NAT HAB
CULTURAL JOURNEYS

Vibrant Traditions & Personal Connections



Italy's Piedmont: The Art of Slow Living

Savor Wine, Truffles & Tradition in Harvest Season

Table of Contents

Trip Overview 3

Itinerary 4

Accommodations 8

What Makes Cultural Journeys Different? 9

Dates, Pricing & Info 11



Trip Details:

Days
7 Days / Sep–Oct

Price
From $8995

Italy's Piedmont: The Art of Slow Living

Savor Wine, Truffles & Tradition in Harvest Season

From the rolling vineyards of Barolo to the hazelnut groves and sheep pastures of the Alta Langa in the shadow of the Alps, the Piedmont region of northwest Italy invites you to embrace the joys of slow living. During the fall harvest season, immerse yourself in the birthplace of the Slow Food movement with artisanal cheesemaking, truffle hunting and wine tastings that celebrate centuries-old traditions. In the exclusive context of our small group, we proceed at an unhurried pace, savoring all the pleasures that await: Stroll through medieval villages, enjoy master classes with culinary experts, and let idyllic rural landscapes inspire your spirit on peaceful country walks. Centered around a freshly renovated 17th-century villa that serves as our private base for exploration, this sensory journey blends the flavors, culture and serene pace of Piedmont for an encounter with the quintessence of Italy.

Trip Highlights

Discover Piedmont's Famous Food and Wine Scene

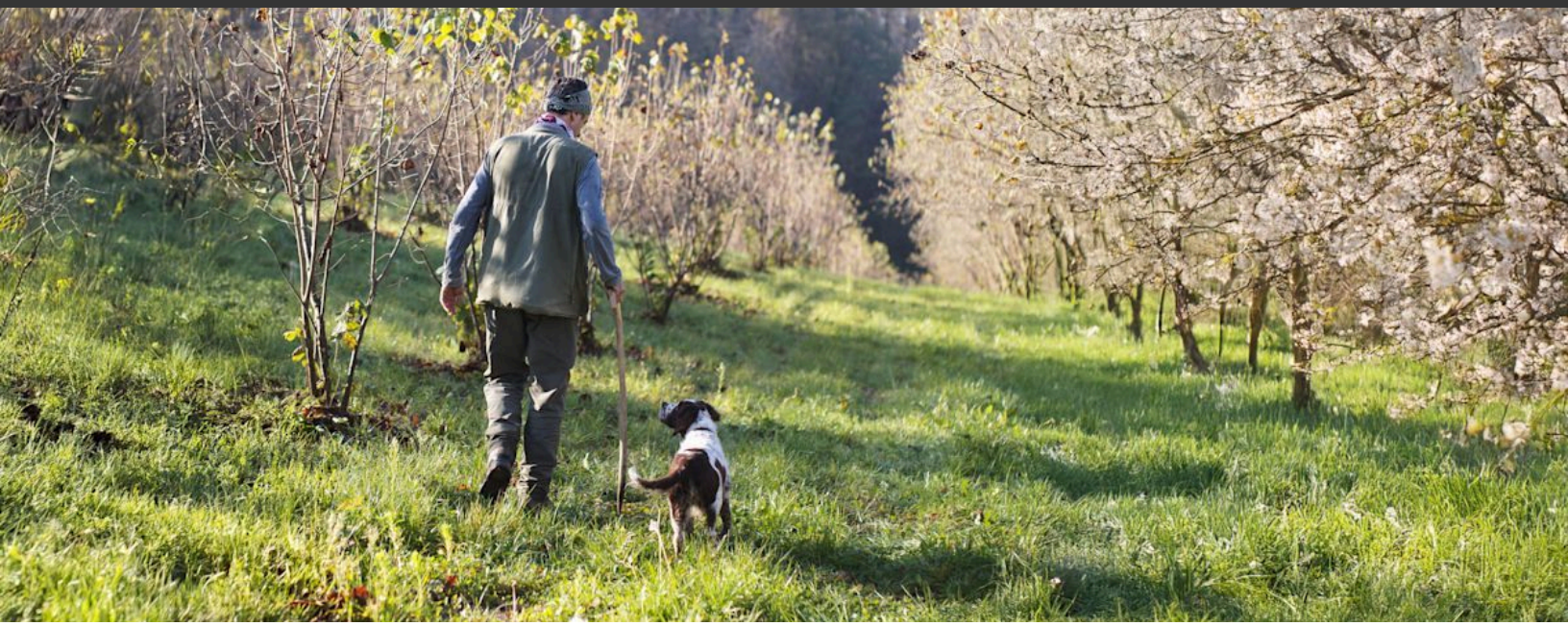
Forage for truffles, cook alongside a Slow Food movement luminary, and taste world-class wines from some of Italy's most celebrated vineyards

Meet Local Agricultural Artisans

Step into the ultra-local food culture of Piedmont for personal visits with cheesemakers, hazelnut farmers, truffle hunters and winemakers

Revel in the Delights of Italy Less Traveled

Far from the crush of Rome and Florence, Piedmont is one of Italy's best-kept secrets, a bucolic region of rolling vineyards, timeless villages and family traditions



Italy's Piedmont: The Art of Slow Living Itinerary

Savor Wine, Truffles & Tradition in Harvest Season

Itinerary at a Glance

Day 1	Turin
Day 2	Alta Langa
Day 3	Alta Langa
Day 4	Dogliani / Barolo
Day 5	Turin
Day 6	Bossolasco / Barbaresco / Alba
Day 7	Milan



Day 1

Turin

Arrive in Piedmont for a week of regional food and wine

- Transfer from Turin to Villa San Lorenzo in the Alta Langa countryside and sip a welcome aperitivo
- Join your Expedition Leader for a farm-to-table Piedmontese dinner at the villa

Meet your Expedition Leader and fellow travelers in Turin for a group transfer to Villa San Lorenzo, about an hour outside the city, where we enjoy a welcome aperitivo as we get settled in. Get an overview of all the culinary adventures that lie ahead as we learn about the local winemakers, chefs, butchers, and farmers whose products you'll taste during the week. Dinner follows at the villa, featuring fresh farm-to-table ingredients as the perfect introduction to the unique local food and wine culture of the Piedmont region.

Ready to Book? Call an Adventure Specialist at 800-543-8917

Day 2

Alta Langa

Hunt for truffles with a local expert and his dog

- Search the forest with truffle hunter Danilo and his dog, Lila
- Taste Alta Langa sparkling wine with local sheep and goat cheeses in a medieval village
- Make pizza from scratch using heirloom grains in the villa's oven

Head into the forest this morning with a local truffle hunter, our friend Danilo, and his dog, Lila, to unearth the secrets of finding these prized fungi, known as "white gold" for their place in regional cuisine. Pursued in this region for centuries by skilled hunters, rare truffles grow underground. Historically, pigs were used to help sniff them out, but dogs became favored for their precision and ease of handling. Festivals celebrate this heritage, blending folklore, community pride and culinary excellence, while preserving an enduring bond between people and nature.

Then, take in the unspoiled beauty of the Alta Langa region as we drive through an ancient landscape of high rolling hills covered in orchards and rows of grapevines, and dotted with tiny towns. Our destination is the medieval village of Albaretto della Torre, marked by its 12th-century tower rising from the parish garden. Here, at the heart of one of Italy's most renowned wine regions, we are immersed in the world of Alta Langa sparkling wine, paired with local sheep and goat cheeses. For lunch, we'll enjoy regional specialties at a tucked-away trattoria.

Return to our villa this afternoon, where we learn to make pizza from scratch, preparing the dough together and discovering how heirloom grains are used to create the fine wheat flour that forms the crust. This evening, gather at the villa for a homemade dinner featuring flavors and specialties of the Piedmont region.

Day 3

Alta Langa

Hazelnuts, Cheese & the Art of Making Risotto

- Meet a local hazelnut farmer to learn how Piedmont's prized Tonda Gentile hazelnuts are grown, then taste them in pastries and chocolates
- Lunch on artisan cheeses at an organic sheep and goat farm in Mombarcaro
- Learn to make risotto with rice sommelier Valentina, paired with local wines

Begin your day with a gourmet breakfast dish, savoring Piedmont's celebrated truffles atop fried eggs. Then head to Cascina Barroero in the Alta Langa to discover another culinary prize, the Tonda Gentile hazelnut. Regarded as the world's finest hazelnut, this variety has been cultivated in Piedmont since ancient times, with many modern-day groves stewarded by family farmers whose heritage extends back generations. We'll get to sample an array of decadent pastries and chocolates made with *Nocciola Piemonte*, the famed hazelnut of this region. Continue to the Romanesque church of Santa Maria before lunch at Pascoli di Amaltea, an organic farm in Mombarcaro. Our hosts raise sheep—the old *pecora di Langa* breed, specifically—and goats for milk and cheese, and our meal features seasonal creations made with their artisan products.

Next, we're off to explore the historic hilltop towns of Serralunga d'Alba and Monforte d'Alba in the heart of Barolo, their rustic stucco buildings with red-tiled roofs surveying the tapestry of vineyards below. Once we return to the villa, learn the art of making risotto with rice sommelier Valentina. Wine pairings enhance the dinner our hands create, with Piedmontese hospitality suffusing every moment of our experience.

Day 4

Dogliani / Barolo

Cook Piedmontese classics with a Slow Food chef

- Browse Dogliani's market stalls filled with cheeses, truffles, honey and seasonal produce
- Sample Giulia Negri's high-altitude Nebbiolo wines at Serradenari in La Morra
- Prepare regional dishes with chef and winemaker Marco Battaglino, paired with his wines

This morning, we're immersed in the sensory delights of Dogliani market, where we enjoy a classic Italian coffee and croissant. Wander with the locals among the more than 80 stalls that line the central piazza and side streets, enjoying the sights and aromas of the market's bounty. Stands heaped with dozens of local cheese varieties, hazelnut cakes, honey, truffles and olive oil neighbor others selling salami, handmade pasta, seasonal fruits and vegetables, and fresh flowers.

Then it's time to discover the nuances of *terroir* on a visit to Serradenari in La Morra. Here, we taste renowned local vintner Giulia Negri's elegant wines, made from the highest-altitude Nebbiolo grapes grown in the Barolo region. Facing the Alps, Serradenari is known for its unique microclimate and varied soils, producing aromatic Nebbiolo wines with fine tannins and bright acidity, and flavors that vary from one hillside to the next. A leisurely lunch at Osteria Veglio offers superb vineyard views, accompanied by celebrated reds.

Back at the villa, more gastronomic discoveries await as guest chef and winemaker Marco Battaglino, a noted name in Italy's Slow Food movement, guides us through a hands-on cooking class of Piedmontese classics, paired with his own Dolcetto and Timorasso wines. In 2025, Italian cooking was officially added to UNESCO's Intangible Cultural Heritage of Humanity list, recognizing it as "a cultural and social blend of culinary traditions…associated with the use of raw materials and artisanal food preparation techniques. It is a communal activity that emphasizes intimacy with food, respect for ingredients, and shared moments around the table…and the transmission of flavors, skills and memories across generations." In our intimate group, we certainly feel those connections with our esteemed teacher, whose warmth and expertise inspire us to pursue more culinary adventures of our own.

Day 5

Turin

Explore Turin through coffee, chocolate and vermouth

- Walk the city's grand piazzas and arcaded avenues with local guide Sandro
- Sip Bicerin, Turin's layered drink of espresso, chocolate and milk, in an Art Nouveau cafe
- Taste vermouth, the fortified wine first created in Turin in 1786

Descend from the rural Alta Langa heights to discover Turin, Piedmont's sophisticated capital on the Po River. With a richly layered history dating back to pre-Roman times, Turin was the first capital of a united Italy from 1861-1865. A royal city and archibishopric for centuries, Turin is replete with many fine palaces and churches. With our local guide Sandro, wander grand piazzas and regal avenues, pausing at one of the city's Art Nouveau cafes to sip Turin's signature *Bicerin*—a velvety blend of espresso, and chocolate ganache with a foamy milk cap. Learn about the city's history and culture as we stroll its elegant arcades lined with boutiques and gelaterias.

Once we're back at Villa San Lorenzo, dinner awaits, followed by a nightcap featuring Turin's famous vermouth. The fortified wine was created in Turin in 1786 by Antonio Benedetto Carpano, a Piedmontese herbalist who soaked botanicals in spirits, then added them to the aromatic Moscato wine—a concoction he called vermouth. The Savoy king, whose royal palace was located across from Carpano's lab, became a fan, and soon vermouth was the preferred aperitivo of the city's residents, gaining worldwide renown.

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Day 6

Bossolasco / Barbaresco / Alba

Taste Barbaresco and explore Alba, home of the white truffle

- Visit Paitin, a family wine estate dating to 1796, for a tasting of Barbaresco Nebbiolo
- Walk through Alba, part of Piedmont's UNESCO vineyard landscape and renowned for white truffles
- Gather with local winemaker friends for a wood-fired farewell dinner at the villa

Begin with a sweet stop at a tiny pasticceria in Bossolasco, known as the "Rose Village" for the fragrant floral displays that line the roadsides of this small hill town. Continue to Barbaresco, Piedmont's other wine appellation (along with larger Barolo) based solely on the Nebbiolo grape. Nebbiolo thrives in the humid conditions of the Piedmont region, and the complex wine made from this robust grape is known for its floral aromatics, high acidity and firm tannins.

At Azienda Agricola Paitin, a family-owned wine estate in Neive that dates to 1796, learn the nuances of Nebbiolo's noble Barbaresco expression. Then enjoy a traditional lunch at Antica Torre, a traditional trattoria located next to Barbaresco's ancient tower. The intimate restaurant's signature dishes are its handmade tajarin, a Piedmontese type of tagliatelle, and insalata russa, a classic Italian vegetable salad.

Continue to Alba, one of the main towns within the Vineyard Landscape of Piedmont, a UNESCO World Heritage Site inscribed as a "cultural landscape," reflecting the combined interaction of humans and nature. Alba is world-renowned for its white truffles—Italy's most valuable variety. You may wish to explore the city's Truffle Museum, celebrating the heritage of this prized gastronomic ingredient, or trace its roots to Roman times on a walk through the historic center. You may catch a whiff of chocolate in the air as you wander: the original Ferrero factory, founded in 1946, is located here, the producer of famous Ferrero Rocher hazelnut chocolates and Nutella spread. Conclude the evening back at the villa with a festive farewell dinner featuring a wood-fired meal, as we are joined by local winemaker friends to toast a fabulous week of culinary adventures.

Day 7

Milan

Depart Piedmont after a final breakfast at the villa

- Transfer to Milan for homeward flights

Enjoy a last taste of Piedmont at breakfast this morning before departing Villa San Lorenzo to transfer to Milan for onward travels. You're sure to take a great deal home with you when it comes to savored memories, newfound culinary inspiration, and a deep appreciation for Piedmont's rich cultural heritage.



Italy's Piedmont: The Art of Slow Living Accommodations

Savor Wine, Truffles & Tradition in Harvest Season



Villa San Lorenzo

Historic character and contemporary luxury converge in this exclusive secluded retreat: a recently restored 17th-century farmhouse surrounded by vineyards, fruit trees and alpine views, featuring chef-prepared gourmet cuisine.

For detailed descriptions, visit nathab.com/cultural-journeys/piedmont-cultural-tour/accommodations.

What Makes Cultural Journeys Different?

Italy's Piedmont: The Art of Slow Living

Discover the Piedmont—a little-touristed region renowned for its food, wine and bucolic landscapes. We offer you a "backstage pass" to all that makes this region so entrancing, as you tap our deep connections and personal relationships with the people who have lived in harmony with nature here for generations. Learn more about the advantages you'll get on this exclusive journey through the delights of Piedmont—possible only in the context of our small group:

1. **Italy Beyond the Obvious**
   In Piedmont, you'll journey beyond familiar Italian icons to discover a land of rolling vineyards, slow food traditions, and authentic village life untouched by mass tourism.

2. **Slow Food Movement at Its Source**
   Experience the birthplace of Slow Food—learn firsthand from Piedmont chefs and farmers committed to preserving culinary heritage and sustainable, flavorful traditions.

3. **Personal Encounters with Local Producers**
   In intimate settings possible only with a small group, meet and learn from Piedmont's passionate winemakers, cheesemongers, bakers and artisan producers, whose individual stories enrich each taste and moment of your trip.

4. **Search for Truffles with a Local Hunter**
   Take part in the cherished Piedmontese tradition of truffle hunting alongside a seasoned local hunter and his faithful canine companion.

5. **Authentically Curated Small-Group Experiences**
   Limited to just 12 travelers, our Piedmont itinerary offers exclusive access to boutique wineries, family-run farms, local kitchens and cooking classes not open to larger tour groups.

6. **Culinary Experiences Deeply Rooted in Place—with UNESCO Recognition**
   Every meal on our Piedmont journey celebrates regional authenticity—from multi-course feasts in rustic trattorias to cooking classes highlighting traditional family recipes. In 2025, UNESCO added Italian cooking to its list of Intangible Cultural Heritage of Humanity, with this acknowledgement: "A cultural and social blend of culinary traditions, the element is associated with the use of raw materials and artisanal food preparation techniques. It is a communal activity that emphasizes intimacy with food, respect for ingredients, and shared moments around the table." And that is exactly what we'll experience with us. Learn the stories behind each bite and sip, and savor dishes crafted from ingredients grown just steps away.

7. **Boutique Luxury Villa Accommodations**
   Stay in a private villa as our home base for the trip—a beautifully restored rural retreat with its own vineyard, garden and fruit trees overlooking the Langa valleys and distant views of the Alps. You'll feel like you're a guest at a private home.

Vibrant Traditions & Personal Connections

8 **Local Leaders with Deep Roots in Italian Culture**

Our journeys in Piedmont are led by Italian Expedition Leaders with deep ties to Piedmont and a passion for sharing its landscapes, traditions and flavors. Through personal insights and heartfelt storytelling, they offer a meaningful connection to the region and its enduring way of life.

9 **Less Traveled Trails and Little-Known Villages**

Far from crowded tourist paths, discover picturesque villages, peaceful piazzas, lively markets and charming cafes favored by locals.

10 **Cultural Connections Through Hands-On Activities**

Immerse yourself in authentic local life through meaningful activities like bread-baking classes, vineyard walks, wine tastings, and cooking alongside renowned regional chefs.

11 **Wine Experiences That Tell a Story**

Discover the rich heritage behind Piedmont's celebrated wines, tasting rare vintages and learning from the families who have crafted them for generations.

12 **Sustainability and Respect for Tradition**

Our Piedmont trips actively support local economies, showcase traditional practices, and promote responsible travel through direct partnerships with small family-owned businesses.

Ready to Book? Call an Adventure Specialist at 800-543-8917



Dates & Pricing Summary:

Price
From $8995

Group Size
Limited to 12 Travelers

Italy's Piedmont: The Art of Slow Living Dates, Pricing & Info

Savor Wine, Truffles & Tradition in Harvest Season

2027 Departures

Departure – Return	Pricing	Notes
Sep 11 - Sep 17, 2027	**$9495**	
Sep 18 - Sep 24, 2027	**$9795**	
Sep 25 - Oct 1, 2027	**$9795**	
Oct 2 - Oct 8, 2027	**$9495**	
Oct 9 - Oct 15, 2027	**$9795**	
Oct 16 - Oct 22, 2027	**$9495**	
Oct 23 - Oct 29, 2027	**$9795**	
Oct 30 - Nov 5, 2027	**$9495**	

2028 Departures

Departure – Return	Pricing	Notes
Prices and dates not confirmed for 2028		
Sep 23 - Sep 29, 2028	**From $9495**	
Sep 30 - Oct 6, 2028	**From $9495**	
Oct 7 - Oct 13, 2028	**From $9495**	
Oct 14 - Oct 20, 2028	**From $9495**	
Oct 21 - Oct 27, 2028	**From $9495**	
Oct 28 - Nov 3, 2028	**From $9495**	

See https://www.nathab.com/cultural-journeys/piedmont-cultural-tour/dates-fees for the latest pricing details.

Included

Accommodations at private villa, all meals throughout itinerary, wine and liquor at the villa, private wine tastings and vineyard tour, airport and train transfers on Day 1 and final day, all transportation within itinerary, some gratuities, services of Nat Hab guides and staff, all other guided activities.

Not Included

Travel to and from the start and end point of your trip, liquor at restaurants, some gratuities, passport and visa fees (if any), optional activities, items of a personal nature (phone calls, laundry, etc.), airline baggage fees, airport and departure taxes (if any), required medical evacuation insurance, optional travel protection insurance.

Important Information About This Trip

This journey through Piedmont goes far beyond the typical cultural. Designed for discerning travelers who seek a deeper level of immersion into the tastes and traditions of Italy, it offers an intimate look at a region often overlooked by surface-level tourists. From our base in hills of the world-renowned Langhe wine region, we explore timeless villages, family-run vineyards, and the homes of artisans and producers who have shaped the region's culinary traditions for generations.

Rather than rushing between tourist highlights, this itinerary invites you to slow down and savor—whether you're truffle hunting with locals, cooking alongside Slow Food advocates, or sharing meals with winemakers in their homes. Each experience is made possible through our personal relationships with the people who call this region home, offering you a deeper understanding of Piedmont's rich cultural heritage.

Given ample notice, our team can accommodate most dietary needs and restrictions.

Getting There & Getting Home

We recommend arriving in Turin the night before Day 1 so you can rest from your travels and begin the trip refreshed. Guests arriving on Day 1 must reach Turin in time to meet your Expedition Leader and fellow travelers at the group hotel at 2 pm.

You may depart Milan any time after 3 pm on the final day.

Our Natural Habitat Adventures Travel Desk can best assist with your travel reservations, as our staff is familiar with the specific requirements of this program and can help arrange the most efficient itinerary. Please call us at 800-543-8917. While we offer the best available rates to us on airfare and additional nights' accommodations, you may occasionally find special web rates or lower fares online.

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