

Walking in the Langhe: Wine, History and Truffles

An 8 day / 7 nights walking holiday

Code tour: ITAPIE05W



The best of Piedmont is certainly the hilly region the Langhe, set between the Alps and the Apennine mountains. Hills covered with vineyards as far as you can see, because this is the region of the famous Barolo wines. Walking during the day in this stunning landscape of vineyard, hazelnut and oak forests, visiting small characteristic villages and large castles, doesn't it sound like visiting paradise.. In the evening enjoying a good glass of wine combined with the Langhe cheeses.

The tour starts in Alba and the first days you will walk amongst the vineyards of the Nebbiolo grapes. On top of the hills, you pass small villages and impressive castles. The last part of the tour brings you to the wildest part of the Langhe where the finest hazelnuts in Europe grow. The landscape is varied: forests, deep valleys and hazelnut cultivations. The tour ends in the small town of Cortemilia.

Throughout the trip, there are plenty of good opportunities to taste not only the excellent local food but also to discover the taste of many famous wines of this stunning region.



Period: daily from March to October 2024

Participants: minimum 2 persons

Level: 2

Moderate: In general the walks are easy to moderate with some more demanding sections, where a moderate - good physical condition and walking experience is required. The walks are along uneven footpaths, mule tracks, small gravel and quiet asphalted roads.

Average daily distances:

between 7 km / 4,3 mi – 17 km / 10,7 mi

Total km:

Total 74 km / 46 mi

Program in short:

Day 1 Arrival at Alba

Day 2 Alba – Barolo (13 km / 8 miles)

Day 3 Barolo – Monforte (9 km / 5,6 miles)

Day 4 Monforte – Cissone (16 km / 10 miles)

Day 5 Round tour at Cissone (7 km / 4,3 miles)

Day 6 Cissone – Cravanzana (17 km / 10,5 miles)

Day 7 Cravanzana – Cortemilia (12 km / 7,5 miles)

Day 8 End of tour



Program day by day

Day 1 Individual arrival at Alba

Alba, capital of the Langhe, is famous for its white truffles, chocolate and for its impressive high towers (14th and 15th century) Alba is very much at the forefront of enogastronomy: do not miss the pleasure of a delicious dinner and the chance to sample the great wines of this area like Barolo, Barberesco or Barbera.

Accommodation: **** star hotel

Overnight with breakfast in Alba

Day 2 Alba – Grinzane – Barolo

After breakfast, you have a short transfer by taxi to the starting point of the walk, the Grinzane Fortress, which houses the “Cavour” Regional Enoteca, a prestigious showcase for the very best Piedmontese wines and grappa’s. You cross Gallo d’Alba and walking through the vineyards of La Morra you will reach Barolo with not one castle but two castles, the Castello Falletti and the Castello della Volta.

Overnight with breakfast in Barolo

Walking time: 3 hrs 30 min

Distance: 13 km / 8 miles

Ascent & Descent: + 404m - 331m



Day 3 Barolo - Novello - Monforte

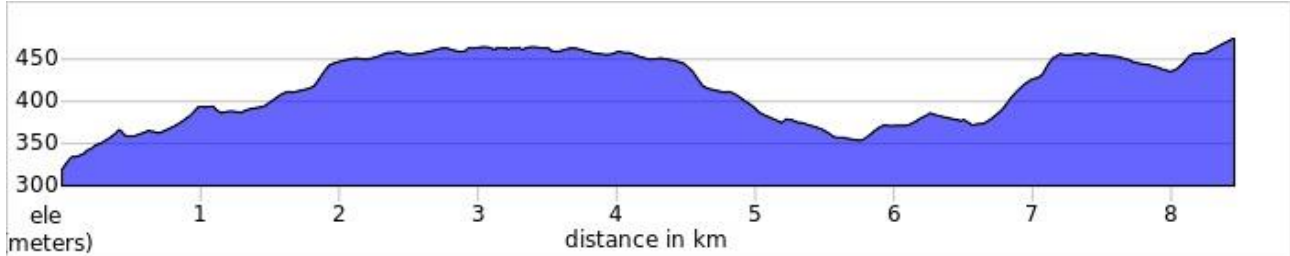
Today you are walking mostly amongst the vineyards of nebbiolo grapes, from which excellent wines are made; you reach Novello with its impressive castle. You continue your walk until Monforte, where you can relax and enjoy a glass of wine on the lively square meeting point of the inhabitants and tourist.

Overnight with breakfast in Monforte

Walking time: 2 hrs 30 min

Distance: 9 km / 5,6 miles

Ascent & Descent: +273m -131m



Day 4 Monforte - Cissone

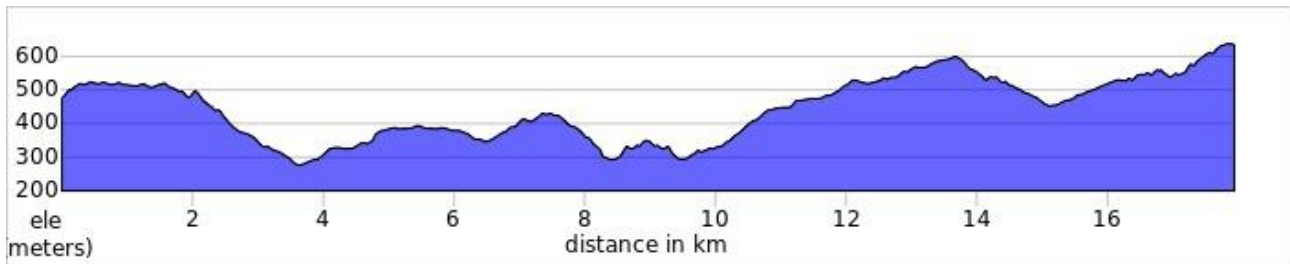
The route will lead you to small picturesque villages of this area, like Serrallunga, Sinio, Roddino and last but not least Cissone. Of course, also today, the vineyards make part of your walk, but also you will see the first nut trees and some woodland. It is certainly worthwhile to make a stop in Serrallunga to visit the castle and to taste some ...again excellent wine.

Overnight with breakfast in Cissone

Walking time: 4 hrs 30 min

Distance: 16 km / 9,9 miles

Ascent & Descent: +746m -600m



Day 5 Cissone, day of rest or easy walk of 7 km

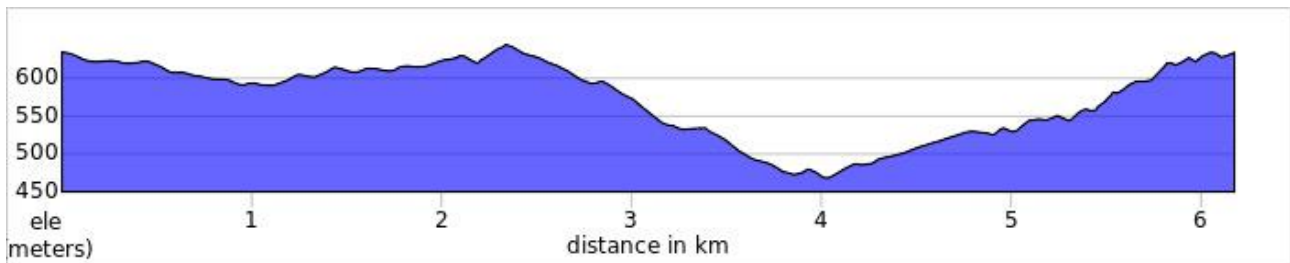
Today you can have a day of rest and enjoy some relax or make a short ring walk in the surrounding hills of this enchanting small town.

Overnight with breakfast in Cissone

Walking time: 2 hrs 30 min

Distance: 7 km / 4,3 miles

Ascent & Descent: + 292m -200m



Day 6 Cissone - Cravanzana

You are in the area of the High Langa, famous for its hazelnuts and the landscape is dominated by the hazelnut forests. You will cross the valley of Belbo and can make a stop to visit the church of Cerretto Langhe. The walk ends in Cravanzana.

Overnight with breakfast in Cravanzana

Walking time: 5 hrs

Distance: 17 km / 10,6 miles

Ascent & Descent: + 521m - 590m



Day 7 Cravanzana - Cortemilia

From Cravanzana a nice downhill walk will bring you to the tower Torre Bormida, where you will cross the river bearing the same name. A steep climb will bring you to Bergolo,

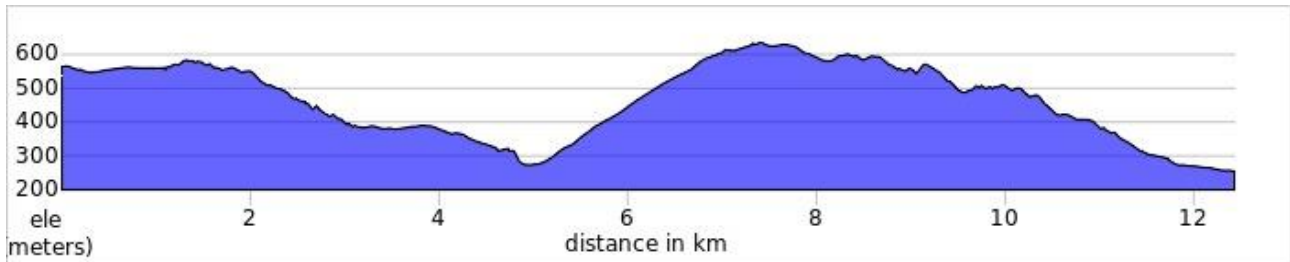
one of the smallest characteristic municipalities of this area. Crossing the woods, you will reach Cortemilia, from Roman origins.

Overnight with breakfast in Cortemilia

Walking time: 3 hrs 30 min

Distance: 12 km / 7,5 miles

Ascent & Descent: + 407m - 717m



Day 8 Cortemilia, departure after breakfast

After breakfast this beautiful journey through the vineyards of the Langhe ends

Hotels:

Selected *** stars hotels or B&B are used in the larger towns, while in the villages and countryside are used cosy, some very well known for their good cookery.

Price per person 2024:

In double room € 670,00

In single room € 900,00

High season surcharge (September & October) € 30,00

Reduction for no luggage transportation (on request) - € 70,00

Upgrade to hotel with swimming pool in Barolo € 40,00 p.p.

Extra overnight in Alba in **** star hotel: on request

€ 65 price b&b p.p. in double room, € 105 in single room

Included in the price:

- 7 overnight stays in 3 stars hotel or B&B with breakfast
- Transfer on the first walking day from Alba to Grinzane
- Road book in English (text and pictures) with maps
- Luggage transportation
- Clients assistance hotline

Not included in the price:

- Trip from and to the starting town of Alba
- Lunches & dinners
- Local tourist taxes (to be paid locally)
- Everything not mentioned under 'Included in the price'

On request:

- Extra nights
- Tour guide
- Transfer from and to the airports of Turin or Milan
- Transfer from Cortemilia to Alba at the end of the tour



ECOLOGICOTOURS

ECOLOGICO TOURS
Cantonal 41C/19
6565 San Bernardino
Svizzera/Schweiz/Suisse

info@ecologicotours.com
tel. (0039) 3463254167 - (0041)(0) 79 2457505
www.ecologicotours.com
www.meravigliosaubria.com