

EXPLORE!



Self-Guided Walk Piedmont - Barolo to Barbaresco

8 days

Italy - Trip code WSBB

Self-Guided Walk Piedmont - Barolo to Barbaresco

Lying at the foot of the Alps bordering France and Switzerland, Italy's Piedmont region is a paradise for connoisseurs of mouth-watering food and fabulous wines. Our walks will take you through a magnificent landscape of rolling hills dotted with small picturesque villages, elegant castles and feudal towers, through vineyards and hazelnut forests. Staying in welcoming and charming family-run hotels in small rural villages you will discover a delicious array of local specialties including gourmet cheeses, pastries and chocolates that are appreciated the world over.

Trip highlights

- ★ **Fabulous wines** - Barolo and Barbaresco, two of Italy's most prestigious red wines
- ★ **Regional specialties** - Taste incredible cheeses, sweets and chocolates along the way
- ★ **Superb walking** - Across a rolling landscape of vineyards and hazelnut forests
- ★ **Family - run accommodation** - Welcoming and comfortable with some with prize winning restaurants on site or near by
- ★ **Alpine views** - Spectacular views of the snow-capped Alps on a clear day

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:

Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

Itinerary

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

DAY 1 - Trip starts in Alba

You will spend the first night of your holiday in Alba. In the heart of Piedmont wine country, Alba is a captivating medieval city of a 'hundred towers' and a treasure chest of flavours and aromas. You can wander through the cobbled streets, climb up a tower to admire the beautiful view or just tempt your sweet tooth in a pastry shop.



Accommodation: Hotel Savona (or similar)



Premium Hotel



Single room available



Meals Provided: None

DAY 2 - Taxi to Barolo; walk to Monforte via Novello

An included private taxi transfer takes you to Barolo, where you should not miss a visit to the wine museum in the imposing castle before setting out on your hike. From Barolo, it's an easy walk to the pretty village of Novello. You then continue on to your destination for the night, the picturesque town of Monforte set on a hillside with narrow winding streets lined with stone houses and several great places to eat and taste some of Italy's best wines.

Today's eight kilometre walk is expected to take around three hours and you will ascend 440 metres and descend approximately 200 metres.



Accommodation: Hotel Grappolo D'Oro (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Walk from Monforte to Cissone via Roddino

The first section of today's walk brings you to the typical hamlet of Serralunga d'Alba offering great views of the Piedmont's typical undulating clay hill landscape covered in orderly vineyards. You continue on to Roddino for a panoramic lunch of local specialties that energise you for the final climb to the farm in Cissone.

Today's 17 kilometre walk is expected to take around five hours and you will ascend 680 metres and descend approximately 565 metres.



Accommodation: Agriturismo Balcone sulle Langhe (or similar)



Standard Agriturismo



Single room available



Meals Provided: Breakfast

DAY 4 - Hike from Cissone or Bossolaschetto to Cravanzana

Today's walk follows country tracks and paths as you gradually descend to the River Balbo, from where a steep climb takes you to the opposite ridge with imposing views of the Alps and Apennine mountains on clear days. You then continue through the woods until Feisoglio and finally your destination of Cravanzana. It is possible to shorten today's route by taking a taxi in the morning to Bossolaschetto and starting the walk from there.

Today's 19.5 kilometre walk is expected to take around five-and-a-half hours and you will ascend 600 metres and descend approximately 665 metres. The shorter 13 kilometre walk from Bossolaschetto will take you around 4 hours and you will ascend 370 metres and descend 550 metres.



Accommodation: Hotel De Maurizio (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Walk from Cravanzana to Benevello

Today's walk descends gradually from Cravanzana towards the river Belbo, then climbs back to the side of the hill leading to Montemarino. You can admire outstanding views of the Lower Langa, the Alps to the northwest and the Apennine to the southeast.

Today's 15 kilometre walk is expected to take around four hours and you will ascend 550 metres and descend approximately 510 metres.



Accommodation: Relais Montemarino (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Hike from Benevello to Neive

From the hamlet of Benevello you head along lovely undulating country roads and paths with no significant uphill climbs. Large farmhouses dot the landscape producing world-class wines. Here and there, sections of forest give a change of colour to the expanse of vineyards and throughout the day, you see the Langhe area at your feet and the Alps as a backdrop.

Today's 17 kilometre walk is expected to take around four-and-a-half hours and you will ascend 250 metres and descend approximately 550 metres.



Accommodation: Hotel Villa Lauri (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Walk from Neive to Alba via Barbaresco

Today's walk is also on quiet country roads and paths, with no significant climbs. The landscape is dominated by manicured vineyards, with wide open views of the Langhe area and the Alps. On the way you pass by the village of Barbaresco, home to great wines. You will then descend to the River Tanaro, walking through beautiful forest until you arrive back in Alba.

Today's 14 kilometre walk is expected to take around four hours and you will ascend 325 metres and descend approximately 225 metres.



Accommodation: Hotel Savona (or similar)



Premium Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Trip ends in Alba

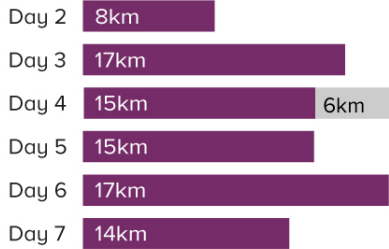
The trip ends in Alba this morning after breakfast.



Meals Provided: Breakfast

Walking and Trekking information

DAILY DISTANCE



Optional Walks

Walking grade

Moderate

Trek details

On this holiday you walk 84.5km over 6 days (an average of 14 km a day). The walks are through vineyards, on uneven footpaths, mule tracks and small gravel roads (known as strade bianche). The trails through the vineyards can get slippery when wet.



What's included?



Included meals

Breakfast: 7



Transport

Taxi



Accommodation

1 nights standard agriturismo
2 nights premium hotel
4 nights standard hotel

Trip information

Country information

Italy

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

Clothing

You will need light layers of clothing for walking during the day, a fleece and waterproof jacket and trousers. A sunhat is essential.

Footwear

Lightweight walking boots or shoes. Bring trainers and sandals for relaxing and other sightseeing.

Luggage: On tour

You will need one main piece of baggage and a daypack sufficiently large enough to take everything needed for your walking day, such as your water bottle, snacks, spare clothing and camera. Your main luggage will be transferred to your next accommodation each day. Please clearly mark all your belongings with your name and the name of the next accommodation and have your bags ready and at the reception by 09:00 on the morning of your departure.

Luggage transfer

Included between your hotels each day.

Equipment

You should bring a two litre water bottle, sunhat, sunglasses and sunscreen. Trekking poles are recommended.

Tipping

Local fees

Local city tax is required to be paid in cash upon check-in to the accommodation. The amount is approximately 3 Euros per person per night.

Country Information

Italy

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.

Lunch price

£5.00 - 10.00

Dinner price

£15.00 - 20.00

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

Taxi

Recommended airport

Turin, Milan Malpensa or Milan Linate

Flying to your destination

We recommend outbound flights into Turin airport which is served by both budget and non-budget airlines. Alternatively, although further away from Alba, you can also fly into either of Milan's airports - Malpensa, which is served by both budget airlines (including Easyjet and Ryan Air) and non-budget airlines (including British Airways) and Milan Linate, which is served by Easyjet, British Airways and Alitalia.

Arrival and departure information

For this trip you can fly into Turin airport or Milan's Linate or Malpensa airports which, although further away, are served by many more flights.

You can catch a 'SADEM' bus from the airport to Turin Porta Nuova train station from where there are several daily trains from to Alba with a change either in Asti or in Cavallermaggiore. See www.trenitalia.it for timetable information. The journey time is approximately 1.5 - 2 hours depending on the train taken. From both of Milan's airports you can catch shuttles bus services to the city's Central train Station (Milano Centrale). From here you can catch a train to Alba with 2 changes in Turin and Cavallermaggiore. The journey time is approximately 2.5 - 3.5 hours depending on the train taken.

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.

Price Guarantee

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 and Passport Information

Italy: Visas are not required by UK citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related issues 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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full

amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

Italy

Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
