



THE ART OF
LIVING WELL:

Italy 2027

an intimate journey through Piedmont,
Modena, and Tuscany centered around

From Piedmont to Tuscany - savoring Italian life

🕒 Welcome to The Art of Living Well: Italy

From Piedmont to Tuscany—slowly savoring the food, wine, and beauty of Italian life. There is a phrase Italians understand instinctively that many of us spend a lifetime trying to learn: *La dolce vita*. Not a life of excess, but a life of presence. A life where meals are meant to be enjoyed, conversations are allowed to unfold, and beauty is found in everyday moments. The Art of Living Well: Italy was created from that philosophy. This is not a whirlwind tour of Italy. We won't be rushing from landmark to landmark, checking cities off a list, or spending our days standing in long lines. Instead, we'll spend time in places that have captured my heart over years of visiting, cooking, eating, and building friendships. We'll wander village streets, sip wine where it is made, shop in local markets, linger over lunches that stretch into the afternoon, and experience Italy the way Italians do—slowly.



Arrive in Alba and Embrace La Dolce Vita

🕒 Welcome to The Art of Living Well: Italy

From Piedmont to Tuscany—slowly savoring the food, wine, and beauty of Italian life. There is a phrase Italians understand instinctively that many of us spend a lifetime trying to learn: *La dolce vita*. Not a life of excess, but a life of presence. A life where meals are meant to be enjoyed, conversations are allowed to unfold, and beauty is found in everyday moments. The Art of Living Well: Italy was created from that philosophy. This is not a whirlwind tour of Italy. We won't be rushing from landmark to landmark, checking cities off a list, or spending our days standing in long lines. Instead, we'll spend time in places that have captured my heart over years of visiting, cooking, eating, and building friendships. We'll wander village streets, sip wine where it is made, shop in local markets, linger over lunches that stretch into the afternoon, and experience Italy the way Italians do—slowly.

🏠 Hotel Calissano, Alba

Guests will arrive independently in Alba and check into Hotel Calissano, our home for the next four nights. Nestled in the heart of Piedmont, Alba is known for its elegant pace of life, celebrated wines, and deep culinary traditions.

🍷 Welcome Dinner

This evening, we'll gather for our first dinner together—a chance to settle in, meet fellow travelers, and begin embracing the slower rhythm that will define our time together.



Day 2 - Discovering Barolo

Explore Barolo Wineries and Village Lunch

🕒 Discovering Barolo

Today we begin exploring one of Italy's most revered wine regions. Often called 'The King of Wines and the Wine of Kings,' Barolo is produced from the Nebbiolo grape and is known for its remarkable complexity, age-worthiness, and connection to the rolling hills that surround us. We'll visit a winery in the morning and another in the afternoon, learning how tradition, terroir, and family histories shape each bottle.

📷 Morning Winery Visit

We'll visit a winery in the morning, learning how tradition, terroir, and family histories shape each bottle of Barolo.

🍴 Lunch in a Charming Village

Lunch will be enjoyed together in one of the region's charming villages, where local ingredients and time-honored recipes tell the story of Piedmont.

📷 Afternoon Winery Visit

We'll visit another winery in the afternoon to further explore the complexity and tradition of Barolo wines.

🕒 Evening at Leisure in Alba

This evening is yours to enjoy. Wander Alba's cobblestone streets, linger over aperitivo, or discover a cozy trattoria for dinner.

🏠 Hotel Calissano, Alba

Overnight: Hotel Calissano, Alba



Day 3 - Turin

Guided Walking Tour, Market, and Chocolate Tasting in Turin

🕒 Turin Exploration

Today we venture to Turin, one of Italy's most elegant and underrated cities. Often considered the birthplace of Italy's aperitivo tradition, Turin is a city of grand piazzas, historic cafés, chocolate shops, and beautiful architecture. Once home to Italy's royal family, it offers a sophisticated contrast to the vineyard-covered countryside of Piedmont. We'll travel together by private transportation and spend the day exploring the city on foot, so comfortable walking shoes are recommended.

📷 Guided Walking Tour and Market Visit

Highlights include a guided walking tour, a visit to the bustling market, a chocolate tasting, lunch at one of my favorite restaurants, and time for independent exploration.

🕒 Lunch at a Favorite Restaurant

Lunch at one of my favorite restaurants in Turin.

🕒 Independent Exploration

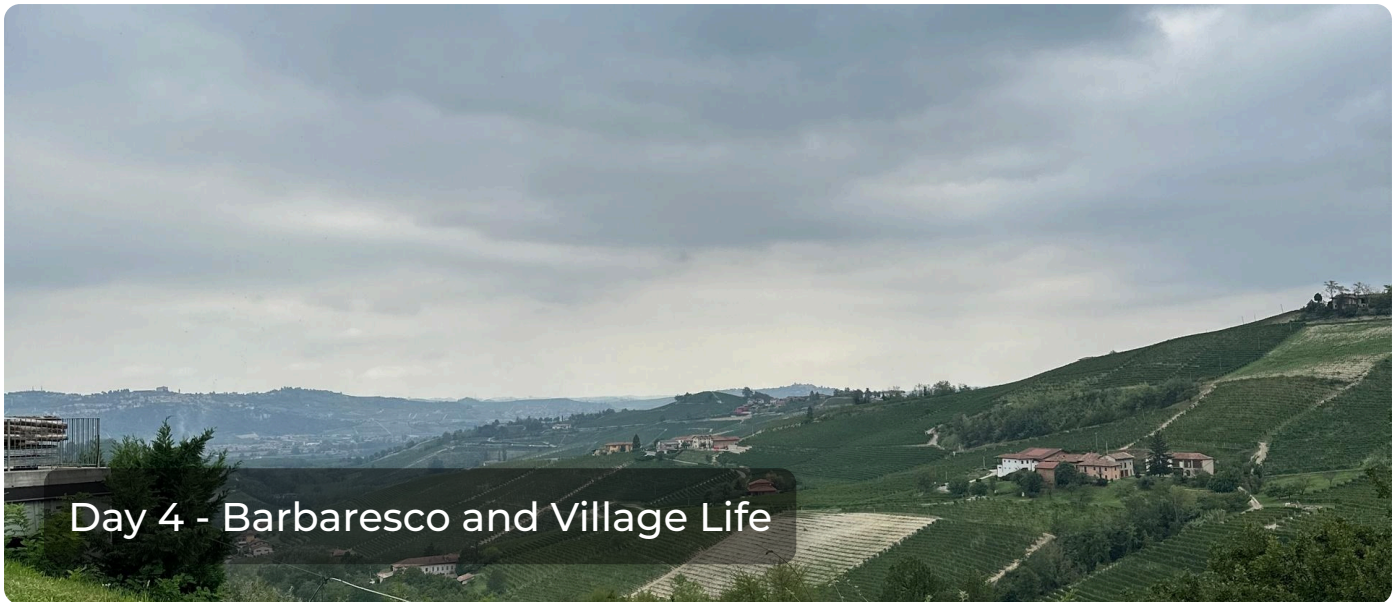
Time for independent exploration in Turin.

🕒 Dinner on Your Own in Alba

Dinner is on your own this evening back in Alba.

🏠 Hotel Calissano, Alba

Overnight: Hotel Calissano, Alba



Day 4 - Barbaresco and Village Life

Explore Barbaresco Wineries and Village Charm

🕒 Barbaresco Exploration

Today we explore Barbaresco, Barolo's elegant cousin. Like Barolo, Barbaresco is made from Nebbiolo grapes, but the wines are often considered slightly softer, more approachable in their youth, and deeply expressive of the region's unique terroir. We'll visit a winery in the morning before spending time in the enchanting village of Barbaresco. Enjoy time to stroll, browse local shops, take photographs, and soak in the beauty of village life before gathering for lunch together. A second winery visit follows in the afternoon. This evening is yours to enjoy one final night in Alba.

📷 Morning Winery Visit

We'll visit a winery in the morning before spending time in the enchanting village of Barbaresco.

🚶 Village Stroll and Exploration

Enjoy time to stroll, browse local shops, take photographs, and soak in the beauty of village life before gathering for lunch together.

🍴 Lunch in Barbaresco

Gather for lunch together in the village of Barbaresco.

📷 Afternoon Winery Visit

A second winery visit follows in the afternoon.

🕒 Evening at Leisure in Alba

This evening is yours to enjoy one final night in Alba.

🏠 Hotel Calissano, Alba

Overnight: Hotel Calissano, Alba



Day 5 - Modena and Tortellante Bistro Experience

Travel to Modena, Lunch at Tortellante Bistro

🕒 Travel to Modena

Today we travel south into Emilia-Romagna, a region often referred to as Italy's culinary heart. Known for Parmigiano Reggiano, traditional balsamic vinegar, handmade pasta, and Lambrusco, this region celebrates the simple luxury of eating and living well.

🏠 Hotel Phi Canalgrande, Modena

We'll check into Hotel Phi Canalgrande in the heart of Modena before gathering for lunch at Tortellante Bistro.

👥 Lunch at Tortellante Bistro

More than a restaurant, Tortellante is a remarkable social project where young adults with autism preserve the traditions of handmade tortellini while building meaningful skills and community.

🕒 Afternoon at Leisure in Modena

The afternoon is yours to wander Modena's beautiful streets, explore local shops, or simply enjoy a leisurely aperitivo in one of the city's many piazzas.

👥 Dinner on Your Own

Dinner is on your own.

🏠 Hotel Phi Canalgrande, Modena

Overnight: Hotel Phi Canalgrande, Modena



Day 6 - Market to Table and Balsamic Vinegar

Cooking Class and Balsamic Vinegar Experience in Modena

📍 Market Visit and Cooking Class with Raffa

We'll meet our instructor, Raffa, at the local market where we'll select ingredients for our cooking class before taking a leisurely walk through Modena's neighborhoods to her home. Together we'll learn the art of making fresh pasta, tortellini filling, brodo, and tagliatelle sauces before sitting down to enjoy the fruits of our labor alongside glasses of local Lambrusco.

📍 Traditional Balsamic Vinegar Experience

In the afternoon, we'll discover one of Modena's greatest treasures: Traditional Balsamic Vinegar of Modena. Unlike commercial balsamic vinegar, traditional balsamic is produced from cooked grape must and aged for many years—sometimes decades—in a series of wooden barrels. Deeply rooted in local culture, it represents patience, craftsmanship, and a devotion to quality that defines this region.

🕒 Afternoon at Leisure in Modena

The remainder of the day is yours to enjoy.

🍴 Dinner on Your Own

Dinner is on your own.

🏠 Hotel Phi Canalgrande, Modena

Overnight: Hotel Phi Canalgrande, Modena



Day 7 - Parmigiano Reggiano, Winery Lunch, and Modena Leisure

Parmigiano Reggiano Dairy, Winery Lunch, and Modena Free Time

Parmigiano Reggiano Dairy Visit

This morning we experience one of Italy's most iconic foods: Parmigiano Reggiano. We'll visit a working dairy to witness the production process and learn why authentic Parmigiano Reggiano can only be produced in a designated region following strict centuries-old regulations.

Winery Lunch and Tasting

Afterward, we'll head to a local winery for lunch and wine tasting before returning to Modena for some free time.

Free Time in Modena

After lunch and wine tasting, return to Modena for some free time.

Group Dinner

This evening we'll gather together for dinner.

Hotel Phi Canalgrande, Modena

Overnight: Hotel Phi Canalgrande, Modena



Day 8 - Welcome to Tuscany and Montalcino Village

Arrive in Montalcino, Explore Village and Toast

🕒 Journey to Tuscany and Montalcino

Today we journey into Tuscany and the beloved village of Montalcino. Perched atop a hill overlooking vineyards and olive groves, Montalcino is the home of Brunello, one of Italy's most celebrated wines. After our arrival and check-in at Vecchia Oliviera, you'll have time to begin exploring what is, for me, one of the most charming villages in all of Italy. Its narrow streets, artisan shops, cafés, and welcoming atmosphere make it feel more like home than a destination. This compact, walkable village can easily be explored on foot.

📍 Welcome Toast at Alessandro's Wine Shop

Before dinner, we'll gather for a welcome toast at my friend Alessandro's wine shop, where we'll be introduced to the history and beauty of Brunello di Montalcino.

🕒 Evening Aperitivo in Montalcino

As evening arrives, don't miss the opportunity to experience aperitivo—a cherished Italian ritual that transforms the hour before dinner into a celebration of conversation, wine, and slowing down.

🍴 Dinner on Your Own

Dinner is on your own.

🏠 Vecchia Oliviera, Montalcino

Overnight: Vecchia Oliviera, Montalcino



Day 9 - Brunello Country and Winery Visits

Boutique Brunello Wineries and Food Pairing

🕒 Brunello Country Exploration

Today is dedicated to the wines that made Montalcino famous. We'll visit a collection of boutique wineries throughout the day, each offering a unique expression of Brunello and the surrounding landscape.

📷 Boutique Winery Visits

We'll visit a collection of boutique wineries throughout the day, each offering a unique expression of Brunello and the surrounding landscape.

🍴 Lunch at a Winery

Lunch will be enjoyed at one of the wineries as part of a food and wine pairing experience.

🕒 Evening at Leisure

Expect breathtaking views, passionate winemakers, and wines that tell the story of this remarkable region. Dinner is on your own.

🏠 Vecchia Oliviera, Montalcino

Overnight: Vecchia Oliviera, Montalcino



Day 10 - Olive Oil and Pienza

Olive Oil Tasting, Pienza Village, and Farm Lunch

📍 Olive Oil Mill Visit and Tasting

This morning we'll visit an olive oil mill where we'll learn how olive oil is produced and, more importantly, how to taste it properly.

📍 Travel to Pienza and Farm Cheese Tasting

From there we'll travel to the beautiful village of Pienza and a working farm for a cheese tasting and leisurely lunch featuring ingredients produced on-site.

🍴 Lunch at Farm in Pienza

Enjoy a leisurely lunch at a working farm in Pienza, featuring ingredients produced on-site.

🕒 Afternoon at Leisure in Pienza

The afternoon is yours to explore Pienza, often considered one of Tuscany's most beautiful villages.

🕒 Evening in Pienza and Val d'Orcia

Perched above the breathtaking Val d'Orcia, a UNESCO World Heritage landscape, Pienza offers stunning views of rolling hills, cypress-lined roads, vineyards, and medieval villages that have come to define the Tuscan dream.

🍴 Dinner on Your Own

Dinner is on your own.

🏠 Vecchia Oliviera, Montalcino

Overnight: Vecchia Oliviera, Montalcino



Day 11 - Cooking in Tuscany

Tuscan Cooking Class, Winery Visit, Farewell Dinner

Tuscan Cooking Class at Locanda Demetra

Our morning begins at Locanda Demetra, a beautiful countryside restaurant where we'll participate in a hands-on Tuscan cooking class before enjoying lunch overlooking Montalcino from their terrace.

Lunch at Locanda Demetra

Enjoy lunch overlooking Montalcino from the terrace at Locanda Demetra after a hands-on Tuscan cooking class.

Afternoon Winery Visit

In the afternoon, we'll visit one final winery—home to one of my favorite wines in Italy and a winemaker whose passion is as memorable as the wines themselves.

Farewell Dinner

This evening we'll celebrate our journey together with a farewell dinner filled with stories, laughter, and a final toast to living well.

Vecchia Oliviera, Montalcino

Overnight: Vecchia Oliviera, Montalcino



Day 12 - Departure from Montalcino

Farewell and Independent Departures from Tuscany

📍 Departure from Montalcino

After breakfast, guests will depart independently for home or continue their Italian adventures. Whether you're heading south to Rome, north to Milan, or spending additional time exploring Florence, we're happy to provide recommendations and transfer information.

Map



1. Hotel Calissano, Alba Via Pola, 8, 12051 Alba CN, Italy
2. Barolo Village 12060 Barolo CN, Italy
3. Barbaresco Village 12050 Barbaresco CN, Italy
4. Turin Turin, Metropolitan City of Turin, Italy
5. Hotel Phi Canalgrande, Modena Corso Canalgrande, 6, 41121 Modena MO, Italy
6. Tortellante Bistro, Modena Via Borelli, 80, 41121 Modena MO, Italy
7. Vecchia Oliviera, Montalcino Via Lapini, 6, 53024 Montalcino SI, Italy
8. Locanda Demetra, Montalcino Podere La Buca, 221, 53024 Montalcino SI, Italy
9. Pienza 53026 Pienza SI, Italy