





Innsbruck to Lake Garda

From the mountains to the beautiful lake shore

On this cycle tour, you will spend time in well-known cities such as Innsbruck, Merano and Trento. The Inn and Adige rivers lead you via Lake Reschensee and Lake Caldaro to Lake Garda along the well-maintained cycle routes. Stunning mountain ranges form an incredible panorama. From Reschen to Lake Garda you will cycle past wonderful vineyards with time to stop off at some of them.

Details of the Innsbruck to Lake Garda cycling holiday

You will cycle on beautiful bike paths in the river valleys of the Inn and Adige and on numerous service roads between orchards and vineyards. You will be taken from the Inntal Valley to the mountain pass Reschenpass. From there, you can enjoy cycling downhill for more than 1,200 metres in altitude. In between, cycling up some small climbs will be necessary.

Book online: Innsbruck to Lake Garda

Highlights of the Innsbruck to Lake Garda tour

- **Cycling holidays for the real lover of pleasure:** Through orchards and vineyards along the South Tyrolean Wine Route you "cycle" through the Eldorado of South Tyrol, so to speak. Exquisite wines and types of fruit line your way and are just waiting to be tasted by you.
- **Trentino vineyards and sights:** In Trento, there is a sightseeing tip for you: in addition to the old town with the stately cathedral in the centre, which is well worth seeing, Buonconsiglio Castle is worth a visit!

- **Delicious pistachio ice cream and a dreamlike lake:** Admire the largest lake in Italy, Lake Garda, and experience the dolce vita in the truest sense of the word. Especially at Gelateria Bologna in Mori!

Worth knowing about the Innsbruck to Lake Garda tour

After you arrive in the capital of North Tyrol, Innsbruck, you bike through the vineyards of South Tyrol over eight days. From Innsbruck you cycle to Imst. The bus takes you from Landeck to the Reschenpass and from there, you cycle mostly downhill.

The Adige Cycle Path leads down the valley along the Adige to Bozen, Ora, Trento and finally to the beautiful Lake Garda. The cycle tour leads past farm roads between orchards and vineyards and offers ample opportunity for rest breaks and stops for pleasure. You complete an average of 50 kilometres per day.

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

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Tour information



Medium



8 Days / 7 Nights



Self-Guided



Luggage transfers included





Total cycling distance: approx.
330 km

To the online version




Itinerary


DAY 1	Arrival in Innsbruck	
Welcome briefing and bike fitting. For the rest of the day, we recommend visiting Innsbruck's famous old town with its city tower and its "Golden Roof".		
DAY 2	Innsbruck - Imst	approx. 65 km
You will cycle on the former towpath along the river Inn, along the foot of the Martinswand (mountain face) and through little villages and market towns to Stams (baroque Cistercian convent). Then, you will continue your tour via Haiming to Imst, the so-called "Merano of North Tyrol".		
 ca. 65 km		
DAY 3	Imst – St. Valentin/Burgeis/Mals	approx. 50 km + bus transfer
Today, you will cycle along the river Inn, past the Zams monastery to Landeck. A bus will take you to Nauders from where you will cycle just under 100 metres in altitude uphill to the mountain pass called the 'Reschenpass'. From there, you will cycle downhill to Lake Reschensee and continue on minor roads to Mals (many towers in the centre) or to Burgeis at the foot of the castle Marienburg.		
 ca. 50 km + bus transfer		

DAY
4**St. Valentin/Burgeis/Mals –
Merano**approx. 65
km


Your day starts with a trip to Glurns, which has got perfectly preserved medieval city walls. Then, you will cycle via the Montani ruins, through Schlanders, down to Merano. On your way, you will come across some pretty castles (mountaineer Reinhold Messner's castle Juval) and you will get marvellous views of the impressive mountain massif Ortlermassiv and the mountain pass Stilfserjoch. Since 2004, the Venosta train (Vinschgaubahn) has been operating again between Mals and Merano. You can almost always take this train as part of your journey.

 ca. 65 kmDAY
5**Merano – Auer** approx. 55 km

Today's stage will take you via Lana (Schnatterpeck Altar) and through numerous orchards and vineyards in the area of the South Tyrolean Wine Road, past many fortresses, castles, and ruins such as Hocheppan (famous frescos), to Lake Caldaro. You will stay overnight in the cosy wine town, Auer.

 ca. 55 kmDAY
6**Auer – Trento** approx. 45 km

On the sixth day, you will mainly cycle along the river Adige. At times you will cycle through orchards to Salurn, where the German speaking South Tyrol ends. The famous Trentino vineyards are located next to the dam ways. These ways lead you to Trento, which has a lovely old town, a cathedral and Buonconsiglio castle.


 ca. 45 km

DAY
7

Trento – Riva/Torbole

approx. 50 km

Today, you will cycle on bike paths along the river Adige via the old Tyrolean border town of Rovereto to Mori. From here, the route leads westward to Lake Garda. In Mori you will taste the world-famous pistachio ice-cream in the Gelateria Bologna. After a short climb onto Passo S. Giovanni (150 metres), you will head down to the lake to Torbole or Riva.

 ca. 50 km

DAY
8

Departure of extension

End of tour or extra nights.

Route information

You will cycle on beautiful bike paths in the river valleys of the Inn and Adige and on numerous quiet side roads between orchards and vineyards. You will be taken from the Inntal valley to the mountain pass Reschenpass. From there, you can enjoy a descent of over 1,200 metres in altitude. Sometimes small climbs will be necessary.



Prices and dates

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

Place of arrival: Innsbruck

	Season 1 27.04.2024 - 10.05.2024 28.09.2024 - 06.10.2024 Arrival Saturday and Wednesday	Season 2 11.05.2024 - 24.05.2024 07.09.2024 - 27.09.2024 Arrival Saturday and Wednesday	Season 3 25.05.2024 - 06.09.2024 Arrival Saturday and Wednesday
Innsbruck to Lake Garda, AT-ETRIG-08X			
Base price	1,129.00	1,209.00	1,259.00
Single room surcharge	279.00	279.00	279.00

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

Additional nights

Place of arrival: Innsbruck

	Season 1 Apr 27, 2024 - May 10, 2024 Sep 28, 2024 - Oct 6, 2024 Arrival Saturday and Wednesday	Season 2 May 11, 2024 - May 24, 2024 Sep 7, 2024 - Sep 27, 2024 Arrival Saturday and Wednesday	Season 3 May 25, 2024 - Sep 6, 2024 Arrival Saturday and Wednesday
Innsbruck			
Double room p.p.	79.00	79.00	79.00
Single room surcharge	35.00	35.00	35.00
Torbole/Riva			
Double room p.p.	89.00	89.00	89.00

	Season 1 Apr 27, 2024 - May 10, 2024 Sep 28, 2024 - Oct 6, 2024 Arrival Saturday and Wednesday	Season 2 May 11, 2024 - May 24, 2024 Sep 7, 2024 - Sep 27, 2024 Arrival Saturday and Wednesday	Season 3 May 25, 2024 - Sep 6, 2024 Arrival Saturday and Wednesday
Single room surcharge	45.00	45.00	45.00

Our rental bikes

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

Prices per person in GBP

Included services and travel information

Services

Included

- Accommodation as already mentioned
- Breakfast
- Welcome briefing (German, English)
- Luggage transfer
- Developed route
- Detailed travel documents 1x per room (German, English)
- 1 Bus transfer from Landeck - Nauders, incl. your bike
- 1 Pistachio ice cream on the way to Lake Garda
- Navigation-App and GPS-data is available
- Service hotline

Not included

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

Arrival information

- Train: Innsbruck train station
- Airport: Innsbruck or Munich airport
- Parking: Garage costs approx. EUR 17/day;
- Public bus from Riva/Torbole to Rovereto, good train connections from Rovereto to Innsbruck

Sample hotel list

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

Innsbruck

Austria Trend Congress ****

www.austria-trend.at/de/hotels/congress-innsbruck

Imst

Hotel Hirschen ***

www.hirschen-imst.at

Burgeis/Mals

Zum Hirschen ***

www.hotel-hirschen.it

Merano

Hotel Villa Laurus ***

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

Auer

Bio-Hotel&Residence Kaufmann ***

www.hotelkaufmann.at

Trento

Grand Hotel Trento ****

www.grandhoteltrento.com

Torbole/Riva

Hotel Astoria Resort ****s

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