



















# Munich to Lake Garda

## Crossing the Alps in an easier way

Have you ever dreamed of conquering the formidable Alps on your bicycle? This cycling adventure provides you with the perfect opportunity to do just that. Thanks to the right bike, an ideal route, and the freedom from carrying luggage, this once-seemingly unattainable goal becomes achievable. Begin your epic journey in Bavaria's vibrant capital, where you'll follow the enticing scents of freshly brewed espresso and blooming orange trees to the enchanting Lake Garda!

**Book this holiday: Munich to Lake Garda**

### Details about the cycling holiday from Munich to Lake Garda

This extraordinary cycling holiday commences in the charming region of Bavaria. Starting from the state capital, you'll pedal your way to the sparkling Lake Starnberg, passing by the renowned ski resort of Garmisch Partenkirchen and into the picturesque landscapes of Tyrol. From there, it's

just a short hop to South Tyrol, where you'll discover the delightful spa town of Merano.

Finally, your adventure culminates at the magnificent Lake Garda, with the stunning Adige River guiding your way throughout. Embark on this epic Alpine cycling journey and make your dream of conquering the Alps a reality!

The highlights of the Munich to Lake Garda cycling holiday at a glance:

- **Munich:** Strengthen yourself with a litre of Bavarian beer before your trip. It is one of the best and most popular beers in the world. In the Munich Hofbräuhaus, you get a perfect insight into the Bavarian pub culture.
- **Auer and Lake Caldaro:** The picturesque town of Auer and the nearby Lake Caldaro are among the absolute landscape highlights of this cycle tour. Have your camera ready!
- **The north of Lake Garda:** The largest lake in Italy is a natural magnet for sports enthusiasts, sun worshipers and gourmets!

Worth knowing about the cycle tour from Munich to Lake Garda

In eleven days you will get to know various impressions, contrasting landscapes and various cuisine influences on this cycle tour. From Bavarian cosiness, cycle past hospitable Austria to vivacious Italy.

You cover the daily stages of between 45 and 60 kilometres mainly on excellent cycle paths and side roads with little traffic. The demanding ascent over the Reschenpass is bridged with an organized transfer and from there you roll almost by yourself to the beautiful Lago di Garda!

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

Book this holiday: Munich to Lake Garda

Tour information



Medium



11 Days / 10 Nights



Self-Guided



Luggage transfers included



Total cycling distance: approx.  
480 km

To the online version



# Itinerary

DAY  
**1**

## Arrival in Munich

Information and bike distribution. The state capital of Bavaria awaits its visitors with numerous sights (English Garden, City Hall, Hofbräuhaus...).

DAY  
**2**

## Munich – Starnberger See approx. 45 - 60 km

From Munich through Forstenrieder Park to Lake Starnberg. From Starnberg on the cycle path directly on the lake shore to Ambach or on to Bernried. The lake lures crystal clear water and wonderful views of the surrounding mountains.

DAY  
**3**

## Starnberger See – Garmisch Partenkirchen approx. 65 km

First bike tour past the Riegsee to Murnau. Continue through the Murnauer Moos nature reserve (the largest moor area in Central Europe) and through untouched nature following the Loisach river to Garmisch Partenkirchen. Here you can take a ride on the Zugspitzbahn at 2,962 m (on your own). From there you have a wonderful view of the Alps.

DAY  
**4**

## Garmisch Partenkirchen – Mittenwald – Leutasch approx. 40 km

The beautifully landscaped cycle path takes you to the Isar today. You cycle through the sunny high valley with wonderful panoramas of the Karwendel and Wetterstein mountains to Mittenwald. In any case, you should take a break here and stroll through the town, which is decorated with Lüftmalerei. The spectacular journey then continues through the Leutasch Gorge to Austria. You cycle along the Leutascher Bach through the beautiful valley for your overnight stay.

DAY  
5**Leutasch – Imst** approx. 50 km

Today we're going over to the Inn Valley. You leave Leutasch on a gently rolling country road before an eight-kilometre descent leads to Telfs. You cycle along the Inn along the former towpath and reach Stams with its baroque Cistercian monastery. Via Haiming it is not far to Imst, the "Meran of North Tyrol".

DAY  
6**Imst – St. Valentin/Burgeis/Mals** approx. 50 km + bus transfer

You cycle along the Inn past Zams Monastery to Landeck. Here a bus transfer takes you up to Nauders. Almost 70 vertical meters remain until the Reschenpass. This is followed by the descent to Lake Reschen and further on the cycle path to Mals and its town centre with many towers or Burgeis at the foot of the Marienburg.

DAY  
7**St. Valentin/Burgeis/Mals – Meran** approx. 65 km

The fully preserved medieval city wall of Glurns is the first highlight. Via the Montani ruins through Schlanders you cycle down to Meran. Castles and palaces (Juval Castle of the mountaineer Reinhold Messner) are located on or high above the path. You can enjoy views of the impressive Ortler massif and the Stelvio Pass while cycling. The Vinschgaubahn between Mals and Meran has been in operation again since 2004, and you can use it to cover part of the way at almost any time.

DAY  
8**Meran – Auer** approx. 55 km

Via Lana and through numerous orchards and vineyards in the area of the South Tyrolean Wine Route you cycle past many well-fortified castles, palaces and ruins such as Hocheppan with its important frescoes on Lake Caldaro. You usually stay overnight in the cosy wine village of Auer.



DAY  
**9****Auer – Trient** approx. 45 km

Along the beautifully developed cycle path along the Etsch to Salurn, where the German-speaking South Tyrol ends. The famous Trentino vineyards are located on the side of the causeways. These lead to Trento with its interesting old town with the cathedral and Buonconsiglio Castle.

DAY  
**10****Trient – Torbole/Riva** approx. 50 km

You continue to follow the cycle path along the Adige via the old Tyrolean border town of Rovereto to Mori. From here the tour leads west towards Lake Garda. In Mori, you can taste the well-known pistachio ice cream in the Gelateria Bologna or a freshly squeezed fruit juice. After a short ascent at the small Passo S. Giovanni (150 m), the descent to the lake to Torbole or Riva follows.

DAY  
**11****Departure or tour extension**

# Route information

You cycle on wonderful bike paths and small side roads, main roads only on short sections. Small climbs have to be cycled almost every day. The Reschenpass is bridged by bus transfer, then there is a drop of about 1,200 meters to Meran. The route is mostly paved, some longer sections also on good natural roads.





# Prices and dates

Price calculation and check availability: **Munich to Lake Garda**

Place of arrival: **Munich**

	Season 1 14.04.2024 - 27.04.2024 Sunday	Season 2 28.04.2024 - 18.05.2024 Sunday	Season 3 19.05.2024 - 15.09.2024 Sunday
Munich - Lake Garda, DE-MURMA-11X			
Base price	1,309.00	1,379.00	1,429.00
Single room surcharge	339.00	339.00	339.00

**Hotel information:** 3\*\*\* hotels. In Munich, you'll stay in a 4\*\*\*\* hotel.

# Additional nights

Place of arrival: **Munich**

	Season 1 Apr 14, 2024 - Apr 27, 2024 Sunday	Season 2 Apr 28, 2024 - May 18, 2024 Sunday	Season 3 May 19, 2024 - Sep 15, 2024 Sunday
Munich			
Double room p.p	99.00	99.00	99.00
Single room surcharge	75.00	75.00	75.00
Torbole/Riva			
Double room p.p	89.00	89.00	89.00
Surcharge single room	45.00	45.00	45.00

# Our rental bikes

Price

21-Speed Unisex Bike	109.00
21-Speed Men's Bike	109.00
7-Speed Unisex Bike	109.00
27-Speed Bike PLUS	175.00
Unisex E-Bike	259.00

Prices per person in GBP



# Included services and travel information

## Services

### Included:

- Overnight stays as stated
- Breakfast
- Personal tour information (DE, EN)
- Luggage transfer
- Well-planned route guidance
- Detailed travel documents 1 x per room (DE, EN)
- 1 bus transfer Landeck – Nauders incl. bike
- 1 pistachio ice cream on Lake Garda
- Navigation app and GPS data available
- Service hotline

### Optional:

- Collective transfer (with a central entry and exit point) from Torbole to Munich, daily, costs €130 per person (min. 2 people) incl. bike; Reservation required, payable in advance.
- Rental bikes including rental bike insurance

## Information

### Arrival / Parking / Departure:

- Munich train station
- Munich Airport
- Garage approx. EUR 15 per day, free, unguarded parking spaces near the hotel, no reservation possible/necessary!

### Important information:

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

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

### Munich

NYX Hotel München

[www.leonardo-hotels.de/nyx-munich](http://www.leonardo-hotels.de/nyx-munich)

### **Lake Starnberg**

Landhotel Huber am See

[www.landhotel-huber.de](http://www.landhotel-huber.de)

### **Garmisch**

Hotel Vierjahreszeiten \*\*\*

[www.vierjahreszeiten.cc](http://www.vierjahreszeiten.cc)

### **Leutasch**

Hotel Bergfrieden

[www.bergfrieden.tirol](http://www.bergfrieden.tirol)

### **Imst**

Hotel Hirschen \*\*\*

[www.hirschen-imst.at](http://www.hirschen-imst.at)

### **Burgeis/Mals**

Zum Hirschen \*\*\*

[www.hotel-hirschen.it](http://www.hotel-hirschen.it)

### **Merano**

Villa Laurus \*\*\*

<https://www.hotelsmerano.it/de/hotel-villalaurus-meran/>

### **Auer**

Villa Groff \*\*\*

[www.villagroff.it](http://www.villagroff.it)

### **Trento**

NH Hotel Trento \*\*\*\*

<http://www.nh-hotels.de/hotel/nh-trento>

### **Torbole/Riva**

Caravel Bike Hotel \*\*\*\*

[www.caravelbikehotel.com](http://www.caravelbikehotel.com)