

CULINARY JOURNEY

Discover the Piedmont

COOKING & WALKING TOUR IN THE PIEDMONT, ITALY

7 DAYS



WALKABOUT
GOURMET ADVENTURES

Journey Overview

The Piedmont, one of the largest regions in Italy, is an area of outstanding beauty and history. Surrounded by the high alps, its landscape is like a grand garden with valleys, vineyards, hazelnut bushes and old castles. Its capital is Turin, which was for centuries the capital of the Savoy Dynasty. More recently the area has gained a reputation for its fine gastronomy and was adopted by the UNESCO as a world heritage area. Two of its most famous products are of course the highly sought-after white truffle and their popular wines, namely Barolo and Barbaresco.

In his private kitchen, our friend and professional chef Gino, offers hands-on instructions on classic Italian cuisine. The emphasis is on simplicity, quality, fresh ingredients and easy-to make recipes. Gino will share the secrets of pasta making with us and we also learn all about the famous white truffles while on a truffle hunt. Lessons are complemented by visits to wineries and a colourful market!

Our walks in the Piedmont take us through splendid and almost untouched countryside, dotted with traditional farms.

Highlights include visits of Alba, Barolo and Barbaresco, some of the most important towns in the Piedmont.

On day 7 we return to Turin where the Flavours of Italy tour concludes.

Journey Schedule

DAY 1

Torino - Barolo - La Morra - Barolo - Winetasting - Agliano Terme

DAY 2

Agliano - Montegrosso D'asti

DAY 3

Asti Market - Gino's Kitchen - Cooking Seminar

DAY 4

Walk from Agliano to Barbaresco

DAY 5

Truffle Hunting - Gino's Kitchen - Cooking Seminar

DAY 6

A Morning in Gino's Kitchen - Evening Dinner in Michelin Star Restaurant

DAY 7

Agliano Terme - Turin

Journey Itinerary



DAY 1

Torino - Barolo - La Morra - Barolo - Winetasting - Agliano Terme

We meet at 10.00 a.m. at:

Hotel Roma e Rocca Cavour

Address: Piazza Carlo Felice, 60, 10121 Torino TO, Italie

Phone: +39 011 561 2772

info@romarocca.it

<https://www.romarocca.it>

After our pick-up we join the autostrada and travel to Alba, the main town of this region in Piedmont. It dates back to the year 1,000 and has many fine old buildings. In terms of gastronomy, Alba has gained an international reputation as the home of the famous white truffle and its excellent wines. October is also the beginning of the international fair to celebrate the famous Alba white truffle.

After some time exploring the fascinating streets, (Saturday is market day) and buying our picnic, we take the very short drive to Barolo, one of the most famous wine regions in the Piedmont. Like Barbaresco, Barolo wine is made from the Nebbiolo grape variety.

The Piedmont is one of the largest regions in Italy and covers the north-western section of the country. Its capital is Turin, which was for centuries also the capital of the Savoy Dynasty. More recently the area has gained a reputation for its fine gastronomy. It is known for rich dishes featuring truffles and creamy sauces, however, the Piedmont is also Italy's most culinarily progressive region. Apart from the highly sought-after white truffle, there are some popular and outstanding wines.

The Piedmont has 41 D.O.C. (Controlled Name of Origin), status label wines and 2 D.O.C.G. (Controlled and Guaranteed Name or Origin) status wines, namely Barolo and Barbaresco. It is Italy's largest wine producing region. We Park our bus at the historic Marchesi di Barolo estate, where we will later taste some of Piedmont's famed reds. From the estate we follow a part of the Barolo Wine Trail and walk to La Morra, one of the most famous villages in this region.

La Morra is an ancient settlement, with many local finds dating back to the Romans. From the old ramparts we have fabulous panoramic views and half of the Piedmont seems to be spread out below us in a succession of hills and valleys, villages, castles, and watch towers.

After lunch we continue through some of Barolo's most famous vineyards and get a close look at Nebbiolo grapes, the base for Barolo, as well as Barbera and Dolcetto. We return to Barolo and our bus, ending our day with a wine tasting at the Marchesi di Barolo estate, where we will taste some of Piedmont's best reds.

Later in the afternoon we travel the short distance to Isola d'Asti and on to our base for the next 6 nights in the thermal resort town of Agliano. Our wine resort "NaturalMente" is located outside of the town in a valley surrounded by vineyards. It has beautiful gardens, complete with swimming pool. Just the place to relax!!

Tonight Gino, your charming host will take you to one of his favourite restaurants where you can taste a delicious selection of Piedmont gastronomic specialties.

 **4 HOURS**

 **AGLIANO TERME, PIEDMONT, ITALY**



DAY 2

Agliano - Montegrosso D'asti

This morning we begin walking from our hotel, making our way towards the tiny farming settlement of Lovetta. The countryside is a mixture of open fields and vineyards and it all blends in beautifully with the architecture of the region. It is very much a rural area and we are likely to see farmers tending the land and the vigneroni caring for their vines.

We follow a country track, which takes us up to a ridge, allowing a fine view back to Agliano and on to our destination, Montegrosso d'Asti. In the distance we can see the Monte Rosa mountain range with Switzerland's highest mountain, the Dufour Peak. Descending back down the ridge, we make our way past Stefano and Bosco Grande, arriving at Montegrosso for a picnic lunch. It is a typical town of the region, servicing a large rural base.

After some local food and a good rest, we walk across the Tigliana River and on to Agliano where we have time for afternoon tea or gelati and to explore this quiet little town. From here it is only a short stroll to our base at NaturalMente.

At 5.00 p.m. we meet again at Gino's house for our first cooking lesson. The making of pasta will certainly be one of the challenges to master today. In the evening we enjoy the efforts of our course and eat with Gino at his home!!

 **4 HOURS**

 **AGLIANO TERME, PIEDMONT, ITALY**



DAY 3

Asti Market - Gino's Kitchen - Cooking Seminar

After breakfast, we drive the short distance to Asti, the provincial capital of one of the most important wine areas in Italy, which lends its name to some illustrious wines. The city dates to pre-Roman times and a few ruins remain. Today it is the main commercial centre of Piedmont's wine area, but still retains a friendly small town feel and is an excellent place to discover the local market. Together with Gino we buy our ingredients for our afternoon cooking seminar.

After lunch we return to the private house of Gino, who is not only the guide but also a charming instructor. Today he will share the secrets of gnocchi making with us (gnocchi di patate al pomodoro e basilico) as well as learning all about the classic Brasato (Brasato al Barbera con purea di patate e carote). The panna cotta with pears, poached in wine is just the perfect finish. Dinner will be again at Gino's house.

 **1 HOUR**

 **AGLIANO TERME, PIEDMONT, ITALY**



DAY 4

Walk from Agliano to Barbaresco

Today's walk takes us through the Tanaro Valley to the hilltop village of Barbaresco. This little village of only 600 inhabitants has become a famous centre for wine.

The Nebbiolo grapes are used in the production of Barbaresco wine and it is traditionally less alcoholic and softer than one of the other great wines of Piedmont – the Barolo. The value of Barbaresco was recognised by D.O.C.G. in 1980. Few other Italian wines have achieved such status.

The hills, houses, streets and square in Barbaresco are dedicated to the Nebbiolo grape. We finish the afternoon with a wine tasting at a very delightful "cave" in Barbaresco, which also includes some salami, truffle cheese and sweet biscuits – a real treat!

Later in the afternoon we return to our hotel.

 **4 - 5 HOURS**

 **AGLIANO TERME, PIEDMONT, ITALY**



DAY 5

Truffle Hunting - Gino's Kitchen - Cooking Seminar

This morning we walk about 8 kms to the small village of Mombercelli where we visit a local truffle hunter. We have the rare opportunity to accompany him and his truffle dogs as he takes us on an adventure in search of these most luxurious delicacies.

Afterwards he will invite us to his home in the country where we sample some truffles, enjoy some local wine and listen to his colourful tales of truffle hunting. It is also the setting for our very relaxed picnic lunch.

We return to NaturalMente and the afternoon will be free at your leisure to enjoy the pool and gardens of our hotel.

In the late afternoon we walk the short distance to Gino's kitchen and prepare our truffle menu for the evening... sounds so delicious!

Flan di cardi con crema di robiola uovo poche' e tartufo bianco - Agnolotti col "PLIN" al burro e tartufo bianco - Fagotto di faraona con marmellata di cipolle rosse - Semifreddo al torrone con cioccolato calda

Tonight, your understanding of the cuisine in the Piedmont is put to the test in the most practical way possible - we shall enjoy the efforts of the day, accompanied by a bottle or two of excellent local wines.

 **3 HOURS**

 **AGLIANO TERME, PIEDMONT, ITALY**



DAY 6

A Morning in Gino's Kitchen - Evening Dinner in Michelin Star Restaurant

This morning we walk up to Agliano village and visit the wine cellar of one of Gino's many "foodie" friends. He will explain all about the local wines of the Monferrato and, of course, we have an opportunity for some tasting.

Although pizza is more an evening treat for most of Italians, today we have a master class in making pizza, which we will enjoy for lunch!

The rest of the afternoon is free to get ready for our final dinner in a Michelin star restaurant in Isola d'Asti - and of course the chef is another friend of Gino's.

 **3 HOURS**

 **AGLIANO TERME, PIEDMONT, ITALY**



DAY 7

Agliano Terme – Turin

This morning we leave our hotel and make our way to Turin. Along the way we stop at Eataly, which is a shop but also a place with lots of restaurants and markets inside. Here we can have tastings of food and wine - beer, bread, ice cream with the best ingredients. A great finale to our week of Flavours of Italy!!! Our approximate arrival in Turin is at 12.30. p.m. at the main railway station in Turin.



Journey Accommodation

NaturalMente Wine Resort, Agliano

NIGHTS 1 - 6



Journey Notes

TOUR INCLUDES

- Pick up at 10.00 a.m. at Hotel Roma e Rocca Cavour in Turin on Day 1 and drop off approximately 12.30 p.m. at the main railway station in Turin on Day 7.
- Price includes transport between Turin on Day 1 and Turin on Day 7.
- Twin share accommodation from Day 1 to Day 6.
- Including breakfasts, 2 lunches during the cooking seminar, dinners, excursions and visits, three cooking classes and all recipes translated into English.
- A complimentary Walkabout Gourmet Adventures apron and Cooking Diploma and three guided walks are also included in the price.

NOT INCLUDED IN TRIP COSTS

Transport before and after “the tour”, drinks, lunch, entry fees, ferry charges, travel insurance, laundry, medical expenses and items of a personal nature.

WHAT TO BRING

Daypack, walking shoes or boots, water bottle, waterproof raincoat, sun hat and bathers.

LUGGAGE

Please ensure that suitcases do not exceed 20 kgs per guest.

PLEASE NOTE

All accommodation on tour includes private facilities (toilet and shower/bath).

Single rooms can usually be arranged for a supplement. Please ask for details. We will endeavour to match people together if they would like to share a twin room with another guest to avoid paying the single room supplement. However, as this is not always possible, 'single' clients will have to pay the supplement.

All activities during the "tour" are optional or can be taken in parts.

All meals included will be prepared and demonstrated by our local guide and instructor, Gino Minacapilli and chefs of various restaurants. Participants are more than welcome to assist in the preparation, but this is not compulsory. The cooking classes are informal and are designed to teach participants the art of regional Italian cooking in a relaxed, fun-filled atmosphere.

The walking pace on all walks is leisurely. Guests do not have to be experienced although a good level of fitness is necessary.



Get in touch and book your journey today.

 0461 277 612

 info@walkaboutgourmet.com

Follow the journey.



Quality Practices

Committed to exceeding your expectations with great customer service and the highest standards of quality practices, Walkabout Gourmet Adventures complies with the National Tourism Accreditation Program (ATAP).



**Quality
Tourism**
Framework



T·QUAL
AUSTRALIAN TOURISM
QUALITY ASSURED

Parks
VICTORIA

www.walkaboutgourmet.com