

Alpe Adria cycle path

Across the Alps from SALZBURG to GRADO – sporty

In one week across the Alps to the Adriatic Sea - it smells like fresh alpine meadows, the treetops sway in the alpine landscape, the sun flashes between the mountain peaks. There is a wide ranged and colourful scenario between mountain and valley in the alpine region, until the wide lagoon of Grado and a salty breeze of the Adriatic Sea 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
-  The demanding section over the Lueg pass can be shortened by train

Level of difficulty

Touring bicycle 

Pedelec/E-Bike 

The bike tour is suitable for children aged 16 and over. We recommend traveling by e-bike.

Arrival | Travel time | Type of trip

-  Every Wednesday, Thursday, Friday and Saturday from April 29th to October 3rd 2026
-  8 days | 7 nights (incl. days of arrival and departure)
-  Stretch trip - approx. 344-364 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 cycle tour couldn't start more impressively than in the Mozart city of Salzburg; in the beautiful old town, one baroque highlight follows the next.

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

Day 2: Salzburg – Bischofshofen/St. Johann (approx. 60 km)

You leave the city with a view of Hohensalzburg Fortress. The first section takes you along the Salzach. On the way, you will pass Hellbrunn Palace - the former summer residence of the Salzburg prince-bishops. The extraordinary trick fountains have been delighting young and old for more than 400 years. The journey continues along the Tauern Cycle Path towards Hallein, known for its crooked town houses and above all for its white gold - salt. Another highlight is the waterfall in Golling.

Day 3: Bischofshofen/St. Johann im Pongau – Bad Gastein (approx. 55 km)

The journey continues through the tranquil Gastein Valley. Until the 20th century, it was only accessible via mountain trails and narrow roads. Surrounded by the peaks of the Hohe Tauern mountains, you cycle along the Gasteiner Ache river. Passing Dorfgastein and Bad Hofgastein, you reach 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” era, which characterize the townscape. The main attraction is the Gastein waterfall, which is fed by a total of 17 springs.

Day 4: Bad Gastein – Villach (approx. 79 km + train ride – mostly downhill)

In Böckstein, you board the train to travel through the Tauernschleuse to Mallnitz. Today, you cycle along the Möll River through the impressive high mountain landscape. This section of the cycle path is also known as the Glockner Cycle Path. It is mostly slightly downhill and leads through the Hohe Tauern National Park. From there, the Drau Cycle Path leads to Spittal with its famous Renaissance castle, Porcia. The stage ends in Carinthia's second largest city. Villach is not only known for its carnival, but also for its church festival. There are also numerous sights to see. If you still have enough time, we recommend a swim in one of the lakes around the city.

Day 5: Villach - Venzone/surroundings (approx. 40-60 km + train ride (ticket not included) or approx. 85-90 km)

Following the Gail River, 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 center. Austrians, Slovenes, Friulians, and Italians have lived here together for centuries, as all three major European language families—Germanic, Romance, and Slavic—meet here. Continuing through the Canal Valley, you can admire the beauty of the Friulian Alpine region with its unspoiled nature and extensive forests from the saddle. If you wish, you can take the train (ticket not included) to Tarvisio or Ugovizza and thus shorten part of the route.

Day 6: Venzone/surroundings – Udine (approx. 55 km)

Situated at the southern exit of the Canal valley and on the foothills of the Julian Alps, the small town of Gemona del Friuli is considered one of the most beautiful historic towns in Friuli Venezia Giulia. The townscape is dominated by the majestic Cathedral of Santa Maria Assunta, which is definitely worth a visit. The splendid hills full of lush vines line your path and invite you to taste the tasty wines. The Venetian-influenced city of

Udine exudes peace and tranquillity, while sipping a coffee at the "piazza" or during a stroll through the city centre, you can admire important buildings of the late Gothic and Renaissance.

Day 7: 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 8: Individual departure 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
- ✓ 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 * (29.04.-08.05. & 26.09.-03.10.)	Euro 1.199,00
- Accommodation in a double room * (09.05.-22.05. & 05.09.-25.09.)	Euro 1.369,00
- Accommodation in a double room * (23.05.-04.09.)	Euro 1.429,00
- Single room surcharge	Euro 319,00

Extras

- Rental of 21-gear touring bicycle	Euro 99,00
- Rental Bike TOP (unisex – men's model on request)	Euro 169,00
- Rental of Pedelec/E-Bike	Euro 269,00
- 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).