



★★★★★ (14)

Innsbruck - Bolzano

THE CLASSIC ON ADIGE CYCLE PATH.

In eight days through Tyrol! On this trip with Eurobike there is not only a lot to see, but it also leads through two countries: Austria and Italy. Along the cycle path on Italy's second longest river, the Adige, it is mountainous at first. With every kilometre cycled south, the atmosphere becomes more Mediterranean. Whether Innsbruck and Imst on the Austrian side or Merano and Bolzano in Italy - enjoy the beautiful cities after the physical activity in nature!

Details of the route from Innsbruck to Bolzano

Start the tour in the world-famous Innsbruck with views of the Hafelekar on one side and the Bergisel ski jump and Patscherkofel in the opposite direction. On the way to the first stage destination, don't miss the view of the Cistercian Abbey of Stams and go in search of the origin of the famous operetta "Die Vogelhändler" in Imst.

After a climb up the Reschen Pass, the famous Reschensee lake including the church spire in the water awaits with fascinating views. On day 4, the route leads past majestic castles and palaces to beautiful Merano, which can be discovered in detail on day 5 - of course, several alternatives are available for the rest day. Finally, along the South Tyrolean Wine Road, Bolzano awaits with its extraordinary architecture.

Highlights of the 8-day tour from Innsbruck to Bolzano

- **The Golden Roof in Innsbruck:** 2,657 shingles make up the famous landmark in the capital of Tyrol. Did you know? But they are not made of gold, but fire-gilded copper. Not only the Golden Roof is worth a visit, but also the lively Innsbruck city centre that surrounds it.
- **Magnificent panorama of the Ortler:** "King Ortler" is enthroned in the Vinschgau Valley at 3,905 metres - but that's not the only thing that's impressive. Around 100 glaciers are located in the mountain massif of the group. Soak up the magnificent views along the route, especially on day 4.
- **South Tyrolean wine at Lake Kaltern:** First treat yourself to a swim in Lake Kaltern, which is one of the warmest in the Alps thanks to its shallow average depth of around four metres. Afterwards,

why not treat yourself? How about a hearty 'jause' at a wine producer alongside a taste of the palatable South Tyrolean wines?

- **Stroll through the Laubengasse in Bolzano:** Enjoy a cappuccino at Walther Square with a view of the cathedral then stroll through the "Via dei Portici" and look for souvenirs to take back home - if that's not a worthy conclusion to this cycle tour, what is?

Useful information about the cycling tour with Eurobike

The Inn and Adige valleys offer wonderful views along the tour, which has stages between 35 and 65 km. The stages up to the Reschenpass in particular require a good basic level of fitness, from then on it's downhill for long stretches. There are various options for shortening the tours, including using the Vinschgau railway.

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

Medium



8 Days / 7 Nights



Self-guided Tour

To the online version



Itinerary

DAY
1

Arrival in Innsbruck

Welcome briefing and bike fitting. We then recommend that you visit 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 along the former towpath along the river Inn, at the foot of 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 Zams monastery to Landeck. A bus will take you to Nauders from where you will ascend just under 100 metres in altitude to the mountain pass, Reschenpass. From there, you will cycle downhill to Lake Reschensee and you will then continue along minor roads to Mals (many towers in the centre) or to Burgeis at the foot of the Marienburg castle.

Sample hotel: [Garni Zum Hirschen](#)

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

approx. 65 km

Your day starts with a trip to Glurns (perfectly preserved medieval city walls). You then 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 if you don't want to cycle all of the way.

Sample hotel: [Villa Laurus](#)

DAY
5*Passeiertal/Merano*

approx. 40 km

On the fifth day, you will have the opportunity to ride your bike into the Passeiertal valley to the Sandwirt inn (birthplace of the Tyrolean freedom fighter Andreas Hofer). Alternatively, you can hike on the famous Tappeiner trail or go shopping at the famous arcades of Merano.

Sample hotel: [Villa Laurus](#)

DAY
6*Merano – Auer*

approx. 50 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 Kalterer See. You will spend your night in the cosy wine town Auer.

Sample hotel: [Kaufmann](#)

DAY
7*Auer – Bozen*

approx. 35 km

Leaving the charming wine town behind you, you will cycle on flat routes through the Adige valley or via the Montiggler lakes (scenic, but more demanding route), past Sigmundskron to Bolzano (arcades, "Ötzi" museum).

Sample hotel: [Laurin](#)



Departure or extension

It would be nice to continue for another few days... Well, that's possibly. You can extend the tour nicely to Venice or Verona from here.

Tour character

You will cycle on bike paths in the river valleys of the Inn and Adige rivers. A bus will take you from Landeck to Nauders. From there you will cycle uphill 70 metres in altitude until you reach Reschenpass (mountain pass). Afterwards, you can enjoy cycling downhill for more than 1,200 metres in altitude to Bolzano. In order to stay on calm roads, cycling 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 - Bolzano, 8 days, AT-ETRIB-08X			
Base price	1,049.00	1,129.00	1,179.00
Surcharge single room	289.00	289.00	289.00

Category: 3*** hotels, in Innsbruck and Bolzano 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
Bolzano			
Double room p.P.	125.00	125.00	125.00
Surcharge single room	79.00	79.00	79.00

Our rental bikes

Filter

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7-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
21-gears unisex incl. rental bike insurance	99.00
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
- 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 79 per person, EUR 29 extra for your own bike, to be paid in advance, reservation is necessary

Infos

Arrival / Parking / Departure:

- Innsbruck train station
- Innsbruck or Munich airport
- Garage approx. EUR 17 / day
- Good train connections from Bolzano to Innsbruck

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.



Elena Ferri, Travel specialist



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Book now

