



★★★★★ (2)

South Tyrol for families

FROM MERANO TO LAKE GARDA.

An active holiday with the whole family, where nature meets beautiful towns and, above all, the needs of children are never neglected - that means relaxation for young and old. The cycling tour from Merano to [Lake Garda](#) offers Italian "dolcé vita", action, adventure and excellent cuisine, from antipasti to cool gelato.

Details of the cycle tour for families

The tour starts in delightful Merano, which has gone down in history as a health resort and favourite destination of Empress Sissi. And today, the town still attracts visitors with its numerous sights. The botanical garden or the thermal baths are certainly worth a visit. At the stage destination of Bolzano, you should not miss the "Ötzi" museum with the children, there you can examine the "Man from the Ice".

After the South Tyrolean wine village of Auer, the route continues to Trento, where the old town virtually invites you to eat ice cream. On the way, the Castelfeder recreation area beckons, where, in addition to unique flora and fauna, ruins and climbing opportunities await the kids. The leisurely stage on day 5 holds another attraction - the "Cammino dei Dinosauri" (Dinosaur Trail) lets you walk in the footsteps of prehistoric reptiles.

Highlights of the 7-day cycling tour for families

- **Leisurely cycle paths mostly along the Adige:** Cycling along the second longest Italian river is an adventure in itself. You will experience a lot as a family while cycling on well-maintained cycle paths that follow the course of the river for long stretches. A special bonus is that from Merano onwards it is almost exclusively gently downhill.
- **Dreamlike landscapes with wonderfully fragrant orchards and vineyards:** Castles, palaces and ruins make the ride to the stage destination of Bolzano a highlight for the kids, while the parents might enjoy tasting a South Tyrolean wine. A "win-win situation"!

- **South Tyrolean cuisine with hearty specialities:** Regional specialities that resemble the hearty Tyrolean cuisine further north and seem more Mediterranean with every kilometre cycled south. Whether bacon, dumplings or heavenly pastries - the right wine to accompany them can be world-class in South Tyrol. Taste it for yourself!
- **The deep blue Lake Garda:** Throw everyday life overboard at Lake Garda and enjoy the lightness of the Mediterranean lifestyle. Stroll along the lakeshore, find a nice bathing spot and enjoy the famous "Dolce far niente" - the sweet idleness!

Useful information about the tour to Lake Garda

This tour caters to the needs of young and old without compromising on either side. A relaxing active trip for the parents and an adventure holiday for the children - this does not have to be mutually exclusive! The tours are between 25 and 45 km long and easy to manage due to the flat routing.

- Read more about the breathtaking [Adige Cycle Path](#) and be sure to check out our other [cycling tours for families](#).
- More [cycling tours in South Tyrol](#) at a glance.

* In the itinerary, you are sometimes on first name terms and sometimes formally addressed.

Easy



7 Days / 6 Nights



Self-guided Tour



No minimum age



Approx. 170 km

To the online version



Itinerary

DAY
1

Arrival in Merano

Arrive in Merano and move into your accommodation. The travel documents and rental bikes (if booked) will already be in your hotel.

Hotel example: [Hotel Flora](#)

DAY
2

Merano – Bolzano | approx. 35-45 km

You will set off on your cycle tour today from the lovely spa town, Merano. You will cycle past orchards and vineyards and you will be able to sense the Mediterranean flair. The great palaces and castles are silent guards along your way. Take a short detour to the mystical labyrinth garden in Tschrems or cool down in the Nalser swimming pool. Once you have arrived in Bolzano, you can pay a visit to the Ötzi museum or you can simply enjoy the “Dolce Vita” in the historical old town.

Hotel example: [Mondschein](#)

DAY
3

Bolzano – Auer | approx. 25 km

Today you leave South Tyrol's capital. Cycle along the river Adige and continue on your way. You can then smell the wonderful smell of the orchards again. Here is where the Adige valley opens up to its widest point and you can really marvel at the Mediterranean nature. You will spend the night in Auer, which is a typical village in South Tyrol, which still maintains its character and its genuine, south Tyrolean hospitality.

Hotel example: [Biohotel Kaufmann](#)

DAY
4*Auer – Trento* | approx. 45 km

After a good night's sleep and in a good mood, you are now refreshed and ready to go for your next day's cycling. Today's cycle path runs right through extensive vineyards. You visit a particularly exciting place for children with climbing rocks, ruins and animals on your way to visit the Biotop Castelfelder. Today you will leave the most southern part of southern Tyrol and also the language border: from now on you will hear more and more Italian.

Hotel example: [Hotel Everest](#)

DAY
5*Trento – Rovereto* | approx. 30 km

Trento with all of its museums, its heritage and its old town are all waiting for you on this discovery tour. Stroll leisurely through the little streets before you then continue on by bike. Cycle past the powerful Beseno Castel, which sits enthroned above the Adige valley. Your cycle path will then take you through vineyards to Rovereto. In Rovereto, dinosaur fans can follow the traces of the dinosaurs on 5 small trails.

Hotel example: [Hotel Leon D'Oro](#)

DAY
6*Rovereto – Lake Garda north* | approx. 25 km

Today your bike route leaves the Adige valley because lake Garda is now waiting for you. In Mori, you can try the all-round famous pistachio ice cream in the gelateria Bologna. After the only noticeable hill on this tour, you speedily cycle downhill past the blue lakes to Torbole. You will spend your last night in Torbole or Riva, two well-known holiday destinations, which are well-known for their innumerable possibilities for different sports. A wonderful end to your magnificent cycle tour in Italy.

Hotel example: [Hotel Caravel](#)

DAY
7*Departure or extension*

Today you have to say goodbye to the Italian flair. Or you can enjoy the sun for another day at one of lake Garda's beach areas. You can also get to Gardaland (a theme park) quickly from here...

Tour character

You cycle along the river Adige and through the Mediterranean scenery. Always on well-built cycle paths or quiet side roads. Only one short hill during the tour (about 150m ascent). The stages can be shortened by train if desired.

Prices and events

Place of arrival: Meran

	Season 1 01.04.2023 - 14.04.2023 30.09.2023 - 07.10.2023 Arrival daily	Season 2 15.04.2023 - 12.05.2023 09.09.2023 - 29.09.2023 Arrival daily	Season 3 13.05.2023 - 08.09.2023 Arrival daily
South Tyrolean for families, 7 days, IT-BZRMG-07X-FAM			
Base price	799.00	839.00	899.00
Extra bed 0-5 years	0.00	0.00	0.00
Extra bed 6-11 years	429.00	429.00	429.00
Extra bed 12- 14 years	639.00	639.00	639.00
Extra bed from 15 years	799.00	839.00	
Surcharge single room	289.00	289.00	289.00

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

Child prices valid if they are staying in same room as 2 full price adults. Charges for children under 6 (for example Child bed) to be paid for at the time.

Additional nights

Place of arrival: Meran

	Season 1 Apr 1, 2023 - Apr 14, 2023 Sep 30, 2023 - Oct 7, 2023 Arrival daily	Season 2 Apr 15, 2023 - May 12, 2023 Sep 9, 2023 - Sep 29, 2023 Arrival daily	Season 3 May 13, 2023 - Sep 8, 2023 Arrival daily
Meran			
Double room p. P.	95.00	95.00	95.00
Surcharge single room	25.00	25.00	25.00
Extra bed 0-5 years	0.00	0.00	0.00

	Season 1 Apr 1, 2023 - Apr 14, 2023 Sep 30, 2023 - Oct 7, 2023 Arrival daily	Season 2 Apr 15, 2023 - May 12, 2023 Sep 9, 2023 - Sep 29, 2023 Arrival daily	Season 3 May 13, 2023 - Sep 8, 2023 Arrival daily
Extra bed 6-11 years	4900	4900	4900
Extra bed 12-14 years	7500	7500	7500
Extra bed from 15 years	9500	9500	9500
Lake Garda North			
Double room p. P.	8900	8900	8900
Surcharge single room	4500	4500	4500
Extra bed 0-5 years	0.00	0.00	0.00
Extra bed 6-11 years	4500	4500	4500
Extra bed 12-14 years	6900	6900	6900
Extra bed from 15 years	8900	8900	8900

Our rental bikes

Filter

21-gears unisex incl. rental bike insurance	9900
21-gear gents incl. rental bike insurance	9900
7-gears unisex incl. rental bike insurance	9900
rental bike PLUS incl. rental bike insurance	15900
Electric bike incl. rental bike insurance	23900
Child bike	8900

8900

Child trailer

13900

Follow-Me incl.child bike

Prices per person in EUR

Services and infos

Services

Included

- Accommodation as already mentioned
- Breakfast
- 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 minibus every Saturday, Sunday and Monday morning as well as Tuesday (occasionally) afternoon. costs EUR 75 per person, extra EUR 29 for your own bike, to be paid for in advance. reservation is necessary

Infos

Arrival/Parking/departure

- Merano train station
- Verona airport
- Public car park close to the hotel costs approx. EUR 35 per week, to be paid for at the time, no reservation possible

Things to note

- 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

