

Adige Cycle Route

from MERANO to LAKE GARDA - explorer












Time for nature and culture!

Under this motto, you will navigate along the Adige River to Lake Garda at a comfortable pace. Lush Mediterranean vegetation characterizes the South Tyrol-Trentino region, vineyards nestle against the mountain slopes and, together with many a stately castle, create a picturesque ensemble.

Sights and cultural treasures in the cities of Bolzano, Trento, and Rovereto are literally along the way and can be collected like pretty pearls. In addition, the region south of the main Alpine ridge also scores with a well-maintained network of cycle paths.

Cycling through the fertile wine-growing region of Vallagarina, you will finally reach your destination of Riva del Garda or Torbole sul Garda with a spectacular panorama of the deep blue lake.

For the photo album

-  Merano with its arcaded street, spa promenade, and gardens of Trauttmansdorff Castle
-  Schnatterpeck altar in the church at Niederlana
-  Historic center of Bolzano with Walther Square, arcaded street, and Ötzi Museum
-  Messner Mountain Museum Firmian/Sigmundskron, Bolzano
-  Large and small Montiggler lakes, Lake Kaltern
-  Castelfeder Nature Park
-  Haderburg Castle, Salurn
-  Trento with cathedral and Buonconsiglio Castle
-  Old town of Rovereto
-  Riva del Garda with La Rocca city fortress & Alto Garda MAG Museum, Torre Apponale, Il Bastione/Monte Rocchetta, Piazza Tre Novembre and Hydrotour Dolomiti hydroelectric power station
-  Riva del Garda nature experience with Varone waterfall, Ponalestraße hiking & cycling trail and Monte Brione/Sentiero della Pace hiking trail

Route characteristics

Route guidance on mostly flat, paved cycle paths and farm tracks, as well as quiet side roads and roads through towns

Short climb in the Überetsch/Montiggel region (if you choose the route via Montiggel to Bolzano) and in Vallagarina shortly before Nago-Torbole

Level of difficulty

Touring bicycle 

Pedelec/E-Bike 

Suitable for families with children from the age of approx. 10 years (appropriate cycling enthusiasm required)

Arrival | Travel time | Type of trip

- ☑ Every Tuesday to Sunday from May 1st to September 25th 2026
- ☑ 7 days | 6 nights (incl. days of arrival and departure)
- ☑ Stretch trip - approx. 190 cycling kilometers (incl. day trip to Bolzano)
- ☑ Individual cycling trip
- ☑ From 2 persons (single travellers on application)

Itinerary

Day 1: Independent arrival in Merano

Welcome to the spa town of Merano. This idyllic little town, located on the Passer River and the banks of the Adige, boasts a mild, almost Mediterranean climate despite its alpine surroundings. It is considered a dignified place to enjoy the lush nature, culture, and history to your heart's content and to indulge your palate with local delicacies.

Day 2: Merano – Tramin/Castelfeder Holiday Region (approx. 45 km)

Set off along the Adige Cycle Path from the fruit growers to the roots of South Tyrolean winegrowers. As far as the eye can see, magnificent apple orchards and vineyards, graceful castles and palaces, and well-kept South Tyrolean villages line the cycle path along the Überetsch region. The evening in a cozy atmosphere invites you to sample the finely crafted specialties. And contrary to its supposedly 'cool' name, a relaxing swim in Lake Kaltern feels just right in its warm waters.

Day 3: Experience Bolzano (approx. 50 km) – 2nd night in Tramin/Castelfeder Holiday Region

How about a little more South Tyrolean joie de vivre?

You can choose between cycling around the Montiggler lakes, which lie idyllically in the forest, around the attractive villages, or along the Adige River to Bolzano at a leisurely pace.

An elegant old town, architectural finesse, art and cultural treasures, the archaeological museum with 'Ötzi', the mummy from the glacier ice, charming residences nestled in the green surroundings – and many cozy places in the heart of Bolzano to give space to the Mediterranean way of life – await you.

The sun continues on its way, casting a glowing light on the porphyry rocks, and you can enjoy South Tyrolean hospitality with a good glass of wine and a hearty meal.

Day 4: Tramin/Castelfeder Holiday Region – Trento (approx. 45 km)

Whether it's the mountain ranges of the neighboring Dolomites or the simple Mendel ridge that points the way to the Adige Valley, the cycle path winds its way through the lush South Tyrolean lowlands, following the Adige River, slips through the historically significant Salurn Pass, and continues into the Trentino valley basin. At the end of the day, the venerable city of Trento awaits its guests with culinary specialties and a huge helping of culture.

Day 5: Trento – Rovereto (approx. 25 km)

The Adige Valley widens and becomes more charming, the foothills of the mountain ranges transform into lush green hills.

In the small town of Rovereto, Venetian history meets modern culture, and pretty squares surrounded by historic buildings invite you to linger and discover the city of arts.

Day 6: Rovereto – Lake Garda (Riva del Garda/Torbole) (approx. 20 - 25 km)

Continue downstream until you leave the Adige Valley at Mori and, after a slight climb to the Passo San Giovanni (287 m), roll downhill through picturesque surroundings to your destination on the shores of the lake. Lake Garda has flair; come and experience the charming atmosphere in this alpine setting for yourself. Treat yourself to a swim in these clean waters, stroll through the picturesque villages, visit one or two sights, or get back on your bike to conquer the bizarrely laid out Ponale Trail on the rugged flanks of the Lake Garda mountains – breathtaking views included!

Day 7: Independent home travel or extension

Included Services | Price per Person | Extras

Included services

- ✓ 6 Overnight stays including large breakfast buffet in hotels of the 3-star category *
- ✓ Luggage transport from hotel to hotel
- ✓ Extensive travel papers | 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 1 st)	Euro 989,00
- Accommodation in a double room (arrival from May 15 th)	Euro 1.049,00
- Accommodation in a double room (arrival from July 15 th)	Euro 1.099,00
- Single room surcharge	Euro 329,00

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 95,00
- Rental touring bicycle superior	Euro 160,00
- Rental of Pedelec/E-Bike	Euro 230,00
- Extra night in Merano in DR/B&B	Euro 119,00
- Extra night in Merano in SR/B&B	Euro 155,00
- Extra night in Torbole/Riva del Garda in DR/B&B	Euro 120,00
- Extra night in Torbole/Riva del Garda in SR/B&B	Euro 182,00
- Return transfer Lake Garda - Merano incl. bicycle (Tues, Thurs, Sat, Sun)	Euro 115,00