



Italy: A Savor, Wander, Nourish Piedmont Immersion

DURATION | 7 Days

TRIP LEVEL | Level 2 - Moderate

Trip Overview

The Piedmont area of Italy nourishes you before you've taken a single bite. The vineyards here are UNESCO-protected, the wine cellars hold 100,000 bottles of living history, and the town of Bra gave birth to the Slow Food Movement as a deliberate act of resistance against speed. Seven days in this landscape, staying together in a private villa surrounded by forested hills and ancient stone villages, has a way of returning you to something you didn't realize you'd been missing. You'll hunt for truffles with a local expert and his scent-trained dogs. You'll visit the beekeepers and goat cheese makers who have kept these traditions alive for generations. You'll hike the Castagna Granda Trail and eat extraordinarily well, every single day.

Trip Highlights

- Enjoy guided walks woven into hikes and quiet outdoor moments. You'll slow down, notice beauty and vastness, and experience a research-backed practice shown to reduce stress, boost mood, and deepen connection.
- Enjoy leisurely woodland hikes and e-bike rides past UNESCO-protected vineyards and wander the medieval stone streets of charming Canale and Bra, the origin home of the Slow Food Movement.
- Experience an authentic truffle hunt with an expert hunter and his scent-trained dogs, then celebrate with a memorable truffle-infused lunch.

Map View



Arrival: Arrive in Milan, Italy (MXP) on Day 1 by 2:00 PM.

Departure: Depart from Milan, Italy (MXP) on Day 7 after 2:00 PM.



Trip Itinerary



Day 1

Welcome to Italy's Piedmont Region

Arrive in Milan and transfer to your beautiful villa home in the UNESCO-protected Roero region for the next seven days. The drive—past hillside vineyards, ancient stone towns, and thick forests backdropped by Alpine peaks—offers a scenic introduction to the varied Piedmont terrain. Settle in and explore the interior and grounds of this lovely estate before making toasts and sharing stories at your lively Welcome Dinner at the villa with Italian “mamas”, two local ladies who will cook a traditional Piedmontese meal for your group.

Meals: dinner | Overnight: Casa Gallo



Casa Gallo

This luxury villa epitomizes elegance and comfort, offering an exceptional living experience in a lavish, modern setting. The ground floor welcomes you with a spacious living area, cozy sofas, a modern kitchen, and an elegant dining room adorned with a piano. Three double bedrooms complete this level. Upstairs, seven more double rooms offer luxurious accommodations. Each bedroom has its own private bathroom with shower. Air conditioning and laundry facilities ensure convenience throughout your stay.

Amenities: complimentary toiletries, hair dryer, daily housecleaning, washing machine and dryer, air conditioning, free Wi-Fi, fully equipped kitchen



Trip Itinerary



Day 2

Scenic Hike, Explore Medieval Canale, Meet Local Beekeepers

Set out for the hillside town of Santo Stefano Roero and enjoy a tranquil hike introducing you to the local flora, fruit orchards, and groves of chestnut trees. Continue to the ancient, vineyard-surrounded village of Canale, included on many of Italy's "most beautiful villages" list. Choose a restaurant and savor a leisurely lunch before exploring the medieval lanes and tiny piazzas. The Roero region is known for its honey production, and you'll meet with local beekeepers at a nearby farm, delving into the mysteries of the hive-to-honey cycle—and the fascinating bond between humans and bees. Finally, learn to prepare traditional regional dishes under a private Chef's expert guidance, then savor your culinary creations during a leisurely dinner.

Meals: breakfast, dinner | Overnight: Casa Gallo



Trip Itinerary



Day 3

Private Truffle Hunting Adventure

Embark on an immersive truffle hunting experience this morning, a time-honored tradition in the Roero area's unique culinary heritage. Meet your seasoned "trifulau" (truffle hunter) in nearby Monta and head for the woods, together with his trusty dogs, "tabui," famous for their keen sense of smell. Learn about the art, science, and history of truffle hunting as you walk through the quiet forest in search of Piedmont's prized white and black truffles. Later, sit down together for a well-earned, and delicious, lunch, starring these fabulous fungi! Spend the afternoon enjoying leisure time at your villa before gathering for dinner at a local restaurant in Monteu Roero.

Meals: breakfast, lunch, dinner | Overnight: Casa Gallo



Trip Itinerary



Day 4

Goat Cheese Farm Visit and Local e-Bike Tour

Venture to a nearby farm to discover another of Piedmont's cherished gastronomic traditions—the artisanal world of goat cheese production. You'll be warmly welcomed by the owner and introduced to the fascinating process, from goat-herding know-how to the steps to achieving a delicious product that reflects the earthy flavors of the region's countryside. Afterward, enjoy a lively cheese tasting in this unique setting. Enjoy lunch on your own, then take a panoramic e-bike ride with a cycling guide. The beauty of the local landscape and clean fresh air are a special part of the Piedmont magic. End the day with a casual dinner at the villa.

Meals: breakfast, dinner | Overnight: Casa Gallo



Trip Itinerary



Day 5

Pollenzo Wine Bank Tour and Tasting

Visit the village of Pollenzo, home of the first University of Gastronomic Sciences and The Wine Bank, a unique project dedicated to preserving the memory of Italian wines. Tour the 19th-century cellar where more than 100,000 bottles of Italy's finest are carefully stored, then join a sommelier for a delightful wine tasting showcasing the diverse flavors of the region. Choose your own lunch spot in nearby Bra, the official birthplace of the Slow Food Movement that honors culinary tradition and seasonal foods. Spend the afternoon wandering the charming stone streets lined with shops, cafes, and gelato stands. In the evening, a skilled pizzaiolo will visit the villa to prepare a variety of authentic pizzas for you to enjoy fresh from the pizza oven.

Meals: breakfast, dinner | Overnight: Casa Gallo



Trip Itinerary



Day 6

Hike the Castagna Grande Trail and Winery Visit

Take a guided morning hike along the scenic Castagna Granda (giant chestnut) Trail, with views of the countryside, vineyards, and villages. Bask in the peacefulness of a grove of century-old chestnut trees, then step into a clearing dominated by a single magnificent tree closing in on 400 years. Afterward, indulge in a fabulous vineyard lunch with wine pairings, and spend the afternoon at leisure at your villa, basking in the slow pace of the region. Toast to your memorable days in this Italian paradise over a specially prepared and celebratory farewell dinner at the villa.

Meals: breakfast, lunch, dinner | Overnight: Casa Gallo



Trip Itinerary



Day 7

Arrivederci Italia and Departure

Savor a final breakfast and say goodbye to your villa hosts before your group transfer to Milan's Malpensa Airport (MXP).

What's Included

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- All meals, as listed in the itinerary
- Water, 2 glasses of wine (or alternative) and standard coffee service with dinners
- English-speaking guide(s) throughout the trip
- All ground transportation
- Guided sightseeing and activities as indicated in the itinerary
- Drinking water to refill personal bottles
- One group transfer on arrival and departure
- Gratuities for local guides, hotel staff, waiters, servers and local drivers for all included excursions, activities and meals

Not Included

- International airfare to and from Italy
- Fees for passports, visas, immunizations
- Travel Insurance: cost of medical expenses, hospitalization, evacuation
- Meals not specified in the itinerary
- Alcoholic beverages (unless otherwise specified)
- Gratuities for the main guide

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

