

## ITALY: PIEDMONT – BAROLO & BARBERA, SLOW FOOD & TRUFFLES

8-day / 7-night **SELF-GUIDED** inn-to-inn walk amidst the mountains of Northern Italy



The Piedmont, or Piemonte as it is known locally, is an undulating plateau nestled between the Alps and the Apennine mountains and one of the most spectacular regions in Italy. Explore on foot this magnificent landscape of rolling hills dotted with small picturesque villages, elegant castles and feudal towers, walk through vineyards and hazelnut forests and stay in small rural villages where the accommodation is charming and welcoming.

Italy is known for its many great food and wine destinations and Piemonte is no exception, attracting connoisseurs of mouth-watering food, truffles and fabulous wines. The fertile region is home to the *Tuber Magnatum*, the prized white truffle and some of Italy's most prestigious Barolo and Barbera red wines. Spend a week walking the tracks, trails and strade bianche (Italy's famous white roads), through the picturesque countryside and discovering a spectacular array of local specialties including gourmet cheeses, pastries and chocolates that are appreciated all over the world.

**Dates:** Departs daily April to mid-November

**Cost from:** \$1250 per person twin share. Single room supplement \$475 Solo Traveller supplement \$695

**Includes:** 7 nights' accommodation in comfortable 3 to 4-star family run hotels and agriturismo, all with private bathrooms and breakfast included; luggage transfers; Day 2 transfer; detailed route descriptions and maps; 24-hour telephone assistance.

**Not included:** other meals, drinks, personal expenses, gratuities, arrival and departure transfers (on request at extra cost, please ask when booking), city taxes (approximately €1.50 per person per night, paid locally).

**Difficulty:** Easy to moderate walks of 3 to 6 hrs, with some more challenging sections. Walking routes are from 8km to 20km, with a daily ascent / descent of @ 200m to 790m. The walks are on vineyard trails, uneven footpaths, mule tracks and small gravel roads. The trails through the vineyards can get slippery, muddy and heavy-going when wet or after it has rained. The trails do not always have markings. There may be options for shortening the days walk or taking an easier route on some days.



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

## Suggested itinerary:

### Day 1 Arrive Alba

Arrive by mid-afternoon in Alba, a medieval city and the heart of Piedmont wine country. Explore the town once known as the "City of One Hundred Towers" and visit one of the pastry shops to sample the sweets of Italy.

### Day 2 Roddi to Barolo

**walking @ 13 - 15km, 3 to 4 hours**

Transfer to Roddi to begin the day's walk across several hills to the rustic hilltop village of La Morra. On clear days view the Alps and Mt. Monviso that stay snow-capped till the beginning of summer. There are wine tasting options along the way and at La Morra visit the Ratti Museum to learn history, tradition and the art of making good wine. Cantina Comunale (closed on Tuesdays) offers a wide selection of wines to taste and buy as well as videos on local wines and gastronomy. The walk can be shortened by starting in Verduno instead of Roddi. Depending on hotel availability you may stay tonight in the hamlet of Vergne or in Barolo.

### Day 3 Barolo to Monforte d'Alba

**walking @ 8km - 12km, 3 to 4 hours**

This morning walk past the old village of Novello, with its Middle Aged tower, to reach the wine capital of Barolo, home to the famous wine of the same name. Spend some time exploring the recently opened WiMu Wine Museum located in the Castello dei Marchesi Faletti and lunch at one of the great local *trattorias*. From there the walk passes through vineyards and forests and to the hill top village Monforte d'Alba, your stay for tonight.

### Day 4 Monforte d'Alba to Cissone

**walking @ 17km - 19km, 5 to 6 hours**

Leave the vineyards behind and walk through neat hazelnut groves and the forests which surround the ancient hamlet of Serralunga d'Alba. From there it's an undulating walk with a steep ascent to Roddino, a long descent and then a final uphill to the village of Cissone.

### Day 5 Circular walk from Cissone

**walking @ 9km, 3 hours**

After a short circular walk in the surrounds of Cissone, unwind and admire the splendid views from the farm. The scenic vista is a unique patchwork of hills, forests and vineyards, dotted with towers and castles. A glass of local wine from a traditional cantina in the centre of the village is the perfect way to relax and take it easy.

### Day 6 Cissone to Cravanzana

**walking @ 13 or 20km, 5 to 6 hours**

The landscape of the high Langhe area around Cissone is characterised by hazelnut forests and steep slopes covered by oaks. This is also the area where you find the 'Tuber Magnatum', the local delicacy also known as 'the white truffle of Alba'. Stay in Cravanzana, an historic village with its medieval castle and restaurants where you may sample truffles when in season and also the hazelnut dishes for which this area is well known.

### Day 7 Cravanzana to Cortemilia

**walking @ 13km, 5 hours**

Take a scenic walk through hazelnut plantations and dense chestnut woods on forest paths, small grassy trails and cobbled streets past the charming villages of Torre Bormida and Bergolo. On clear days the views from the hilltops towards the Alps is spectacular. End the day in historic Cortemilia which dates back to the Romans, with medieval buildings, cylindrical tower, piazzas and on Friday the market on the banks of the Bormida River.

### Day 8 Tour ends in Cortemilia

Tour arrangements end after breakfast. There are regular bus services which take about an hour back to Alba.



## Contact Outdoor Travel for more details and reservations:

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