



Italy – Piedmont to Liguria Hiking Tour (2025)
Individual Self-Guided
8 days/7 nights



A week of hiking par excellence awaits on this unique combination of land and sea. You are greeted in the Langhe, “the” gourmet region of Italy, welcoming you with truffles, cheese and most of all the world famous wine. This stunning region is especially easy to explore along picturesque hiking tours through vineyards and medieval villages situated in an imposing location up on hills. In Liguria’s mountains, along mountain chains with great views you get to enjoy glances onto the snowcapped Maritime Alps, the impressive Monte Rosa massif and soon onto the turquoise blue coastline. Along colourful paths and accompanied by Mediterranean vegetation you arrive at the ‘Flower Riviera’, where you can contemplate your impressive week of hiking in the renowned spa town of San Remo over a glass of wine.



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Itinerary

Day 1: Arrival in Alba

Discover the gourmet town of Alba with its pretty old center and countless bars and restaurants inviting you to sample Piedmontese delicacies.



Day 2: Alba - Monforte 16 km + 600 m – 350 m

An enchanting hike leads you through the vineyards with a fabulous view onto the Langhe region. Via La Morra, renowned for its numerous wine stores, you continue along grape vines of the famous Barolo wine into the 'center of grapes', the world renowned little village of Barolo. Here you take a stroll through the alleyways to the fort and enjoy a glass of this noble wine. Onwards along a forest path into the stunningly beautiful village of Monforte situated on a hilltop.

Day 3: Monforte – Bossolasco/Umgebung 20 km + 700 m – 450 m

Initially you walk on undulating terrain through vineyards, soon however you come across more and more hazelnut groves and reach the picturesque villages of Roddino and Serravalle, where you enjoy a

panoramic view from the so called 'Langhe balcony'. You ascend along the hiking trail to the 'Alta Langa', where the village of roses 'Bossolasco' awaits you with wonderfully fragrant flowers and an impressive location at the top of a mountain chain.



Day 4: Bossolasco/Umgebung – Millesimo 20 km + 450 m – 800 m

You walk along the mountain chain and past grazing herds of sheep towards Murazzano, where the famous cheese is produced. Then across remote farmland and vast cornfields with views onto the snowcapped Maritime Alps you ascend today onto the highest hilltop of the Langhe region. Old stone houses and chapels line your path, on a clear day you can even see the sea! Short transfer into the little town of Millesimo, whose old part of town is considered one of Italy's most beautiful town centers, the 'Borghi piu belli d'Italia'



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Day 5: Millesimo - Bardineto 17 km + 450 m – 800 m

Today you hike your first stage in the region of Liguria. After a short transfer up to the Melogno pass, you continue along the high altitude path 'Alta Via dei Monti Liguri' through endless beech forest. Via a mountain trail you reach the Monte Carmo summit, from this peak the sea seems within one's reach. In the evening you reach the village of Bardineto, situated amidst wooded mountain chains and is particularly renowned for its mushroom specialties.

Day 6: Bardineto - Albenga 15 km + 300 m – 990 m

You can look forward to a fantastic hike along the Ligurian long distance hiking path 'Sentiero Liguria'. Spectacular panoramic views onto mountains, coastline and islands accompany your path, meandering along the mountain ridge towards the sea. The leisurely option leads you into the medieval village of Castelvechio and downhill to Zuccarello, from where you take the bus to Albenga. Today your overnight is located directly at the sea, so enjoy a dip in the waves before you sample a local fish at the beach restaurant.

Day 7: Albenga – San Remo 14 km + 650 m – 650 m

As a finale a coastal hike with great views awaits! Initially you walk along the sea then you ascend to the 'Alta Via Baia del Sole'. A truly amazing hiking path along fragrant Macchia bushes leading you via the peak of the Monte Bignone. Then across terraced fields and fruit groves you descend into the coastal village of Alassio, where you get to experience the flair of Italian ice cream cafes and neat lidos. Spectacular views on the turquoise blue sea at the 'flower riviera' accompany you along your train ride into the famous town of San Remo.



Day 8: Individual departure or extension





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Route



Technical Characteristics:

Tour Profile: Moderate. During the first few stages in the Langhe region you walk on undulating terrain on gravel, forest and dirt paths as well as on stony trails across the mountains, where surefootedness is required during short sections. Along the coast narrow trails await, beautiful hiking paths particularly with great views. With nearly all the hiking tours there are easier options to choose from.

Total Distance: 102 km

Travel Season Saturdays from 29.03. – 11.10.

Season 1: 29.03. – 11.04. | 21.09. – 11.10.

Season 2: 12.04. – 17.05. | 31.08. – 20.09.

Season 3: 18.05. – 30.08.



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Prices per person: *all prices subject to confirmation on booking*

Season 1 Double Occupancy B&B	€989
Season 2 Double Occupancy B&B	€1079
Season 3 Double Occupancy B&B	€1189
Single Room Surcharge	€379
Extra Nights Alba	On request
Extra Nights San Remo Season	On request

Accommodation:

3* hotels, in Alba 4* hotels

Included:

- 7 overnight stays, as indicated, breakfast included
- Luggage transfer
- Transfers according to program
- Wine tasting
- Carefully elaborated route description
- Detailed travel documents 1 per room
- App for navigation GPS data is available
- Service hotline

Not Included:

- Tourist tax, if due, is not included in the price
- Short ride with public transport to Albenga, approx. EUR 7 per person
- Train ride from Alassio to San Remo, approx. EUR 6 per person
- On arrival dates in July and August train journeys to/from San Remo, approx. EUR 15 per person

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