













Meran to Lake Garda with Families

Through the South Tyrol with the family

An active holiday with the entire family, where nature converges with charming cities, and, most importantly, caters to the needs of children, ensuring relaxation for both young and old. The cycling tour from Meran to Lake Garda in South Tyrol offers an immersion into the Italian "Dolce Vita," blending action, adventure, and excellent cuisine.

From delightful antipasti to refreshing gelato, the journey showcases a perfect blend of culinary delights. Moreover, this scenic route through South Tyrol is ideal for families, providing a wealth of activities and sights tailored to children, making it a memorable cycling adventure for all ages. The region's stunning landscapes, diverse terrains, and cultural experiences ensure a well-rounded and fulfilling holiday. With family-friendly accommodations and numerous attractions along the way, this cycling tour in South Tyrol caters to the varied interests of every family member, promising a truly unforgettable cycling holiday.

Details about the family cycling holiday around South Tyrol

The tour commences in the enchanting Meran, renowned for its history as a health resort and as a favored travel destination of Empress Sissi. Even today, the city continues to draw numerous visitors with its array of attractions. Notably, the botanical garden and the thermal baths are certainly worth exploring. Upon reaching Bozen at the end of the stage, a visit to the "Ötzi" museum is a must, especially when traveling with children, providing an opportunity to see the "Iceman."

Following the South Tyrolean wine village of Auer, the journey progresses towards Trento, where the old town beckons with delectable ice cream. Along the way, the Castelfeder recreation area captivates travellers with its unique flora and fauna, offering not only ruins but also climbing opportunities for children. The leisurely stage on day 5 boasts another attraction: the "Cammino dei Dinosauri" (Dinosaur Trail), allowing visitors to follow in the footsteps of ancient reptiles.

The highlights of the South Tyrol family cycling holiday at a glance:

- **Adige Cycle Path:** Embarking on a journey along the second-longest Italian river presents an adventure for the entire family. Exploring well-developed bike paths that trace the river's course for extended distances provides an enriching experience. An added advantage is that the route from Meran predominantly offers a slightly downhill trajectory, making it particularly family-friendly.
- **Fragrant Orchards and Vineyards:** The path to the stage destination, Bozen, is adorned with fragrant orchards, vineyards, castles, palaces, and ruins that add excitement for the kids. Meanwhile, parents have the opportunity to indulge in tasting South Tyrolean wines, creating a delightful win-win situation for all.
- **South Tyrolean Cuisine:** Delight in regional specialities reminiscent of the hearty Tyrolean cuisine found further north, evolving into a more Mediterranean flair as you cycle southward. Whether savouring bacon, dumplings, or heavenly pastries, the accompaniment of the right wine in South Tyrol can be world-class, enhancing the culinary experience.
- **Lake Garda:** Shed the burdens of everyday life at Lake Garda and embrace the carefree essence of the Mediterranean lifestyle, revelling in its lightness and beauty.

Worth knowing about the family cycle tour from Meran to Lake Garda

This tour is tailored to meet the needs of both adults and children, ensuring that neither side has to make compromises. It offers a relaxing and active experience for the parents while simultaneously providing an adventurous holiday for the children. The two experiences don't have to be mutually exclusive!

The tours cover distances ranging from 25 to 45 kilometres, ensuring they are easily manageable due to the predominantly flat route. This setup allows both adults and children to comfortably engage in the journey, catering to their respective preferences without sacrificing the enjoyment of either.

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

Important: You do not need to be in a family group to book this tour. The route is ideal for those looking to book a cycling holiday for the first time or would prefer shorter distances each day.

Tour information



Easy



8 Days / 7 Nights



Self-Guided



Luggage transfers included



Total cycling distance: approx.
215 km

To the online version



Itinerary

DAY 1	Arrival in Meran	
Arrival in Merano and at the accommodation. The travel documents and rental bikes (if booked) are available at the hotel.		
DAY 2	Excursion to Vinschgau/Meran	approx. 45 km + train journey
Let's go with the Vinschgaubahn direction Reschenpass. From Lasa, you cycle down to Meran. In Rabland, the railway world awaits prospective engine drivers. Or you can make a detour to the Alpin-Bob-Meran 2000 after the bike tour. A short bus ride and off you go up to 1,900 meters. From there you can take the mountain roller coaster back down to the valley at breakneck speed. Airy fun for young and old.		
DAY 3	Meran – Bolzano	approx. 35 - 45 km
The first bike tour starts today in the cosy spa town of Meran. Past fertile orchards and vineyards, you can already feel the Mediterranean flair. The great palaces and castles are silent guardians of the way. Make a short detour to the mystical labyrinth garden in Tschrems or cool off in the Nals outdoor pool. Arrived in Bozen, you can pay a visit to Ötzi in the museum or simply enjoy the "Dolce Vita" in the historic old town.		

DAY
4**Bolzano – Auer** approx. 25 km

You leave the capital of South Tyrol. You continue your way comfortably along the Etsch. You can always smell the wonderful scent of the orchards. Here, where the Adige Valley opens widest, the Mediterranean nature can be admired particularly well. You will spend the night in Auer, a typical South Tyrolean village that has retained its character and genuine South Tyrolean hospitality.

DAY
5**Auer – Trento** approx. 45 km

Well-rested and in a good mood, we continue our journey. Today your bike path runs in the midst of extensive wine landscapes. You can also visit the Castelfelder biotope on your way, a particularly exciting place for children with climbing rocks, ruins and special animals. Today you leave the southernmost part of South Tyrol and thus also the language border: from now on you will increasingly be accompanied by the melody of the Italian language.

DAY
6**Trento – Rovereto** approx. 30 km

Trento with its many museums, art-historical heritage and beautiful old town awaits a discovery tour. Take a leisurely stroll through the small streets before continuing on your bike. Passing the mighty Beseno Castle, which towers over the Adige Valley, the cycle path leads through vineyards to Rovereto. There, dinosaur fans can follow the real footprints of dinosaurs on five small hiking trails.

DAY
7**Rovereto – North Lake Garda** approx. 25 km

The bike course leaves the Adige Valley today because Lake Garda is already waiting for you. In Mori, you can taste the well-known pistachio ice cream in the Gelateria Bologna. After the only noteworthy climb of the bike tour, it's already downhill to the blue lake in Torbole. You spend your last night in Torbole or Riva, two well-known holiday resorts known for their countless sporting activities. A wonderful end to the wonderful bike tour in Italy.

DAY
8

Departure or extension

Today you have to say goodbye to the Italian flair. Or sunbathe one more day on one of the beaches of Lake Garda. Gardaland is also within easy reach...

Route information

Traversing along the Adige amid picturesque Mediterranean landscapes, the tour follows well-developed cycle paths or roads with minimal traffic. With only a brief incline of approximately 150 metres throughout the journey, the routes are designed to be easily manageable. Moreover, the option to shorten the routes through train journeys provides added flexibility for participants.



Prices and dates

Price calculation and check availability: **South Tyrol for Families**

Place of arrival: Meran

	Season 1 30.03.2024 - 12.04.2024 28.09.2024 - 12.10.2024 Daily	Season 2 13.04.2024 - 10.05.2024 07.09.2024 - 27.09.2024 Daily	Season 3 11.05.2024 - 06.09.2024 Daily
Meran to Lake Garda for Families, IT-BZRMG-08X-FAM			
Base price	959.00	999.00	1,079.00
Extra bed 0-5 years	0.00	0.00	0.00
Extra bed 6-11 years	499.00	499.00	499.00
Extra bed 12- 14 years	739.00	699.00	699.00
Extra bed from 15 years	959.00	999.00	1,079.00
Single room surcharge	349.00	349.00	349.00

Hotel information: 3*** and 4**** hotels

Children's prices valid in a room with 2 full-paying adults. Costs for children under 6 years (e.g. cot) are payable locally.

Additional nights

Place of arrival: Meran

	Season 1 Mar 30, 2024 - Apr 12, 2024 Sep 28, 2024 - Oct 12, 2024 Daily	Season 2 Apr 13, 2024 - May 10, 2024 Sep 7, 2024 - Sep 27, 2024 Daily	Season 3 May 11, 2024 - Sep 6, 2024 Daily
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	Season 1 Mar 30, 2024 - Apr 12, 2024 Sep 28, 2024 - Oct 12, 2024 Daily	Season 2 Apr 13, 2024 - May 10, 2024 Sep 7, 2024 - Sep 27, 2024 Daily	Season 3 May 11, 2024 - Sep 6, 2024 Daily
Meran			
Double room p.p	95.00	95.00	95.00
Single room surcharge	25.00	25.00	25.00
Extra bed 0-5 years	0.00	0.00	0.00
Extra bed 6-11 years	49.00	49.00	49.00
Extra bed 12-14 years	75.00	75.00	75.00
Extra bed from 15 years	95.00	95.00	95.00
Lake Garda North			
Double room p.p	89.00	89.00	89.00
Single room surcharge	45.00	45.00	45.00
Extra bed 0-5 years	0.00	0.00	0.00
Extra bed 6-11 years	45.00	45.00	45.00
Extra bed 12-14 years	69.00	69.00	69.00
Extra bed from 15 years	89.00	89.00	89.00

Our rental bikes

	Price
21-Speed Unisex Bike	99.00

21-Speed Men's Bike	99.00
7-Speed Unisex Bike	99.00
27-Speed Bike PLUS	159.00
Unisex E-Bike	239.00
Child bike	89.00
Child trailer	89.00
Follow-Me incl. child bike	139.00

Prices per person in GBP

Included services and travel information

Services

Included

- Overnight stays as stated
- Breakfast
- 1 x pistachio ice cream on the way to Lake Garda (alternatively freshly squeezed fruit juice on Tuesdays)
- Luggage transfer
- Well-planned route guidance
- Detailed travel documents 1 x per room (DE, EN)
- Navigation app and GPS data available
- Service hotline

Optional

- Rental bikes including rental bike insurance
- Return transfer by minibuss to Meran every Saturday, Sunday and Monday morning and Tuesday (occasionally) afternoon, €75 per person, additional €29 for your own bike, reservation required, payable in advance

Information

Arrival / Parking / Departure

- Merano train station
- Verona Airport
- Public parking spaces near the hotel approx. EUR 35 per week, payable locally, no reservation possible
- By public bus to Rovereto and then by train to Meran

Important information

- Visitor's tax, if due, not included in the travel price

Sample hotel list

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

Meran

Hotel Flora

www.merano-flora.it

Bozen

Parkhotel Mondschein

www.parkhotelmondschein.com

Auer

Bio-Hotel&Residence Kaufmann

www.hotelkaufmann.at

Trient

Hotel Everest

www.hoteleverest.it

Rovereto

Hotel Leon D'Oro

www.hotelleondoro.it

Torbole

Hotel Astoria Resort

www.astoriaresort.it/it/hotel-riva-del-garda-4-stelle