

ITALY - PIEDMONT & THE GOURMET HILLS OF RURAL ITALY

8-days / 7-nights centre-based at Montelupo a one-hotel GUIDED walking tour



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 Serravalle delle Langhe, and a route in the Tanaro Valley to the village of 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.

Our experienced leaders offer the choice of two different grades of walk each day – you can choose the option which best suits your interests and fitness – either easier walking one day and harder the next or just explore independently or relax around the resort. There is also a free day to visit Turin or Alba.

Cost from: \$2785 per person (twin share) Single room supplement \$430 (limited availability)

Departs: 1st, 8th, 15th, 22nd, 29th May; 5th, 12th June; 4th, 11th, 18th, 25th September; 2nd, 9th, 16th October 2022

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.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Accommodation: Stay at the comfortable 4-star **Hotel Ca'del Lupo** is family-owned and run and enjoys a stellar reputation with its guests. The hotel is set in peaceful surroundings and has been purpose built so all rooms look out over the nut plantations and vineyards towards the hilltop villages of Rodello and Montelupo. Each bedroom has a private terrace. The restaurant has a reputation for excellent regional cuisine, an outstanding local wine list and attentive service and is popular with locals.

Footpath and walking information



Easier Walks: 7 to 11km on good tracks and paths, with short but steep ascents to the hilltop towns with up to 300m of ascent in a day.



Harder Walks: 8 to 14km on good tracks and paths, with short but steep ascents to the hilltop towns with up to 395m of ascent in a day.

Suggested itinerary: This itinerary outlined below may be subject to change at the walking guide's discretion. A finalised itinerary will be available at the resort and your leader will brief you every night about next day's walks.

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.

Day 3: Along the Tanaro River

The day starts at the attractive medieval town of Alba. This is the largest town in the region and now has a strong reputation as a gastronomic centre and is famous for its wines and chocolate. From Barbaresco, a major wine-producing centre, our walks follow the Tanaro River, which at 276km long is one of the main tributaries of the River Po. We finish in the small hamlet of Tre Stelle where we can have refreshments at a café.

Day 4: 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. If there is sufficient interest your leaders may arrange an excursion to the Winter Olympic city of Turin (at additional cost).

Day 5: 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 12th Century church is one of the most interesting examples in the Langhe.

Day 6: 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 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 Cunei, 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, 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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