EUREGIO cycling trip

from INNSBRUCK to LAKE GARDA – relax

From the basin of the alpine metropolis of Innsbruck you cycle upriver, into one of the most fascinating regions in the heart of the Alps. The InnRadweg (Inn cycle path) gently meanders, embedded in the amazing Tyrolean Mountain landscape, to city of fountains, Imst and then further on to Landeck.
By relaxing Shuttle-transfer you overcome the climb up to Nauders on the Reschenpass. From Reschensee in South Tyrol you take the Adige Cycle Path, along the playful river, through the lush fruit growing landscapes of the sun-drenched Vinschgau valley, via the spa town of Merano and the idyllic shimmering Lake Caldaro to the lovely Castelfeder holiday region. The wine gardens nestle upon the hills around Lake Caldaro and the South Tyrolean lower land, seamlessly flow into the famous Trentino.
It seems just a stone's throw from Trento to the deep blue lake Garda and the cragged cliffs and delicate pink blossoms of oleander bushes by Riva del Garda.

Highlights

- Culture and nature of the alpine-urban Innsbruck
- House of Fasnacht/Shrove Tuesday
- Castle of Landeck
- Sunken church tower of Altgraun (14th century), Reschenstausee water reservoir
- Landscape and cultural diversity, Vinschgau
- Gardens of castle Trauttmansdorf, Merano
- Lake Caldaro, South Tyrolean Wine Route
- Historical centre, Castle Castello di Buonconsiglio, Trento
- Riva del Garda and Lake Garda

Route characteristics

- Mostly paved/asphalted bike paths, farm roads, quiet side roads and local thoroughfares
- Transfer across the toughest ascent to Reschen pass (Landeck - Nauders)
- From Reschenstausee water reservoir to Merano are some longer descents

Level of difficulty

Touring bicycle ❁❁❁❁❁
Pedelec/E-Bike ❁❁❁❁❁
Suitable for families with children from the age of approx. 12 years (appropriate cycling enthusiasm required)

Arrival | Travel time | Type of trip

- Every Sunday and Tuesday from May 1st to September 30th 2027
- 9 days | 8 nights (incl. days of arrival and departure)
- Experience day in Merano with an optional cycling tour from Merano to Val Passiria/St. Leonhard - Merano
- Stretch trip - approx. 330 cycling kilometres
- Individual cycling trip
- From 2 persons (single travellers on application)

Itinerary

Day 1: Individual journey to Innsbruck
Welcome to 3-time Olympic City of Innsbruck. The city in the heart of the Alps is best known as a winter sport destination with special flair but you'll be surprised about the colourful ambience awaiting you in the warmer seasons. So please make sure to take your time to enjoy the cultural variety of Innsbruck.

Day 2: Innsbruck – Imst (approx. 60 km)
InnCycle Path measures some 500 kilometres from St. Moritz in Switzerland to Passau in Germany. Some of those kilometres you'll ride through the Inn Valley, surrounded by imposing mountain chains. The more or less flat bicycle path leads the way to the famous Cistercian monastery of Stams and then on to the Rafting and Canyoning centre of Haiming. A romantic and slightly hilly ride through a beautiful pine forest will bring you to Imst. Just before Imst, by Roppen you reach a Kneipp water-treading basin Römerbad, where you can cool off your legs on hot days.

Day 3: Imst – Holiday region Lago di Resia & Alta Venosta (approx. 55 km | without transfer approx. 105 km)
After a hearty breakfast you cycle from Imst to Landeck. From there we take the shuttle up to Nauders. Soon afterwards you cross the border to Italy at Reschen pass and with it the main Alpine ridge. You cycle downwards towards Malles past Reschenstausee reservoir with the sunken church tower of Altgraun, one of the most famous photo motifs of Italy. Enjoy the first evening on South Tyrolean soil and enjoy strolling through the old alleyways of the town.

Day 4: Holiday region Lago di Resia & Alta Venosta – Merano (approx. 65 km)
Today you cross the entire Val Venosta. The route leads from an altitude of more than 1,000m down to the town of Merano that is located at an altitude of 350m. Most of the route follows the course of River Adige. From your starting place this pleasant cycling stretch leads down to the smallest town of the Alps, the town of Glorenza. Past the marble town of Laas you get to Naturns and eventually – past the impressive Kastellbell castle – to the spa town of Merano. Enjoy an evening walk through town along the "Passer" promenade surrounded by subtropical flora.

Day 5: Experience Merano
Variety is the order of the day - and the spa town of Merano/Meran offers great opportunities for this: a visit to the gardens of Trauttmansdorff Castle, a panoramic walk in the historic village of Tirol with a magnificent panoramic view of the magnificent mountains or simply a wellness day in the thermal baths? An excursion by bike along the Passer river to St. Leonhard promises to cool you down and a visit to the interactive home museum of Tyrolean freedom fighter Andreas Hofer rounds off the day's cultural program.

Day 6: Merano – Castelfeder Holiday Region (approx. 50 km)
There is plenty to see along this route: Niederlana's famous Schnatterpeckaltar, the largest Gothic wing altar in the Alpine area, the highest church tower of the South Tyrol in Terlan and a great number of fortresses and ruins on both valley slopes. And - after the optional visit of Bolzano you'll have the wonderful opportunity to refresh your legs at Lake Caldaro.

Day 7: Castelfeder Holiday Region – Trento (approx. 50 km)
Today you cycle along River Adige that is lined by orchards until you get to Salorno. The German-speaking part of the South Tyrol ends here. The stage finishes in the town of Trento which features an old town worth seeing with historic buildings like the cathedral and Buonconsiglio castle.

Day 8: Trento – Lake Garda (Riva del Garda/Torbole sul Garda) (approx. 50 km)
The last stage leads past Rovereto and Mori to Lake Garda. After a brief ascent up Passo S. Giovanni (150m) you can enjoy a fantastic view while riding downhill to the lake and Riva/Torbole.

Day 9: Individual return trip, optional additional nights, or return transfer

Included Services | Price per Person | Extras

Included services

- ✓ 8 Overnight stays including large breakfast buffet in hotels of the 3-star category *
- ✓ Luggage transport from hotel to hotel
- ✓ Shuttle transfer from Landeck to Nauders
- ✓ Extensive travel papers | INNTOUR Navigation App | GPS data available via Navigation App
- ✓ Phone service daily from 8:30 am to 7:00 pm

Price	**per person**
- Accommodation in a double room (arrival from May 1st)	Euro 1.399,00
- Accommodation in a double room (arrival from May 15th)	Euro 1.485,00
- Accommodation in a double room (arrival from July 15th)	Euro 1.529,00
- Single room surcharge	Euro 410,00

Locally varying charges (local taxes, etc.) - if applicable - are not included in the tour price; payable on site

Extras	**per person**
- Rental touring bicycle classic	Euro 105,00
- Rental touring bicycle superior	Euro 185,00
- Rental of Pedelec/E-Bike	Euro 270,00
- Rental of bicycle helmet	Euro 28,00
- Extra night in Innsbruck in DR/B&B	Euro 96,00
- Extra night in Innsbruck in SR/B&B	Euro 135,00
- Extra night in Riva del Garda/Torbole in DR/B&B	Euro 120,00
- Extra night in Riva del Garda/Torbole in SR/B&B	Euro 182,00
- Return transfer Lake Garda – Innsbruck incl. bicycle (Tues, Thurs, Sun)	Euro 165,00

* Restaurant recommendations for dinner in all stage towns can be found in the travel information after booking