



## The best healthy holidays for foodies

In search of a holiday that will leave you feeling rested and rejuvenated, as well as pampered and gastronomically indulged? Here are our favourite healthy holidays for foodies

By Lucy Gillmore

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*Looking for a healthy and wellness retreat? Here are our healthy holidays for foodies, spa resorts and yoga holidays with a foodie focus for healthy foodie vacations. From spa resorts with special wellness menus and [healthy breakfasts](#), to wellness retreats with healthy cookery courses, and health retreats with fresh and vibrant dishes that list the protein, carb, fat and calorie content. These retreats will ensure you relax and unwind while enjoying the best healthy food.*

### Hedonistic Hiking, Italy

From the Italian lakes to the Tuscan hills, Hedonistic Hiking offers a range of guided walking holidays, from the gentle to the more strenuous, all with a focus on regional gastronomy.

New for 2019 is the company's eight-night trip to the mountains of Piedmont, balancing alpine hiking (think wildflower meadows and babbling streams), with gourmet picnics packed with local specialities and nights spent in stylishly rustic hotels.

Piedmont is home to the Slow Food movement, and lunches make the most of local produce, navigating an appetising course around Cuneo prosciutto, Seirass del Fen (a traditional hay-wrapped cheese) and salads made with zucchini and pesto.

Dinners, at local restaurants, also veer towards the traditional: expect Piedmontese pinched ravioli stuffed with roast meats, local trout topped with crushed hazelnuts, baby salad leaves and guinea fowl served with a sauce of Moscato, almonds and apples.

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