



TERRA & TU
CULTURAL JOURNEYS
by Nat Hab

Vibrant Traditions & Personal Connections



Italy's Piedmont: The Art of Slow Living

Savor Wine, Truffles & Tradition in Harvest Season



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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

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

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

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



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Itinerary At A Glance

Day 1

Turin / Villa San Lorenzo

Day 2

Truffle Hunting, Alta Langa Wine
& Bread Baking

Day 3

Hazelnuts, Cheese & Piedmontese
Cooking with a Renowned Chef

Day 4

Dogliani Market, Barolo Wine &
the Art of Making Risotto

Day 5

Turin—Discovering History,
Bicerin & Vermouth

Day 6

Bossolasco / Barbaresco / Alba—
Truffle Museum

Day 7

Villa San Lorenzo / Milan / Depart

Italy's Piedmont: The Art of Slow Living Itinerary

Savor Wine, Truffles & Tradition in Harvest Season

Day 1: Turin / Villa San Lorenzo

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.





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Day 2: Truffle Hunting, Alta Langa Wine & Bread Baking

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 bake the local bread, finding out about the heirloom grains used to create the fine wheat flour going into our loaves. Dinner at the villa this evening features a favorite local specialty, *plin in brodo*, made with agnolotti pasta: tiny thumb-sized pouches filled with roasted meats, vegetables and cheeses. The name *plin* comes from the Piedmontese word for “pinch,” referring to the hand-pinching technique used to seal the pasta, while *brodo* means broth, which the pasta is served in.



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Day 3: Hazelnuts, Cheese & Piedmontese Cooking with a Renowned Chef

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.

Back at the villa, more gastronomic discoveries await as guest chef and winemaker Marco Battaglini, 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 4: Dogliani Market, Barolo Wine & the Art of Making Risotto

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.

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.



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Day 5: Turin—Discovering History, Bicerin & Vermouth

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 archbishopric 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.

Day 6: Bossolasco / Barbaresco / Alba—Truffle Museum

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: Villa San Lorenzo / Milan / Depart

Enjoy a last taste of Piedmont at breakfast this morning before departing Villa San Lorenzo to transfer to the airport in Milan. 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.



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Accommodation Details:

Villa San Lorenzo

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

Italy's Piedmont: The Art of Slow Living Accommodations

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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.



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What Makes Terra & Tu Different?

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.



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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.

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.



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Dates & Pricing Summary:

Prices:
From \$8995

Group Size:
Limited to 12
Travelers

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

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2026 Departures

Departure	Return	Notes
Sep 26, 2026	Oct 2, 2026	\$9295 USD
Oct 10, 2026	Oct 16, 2026	\$9295 USD
Oct 17, 2026	Oct 23, 2026	\$9295 USD
Oct 24, 2026	Oct 30, 2026	\$9295 USD

2027 Departures



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Dates & Pricing Summary:

Prices:
From \$\$8995

Group Size:
Limited to 12
Travelers

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

Pricing

See <https://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.



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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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