



# HEDONISTIC HIKING

**FOOD • WINE • WALKING**

**2012**

**All-inclusive, guided gourmet  
walking holidays in Italy and Australia**



## Hedonistic Hiking



Hedonistic Hiking is a small company, owned and operated by Jackie and Mick Parsons, offering gourmet guided walking holidays in Italy and Australia.

Jackie and Mick divide their time between Italy and Australia and are passionate about the walking, the food and the wine of both countries.

The tour groups are small and friendly (maximum 16 people) and the walking is enjoyably challenging, while the support vehicle enables you to walk as much or as little as you please each day.

A mixture of fine dining experiences and gourmet picnic lunches ensures that you sample the very best food and wine the regions have to offer, and the emphasis is always on premium quality locally-sourced produce.

Hedonistic Hiking is Eco-certified and committed to sustainability, so through the tours you contribute directly to supporting small businesses in the area.

Perhaps more importantly Jackie and Mick offer unsurpassed personal service on each and every tour, and it is this above all which brings people back to Hedonistic Hiking year after year.



Visit our website for full details of all tours and other information to help you plan your holiday

[info@hedonistichiking.com](mailto:info@hedonistichiking.com)

[www.hedonistichiking.com](http://www.hedonistichiking.com)

## Food ● Wine ● Walking

Those who travel with Hedonistic Hiking soon appreciate that it is much more than a walking holiday.

More than simply tasting regional specialities, Jackie and Mick offer an opportunity to meet and talk to the people behind these local delicacies - the specialist cheese producers, the wine growers, the truffle hunters and the pasta makers.

Many of the tours include cookery classes with local experts, providing a chance to try your hand at classic favourites such as ravioli or gnocchi. Dinners may be in regionally renowned restaurants but are just as often in fabulous organic farms, where home-grown produce is picked from the garden moments before being eaten. In all cases the chefs are delighted to share their passion and knowledge with Hedonistic Hiking guests and top-quality local wines are selected to accompany every meal.



On some of the more remote Australian tours Mick, who is a professional chef, will prepare dinners for the groups himself, using the freshest local ingredients.

Visits to cheese producers, tastings at vineyards and outings to local markets or food festivals are an integral part of each tour, and can often provide the most memorable moments of a trip.



# Italy and beyond

9 days: 3rd - 11th June 2012

9 days: 2nd - 10th October 2012

## Slovenia & Friuli

*Lakes and Mountains, Waterfalls and Wine*

This is a 9-day hiking holiday in Slovenia, often referred to as The Sunny Side of the Alps, and north east Italy. Stay beside beautiful Lake Bohinj and hike in the Julian Alps. Visit Kobarid on the pretty Soca River, which was a town of great importance in World War 1 and immortalised by Ernest Hemingway in his novel "A Farewell to Arms". Today Kobarid is regarded as the culinary capital of Slovenia and boasts many fine restaurants. Cross the mountains into Italy to explore Friuli and walk in the vineyards of Collio. Visit the Unesco World Heritage sites of Cividale and Aquileia.





8 days: 4th - 11th May 2012

## **Volterra & the Tuscan Maremma**

*Tuscan Hill Towns and Coastal Plains*

Discover the lands of the ancient Etruscans around the hilltop town of Volterra and visit the fascinating coastal Maremma region of south west Tuscany. Experience the area's natural beauty and see fabulous spring flowers as we hike through medieval towns and villages and explore exciting local wines, including the original "Super-Tuscan" wine from the world-famous Bolgheri region. Delightful four star accommodation in a hotel just beyond the historic city walls of Volterra with stunning views over the Val di Cecina and in a converted palace in the historic centre of the charming medieval city of Massa Marittima.



8 days: 14th - 21st September 2012

## **Parma, Tuscany & the Cinque Terre**

*Prosciutto and Parmesan, Pilgrims and Poets*

Walk the area immortalised by Lord Byron and the Romantic poets. Visit beautiful Parma, the undisputed gourmet capital of Emilia Romagna and experience the Sagra del Fungo Porcino (Porcini Mushroom fair) at the "Slow Food" town of Borgotaro. Walk one of the most beautiful sections of the Via Francigena pilgrim route and discover the untouched Lunigiana area of Tuscany before descending to the Gulf of Poets on the Ligurian coast to explore the quaint town of Lerici. Travel by boat to explore the charming villages of the Cinque Terre or hike part of its famous coastal path.





8 days: 24th - 31st May 2012

## **Florence & Eastern Tuscany**

*In the footsteps of the Saints*

See the famous frescoes by Piero della Francesca in Arezzo, beautifully portrayed in the film "The English Patient". Discover the magical Casentino National Park in north east Tuscany with beautiful hikes which take you off the beaten track. Visit the sights, experience the majestic views and explore the countryside that inspired St Francis of Assisi in the 13th century. Walk in the vineyards of Chianti Rufina, dotted with medieval castles, and experience the lesser-known gems of the Renaissance city of Florence with a private tour by an entertaining local guide.



8 days: 11th - 18th May 2012

8 days: 23rd - 30th September 2012

## **A Week In Tuscany**

*Chianti, Castles and Tuscan Cooking*

A relaxed walking holiday based in two luxurious hotels - the first converted from a medieval village, the second a former palace in the centre of a Tuscan village. Experience superb guided hikes taking you off the beaten track. Visit Tuscan gardens and castles, drop in to wine estates, chat to the winemakers and taste their wines and olive oil. Enjoy delicious meals, accompanied by fabulous local wines, showcasing the wonderful fresh produce that is at the heart of Tuscan cooking. Have fun making fresh pasta with a celebrated local chef in the sixteenth century kitchen of a private country villa.





8 days: 5th - 12th September 2012

## Medieval Umbria

*Abbeys and Art in the Apennines*

Start the tour with a leisurely lunch and olive oil tasting at an organic farm near the charming village of Anghiari. Witness the opening night of the exciting historical crossbow festival between Sansepolcro and Gubbio. Hike in the Apennine mountains with views to Umbria, Le Marche and Tuscany. Follow evocative pilgrim trails to remote churches and walk along pretty woodland paths. Stay in a beautifully restored abbey and finish the holiday with three nights in the heart of the lovely medieval Umbrian town of Gubbio.



7 days: 12th - 18th August 2012

## The Palio of Siena

*Italy's Greatest Spectacle*

The Palio horse race in Siena is one of the most spectacular festivals in Italy. It takes place twice a year, on 2nd July and 16th August. It is, however, much more than one race on the one day. It is the apex of months of preparation and the Palio itself is a 4-day festival. To watch it on TV or read about it in the paper, or even to stand in the square and experience the race itself, is only scratching the surface of a fabulous tradition. This exclusive tour brings you the "Quattro giorni del Palio" and immerses you in the rituals and folklore of the festival.





8 days: 15th - 22nd June 2012  
8 days: 12th - 19th October 2012

## The Jewels of Piedmont

*A celebration of Slow Food*

Let your taste buds do the walking as you are immersed in the enogastronomic wonders of north west Italy. Taste Barolo wine, the legendary white truffle of Alba, porcini mushrooms and hand-crafted cheeses. Enjoy stunning walks through vineyards and follow mountain tracks through dramatic scenery dotted with hamlets suspended in time. Stay in two charming hotels and enjoy the exceptional food and wines of the area in award-winning and Slow Food restaurants. Book this tour in the spring along with The Italian Alps and receive a complimentary night's accommodation in Turin between trips.



8 days: 23rd - 30th June 2012

## Italian Alps

*Val d'Aosta and the Mont Blanc Massif*

Hike through flower-filled alpine meadows of the Gran Paradiso National Park and enjoy spectacular views of Mont Blanc and the majestic snow capped peaks of the Italian Alps. Visit ancient castles and follow the routes of the Roman armies, medieval pilgrims and Napoleon Bonaparte. See alpine fauna in their natural habitat and enjoy the fabulous hospitality and delicious cuisine of the smallest region of Italy. Stay in luxurious accommodation with spa facilities in each location. Book this tour along with the first departure of The Jewels of Piedmont and receive a complimentary night's accommodation in Turin between trips.



# Australia

## Australian Tours

Whilst the Italian tours are usually week-long itineraries, in south east Australia Hedonistic Hiking offers a full range of guided walking from one to seven days. The hikes are centred around the Victorian High Country and the Great Ocean Walk close to Melbourne. Fine dining experiences, wine tastings and gourmet picnic lunches remain top priority, ensuring you sample the best possible food and wines from the area.

In addition to the scheduled tours published on the following pages, Hedonistic Hiking offers bespoke tours for private groups. These tailor-made itineraries are ideal for short breaks or as part of touring holidays between Melbourne, Canberra and Sydney. In all cases Jackie and Mick will discuss your requirements in detail, in order to design and deliver a truly unforgettable Hedonistic Hiking holiday.



## Great Ocean Walk

Immerse yourself in nature and savour the dramatic, ever-changing views of the stunning coastline of the Great Otway and Port Campbell National Parks. The 92km trail takes you through a wide-ranging variety of coastal environments with a diverse array of flora and fauna - towering gum trees, deserted beaches and fertile farmland. Learn about the history of the Shipwreck Coast and experience a sense of wilderness on this iconic walk. Stay in boutique accommodation and enjoy gourmet food and fine wines.



19th - 26th March 2012

Tailor-made itineraries also available



12th November 2011 21st January 2012

3rd March 2012 17th March 2012

## Prosecco Road Walks

Take a stunning walk through the wonderful countryside of the King Valley and finish at one of the oldest and best known wineries: Dal Zotto. This winery is a King Valley institution, producing consistently high quality wines, and was the first in Australia to plant the Prosecco grape. Enjoy a fabulous lunch, a private tour of this family-run estate and a chance to meet the wine maker.



18th - 19th February 2012

## Lazy Lunch

Experience the essence of Italy with a delicious Lazy Lunch at the Buckland Cafe in Bright, North East Victoria. Enjoy an authentic five-course Italian lunch prepared by Mick, with each course carefully matched to premium imported Italian and locally-produced wines. Join a half day guided walk the following morning on Mount Buffalo and finish with a gourmet picnic lunch. Free transfers to and from accommodation in Bright are included.

## Alpine Walking Weekends

Discover the Alpine Walking Track with a few days of classic mountain trails based in the heart of the Victorian High Country. This is outstanding hiking combined with indulgent gourmet experiences. Three days of guided hikes including the iconic Razorback Ridge and the highlights of the Australian Alpine Walking Track from Falls Creek to Mount Hotham. Stay two nights at Falls Creek and two nights at Dinner Plain Alpine village.



28th December 2011 - 1st January 2012  
25th - 29th January 2012

## Mount Buffalo & Ringer Reef Winery

Discover the lesser-known trails of Mount Buffalo. This 12 km guided hike takes you off the beaten track to a secret spot with fabulous views. Learn about the flora and fauna unique to this beautiful granite mountain. Swim in Lake Catani and enjoy a tour and tasting at the Ringer Reef wine estate. Dine on their terrace with breathtaking sunset views and sample a range of Ringer Reef wines. Why not combine this with the Prosecco Road Walk on 21st January 2012?



22nd January 2012

## Feast In February

A three day adventure offering the gourmet traditions of Italy blended with the rugged beauty of the Australian Bush. Observe local wildlife and unique flora. Experience the fascinating and lively Italian heritage which flows through this region and stay in award-winning luxury accommodation with stunning views. Dine in an Italian-style villa and enjoy a five-course tasting menu.



12th - 14th February 2012

## Tour Dates

12th November 2011  
Prosecco Road Walk

28th December-1st January 2012  
Alpine Walking Weekend

21st January 2012  
Prosecco Road Walk

22nd January 2012  
Mt Buffalo and Ringer Reef

25th-29th January 2012  
Alpine Walking Weekend

12th-14th February 2012  
Feast in February

18th-19th February 2012  
Lazy Lunch in Bright

3rd March 2012  
Prosecco Road Walk

17th March 2012  
Prosecco Road Walk

19th-26th March 2012  
Great Ocean Walk

4th-11th May 2012  
Volterra and the Tuscan Maremma

11th-18th May 2012  
A Week in Tuscany

24th-31st May 2012  
Florence and Eastern Tuscany

3rd-11th June 2012  
Slovenia and Friuli

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Jewels of Piedmont

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Italian Alps

12th-18th August 2012  
The Palio of Siena

5th-12th September 2012  
Medieval Umbria

14th-21st September 2012  
Parma, Tuscany and the Cinque Terre

23rd-30th September 2012  
A Week in Tuscany

2nd-10th October 2012  
Slovenia and Friuli

12th-19th October 2012  
Jewels of Piedmont



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