

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.

Dates: Departs daily April to mid-November

Cost from: **\$1570** per person twin share. Single room supplement \$585 Solo Traveller supplement \$880
Supplement of \$55 per person twin share applies for Friday / Saturday starts

Includes: 7 nights' accommodation in 3 to 4-star hotels and *agriturismo*, all with ensuite; 7 breakfasts; luggage transfers; Day 2 transfer; detailed route descriptions and maps; emergency 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 €2 per person per night, paid locally).

Difficulty: Easy to moderate walks of 3 to 6 hrs, with some more challenging sections. Daily distances 8 to 20km and daily ascent / descent of 300m to 870m. The walks are on vineyard trails, uneven footpaths, mule tracks and small gravel roads. Vineyard trails can get slippery, muddy and heavy-going when wet.



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 @ 15km - 19km

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 which stay snow-capped till early 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 @ 11km

This morning walk past the old village of Novello, with its medieval 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 hilltop village Monforte d'Alba, your stay for tonight.

Day 4 Monforte d'Alba to Cissone

walking @ 15km

Leave the vineyards behind and walk through manicured 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, where you typically will stay in an *agriturismo*.

Day 5 Circular walk from Cissone

walking @ 8km

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 @ 18km

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 @ 12km

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 to Roman times, with medieval buildings, cylindrical tower, piazzas and on Friday the market on the banks of the Bormida River.

Day 8 Departure day

Tour arrangements end after breakfast. There are regular bus services back to Alba, all days except Sunday.



Contact Outdoor Travel for more details and reservations:

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