

Bologna-Food Valley-Lake Garda-Verona

9 Days Itinerary

Perfect for food and wine lovers, seekers of authentic experiences, and those who value relaxation.

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Welcome Note

This itinerary is an example of how a journey through Italy can be designed when it's centred around what matters most to you. It reflects the passions of travellers who appreciate gastronomy, wine, and meaningful cultural encounters.

At [Design Your Italy](#), no two trips are the same. Each itinerary is built from the ground up — tailored to your pace, your interests, and your preferred style of travel. This sample gives you a sense of what's possible, but your Italy can and should look completely different.

Important Note

This is a sample for inspiration. The full experience — including detailed planning, private contacts, exclusive access, and the personalised touches that make a journey seamless — is available only when we design your custom itinerary



Day 1 - Arrival in Bologna

Arrive in Bologna, the capital of Emilia-Romagna and home to some of Italy's most iconic dishes. After checking into your chosen accommodation — whether a boutique apartment or a historic hotel — keep the day flexible to recover from travel. In the evening, enjoy dinner in a traditional trattoria or osteria, sampling regional classics such as *tagliatelle al ragù*, *tortellini in brodo*, or *cotoletta alla bolognese*.

Day 2 - Cooking & Culture

Begin with a guided visit with a local cook to Bologna's bustling food market to explore seasonal produce, followed by a private cooking class where you'll prepare traditional pasta dishes and enjoy them with local wine. In the afternoon, take a walking tour of Bologna's historic centre, with its medieval towers, arcades, and hidden courtyards. Depending on the season, you may also encounter local festivities that highlight the city's traditions.

Day 3 - The Flavours of the Food Valley

Travel into Emilia-Romagna's renowned "Food Valley," where artisanal producers preserve time-honoured methods. Spend the morning at a family-run *acetaia*, where you'll learn how traditional balsamic vinegar is produced and aged over decades. A guided tasting reveals the complexity of flavours that make this product unique, followed by a light, casual lunch featuring local specialities.

In the afternoon, continue to a countryside retreat or spa relais, where you'll check in and enjoy time to relax — whether that means a wellness treatment, a swim, or simply unwinding in the quiet of rural Emilia-Romagna.



Day 4 - Prosciutto di Parma & Leisure Afternoon

Begin the day with a visit to a producer of *Prosciutto di Parma*, where you'll discover the careful process of salting, curing, and ageing that defines this ham. After a guided tasting, the afternoon is yours to enjoy at leisure. You may choose to rest at your retreat, take a short countryside walk, visit a nearby town or savour the quiet pace before continuing the journey north.

Day 5 - Parmigiano Reggiano & Journey to Lake Garda

The day begins early with a visit to a Parmigiano Reggiano dairy. Production takes place only in the morning. This is when the master cheesemakers transform milk into the curds that will become the famous wheels of Parmigiano Reggiano. Witnessing the process firsthand gives unique insight into why this cheese is called “*the king of cheeses*.” A guided tasting follows, highlighting the flavour differences that come with years of ageing.

After the visit, continue north to Lake Garda. Upon arrival, check into your accommodation — whether a lakeside boutique hotel or a villa in the hills overlooking vineyards. The afternoon is free to enjoy at your own pace — take a walk by the water, explore a nearby village, a leisurely bike ride or simply relax with a glass of local wine.



Day 6 — A Day by the Lake

Day six is dedicated entirely to Lake Garda. Begin with time in Lazise, a lakeside town known for its medieval walls, cobble streets, and lively piazzas. Exploring at a slower pace allows you to enjoy its charm without rushing.

In the late afternoon, board a private boat for a sunset tour across the lake to Sirmione. Glide past its striking medieval castle before reaching the tip of the peninsula, where the ancient Roman Grottoes of Catullus overlook the water. The combination of history, landscape, and the changing colours of the lake at sunset makes this experience one of the highlights of the journey.

Day 7 — Wine & Lunch in Valpolicella

Dedicate the day to the Valpolicella wine region, just outside Verona. Here, vineyards produce some of northern Italy's most renowned reds, including *Valpolicella Classico*, *Ripasso*, and *Amarone*. A guided tasting introduces these wines in context, paired with a relaxed lunch featuring simple, regional dishes. The experience highlights the connection between local food and wine in a scenic setting.

Day 8 — Verona's Historic Centre

Spend the final full day in Verona, a UNESCO World Heritage city known for its Roman amphitheatre, medieval architecture, and lively piazzas. Accommodation can be arranged in boutique suites within the historic centre. The day's exploration may include landmarks such as Juliet's house, the Roman theatre, and the city's many squares and bridges, all experienced at a comfortable pace.

Day 9 — Departure

On the final day, depart from a convenient location for your onward travel, or continue your journey in Italy. Verona's central position makes it an excellent gateway to destinations such as Venice, Milan, or the Dolomites, should you wish to extend your trip.

Why Personalisation Matters

This itinerary is only a sample. Every traveller has different priorities, rhythms, and expectations, and a one-size-fits-all approach can never capture that.

Personalisation is what turns a trip from ordinary into unforgettable.

- For some, that might mean spending more time in kitchens, vineyards, or food markets.
- For others, it's private access to historic sites or local traditions.
- For those who need rest, it could be spa retreats, scenic drives, or unhurried afternoons in small villages.

It's not only about what you do, but how the trip is paced — when to slow down, when to go deeper, and how to balance activity with relaxation.

At **Design Your Italy**, custom means:

- White-glove planning: every detail handled from start to finish.
- Highly tailored itineraries: built around your pace, your interests, and your style.
- Authentic connections

When travel reflects *YOU*, each day feels meaningful and seamless, not just another checklist.

Let's Design Your Italy

If you're ready to move beyond generic travel advice and create a journey that feels effortless, exclusive, and uniquely yours — let's talk.

Email: hello@designyouritaly.com

Website: www.designyouritaly.com

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