



Valle d'Aosta



Aosta Valley

Travail bien invionnà l'est meitsà travonnà

It is the most mountainous region of Italy, entirely surrounded by the best known, splendid **peaks of the Alps**: Monte Bianco, the Matterhorn, the Monte Rosa and the Gran Paradiso.

The latter is at the center of a magnificent **National Park**, populated by beautiful specimens of ibex, chamois and eagle.

Numerous **glaciers** feed a rich web of streams.

The small **Alpine lakes**, little jewels set in majestic mountain landscapes, are numerous.





Curiosities & Useful Hints

- ❖ Aosta Valley is the smallest Italian region, surrounded by four of the highest mountains of all Italy and Europe, bordering France and Switzerland
- ❖ Courmayeur, a jewel village of the region is considered one of the most important ski resorts in the world and the cradle of alpinism: here started the first school for mountaineers.
- ❖ Valle d'Aosta street signs are bilingual (French and Italian) and almost all place names and local surnames are French in origin.
- ❖ Aostan cuisine is robust and simple, based essentially on potatoes, polenta, rye bread, and local cheeses, such as Fontina and Tomme de Gressoney
- ❖ 2015 saw the opening of the Skyway Monte Bianco, which has been described as the Eight Wonder of the World.
- ❖ The Aosta valley is lined with castles (more than 100!) , each within view of the next so that messages could be passed via a system of flags.
- ❖ Gran Paradiso National Park (Italy's first national park) was born In 1922, in the former hunting grounds of the House of Savoy
- ❖ Bring a "grolla" home and make it a friendship ritual
- ❖ Aosta is the capital of the region





Aosta Valley in numbers

- ❖ Distances: **Turin Airport** – Aosta city centre approx. 1 hr 20 min
Turin Airport – Courmayeur city centre approx. 1 hr 40 min
- ❖ Largest room number in the region in one property – **254 rooms** in La Thuile
- ❖ Largest conference centre in Aosta Valley – **9 meeting rooms** and **600** people in **La Thuile**
- ❖ Largest room number in Aosta in one property only, chief town in the region – **74 rooms**
- ❖ **Gala Venues** – many historical venues in the area for gala dinner – the largest can accommodate up to 285 people seated
- ❖ **51 meeting rooms** available in the whole region.





What to do in Aosta Valley

- ❖ Experience high altitudes: through multiple cableways available in the Aosta Valley, which are true engineering masterpieces, you can quickly reach altitudes of above 3,000
- ❖ Altitude wine tasting: a balloon flight through the highest mountains in Europe accompanied by a glass of excellent wine
- ❖ Glider flight
- ❖ Visit to the Astronomy Observatory
- ❖ Tour the Aosta Valley Castles
- ❖ Explore Gran Paradiso National Park
- ❖ See the roman ruins in the town of Aosta
- ❖ Eat Fontina Cheese
- ❖ Travel on a horse back to explore the valley
- ❖ Rafting, canoeing, kayaking, canyoning and fishing are among the water sports available in the valley
- ❖ Try your luck at the green table in St Vincent





Regione | **Aosta Valley**

Carbonada

Plate of the traditional cuisine of the area, based on beef cooked in wine and spices. It is the perfect dish for the winter season



difficulty: **easy**



timing: **30 min**



cooking: **45 min**



doses: **4 people**

Ingredients:

1 large onion
Flour
50g butter
400ml red wine
800g beef tenderloin
Pepper
Nutmeg
Cinnamon

Directions:

- Slice the onion thinly and cook it in a pan with the butter at low heat
- Cut the beef in small slices, roll them in the flour and roast them in the above pan.
- Add salt, pepper and spices at taste.
- Cover with the red wine and simmer for 45 minutes. Make sure it does not get dry and eventually add more red wine.
- Dish out and serve with polenta or mashed potatoes.

Recommended wine: Torrette



A stylized map of the Emilia Romagna region in Italy, rendered in a light orange color. The map is composed of horizontal lines of varying lengths, creating a textured, layered effect. It is centered on the page and partially obscured by the text.

Emilia Romagna



Emilia Romagna

U j è ch'magna par campê e chi ch'magna par s-ciupê

The Emilia-Romagna region is found between the **Po River**, the **Adriatic sea** and the **Appennino chain of mountains** that forms Italy's backbone.

Emilia-Romagna is bordered by the Veneto and Lombardy regions to the **north**, Piedmont and Liguria on the **west**, Tuscany directly **south**, and the Marche and San Marino, which is an independent state, on the south **east**.





Curiosities & Useful Hints

- ❖ No other city in the world has as many arcades as Bologna, regional capital, in fact they are more than 38 km long counting only those in the center of town. They are culturally important for the city and are a candidate for World Heritage Site for UNESCO.
- ❖ Palazzo dei Diamanti is one of the most fascinating historical buildings in Ferrara. Thousands of diamond-shaped bulges compose its particular facade, but the name comes from a legend... It is said that Ercole I D'Este has a real diamond there
- ❖ Maybe not everyone knows that on the northern side of the Modena Cathedral there's a circular bas-relief depicting an episode of King Arthur's life. Some inscriptions show the names of the legendary characters
- ❖ In Emilia-Romagna you will find 2 National Parks, 14 Regional parks and 11 regional reserves
- ❖ Giuseppe Verdi, one of the most important geniuses of our culture, comes from here.
- ❖ In Emilia, you have a concentration of the best cars and motor museums... great for car lovers!
- ❖ Bologna has the oldest university in Europe!
- ❖ Main cities: Bologna is the Capital region, other cities are Parma, Ferrara, Modena, Piacenza, Ravenna, Forlì, Reggio Emilia and Rimini





Emilia Romagna in numbers

- ❖ Distances: **Bologna Airport** – Bologna city centre approx. 20 minutes
Rimini Airport – Rimini city centre approx. 15 minutes
Parma Airport – Parma city centre approx. 15 minutes
- ❖ Largest room number in Emilia Romagna in one property – **244 rooms** in Bologna
- ❖ Largest conference centre in Emilia Romagna – **14** meeting rooms and **9800** people in **Bologna Volvo Congress Centre**
- ❖ Largest room number in Bologna in one property only, chief town in Emilia Romagna – **244 rooms**
- ❖ **Gala Venues** – different gala venues available throughout the territory, largest can accommodate upto **300** people
- ❖ **1274** meeting rooms available in the whole region.





What to do in Emilia Romagna

- ❖ Visit of the famous balsamic vinegar factories and tasting
- ❖ Visit of the Parmigiano Reggiano Factory and tasting
- ❖ Tour of the Ferrari, Lamborghini and Ducati museums scattered around the region
- ❖ Bike tours through the porticos of Bologna
- ❖ Gourmet food tours to taste the specialties of the region, so rich of culinary culture
- ❖ Cooking classes with chefs or at a locals homes
- ❖ Vespa Tours
- ❖ Vintage cars and sports car tours in the country side
- ❖ Water sports in Rimini, of all kinds!





Ragù alla bolognese

The Ragù alla Bolognese was born in Bologna, as its name. It is an ancient recipe, made for the Italian Aristocrats of those years. In fact meat was an ingredient that only wealthy families could afford. Now it is one of most cooked dishes in the whole of Italy!



difficulty: **easy**



timing: **20 min**



cooking: **3 hrs**



doses: **4 people**

Ingredients:

500g/17.5oz minced beef
250g/17.5oz minced pork
250g/9 oz tomato puree sauce
50g/1.5 oz each of onion, carrot and parsley
250g/9oz white wine
3l water
1 glass of milk
1 spoon of olive oil
Salt and pepper

Directions:

- Finley chop the peeled onion, carrot and parsley. Pour the oil in a sauce pan and add the chopped veggies and let it cook for 10 min.
- After the 10 min. add the minced beef and pork, let it cook for another 10 min. with a low flame.
- Once the juice of the meat has dried, add the wine and let the alcohol evaporate. At this point add the tomato puree sauce.
- Add 1 of the 3l. of water, a little salt, and let cook for 1 hr. Continue adding the litres of water, 1 every hr.
- 3 hrs of cooking are passed and at this point the ragù is nearly ready, turn off the cooker, add the milk to the ragù, give it a stir.
- Add salt and pepper as you wish
- Enjoy your ragù with fettucine, lasagna... any pasta goes well!

Recommended wine: Romagna Sangiovese



A stylized map of the Friuli Venezia Giulia region, composed of horizontal lines of varying lengths, centered behind the text.

Friuli Venezia Giulia



Friuli-Venezia Giulia

A baste miezore par imparà a fà i siors

This region is situated in Italy's northeast and borders Slovenia and Austria. It overlooks the **Adriatic Sea** (this part of the coast is trimmed with **lagoons** and has long **sandy beaches**) and is surrounded by high mountains, enclosing many different landscapes.

The impressive **Carso plateau** is formed by windswept rocks, and soil erosion has created a series of caves, hollows and resurgences over time.

Friuli-Venezia Giulia looks like a **small universe** with many different traditions, determined by a complex history and by the confluence of different civilizations in this territory.





Curiosities & Useful Hints

- ❖ 4 continents – yes this is correct as in the main square in Trieste (chief town of the region) there is a fountain dedicated to the 4 continents; it was built in 1750 when Oceania was not yet discovered
- ❖ Friulian Grappa is considered the best grappa in Italy
- ❖ If you love regatta and sailing boats, you should not miss the “Barcolana”, an international regatta which takes place in Trieste in October
- ❖ Come in the last week of May and take part to “Cantine Aperte” when many Italian vineyards open up their tasting rooms to the public
- ❖ Ham it up in San Daniele - the hilltop town of San Daniele, in the province of Udine, is world-famous for its prized ham and rivals Parma in the Emilia Romagna
- ❖ The Friuli Venezia Giulia is home to the Guinness Book of World Records holder for the largest tourist cave on Earth, the Grotta del Gigante, dating back to 10 million years ago
- ❖ The Friuli Venezia Giulia is home to seven 18-hole golf courses, many set beautifully amongst the vineyards with panoramas of the snow-capped mountains
- ❖ The world famous Jlly café comes from Trieste where it is still produced.
- ❖ Trieste is the region capital, then there is Gorizia, Pordenone and Udine





Friuli-Venezia Giulia in numbers

- ❖ Distances: **Trieste Airport** – Trieste city centre approx. 40 minutes
Trieste Airport – Gorizia city centre approx. 30 minutes
Trieste Airport – Udine city centre approx. 40 minutes
- ❖ Largest room number in the region in one property – **173 rooms** in Trieste
- ❖ Largest conference centre in Friuli – **7 meeting rooms** and **2000 people** in **Udine**
- ❖ Largest room number in Trieste in one property only, chief town in the region – **173 rooms**
- ❖ **Gala Venues** – Trieste offers the widest selection in terms of gala venues, able to host up to 1000 people in the newly renovated structures by the harbour
- ❖ **137 meeting rooms** available in the whole region.





What to do in Friuli-Venezia Giulia

- ❖ Visit the school of mosaics in Spilimbergo, dating back to 1922
- ❖ Walk in the steps of the Romans in Aquileia, inscribed on the UNESCO World Heritage list
- ❖ Go to San Daniele for a ham tasting
- ❖ Go hiking in the Dolomites in one of the 13 nature reserves located within the Friuli Venezia Giulia region
- ❖ Visit the Castello di Miramare in Trieste, despite its curse!
- ❖ Descend deep into the earth in the Grotta del Gigante, down 500 steps to the cave floor at about 80 meters deep
- ❖ Experience Tarvisio's alpine bob coaster, descending over 1000 meters through the forest
- ❖ Learn to drive a dog sled at the International Mushing Sleddog School in Tarvisio
- ❖ Go tandem paragliding or gliding in Piancavallo; on a clear day, you'll be able to see from the mountains all the way to the sea
- ❖ Marvel the ancient instruments in the Castello di Gorizia





Frico

Cheese and potatoes: what could be better? This simple recipe from Friuli Venezia Giulia is a delicious example of *cucina povera*, a humble cuisine that combines on-hand ingredients in genius ways.



difficulty: **easy**



timing: **20 min**



cooking: **40 min**



doses: **4 people**

Ingredients:

500g potatoes
500g Montasio cheese (or another aged cheese)
200g onions
50g Extra virgin olive oil
Salt and pepper to taste

Directions:

- Thinly slice the onions
- Peel the potatoes and grate them grossly
- Grate the cheese
- Put the oil in the pan and cook the onions gently for a few minutes
- Add the potatoes and cook for 10 minutes
- Add the cheese, salt and pepper and cook at medium heat for 20 minutes, until the cheese is melted
- In a nonstick pan put a little bit of oil, add the cooked compost and cook it over high heat without stirring, like an omelette. As soon as the crust has formed, turn it on the other side
- Transfer the frico to a serving dish, then cut it into portions and "buon appetito"

Recommended wine: Friuli Aquileia Chardonnay





Liguria



Liguria

O vin bevùo a mòddo o fà mëgio chen bròddo

Liguria, facing the **Tyrrhenian Sea**, forms an imposing arc, with the **Gulf of Genoa** in its center. It is a mountainous and hilly region where landscapes of great beauty can be admired. The region is divided in two sections: the **Riviera di Ponente** (to the west), from Ventimiglia to Genoa, and the **Riviera di Levante** (to the east), from Genoa to La Spezia. The terminal strip of the Riviera di Levante is known as “Le Cinque Terre” (the Five Lands) and still today represents a beautiful example of intact landscape.





Curiosities & Useful Hints

- ❖ The historic center of Genoa, capital of the Region, is considered the largest in Europe: it develops in the characteristic alleyways forming a complex labyrinth in which it is not uncommon to get lost
- ❖ The white porridge is the typical farinata of Savona, distinguished from the Genoese as prepared with wheat flour instead of chickpea flour; this ingredient makes the coloring of this dish white, not yellow
- ❖ Get a Chinotto in Savona! Oh yes, because this is the city of the famous citrus fruit and the tasty iconic drink, Made in Italy! In reality the plant, becomes edible following a laborious process that involves a long brine and boiling in sea water
- ❖ Located in Piazza De André, inside the old dock, there is the most equipped Apple museum in the world. The collection includes practically all the production of personal computers, peripherals, accessories and prototypes from the beginning of the company to the present day!
- ❖ In Genoa the street numbers are divided between red for commercial activities and the black for private homes. Sometimes looking for a street number becomes really complicated for those coming from other Italian cities where this system does not exist
- ❖ Did you know that jeans were invented in Genoa? The famous blue fabric was initially used to make the sacks of the sailing boats and later for the trousers of the Genoese sailors who traveled from port to port around the world
- ❖ Main cities: Genova, regional capital. Savona, Imperia and La Spezia





Liguria in numbers

- ❖ Distances: **Genova Airport** – Genova city centre approx. 20 minutes
Portofino approx. 50 minutes
Cinque Terre approx. 1 hr and 30 minutes
Savona city centre approx. 40 minutes
- ❖ Largest room number in Liguria in one property – **360 rooms** in Loano, near Savona
- ❖ Largest conference centre in Liguria – 13 meeting rooms and **1480** people in **Porto Antico di Genova – Centro Congressi**
- ❖ Largest room number in Genova in one property only, chief town in Liguria – **283 rooms**
- ❖ **Gala Venues** – unque venues located throughout the whole territory of Liguria, in private villas or on the beach, largest for **800 people**
- ❖ **354** meeting rooms available in the whole region.





What to do in Liguria

- ❖ Visit the city of Genova and its wonderful city centre
- ❖ Cooking classes with locals and experts
- ❖ Vintage car tour in the outskirts of Genova and on the coast of the Region, near Portofino, Cinque Terre and Rapallo
- ❖ Tour of Savona with local guide
- ❖ Sailing regatta from the port of Genova
- ❖ Whole day visit to the amazing Isola D'Elba
- ❖ Canoa and Kayak, snorkeling in the sea
- ❖ Tours on self driven scooters
- ❖ Visit of the Tonnara di Camogli, in the protected Marine Area of Portofino, learning with the experts the fishing skills
- ❖ Day excursions on fishing boats from one of the locations on the coast
- ❖ Hiking in Portofino Park





Regione | Liguria

Panissa Ligure

In Liguria, by ordering Panissa, you will find yourself enjoying a delicious snack to be served as an aperitif, a recipe that brings back the culinary traditions



difficulty: **easy**



timing: **20 min**



cooking: **90 min**



doses: **4 people**



lacto free

Ingredients:

300g/10.5oz chickpea flour

700g/24.5oz peanut oil

1l water

5g/0.2oz salt

Optional: pepper

Directions:

- Start by sifting the chickpea flour into a large bowl, then add salt, season with pepper and pour in the water, mixing the flour with a whisk to avoid lumps. Once homogenous, transfer it to a pan (ideally a copper one but also a steel pot is fine)
- Cook at low heat stirring continuously with the whisk until you get a harder dough, at this point replace the whisk with a wooden spoon and continue stirring until the dough comes off the sides (approx. 80 mins)
- When finished cooking, oil a rectangular mold (i.e. the one for plumcakes), pour the mixture inside and level the surface with the back of the spoon. Once cool, place in the fridge for 2 hrs
- Take the Panissa from the fridge and cut in cubes of 2-3 cm, then fry the cubes in oil at 170°, when it turns gold, drain on absorbent paper... now enjoy your warm panissa!

Recommended wine: Rossese di Dolceacqua



A stylized map of the Lombardy region in Italy, rendered in a light orange color. The map is composed of horizontal lines of varying lengths, creating a textured, pixelated effect. It is centered on the page against a solid orange background.

Lombardia



Lombardia

A l'osteria e' semper in compagnia

The region occupies the main part of the **Po Valley**. It includes a hilly district with the **major Italian Lakes**, from the Eastern slope of Lake Maggiore to the Lakes of Varese, Iseo, Como and to the northern part of Lake Garda.

Another aspect that defines the region is its expanse of rolling hills that encompass the distinctive **Franciacorta** area, famous for its vineyards and wine production.





Curiosities & Useful Hints

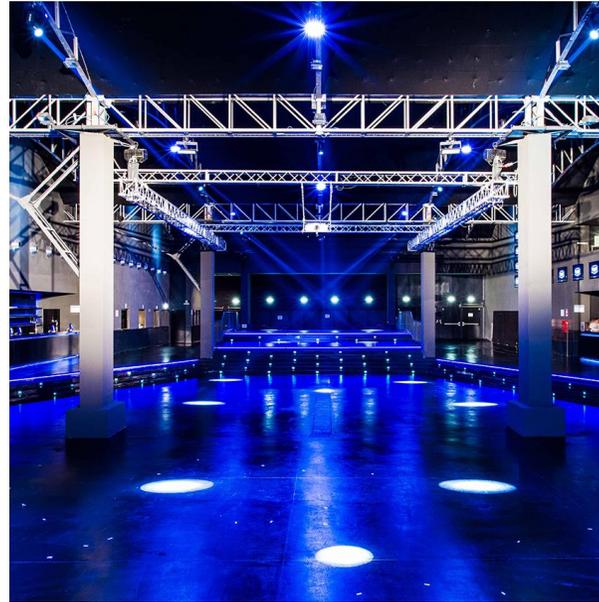
- ❖ Lombardy has the largest population of any Italian regions, though it covers less than one-tenth of the country's area
- ❖ Lombardy has a wealth of historical and artistic treasures and it also includes four UNESCO World Heritage Sites
- ❖ Franciacorta DOCG sparkling wine is made with grapes grown on the slopes surrounding Lake Iseo. Many argue that it's better than champagne
- ❖ Lombardy's capital is the home of one of the most important fashion weeks in the world
- ❖ On shores and hillsides of Northern Italy's great lakes, you will find some of the country's most architecturally stunning villas and palaces, built by the region's wealthiest residents throughout the centuries
- ❖ The concept of *aperitivo* hour took off in the 1920s in Milan, which is the birthplace of the bitter spirit Campari
- ❖ The Teatro alla Scala is the largest opera house in Europe – each performance can be enjoyed by over 2,000 spectators
- ❖ Anyone can “adopt” a gargoyle from the façade decorations of the Milan Cathedral. The campaign is a part of an effort to preserve the symbol of Milan. The price of a gargoyle is 100,000 euros
- ❖ The region comprises the provinces of Bergamo, Brescia, Como, Cremona, Lecco, Mantova, Milan (regional capital), Monza and Brianza, Pavia, Sondrio and Varese





Lombardia in numbers

- ❖ Distances: **Milan Linate Airport** – Milan city centre approx. 15 min
Milan Malpensa Airport – Milan city centre approx. 40 min
Milan Malpensa Airport – Lake Como approx. 40 min
- ❖ Largest room number in the region in one property – **527 rooms** in the Milan outskirts
- ❖ Largest conference centre in Lombardia – **70** meeting rooms and **3800** people in **Milan**
- ❖ Largest room number in **Milan** city centre in one property only, chief town in the region – **331 rooms**
- ❖ **Gala Venues** – there are several private venues, historical locations or modern sites which can be rented for gala dinner – the largest can accommodate up to 3500 people seated
- ❖ **2671** meeting rooms available in the whole region.





What to do in Lombardia

- ❖ Organize an incentive in the mountains of Bormio or Livigno, in front of the beautiful scenery of the Alps; take your guests on a winter trek with snowshoes: a very pleasant experience for everyone
- ❖ Cruise the Navigli, the canal systems in Milan once used to transport the goods into town and do not miss to look for the Vicolo dei Lavandai (on the Naviglio Grande): it means the alley of washers and – even today you can find an archaic washing machine here
- ❖ Make sure you visit Monza and the F1 Race track – team activities can be arranged on this state-of-the-art track
- ❖ For music lovers a visit to Cremona is a must: you will admire the craft and tradition of violin-making, most famously seen in the work of Stradivari
- ❖ Lakes of Lombardia – so much to do in any of them: regattas, evening cruises with dinners, enjoy the view from the ashore
- ❖ On the footsteps of Leonardo: Museo della Scienza, Last Supper, Vigna di Leonardo....
- ❖ If you happen to be in Brescia middle of May, do not miss the start of the Millemiglia, a unique event in its history: over 90 years of passions, emotions, and traditions along the non-stop itinerary from Brescia to Rome and back





Regione | Lombardia

Risotto alla milanese

One of the most representative dishes of the region

 difficulty: **easy**

 timing: **10 min**

 cooking: **25 min**

 doses: **4 people**

Ingredients:

320g rice
60g parmesan cheese
60g butter
20g calf marrow (optional)
1lt ½ meat broth
1 small onion
1 sachet saffron
Salt & pepper to taste

Directions:

- In a large pan melt 30g butter with the calf marrow, add the thinly sliced onion and let it go for a few minutes on low heat
- Add the rice and stir it for a few minutes
- Then start cooking the rice adding the broth a little bit at the time.
- Half way through, dissolve the saffron in a little broth and add it to the rice. Continue cooking as per before indications
- The rice needs to be soft (like a wave) – you do not need to put salt into the rice but only in the broth
- Remove it from the hob, add the remaining butter and the grated parmesan. Cover it for a couple of minutes and then serve it immediately

Recommended wine: Bonarda dell'Oltrepo Pavese



A stylized map of the Piemonte region in Italy, composed of horizontal lines of varying lengths that form the outline of the region. The map is centered on the page and rendered in a light orange color.

Piemonte



Piemonte

A l'è mac le muntagne c'a s'ancuntru nen

Piedmont is in the northwest part of Italy and borders Switzerland and France.

True to the meaning of its name (foot of the mountain), Piedmont is a **land of mountains**. It is surrounded on three sides by the Alps, with the highest peaks and largest glaciers in Italy. These stunning mountains form picturesque valleys, dotted by a succession of cultivated hills and vineyards, small towns and castles.





Curiosities & Useful Hints

- ❖ Originally, Piedmont meant "at the foot of the mountain" and referred to the possessions of the House of Savoy. Over time, the term extended to indicate a "land surrounded by mountains". Here you will find the highest peaks and the largest glaciers in Italy
- ❖ This region boasts 5 languages recognized and protected as linguistic minorities: Piedmontese, Occitan, Franco-Provençal, French and Walser, a Germanic language.
- ❖ Azalee, Camelia, Rododendri and Pieris are the characteristic flowers of Lake Maggiore. They are one of the great prides of Piedmont that exports them abroad and supplies the other Italian regions
- ❖ The red Barolo wine, known by many as the best red wine ever, is produced here only
- ❖ In 1910, in Turin, the Racing Club de France and the Servette of Geneva gave birth to the first rugby match in Italy. Subsequently the first Italian rugby club was born
- ❖ The regional cuisine in Piedmont amazes for its variety and richness, here you will find all sorts of special ingredients
- ❖ Most of Lake Maggiore is here, in fact this Lake not only does have 2 nationalities (Italy and Switzerland) but in Italy it touches two regions: Piedmont and Lombardy
- ❖ Main cities: Turin is the regional capital, Alessandria Asti, Biella, Cuneo, Novara, Verbania Cusio Ossola and Vercelli





Piemonte in numbers

- ❖ Distances: **Turin Airport** – Turin city centre approx. 30 minutes
Lake Maggiore approx. 2 hrs
Malpensa Airport – Turin city centre approx. 1 hr and 15 minutes
Lake Maggiore approx. 1 hr
- ❖ Largest room number in Piedmont in one property – **383 rooms** in Lake Maggiore, Stresa
- ❖ Largest conference centre in Piedmont – **5 meeting rooms** and **9000** people in **Palavela Turin**
- ❖ Largest room number in Turin in one property only, chief town in Piedmont – **240 rooms**
- ❖ **Gala Venues** – many types and numebrs for the gala venues in piedmont, beautiful forteresses, largest one for **500** people
- ❖ **815** meeting rooms available in the whole region.





What to do in Piedmont

- ❖ Barolo wine tasting
- ❖ Visit of Turin's markets and shopping, then cooking lesson!
- ❖ Gourmet food tour in Turin
- ❖ Visit of Asti full day
- ❖ Visit of Stresa and Baveno in Lake Maggiore
- ❖ Visit of the Borromee Islands in lake Maggiore
- ❖ Visit and lunch in typical restaurants in Lake Orta
- ❖ Paragliding overlooking the lakes and the mountains
- ❖ Rafting, Canyoning and hydrospeed on the River Sesia
- ❖ Trekking on Mount Mottarone
- ❖ Vintage car tours in the Barolo area or on the outskirts of Lake Maggiore
- ❖ Sailing regatta on Lake Maggiore





Regione | **Piemonte**

Baci di dama

Born in Tortona, city of Piedmont, "bacio" means kiss and these sweets are like a kiss, two halves of a biscuit kept together by a veil of chocolate

 difficulty: **medium**

 timing: **30 min**

 cooking: **15 min**

 doses: **8 people**

Ingredients:

150g/5.3oz flour (all purposes)
150g/5.3oz almonds
150g/5.3oz sugar
150g/5.3oz butter
Dark chocolate (to preference)

Directions:

- Place the almonds on a baking sheet and let them toast in a preheated oven at 180 ° until lightly browned. Let them cool and transfer them, together with half of the granulated sugar, to a mixing bowl. You will have to obtain a fine and homogeneous flour.
- Collect the almonds inside the bowl of the mixer together with the flour, the cubed butter and the remaining sugar. Work the mixture at low speed until a homogeneous paste is obtained
- Give it the shape of a dough, wrap it in cling film and place in the fridge for at least 2 hours. Then, take the dough from the fridge and, with your hands, form balls about 1 cm in size. Arrange them by hand on several baking sheets lined with parchment paper, distancing them appropriately. Let them cool in the freezer for at least 1 hour.
- Then, cook the biscuits in a preheated oven at 140 ° for 15-17 mins
- Take them out of the oven and let them cool, leaving them inside the trays. In the meantime, melt the chocolate in the way you prefer and, using a teaspoon, take a small amount for each biscuit. Let the chocolate solidify and the baci di dama are ready to be served!

Recommended wine: Cocchi Spumante d'Asti



A stylized map of the Trentino-Alto Adige region, rendered in a light orange color, composed of horizontal lines of varying lengths that form the geographical outline. It is centered in the background of the image.

Trentino Alto Adige



Trentino-Alto Adige

Quando'l fioca su la foia, ve'n inverno che fa voia

Trentino Alto Adige is situated in the very **north of Italy** bordering Austria and Switzerland, and is best known for the beauty of its peaks. This setting encloses an extraordinary variety of landscapes: magnificent mountaintops, woods, wide valleys, streams, lakes, typical villages, and the **myriad shades of nature**.

Hundreds of miles of ski slopes make this region an important tourist destination.





Curiosities & Useful Hints

- ❖ In Trentino you will find, extended in the region, the greatest part of “Sella Ronda”, one of the most beautiful tours in Italy completely immersed in nature. The Sella Ronda is also known as the Tour of the Four Valleys.
- ❖ Pale di San Martino, located in the region, is the coldest location in Italy. In 2013 at a height of 2600 mt, it reach -46.5°C which is one of the lowest temperatures registered in Europe. This location has won the lowest temperature record since.
- ❖ An enchanted rose garden, turquoise mountain lakes, dark woods and strange figures that inhabit them ... What opens up to visitors from South Tyrol, the land of sagas and legends, is a wonderful world.
- ❖ In South Tyrol there are numerous customs and traditions that are still preserved today. One of these is the traditional costume: linen, leather, lace and colored ribbons can not miss. A special feature: the colors and decorations are different from valley to valley.
- ❖ The mountains of the Dolomites are also known as “Monti Pallidi” (pale mountains) for their always white ridges. Of course it is one of the most beautiful mountain ranges of the world!
- ❖ If you want to relax, Trentino has some of the most amazing SPA's in Italy.
- ❖ Main cities: Trento and Bolzano. However there are several small villages which make the region one of the most enchanting destinations in Italy





Trentino-Alto Adige in numbers

- ❖ Distances: **Bolzano Airport** – Bolzano city centre approx. 20 minutes
Verona Airport – Trento city centre approx. 1 hr
Dolomiti approx. 2 hrs
- ❖ Largest room number in Trentino-Alto Adige in one property – **254 rooms** in Riva del Garda
- ❖ Largest conference centre in Trentino-Alto Adige – **14** meeting rooms and **1700** people in **Riva del Garda Congressi**
- ❖ Largest room number in Trento in one property only, chief town in Trentino-Alto Adige – **136 rooms**
- ❖ **Gala Venues** – different gala venues available throughout the territory, including many different Castles, largest can accommodate upto **700** people
- ❖ **333** meeting rooms available in the whole region.





What to do in Trentino-Alto Adige

- ❖ Tour of the “Sella Ronda”: during the summer by bike and the winter skiing and snowboarding
- ❖ Sky sports during the winter time in the Dolomiti
- ❖ Wine tasting of the famous wines
- ❖ Bike activities on various locations of the Region
- ❖ Trekking on Monte Baldo and in Tenella Cave
- ❖ Fun in the Jungle Adventure Park
- ❖ Rafting in Val di Sole
- ❖ Boat tours of Lake Molveno
- ❖ Kayak, sailing boats and many other watersports in many of lakes within Trentino-Alto Adige





Regione | **Trentino-Alto Adige**

Strudel di mele

This dish really represents the territory. It is a warm and tasty dessert, great especially for the winter season, very cold in Trentino. Skiers always enjoy this dessert after a long day having fun on the slopes

 difficulty: **medium**

 timing: **10 min**

 cooking: **40 min**

 doses: **6 people**

Ingredients:

1 puff pastry sheet
4 apples
30g/1oz sugar
1 spoon of cinnamon
15g/0.5oz pine nuts
30g/1oz raisins
4 spoons of rum
1 lemon
Icing sugar

Directions:

- Start by soaking the raisins in the rum, leave to rest
- Peel and slice the apples trying to create similar slices, put them in a bowl and add the sugar, cinnamon, pine nuts and lemon zest
- Squeeze the previously soaked raisins and add them to the filling. Mix everything with a spoon
- Turn the oven to 180 ° C, take the puff pastry sheet and pull it to have a thin sheet, then place the apple filling created before inside, close the puff pastry well and place in the oven
- Let it cook for 30 minutes
- Let it cool and sprinkle with icing sugar

Recommended wine: Essenzia Dolomiti



A stylized map of the Veneto region in Italy, composed of horizontal lines of varying lengths that form the outline of the region. The map is centered on the page and rendered in a light orange color.

Veneto



Veneto

Do femene e na séola fa un marcà

The region includes the eastern part of the **Po valley** and, to the north, a part of the Dolomites.

The extensive plain, with the Po delta, is rich in waters.

It is a region which combines two different and unique aspects of the Italian nature: the **lagoon** zone (Venice) and the majestic peaks of the **Dolomites of Cadore**, with their reddish spires at sunset.

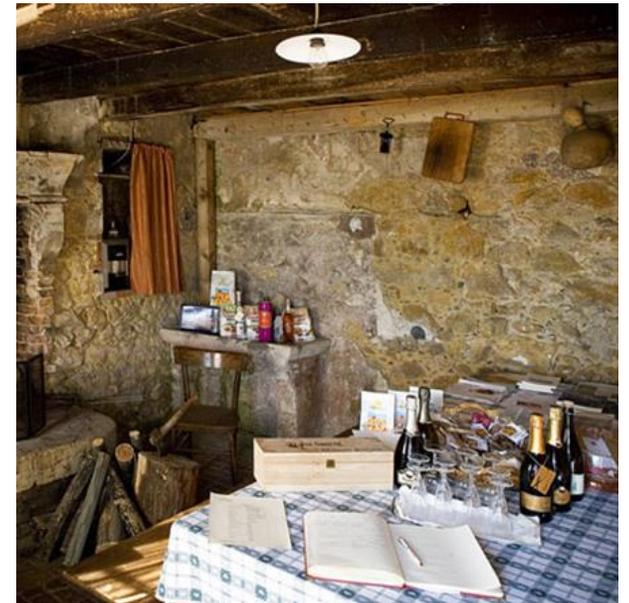
Yet all of the Veneto, a region with a thousand different faces, is the custodian of **natural, artistic, and traditional treasures**





Curiosities & Useful Hints

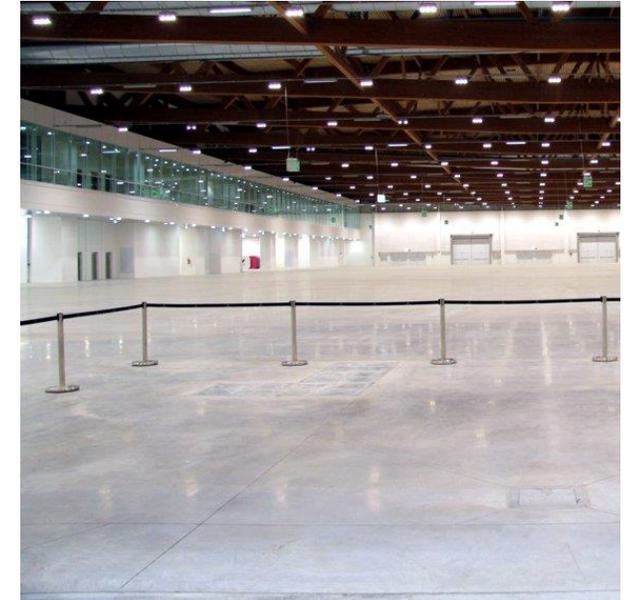
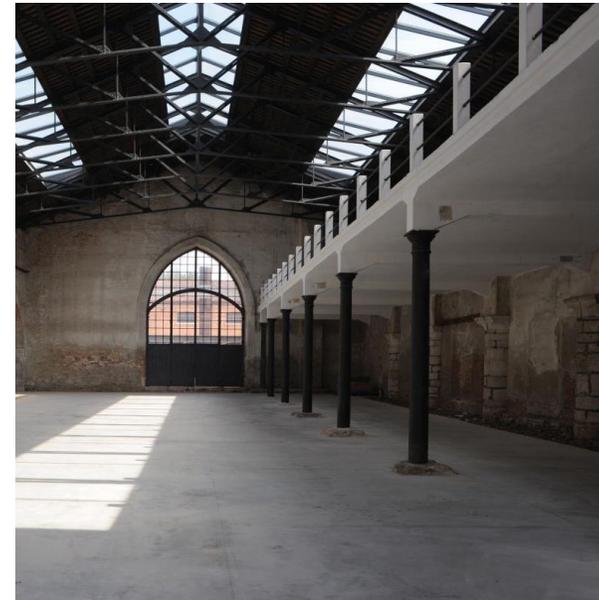
- ❖ The Venetian dialect is widely spoken by people of any generation. Very often it is the real mother language, being the first language spoken inside families. Thus most Veneto people are “bilingual”
- ❖ Famous people from the Veneto include (chronologically): the Roman historian Livy, the merchant traveller Marco Polo, the Renaissance painter Andrea Mantegna, the architect Andrea Palladio, the Renaissance painters Titian and Tintoretto, the navigator and explorer John Cabot, the inventor of the piano Bartolomeo Cristofori, the composer Antonio Vivaldi, the adventurer and author Giacomo Casanova, the sculptor Antonio Canova,
- ❖ Italy is known as a gourmet country and the choice is unlimited. But this region is home to a very unconventional culinary experience which you can live in the “Osteria senz’Oste” (literally restaurant without hosts. Located in a picture-perfect and exceptionally pretty 19th century farmhouse in the area of prosecco, with amazing views , this restaurant offers a very unique dining experience without any chefs or waiters present!. Come and discover it....
- ❖ Padua is the home of one of the oldest universities in Europe, founded in the 13th century. It was here that Dante and Tasso studied and later, during the university’s peak, Galileo lectured
- ❖ The Verona Theatre is perhaps the best preserved Roman amphitheater left in the world, and it still sees plenty of international artists, operas and ballet performances each year
- ❖ The provinces of the region are: Venice (regional capital), Belluno, Padova, Rovigo, Treviso, Verona and Vicenza





Veneto in numbers

- ❖ Distances: **Venice Airport** – Venice city centre approx. 30 min
Verona Airport – Verona city centre approx. 30 min
- ❖ Largest room number in the region in one property – **379 rooms** in Venice
- ❖ Largest conference centre in Veneto – **21** meeting rooms and **9000** people in **Vicenza**
- ❖ Largest room number in **Venice** in one property only, chief town in the region – **379 rooms**
- ❖ **Gala Venues** – there are several private venues and historical mansions which can be rented for gala dinner – the largest can accommodate up to 1000 people seated
- ❖ **1329** meeting rooms available in the whole region.





What to do in Veneto

- ❖ Assist at least once to the “Flight of the Colombina” which opens Venice Carnival
- ❖ Romeo & Juliet – if Shakespeare chose Verona, there must have been a reason
- ❖ Giotto vices and virtues in the Scrovegni Chapel in Padova
- ❖ The history of perfumes in a very exclusive class at Palazzo Mocenigo
- ❖ Tea with the countesses: doors of private palaces will be open for your guests for a full immersion in the true venetian life
- ❖ Squero: getting on a gondola can be very easy. But do you know how it is built?
- ❖ There is more beside the 3 main islands of the Lagoon; let’s discover the less known ones (by bike in St. Erasmo, wine tasting in Mazzorbo and sun setting in Pellestrina)
- ❖ Visit one of the several UNESCO World Heritage sites in Veneto
- ❖ On the trails of Prosecco - from Bardolino to Pramaggiore, from Conegliano to the other areas that have become known for their wine production, stopping at the wineries to taste excellent wines and typical products.





Risi e bisi

Risi e bisi, which simply means rice and peas in the Venetian dialect, is the most famous of all risotti from the region. In the days of the Venetian Republic, it was served before the Doge on 25 April, the feast of Saint Mark and Venetian national day



difficulty: **easy**



timing: **30 min**



cooking: **40 min**



doses: **4 people**

Ingredients:

60g butter
1lt 300 ml vegetable stock
1 kg small peas
50g bacon
1 onion
350g rice (preferably vialone nano)
40g grated parmesan
Salt and pepper to taste

Directions:

- Put half of the butter in a pan and add the thinly sliced onion. Cook at low heat for 15 min and then add the bacon (cut in small pieces)
- Let it go for a couple of minutes and then add the peas, a spoon of oil and a couple of ladle of vegetable stock and let it simmer for 5 min
- Add the rest of the vegetable stock, the rice and let it cook for approximately 20 minutes (it has to have the consistency of a soup but with not so much broth)
- Remove it from the heat, add the rest of the butter, the grated parmesan and serve it very hot

Recommended wine: Prosecco di Vado





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