of Estavayer. Murten is also a pretty and peaceful town with ancient walls and a lovely preserved main street.

## 瑞士的主要城市 - Main cities of Switzerland

### 日内瓦 - Geneva

可以游览日内瓦老城区、罗纳大街（Rue du Rhône）的各大名店、日内瓦大喷泉、联合国大楼（可入内参观）以及著名的百达翡丽钟表博物馆。了解更多信息，敬请访问 [www.geneve-tourisme.ch](http://www.geneve-tourisme.ch)

Visit of Geneva with a tour in the old town, the shopping streets around rue du Rhône, the big water fountain of the lake, the United Nations building (tour available inside) and the famous Patek Philippe watch museum.

### 伯尔尼 - Bern

瑞士的首都，是一座著名的历史古城，传统而又独具特色的老城区（联合国教科文组织世界文化遗产）和著名的熊公园。从洛桑乘火车或自驾大约 1 小时车程。了解更多信息，敬请访问 [www.berninfo.com](http://www.berninfo.com)

Visit of the capital of Switzerland, with its unique old town (UNESCO World Heritage) and the famous bear's park. At about 1 hour from Lausanne with car or train.

### 卢塞恩 - Luzern

可从洛桑乘火车或自驾大约 2 小时车程，参观游览美丽的城市卢塞恩和它梦幻般美丽的湖泊。了解更多信息，敬请访问 [www.luzern.com](http://www.luzern.com)

Visit of the beautiful city of Luzern and its beautiful lake, at about 2 hours with car or train from Lausanne.

### 苏黎世 - Zurich

瑞士的金融之都，美丽的步行街位于市中心，这里有精致优雅的商店、餐馆以及博物馆；美丽宁静的湖泊和河流流经整座城市。了解更多信息，敬请访问 [www.zuerich.com](http://www.zuerich.com)

Visit of the financial capital of Switzerland, beautiful pedestrian area in the city centre, nice shops, restaurants and museums, beautiful lake and river going through the city. For more information, visit [www.zuerich.com](http://www.zuerich.com)



## 法国 - France

### 依云，托农和伊瓦尔 - Evian, Thonon and Yvoire:

**依云(Evian)**位于日内瓦湖的另一侧，与洛桑遥遥相望。

乘船可轻松抵达依云小镇（洛桑出发 CGN 班轮只需 35 分钟）

依云是法国著名的 SPA 小镇，还有赌场和高尔夫球场。在小镇中心，光之宫殿乐宫（le Palais des Lumières）内经常举办各种艺术展览 – 夏天里，人们喜欢在卡沙喷泉边排队，用自带的瓶子盛满依云的水 – 这个展馆是一个介绍依云水的信息中心。

Evian is on the other side of Lake Geneva, exactly opposite Lausanne.

Easily reachable by boat (35mins with CGN boats – frequent departures from Lausanne)

Evian is a renowned little spa town with a casino and a golf course. In the centre, le Palais des Lumières is hosting temporary art exhibitions – in summer people queue at the Cachat spring to fill their bottles with Evian water – the exhibition hall is an information centre about the water of Evian.

**托农（Thonon）**位于依云和伊瓦尔之间，一个凭借著名城堡“Château de Ripaille”、葡萄园以及位于市中心每周四繁忙的马路集市而知名的法国小镇。

Between Evian and Yvoire, Thonon is a French town with an interesting castle “Château de Ripaille” with its vineyard and a busy street market in the city centre on Thursdays.

**伊瓦尔（Yvoire）**是一个中世纪村庄，在这里您可以看到 14 世纪的防御工事。这里曾因被誉为世纪初最现代化的渔村而闻名。伊瓦尔现在被列为花卉装饰的国际获奖者之一，是最美丽的法国村庄协会成员之一。

Yvoire is a medieval village with fortifications of the 14th Century. Known as a modest fishing village in the beginning of the century, Yvoire is now ranked as one of the International Laureates of Floral Decorations, and is a member of the Association of the Most Beautiful Villages of France.

### 安西 - Annecy

安西经常被描述为最美丽的法国小镇，称得上是萨瓦省最有名的小镇。叠翠的群山与秀美的安西湖环绕着小镇，如画般的美景倒映在水晶般清澈的湖水中。

Maybe the most famous town of Haute-Savoie, Annecy is often described as the most beautiful town in France, encircled by stunning mountains and the Lake Annecy, reflected in crystal-clear waters.

### 夏蒙尼（Chamonix）-勃朗峰山脉（Mont Blanc Mountain）

夏蒙尼是世界上最著名的滑雪胜地之一，曾于 1924 年举办了第一届冬季奥运会。体验西欧最高的山峰-勃朗峰，既可选择乘坐缆车，到达海拔 3842 米处的观景楼，也可乘坐高山火车欣赏宏伟冰川。

Chamonix is one of the most famous ski areas in the world and hosted the first Winter Olympic Games in 1924. The Mont-Blanc is Western Europe’s highest mountain peak. By cable car, it is possible to reach a belvedere at 3842m. or to admire the glacier with a mountain train.

我们酒店很荣幸能为您组织安排一些观光活动，并提供专职司机一名，以下所附即我们的豪华轿车价格表，在此恭请您的惠顾。提请您注意：我们的司机并非专业导游，但我们可协助您雇用一名导游在旅游中全程陪伴您。如果您有任何咨询的问题，请随时与我们礼宾部 2120 联系

It would be our pleasure to organize some excursions with one of our driver, you will find attached our limousine rates. Please note that our drivers are not knowledgeable guides, but it is possible to hire a guide to accompany you during the excursions.

We remain at your disposal should you have further enquiries.

The Concierge Team

**半天活动计划推荐** (此项服务额外收费, 根据参加人数价格从每人每项活动 250 瑞郎 起, 每次参加人数为 1-8 人):

- 瑞士红酒品酒工作坊 (Swiss wine tasting workshop)
- 瑞士巧克力工作坊 (Swiss chocolate workshop)
- 瑞士钟表作坊 (Swiss watch workshop)
- 瑞士茜茜公主 VIP 之旅 (Sissi Swiss tours)

如上所述工作坊活动包括: 活动提前组织安排、经验丰富的中国导游陪同、提供私家车或微型客车和所有的饮料  
如果您需要更多的信息, 请联系我们的礼宾部经理 2120

**Half-day activity suggestions:**

(Additional charge, rates from CHF 250 per person per workshop based from 1-8 participants):

- Swiss wine tasting workshop
- Swiss chocolate workshop
- Swiss watch workshop
- Sissi Swiss VIP tours

Including an experienced Chinese guide, private car or mini bus, all drinks included by prior arrangement.  
If you need more information, please call the our concierge on 2120



## 汽车租赁服务价格 LIMOUSINE SERVICE - RATES

奔驰S级4座Mercedes Classe S 4 seats - 奔驰6座面包车 Mini Van Mercedes : 6 seats

### TRANSFERS

CITY RATE	KM	RATE	CITY	KM	RATE
LAUSANNE STATION (guided to the gate)		95.-	LAUSANNE BLECHERETTE		95.-
GENEVA AIRPORT		310.-	GENEVA CENTER		330.-
ZURICH AIRPORT		970.-	ZURICH ZENTRUM		1'080.-
Bâle	195	990.-	Lucerne	210	1'080.-
Berne	100	520.-	Milan	335	1'720.-
Crans-Montana	125	690.-	Montreux	30	180.-
Chamonix	110	620.-	Paris	515	2'900.-
Divonne	50	290.-	Vevey	20	140.-
Evian	70	400.-	Verbier	90	540.-
Gstaad	90	540.-	Zermatt	170	930.-

### « A LA CARTE » ARRANGEMENT

	KM	RATE		KM	RATE
1 hour	30	155.-	1/2 Day - 4 hours	100	550.-
2 hours	45	240.-	1 Day - 9 hours	150	880.-
3 hours	60	330.-	Additional Km	1	3,60
			Additional hour	1	70.-

夜间价格NIGHT RATE :

- 从午夜12点以后: 白天价格+ 50 % From midnight : day rate + 50 %

价格包括 RATES INCLUDE :

- 燃料, 客人的保险费 Fuel, passenger insurance

不包括 NOT INCLUDED :

- 在洛桑地区以外司机的住宿 Chauffeur's accommodation out of Lausanne

- 司机的餐费, 每顿 30瑞郎 Chauffeur's meal, CHF 30.- per meal

- 高速公路、桥梁、养路费, 政府税收 Motorways, bridges, ferry tolls, government taxes

酒店不承担任何相关损失或损害的责任 *The hotel declines all responsibility for loss or damage*

价格以瑞士法郎计算 *Rates are given in Swiss francs (CHF)*

