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Gastronomic Barolo Self-Guided Walk Trip Notes

-  **Ways to Travel:** Self-Guided
-  **Destinations:** Italy
-  **Programmes:** Walking & Trekking

Trip Code:
W08PD



9 Days Land only
Min age: 12

Trip Overview

On this self-guided, hotel-to-hotel walking holiday, you'll explore the beautifully tranquil Langhe region of Piedmont, a gastronomic gem quietly tucked into Italy's north-western corner. Recently recognised by UNESCO, the countryside is a glorious mix of gently rippling, wave-shaped hills cloaked by layers of vines, sunflowers and oak forests, crowned with honey-hued hamlets and majestic Savoy castles.

At a Glance

- 8 Nights, hotel-to-hotel
- 4 Days walking
- Departs every two days
- Wine service
- Route notes and maps provided
- Luggage transfers between hotels
- Walking transfers

- Countries visited: Italy

Trip Highlights

- Superb walking in truly undiscovered, yet highly sophisticated Italy
- Imposing Savoy castles, tiny frescoed chapels, sun-drenched hamlets
- Atmospheric wine villages and boundless vineyards

- Luxury hotels; 4 out of 8 nights, with panoramic swimming pools
- Excellent cuisine, prized white truffles, hazelnuts and chocolate!
- World-famous wines including the 'King of Wines', Barolo

Is This Trip for You?

Activity level: Leisurely/Moderate

This is a self-guided tour, as such there will be no group or tour leader and you are free to complete the walks at your own pace. Please bear in mind that although this is a self-guided holiday, the atmosphere in the hotels tends to be quite social and they will sometimes place walkers together at breakfast and dinner. We have suggested that 8yrs is the minimum age for this trip, but as it is self-guided and you will be leading your own family we will ultimately leave this decision up to you.

Your route starts and ends in Benevello, nestling in the hazelnut-clad Alta Langa hills, from where you follow the limpid Tanaro River before climbing through a string of hamlets to Grinzane Cavour where you'll enjoy gorgeous balcony views from the hotel terrace! It's then on to Castiglione Falletto, dominated by its distinctive C11 castle. As you approach beautiful Monforte d'Alba, whose ochre-coloured houses seem to cling enchantingly to the hillside, you visit Barolo, home of the revered eponymous wine. Distances are reasonably short, leaving plenty of time to try the many regional specialities en route. This rich and fertile land produces some of Italy's finest food and wine, from robust Barolo and sweet Moscato to aromatic white truffles (exclusive to Alba), crunchy hazelnuts and tangy cheeses.

Group

As this is a self-guided holiday there is no group and no leader. A local representative is on hand to assist you and will meet you at the beginning of the week to go through the route notes and point out particular places of interest. Your luggage is transferred and route notes and maps are provided. Please note: the walking and luggage transfers included in this tour are subject to a minimum of 2 people (in total) booked on the departure. A supplement (payable in advance) to cover these transfers and sole occupancy of a room will apply if only 1 person travelling on a departure date.

Adult min age: 18

Child min age: 12

Child max age: 17

Itinerary



Land Only

Start City: Benevello

End City: Benevello

Land Only Itinerary

Day 1

Arrive at Benevello

Arrive at your hotel in time for a swim before dinner. The Michelin-starred chef here trained under Marco Pierre White so you're certainly in for a treat! **(Staying at Villa d'Amelia)**

Meals included: Dinner

Day 2

Benevello to Grinzane Cavour

After a short transfer you follow a gentle path alongside the clear waters of the Tanaro River, next to which pheasants and partridges rustle in the oak forest. It's on to Roddi (the castle here used to house the University of Truffle Dogs!) and Grinzane Cavour with its wonderful megalithic castle with amazing views. Time for a drink on the terrace at our stunning 4 star hotel in the village centre before dinner. **(Staying at Casa Pavesi)**

Meals included: Breakfast, Dinner

Distance covered: 10 km / 7 miles

Activity (hours): 4

Day 3

At Grinzane Cavour

Grinzane Cavour is an atmospheric wine village with wine tasting on offer in its UNESCO-recognised castle. Gastronomic capital, Alba, is easily reached from here (you may wish to take a taxi there, then walk back); explore the cobbled crimson squares and bustling porticoed streets. **(Staying at Casa Pavesi)**

Meals included: Breakfast, Dinner

Day 4

Grinzane Cavour to Castiglione Falletto

After a short transfer to panoramic hilltop Diano d'Alba you follow lush paths with hawks cruising overhead as you cross the Talloria River. Then it's a gentle climb through holm oak to reach Serralunga d'Alba, whose 13th century castle seems to surge towards the sky - you still need to cross the drawbridge to visit it. A last gentle ascent through vines takes you to the centre of Castiglione Falletto and your welcoming village hotel. **(Staying at Hotel Le Torri, Breakfast at hotel)**

Meals included: Breakfast, Dinner

Distance covered: 12 km / 8 miles

Activity (hours): 4

Day 5

At Castiglione Falletto

Perhaps follow a circular route today (route notes provided), first visiting tiny Annunziata with its frescoed chapel (and an excellent farmhouse trattoria). Then it's on through sun-dappled hamlets and delicate swaying vines to reach La Morra, the 'Balcony of the Langhe', with plenty of wine-tasting opportunities in the bustling centre - even Julius Caesar stopped here to try some! **(Staying at Hotel Le Torri)**

Meals included: Breakfast, Dinner

Day 6

Castiglione Falletto to Monforte D'alba

Descending gently to the Talloria Valley, you follow the stream's poplar-shaded path towards the ochre-hued 16th century castle of Barolo, which stands guard over the village's world-famous vineyards. Maybe visit panoramic Novello, a belvedere town built as a summer retreat for the residents of Alba, before continuing through fields ablaze with colourful wild flowers to reach our elegant villa hotel at Monforte d'Alba. **(Staying at Villa Beccaris)**

Optional shorter walk: 2hrs, distance 8km/5mi

Meals included: Breakfast, Dinner

Distance covered: 11 km / 7 miles

Activity (hours): 4

Day 7

At Monforte D'alba

Situated in its own scented garden with views across mediaeval Monforte and beyond (even Mont Blanc on a clear day), Villa Beccaris offers a tempting swimming pool and a sun-trap courtyard. Alternatively, explore this pretty town with twisting streets clinging to the hillside. There are also plenty of opportunities for wine tasting. **(Staying at Villa Beccaris)**

Meals included: Breakfast, Dinner

Day 8

Monforte D'alba to Benevello

Take a lift to lovely Serravalle Langhe, from where you join the Sentiero della Valle Tanaro. First, shaded by hazelnut, oak and poplar trees, you reach Albaretto della Torre dominated by its 13th century Duecentesca tower. After lunch the panorama opens out with spectacular views back to Alba and the Tanaro Valley as you descend gently towards Benevello. There's time for one last swim before dinner. **(Staying at Villa d'Amelia)**

Meals included: Breakfast, Dinner

Distance covered: 13 km / 8 miles

Activity (hours): 5

Day 9

Leave Benevello

Meals included: Breakfast

All ascents, descents and distances listed above have been measured by our local partners or tour leaders. Please note that different GPS measuring devices can give differing results dependent on the barometric pressures at the time. Measurements stated throughout these trips notes are given to help you understand the types of terrain and distances you will encounter.

Accommodation

Hotels



You will stay in our carefully picked hotels, often with pools, and full of character and contrasts, from Serena's friendly, family-run hotel in the centre of Castiglione Falletto, to a beautifully restored C19 family villa, complete with its own converted chapel and Michelin starred restaurant in Benevello.

Where a single supplement is available, paying for a single only guarantees a room for single use. It does not always mean a twin or double room will be provided for sole occupancy.

Single supplement from \$979.60 USD

Food & Transport

Eating & Drinking

All breakfasts and gastronomic evening meals.

Italian food is one of the country's most revered exports and Piedmont is a region that won't disappoint gastronomes! The cuisine is a fusion of the best of Italian and French food. However, the region's rural nature means that dishes are predominantly simple but use exceptional quality and flavoursome ingredients.

Piedmont's wine is famous throughout the world, and justifiably so. The most famous are the wines of the Langhe, which produces Barolo, Barbaresco, Dolcetto, Barbera as well as whites such as Asti and Moscato.

Transportation

Your luggage is transported from hotel to hotel for you. Transfers will be in a taxi or minibus. There are private transfers after breakfast on days 2, 4 and 8.

Weather & Seasonality

Weather Information

The trips run from May through to October. In the early and late departures you will need to be prepared for slightly lower temperatures, with highs of 23 degrees in May and 20 in October. There is more chance of rain in October, but the trip only runs into the early part of the month. In July and August the temperatures are likely to reach highs of 28/9 degrees celcius, there will still be the chance of rain, but it will be reduced. Facilities in some of the hotels such as the pools may not be available for early and late season departures.

Joining Instructions

The tour itself normally begins at the start hotel in Benevello on the afternoon of Day 1 of the itinerary.

Prices do not include transfers. We can usually arrange these for you (additional charge, inquire for details and prices).

Fly to Turin airport, then pre-booked transfer (not included, inquire for details and prices) to hotel 1 hour 50 minutes. Return: Pre-booked transfer to airport 1 hour 50 minutes to Turin airport (not included, inquire for details and prices).

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Location start: Benevello

Location end: Benevello

What to Take

Essential Equipment

Walking boots

Water bottle

Daypack

Sun hat, sun cream and sunglasses

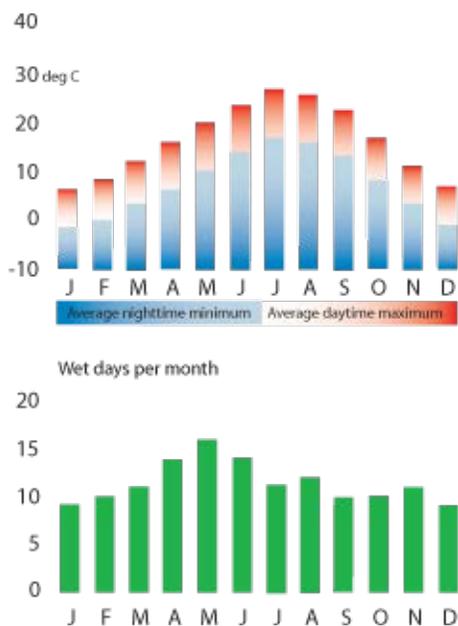
Warm jumper

Waterproofs

Optional Equipment

Walking poles

Weather Charts



Practical Information

Passport

Italy

All nationalities require a full passport that must be valid beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Visa

Italy

No visa required for US passport holders. Please note in Italy it is compulsory to carry ID with you at all times.

For further travel advice please visit U.S. State Department <https://www.state.gov/travelers/>

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

Vaccination

Italy

There are no specific health risks.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. Please note: vaccinations that are routinely recommended to residents of North America or Australasia are not considered to form part of the travel health advice, and you should ensure these are kept up to date where necessary.

For additional information please visit: Centers for Disease Control C.D.C at <https://wwwnc.cdc.gov/travel>

Insurance - are you adequately covered?

It is a condition of joining any of our holidays that you must be fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

If you are resident in the US we strongly recommend the Travelex Travel Select travel insurance policy, this is specifically designed to cover all activities on your trip. If arranging your own policy please ensure that you are covered for all activities that are part of the trip, optional activities that you intend to take part in and/or on high altitude itineraries, that you are covered up to the maximum altitude of the trip.

Local Time

Italy's Timezone: Europe/Rome CEST (GMT +02:00)

Electricity

Italy's Electricity: European plug - 2 round pins.

Money

Italy's Currency

The national currency of Italy is the Euro (EUR), with an exchange rate at the time of publication of approximately 0.9 to the US\$.

Exchange rates are correct at the time of publication.

ATM Availability

ATMs are widely available, but we recommend taking some Euros cash with you in case you can't get to a bank at the start of the trip. Cards are widely accepted.

Extra Expenses & Spending Money

You will need spending money for meals not included in the itinerary and all drinks. We suggest €25 per day to cover a few drinks if not then €10 per day. On the days where lunch or dinner is not included expect to spend €10-€15 for lunch and €15-€35 for dinner.





Responsible Tourism

At Breakaway we believe in the power of Responsible Travel.

Every time we travel, we are part of a global movement that creates jobs, builds more sustainable societies, encourages cultural understanding and safeguards common natural and cultural heritage.

Important Information

On all guided trips

Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to section 5 of our Booking Conditions which clearly states that our leaders have the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

On all trips

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 the Breakaway office and ask to speak to one of the experts on this itinerary.

In an emergency, please contact our 24 hour out of hours service on +44 (0) 844 326 7041.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure.

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

TRAVEL AWARE -STAY SAFE & HEALTHY ABROAD

The U.S. State Department has up-to-date advice on staying safe and healthy abroad. For more on security, local laws, plus passport and visa information, see <https://www.state.gov/travelers/>

Keep informed of current travel health news by visiting Centers for Disease Control C.D.C at <https://wwwnc.cdc.gov/travel>

Advice can change so check regularly for updates.

For all latest travel information about your holiday, please visit our Travel Safety Advice page.

How to Book

Ready to book? Please contact Breakaway Adventures on Tel: 1-800-567-6286; International Tel: +1-843-856-9771.

<https://www.breakaway-adventures.com>