

EXPLORE!



A Taste of Emilia Romagna

8 days

Italy - Trip code TOER

A Taste of Emilia Romagna

Discover and enjoy the exceptional food and wine of Emilia Romagna. Ramble through its beautiful landscapes, from the Apennine foothills to the Po River Delta. Learn the secrets of how Parma ham, parmesan cheese, balsamic vinegar, tortellini and Lambrusco wines are made. Explore the architectural treasures of Bologna, Modena, Ravenna and the canals of Comacchio, the region's 'little Venice'.

Trip highlights

- ★ **Local specialties** - Visits to specialist producers
- ★ **Tastings** - Sample delicious local cheeses, meats, wines and regional dishes
- ★ **Historic cities** - Discover the treasures of Parma, Modena, Bologna and Ravenna
- ★ **Easy rambles** - Walks through the Apennine foothills, villages, vineyards and wetlands
- ★ **Bologna** - 4 kilometre walk along the 666 vault Portico di San Lucca

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

WALKING GRADE:

Easy

Suitable for most people in good health, these easy walks are predominantly on good paths, at low altitude and on undemanding terrain. Previous walking or trekking experience is not necessary.

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip Bologna airport; drive to agriturismo near Reggio Emilia

After joining the trip at Bologna airport, we drive (around one hour and 15 minutes) to our comfortable agriturismo (accommodation on a working farm) three kilometres to the south of Reggio Emilia, where the Apennine foothills are visible in the distance. The family-run farm produces its own Lambrusco wine, and also has a dairy operation.



Accommodation: Agriturismo La Razza (or similar)



Standard Agriturismo



Single room available



Meals Provided: None

DAY 2 - Vineyards and villages walk; wine and cheese tastings

After breakfast, we plan to visit the agriturismo's caseificio operation (cheese production) where Parmesan cheese is made. True Parmesan cheese, labelled 'Parmigiano-Reggiano', can only be produced within a strict geographical area in Italy according to a defined recipe and process. Formed into large 'wheels', the cheese ages for between 12 to 36 months. Parmigiano-Reggiano is commonly grated over pasta dishes, stirred into soups and risottos, and shaved over other dishes like salads. Taking some of the cheese with us for a packed lunch, we set out on our walk, passing through farmland and vineyards of the local Lambrusco grapes and the small villages of Bellarosa and Fogliano. In the afternoon we visit another Lambrusco wine estate, the Medici Ermete, for a wine tasting session. Lambrusco grapes are red and have been grown in the central provinces of Emilia Romagna since Etruscan times. The frothy, frizzante (slightly sparkling) wines are designed to be drunk young. We then drive into the centre of Reggio Emilia for a pre dinner aperitivo and dinner (not included) at one of the local restaurants. Today's four-and-a-half kilometre walk is expected to take around two hours.



Accommodation: Agriturismo La Razza (or similar)



Standard Agriturismo



Single room available



Meals Provided: Breakfast & Lunch

DAY 3 - Walk from Torrechiara Castle; tasting lunch, vineyard tour, visit Parma

This morning we drive to the 15th century Torrechiara Castle in the Parma Valley. Its imposing rectangular towers enjoy views of the Apennine Mountains and surrounding foothills. After visiting the castle, our first walk of the holiday takes us through a landscape of vineyards and small hamlets, with views across the Parma Valley, to a country farm estate, Casale del Groppone. We enjoy an included tasting lunch of regional wines, meats and cheeses, with much of the produce coming from the farm itself. After lunch we tour the vineyard and cellar with further tastings of produce. Leaving the estate, our walking route continues on old mule tracks, country trails and some quiet sections of road. Taking in the lovely views all around us, we walk among the vineyards, all the way back to Torrechiara Castle. We then drive in to the historic centre of Parma where time is left free to explore the old town, perhaps taking the opportunity to have dinner in one of the city's many restaurants before returning to the agriturismo. The morning walk to Casale del Groppone is four kilometres and is expected to take no more than two hours at a very leisurely pace. The return walk after lunch is two-and-a-half kilometres and will take us around one-and-a-half hours including stops.



Accommodation: Agriturismo La Razza (or similar)



Standard Agriturismo



Single room available



Meals Provided: Breakfast & Lunch

DAY 4 - Walking tour in old Modena; visit balsamic vinegar producer

This morning we drive in the direction of Modena to visit a local producer of balsamic vinegar, Acetaio di Leonardi. Highly valued by modern chefs and gourmet food lovers, traditional balsamic vinegar is made from a reduction of cooked white Trebbiano grape juice, and used as a condiment. We have a tour of the cantina and taste some of the balsamic vinegars before continuing on to see the UNESCO-listed old centre of Modena on a short walking tour with the tour leader. This small loop walk of about two kilometres will take in sights such as the Cathedral of Modena, the lovely Piazza Grande and the tower of Ghirlandina, one of the iconic structures of Modena, where there's the option to climb its 500 or so steps to the top of the tower for amazing views over the city and surrounding countryside. It's then less than an hour drive to our destination for the next two nights, the historic city of Bologna. Bologna is the capital of Emilia Romagna, with a population of just over a million in its greater area, and also one of its wealthiest. Bologna is renowned for its culinary traditions - the popular meat based sauce Bolognese comes from here and the production of cured pork meats such as prosciutto, mortadella and salami is an important part of the local food industry. Tortellini (filled pasta) served in broth, and mortadella, the original Bologna sausage, are among other local specialties. Today's two kilometre orientation walk in Modena will take around one-and-a-half hours



Accommodation: Hotel Touring, Bologna (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Explore Bologna; Portico San Luca walk

We have a full day in the atmospheric city of Bologna whose historic centre contains an immense wealth of important medieval, renaissance, and baroque artistic monuments. The city is famous for its arched porticoes which make it possible to walk for long distances sheltered from the elements. There are over 45 kilometres of arcade in the greater city and we start our explorations today with a walk along the famous Portico di San Luca, a winding 666 vault arcade, almost four kilometres long, that links Bologna with the church of San Luca atop a 290 metre hill outside the city. The afternoon is left free to explore the city. The 'Due Torri' are

two leaning medieval defensive towers, whose distinctive outline provides a popular symbol of Bologna, one of which can be climbed for a bird's eye view of the city's red roofs. Today's seven-and-a-half kilometre walk along the Portico di San Lucca and back to the city will take around three hours.



Accommodation: Hotel Touring, Bologna (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Ramble around medieval Dozza; wine tasting, drive Ravenna

Leaving Bologna behind, we drive to Dozza, a small town very much off the beaten track of tourism but a delight in what it has to offer. Walking up to the medieval rocca (fortified stronghold) of the town we can admire the frescoes painted on the walls of the houses and the wonderful backdrop of the medieval castle. After visiting the Rocca, there will be time to have lunch at one of the several small restaurants in Dozza before we visit the regional enoteca (wine shop) for Emilia Romagna where we enjoy a wine tasting of local wines. We then drive on to Ravenna. Although an inland city, Ravenna is connected to the Adriatic Sea by the Candiano Canal and it is the location of eight UNESCO World Heritage Sites of late Roman and Byzantine origin which are home to some spectacular mosaics.



Accommodation: Hotel Galletti Abbiosi (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Explore the Po River Delta; visit Comacchio - 'Little Venice'

Today we head to the flat wetland landscapes of the Po River Delta, much of which are protected as a regional park. Our walk takes us along quiet roads and walking trails, looking for some of the amazing birdlife in the area. Species to be seen include greater flamingos, little and giant egrets, curlew, marsh harriers, and bee eaters. In the afternoon we visit Comacchio the 'Little Venice' of Emilia Romagna, situated on a lagoon and built on more than thirteen different islets, joined by bridges. After some free time to explore, we travel back to Ravenna for our final night. Today's seven kilometre walk will take around four hours



Accommodation: Hotel Galletti Abbiosi (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Drive to Bologna airport where trip ends

We drive back to Bologna airport this morning where the trip ends.

Walking and Trekking information

DAILY DISTANCE



Walking grade

Easy

Trek details

We walk on 5 days with walks ranging from 1.5 to 4 hours - a combination of countryside rambles and city explorations. Terrain will be easy and there are no steep ascents/descents. We have graded the walking as Easy.

Max walking altitude (m)

300



What's included?



Included meals

Breakfast: 7
Lunch: 2



Transport

Bus



Trip staff

Explore Tour Leader / Driver
Local Guide(s)



Accommodation

3 nights standard agriturismo
4 nights standard hotel

Trip information

Country information

Italy Holidays & Tours

Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Language

Italian

Budgeting and packing

Optional activities

Ravenna - UNESCO heritage sites joint ticket - 12 Euro, valid over 2 days

Clothing

Take light and comfortable clothing that can be layered according to the temperature. July and August are the hottest months whilst early and late in the season go prepared with clothing to suit drops in temperature and possible showers. Light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights.

Footwear

We recommend you bring walking boots, make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

One main piece and a daypack

Equipment

A water bottle, sunhat and high factor sunscreen are all essential. A torch is useful in case of power cuts or emergencies.

Tipping

Explore leader

At your discretion you might consider tipping your Trip Leader in appreciation of the efficiency and service you receive.

Country Information

Italy Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price
£10.00 - 14.00

Beer price
£2.00 - 4.00

Water price
£1.00 - 2.00

Foreign Exchange

Local currency
Euro.

Recommended Currency For Exchange
GBP.

Where To Exchange
We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability
Major towns.

Credit Card Acceptance
Larger hotels and restaurants.

Travellers Cheques
Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Transport, Accommodation & Meals

Transport Information

Bus

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Italy: Visas are not required by UK, E.U Nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office. You should confirm all visa related questions with the relevant Embassy prior to

departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Maximum altitude (m)

300

Italy Holidays & Tours

Vaccinations

Nothing required. Tetanus recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

