

# A Gourmet Journey Through Piedmont

Trip Code: SGGP

Version:



WALK & TREK



SELF-GUIDED



MODERATE



## HIGHLIGHTS

- Wander through rolling hills covered in vineyards and enjoy views across to the Alps.
- Enjoy sampling the full bodied Barolo wines for which the region is famed.
- Explore Alba, the city of a hundred towers
- Dine on the white gold of Italy - white truffles

## AT A GLANCE

- 6 days walking and sightseeing
- Daily departures available
- Join at Alba

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Discover the flavours, landscapes and traditions of Piedmont on this immersive walking holiday through the rolling hills of the Langhe. Beginning in Alba, the UNESCO-listed city of gastronomy, you'll be welcomed by medieval towers, lively piazzas and the irresistible aromas of chocolate, truffles and world-class wines.

Your walks will take you through vineyards and along quiet trails from one hilltop village to another, taking in La Morra, Barolo and Monforte d'Alba to unveil panoramic views stretching to the Alps and snow-capped Mount Monviso. Venturing beyond the vineyards your itinerary will reveal another side of Piedmont, with fragrant hazelnut forests, shaded woodland paths and peaceful villages where life moves at a gentler pace. With walks of 8 to 15km you will find plentiful opportunities to sample the regions world class Barolo wines and truffles as you learn of Piedmont's history exploring historic castles and wine museums. Your holiday draws to an end in the beautiful Bormida Valley where terraced hillsides and Roman heritage provide the perfect setting to raise a glass to a fantastic to a week rich in flavour, landscape and tradition that captures the soul of Piedmont.

Staying in a handpicked selection of 3\* and 4\* family run hotels, some with swimming pools, you can be sure of a warm welcome and comfortable place to rest your head after a day on the trails. This really is a trip to enjoy La Dolce Vita!

## Is this holiday for you?

This holiday is perfect for you if you are looking for unhurried days, walks which allow you to explore historic hilltop towns, and enjoy gourmet food and wine. The perfect immersion into Piedmont's culture. A good level of fitness is recommended, with walks up to 15km a day with average ascents of 400-600m unveil authentic Italian villages.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers
- Navigation App and GPX tracks available

## What's not Included

- Travel insurance
- Travel to Alba
- Travel from Cortemilia
- Public buses not in the programme
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

## Meal Plan

This trip is on a bed and breakfast basis to allow you to enjoy dining at whichever local restaurants appeal most to you.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Piedmont is one of Italy's great food regions, celebrated for its simple, seasonal cooking and exceptional ingredients. Expect handmade pasta, rich risottos and slow-cooked meats, all elevated by world-class produce. Signature dishes include tajarin, delicate egg pasta often served with butter and shaved white truffle, and agnolotti del plin, small hand-pinched pasta filled with meat or vegetables.

Meat dishes such as brasato al Barolo, a beef slowly braised in the region's most famous wine, reflect Piedmont's slow-food heritage, while sheep's and cow's milk cheeses like toma and robiola showcase the area's pastoral roots.

For those with a sweet tooth you can look forward to the tastes of the prized Tonda Gentile hazelnuts, found in cakes, pastries and rich chocolate, a nod to the region's long chocolate-making tradition.

All of this is perfectly paired with Piedmont's outstanding wines, from elegant Barolo and Barbaresco to approachable local reds, making every meal an essential part of the journey.

## Accommodation

On this trip you can look forward to staying in comfortable 3-star and 4-star family run hotels in the towns and welcoming agro-tourismo's and guesthouses in the small villages. Each accommodation has been selected for their warm hospitality and provide twin or double en-suite rooms and a typical Italian breakfast during your stay.

It is possible to arrange additional nights' accommodation in Alba before the start of your trip if you wish to enjoy more time exploring the area and experiencing the many wineries in the area. It is also possible to arrange additional nights' accommodation in Cortemilia if you would like a like time to relax and unwind after your week of walking. Please ask our sales team for details.

## Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walk. We ask that you please ensure your main luggage is limited to one piece under 20kg (and no larger than 65 x 40 x 30cm) per person and that your luggage is ready for collection each morning. Any additional pieces will incur an additional cost. Luggage with wheels is preferable for this holiday. You will also need a daypack to carry your daily essentials with you whilst you are walking.

# General Information

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## Passport & Visas

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Severe Allergies

Please inform our KE Sales and Support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

## Currency

The currency for part or all of this holiday is the Euro.

## Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 4 - 6 hours for consecutive days. We suggest that you try to fit in a number of daily walks in hilly countryside before your trip and it's always a good idea to spend some time walking in the footwear you are going to use on this holiday.

## Climate

Piedmont, or more specifically the region around Alba has a moderately continental climate with cold damp winters and hot humid summers, often with snowfall through the winter months. This changeable climate makes for a colourful spring season with comfortable walking temperatures of 15-20 degrees whilst the summer is perfect for those who prefer it a little warmer with average temperatures of 23-26 degrees. Autumn bring the truffle season and temperature returning to 15-20 degrees.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

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## Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank

- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

## Land Only Information

Please note our 'from price' listed is based on 4 persons in twin or double rooms, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

# Why Choose KE

## Why KE?

We have expertly designed this holiday to provide the perfect balance of walking and indulgence, with plenty of time for wine tastings, local cuisine and relaxing in Piedmonts hypnotic charm.

**Please Note** This document was downloaded on 23/12/2025 and the trip is subject to change