











South Tyrol and Lake Garda

Along the Etsch Cycle Path from the Reschensee

Mediterranean landscapes, beautiful cultural hotspots and culinary highlights for all tastes. All this awaits you during the bike ride from Reschensee to Lake Garda. From Resia in Italy, you cycle on the Etsch Cycle Path through beautiful South Tyrol to Lago di Garda. Fine wines, traditional Italian dishes and tasty antipasti accompany your cycling tour with culinary delights.

Book this holiday: South Tyrol to Lake Garda

Details about the cycling tour from South Tyrol to Lake Garda

Anyone who is a fun and culture lover has reason to be happy. Because on the bicycle saddle towards Lake Garda, you will not only experience enchanting mountain panoramas and charming landscapes but also top-class culinary delights. From the Alps, you drive 1,500 metres downhill

into sunny Italy. Merano, Bolzano and Trento are just some of the South Tyrolean villages that line your cycle route to the lake. You will cycle through vineyards and orchards on well-maintained cycle paths towards your final destination.

Treat yourself to a break along the South Tyrolean Wine Route and enjoy one or two fine wines. Characteristic white wines and strong red wine specialities will make your heart beat faster.

With every step on the pedals, the Italian lifestyle grows stronger. Be enchanted by Dolce Vita and immerse yourself in the relaxed and pleasant atmosphere around Lake Garda. Pizza, pasta and Italian ice cream are waiting to be eaten. On arrival at Lake Garda, you can finally relax and let your feelings of happiness run wild.

The highlights of the South Tyrol cycling holiday at a glance

- **The sunken church:** The Reschensee with its sunken church is particularly worth seeing. Tip: take the time to take a picture of this impressive natural backdrop before heading out again
- **South Tyrol:** If you had to describe South Tyrol in three words, it would be: enjoying wine, charm and nature. Regardless of the location, South Tyrol impresses from Merano to Bolzano with its unique flair and incomparable warmth!
- **Lago di Garda:** With its charming towns and villages, Lake Garda exudes a special attitude to life: no place is like the other and therefore Lago offers the right activity for everyone. Just enjoy the "sweet life" and relax

Things worth knowing about the bike tour from South Tyrol to Lake Garda

You will cover approximately 250 kilometres by bike on this eight-day tour. Most of the route runs via the Etsch-Radweg. Relaxation is guaranteed as there are about 1,500 vertical meters downhill. Enjoy the breeze before tackling a few minor slopes.

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

Read a detailed day-by-day tour report of the **South Tyrol to Lake Garda** cycle tour on our Active on Holiday **blog**.

Book this holiday: South Tyrol to Lake Garda

Tour information



Easy



8 Days / 7 Nights



Self-Guided



Luggage transfers included



Total cycling distance: approx.
255 km

To the online version



Itinerary

DAY
1


Arrival in Reschen

In the evening your information meeting and distribution of the rental bicycles.

DAY
2

Reschen – Schlanders approx. 45 km


Today the tour starts along the Reschensee, with a view of the sunken church of Graun. Via the medieval town of Glurns with a fully preserved city wall, it goes to the final destination of the day: Silandro, the capital of the Vinschgau.

 ca. 45 km

DAY
3

Schlanders – Merano approx. 40 km


Castles and palaces (for example, the Juval Castle of mountaineer Reinhold Messners) are located along or high above today's route. You can enjoy the view of the impressive Ortler Massif and the Stelvio Pass while cycling, while you descend to the peaceful Meran with its Mediterranean vegetation.

 ca. 40 km

DAY
4


Merano – Bolzano approx. 35 - 40 km

Two routes lead to Bolzano: along the river Etsch or through the orchards via Lana and Appiano. This is also where the Messner Mountain Museum is located in the well-renovated ruin of Sigmundskron. Ötzi, the man from the ice, is well worth a visit after arriving in Bolzano.


 ca. 30-45 km

DAY
5**Bolzano – Auer** approx. 30 km


Between many fruit and vineyards in the South Tyrolean wine region, the route today passes many castles, palaces and ruins towards the wine village of Eppan and on to the Kalterer See and Auer.

 ca. 30 kmDAY
6**Auer – Trento** approx. 45 km

Today the stage mainly follows the beautiful cycle path along the Etsch, partly through the orchards to Salurn, where the German-speaking South Tyrol ends. The small roads lead to Trento with its interesting old town.

 ca. 45 kmDAY
7**Trento – Torbole/Riva** approx. 50 km

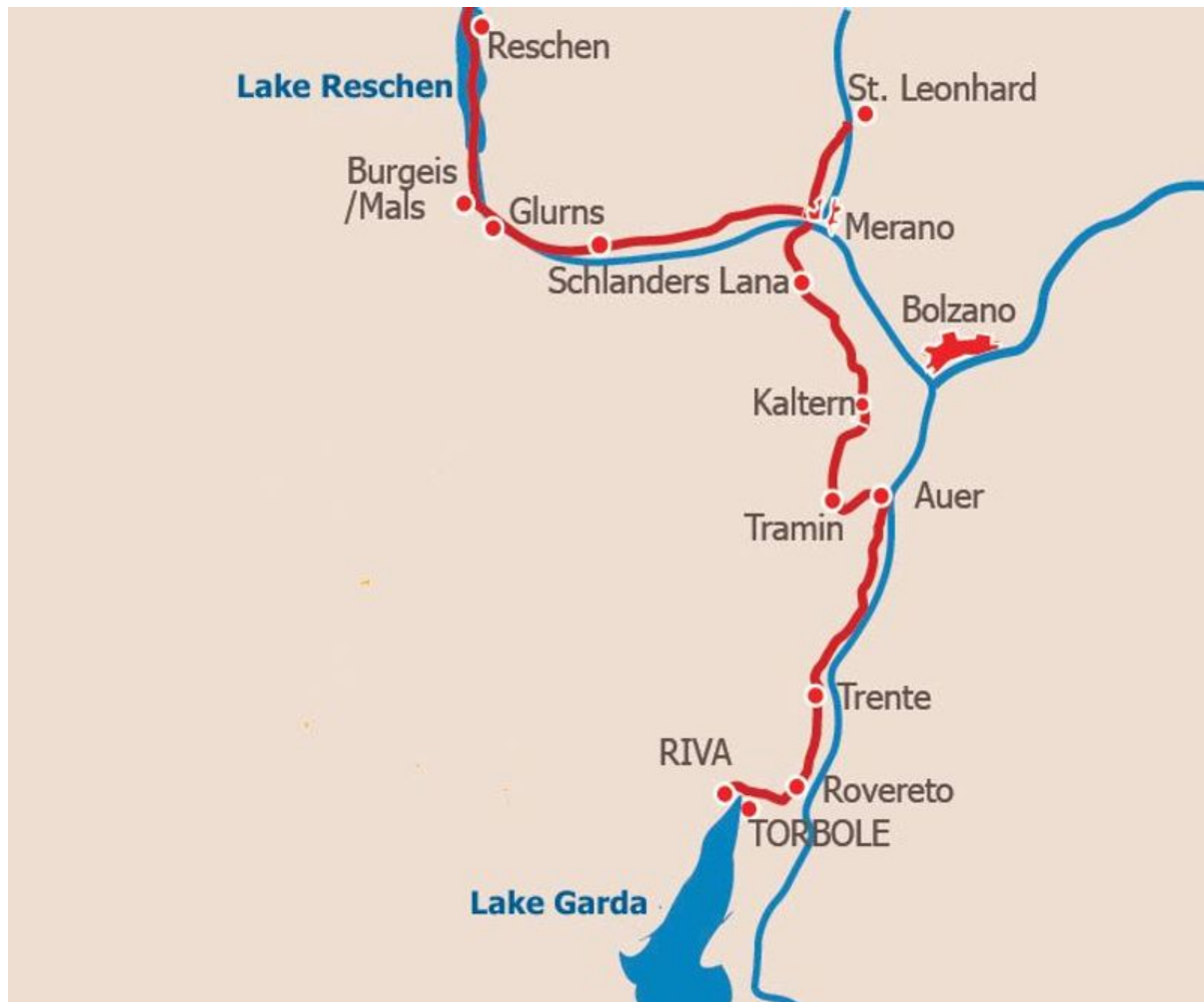
Further along the Etsch, you cycle via the old Tyrolean border town of Rovereto to Mori. From here the tour heads west to Lake Garda. In Mori, you can taste the famous pistachio ice cream in Gelateria Bologna. After a short climb on the small Passo S. Giovanni (150 m), the descent towards the lake follows the route to Torbole or Riva.

 ca. 50 kmDAY
8**Return trip or extension**

Route information

You'll traverse picturesque cycling paths primarily tracing the course of the Adige River. Starting from the elevated Reschenpass Resia at almost 1,500 metres in altitude, your route descends gracefully towards the charming shores of Lake Garda.

While most of your journey unfolds on splendid bike paths and scenic country lanes, be prepared for occasional minor ascents along the way. Despite the beauty of the route, a few brief connections may necessitate sharing the road with moderate traffic.



Prices and dates

Price calculation and check availability: **South Tyrol to Lake Garda**

Place of arrival: **Reschen**

	Season 1 27.04.2024 - 10.05.2024 28.09.2024 - 05.10.2024 Friday to Monday	Season 2 11.05.2024 - 24.05.2024 07.09.2024 - 27.09.2024 Friday to Monday	Season 3 25.05.2024 - 06.09.2024 Daily
South Tyrol to Lake Garda, IT-ETRRG-08X			
Base price	1,049.00	1,169.00	1,229.00
Single room surcharge	329.00		
Single room surcharge	329.00		
Single room surcharge	329.00		

Hotel information: You will stay in carefully selected 3*** and 4**** hotels.

Additional nights

Place of arrival: **Reschen**

	Season 1 Apr 27, 2024 - May 10, 2024 Sep 28, 2024 - Oct 5, 2024 Friday to Monday	Season 2 May 11, 2024 - May 24, 2024 Sep 7, 2024 - Sep 27, 2024 Friday to Monday	Season 3 May 25, 2024 - Sep 6, 2024 Daily
Reschen			
Double room p.p.	79.00	79.00	79.00
Single room surcharge	19.00	19.00	19.00

	Season 1 Apr 27, 2024 - May 10, 2024 Sep 28, 2024 - Oct 5, 2024 Friday to Monday	Season 2 May 11, 2024 - May 24, 2024 Sep 7, 2024 - Sep 27, 2024 Friday to Monday	Season 3 May 25, 2024 - Sep 6, 2024 Daily
Torbole/Riva			
Double room p.p.	89.00	89.00	89.00
Single room surcharge	45.00	45.00	45.00

Our rental bikes

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

Prices per person in GBP

Included services and travel information

Services

Included

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

Not included

- Tourist tax, if applicable, to be paid locally
- (Optional) Return transfer by minibus to Reschen every Saturday, Monday morning and Tuesday afternoon, costs per person €79 excluding bicycle (surcharge €19 for bringing your own bicycle); Reservation required, to be paid on site

Arrival information

- Train: Landeck station (North Tyrol) and further by public bus to Reschen
- Airport: Innsbruck, Munich or Verona
- Parking: Free, directly at or near the hotel
- Departure: Public bus to Rovereto and from there by train via Bolzano and Merano to Mals. Then by public bus to Reschen

Sample hotel list

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

Reschen

Villa Claudia Augusta

www.ziernhoeld.it/

Schlanders

Hotel Goldene Rose ***S

www.hotel-goldenerose.it

Merano

Villa Laurus ****

www.hotelsmerano.it/de/hotel-villalaurus-meran/

Bolzano

Parkhotel Lunda Mondschein

www.parkhotelmondschein.com/de

Auer

Villa Groff

www.villagroff.it/de

Trient

Hotel NH Trento ****

www.nh-hotels.de/hotel/nh-trento

Torbole/Riva

Hotel Astoria Resort ****s

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