



HEDONISTIC HIKING

The Jewels of Piedmont – 8 Days

A Celebration of Slow Food

Piedmont is the birthplace of the global "Slow Food" movement and our tour here celebrates much of this region's world-class produce. We taste the superlative wines of Barolo and Barbaresco, hunt for the legendary white truffle of Alba, enjoy creamy risottos made from the local arborio rice and learn about hand-crafted artisan cheeses. The walking takes us on gentle trails through the immaculate vineyards of the area as well as on more mountainous tracks, past glassy alpine lakes and tiny hamlets suspended in time. We visit palaces, castles and monasteries and explore the pivotal history of this prosperous region. Piedmont is recognised throughout Europe for its culinary expertise and we have the chance to dine in some of its most prestigious restaurants.

Slow Food is a non-profit, eco-gastronomic member-supported organization that was founded in 1989 to counteract fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the rest of the world

What is included?

- **7 night's accommodation** in 2 luxury hotels
- **Two experienced and knowledgeable guides** to bring this stunning area to life
- **All meals including wine.**
- **Gourmet picnic lunches** each day and snacks en route
- Dinner in a variety of **superb restaurants.**
- **Support vehicle**, enabling you to walk as little or as much of the trail as you please
- **Transport to/from Turin** at start and end of holiday
- Comprehensive **pre-trip information.**

Tour Highlights

Outstanding food and world-class wine
Truffle hunting with a local expert
Stunning hikes with backdrop of snow-capped mountains

Accommodation

Antico Podere Propano: Very comfortable hotel in a former farm on the edge of the medieval town of Saluzzo, rooms set around a peaceful courtyard

Corte Gondina: Delightful boutique hotel in village of La Morra with pretty garden and pool

Itinerary

The tour starts and ends in the elegant regional capital of **Turin**, home to the 2006 Winter Olympics.

Day 1

Meet outside the [Hotel Concord](#) on **Via Lagrange, 47 at 11.00am**. The hotel is 300m from **Turin Central Porta Nuova Station**. From the main entrance of the station cross over the main road, Via Vittorio Emanuele II and turn right. Take the first left (through the arches) and the hotel is on your right after 50m. Our minibus with the Hedonistic Hiking logo will be parked in front of the hotel and we will be there wearing Hedonistic Hiking shirts. Alternatively, we can meet you at **Turin Airport (arrivals) at 10.00am**. **Please ensure you inform us where you will meet the group.**

- **If you miss the meeting point** you will need to make your way to Saluzzo by train (1hr20mins). Change at Savigliano for the connection to Saluzzo. Alternatively, it is a 15min taxi journey from Savigliano to Saluzzo. It may also be possible to catch up with the tour at Racconigi where we will be until approximately 3.30pm

Drive (1.5 hours) to the medieval town of Saluzzo, the artistic jewel of Piedmont nestled at the foot of Monviso (3841m). En route we stop for a light lunch before visiting **Racconigi**, the summer palace of the Royal House of Savoy. We spend the next 4 nights in a very comfortable, and peaceful, restored Cascina (farmhouse), Antico Podere Propano, just on the edge of the town. Later in the day we visit the Cistercian Abbey at Staffarda before dinner at an elegant restaurant near the Abbey.



Day 2



In the morning we visit the medieval town of Saluzzo before a gentle walk along quiet country lanes and through chestnut woods leads us to the 13th century castle at Manta. After a picnic lunch enjoy a private guided tour of the castle with its delightful frescoes. Free afternoon with time to explore the shops and cafes in Saluzzo. Dinner in town this evening. **(7.3km/4.6miles)**

Day 3

We drive to the Colle di Sampeyre high above the tree line at 2285m. Descend through open meadows to the hamlet of Elva with its 15th century church decorated with outstanding frescoes. Mountain and woodland tracks pass through dramatic scenery which is dotted with hamlets suspended in time and lead us down towards the pretty Maira valley. Dinner in a local restaurant. **(10km/6.3miles)**



Day 4



A beautiful drive up the fertile Po valley takes us to the foot of Monviso and the source of the river at 2020m. From a mountain refuge we climb up on mountain trails past pristine lakes enjoying magnificent views of Monviso and the Cottian Alps. **(6.5km/4.1miles)**. Approximate ascent/descent 500m. Dinner in a wonderful local restaurant in Saluzzo this evening.

Day 5

A short drive takes us to the pretty medieval town of Cherasco - famous for its many churches, chocolates and snails. Continue to La Morra where we indulge in a leisurely lunch at an award-winning restaurant with views over the vineyards. We stay for 3 nights at the charming Corte Gondina hotel in La Morra. Time to stroll around the village or relax and enjoy the private spa in the afternoon. This evening we meet a local winemaker for an introduction to the fabulous wines of this region. Light supper in the hotel.



Day 6



Our walk leads us from La Morra, along a ridge with open views to the pretty villages of Vergne and Novello. We descend through vineyards, stopping en route to visit the cellars of one of the local producers and taste their range of wines. We continue to the village of Barolo where the world-class wine of the same name was created in the 19th century. After our picnic we return to the hotel by van. Later in the day we head into the woods with a local truffle hunter to search, with his dog, for the prized tuber. Dinner this evening in a local restaurant. **(7km/4.5 miles)**

Day 7

Starting from a village in the foothills of the Alta Langa, we walk through hazelnut groves and vineyards with panoramic views of the Langhe and the snow-capped Alps beyond. Picnic in the countryside near the village of Sinio. Later in the day we visit the pretty regional capital Alba to experience the passeggiata before our final dinner in a Michelin star restaurant. **(10.5km/6.6 miles)**



Day 8

Return first to the Hotel Concord, close to Turin Porta Nuova train station for 11.00 am and, if required, the airport for 12pm.

Walking

Shortest day: 6.5km/4.1miles

Longest day: 10.5km/6.6miles

There are 5 half-day walks offered on the trip and one free day. This is one of our more gentle itineraries except for the hike near Monviso on day 4. We walk on farm and woodland tracks, through vineyards and along quiet tarmac roads. The hills of the Langhe region are undulating with occasional steeper sections. Since we are in an agricultural area the trails can be very muddy after rain so it is important to have hiking boots/shoes with a good grip. The hike on Day 4 is very challenging in terms of terrain. We hike on rocky mountain trails, which are exposed in some sections, climbing and descending approximately 500m. We recommend you wear sturdy walking boots, with good ankle support. Hiking poles are always helpful.

Weather

Average daytime temperature: October 13°-21°

Monthly rainfall average: October 150mm

Average sunshine: October 5½hrs/day

Useful links to our website

[Turin](#) City Page

[Corte Gondina](#) Blog Post

[Turin Cafe Culture](#) Blog Post

[Barbera Wine](#) Blog Post

[Il Siglio Restaurant](#) Blog Post

See all our [Tour Dates](#) for this and other tours

HEDONISTIC HIKING

PO Box 200 Porepunkah 3740 VIC Australia

ABN: 66 121332796

Tel: AUS +61 (0)428 198918 UK +44 (0)1858 565148

Email: info@hedonistichiking.com Web: www.hedonistichiking.com