

## ITALY - PIEDMONT & THE GOURMET HILLS OF RURAL ITALY

8-day / 7-night one-hotel GUIDED walking tour based at Montelupo



Piedmont offers a true taste of rural Italy's famous and rich culinary heritage. This is a walking holiday set amongst the beautiful countryside and medieval hill-top villages of Piedmont. Walks in the Piedmont pass attractive countryside visiting attractive hill-top villages, strolling through ancient vineyards or hazelnut groves to visit isolated churches. Cross the Langhe Hills following the old trade route above the Bormida Valley to the beautiful castle at Pruneto, the ancient village of Bergolo, and the medieval town of Cortemilia. Other walks include part of the 'Strada Romantica', an ancient trail that links Bossolasco (the village of Roses) with Serralunga delle Langhe, and a route in the Tanaro Valley to Neive. We wander to the famous Barolo vineyards and the hill-top villages of La Morre, Barolo, Monforte d'Alba, Castiglione Falletto and Serralunga d'Alba, a day of stunning views and fantastic wines.

- Cost from:**            **\$3385** per person (twin share)            Single room supplement \$455 (limited availability)
- Departs:**            30 April, 7, 14, 21 & 28 May, 4 & 11 June, 3, 10, 17 & 24 September, 8 October 2024
- Tour includes:**       7 nights comfortable hotel accommodation with ensuite bathroom, 7 breakfasts, 7 evening meals and experienced walks leaders with two levels of guided walks on 5 days, local transport to/from the walks.
- Not Included:**       Meals & drinks not mentioned in the itinerary, personal expenses, transport or excursions on your free day. Transfers from/to Turin airport can be pre-booked at extra cost – ask for details when booking.
- Accommodation:**   Stay at the highly regarded family-owned 4-star **Hotel Ca'del Lupo** which is set in peaceful surroundings. Each bedroom has a private terrace and overlooks the nut plantations, vineyards and the hilltop villages of Rodello and Montelupo. The restaurant, popular with locals, has a reputation for excellent regional cuisine and an outstanding local wine list.



**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

**Trip Grading:** Easy to moderate walking with occasional steeper sections. Easier walks of 7-11km with up to 300m ascent in a day. Harder walks of 8-15km with up to 400m ascent in a day.

A typical European centre-based walking holiday offers a choice of up to two guided walks each day. You choose the walk that best suits your ability and fitness. Walk leaders make the final decision on which routes are offered; each evening they will brief you about the walks for the next day and answer questions you may have.

**Suggested itinerary (Routes are determined by the walk leaders each day and are subject to change):**

#### **Day 1: Arrival day**

Arrive Montelupo mid-afternoon (ask about airport transfer from Turin at extra cost). This evening meet your leaders for a briefing and get to know your fellow guests over dinner.

#### **Day 2: Montelupo's Wolf's Trail**

These introductory walks will explore the area close to the hotel and include a visit to Montelupo village. The walks then follow the 'Wolf's Trail' a circular path, waymarked with an outline of a wolf's head. The longer route heads towards Brantegna, via the Strada Romantica, then continues on to the Chapel of the Madonna del Oriolo.

#### **Day 3: Along the Tanaro River**

The day starts with a visit to the walled hilltop town of Neive before heading to Barbaresco, a beautiful village and major wine-producing centre. We walk through vineyards and woodlands along the Tanaro River, which at 276km long is one of the main tributaries of the River Po. We continue to Alba, the largest town in the region which has a reputation for gastronomy, wine and chocolate including the famed Ferrero Rocher.

#### **Day 4: The Barolo vineyards and villages**

We head west of Montelupo to walk in the famous Barolo vineyards. Barolo wine is very well regarded, renowned for its rich flavour and aroma. It is produced in the Langhe Hills, around the large village of Barolo, usually from the Nebbiolo grape. This ripens quite late, towards the end of October, with bunches that have an intense blue colour. These walks offer opportunities to sample and buy the local produce.

#### **Day 5: Free day**

Each week there is a free day where no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently, or visit local places of interest. You might choose to explore the nearby Museo delle Langhe at Grinzane Cavour or the medieval town of Monticello d'Alba, with its beautifully preserved castle and parkland set on a hill above the town.

#### **Day 6: Bormida Valley**

The Bormida River flows through the heart of the Langhe Hills and our walks follow the wooded ridge that separates the main valley from that of the River Uzzone. We finish in the small town of Cortemilia, one of the most attractive in the area. The river divides the town into two villages: San Michele on the west bank and San Pantaleo on the east. The 12<sup>th</sup> Century church is one of the most interesting examples in the Langhe.

#### **Day 7: Above the Tanaro Valley**

We start with a journey south to Bossolasco, the 'Village of the Roses', then take the coach or walk to Serravalle dell Langhe. We follow the ridge of hills above the Tanaro Valley to Tre Cune, where we can have a celebratory drink before returning by coach to the hotel in Montelupo.

#### **Day 8: Departure day**

Tour ends after breakfast.

**Outdoor Travel** offer guided or self-guided walking holidays in other areas of Italy and across Europe, including the **Cinque Terre**, **Tuscany**, **Umbria**, **Brenta Dolomites**, **Amalfi Coast**, and in Austria's **Tyrolean Alps**, in **Bavaria**, the **Greek Islands**, in **Provence** or **Dordogne** in France. In the UK choose the **Lake District**, the **Cotswolds** or the **Coast-to-Coast** walk or the **West Highland Way**. Walk along pilgrimage routes such as the **Way of St James** or Camino de Santiago in France and Spain or **Via Francigena** (the pilgrim 'Road to Rome') in Italy.

**Contact Outdoor Travel for more details and reservations:**

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