



★★★★★ (13)

Innsbruck - Bolzano

THE CLASSIC ON ADIGE CYCLE PATH.

Whether in spring, summer, or autumn: South Tyrol is always worth a visit by bike. The glittering ice worlds, huge mountains, fertile orchards and vineyards make your journey an unforgettable sensual experience. You will start your tour in Innsbruck with a stopover in Imst, also called "Merano of North Tyrol". From Landeck, you will take a bus to Nauders am Reschenpass. From there you will mainly cycle downhill. This way, also less athletic cyclists can master the route easily. Join the river Adige flowing into the valley, past the sunken village in Lake Reschenstausee, until you reach Bolzano. Take a rest, drink a bottle of the widely praised Kalterer wine, and enjoy the view of the Rose Garden: for some a beautiful mountain backdrop, for others the kingdom of the dwarf king Laurin, in which the roses start to glow in the sunset. This will be the perfect culmination of an amazing trip.

- Get all information and many more tour tips for our [cycle tours in Tyrol](#) and our [cycle tours in South Tyrol](#).
- 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. 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 – 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*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: [Flora](#)

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: [Flora](#)

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: [Scala Stiegl](#)



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 24.04.2021 - 07.05.2021 25.09.2021 - 09.10.2021 Arrival Wednesday and Saturday	Season 2 08.05.2021 - 18.06.2021 11.09.2021 - 24.09.2021 Arrival Wednesday and Saturday	Season 3 19.06.2021 - 10.09.2021 Arrival Wednesday and Saturday
Innsbruck - Bolzano, 8 days, AT-ETRIB-08X			
Base price	839.00	889.00	929.00
Surcharge half board 7x (mostly multi-course, sometimes outside the property, payable with voucher)	199.00	199.00	199.00
Surcharge single room	199.00	199.00	199.00

Category: 3*** hotels, in Innsbruck and Bolzano 4**** hotels

Additional nights

Place of arrival: Innsbruck

	Season 1 Apr 24, 2021 - May 7, 2021 Sep 25, 2021 - Oct 9, 2021 Arrival Wednesday and Saturday	Season 2 May 8, 2021 - Jun 18, 2021 Sep 11, 2021 - Sep 24, 2021 Arrival Wednesday and Saturday	Season 3 Jun 19, 2021 - Sep 10, 2021 Arrival Wednesday and Saturday
Innsbruck			
Double room p.P.	69.00	69.00	69.00
Surcharge single room	29.00	29.00	29.00
Bolzano			
Double room p.P.	75.00	75.00	75.00

	Season 1 Apr 24, 2021 - May 7, 2021 Sep 25, 2021 - Oct 9, 2021 Arrival Wednesday and Saturday	Season 2 May 8, 2021 - Jun 18, 2021 Sep 11, 2021 - Sep 24, 2021 Arrival Wednesday and Saturday	Season 3 Jun 19, 2021 - Sep 10, 2021 Arrival Wednesday and Saturday
Surcharge single room	59.00	59.00	59.00

Our rental bikes

Filter

21-gears unisex incl. rental bike insurance	85.00
21-gear gents incl. rental bike insurance	85.00
Rental bike PLUS incl. rental bike insurance	129.00
Electric bike incl. rental bike insurance	189.00

Prices per person in EUR

Services and infos

Services

Included:

- Accommodation as already mentioned
- Breakfast buffet
- Welcome briefing (German, English)
- Luggage transfer between the hotels
- EUROBIKE developed route
- Detailed travel documents 1x per room (German, English, French with route maps, route description, local attractions, important telephone numbers)
- 1 Bus transfer from Landeck - Nauders, incl. your bike
- EUROBIKE signposting
- GPS-data is available
- Service hotline

Optional extras:

- Half-board evening meal (mostly multi-course, sometimes outside the property, payable with voucher)
- Bike rental, including rental bike insurance
- Return transfer by minibus to Innsbruck every Saturday morning, costs EUR 65 per person incl. your bike, to be paid for at the time, reservation is necessary

Infos

Arrival / Parking / Departure:

- Innsbruck train station
- Innsbruck and Munich airport
- Garage approx. EUR 15 / day; to be paid for at the time, no reservation possible
- 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.



Stefanie Wenger, Travel specialist



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Book now

