

Alta Langa, Langa altra

You wake in the morning
and see the **Langa del Sole**
stretching over the top of a hill.

The sky is skinny strip of blue being pushed higher and higher by **the rolls of the hills**, their obscure shapes forcing air upwards, to the side, down a ravine, through the imperceptible spaces between the oak leaves and over the branches of the tree, one dry from the sun and the other a sprightly green, a new bud not ready to succumb to the autumn.

It is not just the sky that attracts your eye. It is the land, caressed by the sun. Dark green, light green, green-red, green-yellow, emerald and amaranth: a stormy 'sea' of hills, dark waves turned to stone. Explosions of woods, like the ocean spray, froth densely over the hills, only occasionally interrupted by the golden glimmer of an open field. Your gaze is conquered by views of the extraordinary, the pastoral exotic, **the rural escape**, the land that pulsates with the rhythms of the ancestral life.

Here, what matters is simply what is below and what is inside. The paths that lead to the rivers, the autumn mires, the oak leaves, the limestone headlands that rise no matter how many feet have trodden. You are always below, within, in the middle of the **Langa del Sole**. These hills force you to feel with your body the **wild force of life** in every vine, every branch, every animal; the life within each wall that abounds outwards, seemingly motionless in its ease, of each farmhouse and village where the people, shyly but proudly welcoming, call home.



- 01 LIKE A COUNTRYSIDE NOBLE**
Dedicate a day to living in the eighteenth-century atmosphere of the **Spianamento di San Sebastiano** and its *hortus conclusus*, perfect synthesis between nobility and rural life.
- 02 THE LEGEND OF THE WOLF**
Unchallenged dominator of the woods, the wolf's ancestral home is in **Montelupo Albese**. In fact, his presence continues to dominate today in the many houses and on the many walls that display fairytale murals of his adventures.
- 03 A DAY IN A CASTLE**
There is no other place like **Serralunga d'Alba** that can elicit a thrill of power like that which flowed through the veins of 14th century squires.
- 04 BIKE BETWEEN TWO UNIVERSES**
Follow the path that connects **La Morra** to **Bossolasco** and immerse yourself in similar yet very different worlds: from rows of vines and gardens to high pastures, from *ciabots* in the vineyards to stone farms and silence.
- 05 TWO SHOTS AT THE BALON**
Traversing the **Langa del Sole** without witnessing a game of **Balon** is like going to Paris and not seeing the Eiffel Tower. Balon, also known as *pallapugno* or *pallone elsatico*, is the 'national' sport of these hills.
- 06 BETWEEN THE SACRED AND THE PROFANE**
Journey to discover **parish churches** and **ancient monasteries**, sacred sites built on former sites of the pagan and profane. Ponder between devotion and life surrounded by pristine nature.
- 07 ON FOOT OR BY BIKE**
Bossolasco is the perfect destination for cycling and hiking in the Langa del Sole. Here, there are two routes: the **BarToBar**, a 124 km bike path linking Barolo to Barbaresco, and the over 60 km of GTL trails, the Great Traverse of the Langhe.
- 08 LIKE ONE OF FENOGLIO'S STORIES**
The high valley of the Belbo River was one of Beppe Fenoglio's favourite places. A renowned 20th century Italian writer on the rural society of the Langhe and Partisan movement, he spent much of his childhood here.
- 09 IN THE PASTURE WITH THE LANGHE'S LAST SHEEP**
The high pastures of the **Langa del Sole** are the perfect place to relive, even if just for a day, the solitary and wandering lives of shepherds.
- 10 THE MASCHE OF THE LANGA**
Who is scared of the Masche? No one. Which is to say, everyone. There is nobody who lives in the **Langa del Sole** whose back doesn't tingle when they hear a story about these "witches from the hills."



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