

Moretti

WINE & FOOD TRAVEL

Wine and Wellness – Alto Adige + Verona

October 18 - 24, 2026

Limited to 12 guests

Overview

Alto Adige is one of the most stunning regions in Italy with the steep Alps rising above verdant valleys, dramatic, mountain-hugging vineyards and charming villages. It is a UNESCO protected area for its beauty and has a distinct Alpine influence in its buildings, food, and wine. The Alps, called Dolomites here, border Austria and both German and Italian are spoken there.

Our base will be a tranquil and stunning, 4-Star superior, award-winning design and Eco-hotel boasting modern, clean lines and beautiful views of the mountains and forest. The family owners – mother and two daughters – are present and very involved in the guests' needs. This is one of the Leading Spa Hotels of the World, so its wellness offerings are a huge draw: indoor and outdoor heated pools, saunas, gym, yoga, other classes, and plenty of trails for walking (all included in the cost.) You will have time to luxuriate in the hotel's offerings as well as optional spa treatments like massages and facials which are available at your own cost. Typical of hotels in remote areas, they have an excellent restaurant that is open for dinner, and we have included sumptuous dinners as part of the itinerary.

The wineries we will visit are some of the stars of Alto Adige and several are well known for their commitment to organic and biodynamic farming. All group meals include wine, water, and coffee, and we promise, you won't go hungry!

The first afternoon and evening will be spent in charming Verona which includes a guided walking tour of this lovely Renaissance city. (Everybody falls in love with Verona!)

Why travel with us? We have been leading tours for over 18 years and pride ourselves on giving you a unique and superior experience. We are perhaps the only Italian travel company owned by two Italian wine experts with each over 30 years in the wine business. We are both Italian and American citizens who understand the needs of Americans while traveling in Italy. We also have a lengthy history of eating and drinking our way all over Italy! So, let us take the worry out of planning and details so that you can just sit back, relax and have fun!

Itinerary

Subject to change

Noted on each day are which meals are included as part of the program.

New to the itinerary this year: a castle tour, a tasting at Elena Walch and Jeni will be teaching two meditation classes during the week.

Day 1: Sunday, October 18 (dinner)



Everyone arrives at our 4-star hotel in the center of Verona in the afternoon. We meet in lobby in the late afternoon for a welcome drink followed by an easy walking tour taking in the history, main sites, and an inside look at its famous Roman arena. Following our stroll, we will enjoy a welcome dinner at delicious pizzeria not far from our hotel.

Day 2: Monday, October 19 (breakfast, lunch, dinner)

Our comfortable bus picks us up in Verona in the morning and we head north from the Veneto into Alto Adige. The first stop will be the gorgeous San Leonardo winery, one of the most southernmost wineries in Alto Adige. The family-run winery makes world-renowned, top-rated, and highly regarded wines.

San Leonardo Winery

This is the southernmost and lowest altitude winery on our agenda which means the vineyards get more heat. The warmer the vineyard, the richer the wines. So, these will be the fullest bodied wines on the whole trip. It is a stunning and historic estate founded in 1724, and still the home of a Marquis.

After our tour and tasting we stop for lunch at a local, super-authentic trattoria then head further north to our hotel. After a welcome aperitivo, we have some time to enjoy the spa facilities and/or pool, unpack, and unwind before we gather for dinner together in the hotel restaurant.



Day 3: Tuesday, October 20 (breakfast, lunch, dinner)



We leave in the late morning for another very famous winery – Alois Lageder – that is also a pioneer in organic and biodynamic winegrowing. Not only is he known for his wines, but the family also has an extensive organic garden and raises their own meat. After a tour of the beautiful property and historic villa, we enjoy their wines

over a lunch in their trattoria.

We return to our hotel with plenty of time to enjoy all the hotel's offerings and for dinner on your own.

Day 4: Wednesday, October 21 (breakfast, dinner)

This morning allows you plenty of time for some self-care at the hotel. In the late morning the bus takes us on a short drive to Bolzano for free time for exploring, visiting the museum, church or other landmarks, and lunch on your own.



Bolzano (aka Bozen)

Bolzano has a lovely historic center with typical Tyrolean architecture. It started as a Bavarian settlement, then eventually became part of the Austria-Hungarian empire for many centuries before Italy declared war on Austria-Hungary and fought for many years to acquire Bolzano which eventually happened in 1919. There is a beautiful Franciscan Friary, Bolzano's grand, main, gothic cathedral, and a lively, daily market in the Piazza dell Erbe. In recent years, one of the most famous sights is Otzi "the iceman" who is featured in the Museum of Archeology in the center of town – highly recommended.

In the mid-afternoon we return to the bus for a short ride to Cantina Tramin for a tour and tasting at this winery whose architecture is as stunning as its wines.

Cantina Tramin

The winery's modern design is an icon in the region. Despite its modern image, its roots go back to 1898. It is a cooperative, which used to be typical throughout Italy, and still is very common in Alto Adige. This means that it has 160 family winery members that grow the grapes, under strict control of the cantina. Given the number of vineyards they have access to, they make a wide range of excellent wines.



We return to our hotel with some time to refresh and have dinner at your own desired time at the hotel.

Day 5: Thursday, October 22 (breakfast, lunch, dinner)

This morning there will be plenty of time for your self-care, hiking on your own and a delicious breakfast.



We leave around noon, driving down the picturesque Sud Tirol wine route which takes us by Lake Caldaro. We are hosted today at the prestigious Elena Walch winery at their historic Castel Ringberg Vineyard. This estate is managed by Elena and her two daughters, and their wines have a long, stellar reputation. Our tasting will be conducted inside their Hapsburg dynasty castle and will be

followed by a lunch in their own bistrot with their elegant wines.

Elena Walch

At Elena Walch, a combination of sustainable manual practices and precise lot selection has always been a priority - setting benchmarks for the future. For decades, Elena Walch has been regarded as the "Grande Dame" of Alto Adige and Italian winemaking, and her family estate, now managed by her daughters - the fifth generation of winery owners - Julia and Karoline, counts among the elite of Italian wine production.

We return to our hotel in the late afternoon. Dinner at your own desired time at the hotel.



Day 6: Friday, October 23 (breakfast, dinner)

By popular demand: a day with plenty of time to enjoy more of the hotel's offerings 😊, or to start your packing 😞.



Morning options of yoga (or other class the hotel is offering that morning), swimming, sauna-ing, steaming, etc..., and a delicious breakfast, of course! In the late morning, we have an optional group hike. We return in time for lunch on your own at the hotel, or a short walk into town for lunch somewhere else. In the mid-afternoon, our bus will take us a half hour away to a stunning, medieval castle for a guided tour.

We return in plenty of time for a group farewell dinner at the hotel.

Day 7: Saturday, October 24 (breakfast)

Our bus takes us in the morning back to Verona and drops everyone at the Verona train station or the Verona airport.

Your Hotel



Costs

\$5,895 per person (double occupancy) \$7,895 (single occupancy)
5% discount per person for returning customers

See registration form for the details on deposits and payment schedule.

Included

Ground transportation per itinerary, all breakfasts, all dinners, 4 lunches, all wine tastings, hotel activities as listed in the itinerary, and gratuity for the bus driver. **THIS IS ALMOST AN ALL-INCLUSIVE TRIP!**

Not included

1 lunch, air transportation, additional beverages, gratuities for luggage handler and tour guides, and anything else not listed on itinerary.

Note

All group lunches and dinners include water, wine, and coffee, however the hotel dinners on your own that are part of the itinerary do not include wine except for group dinners on the first and last night. There is an extensive wine list as well as a bar for you to make your own selections on the other nights. If you want a change from the hotel restaurant, there is a good, local restaurant about a 10-minute walk away, or there are local taxis for rides further away. If you chose to go out of the hotel for dinner, you are responsible for the costs.

Recommended Airport

We recommend flying in and out of Verona airport, unless you are exploring other areas of Italy before or after the trip.