

Piedmont Wine & Walking

Trip style: Guided Walking Holidays

Destination: 📍 Italy

Trip code: MLP07-LCL09

Grades: 1 & 2

Carbon Footprint: 🌳 453kg CO2



HOLIDAY OVERVIEW

As Italy's second-largest region, the wine-growing Piedmont region is nothing short of a gourmand's paradise. The landscape is stunning; think deep valleys and rolling countryside dotted with medieval villages, vineyards, farmhouses, and hazelnut groves. Highlights include walking along river paths and ancient trails, visiting the foodie town of Alba, discovering the Barolo vineyards, and sampling exquisite food paired with well-known wines.

WHAT YOU'LL LOVE

- Enjoying views of the Matterhorn and Monte Rosa on a clear day
- Exploring Italy's second-largest region of Piedmont on foot
- Visiting medieval hilltop villages full of character and charm
- Sampling local wines with your evening meal
- Learning more about Italy's Slow Food Movement

WHAT'S INCLUDED

- Return flights from London Gatwick, including baggage and transfers
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Montelupo
- 7 breakfasts & 7 dinners
- All in-destination transport

TRIP SUITABILITY

This is a level 1 and level 2 graded Activity, Easier walks: 4 to 7 miles (6½ to 11km) with occasional steeper sections. Up to 1,000 feet (300m) of ascent in a day. Harder walks: 5 to 9 miles (8 to 14½km) with occasional steeper sections. Up to 1,300 feet (400m) of ascent in a day.

ITINERARY

Day 1: Arrival Day

Welcome to Hotel Ca'Del Lupo in Montelupo. Unpack and settle in.

Day 2: Montelupo's Wolf's Trail

These introductory walks will explore the area close to the hotel and include a visit to Montelupo village.

Day 3: The Barolo Vineyards and Villages

Today we head to the west of Montelupo to walk in the Barolo vineyards, the most famous in the area. Barolo wine is very well regarded and renowned for its rich flavour and aroma. The wine is made from the Nebbiolo grape, which ripens quite late, towards the end of October, with bunches that have an intense blue colour.

Day 4: Along the Tanaro River

The day starts with a journey to the historic town of Alba, where we have a short time to explore. Both walks take in nearby Barbaresco, a beautiful village and major wine producing centre, and walk through vineyards, small hamlets, and woodland. Alba is the largest town in the region and has a very good reputation for gastronomy, wine and chocolate (Ferrero Rocher). Its river, the Tanaro, is one of the main tributaries of the river Po and is 175 miles long. This evening meet in reception to board our bus for the short drive to the Cantina Oriolo Winery located in the beautiful hills of Langhe. We take a tour of the winery and then sample 4-6 wines. This family winery specialises in typical red and white wines of the region.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include: Local: Walk to nearby picturesque Rodello village (approx 20 mins walk) for a relaxing lunch in a café. Bike hire: Hire a bike from the hotel and explore the pretty country roads, visiting local villages. Alba: A little further afield, Alba is an attractive town with a medieval centre and most famous for being the truffle capital of Italy. It offers excellent shopping and a wide selection of restaurants. Travel would be by taxi or minibus. Grinzane Cavour: Visit the Museo delle Langhe. Only 20 mins from Montelupo, this elegant castle has an interesting exhibition of local history and an Enoteca Regionale Piedmont selling local food and wine. Monticello d'Alba: set in the delightful Roero district of Piedmont, the medieval town of Monticello d'Alba has an impressive, beautifully preserved medieval castle and parkland set on a hill above the town. Travel would be by taxi or minibus. Serralunga d'Alba: dating back to 1224 and surrounded by the hills of the Barolo vineyards, Serralunga d'Alba is a small, peaceful Langhe gem in which to spend a few hours. The unusually shaped Castello with courtyard drawbridge is well worth exploring on a guided tour. (Requires booking.) Travel would be by taxi or minibus.

Day 6: Bormida Valley

The Bormida river flows through the heart of the Langhe Hills and our walks today follow the wooded ridge on its

western side that separates the main valley from that of the river Uzzone. Walks end in the small town of Cortemilia, one of the most attractive in the area. The river divides the town into two villages: San Michele on the west bank and San Pantaleo on the east. The 12th century church is well worth a visit, being one of the most interesting examples in the Langhe.

Day 7: Above the Tanaro Valley

Both groups visit the pretty village of Bossolasco (so called Village of the Roses) for a village trail.

Day 8: Departure Day

We hope to see you again soon.

Hotel Ca'del Lupo - Piedmont

The 4-star Hotel Ca'del Lupo is highly regarded by our guests and regularly top in our Customer Surveys. The hotel is owned and run by two brothers, Savio and Stefano Drocco. The brothers reputation for outstanding food and service has become well established over the last 18 years. The hotel enjoys peaceful surroundings and has been purpose built and designed so that all rooms look out over vineyards towards the hill-top villages of Rodello and Montelupo.

There is an open-plan breakfast room and bar area, doors opening onto a large terrace.

The hotel is terraced down to the ground floor where there is an outdoor swimming pool with seating and grassed areas; a pleasant area to relax in on your free day or after a day's walk.

The hotel has a boot storage area in the cellar, and offers a laundry service in 48 hours.

Vaccinations & health information - SHARED WITH ALL EU NEW 2026

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel. As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure. Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting. For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

Passport & Visa information - SHARED FOR ALL EU NEW 2026

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice. **Passport Requirements** This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long. We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues. If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website. **Visa Requirements** Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling. British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website: <https://www.gov.uk/foreign-travel-advice>

Packing list - Overseas Guided Walking

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)
