

Tufts
UNIVERSITY

Travel-Learn

SEPTEMBER 12-20, 2026

Featuring Faculty Host
Sarah L Booth

FLAVORS OF THE ITALIAN ALPS

BAROLO, TRUFFLES AND
PIEDMONT'S TIMELESS VILLAGES

Orbridge

optional
Lake Como Pre-Tour
and Mont Blanc Post-Tour

Dear Alumni, Parents, and Friends of Tufts,

Join us on this richly rewarding journey through Italy's enchanting Piedmont region—an undiscovered gem in the north nestled at the foot of the majestic Alps. This less-frequented corner of Italy offers a captivating blend of vineyard-covered hillsides, storybook villages and lush valleys, where you'll have the chance to live like a local—savoring regional traditions and the warm hospitality of its people.

Cultural immersion unfolds through the lens of food and wine as you savor the region's flavors while exploring celebrated culinary traditions and tasting world-renowned wines at their source. Along the way uncover a tapestry of history and heritage woven through ancient castles, time-honored wineries and UNESCO World Heritage Sites.

Your magnificent home base during this exciting week is a private 10-room villa in the heart of the UNESCO World Heritage Site—The Vineyard Landscape of Piedmont: Langhe-Roero and Monferrato. The property's traditional architecture, with its stone façade and terracotta roof tiles, blends seamlessly into the surrounding countryside. Indoors find a serene and sophisticated retreat, where modern comforts and rustic charm create a perfect harmony.

Space is limited. With significant savings of more than \$1,000 per couple, we anticipate this tour will fill quickly. Reserve online at tufts.orbridge.com or call (866) 639-0079.

Sincerely,



Mary Ann R. Hunt

Director of Lifelong Learning and Travel-Learn Program

go.tufts.edu/travel_learn

.....
Featuring Faculty Host Sarah L Booth



Dr. Sarah L Booth, PhD, serves as the Director of the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts University and is a Professor of Nutrition at the Friedman School of Nutrition Science and Policy. She was Chair of the 2025-2030 Dietary Guidelines for Americans Scientific Advisory Committee and served as the 2024-2025 President of the American Society of Nutrition. Dr. Booth earned her BS from McGill University, her MS from the London School of Hygiene and Tropical Medicine, and her PhD from McGill. Dr. Booth is an expert in the role of fat-soluble vitamin metabolism in the prevention of chronic disease. Her doctoral research was focused on the use of indigenous plants in food and medicine.

On this trip she will talk about the truths and myths surrounding the Mediterranean diet and "anti-aging" diets.

Flavors of the Italian Alps | Itinerary Highlights (subject to change)

Day 1 EN ROUTE FROM U.S.

1

Day 2 ARRIVE IN TURIN, ITALY | MONTEU

2

ROERO (D) Upon arrival an Orbridge representative will be waiting to assist with your transfer to the property. Take time to unpack and settle in before meeting fellow travel companions for a relaxing dinner crafted by the property's private chef featuring Piedmont's premium local ingredients.

Day 3 MONTEU ROERO (B,L,D) After breakfast

3

set off on a truffle hunting excursion at a nearby farm. Meet Luca and his trusty canine companion before venturing into the picturesque woodlands in search of the prized fungi. During the walk gain insight from Luca into age-old techniques and time-honored traditions of truffle hunting, passed down through generations. Following the hunt return to the farm for a delectable lunch. Continue to a historic winery that's been producing extraordinary varietals for 17 generations. Join the proprietor for a tour and tasting followed by dinner.

Day 4 CANALE (B,D) Enjoy a traditional Italian

4

breakfast before changing into comfortable clothing for this morning's activity—an easy e-bike cycling excursion to Canale. On the way, stop at Monteu Roero's church and attached café for refreshments. Continue to a winery for a rare opportunity to sample the region's unfermented grape varieties followed by a wine tasting. Arriving in charming Canale, wander the bustling market to procure ingredients for this afternoon's cooking class back at the property. Enjoy lunch on your own before returning to the villa by minivan. Take time to refresh before gathering for an interactive cooking class with your private chef followed by dinner.

Day 5 MONTEU ROERO (B,L) Roll up your sleeves for

5

hands-on activities at a local goat farm. Learn traditions and techniques surrounding cheese making, concluding the visit with a tasting at the farm's aging grotto. Later visit a winery for a tasting and lunch hosted at the owner's home. Return to the villa walking the "grand chestnut path"—an impressively scenic walk alongside a chestnut forest. The remainder of day is at leisure.

Day 6 TURIN (B,D) Depart for Turin by motor coach

6

for a guided walking tour. Its historic center is a treasure trove of Baroque architecture and grand boulevards that bear witness to Turin's illustrious past as the seat of the House of Savoy, one of Europe's most influential royal dynasties. Strolling along the elegant avenues and picturesque squares you'll encounter architectural masterpieces including Palazzo Reale, Palazzo Madama and the iconic Mole Antonelliana, whose towering spire dominates the city skyline. Enjoy lunch on your own with time to explore independently. Tonight features a special treat—a *giropizza* (literally a "tour of pizzas") at the property. Our specially trained *pizzaiolo* (pizza maker) will craft an array of wood-fired pizzas featuring a variety of authentic flavors including black truffle, a typical Piedmontese topping.

Day 7 BRA | POLLENZO (B,L,D) Visit the birthplace of

7

the Slow Food movement. Immerse yourself in the ethos of Slow Food while exploring Bra's lively markets and artisanal shops, then gather for lunch. Afterward continue to the University of Gastronomic Sciences, an institution committed to promoting a holistic understanding of food that goes beyond mere sustenance to encompass its social, cultural and environmental significance. Enjoy a guided visit to the The Wine Bank, whose extensive collection of varietals spans the length and breadth of Italy's wine regions. Return to the villa for a casual dinner followed by an evening at leisure.

Day 8 ALBA (B,D) Set out for Alba by motor coach.

8

Renowned for its picturesque avenues and historic landmarks above ground, Alba holds a hidden treasure beneath its surface—ancient Roman ruins. Touring this network of tunnels, chambers and galleries offers a fascinating glimpse into Alba's rich history. Lunch is on your own before returning to the villa for a final afternoon to indulge in the tranquil surroundings. Later prepare for a special farewell dinner at a Michelin-starred restaurant, capping off a memorable week of exploration.

Day 9 MONTEU ROERO | TURIN | DEPART

9

FOR U.S. (B) After breakfast take the group transfer to the airport for flights home.

(B = Breakfast, L = Lunch, D = Dinner)



What's Included

- 7 nights accommodations at Villa delle Nocchiele
- 7 breakfasts, 3 lunches and 6 dinners served with wine
- All activities, private tours and tastings, and unique small-group excursions noted in the 9-day itinerary
- Full guiding services of an Orbridge Travel Director and expert local guides
- Private motor coach transportation
- Luggage portorage
- Gratuities to Orbridge Travel Director, local guides, drivers and wait staff for included meals
- Airport transfers for guests arriving and departing during the suggested times

Activity Level: Activities are generally not very strenuous, however we expect that guests can enjoy two hours or more of walking, are sure-footed on cobbled surfaces, and can walk up and down stairs without assistance. There is no elevator on the property. Historic city centers are usually more accessible by foot than by vehicle, and sometimes it is not possible for your motor coach to drop you off at site entrances. Due to the structure of some buildings, facilities for those with mobility issues may be limited. Also, dexterity to use kitchen tools and participate in the cooking class is not necessary but adds to the enjoyment of this program.



Guest Balcony



Pizza Oven



Pool

Accommodations *(subject to change)*

Embrace idyllic tranquility at Villa delle Nocchiele, a private country estate that was meticulously renovated in 2023.

The property features 10 guest rooms (three guest rooms are on the first floor), each with a private en suite bathroom and panoramic views, plus elegantly cozy gathering spaces.

After enriching days of discovery restore your senses in the outdoor infinity pool or peaceful garden.

Property Amenities: Complimentary Wi-Fi throughout, large living room, professional kitchen with microwave, outdoor pergola, infinity pool, large pizza oven, laundry room, ice machine, ping pong table and Bocce set. (No elevator on site.)

Room Amenities: Individual climate control, USB and USB-C outlets, extra-comfort Simmons mattress, complimentary Wi-Fi, and en suite bathroom with organic shampoo and soap, and hair dryer.



Guest Room



Outdoor Dining

Optional Pre-Tour Lake Como

Renowned for its stunning natural beauty, iconic landmarks and charming villages, Lake Como is an alluring destination and ideal starting point for your Italian holiday. From lively cobblestone streets to ultra-lush gardens, immerse yourself in the area's timeless elegance, picturesque landscapes and exquisite cuisine.

Day EN ROUTE FROM U.S.
+1

Day ARRIVE IN CERNOBBIO, ITALY | COMO Upon
+2 arrival to Milan Malpensa Airport transfer to your hotel to check in and freshen up. Later join a local guide for a walking tour through Como.

Day CERNOBBIO | VILLA CARLOTTA | CERNOBBIO
+3 (B,L) After breakfast board a public ferry to Villa Carlotta, a jewel of Lake Como featuring meticulously maintained gardens, an extensive art collection, and stunning views of the lake and surrounding mountains. Constructed in 1690 by the Milanese marquis Giorgio Clerici in Baroque architectural style of the period, the villa originally served as a luxurious residence. Inside Villa Carlotta find notable art pieces including the famous sculpture "Palamedes" by Antonio Canova as well as paintings by Francesco Hayez. Continue to the villa's botanical gardens followed by a wine tasting and lunch. Return to Cernobbio and enjoy the remainder of the afternoon and evening at leisure.

Day CERNOBBIO | MAIN PROGRAM BEGINS (B)
+4 Following breakfast enjoy a morning at leisure. After lunch on your own, transfer to Monteu Roero to join guests arriving for the main program.

What's Included

- 2 nights accommodations at Hotel Centrale (or similar)
- 2 breakfasts and 1 lunch
- Guided panoramic walking tour of Como
- Admission to Villa Carlotta
- Transportation and ferry fees for included tours
- Luggage portorage
- Gratuities to local guide, driver, porters, hotel staff and wait staff for included meals
- Airport transfers for guests arriving during the suggested times



Optional Post-Tour Mont Blanc

Journey through Italy's Aosta Valley—a region steeped in history and culture—for an authentic alpine experience. Discover well-preserved historical sites and Roman ruins before ascending to Pointe Helbronner by cable car for spectacular views of the Mont Blanc massif.

Day 9 **AOSTA (L)** Continue to Aosta—a town that features well-preserved historical sites including the Arch of Augustus, the Porta Praetoria and the Roman Theatre. Enjoy a decadent fondue-based lunch before joining a local guide for a comprehensive walking tour. Descend into the cryptoporticus—a semi-subterranean gallery consisting of two parallel tunnels connected by a series of cross-vaulted passages. Continue to your hotel for check in and the remainder of the evening at leisure.

Day 10 **AOSTA | MONT BLANC | AOSTA (B,L)** Set off on a scenic drive to Courmayeur situated at the base of Mont Blanc. Board the Skyway Cable Car for a breathtaking, nearly 11,000-foot ascent to Pointe Helbronner. Throughout the ride, the cable car rotates providing 360° panoramic views over the diverse terrain. At the top a spacious terrace and multiple viewing platforms offer spectacular, unobstructed views of the Mont Blanc massif including iconic peaks Dent du Géant and the Grandes Jorasses. After lunch at Kartell Bistrot Panoramic board the cable car for the returning descent to Courmayeur. The remainder of the day is at leisure to take advantage of the hotel amenities.

Day 11 **AOSTA | MILAN | DEPART FOR U.S. (B)** After breakfast take the complimentary transfer to the airport for flights home.

What's Included

- 2 nights accommodations at Duca D'Aosta (or similar)
- 2 breakfasts and 2 lunches
- Guided panoramic walking tour of Aosta
- Cable car ride including admission
- Transportation for included tours
- Luggage portorage
- Gratuities to local guide, drivers, porters and wait staff for included meals
- Airport transfers for guests departing during the suggested times





SEPTEMBER 12-20, 2026

Lake Como Pre-Tour: September 10-13, 2026

Mont Blanc Post-Tour: September 20-22, 2026

RESERVE YOUR SPACE TODAY

Online: tufts.orbridge.com

Phone: (866) 639-0079

Category	Standard Rate	Special Rate*
Deluxe	\$6,399	\$5,895
Junior Suite	\$7,399	\$6,895
Single (Deluxe)	\$9,199	\$8,695

DEPOSIT AMOUNT PER PERSON

\$500 pre-tour • \$850 main tour • \$500 post-tour

Lake Como Pre-Tour	Standard Rate	Special Rate*
Double	\$2,199	\$1,995
Single	\$3,099	\$2,895

Mont Blanc Post-Tour	Standard Rate	Special Rate*
Double	\$2,199	\$1,995
Single	\$2,899	\$2,695

*Special group rates; limited offer. All rates are per person in U.S. dollars based on double occupancy except where noted as Single. Single availability limited. Unless noted otherwise, airfare is not included. **An exclusive Early Booking Bonus, Expedition Libraries are curated collections of useful resources and background reading tailored to this program. Place your deposit on or before the specified date, and one Expedition Library per room will be sent after receipt of final payment. Libraries may be purchased; call for details. Full Terms & Conditions at terms.orbridge.com. Any payment to Orbridge, LLC constitutes your acceptance of the terms and conditions set out therein, including but not limited to the cancellation and refund terms. CST#2098750-40 WST#602828994

Orbridge takes seriously the responsibility to minimize our global environmental impact. Each year we plant 100,000 trees in U.S. State Forests with afforestation needs as an ongoing initiative among our evolving sustainability efforts. Learn more at orbridge.com/going-green.



Office of Alumni Engagement
80 George Street
Medford, MA 02155

FLAVORS OF THE ITALIAN ALPS

SEPTEMBER 12-20, 2026

Special Alumni Rate:

Save more than **\$1,000** per couple

30-DAY REFUND GUARANTEE

FREE EXPEDITION LIBRARY
AN EXCLUSIVE EARLY
RESERVATION BONUS

Reserve by
January 23, 2026**



Tufts alumni on Orbridge's Flavors of Sicily 2023 travel program.

PRSRST STD
U.S. POSTAGE
PAID
PERMIT NO. 825
SAN DIEGO, CA