

Piedmont Wine & Walking

Tour Style: European Centre Based

Destination: Italy

Trip code: MPLCL

1 & 2



HOLIDAY OVERVIEW

Be entranced by the beautiful rolling landscapes of the Piedmont wine-growing region of Italy, with its carpet of vineyards and hazelnut groves. On a clear day, the Matterhorn and Monte Rosa form a breathtaking and scenic backdrop. Meander along river paths and ancient trails to peaceful hilltop villages. Visit Alba, the capital of the region, famous for its gastronomy and 'slow food'. Discover Barolo, Serralunga d'Alba and Cortemilia, which offer plenty of interest and a unique insight into the wines for which this region is famous.

WHAT'S INCLUDED

- A full programme of guided walks with 2 options every walking day
- All transport to and from walks
- The services of experienced HF Holidays leaders
- 'With flight' holidays include returns flights from the UK and hotel transfers
- 7 nights' accommodation in en-suite rooms
- Half Board - continental breakfast and evening meal

HOLIDAYS HIGHLIGHTS

- Walk amongst the beautiful rolling countryside of Piedmont
- Superb 4-star hotel with an excellent restaurant
- Visit medieval hill-top villages, full of character and tradition
- Sample wine grown in the local area with your evening meal - compliments of HF Holidays
- A peaceful and relaxing holiday – a true taste of rural Italy famous for its culinary heritage

TRIP SUITABILITY

This is a level 1 and level 2 graded Activity, Easier walks: 4 to 7 miles (6½ to 11km) with occasional steeper sections. Up to 1,000 feet (300m) of ascent in a day. Harder walks: 5 to 9 miles (8 to 14½km) with occasional steeper sections. Up to 1,300 feet (390m) of ascent in a day.



ITINERARY

Day 1: Arrival Day

Welcome to Hotel Ca'Del Lupo in Montelupo. Unpack and settle in.

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.

Option 1 - The Wolf's Trail From Montelupo

Distance: 5 miles (8km)

Total ascent: 650 feet (200m)

In summary: We start our week with a walk into the village of Montelupo's main square. Our route then heads

north through vineyards and woodland to the lovely isolated chapel of Capella Torretta. From here we make our way back towards Montelupo through hazelnut orchards for a further exploration of the village.

Highlight: Excellent views down to the neighbouring village of Rodello and the Langhe Hills from Montelupo's main square.

Option 2 - Strada Romantica And The Wolf's Trail

Distance: 7 miles (11km)

Total ascent: 1,200 feet (360m)

In summary: Our walk today begins by heading towards Brantegna, via the Strada Romantica, then continues on to the Chapel of the Madonna del Oriolo and finally follows a section of the local Wolf's Trail.

Highlight: The fantastic viewpoint on the Strada Romantica.

Day 3: Along The Tanaro River

The day starts with a journey to the walled hilltop town of Neive, where we have a short time to explore. Both walks take in nearby Barbaresco, a beautiful village and major wine producing centre, and walk through vineyards, small hamlets and woodland to arrive in the town of Alba. Alba is the largest town in the region and has a very good reputation for gastronomy, wine and chocolate (Ferrero Rocher). Its river, the Tanaro, is one of the main tributaries of the river Po and is 175 miles long.

Option 1 - Barbaresco To Alba

Distance: 5½ miles (9km)

Total ascent: 650 feet (200m)

In summary: We start our walk from the village of Barbaresco, which is dominated by a 120 feet tower, part of a much more extensive 1,000-year-old fortress, characteristic of the Langhe landscape. We walk through the beautiful rolling countryside of vineyards, small hamlets and woodland, down to the Tanaro river and on to Alba with time to get a feel for the town and enjoy some refreshment before meeting the coach.

Highlight: Barabaresco and it's historic tower and fortress.

Option 2 - Neive To Alba

Distance: 8½ miles (13½ km)

Total ascent: 1000 feet (300m)

In summary: The Harder walk begins from Neive and starts by walking to Barbaresco, making our way through beautiful countryside and vineyards to then pick up the route of the easier walk to join them in Alba for refreshments before our transport.

Highlight: The largest town in the area, Alba is a gastronomy hub.

Day 4: The Barolo Vineyards And Villages

Today we head to the west of Montelupo to walk in the Barolo vineyards, the most famous in the area. Barolo wine is very well regarded and renowned for its rich flavour and aroma. The wine is made from the Nebbiolo

grape, which ripens quite late, towards the end of October, with bunches that have an intense blue colour.

Option 1 - Barolo Vineyards

Distance: 6½ miles (10½km)

Total ascent: 1,000 feet (300m)

In summary: Starting in Barolo, sitting low in the valley, our route heads south through this beautiful wine growing region to the village of Monforte d'Alba with its 18th century palace. We will have time to admire the palace before heading west to take a different route back to Barolo.

Highlight: Monforte d'Alba, a historic hilltop village, built around a castle, with narrow cobbled streets.

Option 2 - Barolo Villages

Distance: 8½ miles (13½km)

Total ascent: 1,300 feet (390m)

In summary: Our route today is linear. Starting in La Morra with excellent views to the south we make our way to Barolo. From Castiglione Falletto, the walk descends into the valley before ascending to Serralunga D'Alba for a well-earned drink.

Highlight: Visiting three important winemaking hilltop villages in one day.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include:

Local: Walk to nearby picturesque Rodello village (approx 20 mins walk) for a relaxing lunch in a café. Bike hire: Hire a bike from the hotel and explore the pretty country roads, visiting local villages.

Alba: A little further afield, Alba is an attractive town with a medieval centre. It offers excellent shopping and a wide selection of restaurants. Travel would be by taxi or minibus.

Grinzane Cavour: Visit the Museo delle Langhe. Only 20 mins from Montelupo, this elegant castle has an interesting exhibition of local history and an Enoteca Regionale Piedmont selling local food and wine.

Day 6: Bormida Valley

The Bormida river flows through the heart of the Langhe Hills and our walks today follow the wooded ridge on its western side that separates the main valley from that of the river Uzzone. Walks end 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 well worth a visit, being one of the most interesting examples in the Langhe.

Option 1 - Above Prunetto

Distance: 5 miles (8km)

Total ascent: Minimal

Total descent: 1,300 feet (390m)

In summary: Our day will start in Prunetto, a small hilltop town with a proud standing 12th century sandstone castle. Here we will have a chance to visit the sights before re-boarding our coach to Bergolo. From here we

will make our way down through wooded hillside to Cortemilia and our transport home.

Highlight: Visit the local Church.

Option 2 - Prunetto To Cortemilia

Distance: 8 miles (13km)

Total ascent: 500 feet (150m)

Total descent: 1,900 feet (570m)

In summary: The harder walk starts from Prunetto where we take a gentle ascent towards the summit of Bocca delle Forche. From here we head through the woods and descend into Bergolo, where the easier walk started and follow the same route to Cortemilia.

Highlight: Discovering 15th century frescoes with a local guide .

Day 7: Above The Tanaro Valley

Both groups visit the pretty village of Bossolasco (so called Village of the Roses) for a village trail.

Option 1 - The Tanaro Valley

Distance: 6 miles (9½km)

Total ascent: 700 feet (210m)

In summary: We are then taken by coach to Serravalle delle Langhe where the walk starts and progresses via Albaretta della Torre to finish at a café in Tre Cuneì where we can celebrate a great week of walking.

Highlight: The view of the Alps from the village of Serravalle.

Option 2 - The Village Of Roses

Distance: 9 miles (14½km)

Total ascent: 1,100 feet (330m)

In summary: We walk to Serravalle delle Langhe and then largely follow the route of the easier group, finishing and joining the celebratory drinks at Tre Cuneì.

Highlight: Wide ranging views all day and a fitting finale to the week.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Hotel Ca'del Lupo - Piedmont

The 4-star Hotel Ca'del Lupo is highly regarded by our guests and regularly top in our Customer Surveys. The hotel is owned and run by two brothers, Savio and Stefano Drocco. The brothers reputation for outstanding food and service has become well established over the last 18 years. The hotel enjoys peaceful surroundings and has been purpose built and designed so that all rooms look out over vineyards towards the hill-top villages

of Rodello and Montelupo.

Accommodation Info

Rooms

Hotel Ca'del Lupo has 29 en-suite bedrooms, each with their own private terrace. The rooms are spacious and light with ample storage and large bathrooms.

All bedrooms have a:

- Flat screen TV
- Mini-bar
- Electronic safe
- Hairdryer
- Central heating
- Air conditioning
- Internet access

Facilities

There is an open-plan breakfast room and bar area, doors opening onto a large terrace.

The hotel is terraced down to the ground floor where there is an outdoor swimming pool with seating and grassed areas; a pleasant area to relax in on your free day or after a day's walk.

The hotel has a boot storage area in the cellar, and offers a laundry service in 48 hours.

Food & Drink

Our holidays at Hotel Ca'del Lupo are on a Half Board basis and include breakfast and evening meal.

Breakfast

The hotel offers a continental buffet breakfast, with an amazing selection of breads, cakes and pastries, homemade in the wood-fired oven.

Lunch (Payable Locally)

Picnic lunches can be ordered from the hotel; these should be ordered the night before. Alternatively, ingredients for your picnic lunch can be bought from shops in the villages you will visit. On certain days it may be possible to eat in a café; your leaders will advise you of the options.

Evening Meal

Dinner at Hotel Ca'del Lupo is taken in their well established restaurant. Very popular with locals, you will experience a four-course meal of regional specialities. At each course there are two choices which you are asked to select at breakfast.

The restaurant is next door to the hotel and is set in its own garden.

One evening, our group dines out in a local restaurant while enjoying a performance by local musicians.

Drinks

Every evening meal you have the opportunity to sample the wine grown in the area which you have walked through that day, this is included in the price of your holiday. The origins and qualities will be explained to you by the somelier.

Your Evenings

The friendly atmosphere of our Guided Walking holidays continues into the evening.

Enjoy a glass of wine or local beer before hearing about the next day's walk. The main focus of your evening will be a leisurely meal.

Your leader will check for any local events going on nearby, or you may like to relax on the terrace or in the bar, with a drink and chat with your fellow guests.

TRAVEL DETAILS

THE HASSLE FREE OPTION

Book your holiday 'with flight' from Gatwick to Turin airport. For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 2 hours to the Hotel Ca'Del Lupo.

THE FLEXIBLE TRAVEL OPTION

Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

- We can book you a seat on the **HF Holidays' transfer coach** from Turin airport. This is timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £21.50
- Why not let us book you a **private taxi transfer**: £121.00 per single taxi journey?

Transfers must be pre-booked. Please call 020 8732 1220 for more details

* Please note that HF Holidays is not responsible for your onward travel if you fail to meet the transfer coach

USEFUL HOLIDAY INFORMATION

Essential Information

Passport Requirements

You may need to renew your British passport if you're travelling from 1 January 2021.

On the day you travel, you'll need your passport to both:

- have at least 6 months left
- be less than 10 years old (even if it has 6 months or more left)

Use the [government website](#) to see if your passport is valid for this holiday

EHIC Cards

The UK government has officially launched the Global Health Insurance Card (GHIC), which will replace the European Health Insurance Card (EHIC). UK residents can now apply for one of the GHIC cards, which will gradually replace the EHIC cards as they reach their expiry dates. Every family member travelling requires a GHIC. You can make an application for yourself and on behalf of your partner and any dependent children under the age of 16. Both cards will offer equivalent protection for emergency and medically necessary healthcare needs when in the EU on a temporary stay, which includes holiday, study and business travel. Necessary healthcare includes things like

- emergency treatment and visits to A&E
- treatment for long-term or pre-existing medical conditions
- routine medical care for pre-existing conditions that need monitoring
- oxygen and kidney dialysis

The public only need to apply for their free GHIC cards when their current EHIC expires. The process is likely to take two weeks. For more information visit <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>.

The GHIC is not an alternative to travel insurance. We advise all holidaymakers to also invest in travel insurance that covers healthcare, so they are covered for other issues that may arise, as well as cancellations and lost luggage.

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

Useful Information

Language: Italian

Currency: Euro

Money: There are several ATM machines in Montelupo where you can obtain money.

Electricity: 220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

Tap water: Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

Telephone code: If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial an Italian number 0039

The local language is Italian.

Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial an Italian number 0039

Local Currency

The currency in Piedmont is the Euro.

Electricity

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

ATM Availability

There is an ATM machine in the nearby town of Alba. You can also withdraw money in Turin Airport.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be

made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

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.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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