



HEDONISTIC HIKING



Piedmont and Emilia Romagna

A Celebration of Slowfood

Let your taste buds do the walking as we immerse you in the enogastronomic wonders of these two regions. Barolo wine, the legendary white truffle of Alba, porcini mushrooms, parmesan and prosciutto. Beautiful hotels, stunning walks, fascinating history and culture plus exceptional food and wines.

Slow Food is a non-profit, eco-gastronomic member-supported organization that was founded in 1989 to counteract fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the rest of the world.



What is included?

- *Experienced and knowledgeable guide who will look after your every need and bring this stunning area to life*
- *All meals including wine.*
- *Gourmet meals in a variety of superb restaurants, including several award winning establishments.*
- *Support vehicle, enabling you to walk as little or as much of the trail as you please*
- *Transport to/from Genoa in air-conditioned minibus*
- *Comprehensive pre-trip information.*
- *Luggage transported for you so all you need to carry is a small backpack with water etc.*

Itinerary

The trip starts and ends in Genoa (served by British Airways to London Gatwick and Ryanair to Stansted). Genoa is on a direct train line from Pisa, Rome and Milan.

The trip particularly focuses on the gourmet tradition of each region. A slow-paced itinerary staying in three delightful hotels. Opportunities to meet with chefs, winemakers and local producers. On occasions we will have our main meal at lunchtime with a lighter meal in a trattoria or winery in the evening.

Day 1

Meet Genoa Airport at 1.30pm. Drive (2 hours) to the medieval town of Saluzzo, the jewel of Piedmont nestled at the foot of Monviso (3841m). We spend the next 3 nights in a very comfortable, and peaceful, restored Cascina (farmhouse) just on the edge of the town. This evening we explore the medieval town on foot.

Day 2

In the morning we visit the 12th century Cistercian abbey at Staffarda before a gentle walk along quiet country lanes and farm tracks leads us back to Saluzzo. In the afternoon we enjoy a fascinating tour of the 13th century Castle at Manta with its delightful frescoes. (11.2km/7.1 miles)

Day 3

*A beautiful drive up the fertile Po valley takes us to the foot of Monviso and the pristine source of the river at 2020m. From a mountain refuge we follow good trails up past mountain lakes with impressive views of Monviso and the Ligurian Alps. Time to relax in the afternoon. (6.3km/4miles. Total ascent 360m).
NB. If the weather is not suitable for a high level walk an alternative will be offered.*





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Day 4

A short drive takes us to the Roman town of Cherasco - famous for its many churches, chocolates ... and snails. Continue to Pollenzo where we indulge in a leisurely lunch at the renowned Trattoria Guido located in the former hunting lodge of the House of Savoy. In the afternoon we arrive in the Langhe region where we stay for 3 nights in a charming hotel in La Morra. This evening we meet a local winemaker for an introduction to the fabulous wines of this region.

Day 5

Our walk leads us from La Morra, along a ridge with open views to the pretty villages of Vergne and Novello. We descend through vineyards to the village of Barolo where the world-class wine of the same name was created in the 19th century. Visit the cellars of one of the local producers and taste their range of wines. October trip: Later in the day we head into the woods with a local truffle hunter to search, with his dog, for the prized tuber. (9.5km/6miles)

Day 6

Starting from a village in the foothills of the Alta Langa, we walk through hazelnut groves and vineyards with panoramic views of the Langhe and the snow-capped Alps beyond. We are welcomed for lunch at a local farm producing wine and an incredible range of cheeses, near the town of Monforte d'Alba. Time to relax in the afternoon. Dinner in a Michelin star restaurant. (10km/6.3miles)



Day 7

In the morning we visit the castle of Grinzane Cavour, the former home of the first Prime Minister of Italy, and the regional capital of Alba. We then leave Piedmont and drive (2hours) to Emilia Romagna. We visit a producer of culatello, one of the many DOP protected products of this region. In the afternoon we continue (1hour) to Borgo Casale, our luxury hotel nestled in the Romagnola hills, encircled by the peaks of the Appenines.

Day 8

Today we learn how the famous parmesan cheese is produced when we meet a local producer. We explore the lively town of Borgotaro before driving high into the hills for a fabulous ridge walk. Time to relax and enjoy the wonderful facilities at the hotel before our final dinner.

Day 9

Return to Genoa airport for 11.30am

Extend your trip

Why not why not round off your trip with a couple of days in the delightful city of Parma. Stay in a luxurious small hotel next door to the stunning baptistry. If you prefer to be more active, we suggest you spend a few days walking the well-marked trails of the Cinque Terre. We will be happy to provide you with a trail map.



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Walking

Shortest day: 6.3km/4miles

Longest day: 11.2km/7.1miles

There are 5 half-day walks offered on the trip. We walk on farm and woodland tracks, through vineyards and along quiet tarmac roads. Day 3's walk is on a well graded mountain path. Although the walks are relatively short we recommend you wear sturdy walking boots, with good ankle support.

Weather:

Average daytime temperature: September 20°-25°; October 13°-21°

Monthly rainfall average: September 70mm; October 150mm

Average sunshine: September 6hrs/day; October 5½hrs/day

Dates:

6th – 14th September 2008

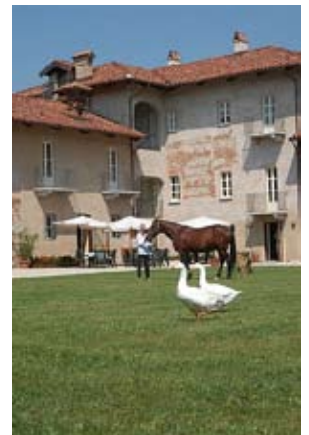
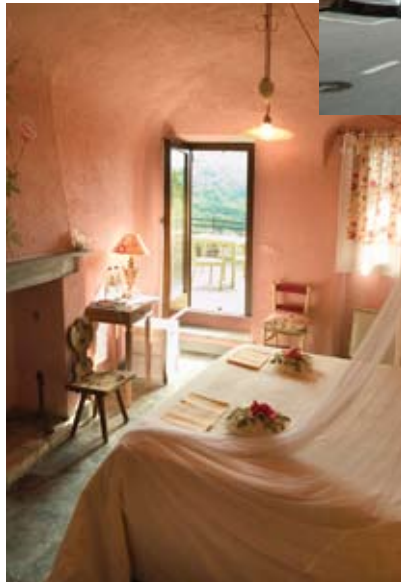
11th-19th October 2008

Price:

€ 2195 per person

Single Supplement

€ 175 (*Double room for single occupancy*)



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