

SUGGESTIONS FOR POSSIBLE SHORT TRIPS

To get an introduction about the area near the conference:

Why You Really Should Visit Italy's Outstanding Barolo Wine Region

<https://www.forbes.com/sites/catherinesabino/2018/10/28/why-you-really-should-visit-italys-outstanding-barolo-wine-region/#7bd3de632f89>

Note that the Langa district is best visited by car. Because of its territory, the district is not accessible by train (except for Alba, which is connected to the railway system). However, driving in the Langa district should not be a problem since it is in the countryside and not in a big city. For reference, Bra and Alba have ~30,000 people each. Some of the villages referenced below are much smaller: Pollenzo (a subdivision of Bra) and Barolo have only ~700 people.

Furthermore, besides the picturesque hills and the historic castles and buildings, this area is also about food and wine. So you can pair some of the suggestions below with the restaurant suggestions also available on the conference website. There are also several wine tours that are normally organized in the area and, besides the suggestions below, you can just search online for what suits your interest.

1) Tour of the Barolo Langa district: Barolo, La Morra, and Verduno

Note: Requires a car. Also, distances are short and so one can break these itineraries into smaller ones as desired.

Barolo (https://en.wikipedia.org/wiki/Barolo,_Piedmont) is the town in the middle of the vineyards of nebbiolo grapes that produce the famous wine of the same name. It is a medieval village developed at the foot of the castle. The origins of the castle date back to the 10th century, but what we see today is due to restorations performed in the 19th century. Today the castle is home to the oenological and ethnographic museum, which can be visited (<http://www.wimubarolo.it/en/>). There is also wine tasting. All 11 Barolo-producing towns of the Langhe are represented in the ancient wine cellars of the Marquis that today hold the Regional Enoteca of Barolo.

Distance: 19 km (12 Mi) from Pollenzo to Barolo, 20 minutes by car.



The Barolo castle.

From Barolo, in ten minutes you get to La Morra (https://en.wikipedia.org/wiki/La_Morra), a town known as one of the balconies on the Langa district for the view that one can enjoy from here on the hills.

See also <http://www.lamorraturismo.it/en/>.

Here, in addition to a chapel decorated in a contemporary way by the artist Dan Flavin (located in the Annunziata subdivision), there are several historic monuments whose description can be found at

<http://www.lamorraturismo.it/en/guida-ai-monumenti-di-la-morra-e-mappa/>

If you like hiking, there are also several paths that can be found here

<http://www.lamorraturismo.it/en/sentieri/>

At La Morra, you can enter the world of wine production by visiting for example the Renato Ratti wine cellars and the associated old monastery.

See <http://www.renatoratti.com/pagine/eng/index.php>

Distance: 6 km (4 Mi) from Barolo to La Morra, 9 minutes by car.



La Morra

Another few minutes by car and you get to Verduno. This village is also dominated by a castle in which the Savoy family (the Italian Royal family) planted a winery in the 1800s to obtain Barolo. Today this manor has become a hotel restaurant and a winery (<http://www.cantinecastellodiverduno.it/en/>). Verduno still has the appeal of an old town, increased by the lovely position in which it has been built. The baroque parish church has been built in the stile invented by Juvarra. The town's most beautiful place is the lawn on the main square. From the Belvedere tourists can enjoy wonderful views on the Langhe, together with the pleasure of a quiet and relaxing place.

Distance: 3.3 km (2 Mi) from La Morra to Verduno, 5 minutes by car.

Distance: 7.2 km (4.5 Mi) from Verduno back to Pollenzo, 9 minutes by car.

2) Tour of Alba and the Barbaresco Langa district: Alba, Barbaresco and Neive

Note: Requires a car. Also, distances are short and so one can break these itineraries into smaller ones as desired.

Alba is called the capital of the Langhe for the central role both geographically and economically on this territory. The historical pedestrian center allows a pleasant walk among monuments, delicatessen stores, restaurants and is perfect for shopping. There is also the possibility to arrange a visit to a path known as "underground Alba" which reveals the oldest remains (Roman and medieval) of the town below the road level. For the latter, see

<http://ambientecultura.it/en/3659-2/underground-alba-english-version/when-where/>



Alba's Cathedral.

Distance: 14 km (9 Mi) from Pollenzo to Alba, 20 minutes by car.

Barbaresco is another village that gave its name to a famous wine, obtained from the same nebbiolo vine that on Barolo hills becomes barolo. The town of Barbaresco is characterized by a masonry profile of its medieval tower, the largest and most solid in the Piedmont region. From the top, the view goes beyond the Tanaro river, situated roughly 200 meters below, towards the Langhe, the Roero, the Astigiano, Monferrato, and as far as the Alpine mountain chain. It remained a ruin for a long time, yet after a thorough restoration it is now open to the public and is considered one of the main tourist attractions of the area. It is highly recommended to visit the tower on a clear, bright day in order to fully enjoy the view.

Distance: 10 km (6 Mi) from Alba to Barbaresco, 15 minutes by car.



Barbaresco

From Barbaresco, in ten minutes you can get to the Neive. The village is named after *gens Naevia*, the ancient Roman noble family owner of local lands. The castle went lost but the village historical centre preserves its Medieval plan made of cobbled roads steeping to *Torre dell'Orologio* (the clock tower), elegant cotto tiled buildings, and red roofed houses leant one against the other. Roads to Neive cross the typical Langhe landscape made of white vine cultivated hills: this area is renowned for its precious wines. Neive is synonym for visits to local wine producers, who often hold special tasting events in noble buildings. Four DOC (controlled designation of origin) and DOCG (controlled and guaranteed designation of origin) wines are produced on Neive hills: Barbera d'Alba, Dolcetto d'Alba, Barbaresco and Moscato d'Asti. Neive offers 5 trekking trails and 1 pedestrian cycle path. All trails are distinctively poled and color-coded. See <http://www.langheroero.it/outdoors/barbaresco-langa-neive>

Distance: 5 km (3 Mi) from Barbaresco to Neive, 8 minutes by car.

Distance: 26 km (16 Mi) from Neive back to Pollenzo, 26 minutes by car.



Neive

3) Different tour of the Barolo Langa district: Fontanafredda, Serralunga d'Alba and Monforte d'Alba

Note: Requires a car. Also, distances are short and so one can break these itineraries into smaller ones as desired.

From Pollenzo, you reach Fontanafredda: a village wanted by the Savoy family as an ideal union of holiday villas, farmhouses and royal cellars for the production of quality wines. Today it is totally restored and it has entered the orbit of the slow-food movement. It offers the possibility to immerse yourself in the life of the Savoy court. The visit to the royal cellars is a fascinating route punctuated by anecdotes about the royals of the Savoy house. Note that tours can only be done by reservation. See <http://www.fontanafredda.it/site/en/village/>

Fontanafredda was named European Winery of the Year by the Wine Enthusiast Magazine in 2017. Also, if you like walking and mediating in the woods, do not miss the Wood of Thoughts trail which consists of 12 stations within the Fontanafredda estate vineyards.

Distance: 15 km (9 Mi) from Pollenzo to Fontanafredda, 16 minutes by car.



Fontanafredda, royal wine cellars

From Fontanafredda, you can reach Serralunga d'Alba in a short time. Serralunga d'Alba preserves one of the most beautiful castles of Langa, built around 1350 on a more ancient tower. Visiting the castle is recommended and details can be found at <http://www.castellodiserralunga.it/en/>

Distance: 6 km (4 Mi) from Fontanafredda to Serralunga D'Alba, 9 minutes by car.



Serralunga d'Alba castle.

A little more driving and you get to Monforte d'Alba, a village that develops in a spiral on a hill culminating in an amphitheater square where theatrical performances and concerts are held. As before, walk around the historic buildings and enjoy the stunning view of the Langa hills. Visiting the local wine shop is recommended by many.

Distance: 10 km (6 Mi) from Serralunga d'Alba to Monforte d'Alba, 15 minutes by car.

On the way back, if you are not too tired, Cherasco is worth a stop. Again, you can walk around and enjoy a nice and quiet atmosphere with several historic buildings. However, if you love snails you have to stop here since Cherasco is the snail capital of Piedmont! See the restaurant suggestions.

Distance: 18 km (11 Mi) from Monforte d'Alba to Cherasco, 20 minutes by car.

Distance: 7 km (4 Mi) from Cherasco to Pollenzo, 8 minutes by car.

4) Turin

Note: It is better to go by train, to avoid complications with parking. There are hourly connections between Bra and Torino Porta Nuova (it takes about one hour, requiring to change the train along the way, and it costs on average 5 EUR one way). Torino Porta Nuova railway station is in the city center, so it's the best connection. Last, being a big city (~900,000 people) with a lot of museums and activities, you can spend a long time here. In the following, we give some tips on historic buildings and museums.

The city center is pretty small and easily visited on foot. With reference to the maps shown below, the starting point is 'Piazza Castello' (Castle square), a square that offers a unique glance at the various phases of the history of the city and its rulers. In the middle of the square stands 'Palazzo Madama' (Madama palace), which over the centuries has been a Roman gateway to the city, then a medieval castle, and finally the royal residence of the Savoy family (among other things, all these phases are visible). 'Palazzo Madama' is a large historic building that houses the collections of the 'Museo Civico d'Arte Antica' (Civic Museum of Ancient Art). A visit to 'Palazzo Madama', therefore, includes two paths that are intertwined: one dedicated to the history of the rooms, the other to the meaning of the works of art that they host. See <https://www.palazzomadamatorino.it/en/welcome-palazzo-madama>

At the end of the square stands the 'Palazzo Reale' (Royal palace), built when the Savoy family moved their capital to Turin in 1500. It can be visited and host both royal apartments with furniture and exhibitions. The Royal palace is completed by Royal gardens which are open to the public.

To the right of Piazza Castello (looking North), the 'Teatro Regio' (Royal Theater, is the biggest theater in Europe after the Bastille opera of Paris by stage size) stands. For more information (and possible visits), see <http://www.teatroregio.torino.it/en>

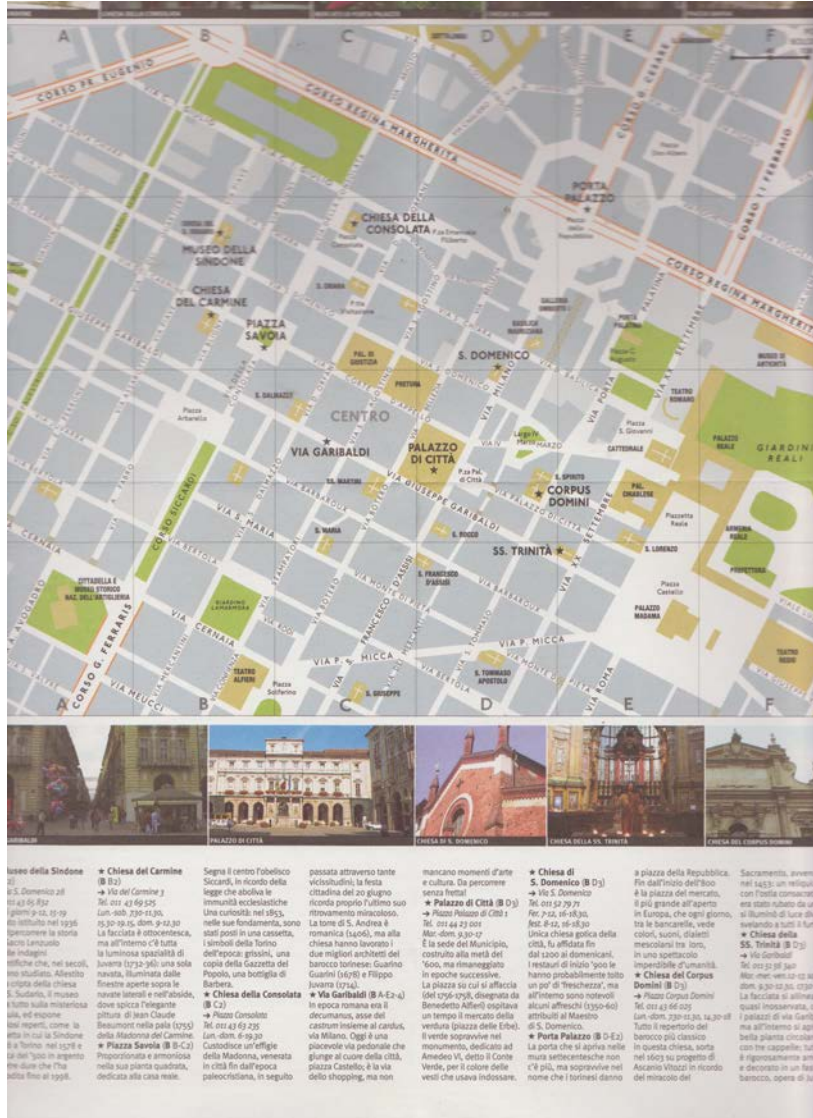
Next to the 'Palazzo Reale' is the 'Cattedrale' (Cathedral) that has as its highlight the Chapel that preserves the holy shroud (the Chapel just reopened after the restoration following the terrible fire that almost destroyed the structure). Near the Cathedral one can find the 'Porta Palatina' (palatine gate) of the Augustan period (1st century AD) of great scenic impact. Note that some of these buildings are part of the Royal museums, and you can find more information for visiting at this link:

<https://www.museireali.beniculturali.it/en/plan-your-visit/>

Going west (always within walking distance), one can find two very different but equally interesting realities: on the one hand the so-called "quadrilatero", a neighborhood of ethnic and design shops, ethnic or traditional restaurants with a very Parisian atmosphere, from the other 'Porta Palazzo' the largest open-air market in Europe, multiethnic and colored.

Returning to 'Piazza Castello' and going south (that is, towards the Porta Nuova railway station), one can find 'Via Roma' (Roma street) with its boutiques (some are also in 'Via Lagrange', which is parallel to 'Via Roma') and 'Piazza San Carlo' (San Carlo square, Turin's lounge), a homogeneous project of noble palaces built in ~1650.

Between 'Piazza Castello' and 'Piazza San Carlo', there is 'Palazzo Carignano' (Carignano palace, the most important baroque palace in the city) which is now home to the museum of the Risorgimento and, above all, of the Egyptian museum. Turin's Egyptian museum is second only to that of Cairo, in Egypt, for quantity and quality of archeological finds. New preparations aided

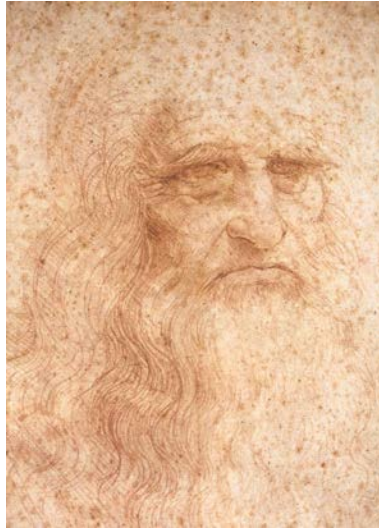


Map of Turin's centre, a bit more to the West.

In 2019, there will be a series of celebrations in Italy to honor Leonardo da Vinci during the 500th anniversary of his death. In particular, Turin will host the exhibition 'LEONARDO DA VINCI. DRAWING THE FUTURE'. An exhibition with over fifty works, illustrating Leonardo da Vinci's studies in art and science, in the form of drawings. The visitor is taken through the collection of autograph works by Leonardo now in the Royal Library of Turin, which includes thirteen drawings purchased by King Charles Albert in 1840 and the famous Codex on the Flight of Birds, donated by Theodor Sabachnikov to King Humbert I in 1893. This is an outstanding set of works, dating from about 1488 to 1515, with a variety of subjects of different inspiration, but one that illustrates Leonardo's activity from his youth to his full maturity. Some drawings are studies for famous works by the great master: the nudes for The Battle of Anghiari, the horses for the Sforza and Trivulzio monuments, and the splendid study known as the Face of a Young Girl, for the angel in The Virgin of the Rocks. And there is also the incomparable, universally renowned Portrait of an Old Man, known as the Self Portrait of Leonardo. The exhibition is scheduled between April 16th

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and July 14th 2019, 9 AM and 6:30 PM at the Royal museums. See <https://www.museireali.beniculturali.it/events/leonardo-da-vinci-disegnare-il-futuro/>



Turin in 2019 is your chance to see Leonardo da Vinci's famous 'Self portrait'.

Furthermore, distinguished by a timeless charm and elegance, historic cafés are undoubtedly a must for those visiting the city. Surrounded by antique mirrors, boiserie, satin tapestries, elegant chandeliers and porcelain dishes, you can taste the specialties of the city and take a little trip in time even for a few hours.

Here is a list:

Caffè Confetteria Al Bicerin

Open since 1793, the Bicerin was the favorite coffee of Camillo Benso Conte di Cavour (an Italian statesman who played a major role in the unification of Italy). His specialty is obviously the famous 'bicerin', a typical hot drink from Turin based on coffee, chocolate and cream, for which the cafe holds (jealously) the original recipe.

Address: Piazza della Consolata, 5 – 10122 Torino

Caffè Gelateria Fiorio

Fiorio, opened in 1780, is another of the historic cafes located in the center of Turin, under the arcades of 'Via Po'. For a long time it was the palace of the Savoy nobility, also called the coffee of the "pigtails" and "Machiavelli" for the clothes and the discussions held there. Its specialty is certainly ice cream, particularly gianduia (hazelnut chocolate).

Address: Via Po 8, 10123 Torino

Caffè San Carlo

One of the meeting places of the intellectuals of the Risorgimento period, the historic San Carlo café, located near the square of the same name, is famous above all for its fine coffee blends. The atmosphere is sumptuous, furnished with stuccos, statues and precious marbles. In the evening it turns into a restaurant.

Address: Piazza San Carlo, 156 – 10123 Torino

Caffè confetteria Baratti & Milano

Located between the 'Galleria Subalpina' and 'Piazza Castello', the Baratti&Milano cafe in Turin has been open since 1875 and its success was such that it became the supplier of the Royal House.
Address: Piazza Castello, 29 – 10123 Torino

Caffè Torino

A little more recent than other historic places, Caffè Torino was inaugurated at the beginning of the twentieth century. Even here in an atmosphere of other times, including precious marbles and sumptuous chandeliers, you can enjoy some of the traditional Turinese delights such as gianduiotti (hazelnut chocolate – a must try!).

Address: Piazza San Carlo, 204 – 10121 Torino

Caffè Mulassano

Located near 'Piazza Castello', Caffè Mulassano di Torino, opened in 1907, was the usual meeting place of the nobility of Turin, but also of the artists of the 'Teatro Regio', not far away. Among the beautiful mirrors, marble tables and the many decorations you can enjoy a sandwich ('tramezzino'), the specialty of the place where this dish was actually born.

Address: Piazza Castello, 15 – 10123 Torino

Caffè Platti

Loyal customers of Platti Cafe in Turin, open since 1870, were Luigi Einaudi (an Italian politician who served as second president of the Italian republic) and Cesare Pavese (poet and writer). Still a nineteenth-century environment for this historic place and many specialties of Turin among which stand out the pastries and of course the 'gianduiotti'.

Address: Corso Vittorio Emanuele II, 72 – 10121 Torino

And do not forget a trip to EATALY, where you will find the highest quality Italian food!!!!

There are two locations in Turin:

https://www.eataly.net/it_en/shops/turin-lingotto

https://www.eataly.net/it_en/shops/turin-lagrange/

5) Sacra di San Michele

The Sacra di San Michele, an imposing religious architectural complex of Romanesque times, was founded around year 1000, is the symbolic monument of the Piedmont Region since 1994. Founded as a Benedictine abbey, it is one of the oldest places of worship dedicated to the Archangel Michael, the Rosminian fathers are its current custodians.

From the entrance floor you reach the church through a wide and steep staircase in the central niche where until 1936 were kept some skeletons of monks, from which the name of ‘Scalone dei Morti’. When you reach the top of the ‘Scalone’, you will cross the Zodiaco Portal, a Romanic work sculpted by Maestro Nicolao. The jambs are carved to the right with the twelve zodiacal signs and to the left with the southern and boreal constellations. The historical and symbolic capitals of Cain and Abel are of considerable value.

It inspired the writer Umberto Eco to conceive the best-seller “Il nome della rosa” (The name of the rose). So, if you have read and enjoyed the book ... you can't miss it!



Sacra di San Michele

All the necessary details can be found here:

<https://www.sacradisanmichele.com/en/>

Note that it is 100 km away from the conference venue, requiring a drive of about 75 minutes (one way). It is also reachable by train (plus cab or bus) although it is more involved. See <https://www.sacradisanmichele.com/en/how-to-get/by-train/>

You have to take the train from the Bra railway station to Turin Porta Nuova station. Then connect to the railway lines Turin-Susa or Turin-Bardonecchia, stopping at Avigliana.

- From Avigliana taxis are available (about 14 km to the Sacra, price 25 EUR).
- The bus runs on Wednesday, Saturday, Sunday and during all non-working days (Easter Monday; 25 April, 1st Mai, 2nd June, 15 August, 1st November).

Departure from Avigliana – Piazzetta De Andreis (in front of the railway station): at 9.30am, 11.00am, 14.30pm, 16.30pm, 18.00pm (duration of the Journey = 40 minutes).

Return from the *Sacra* at 10.15am, 12.30pm, 15.15pm, 17.15pm, 18.45pm.

Intermediate stops: Piazza del Popolo; Pasché, Corso Laghi (in front of turism office), Certosa (Frazione Mortera).

Cost of the ticket: full price ticket: € 4.00 RT

6) Mondovicino Outlet Village

If you are into shopping, the experts say that this outlet is great for Italian designs at discounted prices. There are over 100 stores, open daily between 10 AM and 8 PM.

For information, see <http://www.mondovicino.it/en/>

Address: Piazza Giovanni Jemina, 47, 12084 Mondovì, Italy

Phone: +39 0174 553035

Distance: 37 km (23 Mi) from Pollenzo to Mondovicino, 33 minutes by car.

It is also accessible by train. You take the train in Bra and arrive in Mondovì (changing train in Cavallermaggiore). It takes about 1 hour and costs ~5 EUR (one way). From the Mondovì railway station you can catch a cab or use the public transportation system:

<http://www.buscompany.it/sites/default/files/orari/703.pdf?1484558147078>

Unfortunately the info is in Italian only but you should be able to use it anyway once you know that 'Stazione FS' is the railway station.