

# 雅緻的義大利北部

*The fine delicacies  
of Northern Italy*

旅行計劃

2023年十月1日 - 十月11日

Travel plan

1<sup>st</sup> to 11<sup>th</sup> October 2023

品嚐美酒、松露、帕馬森起司、巴薩米克  
醋和艾米里亞醃肉的旅程

A Journey among Great Wines, Truffles  
and Excellent Products



itinera  
travel

## 組織 The Organisation



**Fu-Ju Yang**  
導遊和翻譯  
Guide and interpreter

楊馥如，熱愛旅行的大腦科學家，對吃喝玩樂有獨鍾。著作譯作工作多元，難以定義自己。目前旅居義大利，享受被美食、藝術、音樂、愛與風景包圍的人生。

Fu-Ju Yang, born in Taipei, Taiwan, is writer, university professor, and experienced traveler. After obtaining her Ph.D degree in neurosciences, she lives a life based in Taiwan and Italy, aiming to introduce the 'Bel Paese' to Mandarin Chinese speakers by guiding them to savour Italian gastronomic culture in various tailor-made trips.

## Itinera Bike & Travel 旅遊營運商 Tour operator

Itinera Bike & Travel 是一家義大利入境旅遊運營商，總部位於維羅納，目前已運營超過 15 年。公司旗下有兩個品牌：Itinera Travel，旅遊路線遍布義大利，重點是美食和美酒；Itinera Bike，專門從事自行車旅遊，專門關注義大利東北部。

Itinera Travel 對義大利領土的深入了解使其能夠提出獨特的旅行建議，將參觀知名企業與發現小型葡萄酒和食品生產商相結合，以卓越的品質作為經營宗旨。在各個目的地，Itinera Travel 尋找自然主義和藝術之美以及美食傳統的閃亮之處，讓旅行者放慢腳步，感受當下的濃郁氛圍。

Itinera Bike & Travel is an incoming tour operator, headquartered in Verona, which has been operating for over fifteen years. Itinera consists of two brands: Itinera Travel, with touristic tours throughout Italy focused on food and wine tourism and Itinera Bike, focused on cycle tourism, with a specific attention to the north east of Italy.

The deep knowledge of the Italian territory allows **Itinera Travel** to offer trips that are unique in their kind. These trips mix visits to well-known companies with the discovery of small food and wine producers, that are bended together by excellence and quality. In different destinations, Itinera Travel is looking for natural and artistic beauty and tasteful food and wine traditions to enable travelers to slow down the pace and to grasp the intensity of the present.



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## 旅行計劃 Travel plan

- 第1天 十月1日，星期天  
Day 1 - Sunday, October 1<sup>st</sup>  
歡迎來到義大利和拉比林托-德拉馬索內  
Welcome to Italy  
and the Labirinto della Masone
- 第2天 十月2日，星期一  
Day 2 - Monday, October 2<sup>nd</sup>  
帕爾馬和艾米利亞醃肉  
Parma and cured meats from Emilia
- 第3天 十月3日，星期二  
Day 3 - Tuesday, October 3<sup>th</sup>  
帕馬森起司和巴薩米克醋  
Parmigiano Reggiano  
and Balsamic Vinegar
- 第4天 十月4日，星期三  
Day 4 - Wednesday, October 4<sup>th</sup>  
蒙費拉托的榛果  
The Monferrato Hazelnuts
- 第5天 十月5日，星期四  
Day 5 - Thursday, October 5<sup>th</sup>  
參觀杜林和烹飪課程  
Visit of Turin and cooking class
- 第6天 十月6日，星期五  
Day 6 - Friday, October 6<sup>th</sup>  
巧克力和聖米歇爾教堂  
The chocolate  
and the Sacra di San Michele
- 第7天 十月7日，星期六  
Day 7 - Saturday, October 7<sup>th</sup>  
阿爾巴白松露國際博覽會  
International Alba White Truffle Fair
- 第8天 十月8日，星期天  
Day 8 - Sunday, October 8<sup>th</sup>  
在卡內利品嘗氣泡酒，在星級餐廳享用晚餐  
Sparkling wine in Canelli  
and dinner in a Michelin-starred  
restaurant
- 第9天 十月9日，星期一  
Day 9 - Monday, October 9<sup>th</sup>  
品嘗葡萄酒和松露狩獵  
Wine tasting and Truffle hunting
- 第10天 十月10日，星期二  
Day 10 - Tuesday, October 10<sup>th</sup>  
米蘭：時尚與購物之都  
Milan: the Italian fashion  
and shopping capital
- 第12天 十月11日，星期三  
Day 11 - Wednesday, October 11<sup>th</sup>  
離開米蘭  
Departure from Milan

## Italy



“遊覽富饒的義大利西北部，欣賞藝術名城的風情，在廣闊的耕地和青山之間，中世紀的村莊和城堡依然在那裡矗立。

*A tour of Italy's wealthy northwestern region, among the flavors of great cities of art that alternate with wide cultivated fields and green hills on which medieval villages and castles still stand.*

## North-West of Italy



第1天  
十月1日，星期天  
Day 1  
Sunday, October 1<sup>st</sup>



# 歡迎來到義大利 和拉比林托-德拉馬索內

Welcome to Italy  
and the *Labirinto della Masone*

“  
在拉比林托-德拉馬索內，暢遊在帕爾馬鄉村寧靜深處的宏偉的竹製迷宮，在歡樂和好奇之中迷失自我。  
  
*Let yourself be carried away by the fun and the curiosity in the *Labirinto della Masone*, a great bamboo labyrinth immersed in the silence of the Parma countryside.*  
”

歡迎來到義大利

在米蘭馬爾彭薩機場集合後，我們將搭乘小巴向南前往波河谷的中心地帶。本次行程的第一個目的地是一處獨特的景點：拉比林托-德拉馬索內。

這個地方由出版商、設計師和收藏家佛朗哥·瑪麗亞·里奇 (Franco Maria Ricci) 設計，也是他留給世界的遺產。

這裡是一個多層面的場所：既是出版工作室，又是博物館，收藏著從文藝復興時期到20世紀的數百件藝術品，同時，也可作為臨時展覽空間；所有這些都被一個非凡的星狀竹製迷宮所環繞，這裡是世界上最大的迷宮。

在公園的內部，岔路口和死胡同會讓遊客迷失方向，他們需要選擇正確的道路：就像文藝復興時期的迷宮花園一樣，拉比林托-德拉馬索內讓人們體驗迷失在植物從中的樂趣。

在蜿蜒曲折的迷宮中穿梭之前，我們可以在迷宮餐廳中享用美味的午餐。

下午的最後一段路，小巴會把我們載到鄉間農捨。

在酒店附近的小餐館享用簡餐，然後過夜。

A warm welcome to Italy.

After the meet-up at Milan's Malpensa airport, you will take the shuttle bus for a journey southwards into the heart of the Pianura Padana Valley. The first destination of this trip is a unique attraction: the **Labirinto della Masone**. Created by the publisher, designer and collector Franco Maria Ricci, it is also the heritage he left to the world. It is a multiform place: it is a publishing studio, a museum that hosts hundreds of works of art dating from the Renaissance to the 20th century and a space for temporary exhibitions; all surrounded by an extraordinary bamboo star-shaped labyrinth, the largest in the world.

Inside the park, crossroads and blind alleys disorient the visitor, who is called upon to choose the right way to proceed: as happened in the labyrinth-gardens of the Renaissance, also in the Labyrinth of the Masone the visitor is invited to experience the pleasure of getting lost among the vegetation.

Before wandering through its meanders, lunch is served with tasty dishes prepared in the restaurant of the labyrinth.

In the afternoon, a final ride by minibus takes us to our agriturismo surrounded by the countryside.

Light dinner in a trattoria close by and overnight accommodation.



住宿：

Accommodation:  
**La Razza organic farm  
holiday centre**

Via Monterampino, 3  
42123 Reggio Emilia  
Tel. +39 0522 599342  
[www.larazza.it](http://www.larazza.it)

第2天  
十月2日, 星期一  
Day 2  
Monday, October 2<sup>nd</sup>



## 帕爾馬和艾米里亞醃肉

Parma and cured meats from Emilia

我們即刻開始一場特別的義大利美食美酒之旅。我們搭乘巴士抵達波河沿岸的波萊西內-帕爾門塞。這裡被沖積平原、廣闊的鄉村和白楊樹林環繞，矗立著 **Antica Corte Pallavicina**，它建於14世紀初，由Pallavicino 侯爵家族在原有堡壘的基礎上建造而成，現在是星級廚師Massimo Spigaroli 的領地。組成「宮廷」的各座農捨曾是一片廢墟，經過Massimo和他的兄弟 Luciano 耐心的修復工作，如今已恢復了生機。就這樣，古老的建築變成了驛站，星級餐廳和Culatello 火腿博物館。就連 Pallavicino 侯爵們醃製臘肉的地窖也重新裝滿了culatello火腿，古老的起司熟化室也恢復了其古老的功能，冰庫和監獄也從泥土中重見天日，就連壁畫也恢復了往日的光彩。在半明半暗的燈光下，看著無數掛在天花板上的醃豬肉，我們會陶醉其中。午餐後，我們將在豬肉寺廟品嚐 culatello 火腿和其他醃肉，結束這次體驗。下午，我們將在導遊的帶領下參觀帕爾馬及其美麗的主教座堂和洗禮堂。在帕爾馬市中心用過晚餐後，返回酒店過夜。

Our food and wine journey in Italy begins in a very special way. By bus, you will arrive in the town of Polesine Parmense, which laps the course of the River Po. Here, surrounded by floodplains, wide countryside and poplars rises the **Antica Corte Pallavicina**, built in the early 1400s on a pre-existing fortress by the Marquises Pallavicino, and now the kingdom of Michelin-starred chef Massimo Spigaroli. The several farmhouses that form the Court were reduced to ruins and have been brought back to life after the patiently planned renovation work carried out by Massimo together with his brother Luciano. This is how the ancient building was transformed into a Relais, a starred restaurant and a Culatello Museum. Even the cellars, where the Marchesi of Pallavicino used to age cured meats, have once again been filled with culatello, the old cheese maturing room has regained its ancient function, the icebox and prison have come out of the mud and the frescoes have returned to their former glory. It will be exciting to get lost in the half-light, among the countless rows of culatelli hanging from the ceilings for seasoning. Lunch with a tasting of culatello and other cured meats will conclude the experience in the temple dedicated to the pig. In the afternoon, a guided tour of Parma with its beautiful cathedral and baptistery awaits us. After dinner in the centre of Parma, return to the hotel and overnight stay.



品嚐帕爾馬平原上由 Antica Corte Pallavicina 製作的優質 culatello火腿，生火腿和醃肉。

*Enjoy culatello, raw ham and high quality cured meats, produced at the Antica Corte Pallavicina, in the Parma valley.*



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## 艾米利亞醃肉 Emilian cured meats

艾米利亞醃肉是艾米利亞美食皇冠上的一顆明珠，其產地幾乎全部集中在帕爾馬省。帕瑪火腿無疑是醃肉中的佼佼者。用於製作火腿的豬的部分是後腿，而鹽是唯一的防腐劑。醃製過程中會在冷藏室中進行短暫的休息，然後撒上從豬身上獲得的細脂肪，這種脂肪即為板油。時間和帕爾馬山的山風作用到鹽中。最後兩種成分是完美自然醃製的關鍵，賦予帕瑪火腿甜美的口感。**Culatello** 是另一種在國外鮮為人知的美味。它取自豬臀部較軟的腿根部分，去除了外皮、脂肪和骨頭。這是一種小眾產品，僅在帕爾馬省的 8 個小城市生產。帕瑪火腿和 **culatello** 火腿的品質都由 DOP 認證來保證，該認證控制生產鏈中的所有步驟都符合各聯盟的規定。另一種品質優良、香氣濃郁、口感柔軟細緻的醃肉產品是**費利諾薩拉米 (Salame Felino)**，歷史上產於帕爾馬省的費利諾鎮和一些鄰近市鎮。這種混合物由豬肉製成，其中70%為瘦肉，30%為肥肉。使用中型絞肉機將豬肉絞碎，得到中等粗粒度的肉餡，再加入鹽和全粒花椒。

Emilian cured meats are one of the flagships of Emilian gastronomy, the production area being concentrated almost exclusively in the province of Parma. The main charcuterie product is undoubtedly **Prosciutto crudo di Parma**. The part of the pig that is used to make the ham is the leg and salt is the only preservative. Salting is accompanied by a short resting period in cold rooms and followed by the sprinkling of a valuable fat, known as *sugna*, obtained from the pig. Added to the salt is the action of time and the wind of the Parma hills. These last two ingredients are the key to the perfect natural curing process, which gives Parma Ham its sweetness and flavour. Another excellence, somewhat less known abroad, is **Culatello**. It is made from the softest and most prized part of the pig's buttocks from which the rind, fat and bones are removed. It is a special delicacy produced only in 8 small municipalities in the province of Parma. The quality of both prosciutto and culatello is guaranteed by the PDO certification that controls the compliance of all steps in the production chain with the regulations of each respective consortium. Another cured meat product of great quality, with an intense aroma, softness and delicate taste is **Salame Felino**, historically produced in the town of Felino and some neighbouring municipalities, all in the province of Parma. The mixture is made from pork composed of 70% lean meat and 30% fat parts. It is minced using medium-sized dies, obtaining a medium-coarse-grained mixture, to which salt and whole-grain pepper are added.



## 帕瑪森起司 Parmigiano Reggiano

Parmigiano Reggiano is the most famous cheese in the world; it is one of the most iconic products of Made in Italy agri-food industry. It is typically used grated on pasta and soups, but also in slivers to accompany main courses, or on its own. It is excellent with a few drops of balsamic vinegar. It has a delicate, flavorful aroma, never spicy. It is a semi-fat type with a hard, finely granulated paste. The average form of Parmigiano Reggiano weighs 40 kg. The minimum aging is 12 months but it is around 24 months that it reaches the maturity suitable for expressing its typical characteristics. It can age even longer, up to 36 or 48 months. Parmigiano Reggiano has a very ancient origin but the processing methods have remained unchanged over time. In the morning, after milking, raw cow's milk is poured into typical copper cauldrons in the shape of an inverted bell. Each form of Parmigiano Reggiano requires about 550 liters of milk. The milk is coagulated slowly and in a natural way by the addition of curd and whey rich in natural milk enzymes. The curd is then fragmented by the master cheesemaker into tiny granules using an ancient tool called «spino». This is followed by cooking, which reaches 55 degrees, and after about an hour the cheesemaker extracts the cheese mass and gives birth to twin wheels. Cut into two parts and wrapped in the typical linen cloth, the cheese is placed in a «fascera» that will give it its final shape. After a few days, the wheels are immersed in a saturated solution of water and salt. This last step concludes the production cycle and the maturing period begins.

Parmigiano Reggiano 是全世界最有名的起司，也是義大利頂級食材中最具代表性的產品。一般來說，它磨碎後用於第一主菜——像是麵食、燉飯或湯品，也可以削成薄片與第二主菜一起食用，單獨品味也很棒，尤其配上幾滴巴薩米克陳醋效果最佳。味道香濃，細膩可口，帕瑪森起司的脂肪含量適中，口感上質地堅硬，顆粒卻十分細密。一整顆帕瑪森起司平均重 40 公斤。最短的熟成期為12 個月，但大約需要 24 個月才能達到最佳熟成狀態；更長甚至可達 36 或 48 個月陳放期。帕瑪森起司歷史悠久，但加工方法至今保持不變。早上擠奶後，將生乳倒入傳統大銅鍋中。製作一輪帕瑪森起司大約需要 550 公升牛奶，由於添加富含天然乳酸發酵物的凝乳酶和乳清，牛奶的凝固過程緩慢且自然。過程中，起司職人會使用一種古老工具，將凝乳打碎成小顆粒；接下來用低溫烹煮牛乳，當溫度達到 55 度，大約一小時後，職人會撈出起司塊，並分切兩顆起司。將起司切成兩輪後，放入典型的亞麻布包裹，再壓進模具中，使之成形。幾天後，在模具中的起司會浸入鹽水飽和溶液。走到這個步驟，製作週期結束，熟成期開始。起司產區僅於帕馬森·雷吉亞諾 (Parmigiano Reggiano)，位在帕爾馬省和雷焦艾米利亞省之間及其周邊區域。



第3天  
十月3日，星期二  
Day 3  
Tuesday, October 3<sup>th</sup>



# 帕馬森起司和巴薩米克醋

*Parmigiano Reggiano and Balsamic Vinegar*

“讓嗅覺和味覺引導您探索巴薩米克醋及其不同的陳釀階段。”

*Allow the smell and taste to guide you to discover balsamic vinegar, and its different stages of aging.*”

這一天，我們將品嚐艾米里亞-羅馬涅的另兩大美食珍品：帕馬森起司和巴薩米克醋。我們前往摩德納參觀Caseificio Bio Reggiani。這家農場勇敢地選擇將整個供應鏈轉換為有機食品，為所有人創造一個更健康的未來。從飼養乳牛到種植飼料，再到加工成起司，一切都遵循著大自然的節奏，實現了一整條的零公里供應鏈。這種有機牛奶產品只能貨真價實，並且優質優良。

在牧場，我們可以參觀牛舍、加工車間（這裡的大銅鍋可容納500公升牛奶）和熟化倉庫，倉庫的台階上排列著無數高高的起司柱，給人們留下深刻的印象。接下來，起司製作師將嫺熟地打開一個陳釀好的模子，這是一項需要經驗和技巧的繁重操作。最後就是品嚐帕馬森起司的時間了，其濃鬱的風味將成為令人垂涎的記憶。我們將在摩德納市中心一家典型的小餐館享用午餐，那裡的義大利餛飩和其他艾米里亞特色美食是必點菜餚。下午，我們將前往摩德納市內的喬治歐醋窖（Acetaia di Giorgio）參觀，這家醋窖位於一座19世紀晚期的房屋內，是巴爾別里兄弟的歷史居所，他們傳承了醋窖這一擁有數百年歷史的傳統，其古老的儀式包括蒸煮葡萄汁、珍貴の木桶和滗清法。醋窖的魅力是獨一無二的，參觀並品嚐巴薩米克醋是一次難忘的經歷，因為它散發出濃鬱的香氣，令人回味無窮。與當天主題呼應，晚餐將在有機農場的農家樂享用。返回酒店並過夜。

The day is dedicated to two other gourmet treasures of Emilia Romagna: Parmigiano Reggiano and Balsamic Vinegar. We travel to Modena to visit the **Caseificio Bio Reggiani**. A farm that has made the brave choice to convert the entire supply chain to biological in order to help create a healthier future for all. From raising the cows, to growing the fodder, to processing it into cheese, everything follows the rhythm of nature, an entire supply chain at zero km. The products of this organic milk can only be genuine and of excellent quality. On the farm, we visit the cowshed, the processing workshop with its large copper cauldrons that hold over 500 litres of milk, and the ageing warehouse, which will impress visitors with the countless and very tall pillars of cheeses arranged on the steps. Next, the cheesemaker will skilfully open a well-aged cheese form, a difficult operation that requires experience and skill. Finally it is time for the tasting of **Parmesan cheese**, which with its full flavour will remain a delicious memory. For lunch a typical trattoria in the centre of Modena, where *tortellini in brodo* and other Emilian specialities are a must. In the afternoon you will move to another neighbourhood, still within the city of Modena, for a visit to the **Acetaia di Giorgio**, located in a late 19th-century house, the historic residence of the Barbieri brothers, who have passed down the vinegar cellar, a centuries-old tradition with ancient rituals involving the cooking of musts, precious barrels, and decanting. The charm of a vinegar cellar is unique and the visit with tasting is an unforgettable experience for the intense flavour and enveloping taste of **balsamic vinegar**. Dinner, in theme with the day, is consumed at a biological farmhouse. Return to the hotel and overnight stay.



住宿：  
Accommodation:  
**La Razza organic farm holiday centre**  
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www.larazza.it

## 巴薩米克醋 Balsamic vinegar



製作這種美味可口的產品的秘訣在於耐心。摩德納的巴薩米克醋由葡萄汁釀造而出，這種葡萄汁專門從當地的七個特定葡萄品種中榨取，未經發酵。然後將葡萄汁煮沸。這個過程在葡萄收穫後的9月至10月間進行，用敞開的罐子裡以小火熬煮，直到葡萄汁的濃度降低至少一半。醋的製作採用傳統的醋化法，下一階段是精製。這兩個階段都在珍貴木材製成的木桶中進行，最常用的是橡木、栗木和桑木。最短釀製期為60天，產品稱為摩德納巴薩米克醋。經過60天的提煉後，巴薩米克醋還可以再經過一段時間的陳年。如果這一階段超過三年，則被歸類為「陳釀」。在陳釀過程中，產品從一個較大的木桶轉移到一個越來越小的木桶中。由於蒸發和發酵，每「經過一個木桶」，醋的數量就會自然減少。產品規格規定，12年的陳年時間是確保產品安全、所有特性和「價值」都得到認可的最短時間。DOP認證的巴薩米克醋的生產有非常嚴格的規定，生產區域僅限於摩德納和雷焦-艾米利亞之間，最終產品必須通過品鑒師的品評，獲得聯盟的認可。

The secret to this delicious and sought-after product is patience.

Balsamic vinegar from Modena is made from grape must, an unfermented product obtained by crushing grapes exclusively from local and seven specific grape varieties. The must is then boiled. This is carried out between September and October, after the harvest, in open jars over low heat until the concentration of the must has been reduced by at least half.

The vinegar is processed using the classic acetification method, the next step being the ageing process. Both stages take place inside barrels made of high-quality wood, the most commonly used being oak, chestnut and mulberry. With a minimum ageing period of 60 days, the product is called Balsamic Vinegar of Modena. After 60 days of refinement, the balsamic vinegar can be subjected to a period of ageing. If this phase exceeds three years, it is classified as 'aged'. During ageing, the product is transferred from a larger barrique to a progressively smaller one. Each 'barrel passage' corresponds to a natural decrease in the quantity of vinegar due to evaporation and fermentation. The product specification defines 12 years of ageing as the minimum period to guarantee a safe and recognised product in all its characteristics and 'value'.

Very strict rules regulate the production of PDO balsamic vinegar, the production area is restricted between Modena and Reggio Emilia, the final product must be approved by the Consortium through tasters.



## 義大利麵 The Italian pasta



義大利麵，尤其是義大利直麵 **spaghetti**，是義大利美食的象徵之一。事實上，義大利麵是所有義大利人生活和文化中不可或缺的一部分。雖然多年來義大利麵的生產過程發生了巨大變化，但其加工方法始終是通過將硬質小麥粉和水簡單混合，然後進行加工和乾燥。此外，還有用小麥粉和雞蛋製成的新鮮義大利麵，這種麵在北方尤其受歡迎。義大利直麵 **spaghetti** 是最著名的麵食，也是全國最受歡迎的麵食，但也有許多不同的種類，每個地區都有自己獨特的形狀。義大利麵又分為長麵條和短麵條，根據麵條表面的類型也有不同：光滑的、粗糙的、有條紋的。就艾米利亞-羅馬涅大區而言，其最引以為傲的麵食是雞蛋麵，而且要嚴格手拉而成：義大利餛飩，如：**tortellini**、**agnolini**、**cappelletti** 和 **passatelli** 最好與肉湯一起食用，而 **tagliatelle**、**garganelli**、**cappellacci** 和經典的綠色千層麵則是沒有湯的。雞蛋麵也是皮埃蒙特的典型麵食。皮埃蒙特地區非常常見的是 **agnolotti**，其餡料因地區而異，如阿斯蒂地區的「**alle tre carni**」（三種肉），裡面有三種不同的烤肉。值得一提的還有著名的小牛肉和豬肉餡的 **agnolotti del plin**，「**plin**」是用來封口的小針，通常用黃油、鼠尾草和帕馬森起司調味。**tajarin** 是朗格地區的招牌菜之一，這種細長的麵條因含有大量蛋黃而呈亮黃色，主要用新鮮松露調味。

The Italian pasta, in particular the spaghetti, is one of the symbols of the Italian cuisine. Pasta is in fact a fundamental part of the life and culture of all Italians. Although the manufacturing process has changed enormously over the years, the product is always the same: a simply mixture of durum wheat semolina and water, which is then processed and dried. There is also the variant of fresh pasta, widespread mainly in northern Italy, which is made soft wheat flour and eggs. Spaghetti are most famous and common all over the country, but there are various types of pasta and every region has its characteristic shapes of pasta. The pasta is divided in short and long and differs by type of surface that can be: smooth, rough, striped. Emilia Romagna's greatest pride is its egg pasta, rigorously hand-rolled: **tortellini**, **agnolini**, **cappelletti** and **passatelli** are preferably served with broth; while **tagliatelle**, **garganelli**, **cappellacci** and the classic lasagna with ragù are dry pastas. Egg pasta is also typical in Piedmont. Very popular are **agnolotti**, whose stuffing changes according to the area, such as those 'alle tre carni' (with three meats) from the Asti area, prepared with three different roasts. Worth mentioning are the famous **agnolotti del plin** stuffed with veal and pork, the plin being the pinch that is given to seal the pasta, usually seasoned with butter, sage and parmesan cheese. One of the signature dishes of the Langhe are **tajarin**, long, thin noodles that are bright yellow in colour due to the abundant presence of egg yolks; they are mainly seasoned with fresh truffle.



第4天  
十月4日，星期三  
Day 4  
Wednesday, October 4<sup>th</sup>



參觀種植榛果的農場，了解從種植到加工成美味的最終產品的過程。

Visit a farm that processes hazelnuts, from the cultivation of the nut grove to the delicious final product.



# 蒙費拉托的榛果

The Monferrato Hazelnuts



我們從波河平原來到蒙費拉托地區起伏的丘陵，在這裡，田地、葡萄園和榛子園連綿不絕。

IGP認證的皮埃蒙特榛果是一種名為tonda gentile的圓形品種，在朗格，洛埃洛和蒙費拉托的丘陵地帶擁有最適宜的氣候和土壤，因此，有著悠久的栽培傳統。我們會參觀Corilu公司，這是一家擁有三十多年歷史的企業，多年來一直致力於生產榛果產品，以管理整個供應鏈。

工廠與鄉村生活緊密相連，生產各種優質產品。

除了榛果，還能品嚐到美味的抹醬、餅乾和其他美食。

品嚐完甜美的榛果後，我們將在山間古色古香的客棧享用午餐。

經過最後一段車程，我們抵達位於杜林市歷史中心的酒店。

休息後，步行幾步來到一家不錯的披薩店享用披薩晚餐。

Today you will leave the Po Valley for the rolling hills of Monferrato, where the semi-wild countryside is mixed with vineyards and hazelnut groves.

The **IGP Piedmont hazelnut**, the tonda gentile variety, has a long tradition as it finds the most suitable climatic and soil conditions for cultivation here in the hills of the Langhe, Monferrato and Roero.

Here, you will visit **Corilu**, a company with over thirty years of history, which for several years has taken the further path of producing hazelnut products, so as to manage the entire supply chain. The establishment, located in very close contact with rural life, produces a wide assortment of products of the highest quality. In addition to hazelnuts, delicious hazelnut spreads, biscuits and other delicacies can be enjoyed. After the sweet hazelnut break, you will have lunch at a characteristic restaurant in the hills.

One last transfer awaits you before reaching your hotel in Turin's historic city centre. After resting, we take a stroll for a friendly pizza dinner.



住宿：  
**Accommodation:**  
**Grand Hotel Sitea \*\*\*\*\***  
Via Carlo Alberto, 35  
10123 Torino  
Tel. +39 011 5170171  
[www.grandhotelsitea.it](http://www.grandhotelsitea.it)



第5天  
十月5日，星期四  
Day 5  
Thursday, October 5<sup>th</sup>



## 參觀杜林和烹飪課程

*Visit of Turin and cooking class*



上午，在歷史藝術導遊的陪同下，我們步行遊覽杜林。杜林是一座充滿活力的城市，同時也是一座歷史悠久、魅力四射、優雅迷人的城市，尤其是因為它曾是義大利王國的首都。漫步於一個個美麗的廣場，欣賞宮殿、紀念碑和噴泉，並在優雅的歷史咖啡館小憩片刻。在 19 世紀晚期的紀念性建築中，不得不提到安托內利尖塔。它的穹頂很大，頂端細長，是這座城市的象徵，也是電影博物館的所在地。值得乘坐全景電梯進入建築內部，從高處俯瞰城市美景。杜林也是一個美食之城，是麵包棒和巧克力之都，也是流行傳統的守護者，如歐洲最大的露天市場—Mercato di Porta Palazzo，這裡熱鬧非凡，五彩繽紛。午餐後，是自由活動時間，可以在市內遊覽和購物。下午晚些時候，我們將再次相聚在著名的烹飪學校，一起體驗烹飪課程，廚師們將協助我們製作一些傳統的義大利菜餚。步行返回酒店並過夜。

“漫步在杜林優雅的廣場上，杜林是薩伏依家族統治時期義大利的首都，薩伏依家族在19世紀和20世紀之間統治了杜林近百年之久。

*Stroll through the charming squares of Turin, the capital of Italy during the reign of the Savoy House, which lasted over a hundred years at the end of the 19<sup>th</sup> and beginning of the 20<sup>th</sup> century.*”



In the morning led by a guide you will walk around discovering Turin. A lively city that is at the same time full of history, charm and elegance, including its past as the capital of the Kingdom of Italy. You will walk through beautiful squares, admiring palaces, monuments and fountains with also a few breaks in fine historic cafes. Among the monumental buildings of the late 19th century it is a must to include the Mole Antonelliana. With its large cupola and slender tip, it is a symbol of the city and home to the Cinema Museum. It is worth taking the panoramic elevator inside to enjoy a splendid view of the city from above. Turin is also a city of great tasty food, the capital of breadsticks and chocolate as well as the guardian of popular traditions such as that of the Porta Palazzo Market, Europe's largest open-air, lively and colorful market. After lunch you will have free time for exploring the city on your own and for shopping. In the late afternoon you will join a cooking class at a well-known school of cuisine where the chefs will assist us in the preparation of some traditional Italian dishes. Return on foot to the hotel and overnight stay.

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## 巧克力 Chocolate

透過「義大利製造」的巧克力，我國向世人展示了源自杜林的悠久義大利傳統。時至今日，最大的巧克力生產商仍位於杜林及其周邊地區。

**Gianduiotto** 榛果巧克力是杜林市的巧克力標誌，由 gianduia 巧克力製成。Gianduia，或 gianduja，是一種用可可和榛果製成的巧克力混合物，主要成分是產自朗格的榛果，即皮埃蒙特著名的 Tonda Gentile 品種。

同樣源自杜林的還有 **Cremino** 巧克力，這款巧克力由兩層 gianduia 巧克力組成，裡面填充了含有榛果、咖啡或檸檬的巧克力醬。它由 Ferdinando Baratti 於 19 世紀中期發明，當時 Baratti 與合作夥伴 Edoardo Milano 在杜林開設了一家酒類糖果店，名為 Baratti & Milano。

Cremino 也與杜林的汽車製造商飛雅特有關。1911 年，飛雅特在義大利的巧克力製造商中發起了一場競賽，為新款 Tipo 4 車型的上市設計一款新巧克力。**Cremino FIAT** 現在仍是 Majani 巧克力店的主要糖果產品之一。

為了突顯杜林與巧克力傳統的聯繫，每年 10 月底至 11 月初，杜林都會舉辦 **CioccolaTò** 活動，即在杜林市中心的街道和廣場上舉行的大型活動。

在市內自由漫步時，我們建議您到位於 Galleria Subalpina 中心的 **Caffè Baratti & Milano** 咖啡館品嚐美食，這是一家歷史最悠久、最負盛名的咖啡館。



## 咖啡 Coffee

咖啡原產於中非，是繼石油之後全世界交易量最大的商品。義大利順應這一趨勢，為咖啡的生產和消費做出了貢獻：平均每個義大利人一年要喝 5 到 6 公升咖啡！

16 世紀中期，咖啡帶著它獨特的香味來到義大利。由於與東方的關係，威尼斯將咖啡引進了「美麗的國家」，第一家咖啡店就是在威尼斯開幕。

後來，這種飲料傳到了拿坡里，而正是在這裡，義式咖啡的製作方法得到了發展，它藉鑒並修改了土耳其的製作方法。土耳其咖啡的製作方法是將咖啡粉煮熟，而拿坡里咖啡的製作方法則是將沸水從上方直接淋在咖啡粉上。

但直到 20 世紀末，杜林的一位餐廳老闆發明了第一台咖啡機，並申請了專利，這才誕生了傳統的意大利濃縮咖啡，這一發現徹底改變了世界餐飲業。顧名思義，義大利咖啡就是濃縮咖啡，據說發明義式濃縮咖啡的目的正是為了更快地製作這種飲品，從而縮短在咖啡店的等候時間。

1933 年，Alfonso Bialetti 發明的具有義大利特色的摩卡咖啡壺首次問世。它最初由鋁製成，如今也有鋼製版本。

摩卡咖啡壺非常受歡迎，據估計至今已生產了一億多件。

與義大利濃縮咖啡相關的是卡布奇諾，它是在濃縮咖啡中加入牛奶泡沫製成。據說，卡布奇諾的名字源自於其顏色與卡布奇諾修士的長袍相似。

最後，18 世紀在杜林誕生了 **Bicerin**。它融合了咖啡、黑巧克力和牛奶奶油的味道，可以滿足任何口味。Bicerin 這個名字的意思是「小杯子」，源自於盛裝咖啡的小杯子。

Coffee, originally from Central Africa, is the most traded commodity in the world after petrol. Italy, in line with this trend, contributes to its production and consumption: on average an Italian drinks 5 to 6 litres of coffee in a year! Coffee with its characteristic aroma arrived in Italy in the mid-1600s. It was Venice, thanks to its relations with the East, that introduced it into the Bel Paese, and it was in Venice that the first coffee shops opened. Later, the drink spread to Naples and here the production of Italian-style coffee was perfected, taking a cue from and modifying the Turkish method of preparation. In the latter, the coffee powder is cooked, while in the Neapolitan method, the boiling water is poured over the powder from above. But it was only at the end of the 20th century that the traditional Italian espresso was born, thanks to the discovery of a restaurant owner from Turin who patented the first coffee machine, a discovery that revolutionised the world of catering. By definition, Italian coffee is the espresso one, which is said to have been invented precisely to prepare the drink faster, limiting waiting times in coffee shops. In 1933 the moka, the characteristic Italian-style coffee-making device invented by Alfonso Bialetti, was first produced. Originally made of aluminium, today it is also produced in steel. The moka is a very popular object, so much so that it is estimated that more than 100 million pieces have been produced until today. The cappuccino is associated with Italian espresso coffee, which is made by adding milk foam to espresso coffee. The name is said to derive from the similarity in colour with the clothing of Capuchin monks. At last it was in Turin that the Bicerin was born in the 18th century. Inside this drink, the taste of coffee, dark chocolate and milk cream are blended to satisfy every palate. The name, which means small glass, derives from the small glasses in which it is served.



第6天  
十月6日，星期五  
Day 6  
Friday, October 6<sup>th</sup>



# 巧克力和聖米歇爾教堂

The chocolate and the Sacra di San Michele

從聖彌額爾修道院眺望蘇薩谷的風景，  
這座氣勢恢宏的修道院挑戰物理學原理，  
雄踞皮爾希里亞諾山的山頂。

*Admire the landscape of the Susa Valley  
from Sacra di San Michele, the awesome  
abbey that defies the principles of physics  
and dominates the summit  
of Mount Pirchiriano.*



杜林也被稱為義大利的巧克力之城。  
這個歷史可以追溯到1560年，當時薩伏依國王埃馬努埃萊·菲利貝托為杜林市民送上了一杯熱氣騰騰的巧克力，以慶祝公爵府從香貝里遷至杜林。一見鍾情。  
從此，巧克力成為杜林及週邊地區的特色工藝品，並催生了巧克力大師這一職業。  
然後，我們前往賈韋諾，參觀其中一位非常特別的巧克力製作者 **Guido Castagna** 的工作室。  
從可可豆的挑選到最後的包裝，Guido Castagna 的「自然法則」以尊重自然和人類勞動的道德原則為基礎。  
在工作坊中，他將向我們講述可及其加工過程的故事，我們將能夠直接看到從加工到最終產品的各個階段。  
這不僅是一場視覺饗宴，也將是一場味覺饗宴：我們將品嚐到Gianduiotti巧克力，Giuinotti巧克力，松露巧克力，巧克力板和果仁糖。  
午餐的地點有些特別：餐廳位於一座翻修過的小城堡內，從那裡可以看到山谷中隱約可見的聖米歇爾教堂的輪廓。  
搭乘小巴士到達聖米歇爾修道院附近，然後步行一小段路就能到達。  
這座修道院是宗教信仰的見證，創建之初是一座專門供奉天使長米迦勒的教堂。  
從其起源開始，山頂和高處就被認為是崇拜天使，尤其是米迦勒的最合適地點。  
這座教堂在1000年前建於海拔962公尺的皮爾希里亞諾山頂，後來又建於諾曼第的聖米歇爾山聖地。即使近距離觀察，這座建築仍保留著中世紀的痕跡，顯得雄偉壯觀，這是對它所建造的粗糙岩石山脊的垂直挑戰。  
在杜林自由用晚餐並過夜。

Turin is also known as the Italian city of chocolate. The story of this relationship dates back to 1560 when King Emanuele Filiberto of Savoy served the citizens of Turin a steaming cup of hot chocolate to celebrate the transfer of the ducal capital from Chambéry to Turin. It was love at first sip. From then on, chocolate became a speciality craft that spread in and around Turin and the tradition of master chocolatiers was created. You will therefore move to Giaveno to visit the workshop of **Guido Castagna** one of these very special **chocolate-makers**. From the selection of the cocoa beans to the final packaging, Guido Castagna's natural method is based on the ethical principle of respect for nature and human labour. In his workshop, he will tell you the story of cocoa and its processing, and you will be able to see the various processing stages up to the final product. In addition to a delight for the eyes, it will be a feast for the palate: Gianduiotti, Giuinotti, Tartufi, Tavolette, and Praline will be our delicacies. Lunch is in a somewhat unusual location; the restaurant is inside a small renovated castle from which you can already see the outline of the **Sacra di San Michele** overlooking the valley. After a short transfer by bus you will arrive close to the Sacra, which you will reach with a short walk. The abbey, a witness to religious faith, began as a church dedicated to the worship of Archangel Michael. From its origins, mountain peaks, high places, were considered as the most appropriate sites for the veneration of angels and of Michael in particular. It was built on the summit of Mount Pirchiriano, at an height of 962 m, shortly before the year 1000 and followed by the shrine of Mont-Saint-Michel in Normandy. From a close view, the building also appears impressive in its medieval remains, a vertical challenge to the ruggedness of the rocky spur on which it was built. Free dinner in Turin and overnight stay.



住宿：  
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第7天  
十月七日，星期六  
Day 7  
Saturday, October 7<sup>th</sup>



# 阿爾巴白松露國際博覽會

International Alba White Truffle Fair



“阿爾巴白松露博覽會是一個集文化、地理和美食於一體的國際盛會，讓您沉醉於芬芳和美味之中。  
*Let yourself be inebriated by the scents and savours of the Alba White Truffle Fair, an international meeting of culture, territory and gastronomy.*”

離開杜林，前往朗格山區，沉浸在葡萄和榛果種植的鄉村色彩和秋季氣候中，這裡是適合松露生長的理想土壤。

朗格，洛埃洛和蒙費拉托的葡萄園已被宣佈為聯合國教科文組織世界遺產，因為這裡被認為是葡萄栽培的獨特典範。

上午，包括午餐時間在內，我們將獨立參觀阿爾巴白松露國際博覽會。

市集展覽是一個熱鬧的聚會場所，松露獵人或供應商直接在這裡提供各種類型和規格的松露。

您可以穿梭於各個攤位之間，聆聽一些介紹，同時沉醉在濃鬱的松露香氣中。

在松露攤位的周圍，還有其他的皮埃蒙特食品和葡萄酒攤位，尤其是榛果及其衍生物的攤位。

參觀者在此享受最大的自由度，午餐免費。

下午，我們將前往拉莫拉——一個典型的朗格村莊，在葡萄園中漫步，並參觀色彩繽紛的巴羅洛教堂，該教堂於1999年由藝術家索爾·勒維特和戴維·特穆勒特代表賽拉圖家族重新詮釋，賽拉圖家族是這片土地和多個歷史悠久的朗格酒窖的所有者。

在酒店享用晚餐並過夜。

Leaving Turin for the hills of the Langhe for an insight into the colors and autumn weather of the countryside covered in grapevines and hazelnuts, ideal soil for truffle growth.

The vineyards of Langhe, Roero and Monferrato have been declared a UNESCO World Heritage Site because they are considered a unique and exceptional example of viticultural cultivation.

You will spend the morning, including lunch, by yourself visiting the **International White Truffle of Alba Fair. Alba White Truffle Fair.** The market-exhibition is a sparkling meeting place, a large exhibition of truffles of various types and gauges offered directly by truffle hunters or vendors.

You can wander from table to table, attend a few presentations and at the same time inebriate yourself with the intense aroma of the mushroom.

Outlining the truffle stalls are other stands with products of the Piedmont food and wine industry and in particular those with hazelnuts and their derived products.

To allow as much freedom as possible when visiting the fair, lunch is free.

In the afternoon you will travel to La Morra, a typical village in the Langhe, for a walk through the vineyards with a visit to the colorful **Barolo Chapel** reinterpreted in 1999 by artists Sol LeWitt and David Tremlett on behalf of the Ceretto family, owners of the land and several historic Langhe wineries.

Dinner at the hotel and overnight stay.



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參與行程的體驗者需要穿上適合在森林中行走的鞋子。  
This experience requires the use of shoes suitable for walking in the wood.

## 松露 The truffle



從蘇美爾時代到今天，有許多關於松露的傳說。在過去，松露被認為是魔鬼和女巫的食物，是一種奇怪的動物或泥土的贅生物，但也是神的食物。據說，它誕生於水、熱量和閃電的結合，或來自木星在橡樹附近投下的雷電。人們認為它具有壯陽的功效，同時也是一種神奇而罪惡的食物。無論人們是否相信這些傳說，可以肯定的是，松露已被人們談論了數千年！

這種菌類極為罕見，因此價格昂貴，每公斤的價格高達數千歐元。它生長在地下，與橡樹、柳樹、菩提樹和墨栗共生。

香味細膩宜人，從不過於濃烈。松露的味道非常特別，與眾不同且精緻細膩，每個人在品嚐松露時都會有不同的感受，這也正是松露成為特殊食物的原因。據說松露具有「鮮味」，這種味道超越了我們習慣的鹹、甜、苦、酸等味道。

There are many legends about truffles, from Sumerian times till our days. In the past it was considered the food of the devil and witches, a strange animal or soil excrescence, but also the food of the gods. It was supposedly born from the combination of water, heat and lightning, or from a thunderbolt thrown by Jupiter near an oak tree. It was believed to have aphrodisiac properties, but also to be a magical and sinful food. Whether one believes these legends or not, it is certain that the truffle has been talked about for millennia! It is an extremely rare mushroom to find and therefore very expensive, it can even reach thousands of euros per kilo. It grows underground in symbiosis with oaks, willows, limes and poppies. Its aroma is delicate and pleasant and never too intense. The flavor is very distinctive, unusual and refined, and each person feels different sensations when tasting truffles, and this is what makes truffles such a special food. Truffles are said to be umami, a taste that goes beyond what we are used to qualifying: salty, sweet, bitter and sour.



## 葡萄酒 Wine

葡萄酒由葡萄釀造而成，在義大利，葡萄酒是僅次於橄欖油的古老食品，是國家文化和歷史的一部分。葡萄種植遍布全國各地，擁有悠久的傳統。

每個地區都有自己栽培的品種，在義大利有600多個本土葡萄品種、500個受法律監管的地區和2000多種葡萄酒。因此，葡萄酒的世界是迷人而廣闊的，其風格、風味和香氣各不相同，使這種飲品獨一無二。

特別是在朗格地區，我們可以找到最著名的葡萄酒：

巴羅洛、內比奧盧、多契圖、巴比拉、赤霞珠、梅洛、夏多內等。

至於巴羅洛，它似乎是薩伏依王室最愛的葡萄酒，他們將其視為自己的驕傲和喜悅，以至於在全歐洲的宮廷中都能見到它的身影。

朗格，洛埃洛和蒙費拉托葡萄酒產區，尤其是卡內利（蒙費拉托阿斯提加諾）產區的另一特產是義大利氣泡酒，這種酒是卡洛·甘西亞在19世紀下半葉發明的。

成千上萬瓶優質葡萄酒在卡內利歷史悠久的酒窖中發酵陳釀，這些酒窖被稱為地下大教堂。

酒窖開鑿在凝灰岩中，深入地下32米，可將溫度保持在12-14之間，這樣葡萄酒就能散發出氣泡酒特有的香氣和風味。

Wine is produced from grapes and in Italy, after oil, it is a very traditional product that is part of the country's culture and history. The cultivation of vines is widespread throughout the country and has ancient traditions. Each area has its own varieties and in Italy there are over 600 indigenous grape species, 500 controlled denomination areas and over 2000 types of wine. The world of wine is therefore fascinating and vast, characterised by a variety of styles, flavours and aromas that make each wine unique. In particular in the Langhe we find among the most famous wines: **Barolo, Nebbiolo, Dolcetto, Barbera, Cabernet Sauvignon, Merlot, Chardonnay** and others. As for Barolo, it seems it was the favourite wine of the reigning house of Savoy, who considered it their pride and joy, so much so that they made it known in courts all over Europe. Another excellence of the Langhe, Roero and Monferrato wine district, in particular of Canelli (Monferrato Astigiano), is the **Italian spumante**, which was invented in the second half of the 19th century by Carlo Gancia. Thousands of bottles of prestigious wine are left to ferment and age in Canelli's historic cellars, called underground cathedrals. They are carved into the tuff, descend 32 metres underground and maintain a constant temperature of 12-14 degrees so that the wines can take on the typical aromas and flavours of sparkling wine.



第8天  
十月8日，星期天  
Day 8  
Sunday, October 8<sup>th</sup>

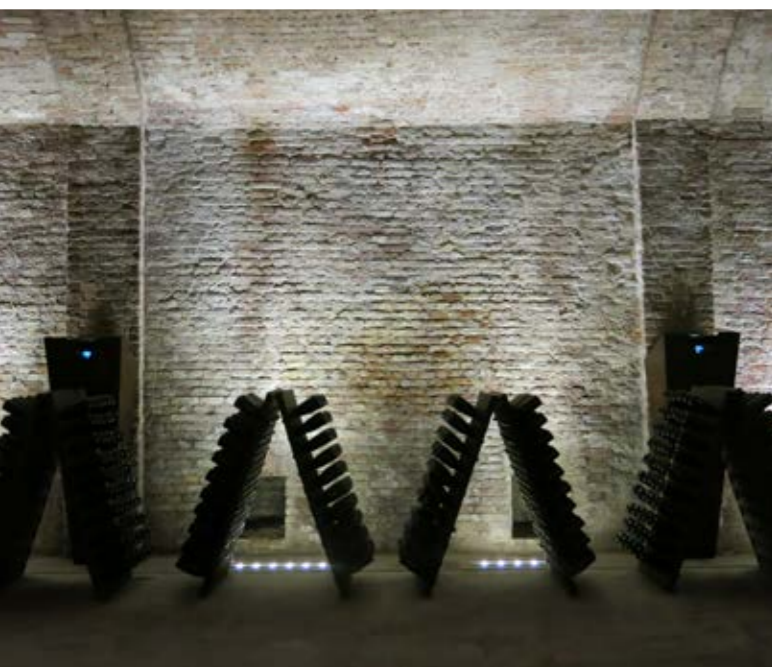


# 在卡內利品嚐氣泡酒， 在星級餐廳享用晚餐

Sparkling wine in Canelli  
and dinner in a Michelin-starred restaurant

前往蒙費拉托阿斯提加諾地區的小鎮卡內利，參觀其獨特的歷史悠久的酒窖，這也是聯合國教科文組織遺產。這些酒窖被稱為地下大教堂，是真正的工程和釀酒建築傑作，暴露在外的磚砌拱頂可追溯到19世紀初。這些酒窖是過去幾個世紀在凝灰岩中開鑿而出的，地下深達32米，橫跨整個卡內利山丘，長達20多公里。我們將參觀 **Bosca** 酒窖，它與 **Gancia** 酒窖都是義大利歷史最悠久的氣泡酒生產商之一。在參觀酒窖的過程中，我們將了解該公司的歷史，它成立於1831年，由同一家族六代經營。我們會在陪同下，沿著過道和大廳，穿梭於柴垛和貯藏室以及Eugenio Guglielminetti的裝置之間；最後，我們將品嚐起泡葡萄酒，以了解經典釀造法與夏馬槽釀造法之間的區別。午餐後，經過短暫的轉車，我們將前往迪亞諾達爾巴，坐在紅寶石色的巨型長椅上，舒展一下雙腿，那是專門向多契圖葡萄酒致敬而打造的。巨型長凳項目--Big Bench Community Project--旨在讓每個人都能欣賞到特別的風景。這些長凳專為放鬆而設計，其寬度足以容納幾位朋友，讓他們共享沉思世界的體驗，彷彿又回到了童年時代。最後，在星級餐廳 **La Madernassa** 享用特別的晚餐，結束一天的行程。開放式廚房，內部格局完全採用義大利的設計和藝術燈光，牆面背景是阿爾卑斯山弧線的阿爾巴、朗格和維佐峰。返回酒店並過夜。

You will move to **Canelli**, a small town in Monferrato Astigiano, a UNESCO heritage site for its extraordinary wineries unique in the world. The historic cellars, which are called underground cathedrals, are true masterpieces of engineering and winemaking architecture, with exposed brick vaults dating back to the early 19th century. They were dug into the calcareous tuff in past centuries and descend as far as 32 meters underground, crossing the entire Canellian hillside for more than 20 km. You will visit the **Bosca Winery**, which together with Gancia is one of the oldest sparkling wine producers in Italy. During the cellar tour you will learn about the history of the Bosca winery, founded in 1831 and run by the same family for six generations. You will be accompanied along aisles and halls, among stacks and pupitres, and installations by Eugenio Guglielminetti; finally you will taste sparkling wines to understand the difference between the classic and Charmat methods. After lunch and a short transfer we will be able to stretch our legs with a walk to Diano d'Alba's giant, ruby-red bench is dedicated to Vino dolcetto. The giant benches project - Big Bench Community Project - is about making special views available to everyone. The benches are made for relaxing, they are wide enough to accommodate multiple friends to share the experience of contemplating the world as if you were a child again. The day ends with a special dinner at the **starred La Madernassa Restaurant**. Open kitchen and all-Italian designed premises and artist lights, with Alba, the Langhe and Mount Monviso dominating the Alpine mountain range in the background. Return to the hotel and overnight stay.



在星級餐廳享用美食的難忘體驗。

Enjoy the special atmosphere  
of a dinner in a Michelin-starred  
restaurant.

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第9天  
十月9日，星期一  
Day 9  
Monday, October 9<sup>th</sup>



# 品嚐葡萄酒和松露狩獵

Wine tasting and Truffle hunting

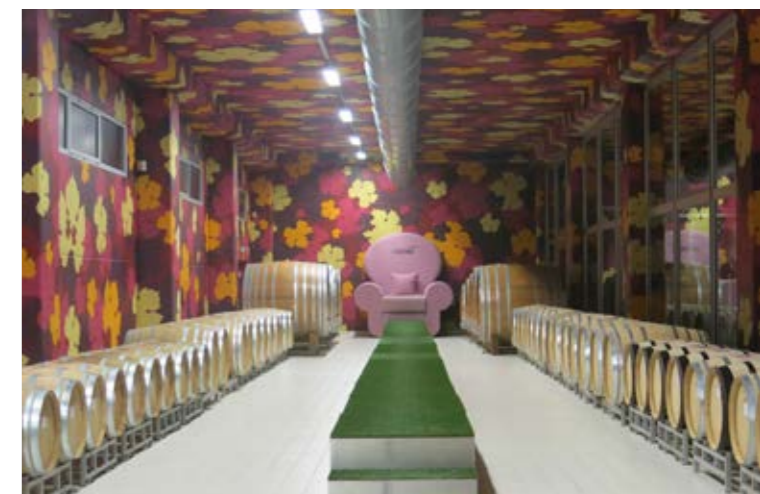


“探索朗格地區優質葡萄酒的細微差別和香氣：巴羅洛、巴貝拉和許多其他葡萄酒，專業侍酒師將在精緻的酒窖中向您講解這些葡萄酒的細微差別和香氣。”

*Discover the shades and aromas of the great Wines of the Langhe: Barolo, Barbera and many others, that will be served to you by expert sommeliers in distinguished wine cellars.*

前往巴羅洛，這是一個位於山上的小村莊，我們要參觀朗格地區人口最多的酒莊。剛到達酒莊，我們就會發現其獨具匠心的建築風格：**Astemia Pentita** 酒莊由兩個酒箱組成，二者疊放在一起，比例失調。其內部裝飾和家具的每個細節也都經過精心研究。本次參觀和品嚐是一次把藝術，設計和葡萄酒互相結合的特殊體驗。Sandra Vezza是這項創意計畫的創始人，她一生嗜酒如命，為了表達對朗格地區的熱愛，她決定嘗試釀酒。午餐在葡萄園環繞的小餐館裡享用，其中包括一盤撒有新鮮松露的tjarin手切細麵。這種蛋麵是朗格地區的特色麵食，最能突顯松露的風味。下午，我們將在松露專家和松露獵犬的陪同下，參加一次令人興奮的松露狩獵活動：在朗格的樹林中尋找這些美味的菌類，秋天，樹林變成了五彩繽紛的調色板。需要穿合適的鞋子。返回酒店，享用晚餐並過夜。

You will move to Barolo, a small village at the top of a hill, to visit the most pop cellar in the Langhe. Arriving it is immediately noticeable for its original architecture; **L'ASTEMIA Pentita** consists of two wine crates, off the scale, one on top of the other. The interior and furnishings are also studied in every detail. The visit and tasting is a special experience between art, design and wine. The founder of this creative project is Sandra Vezza, a lifelong abstemious, who decided to try her hand at wine production to celebrate her love for the Langhe. Lunch is in a trattoria surrounded by vineyards where you can taste, among others, a plate of tjarin with a grating of fresh truffle. This egg pasta, typical of the Langhe, knows how best to bring out the flavor of the truffle. In the afternoon we take part in an exciting truffle hunt accompanied by an expert trifulau and his truffle dogs: the search for these delicious mushrooms takes place in the woods of the Langhe, which turn into a palette of colors in autumn. Appropriate footwear should be brought. Return to the hotel, dinner and overnight stay.



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## 皮埃蒙特起司 Cheeses from Piedmont

皮埃蒙特的濃鬱美食特色與起司息息相關，這些起司既來自高山地區，也來自丘陵或平原地區，既可以作為特殊的食用起司，也可以作為無數湯類、燴飯、玉棋的配料，有時還可以當作麵食的餡料。以下是精選出的最著名和最珍貴的八種起司。

**布拉起司：**自古就有，有Bra Tenero、Bra Duro、Bra d'alpeggio三種類型。

**卡斯特馬諾：**產於卡斯特馬尼奧和格拉納山谷，是一種口感非常濃鬱的半硬質起司。

**Murazzano：**產於 Alta Langa 的幾個市鎮，用綿羊奶製作。

**Raschera：**混合牛奶和半硬質糊狀物。可用於烹飪火鍋。

**羅卡韋拉諾的羅比歐拉 起司：**源自凱爾特，是一種用羊奶製成的軟乳酪。

**Toma piemontese：**半硬質牛奶乳酪，外皮洗淨。適合搭配山村地區的菜餚。

**Saras del fen：**典型的 Val Pellice 地區調味乳清乳酪，口感細膩可口。

**古岡左拉起司，**這當然是義大利最著名的藍紋乳酪，最初產自米蘭省，但現在主要產自諾瓦拉省。



A strong gastronomic identity of Piedmont is linked to its **cheeses**, which come from both the alpine and the more hilly or plain areas, used as exceptional table cheeses or as ingredients in countless soups, risottos, gnocchi and sometimes filled pasta.

Here is a selection of the eight best known and most prized.

**Bra:** produced since ancient times, it can be found in the varieties Bra tenero, Bra duro and Bra d'alpeggio.

**Castelmagno:** produced in Castelmagno and the Grana Valley, a very intense semi-hard cheese.

**Murazzano:** produced in several municipalities of the Alta Langa with sheep's milk.

**Raschera:** mixed milk and semi-hard paste. It is used in cooking for fondues.

**Rabiola di Roccaverano:** of Celtic origin, it is a soft cheese with goat's milk.

**Toma Piemontese:** semi-hard cow's milk cheese with a washed rind. It goes well with mountain dishes.

**Saras del fen:** a seasoned ricotta cheese typical of Val Pellice, with a delicate and tasty flavour.

**Gorgonzola:** certainly the most famous blue-veined cheese in Italy, originally from the province of Milan, but now mainly produced in the province of Novara.



皮埃蒙特是義大利水稻種植面積最大的地區，水稻種植面積佔全國面積的50%。最適合種植稻米的地區是韋爾切利、諾瓦拉和亞歷山德里亞地區。

義大利的稻米種植始於中世紀，但稻米種植的真正突破是在 15 世紀，這要歸功於李奧納多·達文西對水利工程的研究，他使灌溉管理成為可能，並發明了第一批提水設備。事實上，種植水稻需要大量的水來保持恆溫，保護稻穀不受晝夜溫差變化的影響。早春時節，田地會被長期淹沒。20 世紀初至 20 世紀 60 年代，插秧和收割水稻需要大量勞動力。這些人數以萬計，特別是稻田除草女工，她們是季節性的稻田工人，為許多文學作品和電影提供了靈感。隨著殺蟲劑的發明和機械化的興起，除草女工的身影逐漸消失。如今，我們可以參觀農場，這些農場將專門為除草女工而建的大型宿舍作為博物館保留下來，以見證水稻種植的歷史及其演變。因此，燴飯是皮埃蒙特餐桌上不可或缺的傳統菜餚。

## 水稻生產 Rice production

Piedmont is the most rice-growing region in Italy with 50% of the national surface area covered in rice. The areas most suited to cultivation are the Vercelli, Novara and Alessandria countryside. The beginning of rice-growing in Italy took place in the Middle Ages, but the real breakthrough in rice cultivation came in the 15th century, thanks to Leonardo Da Vinci's studies in hydraulic engineering, which made it possible to manage irrigation, producing the first inventions for raising water. In fact, to cultivate rice, a lot of water is needed to keep the temperature constant and protect the rice grain from temperature changes between day and night. The fields are flooded in early spring for long periods. At the beginning of the 20th century and until the 1960s, the work of transplanting and harvesting rice required a lot of labour. These were tens of thousands of people, particularly the mondine, seasonal rice-weeders who inspired so many literary and film productions. The figure of the mondina disappeared with the introduction of pesticides and the rise of mechanisation. Today it is possible to visit some farms that have kept the large dormitories dedicated to the mondine as a museum, to witness the history of cultivation and its evolution.

**Risotto** is therefore a traditional dish that cannot be missing from Piedmontese tables.





第10天  
十月10日，星期二  
Day 10  
Tuesday, October 10<sup>th</sup>



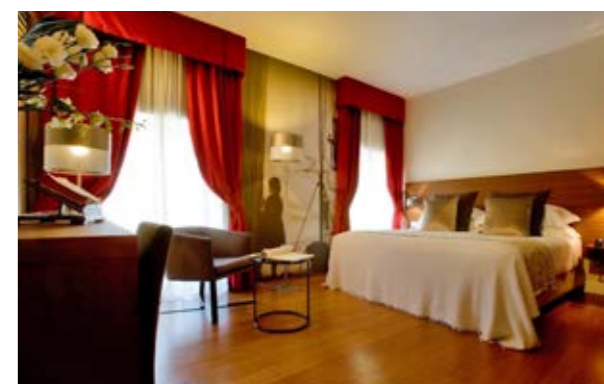
# 米蘭：時尚與購物之都

Milan: the Italian fashion and shopping capital



上午乘車前往米蘭。  
在市中心的餐廳用過午餐（自理）後，就是參觀米蘭的時間了。  
午餐（自理）後自由活動：這裡不乏購物機會，著名的時尚四邊形和文藝復興百貨Rinascente距離大教堂僅一步之遙。  
米蘭是義大利的經濟之都、時尚之都和購物之都，義大利的一切時尚都必須經過米蘭。  
但米蘭同時也是歷史、文化和美食傳統之都。  
步行即可輕鬆遊覽歷史中心。  
漫步在寬闊的人行道上，您可以欣賞到建於15世紀的斯福爾扎城堡，它已成為歐洲最大的城堡之一；優雅的埃馬努埃萊二世拱廊街匯集了最著名的品牌商店；斯卡拉廣場與主教座堂廣場相連，前者俯瞰著著名的斯卡拉劇院，後者則以雄偉的哥德式大教堂外牆為主。  
跟著文史專家參觀主教座並登上全景露台，這是此行的一大亮點。  
旅行的最後一頓晚餐，是道別和告別的時刻。  
返回酒店並過夜。

Transfer to Milan  
Free lunch in the historic center.  
The early afternoon is free: there is no shortage of shopping opportunities, the famous *Quadrilatero della Moda* (Fashion Quadrilateral) and the *Rinascente* shop are near the Duomo. Milan is the business capital of Italy, of fashion and shopping, everything that is trendy in Italy must be passing through Milan. But Milan is also history, culture and culinary traditions. The historic center can be visited comfortably on foot. Strolling through the wide pedestrian avenues you can admire the Castello Sforzesco, built in the 15th century and became one of the largest castles in Europe, the very elegant Galleria Vittorio Emanuele II, which houses stores of the biggest brands and connects Piazza della Scala, overlooked by the famous Alla Scala Theater, with Piazza Duomo, dominated by the majestic Gothic facade of the Duomo.  
In the afternoon meeting for a guided tour of the cathedral and ascent to the panoramic terraces, which will remain one of the highlights of the trip. The last dinner of the trip is an opportunity for goodbyes and farewells.



住宿：  
Accommodation:  
**Hotel Milano Scala \*\*\*\* S**  
Via dell'Orso, 7  
20121 Milano  
Tel. +39 02 87096 1  
[www.hotelmilanoscala.it](http://www.hotelmilanoscala.it)

第12天  
十月11日，星期三  
Day 11  
Wednesday, October 11<sup>th</sup>



## 離開米蘭

### Departure from Milan

最後，我們要告別義大利北部繁華熱鬧的城市米蘭。早餐後，乘車前往米蘭馬爾彭薩機場。行程結束。

Last goodbye to Milan, a busy, bustling northern Italian city. After breakfast, transfer to Milan Malpensa Airport. End of services.

雅緻的義大利北部 | The fine delicacies of Northern Italy  
旅遊服務 | Travel services

#### 行程包含以下服務：

- 藝術專家、飲食作家、義大利文化專家楊馥如教授全程中文導覽。
- 義大利領隊全程隨隊支援（可使用英語溝通）。
- 租用私人小巴，司機全程陪同，提供免費WiFi服務。
- 小巴司機小費。
- 酒店間的行李運送。
- 抵達和離開米蘭機場的接送服務，具體時間待定。
- 在四星級和五星級酒店以及有機農場住宿10晚（含早餐）。\*
- 10天旅館稅。
- 8頓在餐廳或飯館享用的晚餐，包括兩道、三道或四道菜的典型菜餚，含飲料（水和1杯葡萄酒或啤酒）。
- 1頓在星級餐廳（米其林一星）享用的晚餐。
- 8頓在餐館或飯館享用的簡餐，或與試吃相結合，包括飲料。
- 參觀並品嚐生產巴薩米克醋的農莊。
- 參觀生產有機帕馬森起司的農場並品嚐起司。
- 參觀生產醃肉的農場並品嚐醃肉。
- 參觀並品嚐埃蒙特的巧克力工廠。
- 參觀生產榛果及其衍生物的農場並品嚐。
- 參觀生產氣泡酒的酒莊並品嚐氣泡酒。
- 參觀朗格葡萄酒釀造廠並品嚐葡萄酒。
- 與松露獵人和訓練有素的獵犬一起體驗松露狩獵（只有在合適的天氣條件下方可保證進行）。
- 參觀阿爾巴白松露博覽會。
- 參觀拉比林托-德拉馬索內。
- 帕爾馬導覽遊，包括主教座堂。
- 杜林導遊。
- 米蘭主教座堂導遊，包括乘坐電梯參觀教堂頂的露台。

#### 不包含的項目有：

- 國際航班和所有相關稅費。
- 辦理簽證和護照費用。
- 一頓晚餐和兩頓午餐，還有行程規定以外的膳食。
- 旅行保險（強烈建議購買醫療保險和旅行取消保險）。
- 休閒活動和觀光以及所有個人消費。
- 額外服務、小費以及行程中未包含的任何費用。

#### The trip includes the following services:

- Assistance and guide in Chinese with Professor Yang Fu-Yu, food writer and expert in the field of Italian literature.
- Assistance of an authorised Italian tour leader (English-speaking) for the duration of the trip.
- Hire of private minibus with driver for the entire trip (with WIFI service), with pick-up on the day of arrival and pick-up on the day of departure, at Milan airport (at the defined time).
- Tip for the minibus driver.
- Luggage transport from hotel to hotel.
- Transfer for arrival and departure from Milano airport, at the time to be specified.
- 10 Overnight stays with breakfast in four- and five-star hotels and organic agrotourism\*.
- 10 Tourist taxes.
- 8 dinners in restaurants or trattorias with two, three or four courses of typical dishes with drinks included (water and 1 glass of wine or beer).
- 1 dinner in a Michelin-starred restaurant.
- 8 light lunches in restaurants or trattorias or combined with tastings, with drinks included.
- Visit with tasting in an acetia producing balsamic vinegar.
- Visit with tasting at a farm producing organic Parmigiano Reggiano cheese.
- Visit with tasting in a farm producing cold cuts.
- Visit with tasting in a chocolate factory in Piedmont.
- Visit with tasting in a farm producing hazelnuts and their derivatives.
- Visit with tasting in a winery producing Spumante wine.
- Visit with tasting in a winery producing Langhe wine.
- Truffle hunting experience with truffle hunter and trained dog (guaranteed only with suitable weather conditions).
- Visit to the Alba White Truffle Fair.
- Visit to the Labyrinth of the Masone.
- Guided tour of Parma including the Duomo.
- Guided tour of Turin.
- Guided tour of the Duomo of Milan including lift to view from the terraces.

#### Not included:

- International flights and all associated taxes.
- Two lunch, one dinner and other meals not in the tour itinerary.
- Visa and passport fees.
- Travel insurance (medical and trip cancellation insurance is strongly recommended).
- Leisure activities and sightseeing and all personal expenses.
- Items of a personal nature.
- Extra services, tips and anything not included in the programme.

# Arrivederci a presto!

感謝與我們同行!

Thank you for traveling with us!



**itinera**  
travel



@itinerabikeandtravel

在您的 Instagram 圖片上標記我們!

Tag us  
on your Instagram pictures!

## 技術組織

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## Technical organization

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6382 of 13.12.2010  
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