



★★★★★ (20)

Lake Resia – Lake Garda

ALONG THE ADIGE CYCLE PATH TO LAKE GARDA.

Mediterranean landscapes, wonderful cultural hotspots and culinary highlights to suit every taste. This all awaits you on the cycle tour from the Reschensee to Lake Garda. From Reschen/Italy you cycle along the Adige Cycle Path through the wonderful South Tyrol to Lake Garda. Selected wines, traditional Italian cuisine and tasty antipasti can be enjoyed on the tour.

Details about the cycle tour from Reschensee to Lake Garda

The leisure and culture lovers among you have a reason to be happy. Because on the bike saddle towards Lake Garda you will experience not only mountain panoramas and charming landscapes, but also culinary delights of the highest class. From the Alps, you can soar 1500 metres downhill into sunny Italy. Meran, Bolzano and Trento are just a few South Tyrolean villages that line the cycle path to Lake Lago. Through the vineyards and orchards you cycle in good spirits on well-maintained cycled paths towards the destination.

Indulgence: treat yourself to a rest along the South Tyrolean Wine Route and enjoy a glass or two of fine wine. What will you find? Characterful white wine and strong red wine specialities that will provide pure enjoyment.

With every push of the pedals, the Italian way of life gets stronger. Be enchanted by the Dolce Vita and immerse yourself in the relaxed and enjoyable lifestyle around Lake Garda. Pizza, pasta and gelato are just waiting to be eaten. Once you arrive at Lake Garda you can finally relax and enjoy yourself.

Highlights of the cycle tour on the Adige cycle path at a glance

- **The sunken church:** The sunken church in the Reschensee is especially worth seeing. **Tip:** before leaving, take time to take a photo of the impressive natural landscape.
- **South Tyrol:** If you had to describe South Tyrol in three words, it would be: wine, charm and nature. No matter where, South Tyrol is impressive. From Meran to Bolzano it has a unique flair and incomparable hospitality.

- **Lago di Garda:** Lake Garda and its lovely towns and villages offers a special lifestyle. No place is like the other and so the lake offers the right spot for everyone. Just enjoy the good life and relax.

Useful information about the tour

In the seven or eight-day tour, you cover approximately 250 kilometres by bike. For the most part, the route runs along the Adige. It goes downhill about 1,500 metres. Enjoy the cool breeze before tackling a few inclines.

- Get all information and many more tour tips for our [cycle tours in South Tyrol](#) and our [cycle tours on Lake Garda](#).

Easy



8 Days / 7 Nights



Self-guided Tour

To the online version



Itinerary

DAY
1

Arrival in Reschen

In the evening, you have a personal tour information and the handover of rental bikes.

Sample hotel: [Villa Claudia Augusta](#)

DAY
2

Reschen – Schlanders

| approx. 45 km

Today you will cycle along Lake Reschen with a great view of the sunken church of Graun until you reach the medieval village of Glurns (perfectly preserved medieval city walls). Your destination is Schlanders, the capital of the famous Vinschgauer.

Sample hotel: [Goldene Rose](#)

DAY
3

Schlanders – Merano

| approx. 40 km

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 Ortlermassiv and the mountain pass Stilfserjoch, whilst you are rolling down on your bike into the tranquil Merano with its Mediterranean vegetation.

Sample hotel: [Villa Laurus](#)

DAY
4

Merano – Bolzano

| approx. 30/45 km

There are two alternative ways leading to Bolzano: either you cycle along the river Adige or you take the way with impressive landscapes through orchards to Lana and Eppan. On this route you can even visit the Messner Mountain Museum, which is located in the renovated ruin Sigmundskron. Ötzi, the Iceman, is surely worth a visit.

Sample hotel: [Mondschein](#)

DAY
5*Bolzano – Auer* | approx. 30 km

You cycle through numerous orchards and vineyards in the area of the wine trail of South Tyrol. Moreover, you pass a lot of castles, palaces and ruins, as well as the wine village Eppan. Then you continue to Lake Caldaro before you get to Auer.

Sample hotel: [Kaufmann](#)

DAY
6*Auer – Trento* | approx. 45 km

Mostly along the nice cycle path of the river Adige, partly through orchards again, until you get to Salurn, where the German-speaking South Tyrol ends. The causeways lead until Trento, which has a lovely and impressive old town.

Sample hotel: [NH Trento](#)

DAY
7*Trento – Torbole/Riva* | 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 to Passo S. Giovanni (150 metres), you will head down to the lake to Torbole or Riva.

Sample hotel: [Corallo](#)

DAY
8*Departure or extension*

Tour character

You will cycle on beautiful bike paths mainly along the Adige River. The route will lead you from the Reschenpass (mountain pass) almost 1,500 metres in altitude downhill to Lake Garda. However, you will have to cycle some small climbs too. Overall, you will find yourself on beautiful bike paths and country lanes. Unfortunately, moderate traffic is unavoidable on some short connecting roads.

Prices and events

Place of arrival: Reschen

	Season 1 29.04.2023 - 05.05.2023 30.09.2023 - 07.10.2023 Arrival Friday, Saturday, Sunday and Monday	Season 2 06.05.2023 - 26.05.2023 09.09.2023 - 29.09.2023 Arrival Friday, Saturday, Sunday and Monday	Season 3 27.05.2023 - 08.09.2023 Arrival daily
Lake Reschen - Lake Garda, 8 days, IT-ETRRG-08X			
Base price	99900	1,12900	1,18900
Surcharge single room	32900	32900	32900

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

Additional nights

Place of arrival: Reschen

	Season 1 Apr 29, 2023 - May 5, 2023 Sep 30, 2023 - Oct 7, 2023 Arrival Friday, Saturday, Sunday and Monday	Season 2 May 6, 2023 - May 26, 2023 Sep 9, 2023 - Sep 29, 2023 Arrival Friday, Saturday, Sunday and Monday	Season 3 May 27, 2023 - Sep 8, 2023 Arrival daily
Reschen			
Double room p.P.	7900	7900	7900
Surcharge single room	1900	1900	1900
Torbole/Riva			
Double room p.P.	8900	8900	8900
Surcharge single room	4500	4500	4500

Our rental bikes

Filter

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
- Navigation-App and GPS-data available
- Service hotline

Optional extras:

- Bike rental, including rental bike insurance
- Return transfer by minibuss to Reschen every Saturday, Monday morning and Tuesday (occasionally) afternoon, costs € 95,- per person, for your own bike additional € 29,-; reservation is necessary, to be paid in advance

Infos

Arrival / Parking / Departure:

- Landeck train station (North Tyrol), public bus to Reschen
- Innsbruck, Munich or Verona airport
- Car park costs approx. EUR 40 per week
- Public bus to Rovereto and train connections via Bolzano and Merano to Mals, public bus to Reschen

Please 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

