

MUNICH – MERANO

The most beautiful Alpine regions in Germany, Austria and Italy

Read more: WEBSITE

Self-guided distance tour | 8/7 | approx. 314-328 km |

DESCRIPTION

This journey takes you across the Alps and through three regions: Germany, Austria, and Italy—more precisely, Bavaria, Tyrol, and South Tyrol. It begins with the charm of Munich captivating you as you stroll through Odeonsplatz or wander around the English Garden. Passing by Lake Starnberg and the majestic Zugspitze, you continue through the Leutasch Valley into Austria's Inn Valley. We'll spare you the climb over the Reschen Pass, but downhill, you're back in the saddle as picturesque South Tyrol welcomes you with stunning views of the Ortler and Karwendel mountains. Soon, you'll pass castles and palaces, vineyards and apple orchards, before reaching Merano—immerse yourself in the unique atmosphere of this renowned spa town!

HIGHLIGHTS

Start your journey in Munich, immersing yourself in authentic Bavarian spirit, cuisine, and culture. Visit the renowned Pinakothek art museums or explore the trendy Werksviertel district before leaving the city behind and heading toward Lake Starnberg. Your destination, Merano, welcomes you with imperial architecture, palm-lined promenades, and a delightful Mediterranean flair. Along the way, Tirol and South Tyrol await with breathtaking mountain panoramas and warm, heartfelt hospitality.

DIFFICULTY LEVEL MEDIUM

Well-maintained bike paths, quiet side roads, and only brief stretches on main roads make this Alpine crossing a true pleasure. While small climbs are part of the daily routine, the challenging Reschen Pass is comfortably bypassed by bus transfer. From there, you'll enjoy around 1,200 meters (3,937 feet) of downhill cycling all the way to Merano. The route is mostly paved, with some longer sections on well-maintained gravel or natural roads.

2027

ARRIVAL / PARKING / DEPARTURE

- Arrival by train to Munich (www.bahn.de)
- Munich airport and by train to the center (www.bahn.de)
- Parking: hotel garage, costs approx. EUR 125 to 160 per week, free public parking
- Departure by bus from Merano to Bolzano and by train to Munich, duration approx. 5,5 hours with 1 change in Bolzano (www.suedtirolmobil.info, www.trenitalia.com)
- Departure by Flixbus from Merano to Munich, duration approx. 4,5 hours (www.flixbus.at)

ITINERARY

Day 1: Arrival in Munich

Bavaria's capital is bursting with sights to explore. Wander from Stachus to Marienplatz and immerse yourself in the lively charm of the historic old town. When you need a moment of calm you can retreat to the serene oasis of the English Garden.

Hotel example: Marriott Hotel City West

Day 2: Munich – Lake Starnberg

43-57 km | 360 m 290 m

You depart Munich via the Forstenrieder Park and cycle onward to Lake Starnberg. From Starnberg, you follow the lakeshore either to Ambach or further on to Bernried. The lake captivates with its crystal-clear waters and breathtaking views of the surrounding mountains.

Hotel example: Landhotel Huber am See

Day 3: Lake Starnberg – Garmisch-Partenkirchen

70 km | 560 m 330 m

You start your ride cycling from Riegsee to Murnau. Along the way, you'll pass the Murnauer Moos nature reserve, the largest moorland in Central Europe. Following the pristine natural landscape, you continue along the Loisach River to Garmisch-Partenkirchen. Here, you have the option to take the Zugspitzbahn railway up to 2,962 meters (9,718 feet) — available as an optional excursion. The panoramic views over the Alps are truly spectacular.

Hotel example: Hotel Vier Jahreszeiten

Day 4: Garmisch-Partenkirchen – Mittenwald – Leutasch

38 km | 570 m 170 m

Today, you'll follow a beautifully maintained cycle path all the way to the Isar River. Cycling through the sunny high valley, you'll be treated to stunning panoramas of the Karwendel and Wetterstein mountain ranges as you make your way to Mittenwald. Take a break and explore this charming town, famous for its Lüftlmalerei—traditional fresco paintings. The route then spectacularly leads you through the Leutaschtal into Austria. Following the Leutascher Bach stream, you cycle through this picturesque valley until you reach your overnight stop.

Hotel example: Hotel Bergfrieden

Day 5: Leutasch – Imst

52 km | 460 m 740 m

Today, you'll arrive in the Inn Valley. Leaving Leutasch, you'll follow a gently rolling country road before enjoying an eight-kilometer (about 5 miles) descent into Telfs. From there, you'll cycle along the former towpath beside the Inn River to reach Stams, renowned for its beautiful baroque Cistercian abbey. Continuing through Haiming, it's a short ride to Imst, often referred to as the "Merano of North Tyrol".

Hotel example: Hotel Hirschen

Day 6: Imst – San Valentino/Burgusio/Malles

38-49 km + transfer | 380-420 m 310-720 m

This stage leads you past the monastery of Zams to Landeck. From there, a bus transfer takes you up to Nauders, leaving just under 70 meters (about 230 feet) of climbing to reach the Reschen Pass. Afterward, you'll enjoy a descent down to Lake Reschen before continuing along the cycle path to Mals, famous for its many towers, or to Burgeis at the foot of Marienberg Castle.

Hotel example: Hotel zum Hirschen

Day 7: San Valentino/Burgusio/Malles – Merano

62-73 km | 0-30 m 770-1180 m

Visit the fully preserved medieval city walls of Glurns. From there, cycle through the Montani ruins and continue down through Schlanders to Meran. Along the way, you'll pass castles and palaces, including mountaineer Reinhold Messner's Juval Castle, perched high above the route. Enjoy stunning views of the impressive Ortler massif and the Stelvio Pass as you ride. Since 2004, the Vinschgau railway between Mals and Meran has been back in operation, allowing you to cover parts of the route by train whenever you wish.

Hotel example: Hotel Villa Laurus

Day 8: Departure or extension

Wouldn't it be wonderful to add a few extra days? From Meran, you have the option to extend your cycling journey all the way to Lake Garda.

ARRIVAL DATES 2027

25.04. - 12.09.

Arrival Wednesday and Sunday
Season 1: 25.04. - 08.05.
Season 2: 09.05. - 22.05.
Season 3: 23.05. - 12.09.

PRICES 2027

All prices given in Euros per person in double room.

Booking code	**DE-MURMA-**	**08X**
Season 1		1,249
Season 2		1,299
Season 3		1,399
Surcharge single room		369
21-gear unisex incl. rental bike insurance		109
21-gear gents incl. rental bike insurance		109
Rental bike PLUS incl. rental bike insurance		189
Gravelbike incl. rental bike insurance		219
Electric bike incl. rental bike insurance		299

EXTRA NIGHTS

All prices given in Euros per person in double room.

Meran	
Basic price season 1	105
Basic price season 2	115
Basic price season 3	115
Surcharge single room	29
Munich	
Basic price season 1	115
Basic price season 2	115
Basic price season 3	129
Surcharge single room	115

SERVICES

Included

- Accommodation in 3***-hotels, in Munich in 4****-hotel
- Breakfast
- Welcome briefing
- Luggage transfer
- Digital travel documents incl. navigation app, GPS-data, route book
- 1 transfer from Landeck to Nauders including your bike
- Service hotline

Optional extras

- Printed route book, per person EUR 20
- Bike rental, including rental bike insurance
- Collective transfer from 15.05 with central boarding and alighting point (you are responsible for bringing your own luggage and bicycles to the bus); from Merano to Munich (change in Bolzano), daily, costs EUR 149 per person (min. 2 persons) incl. bike; reservation is necessary, to be paid for in advance

Things to note

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

SUSTAINABILITY ON THE WAY

With every decision we make - be it in the selection of our hotel partners, the resource-saving realisation of your travel documents or the promotion of local value creation - we are consciously taking steps towards a more sustainable future. Our commitment has already been officially confirmed and certified by Travelife - a significant milestone that we are proud of. But our journey is just beginning. Only by traveling mindfully today can we still experience the beauty of unspoiled nature up close in the future.

With an active holiday, you are opting for an extremely climate-friendly form of travel. We are aware that even this generates a certain amount of CO2 emissions. The emissions caused are calculated using the internationally recognised 'Carmacal' CO2 calculator and offset by supporting carefully selected climate protection projects. An overview of emissions in the areas of transport, accommodation, activities and on-site catering can be found on our website.

OTHER IMPORTANT INFORMATION

For a stress-free start to your travel, arriving at the start point by early evening the day before is recommended. The individual return journey takes place on the last day of travel. For any costs incurred locally (children, local taxes, dogs etc.), as well as excluded transport and services, please refer to the itinerary or the section "Services/Things to note". If a minimum number of participants is necessary for the trip to take place, this is defined under "Arrival dates". If the minimum number of participants is not reached, we reserve the right to cancel the tour by the time specified under the heading "Arrival dates" before the planned travel date. We recommend organising your arrival and departure only after this deadline has passed. The distance travelled is approximate and may differ from the actual distance. The language in which the listed services are provided, as far as this is relevant for the provision of services, can be found under the heading "Services". If special passport or visa requirements are needed for EU citizens, this is indicated under "Arrival/Parking/Departure". This trip is not suitable for people with reduced mobility. Travel cancellation insurance, including travel interruption insurance is recommended. Information on insurance options to cover the cost of assistance during the journey, including transport in case of accident, illness or death can be found at https://www.eurobike.at/travel-insurance

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OUR BIKES & E-BIKES

Solid quality with the best comfort

A bicycle of prime quality is most important for a successful cycling holiday. Therefore we use solid quality for all components. Get more information! Information about the equipment of our bikes, the accessories, our breakdown service and the rental bike insurance can be found on our website.

RENTAL BIKE

Our quality KTM bikes are the result of years of experience and continued development, always with the wishes and requirements of our guests in mind. The result is a solid, easy to use and travel-suitable bike, that we can recommend with a clear conscience. With reliable brakes, an aluminium frame and top tyres, it is well-equipped for every journey.

- Unisex bike 21/24-speed with freewheel (Height approx. 148–190 cm)
- Men's bike 21-speed with freewheel (Height approx. 165–205 cm) Note: reservation is essential!



GRAVELBIKE

With our gravel bike from KTM, our guests have the opportunity to be a little sportier on the road and opt for these trendy bikes. Suitable for road traffic and equipped with lights, mudguards and a pannier rack, this bike is the perfect companion with that certain sporty aspect.

- Men´s bike 20-speed with freewheel (Height approx. 155-195 cm)
- Shimano GRX disc brakes
- Shimano GRX rear derailleur



RENTAL BIKE PLUS

With our rental bike PLUS from KTM, we can offer our guests an additional rental bike option on all Eurobike original tours. From the saddle to the breaks and gears, the quality of the equipment is even higher (e.g. hydraulic breaks and precise gears), the "plus" is noticeable in many parts of the bike.

- Men's bike 20/27-speed with freewheel (Height approx. 155–205 cm)
- Hydraulic breaks
- Shimano XT/CUES rear derailleur



E-BIKE UNISEX

With our electric bikes, you have unlimited mobility and can really enjoy every cycle tour, so you always stay beside your friends or family on the road! The unisex bikes are comfortable to ride for both men and women.

- Unisex bike 8-speed (Height approx. 148–195 cm)
- Bosch Active Line Plus motor
- Battery 550 Wh removable with mobile charger
- Hydraulic breaks
- Range up to 120 kilometres



CHILDREN'S BIKE AND MORE

Eurobike also offers children of all ages the right equipment incl. freewheel bikes for an all-round successful cycle tour.

- 20 inch 12-speed (Height approx. 115–125 cm)
- 24 inch 18-speed (Height approx. 125–140 cm)
- 26 inch 9-speed (Height approx. 140–150 cm)
- Follow-Me 20 inch (Height approx. 115–125 cm)
- Child trailer for one or two children up to max. 29 kg
- Child seat up to max. 22 kg

