



Inn Cycle Path: St Moritz to Innsbruck

From St. Moritz to Innsbruck along the Inn Cycle Path

An artist, inspired by impressionism, would require weeks to capture the beauty of this tour. The sensory overload of magnificent panoramas in the charming Engadin villages like Zernez, Susch, and Lavin, the vast valleys of Upper Engadin, and the lush forests of the Swiss National Park would be overwhelming. Then, in a sudden shift, you find yourself in Tyrol—a place where conviviality reigns supreme. And your journey culminates in Innsbruck, a city that combines culture with its Olympic legacy, transforming the artist into a connoisseur.

Switzerland and Austria make for an exceptional partnership when it comes to panoramic cycling holidays. The bike route from St. Moritz to Innsbruck is a study in diversity, yet each day's stage seamlessly flows into the next. Over eight days, your path leads you from the sophisticated St. Moritz through the enchanting Engadine region to Innsbruck, renowned for its iconic Golden Roof.

Throughout the journey, you'll be treated to a delightful mix of mountain vistas, the serene beauty of the Swiss National Park's forests, and a rich cultural tapestry. And let's not forget the culinary delights! Engadine and Tyrol offer a mouthwatering array of choices, from the famous Engadine nut cake to Bündnerfleisch and Tiroler Gröstl, ensuring that your taste buds embark on their own delightful journey.

Book this holiday: St. Moritz to Innsbruck

Details about the cycling tour between St Moritz and Innsbruck

In St. Moritz, you'll discover exclusive boutiques and restaurants that promise a luxurious experience. As you follow the Inn River, you'll be treated to magnificent views and unspoiled natural beauty. Inhale the crisp mountain air of the Engadine before arriving in the charming old town of Innsbruck.

The panoramas you'll encounter along the Inn River during this eight-day cycling holiday between St. Moritz and Innsbruck are nothing short of breathtaking. From time to time, take a moment to pause and absorb the beauty around you, creating lasting memories to cherish. The cycle tour, which commences along the picturesque lake, is particularly idyllic, leading you to the source of the Inn River itself.

The highlights of the Inn Cycle Path cycling holiday at a glance

- **Picturesque Engadine:** The Engadine villages such as Zernez, Susch or Lavin seem to have sprung from an old homeland novel, as do the deep green forests and high valleys. Glamorous St. Moritz shines in its splendour
- **Hospitable Tyrol:** On the fifth day of your cycling holiday, you cross the border between Switzerland and Austria and immediately feel the Tyrolean hospitality
- **Cycle paths along the source of the Inn:** The river rises at the Maloja Pass in the Engadine and flows into the city of Passau. You don't go that far with the river, but you cycle along it a bit to Innsbruck

Things worth knowing about the bike tour from St. Moritz to Innsbruck

At the start of the tour, elegant flair and a tour of the surrounding lakes of St. Moritz await you. Day after day you cycle a little further towards the Tyrolean capital Innsbruck. The day stages are between 35 and 65 kilometres long and are mostly on beautiful cycling paths. Only two to three intermediate climbs are easily mastered with a little fitness.

This tour has been graded as **Medium**. Find out more about our **cycling holiday difficulty levels**.

Read a detailed day-by-day tour report of the **St. Moritz to Innsbruck** cycle tour on our Active on Holiday **blog**.

Book this holiday: St. Moritz to Innsbruck

Tour information



Medium



8 Days / 7 Nights



Self-Guided



Luggage transfers included



Total cycling distance: approx.
230 km

To the online version



Itinerary

DAY
1


Arrival in St. Moritz

Direct arrival in St. Moritz or arrival in Innsbruck with a bus transfer to St. Moritz.

DAY
2

Day trip around St. Moritz approx. 40 km


Enjoy the fascinating surroundings of St. Moritz today and cycle around the lake to the origin of the Inn.

 ca. 40 km

DAY
3

St. Moritz – Zernez approx. 35 km


Via Samedan (old tower), La Punt (early gothic San Andreas church with frescoes) and Zuoz (window paintings in the church of San Luzi) to Zernez. We cycle through the high valley of the Upper Engadine. Zernez is the gateway to the National Park.

 ca. 35 km

DAY
4


Zernez – Scuol approx. 35 km

First, we go to Lavin, which has retained the character of an old mountain village. The place name of the beautiful village of Guarda ("Look!") comes from the beautiful view that you can enjoy here. The final destination today is Scuol, with the adventure pool "Bogn Engiadina" and the castle Tarasp, the majestic landmark of the Engadine.


 ca. 35 km

DAY
5**Scul – Ried/Prutz** approx. 55 km


From Scoul, we reach the Austrian border via Martina and we cycle via Pfunds and Tösens to Ried / Prutz. Along the Inn, the route takes us through the famous Finstermünster gorge. Worth a look are the village centres of Stuben and Pfunds in Tyrol.

 ca. 55 kmDAY
6**Ried/Prutz – Imst** approx. 40 km

Via the "High Court" of Ried and via Prutz to Landeck (castle with castle museum, the ruins of Schrofenstein, Gerberbrücke: scene of the Tyrolean freedom fights). It continues past the monastery of Zams and through the protected Milser Au to Imst (a city of fountains, numerous churches and chapels). Worth a visit to the rose garden gorge.

 ca. 40 kmDAY
7**Imst – Innsbruck** approx. 65 km

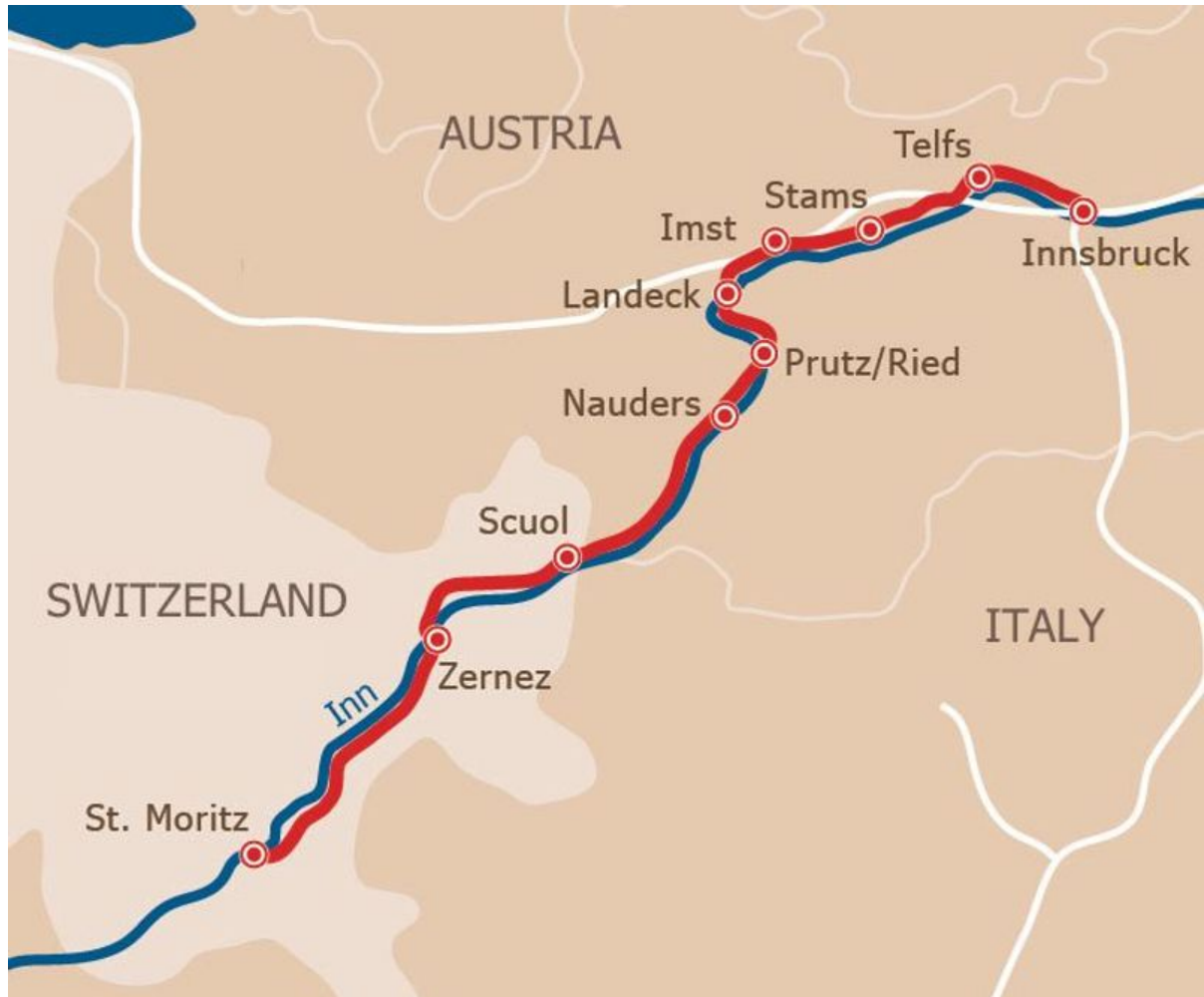
Small, well-maintained villages line the Inn Cycle Route. The cultural highlight of today's tour is the monastery of Stams with the Stiftkerk and the beautiful rose work. Countless churches and ruins keep an eye on the Inn Valley from above. The "Martinswand" leads the cyclists to Innsbruck with its well-maintained old town and the various sights (Goldenes Dachl, Stadtturm, Hofburg, Hofgarten, Helbinghaus).

 ca. 65 kmDAY
8**Return trip or extension**

After breakfast, your cycling holiday comes to an end, or extend it and enjoy this beautiful area even further.

Route information

Many cycle paths, well-maintained forest paths and unpaved roads, and slightly hilly. Two to three medium ascents and even descents.



Prices and dates

Price calculation and check availability: **St. Moritz to Innsbruck**

Place of arrival: **St. Moritz**

	Season 1 03.05.2024 - 16.05.2024 20.09.2024 - 28.10.2024 Friday	Season 2 17.05.2024 - 13.06.2024 30.08.2024 - 19.09.2024 Friday	Season 3 14.06.2024 - 29.08.2024 Friday
Inn Cycle Path, St. Moritz-Innsbruck, CH-INRSI-08X			
Base price	1,269.00	1,309.00	1,359.00
Single room surcharge	329.00	329.00	329.00

Hotel information: You will stay in carefully selected 3**** hotels. In Innsbruck and St. Moritz, you'll stay in 4**** hotels.

Additional nights

Place of arrival: **St. Moritz**

	Season 1 May 3, 2024 - May 16, 2024 Sep 20, 2024 - Oct 28, 2024 Friday	Season 2 May 17, 2024 - Jun 13, 2024 Aug 30, 2024 - Sep 19, 2024 Friday	Season 3 Jun 14, 2024 - Aug 29, 2024 Friday
St. Moritz			
Double room p.p.	125.00	125.00	125.00
Single room surcharge	89.00	89.00	89.00
Double room p.p.	79.00	79.00	79.00

	Season 1 May 3, 2024 - May 16, 2024 Sep 20, 2024 - Oct 28, 2024 Friday	Season 2 May 17, 2024 - Jun 13, 2024 Aug 30, 2024 - Sep 19, 2024 Friday	Season 3 Jun 14, 2024 - Aug 29, 2024 Friday
Single room surcharge	35.00	35.00	35.00

Our rental bikes

	Price
21-Speed Unisex Bike	99.00
27-Speed Bike PLUS	159.00
Unisex E-Bike	239.00
21-Speed Men's Bike	99.00

Prices per person in GBP

Included services and travel information

Services

Including

- 7 nights as described, including breakfast
- Personal welcome meeting and info discussion (German, English)
- Luggage transfer(s)
- Own signage on the route
- Travel folder 1 x per room (German, English with route and overview maps, detailed route description, places of interest, important telephone numbers, luggage labels)
- GPS data available on request
- Service Hotline

Not included

- Tourist tax, if applicable, to be paid locally
- (Optional) Transfer every Friday morning from Innsbruck to St. Moritz, costs per person €125 per person excluding your own bicycle (surcharge €29), reservation required, payment in advance.

Arrival information

- Train: St. Moritz station
- Airport: Innsbruck Airport or Munich
- Parking: St. Moritz garage CHF15 per night; free public parking near the hotel. Parking Innsbruck garage approx. CHF55 per week to be paid on site, no reservation possible
- Departure: Return Innsbruck-St. Moritz by public transport, 2 to 4 changes

General information

- Half board: Dinner in the hotel restaurant or in a restaurant in the immediate vicinity with a voucher

Sample hotel list

This is a sample hotel list. Hotels will be booked depending on availability.

St. Moritz

Hotel San Gian ****

www.sangian.ch

Zernez

Hotel Spöl ***

www.hotel-spoel.ch

Scuol

Hotel Bellaval***

www.bellaval.scuol.ch

Prutz/Ried

Gasthof Riederstübli ***

<https://www.riederstubli.com/>

Imst

Hotel Hirschen ***

www.hirschen-imst.at

Innsbruck

Rufi's Hotel

www.rufis-hotel.at/