

# Untold Italy Episode 311: A Perfect Day in Bologna with a local

Bologna is an Italian city that has been getting a lot of attention lately. Mostly thanks to its mouthwatering food culture, but... Is there more to this city? We asked our friend, and local Giulia, how she would spend a perfect day in Bologna.

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 Clarke:

Ciao a tutti, welcome friends to another episode of Untold Italy. Today, we are welcoming back one of our beloved tour hosts, Giulia, who is going to share with you some very local insights into one of the world's great foodie cities - Bologna!

I'm Katy, the founder of Untold Italy. We're a modern travel company that believes Italy is more than a checklist and deserves deep and thoughtful exploration. We host intimate small group journeys across regional Italy for people who want to take part in Italy, not just see it.

For DIY travelers - we know the Italy you are searching for is not on page one of Google or in an AI chat. We help independent travelers like you map the Italy you are searching for with personalized trip planning services, and our Untold Italy travel app that is full of curated recommendations for the whole of Italy - from the top of the boot to the toe.

Every week on this podcast, we talk with locals, fellow travelers and experts so you can learn more about Italy and focus on the experiences that matter to you. And today we're chatting with my dear friend Giulia, who once described herself as being born under the star sign "tortellini" to me. With a sense of humour like that, it is no surprise that we have been friends ever since.

So, andiamo, let's welcome her back onto the show

Katy Clarke:

Bentonato Giulia. Welcome back to the Untold Italy podcast.

Giulia Tamarri:

Ciao, Katy. Buongiorno a tutti. It's always a pleasure.

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Katy Clarke:

Oh, it is my pleasure. Always, always, always. How is everything in the land of Parmigiano Reggiano? and of course, our obsession - the traditional balsamic vinegar of Modena.

Giulia Tamarri:

You know, Katy, we are talking at the time of the year where it's so cold and, you know, the air is very crispy in the morning, it's a little bit foggy, but. But it's actually part of the ingredients that we need to cure our meats to make sure that in the attic where we keep the balsamic, we have the contrast of the very cold. And then it will be very hot in the summer, you know, but this is actually not my favorite time of the year because I'm basically home eating tortellini broth pretty much twice per week, you know? Yeah, yeah. It's actually a time of the year where it's very, very chilly and you need your comfort food, which we have plenty here as you know.

Katy Clarke:

I feel like it's the perfect, perfect time for tortellini in brodo. I think.

Giulia Tamarri:

Well, it's always the perfect time. Katy. You know my answer, what it would be even in the summer on the 15th of August. Real Bolognese, Modonese do that, you know.

Katy Clarke:

Oh, okay. Now, Giulia, some of our listeners might know you from previous episodes that we've done, including the epic Parmigiano Reggiano one, which I think everyone should listen to if they have any passing interest in cheese. But in case there are people that don't know you yet, can you let them know a little bit about yourself?

Giulia Tamarri:

Yes, of course. So my name is Giulia, and I have a little nickname which is a little bit hard to pronounce, which is Travel with Rezdora. Rezdora is actually a dialect word from my area, which is Emilia Romagna, and actually not the whole region exactly where I live between Modena and Bologna, which describes the women that are the leader in the kitchen and of the house that with their intelligence and know how were making sure that the family could survive, because obviously back in times, there was a big problem about, you know, money if you came from the countryside as I am. And the Rezdora is always associated as being a great cook, which is definitely not my case because I'm not the Rezdora in the kitchen. Katy. I always like to say that, but I consider myself the Rezdora of traveling because, like a restorer in the kitchen, I select the very best ingredients for your days in Emilia Romagna. So I work as a travel designer.

Giulia Tamarri:

And I'm very happy to say that I also work for Untold Italy, and I am a tour host.

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Katy Clarke:

She's absolutely delightful. And if you have met Giulia, you understand why. But we're going to learn a little bit about. More about you and where you're from, because you are really passionate about your region and the area that you're from. And what I wanted to do, Giulia, is just take a little trip to Bologna, which is really becoming a city that people are very curious about. I think it's maybe because they've realized it's really easy to get to from Florence and Milan as well. And you can easily, I think you can do better than a day trip. You can spend a little bit more time there.

Katy Clarke:

It's very beautiful. But what I wanted to know from you as a local is, you know, first of all, what is so special about your region? And then we're going to take a walk through Bologna and talk about how you would spend the perfect day as a tourist if you had one day just to do touristy things. But to start us off, tell us about your region.

Giulia Tamarri:

Yeah, I'm definitely very passionate of my region. I don't want to boost it too much. But, you know, when you're like, wow, you come from Emilia Romagna, and all the Italians already know what you have in mind. Because in my region, sorry, to highlight this, we have more than 40 PGI and PDO products, which is the longest list any region has in Italy. What are these special products? So these. I'm sure that most of our listeners are familiar with these acronyms. They have been given by the European Union to actually protect some of the foods, making sure that people realize the process and what's behind these types of food.

Giulia Tamarri:

And this makes us the foodie region of Italy, really. Obviously, there is amazing food everywhere, but we have specific recognitions of this long list. And it's hard that you can eat them all in one day. So definitely come and spend time in my region. I would say a week, if you can feed it in even more, because there is so much to see, so much to eat, so many artisans to go and know and put your hands and being active, you know, so many things to do. But in any case, Bologna, as Katy was saying, is a great base if you want to explore my region, because first of all, it has got an international airport, so it's very easy to fly into Bologna directly. And plus, it's one of the main train station, connections all over at the country. So that makes it very, very easy.

Giulia Tamarri:

So, for example, just giving you an example, Katy, as you know, Florence to Bologna, door to door is only 45 minutes on the train. Bologna to Milan, if I'm not wrong, it's also one hour roughly. So, even Bologna, Venice, one hour and a half, super easy. We are in the north, but closer to the center. So, even traveling down to the center and the south makes it very convenient. And this is also why I decided to move back. After 10 years living abroad in Australia, in the UK, in Austria, blah, blah, I decided to move back to my region, not only because I love it, but also because it's very strategic in terms of traveling, of course.

Katy Clarke:

Yeah. I mean, sometimes I forget and then I look at the map and I go, gosh, this is really close to everything, you know? And if you're not familiar with the train system, it's very efficient. And Bologna has a big, big trains, which Giulia and I have run through several times with, like. But it's. It's really a very handy station. Okay, Giulia, now let's get emotional. What do you love about Bologna?

Giulia Tamarri:

Well, you know, Katy, personally, I have a long history of love with my city. Well, first of all, because of my origins, you know, I was born in a little town exactly in between Modena and Bologna, from a Modenese mom and a Bolognese dad. So when I appeared into this world, my heart was divided already in Bologna. Modena, kind of, no? And plus, during my studies, during my career of studies, I decided obviously, to study at the university of Bologna, which is the most ancient university in the Western world. So, of course, for me, such a pride to share this with you, because when you are a student in Italy and you can say that you have studied in such a, you know, glorious university, It makes a difference.

Giulia Tamarri:

And living as a city, as a university student, makes all the difference. Many people come from all over Italy, and not only Italy, to study in Bologna. And you know what they do, Katy? They stay. It's so nice. I don't know if anyone is familiar with Italian music. Actually, Katy, we should do a playlist of Italian music or Bologna music, because many musicians and singers were from Bologna. A very famous singer is called Lucio Dalla, and in one of his songs, he says, not even a child can get lost in Bologna.

Giulia Tamarri:

Because Bologna, in one way, is a very international city because of this university, but also very provincial, very small. You can walk everywhere, you don't need a car. You meet people. If you stay in Bologna one week, you end up knowing the people at the bar where you start your day having your espresso coffee. And then the same people would attend the bar. It's very easy to get to know people and to, you know, recognize them. So that's something special, isn't it?

Katy Clarke:

Yeah, I. I agree. I love Bologna. It's got a very interesting mix because it's very elegant, and it's got a very different feel to it than Florence or Rome or Venice, obviously. But it's got its own character and personality, and it feels very exciting. And I think that's always the case when it's a university town and all over the country, all over the world. I feel that if you go to a place where it's got a strong student culture, you're going to find a lot of fun.

Giulia Tamarri:

Oh, yes, absolutely. This is what I love about Bologna. There are always fresh, new ideas. There are different sides of Bologna, you see, Katy, how can I say, you know, I experienced this when I was living in London. Each area of London has got its special soul, Bologna as well.

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And you know how every soul changes also depending on the medieval door you are at. Let me explain this very briefly.

Giulia Tamarri:

So, Bologna, as you know, was at a peak during the Middle Ages. There used to be 12 medieval doors that let people in and out, and now there are only 10 instead of 12. But each door has got, you know, different kind of vibes, let's say. So, for example, my favorite door is Porta San Felice, which is the one that connects from Modena. So it's the one that, obviously, I always cross entering the city from Modena. So I've got, like, my little places where I would have my coffee. There are very nice boutiques close to it.

Giulia Tamarri:

There is a very - can I say hipster? Is it still a cool word? I don't know. I'm not very cool. But you know what I'm trying to say. Like, there is an area with, like, where most students go, and there is street art, and then there is... there are areas where it's more elegant. You know, where there are the museums, especially around, they Due Torri, the two towers. Well, there is a beautiful area where there are mostly boutiques, where it's more high-class even. Like, obviously, the shops are a little bit different.

Giulia Tamarri:

And then there is Porta Saragozza, which is the one that has always been attended by pilgrims, because they would use that door to cross and walk the longest porticos of Bologna to reach our sanctuary. This is something that our listeners should definitely do. Have you been, Katy, to San Luca? No.

Katy Clarke:

It's up on the hill, isn't it?

Giulia Tamarri:

Yes. This is something that absolutely. In one day. Well, obviously not if you stay in Bologna one day, because you definitely need at least two days to do this. But from this medieval door called Porta Saragozza, you walk to the top of this sanctuary and it's roughly 4km, which I recommend after to burn off all your tortellini and our food. And actually it would be very interesting because if we could see these porticos from the top, so if we were on a drone, we would see that it's shaped like a snake because it's the path that every Christian should make to get rid of the sins, you know, and then as you walk. I am not religious, but that's anciently what it was or still is for religious people. But there are points where you can stop and pray and then you arrive at the sanctuary and you have a beautiful view of Bologna.

Giulia Tamarri:

A must-do. And the sanctuary itself is beautiful, so definitely do it. Portico di San Luca. It's very beloved by the Bolognese, Caitly, because. Well, first of all, Bolognese people, you would meet many of them, especially at the weekend. That's what people do. They walk the steps or they run the steps. So you see many people socializing, being active.

Giulia Tamarri:

And also because, you know, Italians are so into soccer or culture. There is our stadium. So it's also fun to see this side of sporty Bologna, you know, and especially now that Bologna is playing so well, it's in Serie A. Bolognese are crazy for it. I recommend it. If you want to live like a local.

Katy Clarke:

Yes, 100%, you will never feel more Italian than if you're at a football match.

Giulia Tamarri:

That's definitely another experience. And they do tours of the stadium, you know, like they do that in Madrid and Barcelona. So now we feel a little bit big-headed that a tourist should take a tour of our stadium. But, you know, this shows you our passion for our city.

Katy Clarke:

Okay, now, Giulia, if you could have one day, just one day to act as a tourist in beautiful Bologna, how would you spend that day? What would you do?

Giulia Tamarri:

Okay, so if we only had one day, Katy, I would definitely concentrate in the very heart of the city, which is our religious social heart, which is called the area around the main square, which is called Piazza Maggiore. So I would definitely start my day over there and explore the beautiful. It's called the Quadrilatero area. Please, listener, write this name down of the road, it's called Via Pescheria Vecchia. And Katy, I know you know it very, very well. It means the old fish market. So from this alley, you enter the area of the little stores and shops with the best food ever.

Giulia Tamarri:

Okay, so obviously, obviously, now this place is very well known. So many, many Bolognese go shopping there. So it's actually fun, Katy, because you would see, if you go in the morning, you would see elderly ladies and men with their little a bag and basket going to get the best prosciutto or the best mortadella, you know, to prepare their lunch. Nowadays, there are also many tourists, okay, that actually have known the area. But definitely, that area is so interesting. So if you want to immerse yourself in the amazing Parmigiano Reggiano selection, cured meats, mortadella, pasta.

Giulia Tamarri:

That's fabulous. Absolutely fabulous. So I would start from there and then obviously I would also explore the area around the Due Torri. My favorite area is called Santo Stefano. So as you exit the area of the market, if you go and meet the area, the Piazza Santo Stefano, there is a beautiful church. Most Bolognese hang around there. I would say, Katy, really taking it slowly, strolling around the porticoes. That's a very important thing about Bologna, the slow city. Okay, so go and explore the church.

Giulia Tamarri:

You can also visit the Giardini Margherita, which is a beautiful park in Bologna. One of the things that I would say not to miss is also that park. It has got a very nice feel. There is a beautiful place where you would meet students hanging around. It's called Serre die Giardini. You won't meet many tourists there. So, you know, it's nice to also hang around where the locals hang around. So Serre de Giardini Margherita, there is a cool cafe where students do their studies or smart working.

Giulia Tamarri:

And Bologna has always got events that are creative or linked to sustainability. So this place is an organic cafe. You can have a nice cappuccino, spend time there. And then I would maybe go back to the center, do a little bit more shopping and actually, you know, Katy, sometimes I also like to suggest activities that we would do and something that I normally do when I go to Bologna. You know what I do, Katy? I go to the cinema. Why to the cinema? There is amazing cinema called Cinema Modernissimo. It's right close to the main square. And even if you don't actually go and watch a movie, okay, just go to see the cinema.

Giulia Tamarri:

How they made it - so I think they opened it again three years ago or something like this is very recent. It's the best cinema in Italy. Not Giulia is saying it, but I was reading that it has been the most attended cinema last year. And they always have cool exhibitions on. So it could be about movie directors or writers. And there is a super cool cafe called Caffè Pathé and you can also have lunch and they do special screenings. So if you are short of time, they do (not every day, but many, many days) short screenings of movies of 45 minutes.

Giulia Tamarri:

And they also give you. You can eat while you watch the movie. Isn't it cool?

Katy Clarke:

I bet it's tortellini too, isn't it?

Giulia Tamarri:

I haven't tried actually eating in the cinema yet, but yeah, it's. Of course, Bolognese are not going to have bad food, so. But you wouldn't think of doing this in a city, you know. But why not? Because they actually have an amazing program and it's also in English.

Katy Clarke:

Giulia, thank you for sharing that, because actually, this is really important. I know there are so many people out there that have got interesting passions. And this is what we've been trying to say on our podcast over many years is when you're traveling, lean into those passions. If you are passionate about cinema and you want to go and see something that's very different and unique, then this is the place to go. Go to Bologna and look up Giulia and she can take you to this wonderful cinema. I mean, Giulia, you've also shown my family so many

things. You know, I remember when we did this walk through Bologna, we tried on the hats and yes, I was traveling with my children and they were small at the time and they've grown up now and they. They love Giulia because Giulia has very creative ideas.

Katy Clarke:

But one of them is - we tried on the special hats from Bologna and that are related to the university. And what I'm loving about this conversation is Giulia, that you really can pick into people's passions and you can have an experience in a different city on the other side of the world that's going to ignite those passions. So. Sorry, I interrupted. So do continue.

Giulia Tamarri:

Actually, Katy, you know, it's important because, well, I guess it's nice for people when they travel to actually live as the locals would live, obviously. So when I took you to Bologna, I also wanted to show you about this special shop that even maybe some Bolognese don't know about. It's a special hat shop which are so rare nowadays in Italy, unfortunately. They still make the different hats that were used by each faculty of the university. So that's something also very unique. That obviously only belongs to Bologna.

Giulia Tamarri:

Talking about a, let's say, unique passions. So definitely Bologna can make people loving cinema very happy. So, also go and see the Cineteca, because Bologna is the city also of cinema. They restore movies and we have amazing programs. So also look up Chinatca, but also the people that are passionate about music. Not many people know that Bologna is not only the city of food, but also the city of music. So there is a wonderful music museum on one of the most elegant streets of the city, just off the Due Torri. So that's another path that people can take and another unique passion. And I am a nerd, Katy. You know me, when I go to a city, I always go and check out one of their libraries.

Giulia Tamarri:

And in the main square, where I told you to start your day, there is an amazing library called Salaborsa. Go and check it out, because it's wonderful, the building. It will leave you, you know, like, wowed, Very surprised. You can look at also the obviously, like the books sections and remember that for us it's free. So we have access to everything for free. And there are different floors and still talking about my people passionate about music. If you go on the last floor, there is always an exhibition on music and an exhibition on the history of Bologna in music. So you can get to know a little bit about our singers, our bands from after the Second World War.

Giulia Tamarri:

Very interesting.

Katy Clarke:

And it's a beautiful building. The frescoes are incredible. And is that the place where they have the operating theater?

Giulia Tamarri:

No, that's another thing as well. You see, Katy, you can't do Bologna in one day. It's impossible. That's another thing as well. Which is also not far from Piazza Maggiore. Yes, Katy, absolutely. Definitely. People should go and see the anatomical theater.

Giulia Tamarri:

That's where the lessons took place, the medicine lesson. And that's another amazing building. As you enter, you see all the coats of arms of the different families of students that came to Bologna. Oh my gosh. So wonderful.

Katy Clarke:

I'm loving this, Giulia, because we do know that you are passionate about your food and wine. But it is such a unique city that I think people have put Bologna on the map because of the food. But what you're showing here is there's so many layers to this wonderful city that you can go and explore.

Giulia Tamarri:

Especially Katy, thank you for mentioning that, that we are not just food, because obviously, you know, sometimes when you just eat, it's a bit too much. Don't worry, because there is so much to do even without eating food, that you won't be disappointed. That's for sure.

Katy Clarke:

But we do have to eat. There are so many great restaurants in Bologna that it's hard to identify just a few. But I'm sure you would end any day with a beautiful dinner in Bologna, wouldn't you?

Giulia Tamarri:

Oh, my gosh, no, no, no. I didn't want to say that we would make you diet, but, you know, let's say that you stayed for like four days, I don't know, and you needed a little bit of a break. Don't worry that you can keep yourself busy doing many other things. For example, another thing about Bologna, maybe some people don't really think about. It's also a city of art. And actually, Katy, this weekend we have a big event called Art City Bologna. So many international artists come to Bologna because of art.

Giulia Tamarri:

And so I also suggest to explore an area which is not far from the train station, which we call Manifattura delle Arti. And you can visit, for example, the Mambo Museum. This is our permanent modern art and contemporary collection. Inside there is another super cool cafe where normally I go for aperitivo with my friends. That area you really feel is very arty. And next to it, there is another building called Casero. And it's really cool. Katy, if you go on a Saturday morning, if you happen to be in Bologna on a Saturday morning, during the year, all year round, you also have the organic food market, where people from the local area,

including some of my friends, because, you know, I'm close to Bologna, but not in Bologna, they take their organic produce and they sell it.

Giulia Tamarri:

So this is a wonderful thing to do in Bologna on a Saturday morning, go and do shopping there. So you would meet actually farmers or bread makers from the farms around Bologna and Modena, selling their products. Or if you are in the summer, also on Monday evening. It's so cool, Katy. Everyone should try to do it Monday in the summer. I forgot actually, when it starts. But if you come to Bologna in June and July and August, you definitely have the chance. And you can also have dinner there and aperitivo, you know, it's really cool.

Katy Clarke:

What I want to say about Italian farmers markets is that they are true farmers markets. I was a little bit shocked when we lived in London, and I thought, oh, this is a very nice farmer's market. Then I went to another one and there was the same people there. What is going on? This is like more of a corporation, rather than like, what Giulia is describing, these are really local people bringing their local food 100%.

Giulia Tamarri:

Because, as you know, Katy, I live in a small town called Spilanberto, and I am a slow food member. And also I am a member of the - we call it biodistretto of my area. So I know many farmers that are organic because that's another passion of mine. And I can tell you 100% that these farmers, I mean, I visit their farm. I am a local. Normally, I am actually lucky because I can go directly to their farm and get it and get the food or the wine. But the same people go to Bologna on Saturday, and it's absolutely genuine, 100%.

Giulia Tamarri:

If you've got this passion about natural wines or organic food or artisanal bread, my stall, Katy, if I can be a little bit picky and actually go and try the biscotti, oh, my gosh. I. I actually travel once a month. I actually travel to this bakery, which is in the middle of nowhere, just to get this biscotti. I am a nerd also about food, of course. It's a very, very, very tiny. Do you call it a 'mill' where you also make the flour?

Katy Clarke:

Yep, a mill.

Giulia Tamarri:

Yeah, a mill, yeah. So it's us. It's an ancient steel working mill in the middle of the. Of nowhere on the hills around Bologna. And they make the most amazing biscottian bread. It's called Molino Dottore. This is a place where, if you visit my area, I could take you. But be prepared to travel in the middle of nowhere.

Giulia Tamarri:

But even going to meet these places that are - they are so rare. It's a beautiful place. Very, very tiny. It's like stepping back in time, Katy.

Katy Clarke:

Well, you're going to take me there next time. But before we end our day in Bologna, is there any last place that you would like to share with everyone that makes you know that you're in Bologna?

Giulia Tamarri:

Oh, a place that I would like to share in Bologna. Well, I would share where I would end my day in Bologna, Katy. Definitely. I would end my day having dinner at a very tiny little place called Vagh in Ufezzi. This is a dialect word. It's a very tiny osteria, and they've got a very, very small menu because it's just a couple and sometimes an extra help serving the food. So the chef is the husband and the waitress is the wife. They've got a small board where they still write in chalk.

Giulia Tamarri:

And definitely to end your day of strolling, watching art, strolling under Medieval porticos, having coffees, going to the market. It's the perfect way to finish off your Bolognese experience.

Katy Clarke:

That's delightful. I can't wait to get back there and explore with you. One day we're gonna have to hang out for a week. I think sometimes it's just too rushed, isn't it? When I'm there?

Giulia Tamarri:

Yes, definitely. Katy, you know that I always wait for you. Everyone, come to Bologna. Come to Emilia Romagna. Absolutely.

Katy Clarke:

Thank you, Giulia. That's amazing. And I always learn something new from you. At least 20 new things, actually. But thank you so much. And if anyone would like to reach out to you. How can they do that?

Giulia Tamarri:

So I do have a little website which is still under construction, but it's [www.travelwithrezdora](http://www.travelwithrezdora.com), spelled R E Z D O R A dot com. And I would be happy to prepare a nice itinerary for you. All my itineraries are tailored to what you like. And you don't have set things that everyone does. That's what I try to do.

Katy Clarke:

And I will let you know that Giulia organized a gelato tasting experience for my children that they remind me about every week.

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Giulia Tamarri:  
I'm so happy. Katy, thank you.

Katy Clarke:  
Thank you for joining us again, Giulia. It's always a pleasure.

Giulia Tamarri:  
Thank you, Katy. Thank you, everyone. Ciao a tutti.

Katy Clarke:  
Ciao a tutti.

Katy Clarke:  
Bologna is a very cool city in my opinion. And as I mentioned earlier, it is largely due to the strong presence of students and young people in this revered university city. Not to mention the fabulous markets and excellent shopping.

Most people dip into Bologna looking for the ultimate foodie experiences and I have to admit they are great, but if you want a true taste of Bolognese life, you will need to stay a little longer. And it is really worth it for all the reasons Giulia mentioned and more. Bologna is the capital of the Emilia Romagna region, which quietly goes about its business with minimum fuss, but truth be told they are a very impressive bunch turning out iconic food products, prestige cars and all manner of high-end manufactured products that Italy really should be more famous for.

In my opinion, Italy is at its absolute best when tradition and innovation collide and the Emilia Romagna region is where a lot of this magic happens

If you like reading and want to get to know Bologna a little better, you might enjoy Australian media personality Kate Langbroek's memoir of her experience living in the city with her young family. It's called Ciao Bella! Six take Italy.

You will find a complete city guide for Bologna and the Emilia Romagna region waiting for you in the premium version of the Untold Italy app, but of course, if you would like to get a more up and personal perspective on exploring this area reach out to Giulia. She will look after you like no other! Giulia is someone that embraces the true spirit of Italian hospitality, as anyone who has been on tour with her can attest to. We have, of course, put all her details into the episode show notes on our website, along with the full transcript at [untolditaly.com/310](https://untolditaly.com/310) for episode 307.

That's all for this week, next week we will visit another perfect pocket of Italy, sure to inspire your next visit. But until then, it is "Ciao for now".

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