

ALESSANDRIA AND MONFERRATO, ITALIAN LIFESTYLE

亚利山德利亚和蒙费拉托，意大利生活方式



Monferrato is a centre of excellence for food, art and nature; perfectly positioned in the very heart of Piedmont between Lake Maggiore and the Ligurian Sea and less than two hours from the international airports of Milan Malpensa, Milan Linate, Turin and Genoa, there is also a direct Motorail connection with the very centre of Europe.

Autumn and winter are the seasons for the gourmards amongst us; this area abounds with truffles and mushrooms, cheeses, salami, pastries, centres of Slow Food excellence and some of Italy's finest, most prestigious wines. Many leading restaurants and wineries offer tasting and cookery courses.

In the spring and summer, lovers of outdoor sports can make the most of the tracks and pathways that criss-cross the hills and mountains, whether on foot or on horseback or on mountain bike, spending relaxing nights in charming agriturismos. If you love the sport of cycling then this is very much your area, where you can use the same roads as those used by those two immortal champions Fausto Coppi and Costante Girardengo, perhaps alongside one of today's cycling champions. Monferrato is a beautiful green swathe between the mountains and the sea and has golf courses of an international standard.

Art, culture and history form a constant backdrop to life here in Monferrato, from the works of art on show in Casale Monferrato to the hilltop castles that dot the landscape and the hot spring waters that have been curing people in both body and mind since Roman times in the pretty spa town of Acqui Terme.

Prestigious hotels hold important congresses and conventions and the opportunities for some serious shopping are virtually endless with the world-renowned hat maker Borsalino at Alessandria and the Outlet at Serravalle Scrivia, the largest of its type in Europe with more than 200 shops, with all the top Italian designers represented including Armani, Prada and Versace.

Alexala is the official tourism information office and can offer customised tour suggestions, advice on accommodation and dining and all the best ways to enjoy the full Monferrato experience.

Alexala – The Tourist Board for Alessandria & Monferrato

蒙费拉托是美食、艺术和自然的集结地；位于皮埃蒙特大区中心位置，介于马焦雷湖和利古里亚海之间，距离米兰马尔彭萨机场和里纳特机场、都灵和热那亚有大约两小时车程距离，还有直接连接欧洲中心的铁路联运系统。

秋冬季是美食家的季节；本地区生产松露和蘑菇、奶酪、萨拉米香肠、甜点，这里是卓越慢食（Slow Food）、意大利美食和很多珍贵红酒的汇聚地。许多优秀餐厅和酒庄提供品尝和烹饪课程。

春夏两季，户外爱好者可以在山丘间纵横交错的轨道和小路上玩耍，您可以步行、骑马或是山地自行车，在农家乐里度过迷人的夜晚。如果您喜爱自行车运动，这里将是您的不二选择，您可以在两个不朽冠军——法乌斯托科皮和克斯唐特吉拉德格曾经选择的道路上纵横驰骋，在您身旁一同骑车的某个人可能就是而今的自行车冠军。蒙费拉托是在高山大海之间的一片美丽绿地，还有国际标准的高尔夫课程供您选择。

艺术、文化和历史构成了蒙费拉托恒定的生活背景，这里有蒙费拉托城堡展示的艺术品，有点缀风景的山顶城堡，还有从罗马时代起就在美丽的阿奎温泉小镇医治身体和心灵的温泉。

久负盛名的酒店可承办重要会议，您还可以在亚利山德亚世界知名的博尔萨利诺制帽匠处和赛拉瓦莱斯克利威亚奥特莱斯中心购物，这里有超过 200 家欧洲商铺，汇聚了知名设计品牌诸如阿玛尼、普拉达和范思哲。

Alexala 是官方旅游信息中心，针对蒙费拉托地区吃住行提供个性化游览建议。

Alexala – 亚利山德利亚 & 蒙费拉托的旅游委员会



ATL alexala

AGENZIA TURISTICA LOCALE della provincia di Alessandria

ALEXALA

Piazza Santa Maria di Castello 14
15121 Alessandria
Tel. +39 0131 288095 - 0131 227454
Fax +39 0131 220546
info@alexala.it • www.alexala.it



http://blog.sina.com.cn/s/blog_eb32b6870102vqhw.html



<http://www.weibo.com/u/3945969287>

ALESSANDRIA AND MONFERRATO, ITALIAN LIFESTYLE

亚利山德利亚和蒙费拉托，意大利生活方式



1 THE SPAS AND CASTLES

From **Acqui Terme**, the town that owes its fame to the many sulphurous springs that are to be found there and which have been curing people since Roman times we follow the hilly roads that lead to **Morsasco**, **Trissobio** and **Rocca Grimalda**, all clothed with vineyards and crowned with castles we eventually come to **Silvano d'Orba** and the perfect opportunity to visit a distillery to taste grappas that have been produced there for more than 150 years. From Silvano we carry on and up through vineyards and woodland to reach the town of **Ovada** and then on to **Tagliolo Monferrato** where there is a castle that is very much worth visiting. We end the day by reaching the small town of **Gavi**, dominated by its imposing fort.

温泉和城堡

从 **阿奎温泉小城**出发，它的名气起源于城中的硫磺温泉，自罗马时代起就是著名的温泉小站，沿着丘陵路朝向被葡萄园和城堡环绕的**摩尔萨斯克**、**特利索比奥**和**洛卡格里马尔达小城**，最后到达**席尔瓦诺-多尔巴**。在休息站可以参观一间150多年历史的古老酒窖并品尝格拉八酒。从席尔瓦诺出发以后会重新登上山丘，穿过交替的葡萄园和森林后到达**欧瓦达**，然后继续向**达里奥罗-蒙菲拉托**前进，在这里您可以参观城堡。当天结束时前往**加维城**，那里有座与城市同名的宏伟城堡。（由皮埃蒙特奥涅涅依洛斯拉旅游部组织）



2 SHOPPING AND FOOD

Get to **Serravalle Scrivia** where there is the chance to shop to your heart's content at the McArthur Glen Serravalle Designer Outlet, home to all the leading Italian and international design houses. At the end of the day, head up the rolling hills towards **Gavi** and in about 15 minutes you'll reach the village of **Monterotondo** where you can stay in a beautiful country house on an estate where they make the world-renowned GAVI D.O.C.G white wine and where you can have a tour of the historic wine cellars and taste the wines, all accompanied by a superb Piemontese menu created by Michelin-starred chef Massimo Mentasti.

购物及饮食

到达**塞拉瓦莱-斯科利维亚**，可以去塞拉瓦莱名品奥特莱斯购买意大利主要大牌；当天结束后重新登上前往**加维**的缓慢山坡，驱车15分钟后抵达**蒙特罗通多小镇**，可以在绿色掩映的度假胜地中逗留；这里有一间至今还在生产D.O.C.G加维白葡萄酒的农场，您可以参观古老的酒窖并品尝珍贵的葡萄酒，还有皮埃蒙特传统上好菜肴供您选择，全由著名意大利主厨马西莫-门塔斯蒂亲自操刀制作（2014年米其林星级厨师）（由皮埃蒙特奥涅涅依洛斯拉旅游部组织）



3 ON THE TRACKS OF THE CYCLING CHAMPIONS

From **Novi Ligure**, a town with a charming and historic old centre where there are lots of beautifully decorated houses to look at as well as the Maddalena Oratorio and the Museo del Campionissimi which is dedicated to cycling and those two world renowned champions Fausto Coppi and Costante Girardengo, you can move on to the castle at **Pozzolo Formigaro**. To follow the traditions of the great Fausto Coppi who trained on these very roads and tracks you can hire bikes and a guide who will lead you to Pozzolo Formigaro where the cyclists can have a welcome break! Leaving the bicycles there, go by car towards **Gavazzana**, **Castellania** and **Sarezzano** across the Tortona hills, famous for Timorasso white wine and then reaching the town of **Tortona** after which you can end the day at **Alessandria**.

沿着自行车运动冠军的轨迹出发

从**诺威-利古雷**出发，这里有优雅的老城区中心，您可以参观一些隐藏的杰作，诸如玛达莱娜大教堂以及两个意大利自行车手有关的冠军博物馆（法乌斯托-科皮和克斯唐特-吉拉尔德格），您还可以参观**波佐-佛尔米伽罗城堡**。为了模仿和追忆伟大自行车手法乌斯托-科皮在这些道路上训练的传统，人们在此租赁自行车穿行自行车道，跟随游览指南您会到达波佐-佛尔米伽罗城堡，这里有为“自行车手”设立的甜蜜短暂休息处。把自行车放在这里，您可以继续乘车去向**加瓦扎那**、**卡斯泰拉尼亚**、**萨雷扎诺**，越过托尔托纳丘陵和提莫拉索葡萄酒的土地到达**托尔托纳镇**，在**亚利山德亚**结束这一天的行程。（由皮埃蒙特奥涅涅依洛斯拉旅游部组织）



4 WORLD HERITAGE COUNTRYSIDE

From **Casale Monferrato**, an elegant town to be found on the banks of the River Po, you can have a pleasant trip up and down the rolling hills through the many towns and villages of the Province of Alessandria which go to make up the UNESCO World Heritage Site. We would suggest that the first stop should be at the **Sanctuary of Crea**, a very special religious centre that is perched on the top of a hill overlooking the region of Lower Monferrato. From there the tour continues through the villages of **Ottiglio**, **Olivia**, **Frassinello**, **Vignale Monferrato**, **Camagna** and **Cellamonite**. These are separated by not many kilometres and each one is to be found on a hilltop and there are many opportunities to visit a farm with their typical "infornol" as well as the Ecomuseo di Pietra da Cantoni. To really experience the most enjoyable characteristics of this area we would heartily recommend staying in a B&B or agriturismo.

联合国遗产景观

从位于波河畔的优雅小镇**蒙菲拉托**出发，您会经过层叠的山丘，因“酒窖”特色而被收入联合国遗产的亚利山德亚省的城市，因“站我们建议您前往**科雷亚圣所**，这里您会看到当地民众对宗教的表述，掩映在绿色之中，这也是蒙菲拉托下部丘陵的主导位置；从这里出发您可以开始对**欧体里奥**、**欧丽沃拉**、**弗拉斯内罗**、**维尼亚来-蒙菲拉托**、**卡马尼亚**和**奇拉蒙特村**镇的观光游览。这些小镇相距不远，每个小镇都坐落在一座山丘的顶部，游览期间您可以驻足参观一家农业公司，里面有特色的“酒窖”和地下石制藏酒窖。为了更好的欣赏当地特色，我们建议您留宿在提供早餐和住宿的旅馆或者农家院里。（由皮埃蒙特奥涅涅依洛斯拉旅游部组织）



5 PAINTINGS OF THE NEO-IMPRESSIONISTS

The best place to start is the town of Tortona. Have a gentle stroll around the Old Town part in the morning, with maybe a spot of lunch at one of the many excellent restaurants to be found there. In the afternoon attention turns to the permanent exhibition "**Divisionism**" at the **Fondazione C.R. Tortona Art Gallery**, which is home to around 100 paintings from the end of the 1800s and the beginnings of the 1900s from most of the greatest Neo-Impressionists of the period, foremost of whom is Giuseppe Pellizza da Volpedo as well as the Sacred Art on display at the Museo Diocesano. After this cultural feast the trail leads to the village of Volpedo (passing through the villages of Viguzzolo and Castellar Guidobono) where you can visit the artist's studio, the learning museum at the Palazzo del Torroglio and the Multimedia room dedicated to the Fourth Estate painting, surely Pellizza's most famous work.

新印象派画作

托尔托纳小城是理想的出发点。上午您可以参观老城区并在特色餐馆中享用午餐。下午去**C.R.托尔托那基金美术馆**的“**分色主义**”**永久性展览**（其中有数百件19世纪末20世纪初新印象派大部分画家的画作，首当其冲的有朱塞佩-佩里察-达-沃尔佩多的作品）和宗教艺术的主教管区博物馆。最后，参观者可以到达沃尔佩多（经过维谷佐罗聚居地和圭多波诺城堡以后），这里可以参观画家工作室、位于多拉利奥城堡内的教育博物馆和与第四国家有关的（QUARTO STATO）多媒体厅。（优质选择出品）



6 NATURE, CULTURE AND SPORT

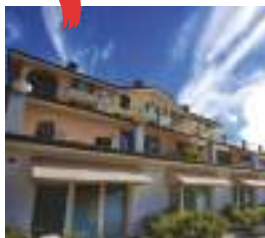
The itinerary now takes us to the ancient village of San Sebastiano on the road to Monaleale, the home of Timorasso, one of the world's most exclusive wines. From here we proceed on the road towards Montegiochi which has some wonderful views and along which you can make a brief stop to try some of the excellent salami that the area is famous for along with one of the local craft beers after which we arrive at Castellania, the birthplace of Fausto Coppi where you can visit the mausoleum, look at historic documents and see inside the house where he was born. To return to Tortona take the road through Carezzano and Villaverla and from here across the plain there is Rivalta Scrivia, famous for its historic abbey, after which we come to the Torre Garofoli district of Tortona where Napoleon Bonaparte had his command centre during the Battle of Marengo. Appropriately we then go towards the site of the battle itself at Spinetta Marengo, visiting the castle at Piviera on the way to Alessandria and a visit to the Borsalino Museum and the Citadel.

自然、文化和运动

这条线路将把我们带到圣-塞巴斯提亚诺小镇和蒙雷亚雷小镇，这是世界上最独特的葡萄酒提莫拉索葡萄酒的故乡。从这里出发到达蒙特基奥基亚，沿途可以停下来品尝当地特色萨拉米香肠和最好的精酿啤酒，之后到达卡斯泰拉尼亚，自行车手法乌斯托-科皮的出生地，这里可以参观他的陵墓，文献中心和他出生时的家。最后返回托尔托纳，前往卡雷扎诺和维拉尔维尼亚；从这里出发您可以到达并穿过通向里瓦尔塔-斯科利维亚的托尔托纳广家平原，这是一座古老的修道院，再次回到托尔托纳附近的伽罗佛理塔，这是拿破仑在马尔戈战役中下达命令的地方。之后前往斯皮内塔-马伦戈战役地点，参观比欧威拉佩城堡，到达亚利山德亚参观波尔萨利诺博物馆和城堡。（优质选择出品）



**ACCOMMODATION
& TOURIST ATTRACTIONS**
**酒店
和旅游资源**



Agriturismo Della Guardia

Località Nebbioli, 44
15066 - Gavi (AL)
Ph.: +39 339 8484880
+39 335 8155166
Fax: +39 0143 390412
info@agriturismodellaguardia.it
www.tenutadellaguardia.it



Hotel Diamante Alessandria

Viale della Valletta, 180
15122 - Alessandria (AL)
Ph.: +39 0131 611111
Fax: +39 0131 611101
info@hoteldiamantealessandria.it
www.hoteldiamantealessandria.it



Hotel Londra

Corso Felice Cavallotti, 51
15121 - Alessandria (AL)
Ph.: +39 0131 251721
Fax: +39 0131 253457
info@londrahotel.info
www.londrahotel.info



Agriturismo Cascina Nuova

Strada per Pavia 2 (SS 494 km. 74,5)
15048 - Valenza (AL)
Ph.: +39 0131 954120
+39 335 6230457
info@cascinanuova.com
www.cascinanuova.com



Agriturismo Tenuta Valdorso

Regione Piampodazza, 5
15010 - Montechiaro d'Acqui (AL)
Ph.: +39 333 3566822
info@tenutavalcorso.it
www.tenutavalcorso.it



Villa Mimma B&B

Via Roma, 30
15030 - Treville (AL)
Ph.: +39 333 9752774
gandinip@tin.it
www.villamimma.it



Albergo Ristorante Ponte

Fraz. Montaldo di Cosola, 5
15060 - Cabbella Ligure (AL)
Ph.: +39 0143 999121
Fax: +39 0143 999900
albergoponte@libero.it
www.albergoristorantepon.te.it



Anticoborgo B&B

Via Evasio Rossi, 25
15049 - Vignale Monferrato (AL)
Ph.: +39 0142 933156
info@anticoborgo-bb.it
www.anticoborgo-bb.it



Agriturismo Cascina Alberta

Ca' Prano, 14
15049 - Vignale Monferrato (AL)
Ph.: +39 0142 933313
cascinalberta@netcomp.it
www.cascinalberta.net



Dalla Nonna B&B

Via Barbano Dante, 66
15034 - Cella Monte (AL)
Ph.: +39 333 9752774
minella@dallanonnabb.com
www.dallanonnabb.com



Villa Sarezzano

Via Rocca Grue, 8
15050 - Sarezzano (AL)
Ph.: +39 333 4505645
Fax: +39 0131 7331156
sarezzano@gmail.com
www.sarezzano.com



Cascina Folletto B&B

Strada Comunale Veneziana, 9
15057 - Tortona (AL)
Ph.: +39 0131 817898
Fax: +39 0131 817898
info@cascinafolletto.com
www.cascinafolletto.com



Ristorante La Locanda dei Narcisi

Strada Barbotti, 1
15068 - Pozzolo Formigaro (AL)
Ph.: +39 348 5116638
Fax: +39 0143 319822
lalocandadeinarcisi@yahoo.it
www.lalocandadeinarcisi.it



Agriturismo Podere La Rossa

Strada per Cremonino, 15
15070 - Tagliolo Monferrato (AL)
Ph.: +39 0143 896503
info@quellidellarossa.it
www.quellidellarossa.it



Villa Ester Hotel & Residence

Località Villa Ester / Via Roma
15070 - Tagliolo Monferrato (AL)
Ph.: +39 0143 896503
Fax: +39 0143 896900
info@albergovillaester.it
www.albergovillaester.it



Agriturismo Villa Cheti

Località Monterosso, 8
15018 - Spigno Monferrato (AL)
Ph.: +39 340 3738486
villacheti@gmail.com
www.villacheti.it



Associazione Culturale Castelpiovera

Via Balbi, 2
15040 - Piviera (AL)
Ph.: +39 0131 698128
Fax: +39 0131 698814
castelpiovera@fiscali.it
www.castellodipiovera.it



Pinacoteca Il Divisionismo

Corso Leoniero, 2
15057 - Tortona (AL)
Ph.: +39 0131 822965
Fax: +39 0131 870833
info@fondazioneortortona.it
www.fondazioneortortona.it/index.php/la-pinacoteca



**SERRAVALLE
DESIGNER OUTLET**
Via della Moda, 1,
15069 - Serravalle Scrivia (AL)
Ph.: +39 0143 609000
www.McArthurGlen.it/Serravalle

INCOMING TOUR OPERATORS - 旅行社



IDEA TOURS S.N.C.
C.so V. Alfieri, 458
14100 - Asti (AT)
Ph.: +39 0141 231100
+39 0141 231334
www.ideatours.it
info@ideatours.it



**ONEIROS Incoming Piemonte
by IL MONDO IN VALIGIA**
Via Gian Francesco Re, 1
10146 - Torino (TO)
Ph.: +39 011 7732249
www.mondoinvaligia.it
oneiros_viaggi@yahoo.it
info@mondoinvaligia.it



**LA BUONA SCELTA
by AL.TO. Travels**
Piazza Bellotti, 10
15121 Alessandria (AL)
Ph.: +39 333 4392330
+39 348 8501452
romeo.ferretti@labuonascelta.com



LINEA VERDE Giachino Srl
Via Natta, 6
10148 - Torino (TO)
Ph.: +39 011 2263190
Fax: +39 011 2263114
www.busccompany.it
agenzia@buscompany.it



ITUR Società Cooperativa
Piazza Maggiore, 1
12084 - Mondovì (CN)
Ph.: +39 0174 553069
Fax: +39 0174 567929
info@ituroperator.it
www.ituroperator.it