



★★★★★ (20)

Innsbruck - Lake Garda

ORCHARDS AND VINEYARDS ON ADIGE CYCLE PATH.

Say 'ciao bella' to an amazing eight day cycle tour! From Innsbruck you cycle comfortably to the largest lake in Italy – Lake Garda. Imposing mountain ranges, spectacular panoramic views and a culinary tour through the vineyards and orchards of South Tyrol. This is a cycle tour in the Mediterranean, which leaves nothing to be desired.

Details of the cycle tour from Innsbruck to Lake Garda

It is 325 kilometres by bike from Innsbruck to Lake Garda. Orchards, vineyards, castles and palaces line your way. Your constant companion is the river valley of the Inn and Adige. **Eurobike-Tip:** Treat yourself to a glass of wine and a plate of pasta on a cosy terrace in the wine village of Auer.

Highlights of the cycle tour from Innsbruck to Lake Garda at a glance:

- **Indulgent cycling holiday:** Through orchards and vineyards along the South Tyrolean Wine Route, you cycle along the Eldorado of South Tyrol. Selected wines and fruits line your way, just waiting to be tasted!
- **Trentino vineyards and landscapes:** In Trento, the Eurobike team has a sightseeing tip for you: in addition to the lovely old town with the stately Cathedral in the centre, the castle Buonconsiglio is also worth a visit!
- **Delicious pistachio ice cream by a beautiful lake:** Admire Italy's largest lake, Lake Garda, and experience 'la Dolce Vita' in the truest sense! Especially in the Gelateria Bologna in Mori!

Useful information about the cycle tour from Innsbruck to Lake Garda:

After your arrival in the capital of Tyrol Innsbruck, you cycle through the vineyards of South Tyrol over eight days. From Innsbruck you cycle to Imst. Then by bus over the Reschenpass to Landeck then by bike downhill. So it's the ideal route for a casual cyclist. Along the Etsch Cycle Path, you continue down the Adige River to Bolzano, Ora, Trento and finally to the beautiful Lake Garda. The cycle tour runs on farm roads between orchards and vineyards and offers ample opportunity to have a rest and soak in the atmosphere. On average, you complete 50 kilometres per day.

Are you a fan of Italy and always wanted to see Lake Garda? Then you are just a few clicks away from your perfect cycle tour!

- Get all information and many more tour tips for our [cycle tours in Tyrol](#) and our [cycle tours on Lake Garda](#).
- More information about the topic [Crossing the Alps](#) you'll find here.

Medium



8 Days / 7 Nights



Self-guided Tour

To the online version



Itinerary

DAY
1

Arrival in Innsbruck

Welcome briefing and bike fitting. For the rest of the day, we recommend visiting Innsbruck's famous old town with its city tower and its "Golden Roof".

Sample Hotel: [Austria Trend Congress](#)

DAY
2

Innsbruck – Imst | approx. 65 km

You will cycle on the former towpath along the river Inn, along the foot of the Martinswand (mountain face) and through little villages and market towns to Stams (baroque Cistercian convent). Then, you will continue your tour via Haiming to Imst, the so-called "Merano of North Tyrol".

Sample Hotel: [Hirschen](#)

DAY
3

Imst – St. Valentin/Burgeis/Mals | approx. 50 km + bus transfer

Today, you will cycle along the river Inn, past the Zams monastery to Landeck. A bus will take you to Nauders from where you will cycle just under 100 metres in altitude uphill to the mountain pass called the 'Reschenpass'. From there, you will cycle downhill to Lake Reschensee and continue on minor roads to Mals (many towers in the centre) or to Burgeis at the foot of the castle Marienburg.

Sample Hotel: [Garni Zum Hirschen](#)

DAY
4*St. Valentin/Burgeis/Mals – Merano*

approx. 65 km

Your day starts with a trip to Glurns, which has got perfectly preserved medieval city walls. Then, you will cycle via the Montani ruins, through Schlanders, down to Merano. On your way, you will come across some pretty castles (mountaineer Reinhold Messner's castle Juval) and you will get marvellous views of the impressive mountain massif Ortlermassiv and the mountain pass Stilfserjoch. Since 2004, the Venosta train (Vinschgaubahn) has been operating again between Mals and Merano. You can almost always take this train as part of your journey.

Sample Hotel: [Villa Laurus](#)

DAY
5*Merano – Auer*

approx. 55 km

Today's stage will take you via Lana (Schnatterpeck Altar) and through numerous orchards and vineyards in the area of the South Tyrolean Wine Road, past many fortresses, castles, and ruins such as Hocheppan (famous frescos), to Lake Caldaro. You will stay overnight in the cosy wine town, Auer.

Sample Hotel: [Residence Kaufmann](#)

DAY
6*Auer – Trento*

approx. 45 km

On the sixth day, you will mainly cycle along the river Adige. At times you will cycle through orchards to Salurn, where the German speaking South Tyrol ends. The famous Trentino vineyards are located next to the dam ways. These ways lead you to Trento, which has a lovely old town, a cathedral and Buonconsiglio castle.

Sample Hotel: [NH Trento](#)

DAY
7*Trento – Riva/Torbole*

approx. 50 km

Today, you will cycle on bike paths along the river Adige via the old Tyrolean border town of Rovereto to Mori. From here, the route leads westward to Lake Garda. In Mori you will taste the world famous pistachio ice-cream in the Gelateria Bologna. After a short climb onto Passo S. Giovanni (150 metres), you will head down to the lake to Torbole or Riva.

Sample Hotel: [Gardesana](#)



Departure or extension

Tour character

You will cycle on beautiful bike paths in the river valleys of the Inn and Adige and on numerous quiet side roads between orchards and vineyards. You will be taken from the Inntal valley to the mountain pass Reschenpass. From there, you can enjoy a descent of over 1,200 metres in altitude. Sometimes small climbs will be necessary.

Prices and events

Place of arrival: Innsbruck

	Season 1 29.04.2023 - 12.05.2023 30.09.2023 - 07.10.2023 Arrival Saturday and Wednesday	Season 2 13.05.2023 - 26.05.2023 09.09.2023 - 29.09.2023 Arrival Saturday and Wednesday	Season 3 27.05.2023 - 08.09.2023 Arrival Saturday and Wednesday
Innsbruck - Lake Garda, 8 days, AT-ETRIG-08X			
Base price	1,079.00	1,139.00	1,199.00
Surcharge single room	279.00	279.00	279.00

Category: 3*** and 4**** hotels

Additional nights

Place of arrival: Innsbruck

	Season 1 Apr 29, 2023 - May 12, 2023 Sep 30, 2023 - Oct 7, 2023 Arrival Saturday and Wednesday	Season 2 May 13, 2023 - May 26, 2023 Sep 9, 2023 - Sep 29, 2023 Arrival Saturday and Wednesday	Season 3 May 27, 2023 - Sep 8, 2023 Arrival Saturday and Wednesday
Innsbruck			
Double room p.P.	79.00	79.00	79.00
Surcharge single room	35.00	35.00	35.00
Torbole/Riva			
Double room p.P.	89.00	89.00	89.00
Surcharge single room	45.00	45.00	45.00
-100% Discount in extra bed (0 - 5,99 years)	-100%	-100%	-100%

	Season 1 Apr 29, 2023 - May 12, 2023 Sep 30, 2023 - Oct 7, 2023 Arrival Saturday and Wednesday	Season 2 May 13, 2023 - May 26, 2023 Sep 9, 2023 - Sep 29, 2023 Arrival Saturday and Wednesday	Season 3 May 27, 2023 - Sep 8, 2023 Arrival Saturday and Wednesday
-10% Discount in extra bed (from 15 years)	-10%	-10%	-10%
-25% Discount in extra bed (12 - 14,99 years)	-25%	-25%	-25%
-50% Discount in extra bed (6 - 11,99 years)	-50%	-50%	-50%

Our rental bikes

	<i>Filter</i>
21-gears unisex incl. rental bike insurance	99.00
21-gear gents incl. rental bike insurance	99.00
Rental bike PLUS incl. rental bike insurance	159.00
Electric bike incl. rental bike insurance	239.00

Prices per person in EUR

Services and infos

Services

Included:

- Accommodation as already mentioned
- Breakfast
- Welcome briefing (German, English)
- Luggage transfer
- EUROBIKE developed route
- Detailed travel documents 1x per room (German, English)
- 1 Bus transfer from Landeck - Nauders, incl. your bike
- 1 Pistachio ice-cream on the way to Lake Garda
- Navigation-App and GPS-data is available
- Service hotline

Optional extras:

- Bike rental, including rental bike insurance
- Return transfer by minibuss to Innsbruck every Saturday morning, costs € 95 per person, for your own bike additional € 29,-, to be paid in advance, reservation is necessary

Infos

Arrival / Parking / Departure:

- Innsbruck train station
- Innsbruck or Munich airport
- Garage costs approx. EUR 17/days
- Public bus from Riva/Torbole to Rovereto, good train connections from Rovereto to Innsbruck

Things to note:

- Tourist tax, if due, is not included in the price!
- Also bookable as a sportive tour
- Further important information according to the package travel law can be found [here!](#)

Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



Elena Ferri, Travel specialist



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Book now

