



Tourissimo

ACTIVE TRAVEL IN ITALY

Emilia Romagna Chef Bike Tour

NEW: Emilia Edition
Cycling, Cooking, Tasting the Gastronomical
Capital of Italy



This tour is a companion to our inaugural 2017 Chef Bike Tour in Emilia Romagna. We cover different areas in the same region and visit the production areas for some of Italy's most iconic foods.

fitness



scenery



culture



food / wine



7 days (6 nights)

Dates: June 4 - June 10, 2018



Tourissimo

www.tourissimo.travel
info@tourissimo.travel

Highlights

- 1- Superb meals and the "best Homestyle food" in Italy
- 2- Prosciutto, Parmigiano-Reggiano, Balsamic vinegar and other Italian delicacies
- 3- Santuario San Luca, a hilltop sanctuary overlooking Bologna
- 4- Healing thermal waters in Tabiano Terme and Porretta Terme
- 5- The Appennino Tosco-Emiliano park, a UNESCO biosphere
- 6- Meet local producers who are keeping food traditions alive
- 7- Get up close to iconic race cars at the Ferrari Museum
- 8- Explore Bologna
- 9- Learn why Parma is a UNESCO creative city of gastronomy
- 10- Discover Reggio-Emilia from our guide, tour designer and native, Federica
- 11- ALMA cooking school

Description

In a country renowned for its home cooking, Emilia-Romagna is the region that stands out among Italians for its soul-satisfying home cooking. It is also the birthplace of many foods that lie at the heart of Italian cuisine and that are the most famous outside of Italy: tortellini, prosciutto di Parma, balsamic vinegar, and "The King of Cheeses," Parmigiano-Reggiano, to name a few. Massimo Bottura, a world-renowned chef from Modena, has said that Balsamic vinegar runs through his veins and that his muscles are made of Parmigiano-Reggiano!

We aim to showcase how food is linked to the well being of an area in terms of health, and socio-economically.

For 2018, we have the pleasure to co-host this gastronomic bike tour with Chef Brooke Williamson and Chef Nick Roberts, spouses, chefs and business partners from LA. They ride with us and share their stories, tips and passion for food. They are an exciting new addition to our expanded line of Chef Bike Tours!

At Tourissimo we believe that you cannot explore and understand the gastronomy of a region without considering the region's history, culture, landscape, and climate. But for our Emilia Romagna Chef Bike Tour we want to go further. From spa towns with healing thermal waters to the splendid Apennines, we ride to taste, and we taste to understand. We'll nourish our body and mind and we'll discover the soul of Italy.

The riding is different each day, with a varied landscape that stretches between the Po River and the Apennines. We'll pass small villages that are rich in history and vitality and view several hilltop castles, each with a story to tell. The rides are fully supported and participants can ride just part of the stage. Companions that are non-riders are also welcome.

Optional one night extension to Bologna and the newly opened FICO Eataly World.



heat

min:
63 F
max:
79 F



rain

13%
Probab.



wind

Beppe Salerno Founder



It is a great pleasure to host you on this special edition tour! Our guest chefs and the whole Tourissimo team look forward to riding with you in Emilia Romagna. We started Tourissimo because we pride ourselves on being the experts at what we do, where we do it. People like you look for phenomenal experiences, and to package that into a week-long vacation requires expertise. We know what that should look and feel like, and we know how to create it.

What's Included

- Two or more professional tour guides throughout the program
- Accommodations in 4 star hotels and one 3 star hotel
- All breakfasts, all lunches, and all dinners
- Wine with meals
- Tastings of wine and local specialties
- Cooking class and dinner at ALMA in Colorno
- Entrance to thermal spas
- Ferrari museum entrance
- Logistical support during the tour and luggage transfer
- Shuttle at the beginning and at the end of the tour
- Commemorative cycling jersey and chef apron
- All activities mentioned in the day-by-day description

What's Not Included

- Airfare
- Pre-tour hotel stays and post-tour hotel stays
- Personal expenses such as laundry and cell phone
- Guide gratuity
- Optional tour extension



The Tourissimo Experience

Tourissimo is about meaningful, authentic experiences that are also educational, yet fun! In designing this tour, we put a strong emphasis on local productions, Slow Food, and traditional dishes. The learning, hands-on experience is at the center of this “foodie” program. Beppe and his guides know how to deliver unique moments that enrich a vacation and yourself.

Ability Level

These rides are designed for people who are active, and willing to tackle some daily challenges.

Riders can ride less or more, and take advantage of the support vehicle to skip a climb.

Tourissimo uses a 3-level scale and this tour would be rated Active, or level two. The terrain is moderately hilly and flat for the first three days with one challenging day on day 4. Day 5 is mostly downhill and flat with one climb towards the end. E-bikes available!

Daily Itinerary

After an airport transfer, we arrive at our hotel in Tabiano, a restored medieval castle that was built on the ruins of an old Roman settlement. We'll enjoy a light lunch, make introductions and go over the details of the tour. After lunch there will be a bike fitting and warmup ride over small, rolling hills in the foothills of the Apennine mountains. Spend the afternoon at the hotel's spa, lounging by the pool or just taking in the stunning views.

Dinner is at the hotel in "The Old Dairy" which used to be a cheese factory that produced Parmigiano-Reggiano for over 200 years.



After breakfast, we leave the province of Piacenza and enter the province of Parma. The riding is relaxing on mostly secondary roads and not much climbing. This area is known for its cured meats, including Prosciutto di Parma, and of course for the famous Parmigiano-Reggiano, known as the "King of Cheese." Our lunch in Parma will include these local specialties.

We'll ride to our hotel in Parma and get ready for an exceptional cooking experience at the Alma cooking School, set in the Ducal Palace of Colorno. It's one of the most important culinary schools in Italy that represents the excellence of Italian gastronomy internationally. We'll start with a historical explanation of grain, the origin of pasta and the different pastas and shapes. We'll also have the opportunity to work hands-on with the ingredients to make our own pasta. Our chefs will be involved and along with the local chefs will create a memorable dinner. There's no better place to learn about pasta making than in the region of Emilia Romagna!

Day One

Tabiano

Daily Mileage

20 mls

Type of terrain

Hilly

Meals included

LD

Hotel

Antico Borgo di Tabiano
Castello

Dish of the stage

Torta fritta or spalla cotta

Day Two

Colorno

Daily Mileage

40 mls

Type of terrain

Flat

Meals included

BLD

Hotel

Park Hotel Pacchiosi

Dish of the stage

Prosciutto di Parma

Daily Itinerary

Today we'll ride northeast towards Reggio Emilia, encountering our first climbs of the tour. Hilltops dotted with fortresses and castles surround us and hold stories of fascinating people, such as Matilde di Canossa, a powerful feudal ruler of Tuscany. We'll stop at a Fattoria Rossi, a dairy farm from the 1800's, to learn more about the process of making Parmigiano-Reggiano. The nearby town of Bibbiano is said to be the place where the cheese was created at least 900 years ago.

During our stop we will challenge our chefs to create innovative ways to serve the "King of Cheese." In the Emilian tradition there's not much room for creativity and it's usually served over pasta, as one of the ingredients of the pasta filling and nowadays as an appetizer served in chunks and drizzled with real Balsamic vinegar. We are sure that Brooke and Nick will surprise us with some new ideas!

Dinner will be at Chef Gianni d'Amato's innovative restaurant, Caffè Arti e Mestieri. He launched this restaurant after his Michelin-starred Rigoletto was destroyed in an earthquake in 2012. Our Hotel, Hotel Posta, was founded in 1515 and is in Via Emilia in the historic center of Reggio Emilia.



Today is the day of fast cars and slow food! We'll ride the hills around Modena and Maranello, home of Ferrari, before arriving at the iconic museum where you will have time to admire both the race cars and the historical collection of production cars, as well as learn about Enzo Ferrari and his philosophy around work ethic, car racing, and big dreams.

The last part of the ride is short, but hilly. We'll spend the afternoon at our hotel, which is also an agriturismo and resort with a spa and infinity pool overlooking the Modena hills. They produce their own wine and Balsamic vinegar on-site. We'll sample some of their Lambrusco while touring the Balsamic vinegar aging rooms to learn about the history, tradition and elaborate production process of this unique product. It's slow to make and surely not economical, but no one around here would ever dream of cutting corners when it comes to traditional balsamic vinegar!

At dinner Brooke and Nick will work with the restaurant here at Opera 02 to present you a full menu with dishes prepared with balsamic vinegar.

Day Three
Reggio Emilia

Daily Mileage
35 mls

Type of terrain
Hilly

Meals included
BLD

Hotel
Hotel Posta

Dish of the stage
Parmigiano Reggiano

Day Four
Modena

Daily Mileage
35 mls

Type of terrain
Rolling

Meals included
BLD

Hotel
Opera 02

Dish of the stage
Aceto Balsamico

Daily Itinerary

Today will be a challenging day, riding up towards the Apeninnes of Bologna. We are rewarded with changing scenery and a wealth of natural products.

The day starts in the production area of ciliege di Vignola (cherries of Vignola). The area started specializing in cherries around 200 years ago and the locals say that cherry season (May-July) represents the coming of summer. The cherries are sweet and thirst-quenching. They are packed with vitamin C, and studies have shown that they can improve one's mood and blood circulation. You can test that out for yourself by sampling the cherries during our regroupings!

As we climb towards Porretta Terme we leave the cherries behind and instead find more oak trees, and mostly chestnut forests. In June the smell in the air of chestnut trees blooming is so sweet, and we'll be accompanied by this enchanting scent for most of the way up. Though not as well-known as other products from the area, we want to pay homage to the chestnuts which for generations (especially during times of famine and war) provided the base for healthy food for the families of this area.



No need to rush this morning: you are free to enjoy the spa, take part in a yoga session (offered by one of Tourissimo's founders and RYT-500 yoga instructor, Heather Dowd) or go for a hike. After a light lunch at the hotel we'll get on our bikes for the descent into Bologna. This route is popular among cyclists going to the city. Along the way visit Santuario San Luca. This hilltop sanctuary overlooks Bologna is connected to the city walls by the world's longest portico, held aloft by 666 arches, beginning at Piazza di Porta Saragozza.

Bologna is a city known for good living, and is packed with history, art and culture. Take time to explore its many facets after checking in to our centrally-located hotel.

Day Five
Porretta Terme

Daily Mileage
46 mls

Type of terrain
Mountains

Meals included
BLD

Hotel
Hotel Helvetia

Dish of the stage
Tagliatelle ragu' or mushroom

Day Six
Bologna

Daily Mileage
46 or 30 mls

Type of terrain
Mountains

Meals included
BLD

Hotel
Touring

Dish of the day
Tortellini in brodo

Daily Itinerary

After breakfast, unless you are extending your stay, a transfer will be arranged according to your travel plans.



Day Seven
Bologna

Daily Mileage
na

Type of terrain
na

Meals included
B

Contact us for optional extensions to this tour.

Hotels

Day 1 ANTICO BORGO DI TABIANO CASTELLO

The Antico Borgo di Tabiano Castello is inside an ancient settlement with a castle nestled among green hills. The castle itself dates back to the 11th century and was built on the ruins of an old Roman settlement. Rooms are comfortable and modern, and some still maintain a rustic feel. The property has two outdoor pools and two wellness centers. WiFi is available throughout.



Day 2 PARK HOTEL PACCHIOSI

Housed in the former “Reale Clinica Chirurgia” building, the Park hotel Pacchiosi is immersed in a beautiful park in the oldest part of Parma. The rooms are decorated in neo-Renaissance style, with Carrara marble floors and handcrafted furniture made specifically for the hotel. WiFi is available throughout.



Day 3 HOTEL POSTA

Hotel Posta was founded in 1515 and is in Via Emilia in the historic center of Reggio Emilia, overlooking Piazza Grande. It features original frescoes and elegant rooms, each of which is different from the others. WiFi is available throughout.



Day 4 OPERA 02

Farmhouse meets modern luxury at Opera 02. Set among the vineyards in the countryside of Emilia Romagna, this hotel offers spacious suites, each with a balcony that offers stunning views, and an infinity pool. Balsamic vinegar and Lambrusco wine are produced on the estate. There's a wellness center that includes a Turkish bath and sauna. WiFi is available throughout.



Day 5 HOTEL HELVETIA

Located in the heart of the Tosco-Emiliano Appenine National Park, the Hotel Helvetia has been welcoming guests since 1904 and underwent a complete renovation in 2006. , Part hotel, part wellness center, the property features a fully equipped panoramic solarium with whirlpool bath, thermal spa with large swimming containing salso-bromo-iodic water, vascular treatments, natural cave dug into the rock, saunas and hammam, multi sensory showers and relaxation areas. WiFi is available



Day 6 HOTEL TOURING

Located just steps away from Piazza Maggiore, the hotel Touring is a peaceful hideaway in the heart of the city. Run by the Stegani family for over 100 years, the hotel is filled with local charm. There's a rooftop terrace that offers the perfect backdrop for an aperitivo. WiFi is available throughout.



Food and Wine

Nestled between the Alps and the Apennines, Emilia-Romagna owes a great deal to the unique nature of its territory when it comes to explaining its rich culinary tradition, which is often revered as one of the finest in Italy. The Po River, which runs across the whole of the region, marks the boundary between the fertile soil of the Pianura Padana Valley, the agricultural heart of northern Italy, and the gentle curves of the pre-Apennines on the border with Toscana. Following the course of the Po, the east of the region opens widely onto the Adriatic Sea with a low and uniform coastline and shallow waters.

Once marshland, the Pianura Padana is today one of the most fertile areas of the country following a long history of cultivation. Perhaps the first to spot the enormous agricultural potential of the region were the Romans, who made it a key center for the empire's food production. Often dubbed 'the food valley', it is abundant in cereal crops and cattle rearing and home to some of the most renowned food producers in the country.

While institutionally one, from a cultural and gastronomical point of view Emilia-Romagna is in fact two. The sub-region of Emilia, which lies along an ancient Roman trading route, stretches from the western tip of the region with the cities of Piacenza, Parma, Reggio Emilia, Modena, Bologna, and Ferrara dotted around it like jewels in a crown. It is known for its solid, rich and indulgent cuisine, heavily based on pork and animal fats thanks to the Lombard (a Germanic tribe) domination of the region. It is also

equally revered for being naturally effortless in its sophistication, something that the Renaissance court tradition has left as an indelible mark. In the words of Pellegrino Artusi, nineteenth century author of *The Science of Cooking and the Art of Fine Dining*: "When you come across the Cucina Emiliana (Emilia's cuisine), take a bow, because it deserves it."

In the western part of the region, from Bologna to the Adriatic coast, lies Romagna. Here, unlike in Emilia, the Byzantine heritage influenced many aspects of Romagna's culture; it is still evident in the stunning churches and mosaics of the city of Ravenna and in the prominence of terracotta-based cooking methods. Influenced more by the closeness of the sea than by the aristocratic tradition of the courts, Romagna's gastronomic tradition is simpler and closer to the land, but just as varied and deep as its counterpart in Emilia.

Source: https://www.eataly.com/us_en/magazine/culture/food-guide-emilia-romagna/



Arriving and Departing

Airport - Bologna (BLQ)

Other transportation - Private group transfer by Tourissimo from and to the airport.

While as accurate as possible at the time of creation, this program should be considered an approximate indication of the schedule and scope of activities and tour routing, rather than an inflexible schedule.

Very occasionally events that are out of our control mean we have to make some changes, but we'll ensure you still have the best time!

We will do our best to ensure that any change is communicated as soon as possible.

Should our first choice hotels not be available due to special events, limited space, renovation, we will offer alternatives of the same standard or superior, whenever possible.