Europe

Savor Italy: Parma to Naples with 2foodtrippers






trip highlights

- Travel from Parma to Naples with Daryl and Mindi Hirsch of 2foodtrippers, sharing their food stories and favourite finds.
- Visit Parmigiano Reggiano and Parma ham producers, discover their traditional methods and taste these celebrated specialities at their source.
- Discover the craftsmanship behind Modena's traditional balsamic vinegar with an acetaia visit and tasting.
- Explore Bologna's historic Quadrilatero district on a guided market walk with local food tastings.
- Taste authentic Neapolitan pizza on an evening crawl through several renowned pizzerias.
- Visit a buffalo mozzarella farm in Campania and sample freshly made mozzarella.
- Enjoy volcanic wines and a winery lunch on the slopes of Mount Vesuvius.
- Discover the character of Parma, Bologna and Naples, with free time to explore and memorable meals shared with like-minded travellers.



Trip Duration	6 days	**Trip Code:** SIPM
Grade	Adventure touring	
Summary	hotels	

why travel with World Expeditions?

Since 1975, World Expeditions has created journeys that connect travellers with the people, landscapes and cultures of their destinations. Our carefully researched itineraries combine local expertise, thoughtful arrangements and a commitment to responsible travel.

On this hosted culinary journey, we bring together Daryl and Mindi Hirsch of 2foodtrippers and local specialists to explore Italy through its regional food traditions. From meeting cheese and ham producers around Parma to discovering Bologna's markets and Naples' pizza culture, each experience offers a closer look at the places you visit. Comfortable hotels, arranged transport and time for independent exploration let you enjoy the journey alongside fellow travellers who share your appetite for discovery.

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the trip

Join renowned food and travel bloggers Daryl and Mindi Hirsch – the duo behind 2FoodTrippers – on an unforgettable six-day culinary adventure through Italy. From the artisanal cheese and ham producers of Parma to the street markets of Bologna and the legendary pizza of Naples, this journey celebrates Italy's most iconic regional flavours.

Together with 2FoodTrippers, you'll explore Italy's diverse food landscapes, meet passionate local producers, and taste your way through the country's culinary heartland ending beneath the slopes of Mount Vesuvius with wine, mozzarella, and southern Italian hospitality.

about your leader/escort

For Daryl and Mindi Hirsch, food is at the heart of discovering a destination. The duo behind 2foodtrippers have built their award-winning work around exploring local flavours, seeking out memorable places to eat and bringing the stories behind those experiences to life. Their blend of practical food guides, personal storytelling and culinary curiosity earned them Saveur magazine's Best Travel Blog award.

Their enthusiasm spans everything from a freshly baked pastry or a neighbourhood pizza joint to an exceptional restaurant meal. They bring an approachable perspective to food travel, celebrating the everyday dishes and local traditions that make a place distinctive.

On this journey from Parma to Naples, Daryl and Mindi will share their favourite finds, food stories and love of Italian cuisine as you meet producers, explore markets and taste regional specialities together. Expect good conversation, shared discoveries and plenty of memorable moments around the table.

at a glance

DAY 1	BENVENUTI IN ITALIA: ARRIVAL IN PARMA
DAY 2	FROM PARMIGIANO TO PROSCIUTTO: A TASTE OF PARMA
DAY 3	PARMA TO BOLOGNA VIA MODENA: BALSAMIC & MARKET DELIGHTS
DAY 4	TRAVEL TO NAPLES & NEAPOLITAN PIZZA TOUR
DAY 5	BUFFALO MOZZARELLA & MOUNT VESUVIUS WINE TASTING
DAY 6	DEPARTURE FROM NAPLES OR EXTRA DAY TO EXPLORE

what's included

- 5 nights comfortable accommodation in centrally located 4-star hotels
- Daily hot buffet breakfasts
- Welcome dinner in Parma with aperitivo
- Guided food tastings and tours, including:
- Parmigiano Reggiano cheese factory visit and tasting
- Parma ham factory tour and tasting
- Traditional balsamic vinegar tour in Modena
- Bologna market walking tour with tastings
- Buffalo mozzarella farm visit and tasting in Campania.
- Pizza crawl and tasting tour in Naples
- wine tasting and two-course lunch at Casa Setaro
- Private air-conditioned coach transfers throughout as per itinerary
- High-speed train Bologna–Naples (2nd class ticket)
- English-speaking local assistants and guides
- Whisper headsets for the duration of the tour
- Arrival and departure airport transfers

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trip dates

2027 06 Jun - 11 Jun

fast facts

Countries Visited:
Italy

Visas:
Please check visa requirements with your reservations consultant*

*Ask our staff for more information

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

what's not included

- Any drinks during meals
- Items of a personal nature
- Travel insurance - mandatory
- Tips and gratuities
- Visa if required
- Meals not specified in the itinerary.
- porterage
- optional day in Naples

detailed itinerary

DAY 1 Benvenuti in Italia: Arrival in Parma

Upon arrival at Bologna Airport, you will be met by a local English-speaking assistant and transferred by private coach to the elegant city of Parma, renowned throughout Italy for its rich culinary heritage. After checking in to your hotel, enjoy some free time to settle in, relax, or begin exploring Parma's charming historic centre at your own pace.

This evening, gather with your fellow travellers for a welcome dinner at a local restaurant. Enjoy a traditional aperitivo followed by a delicious three-course meal, providing the perfect introduction to the flavours and gastronomic traditions that make this region famous worldwide.

Accommodation: Starhotels Du Parc

Included: Airport transfer, welcome aperitivo, 3-course welcome dinner

meals: D

DAY 2 From Parmigiano to Prosciutto: A Taste of Parma

After breakfast, embark on a full-day culinary journey through the countryside surrounding Parma. Your first stop is a traditional Parmigiano Reggiano cheese factory, where you will discover the centuries-old methods used to produce Italy's most celebrated cheese. Learn about every stage of production before enjoying a tasting of authentic Parmigiano Reggiano.

Continue to a renowned Parma ham producer, where you will gain insight into the careful curing process that has made Prosciutto di Parma famous around the world. Conclude your visit with a tasting of this regional delicacy before returning to Parma. The remainder of the evening is yours to enjoy at leisure.

Accommodation: Starhotels Du Parc

Included: Breakfast, Parmigiano Reggiano factory tour and tasting, Parma ham factory tour and tasting, private transportation

meals: B

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DAY 3 Parma to Bologna via Modena: Balsamic & Market Delights

Following breakfast and check-out, travel towards Bologna, stopping in Modena along the way. Here, visit a traditional acetaia to learn about the meticulous ageing process behind authentic balsamic vinegar. Discover the history and craftsmanship involved before enjoying a tasting of this treasured regional specialty.

Upon arrival in Bologna, check in to your hotel before setting out on a guided food-focused walking tour through the city's historic centre and vibrant markets. Explore the famous Quadrilatero district while sampling a variety of local delicacies and learning about Bologna's reputation as one of Italy's culinary capitals.

Accommodation: Starhotels Excelsior

Included: Breakfast, balsamic vinegar tour and tasting, Bologna market food tour with tastings, private transportation

meals: B

DAY 4 Travel to Naples & Neapolitan Pizza Tour

This morning, board a high-speed train to Naples, the birthplace of pizza and one of Italy's most vibrant cities. Upon arrival, transfer to your hotel and enjoy some time to settle in before embarking on an unforgettable culinary experience.

This evening, join a guided pizza crawl through Naples, visiting some of the city's most iconic pizzerias. Learn about the history of Neapolitan pizza while sampling a variety of authentic creations from several renowned establishments. This delicious experience offers a true taste of one of Italy's most beloved culinary traditions.

Accommodation: Palazzo Salgar

Included: Breakfast, train from Bologna to Naples, pizza tasting tour, transfers

meals: B,D

DAY 5 Buffalo Mozzarella & Mount Vesuvius Wine Tasting

Today, venture into the Campania countryside for a day dedicated to two of the region's most celebrated products. Begin with a visit to a traditional buffalo mozzarella farm, where you will learn how this famous cheese is crafted using time-honoured methods. Enjoy a tasting of fresh buffalo mozzarella while gaining insight into local agricultural traditions.

Later, continue to a winery situated on the slopes of Mount Vesuvius. Here, discover the unique volcanic terroir that shapes the region's distinctive wines. Enjoy a guided wine tasting accompanied by a two-course lunch while taking in spectacular views of the surrounding landscape.

Return to Naples in the afternoon, with the evening free to explore at your leisure.

Accommodation:Palazzo Salgar (or similar)

Included: Breakfast, buffalo mozzarella farm visit and tasting, winery visit, wine tasting, 2-course lunch, private transportation

meals: B,L

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DAY 6 Departure from Naples or extra day to explore

Enjoy your final hot buffet breakfast before checking out. A private coach will transfer you comfortably to Naples Airport for your onward journey. As your Italian culinary adventure comes to a close, take with you the flavours, aromas, and memories of an unforgettable exploration from Parma to Naples.

If time allows, we recommend extending your stay in Naples to explore this vibrant city at your own pace. This additional day is not included but available with a supplement.

End of Services

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

dietary requirements

Tell us at least one month before departure and we can cater for vegetarian diets and most medically recommended diets, including allergies and intolerances. Options are limited in remote locations. Some alternatives cost more or are not available, and on some trips you may need to bring your own food. We cannot guarantee a peanut-free or allergen-free trip. Travellers with severe allergies must carry their own medication and be able to self-administer it.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. All group gear and your luggage is moved by our team.

equipment required

A comprehensive gear list is included in the pre-departure information provided on booking.

vehicles & safety

We use a range of vehicles, each chosen for the route and the conditions.

Transport safety laws differ from those at home. We use vehicles with seatbelts wherever they are available, but some vehicles will not have them fitted.

visas

IMPORTANT NOTE

The introduction of the ETIAS has been delayed indefinitely. No action is required from travellers at this point.

The European Union will inform about the specific date for the start of ETIAS several months prior to its launch.

see https://travel-europe.europa.eu/etias_en

Until then, visas not required for citizens of Australia, Canada, USA and New Zealand for up to 90 days in a period of 180 days for all Schengen countries (see https://home-affairs.ec.europa.eu/policies/schengen-borders-and-visa/visa-policy_en . Please ensure your passport is stamped on arrival in the Schengen area. For all other nationalities and for longer stays in countries covered by the Schengen Agreement (Australian New Zealand, Canadian and US passport holders), please contact the relevant embassy. Stays of longer than 90 days in the Schengen area require a long stay visa for the country you are spending most time in. However long stay visas are unlikely to be issued unless there is a valid reason (eg. studying in country).

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Unfortunately we cannot assist in obtaining visas for long stays due to individual country visa requirements.

You may also need visas for countries you transit on the way. Check the requirements for every country on your route.

Visa costs and rules change often, so confirm with your Reservations Consultant or travel agent. Obtaining your visas is your responsibility.

carbon footprint & climate action

We measure the estimated carbon emissions of our trips to better understand their environmental impact and identify opportunities to reduce emissions, rather than relying on carbon offsets.

Our Carbon Labels, calculated with independent carbon consultancy ecollective, estimate emissions from accommodation, meals, ground transport, activities and guiding. International flights are not included and can represent a significant proportion of your overall travel footprint.

You can help reduce your travel emissions by choosing direct flights where practical, flying economy and taking fewer, longer trips.

Learn more under Climate Action in the Responsible Travel section of our website.