Piedmont Wine & Walking



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Italy	3 & 5	453kg CO2

HOLIDAY OVERVIEW

As Italy's second-largest region, the wine-growing Piedmont region is nothing short of a gourmand's paradise. The landscape is stunning; think deep valleys and rolling countryside dotted with medieval villages, vineyards, farmhouses, and hazelnut groves. Highlights include walking along river paths and ancient trails, visiting the foodie town of Alba, discovering the Barolo vineyards, and sampling exquisite food paired with well-known wines.

WHAT YOU'LL LOVE

- Enjoying views of the Matterhorn and Monte Rosa on a clear day
- Exploring Italy's second-largest region of Piedmont on foot
- Visiting medieval hilltop villages full of character and charm
- Sampling local wines with your evening meal
- Learning more about Italy's Slow Food Movement

WHAT'S INCLUDED

- Return flights from London Gatwick, including baggage and transfers
- A choice of 2 guided walks per day with local leaders (on walking days)

- HF Holidays Tour Manager
- 7 nights' accommodation in Montelupo
- 7 breakfasts & 7 dinners
- All in-destination transport

ITINERARY - 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: 8½ miles (14km)

Total ascent: 1,300 feet (400m)

In summary: Our walk today begins by heading towards Brantegna, via the Strada Romatica, 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 **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 4 **Along the Tanaro River**

The day starts with a journey to the historic town of Alba, 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. 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.

This evening meet in reception to board our bus for the short drive to the Cantina Oriolo Winery located in the beautiful hills of Langhe. We take a tour of the winery and then sample 4-6 wines. This family winery specialises in typical red and white wines of the region.

Option 1 - Along the Tanaro River

Distance: 5½ miles (9km)

Total ascent: 650 feet (200m)

In summary: Having spent a little time in Alba, we make our way downhill towards the charming village of Barbaresco, an important wine-producing centre, dominated by a 120ft tower. After some gentle woodland walking close to the Tanaro river, we enjoy the beautiful rolling countryside of vineyards, small hamlets, and woodland to reach Barbaresco.

Highlight: Barbaresco and its historic tower and fortress.

Option 2 - Along and Above the Tanaro River

Distance: 8½ miles (13.5km)

Total ascent: 950 feet (300m)

In summary: This walk starts in Alba and we begin by walking to Barbaresco, on undulating tracks and minor roads passing through vineyards and isolated farms, following the route of the easier walk through the beautiful countryside. After late elevenses or early lunch in Barbaresco, we head on to the walled hilltop town of Neive. We walk along undulating tracks and minor roads and pass through vineyards and isolated farms, with wide ranging views of the surrounding area.

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

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 and most famous for being the truffle capital of Italy . 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.

Monticello d'Alba: set in the delightful Roero district of Piedmont, the medieval town of Monticello d'Alba has an impressive, beautifully preserved medieval castle and parkland set on a hill above the town. Travel would be by taxi or minibus.

Serralunga d'Alba: dating back to 1224 and surrounded by the hills of the Barolo vineyards, Serralunga d'Alba is a small, peaceful Langhe gem in which to spend a few hours. The unusually shaped Castello with courtyard drawbridge is well worth exploring on a guided tour. (Requires booking.) Travel would be by taxi or minibus.

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 chapel in Prunetto and the local church Santa Maria in Cortemilia.

Option 2 - Prunetto to Cortemilia

Distance: 8 miles (13km)

Total ascent: 500 feet (160m)

Total descent: 1,950 feet (600m)

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: Visit the chapel in Prunetto

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: 4 miles (7km)

Total ascent: 700 ft (200m)

In summary: We are then taken by coach to Serravalle delle Langhe where the walk starts and progresses to the small villlage of Albaretto della Torre 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: 7½ miles (12km)

Total ascent: 1,100 ft (340m)

In summary: We start our walk outside Bossolasco and walk to Serravalle delle Langhe to take in the lovely views. This walk then largely follow the route of the easier group, finishing and joining the celebratory drinks in Albaretto.

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

Day 8 Departure Day

We hope to see you again soon.

DAILY WALK OPTIONS



Gentle walking grade 3

Slightly longer walks, mostly on well-trodden paths, with some gentle gradients plus stiles and steps possible. Typically, 5-6 miles (8-10km) with around 650ft (200m) of ascent.



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

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.

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.

FOOD & DRINK

Dining at the Hotel Ca'del Lupo

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, on some days ingredients for your picnic lunch can be bought from shops in the villages you will visit and 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. The restaurant is next door to the hotel and is set in its own garden.

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.

ROOMS

Your room at the Hotel Ca'del Lupo

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

ABOUT YOUR STAY

Facilities at the Hotel Ca'del Lupo

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 (pool usually opens early May until end of September).

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

TRAVEL DETAILS

Address

Hotel Ca'Del Lupo
Via Ballerine, 15
12050 Montelupo Albese (CN)

Tel: 0039 0173617045

LOCAL AREA

An introduction to the area

Our base is the picturesque village of Montelupo Albese which looks down upon the nearby village of Rodello and across the surrounding hills. On a clear day you can see as far as the Alpine peaks of the Matterhorn and Monte Rosa which form a beautiful backdrop to the green hills of the Langhe.

Montelupo Albese takes its name from a legend that the place was inhabited by wolves (wolf = lupo). The second part of its name is from Alba, the nearest big town, which can be seen across the Langhe hills nestling in the Tanaro valley. Around the village are way-marked walking routes called the Paths of the Wolf.

Local Highlights

Turin - often known as 'The Capital of the Alps', Turin is a city rich in art and history. It is a pleasant city to visit, with the River Po flowing through its centre, rolling hills and scattered villas surrounding it, and the Italian Alps off in the distance.

Alba - smaller than Turin, Alba is a lovely town with castles, medieval palaces and towers, and many churches. It is renowned for its truffles and Barolo wine. Stroll alongside the Tanaro River, which slices through town, or along the Via Vittorio Emanuele, known for its delicatessen shops.

Shops & facilities:

Village amenities are limited, but the villages of Diano d'Alba and Rodello can supply shopping needs and have several wine cellars.

VACCINATIONS & HEALTH

Vaccinations & health 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 or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

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

ESSENTIAL INFORMATION

Packing list

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)
- Swimcap (compulsory in Itialian resorts)
- 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)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Language Information for Piedmont

The local language is Italian.

Telephone Code for Piedmont

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

Holiday Tips for Piedmont Guided Walking

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

LOCAL CURRENCY

The local currency is the Euro (€)

ELECTRICITY

Electricity information for Piedmont

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

ATM AVAILABILITY

ATM availability for Piedmont

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

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.

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