



★★★★★ (6)

Innsbruck - Lake Garda sporty

THROUGH ORCHARDS AND VINEYARDS ON THE ADIGE CYCLE PATH.

Austria, Switzerland, Italy: this cycle tour not only takes you through three countries, but also along countless attractions. Enjoy the views of high mountain massifs, magnificent castles and glittering lakes. Cycle towards the sun and, after the many kilometres of cycling, treat yourself to the wonderful culinary delights, ranging from hearty Tyrolean delicacies to light Mediterranean dishes. Accompanied by regional wine - have we whetted your appetite yet?

Details of the cycling tour with Eurobike

In Innsbruck, visit the Alpine Zoo or take the train up to the Hafelekar, where a breathtaking view of the city on the Inn awaits - and then you're off! After a detour to charming Imst, the Inn Cycle Path leads to the Reschenpass. The uphill passage is quite challenging but rewards all visitors with a wonderful view. The next day, the tour continues to the beautiful spa town of Merano.

Day 5 of the tour offers several attractions, including the vast orchards and vineyards, the 85-metre-high "cathedral in the countryside", St. Pauls and the unspoilt Montiggl lakes. Via Bolzano and Trento you finally reach Lake Garda, where you can enjoy the famous "Dolce vita" before departure.

Highlights of the sporty cycling tour from Innsbruck to Lake Garda

- **The Golden Roof in Innsbruck:** Emperor Maximilian once enjoyed the view of the city centre and its people from Innsbruck's landmark. Today, it is not only worth looking up at the Golden Roof but also strolling through the lively city centre.
- **Magnificent panorama of the Ortler:** According to legend, the 3,905-metre-high Ortler is a fossilised giant. But it's not the only one - around 70 other peaks in the mountain massif of the same name pass the 3,000-metre mark. Simply wow!

- **The Passer Promenade in Merano:** As a health resort, the delightful South Tyrolean town already attracted the nobility to South Tyrol in Empress Sissi's time. Stroll in the footsteps of the Austrian monarch along Merano's most traditional promenade and marvel at the elaborate flora.
- **Olive groves on Lake Garda:** Especially along the southern shore of the lake, there are extensive olive groves that exude a very special flair. With a bottle of the high-quality oil, you can take a piece of Italy home with you!

Useful information about the cycle tour

The stages, which can be up to 90 km long, require a certain basic level of fitness and a desire for challenges. The great routes along the Adige Cycle Path are complemented by paths that take you directly through the vineyards and lakes of the region.

- Read more about the breathtaking [Adige Cycle Path](#) and browse through our [cycle tours in Tyrol](#) and [South Tyrol](#).

Athletic



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 pedal on the former towpath along the river Inn, at 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 – Reschen/ St. Valentin | approx. 85/90 km

Today, you will cycle along the river Inn, past the monastery Zams to Landeck and to Martina in Switzerland. From here the route leads uphill over the Reschen Pass to Italy (the Reschen Pass can also be bridged by bus from Landeck for an additional charge). You will be rewarded with a magnificent mountain panorama for the certainly demanding climb.

Sample hotel: [Villa Claudia Augusta](#)

DAY
4*Reschen/ St. Valentin – Merano*

approx. 75/80 km

Your day starts towards Glurns (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 to travel a part of your journey.

Sample hotel: [Villa Laurus](#)

DAY
5*Merano – Lake Caldaro – Bolzano*

approx. 70 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. Leaving the charming wine town behind you, you will cycle via the Montiggler lakes, past Sigmundskron to Bolzano (arcades, "Ötzi" museum).

Sample hotel: [Laurin](#)

DAY
6*Bolzano – Trento*

approx. 70 km

From Bolzano, you will cycle along the river Eisack and later along the river Adige on a beautiful bike path that is rich with orchards to Salurn, where the German speaking part of South Tyrol ends and afterwards to the historic centre of Trento accompanied by the vineyards of "Teroldego" vines.

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: [Corallo](#)



Departure or extension

Tour character

You will cycle on beautiful bike paths in the river valleys of the Inn and Adige and on numerous service roads between orchards and vineyards. You also can catch the bus from the Inntal valley to the mountain pass Reschenpass. From there, you can enjoy cycling downhill for more than 1,200 metres in altitude. In between, cycling up some 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, sporty, AT-ETRIG-08X-SPO			
Base price	1,079.00	1,139.00	1,199.00
Surcharge single room	299.00	299.00	299.00

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
Riva/Torbole			
Double room p.P.	89.00	89.00	89.00
Surcharge single room	45.00	45.00	45.00

Our rental bikes

Filter

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21-gears unisex incl. rental bike insurance	99.00
21-gear gents incl. rental bike insurance	99.00
7-gears unisex 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 Pistachio ice-cream on the way to Lake Garda
- App for Navigation and GPS-data available
- Service hotline

Optional extras:

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

Infos

Arrival / Parking / Departure:

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

Hinweis:

- Tourist tax, if due, is not included in the price!
- 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.



**Vanessa Bräumann, Travel specialist &
Team lead assistant**



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Book now

