

# Alpe Adria cycle path

## Across the Alps from SALZBURG to GRADO – classic

A cycling tour across the Alps to the Adriatic Sea - it literally "smells" of fresh alpine meadows, the treetops sway in the alpine landscape and the sun flashes between the mountain peaks.

There is a colourful scenario between mountain and valley in the Alpine area, until the wide lagoon of Grado the salty breeze of the Adriatic welcomes you.

On your cycling tour you will cycle through the idyllic Salzach valley and the Gastein valley and cross the impressive high mountain landscape of the Hohe Tauern by train. Across the sunny Drau valley and the wildly rugged Canal valley you reach the fertile hilly landscape of the Friuli-Venezia Giulia region. On the Via Julia Augusta you cycle via the historic city of Aquileia to the picturesque lagoon of Grado.

### Highlights

-  Culture and nature in the Mozart city of Salzburg; Hohensalzburg Fortress, Mirabell Palace with Mirabell Gardens, Palace park and water feature in Hellbrunn Palace, birthplace of W. A. Mozart, ...
-  Hallein salt works town with salt mine
-  Pongau Cathedral, St. Johann in Pongau
-  Impressive mountain worlds of the Hohe Tauern, Carnic and Julian Alps
-  Renaissance castle Porcia, Spittal an der Drau
-  Railroad path Pontebbana
-  Cathedral in the old town of Gemona
-  Gemona del Friuli
-  Piazza della Libertà, Udine
-  Basilica with baptistery, archaeological sites - UNESCO World Heritage Site, Aquileia
-  Sunny island and historic fishing town Grado

### Route characteristics

-  Routing on mostly well-maintained bike paths and low-traffic side roads

### Level of difficulty

Touring bicycle 

Pedelec/E-Bike 

Also suitable for families with children/teenagers with an affinity for bikes

### Arrival | Travel time | Type of trip

-  Every Thursday from April 30<sup>th</sup> to October 1<sup>st</sup> 2026
-  11 days | 10 nights (incl. days of arrival and departure)
-  Stretch trip - approx. 355-405 cycling kilometres
-  Individual cycling trip
-  From 2 persons (single travellers on application)
-  Non schedule arrival dates: minimum of 5 persons on request

## Itinerary

### Day 1: Individual journey to Salzburg

A cycling tour could not start more impressively than in Salzburg, the city of Mozart.

In the beautiful old town, one baroque highlight follows the next.

And - don't forget - take some Mozartkugeln with you for the trip to the sea 😊

### Day 2: Salzburg – Golling (approx. 35 km)

With a view of the Hohensalzburg Fortress you leave the city. The first part of the tour leads you along the Salzach river. On the way you will pass Hellbrunn Palace - the former summer residence of the Salzburg prince-bishops. For more than 400 years, the extraordinary water features have delighted young and old. On the Tauern cycle path, the journey continues in the direction of Hallein, known for its crooked town houses and above all for its white gold - salt. A highlight in the stage place is the Gollinger waterfall, which pours down an impressive 75 meters in two stages.

### Day 3: Golling – St. Johann im Pongau (approx. 35 km)

From Golling, the route leads up to the Pass Lueg-Höhe. At 552 m, the pass is one of the lower ones, but nevertheless offers a wonderful view of the Hagen and Tennen mountains. A worthwhile excursion leads to the Salzachöfen gorge. The descent and ascent into the gorge takes about half an hour. From a distance, you can already see Hohenwerfen Fortress, which is famous for its impressive bird of prey show. You cycle along the Salzach river to your overnight accommodation.

### Day 4: St. Johann im Pongau – Bad Gastein/Mallnitz (approx. 55 km)

The journey continues through the tranquil Gastein Valley. Until the beginning of the 20th century, it was only accessible via narrow mountain paths. Surrounded by the peaks of the Hohe Tauern mountains, you cycle along the Gasteiner Ache river. Passing Dorfgastein and Bad Hofgastein, you arrive at the famous spa town of Bad Gastein. The "Monte Carlo of the Alps", as the town is often called, is known for its many magnificent hotels from the 'Bel Époque' period, which impressively characterise the townscape. The main attraction is the Gastein waterfall, which is fed by a total of 17 springs.

### Day 5: Bad Gastein/Mallnitz – Spittal an der Drau (approx. 40 km + train)

Today, you will cycle on to Böckstein, to the north portal of the Tauerschleuse lock, to take the train to Mallnitz. Surrounded by the foothills of the imposing mountains of the Hohe Tauern National Park, you will roll down into the Mölltal valley and follow the Möll river downstream on the Glockner Cycle Path. The valley widens noticeably and from Möllbrücke you are already accompanied by the Drau Cycle Path to Spittal an der Drau. The urban heart of Upper Carinthia boasts its well-kept Renaissance Porcia Castle and the adjoining city garden, forming the cultural and social meeting place in the centre of this cosy little town.

### Day 6: Spittal an der Drau – Villach (approx. 35 km)

Today's cycling tour takes you along the Drau River to Villach, which is particularly well known for its cheerful carnival guild and its extensive festivities on church days. The well-kept medieval town centre nestles on the banks of the Drau River, with bars and cafés inviting you to relax and enjoy yourself – the Mediterranean climate characterises the serenity and cosy atmosphere of Villach. If your schedule allows, we recommend going for a swim in one of the warm lakes near the town.

**Day 7: Villach – Tarvis/Camporosso** (approx. 40 km)

Following the River Gail, you leave Villach behind and soon say goodbye to Austria and welcome Italy. The Canal Valley stretches across the border triangle of Italy, Austria and Slovenia, with the Italian border town of Tarvisio at its centre. Austrians, Slovenes, Friulians and Italians have lived here together for centuries, and all three major European language families – Germanic, Romance and Slavic – meet here.

**Day 8: Tarvis/Camporosso – Venzone/Moggio/Tolmezzo** (approx. 55 km)

Tarvis, a small town surrounded by wide valleys and forests, with a modern appearance but an ancient soul and rich in traditions, is the starting point for your cycling tour today. It is not only one of the most important mountain resorts in Friuli-Venezia Giulia, but also one of the region's skiing strongholds. Continuing through the Canal Valley, you can admire the beauty of the Friulian Alpine region from your saddle, with its unspoilt nature and extensive forests.

**Day 9: Venzone/Moggio/Tolmezzo – Udine** (approx. 60 km)

Located at the southern end of the Canal Valley and at the foothills of the Julian Alps, the small town of Gemona del Friuli is considered one of the most beautiful historical towns in Friuli-Venezia Giulia. The townscape is dominated by the majestic Cathedral of Santa Maria Assunta, which is definitely worth a visit. Wine is the theme of today's stage. Hills covered with vineyards line your path and invite you to taste a glass or two. Udine, with its Venetian influences, exudes calm and tranquillity; while having a coffee in the piazza or strolling through the city centre, you can admire important late Gothic and Renaissance buildings.

**Day 10: Udine – Grado** (approx. 55 km)

Today's cycling tour takes you through the flat landscape of the northern Italian plain. Impressive cities such as the star-shaped Palmanova and Aquileia, once known as one of the most powerful cities of the Mediterranean and famous for its valuable historical archaeological sites, lie on your way.

Accompanied by a breeze from the Scirocco, you will glide past reed beds and water canals and reach Grado, a historically important fishing town and one of the most popular seaside resorts of the northern Adriatic Sea.

**Day 11: Individual Return Journey or Extension**

## Included Services | Price per Person | Extras

### Included services

- ✓ Overnight stays including breakfast in guesthouses and hotels of the 3- and 4-star category
- ✓ Videobriefing
- ✓ Luggage transport from accommodation to accommodation
- ✓ Train ride Tauern lock: Böckstein-Mallnitz incl. bicycle
- ✓ Well planned routes
- ✓ Detailed travel documents (route maps, route description, sights, important telephone numbers)
- ✓ Navigation-App
- ✓ Phone service daily from 8:30 am to 7:00 pm

### Price per person

- |  |               |
|--|---------------|
| - Accommodation in a double room * (30.04.-13.05. & 25.09.-03.10.) | Euro 1.519,00 |
| - Accommodation in a double room * (14.05.-27.05. & 04.09.-24.09.) | Euro 1.699,00 |
| - Accommodation in a double room * (28.05.-03.09.)                 | Euro 1.789,00 |
| - Single room surcharge  | on request    |

### Extras

- |  |                                  |
|--|----------------------------------|
| - Rental of 21-gear touring bicycle                                | Euro 119,00                      |
| - Rental Bike TOP (unisex – men's model on request)                | Euro 195,00                      |
| - Rental of Pedelec/E-Bike   | Euro 279,00                      |
| - Extra night in Salzburg in DR/B&B *                              | Euro 89,00                       |
| - Extra night in Salzburg in SR/B&B *                              | Euro 138,00                      |
| - Extra night in Grado in DR/B&B *                                 | Euro 79,00                       |
| - Extra night in Grado in SR/B&B *                                 | Euro 124,00                      |
| - Return transfer Grado-Salzburg (every Wed, Thurs, Fri, Sat, Sun) | Euro 185,00/pers.+45,00/own bike |

\* Any local taxes that may be due are not included and are payable locally

Not included services: everything not explicitly mentioned under the point "Included services" (e.g.: Travel to the return at the end of the tour; drinks, tourist tax and all extras; lunch, dinner; entrance fees not mentioned; bicycle rental and travel insurance).