

# Emilia Romagna Food & Hike

Trip style: European holidays

Destination: 📍 Italy

Trip code: RME07-LFH12

Trip Walking Grade: 1/3

Carbon Footprint: 🌳 658kg CO2



## Holiday Overview

Where the Apennine Mountains meet the fertile Po Valley and the Adriatic Coast, Emilia-Romagna is the heartland of Italy's food culture. Birthplace of balsamic vinegar, Parmigiano Reggiano, and world-class cured meats, it's a region where rolling hills meet medieval towns, and every path leads to a culinary delight. Join us for a week of walks through picture-perfect landscapes all paired with authentic foodie experiences. Together we'll taste local produce, try traditional meals, and get a demonstration of Italian cooking. The icing on the cake is a visit to the history-rich capital Bologna, affectionately known as La Grassa (the Fat one) because of its culinary traditions.

## WHAT YOU'LL LOVE

- A welcome dinner including pairings of the region's finest wines
- Historically rich walks and local produce tastings
- A full day visit to the city of Bologna with guided tour
- A hands-on cooking demo at the hotel
- Walking along the shores of the Santo and Baccio lakes
- Lunch in a typical mountain refuge
- A mountain style raclette meal on the final evening

## WHAT'S INCLUDED

- Return flights from London, including baggage and transfers
- Guided walks with local leaders
- HF Holidays Tour Manager
- 7 nights' accommodation in Fanano
- 7 breakfasts, 4 lunches & 7 dinners
- An interactive cooking demonstration
- Local produce tastings
- Wine pairings on welcome evening
- Tour of Bologna
- Visit to the Pavarotti Museum

## ITINERARY - ITINERARY

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### Day 1 Arrival in Bologna

Arrive at Bologna and transfer to Hotel Firenze in Fanano. Enjoy a welcome drink on arrival before time to unpack and settle in. In the evening, get to know your fellow guests over a delicious dinner with wine pairing (four regional wines).

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### Day 2 Croce Arcana Ridge

**Distance:** 5.5 miles (8.8 km)

**Ascent:** 1,300 feet (400 m)

**Descent:** 1,800 feet (550 m)

**Walking Time:** approx. 4 hrs

Our first full day sees us follow the panoramic ridge of Croce Arcana which is steeped in WWII history. Learn about the Gothic Line and partisan battles as you walk through wild landscapes. A packed lunch is included. In the afternoon, visit *Azienda Agricola I Rodi* for a tasting of local produce and a tour of their smallholding. Later, enjoy a three-course dinner at the hotel.

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### Day 3 Bologna: Italy's Food Capital

We'll spend the day exploring Bologna, affectionately known as La Grassa (the Fat one) because of its culinary traditions. A guided walk through the historic centre of the city takes us by medieval towers, through Piazza Maggiore and Mercato di Mezzoample, and ends with a sampling of salumi (cured meat) and crescentine (small, round flatbreads) with a glass of local wine. There'll be free time to explore and find lunch before returning to the hotel. Dinner will be served at the hotel that evening.

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### Day 4 Tour of the Metati

**Distance:** 3 miles (5 km)

**Ascent:** 330 feet (100 m)

**Walking Time:** approx. 4 hrs

This morning we leave the hotel on foot for a circular walk through woods and by waterfalls, discovering ancient chestnut-drying huts and wooden sculptures by a local artist. Back at the hotel, experience a pasta-making demonstration with the chef before dinner.

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### Day 5 Modena & Pavarotti

Today we take a guided tour of Modena, famed as the birthplace of balsamic vinegar and for boasting a rich operatic heritage. After exploring the city, there'll be a visit to the Pavarotti Museum and a tasting menu lunch at Europa 92, Pavarotti's favourite restaurant. We'll also stop by the Ferrari Museum at Maranello en route back to the hotel (entrance not included).

Dinner will be at the hotel.

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### Day 6 Lakes of Santo and Baccio

**Distance:** 6.2 miles (10 km)

**Ascent:** 820 feet (250 m)

**Walking Time:** approx. 4 hrs

Explore two of the largest lakes in the Modena Apennines and discover their natural history with the help of our expert local leader. Lake Santo is the larger and more popular of the two, situated at a slightly lower altitude, while Lake Baccio is known for its unique oval shape. We'll stop to enjoy a well-earned picnic packed lunch (included) by one of the lakes and en route back to our transfer, visit a local cheesemaker to sample their delicious produce. Dinner will be at Il Mirtillo Nero, a traditional osteria in Fanano (approx. 300 m from hotel).

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### Day 7 Lake Ninfa

**Distance:** 3.7 miles (6 km)

**Ascent:** 65 feet (20 m)

**Walking Time:** approx. 4 hrs

Our final day takes us on a walk to Lake Ninfa, a natural lake famed for its autumn colours. Lunch is included at a mountain refuge (*rifugio*) before making our way back to the hotel.

We'll round off our Italian adventure with a farewell dinner featuring a mountain-style barbecue where guests cook their own ingredients on a hot stone and *raclette* – a Swiss dish of melted cheese that is served with tasty accompaniments like potatoes, pickled vegetables, and cured meats. You'll also have a glass of wine included to toast to the end of your holiday.

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## Day 8 Departure Day

Depart after breakfast.

## Daily Walk Options



### Medium Walks

Walks follow well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough or steep in sections and will require reasonable fitness.

## Accommodation

### Hotel Firenze, Fanano (3-star)

This homely 3-star hotel is just a 5-minute walk from the historic centre of Fanano, a quaint mountain village in the Province of Modena. Comfortable rooms come with rustic, pinewood interiors and all mod-cons including flat-screen TV, refrigerator, safety deposit box, and tea and coffee making facilities. The hotel also boasts a sauna, a sundeck, and a picnic area, plus an indoor swimming pool and free Wi-Fi throughout. When it's time to eat, enjoy delicious meals in the on-site restaurant and cooking demos with the resident chef.

## Useful Holiday Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

### Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

### Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

### Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

## Trip Information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk). If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

## Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.

We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

## Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.

British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:

<https://www.gov.uk/foreign-travel-advice>

## Tripnote validity

**TRIP NOTE VALIDITY** These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any

doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

**Document produced:** 26 July 2026

