



Join me for an amazing 8 days in the food heart of Italy where we will taste and experience not just real thing but the traditions and history. This is a bespoke small group tour hosted by me (Vicki Ravlich-Horan, editor and owner of Nourish Magazine) with the help of expert local guides.

Day One

We start the evening of the 11th September in Bologna. Bologna is easily accessible by plane as well as fast trains from Rome, Milan and Venice.

After checking in to our hotel, you'll have time to freshen up before we meet for one of the many wonderful dinners over the next weekly.

Day Two

Our first day see's us explore Bologna on foot. The city that has long been synonymous with a passion for taste and gastronomic excellence. Notably, the first "representation" of Mortadella can be traced back to Roman times right here in the city of Bologna!

We'll visit the 'Quadrilatero' where the culinary passion comes truly alive: a labyrinth of narrow streets teeming with people, surrounded by medieval buildings that house artisanal shops, historic stores, and centuries-old taverns. After taking in some of the sights and tastes of Bologna we will end our morning tour at Mercato delle Erbe, Bologna's largest covered market. This is the perfect spot for lunch and for you to continue exploring the city at your own pace.





Day Three

Today we discover the rich flavours of Emilia Romagna, the region known as the Italian Food Valley. Unveiling the secrets of Parmesan cheese, ham and organic wines, you'll gain a deeper appreciation for the region's rich culinary heritage.

We will visit a Parmigiano Reggiano producer to see the different production phases of Parmigiano Reggiano and enjoy a little tasting.

We will then head to Langhirano to visit one of the Parma ham producers and learn about each step of the production. Concluding with a tasting and a glass of wine before heading to lunch.

Lunch is at a local vineyard where we will also enjoy a guided tour to learn more about indigenous and territorial wines.

After lunch you will head to Parma for a stroll and a tour of this beautiful town before returning to our hotel where you have the evening free.

Day Four

Today we head off to visit one of historical Acetaia of Modena and taste some authentic Balsamic Vinegar. We will explore the town of Modena on a 2h walking tour to unveil the main landmarks and taste some specialties like tigelle and gnocco fritto and more.

Lunch is at the 'Old Market' of Modena where you will have a chance to explore the local produce and to have a lovely light tasting lunch.

We will return to Bologna with plenty of time for you to rest and freshen up before we head out for a special dinner, you will be cooking.

Tonight we are learning to cook three traditional recipes of Bologna before we sit down to enjoy them.



Day Five

After four nights in the wonderful Bologna, we are on the move. After checking out of our hotel we will meet our driver who will be taking us to Turin.

On the way we pass through the Hills of Piacenza. Here green hills covered with vineyards and medieval castles sitting gorgeously on their tops, wonderful wines, impressive in diversity and unforgettable tastes: The 'Hills of Piacenza' have centuries-old traditions in winemaking, archaeological excavations uncovered fossilized vine roots dating back 2000 years.

We will stop at one of the local vineyards for a guided tasting of the 4 wines accompanied with typical local products: cold cuts; cheese and more.

Arriving in Turin mid-afternoon we have time to relax a little before we head out to uncover this new city.

Our local guide will take us for a leisurely walk into the historic centre of Turin, a city known for palaces, museums, urban nature, enchanting squares, boulevards, and cafes.

Our walking tour of the city concludes outside the Mole Antonelliana, the most famous building of Turin with a tasting of ice cream or Gianduiotto. Here we will also try and have an in-depth look at the history and processing of Bicerin - a chocolate/coffee/cream concoction famous in Turin)



Day Six

Today we discover the Langhe region still untouched by tourists and famous for its wine, cheese and truffles. A UNESCO World Heritage site (since 2014) for its cultural landscapes and winemaking traditions. Via Jeep we will venture through the vineyards in Serralunga d'Alba.

We will take a leisurely drive in the countryside of Piemonte region, drink in the views of this area of rolling hills covered in vineyards, medieval towns and castles, passing the villages we will meet along the way: Barolo, Alba, La Morra. We will stop at a family-run cellar in Monforte d'Alba, to cook some bread with a private chef and will have lunch in the cellar's with local wine to match.

After lunch you will visit a winery in the Barbaresco or Moscato area with focus on Vermouth along with a visit and tasting at a hazelnut farm.

As we head back to Turin, we will hunt for truffles and have an early dinner at the Trifulau's house.



Day Seven

Today we say arrivederci to Turin and head North to Milan.

Arriving in Milan we will hit the ground running meeting our local guide or our “Virgil guide” through the Paradise of Milanese gastronomy.

First stop, Piazza Duomo to enjoy the impressive Duomo of Milan. Then we will walk through the streets and learn about the history of Milan before heading to the Osteria del Treno, where we will taste some mouthwatering traditional Milanese antipasti paired with a glass of top-shelf wine.

Our second stop will be at Ratanà, where they are famous for their risotto, the luxuriously creamy rice dish made with saffron. And of course, wine will be involved. After a quick delicious surprise stop, and a ride on a historical tram that passes along the imposing Arch of Peace and the elegant boulevards of the Napoleon era, we’ll dock at the former harbour of Milan and stroll along the Naviglio (aka canal) to finally raise a glass at hip Mag Cafè.



Day 8

Milan's brand-new "Mercato Centrale" is a gastronomic dreamland with a flair and style of its own that lures, and captivates, foodies, culinary artists, chefs and gourmets from all over the world. This morning we will have the chance to stroll around the bottegas of the Central Market. This bustling marketplace is a food lover's paradise, offering an abundance of fresh produce, artisanal goods, and regional specialties.

Inspired we will get to work preparing delicious traditional Italian dishes. Once everything is ready, sit down, relax and enjoy the dish you have prepared accompanied by a glass of good wine.

With the afternoon free you can continue to explore Milan at your leisure before we all meet for our final dinner together.

Day 9

Check out.

For those continuing on with us to Sicily we will head to the airport and fly to Palermo





The Details

Cost - \$9995 (pp twin share)
single supplement \$2500

Includes

- 8 nights 4-star accommodation
- All breakfasts
- 5 lunches
- 6 dinners
- City tours of Bologna, Parma, Modena, Turin and Milan
- 2 hands on cooking classes
- 3 winery visits
- Local expert guides
- Kiwi host

The tour starts in Bologna on the 11th September 2025 and concludes in Milan on the 19th of September.

Bologna and Milan both have international airports with connecting flights to various destinations in Europe and are also very well connected with the Italian and European train networks.

If you need, we can arrange an additional night in either Bologna or Milan.

The tour does require an average level of fitness, at least three of the days are spent on our feet walking around the beautiful towns. Any concerns please get in touch to discuss.

20% non-refundable deposit is required to secure your spot.

To book or for further enquiries please email vicki@nourishmagazine.co.nz

