

Untold Italy Episode 155 - 2023 Italy Trip Inspiration

This is the Untold Italy Travel podcast, and you're listening to episode number 155.

Ciao a tutti and Benvenuti to Untold Italy, the travel podcast, where you go to the towns and villages, mountains and lakes, hills and coastlines of Bella Italia. Each week your host Katy Clarke takes you on a journey in search of magical landscapes of history, culture, wine, gelato, and, of course, a whole lot of pasta. If you're dreaming of Italy and planning future adventures there, you've come to the right place.

Katy

Buon Anno Italy lovers. Happy New Year! Welcome to 2023 and what I hope will be a thrilling year of travel to Italy or at least planning an upcoming trip for you all. 2022 just flew by didn't it and for many of us, it was the realization of dreams come true to finally visit the Italian places we'd dreamed of during those tough pandemic years.

What I love and appreciate about our listeners so much is the fact that many of you have been following the show since the start, through those tough times and you never stopped dreaming. All your messages of hope and encouragement were so motivating for me and my team that we just wanted to keep going and provide you with more ideas and inspiration for your future trips to Italy. And we plan to do more of that for many episodes to come.

But As we know by now there's a lifetime of exploring to be done in Italy and sometimes it's very difficult to choose where to go and what to see next. So today I thought I'd ask some of our regular guests where they'll be traveling in 2023. These are some of my favorite people in the world and I love hearing their ideas and suggestions for places to visit. Without them, I doubt I would have gone to magnificent Arezzo in Tuscany or the pretty town of Spilamberto in Emilia where we immersed ourselves in Balsamic Vinegar culture.

So here they are with their dream destinations and plans for 2023 plus if you listen to the end you'll hear where I'm off to this year. I'm so excited about it all. I can't wait. But without further ado, let's hear from our experts.

Nikki

Hi, this is Nikki Taylor from La Dolce Vita lifestyle magazine. I am so excited to really discover more of lower Salento, Puglia in 2023. One place that always intrigues me is a town called Nadò. It's about 30 minutes from Lecce. It's absolutely magnificent. It's got all the beautiful baroque style architecture and what I really love is that it's about 5 km or less than 5 km. Beautiful, beautiful beach town called Santa Maria al Bagno. Santa Maria al Bagno is like a picture perfect postcard. A lot of you here may have heard some of my podcasts before. I am a huge Puglia fan. I help people buy real estate here. And I live in the upper part of Puglia in

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Valle d'Itria, but I am so passionate about the south. The further south you go, these gorgeous little rustic towns, they're so undiscovered. But the beaches down there are just absolutely sublime. So if you also go down that way, you want to try and visit Marina di Pescoluse, which is a gorgeous, gorgeous beachside town with a lido. And they do call it the Italian Maldives. And if you Google it, you'll see why. It's just beautiful, shallow, warm, clear water. It's like being in a giant bathtub and it just stays shallow for miles and you can keep walking further and further and further out and it only really ever gets way steep for quite a way. So it's really a beautiful place to visit, especially if you've got little kids like myself that you don't want to be in a beach that has lots of waves. You want to be in a beach that's really safe, really shallow, warm water, absolutely clear and clean and beautiful. So definitely check out those areas down in Lower Salento. And hey, maybe I will see you in Puglia next year.

Toni

Hi, this is Toni from Taste Florence, and in 2023 I am dreaming of visiting Le Marche. It's a region that is a little less famous outside of Italy, but it's kind of the best kept secret. And there are some amazing parks and beaches that I want to visit, like the Numana beach and the Parco del Cornero. It's just a gorgeous region. It's really not that far from Tuscany, and so I plan on trying to take a week or two to really explore that area. And I'd also love to head up to the Dolomites. I have a friend who lives nearby and she tells me about all these amazing restaurants she goes to and really beautiful, cozy places. And so I plan to visit some of those with her. I wonder if I'll run into you anywhere. If so, I'll see you in 2023.

Michele

This is Michele from the Intrepid Guide and Intrepid Italian, where I help my students learn Italian with my unique 80-20 method. Having lived in Rome for three years, I'm fascinated by ancient Roman roads like Via Appia Antica, also known as the Appian Way, which connected Rome to Brindisi in southeastern Italy in Puglia, and also Via Flaminia, also known as the Flaminian Way, which connected Rome to Rimini over the Apennine Mountains. But in 2023, I'm dreaming of visiting Via Aemilia, considered the noblest of Italy's ancient roads, which is located in the region of Emilia, Romagna, up in the north. For more than 2000 years, this road has connected several important cities, originally starting with Piacenza leading down to Rimini on the Adriatic coast. Over time though, more colonies and towns sprung up on this road, including Modena, which is the birthplace of Pavarotti, also the home of Modena Balsamic Vinegar, which is my favorite and is also home to many leading Italian car manufacturers, such as Maserati and Lamborghini. There's also the town of Parma, which is home to Prosciutto di Parma, and Parmigiano Reggiano cheese. There's also Reggio Emilia, Cesena, and Imola and many other towns. Visiting Via Emilia makes for an amazing road trip, either by car or, just as conveniently, by using Italy's extensive rail network. Many years ago, I visited some of these towns by train, but in 2023, I'd love to travel this ancient Roman road again more extensively and take the time to stay at each town and learn more about its history, culture, cuisine, and their local dialects, which I love learning about. Wishing you a Buon viaggio, un abbraccio. Ciao.

Corinna

Hi everyone. This is Corinna Cooke from the Glam Italia How to Travel Italy book series and the Glam Italia Tours, which are small group tours of Italy for women. I'm super looking forward to spending loads of time in Italy with my tours in 2023 and also to spending a little me time in between tours in some of my favorite secret places in Italy. I am especially excited to return to Tuscany's gorgeous Maremma. The Maremma has an exquisite stretch of coastline dotted with breathtaking little towns and villages overlooking the Tyrrhenian Sea. I'm all about beach towns, and these ones are just ridiculously picturesque, but made even more so by the color of the water. Here. The Maremma Coast has the most vibrant turquoise sea you will ever find. With endless blue flag beaches, stunning beach clubs, and never ending private coves and swimming holes, it is an absolute paradise for beach lovers. I'm planning to stay in Porto Ercole again, and this charming, colorful beach town is visually spectacular and has loads to offer. Caravaggio fans will know that this is the place he died when making his way back to Rome. The entire area is full of Etruscan ruins, Etruscan tombs, and ancient Roman ruins. The Maremma is also full of sensational medieval hilltop towns with castles, fortresses, watchtowers, and ancient city walls. You can spend hours exploring every alleyway and lane, walking the walls, and climbing the towers for a 360 degree view out over the vineyards and the olive groves. Of course, in doing so, you burn off every calorie you consumed while eating your own weight in handmade pastas and sipping on Super-Tuscan wine. And I should add here that the Super-Tuscan wine actually comes from the Maremma. My favorite of these little towns are probably Capalbio, definitely Montemerano, and absolutely Pitigliano. Each are mesmerizing in their own right, and each are only a short drive from Porto Ercole. Another thing I adore about the Maremma is that the tour buses don't seem to know about it. This means you can explore this beautiful part of Tuscany without the crush of tourists getting in your way. It's magic. It's also easy to get to. It's very close to the Civita Vecchia - cruise ship port and only 90 minutes drive from Rome Fiumicino airport on a mostly empty motorway. If you're planning a trip to Italy or dreaming about one, be sure to check out the Maremma. 2022 has been a fantastic year for travel, and 2023 also looks like it's going to be pretty incredible. I'd like to close out by saying thank you for all of your support throughout this year. Thank you for downloading my episodes of the Untold Italy podcast, for buying my Glam Italia books, and for being lovers of all things Italy. I'm sending you my very, very best wishes for a fabulous holiday season, and I wish you a very happy, healthy and prosperous New Year. Alla prossima, my friends. Ciao.

Maria

Hi, this is Maria Pasquale, known across social media as Heart Rome. I'm an Australian food and travel journalist and author based in Rome. And in 2023, I am dreaming of visiting Sicily. Not for the first time. I've lost count of how many times I've visited that region, but I just cannot get enough. It's so dynamic, thrilling, exciting, diverse, and I'm thinking 2023 could be a good time for me to explore all that baroque architecture of Noto. But to be honest, I don't discriminate when it comes to that region. I could easily head back to Palermo or Ortygia. I

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love the Aeolian Islands. Salina, Alicudi, Filicudi. Some of my favorites in Italy. Also the Aegadian Islands, Catania. Look, all of it. So I look forward to seeing you in Sicily in 2023 with a big fat brioche and gelato or granito in hand.

Olivia Windsor

Hi, everyone, this is Olivia Windsor from Livguine. In 2023, we're planning an island escape to Salina, one of the Aeolian Islands off the coast of Sicily. It's meant to be lush, green, famed for capers, wine, and, of course, beautiful emerald waters we can't wait to explore. I'm having a real island moment lately, and also dreaming of a long weekend away in Procida. You can get there in just two and a half hours from Rome, which is where we live now. And, of course, I'm very excited to head back to some of our favorite regions on the Untold Italy tours, including Piemonte, Tuscany, Puglia, Capri and beautiful Umbria. It's going to be so much fun. So I hope to see many of you on one of our tours in 2023.

Katy

Ah my goodness, they are all such great ideas. So much inspiration for trips to come and I do encourage you, if you're planning your first trip, to add one of these special destinations to your itinerary.

As for me. I'm following my own advice and very much looking forward to adventures in places I know well and some I've not visited yet. I'll be spending time in Rome and Venice in March and looking forward to exploring the region of Piedmont and the city of Genoa in Liguria too. Then in September, it's the big one! I'm having a party for family and friends in the gorgeous Cilento region just south of the Amalfi Coast to celebrate my birthday. I can't wait to show them the ancient ruins of Paestum, lounge at a beach club, and of course taste that life-changing buffalo mozzarella cheese.

Before the celebrations we're spending a week in the Dolomites in northern Italy, heading back to our favorite spot in Emilia Romagna and my daughter wants to see Florence so we'll go there too. All in all, there are going to be many marvelous adventures across Italy and I can't wait to share them with all of you

If you're feeling inspired and want to know more about the places we spoke about on the podcast today then head on over to the episode show notes at untolditaly.com/155 where we've provided links and info so you can explore a little further.

Thanks for your ongoing support of Untold Italy. We truly appreciate all of you, especially our Amici private podcast members, and of course all our subscribers and listeners joining us from around the world. If you have a spare moment we would so appreciate it if you left us a 5-star rating and review on your favorite podcast app. That way we can reach more Italy-loving travelers just like you.

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That's all for today, next week we're heading to northern Italy, to the gorgeous region of Piedmont where you'll hear exactly why I'm keen to head back there and explore some more. But until then it's ... "ciao for now".

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