

Adige Cycle Route

from MERANO to VERONA – via LAKE GARDA

From the alpine Burggrafenamt to the culturally rich metropolis.

This cycling tour takes you on ambitious stages through the unspoiled Alpine valleys south of the main Alpine ridge, along the Adige River, directly to the popular city of Verona. The lush vineyards that characterize the Adige Valley are evidence of favorable climatic conditions. They nestle gently against the foothills of the mountain flanks, surround many a pretty village and, together with the stately castles, form a picturesque ensemble. In addition to the harmonious surroundings, renowned cities such as Bolzano, Trento and Rovereto enrich your journey with their southern European ambience and attractive sights, and last but not least, Lake Garda scores as a stage destination with its alpine elegance.

Highlights

- 🌿 Arbor, old town, and spa promenade, Merano
- 🌿 Gardens of Trauttmansdorff Castle, Merano
- 🌿 Castles, fortresses, and historic residences: including Lehenberg Castle, Braunsberg Castle, Leonburg Castle, Stachelburg Castle, Messner Mountain Museum Firmian/Sigmundskron, Maretsch Castle, Runkelstein Castle, Haderburg Castle, and many more
- 🌿 Schnatterpeck altar in the church in Niederlana
- 🌿 Historic center with Walther Square and Laubengasse, Bolzano
- 🌿 Large and small Montiggler Lake, Kalterer Lake, Castelfeder Nature Park
- 🌿 Old town of Trento with cathedral and Buonconsiglio Castle
- 🌿 Old town of Rovereto and Museum of Modern and Contemporary Art – MART
- 🌿 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
- 🌿 Nature experience in Riva del Garda with Varone waterfall, Ponalestraße hiking and cycling trail, and Monte Brione/Sentiero della Pace hiking trail
- 🌿 Verona with Ponte Pietra, Ponte Scaligero, Castelvecchio, Piazza Bra, Arena di Verona

Route characteristics

- ~ Route guidance on mostly paved bike paths and farm roads, as well as quiet side roads and town thoroughfares

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 Tuesday to Sunday from May 1st to September 25th 2026
- ☑ 5 days | 4 nights (incl. days of arrival and departure)
- ☑ Stretch trip - approx. 190 cycling kilometres
- ☑ 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 small, idyllic town, located on the Passer River and the banks of the Adige, boasts a mild, almost Mediterranean climate despite its alpine surroundings and is popular as a resort and for outdoor activities.

Day 2: Merano – Salorno/Mezzocorona (approx. 55 - 65 km)

Whether it's the Sarntal Alps, the Dolomites, or the Mendel Ridge that point the way to the Adige Valley, the cycle path winds its way through the lush South Tyrolean lowlands, following the Adige River, slipping through the historically significant Salurn Pass, and continuing into the Trentino basin. The unspoiled villages in this northern Italian wine region invite you to end your day's cycling in a relaxed atmosphere.

Day 3: Salorno/Mezzocorona – Nago-Torbole (approx. 70-75 km)

Soon, the Doss Trento, a beautifully wooded hill with historic fortifications, raises its rocky flanks into the Adige River. The old town of Trento at its feet provides nature-loving cyclists with a good dose of culture. Continue downstream until you leave the Adige Valley at Mori and, after a slight climb to the Passo San Giovanni (287 m), roll downhill in picturesque surroundings to your stage destination on the shore of the deep mountain lake.

Day 4: Nago-Torbole – Verona (approx. 80-85 km)

With a bit of athletic effort, you first return to Vallagarina and then continue cycling south. The Adige Valley becomes increasingly charming. Although the flanks of the Lessini Mountains move closer again and narrow the traffic routes in the Adige Valley, you can enjoy a magnificent view of the Valpolicella wine hills north of Verona from the hill near Rivoli Veronese. You then roll energetically along the Adige canals into the much-vaunted and music-loving city of Verona.

Day 5: Independent home travel or extension

Included Services | Price per Person | Extras

Included services

- ✓ 4 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 759,00
- Accommodation in a double room (arrival from May 15 th)	Euro 789,00
- Accommodation in a double room (arrival from July 15 th)	Euro 819,00
- Single room surcharge	Euro 239,00

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 Verona in DR/B&B	Euro 99,00
- Extra night in Verona in SR/B&B	Euro 139,00
- Return transfer Verona - Merano incl. bicycle (Tues, Thurs, Sat, Sun)	Euro 155,00