

TransAlp “Buzzard“

Alp cross from GARMISCH to LAKE GARDA - sporty

Do you dream of crossing the Alps on two wheels and are determined to take on the challenge?

Do you see an Alpine cross as THE highlight experience for your cycling future?

Ideal, then you are probably as passionate about this type of sporting activity as we are. We offer you the perfect conditions to make your dream come true.

You bring the enthusiasm for the cause, we take care of the route selection, accommodation and luggage transport.

Starting from Garmisch-Partenkirchen, the route leads via the Fernpass and Reschenpass to South Tyrol and finally along Trentino to Lake Garda, which rewards you for all your previous efforts.

Many natural spectacles, natural monuments, pretty villages, flowing trails, clear mountain lakes and, last but not least, culinary delicacies unique to each region you cycle through reward you for persevering through the challenging climbs. A few stages offer you the opportunity to choose from two differently challenging routes, depending on your mood on the day.

Welcome to the club of those who want to take on the challenge of an Alpine cross 😊.

Highlights

- Lüftl paintings in Garmisch-Partenkirchen
- Fascinating views of famous mountain peaks such as the Zugspitze or the Ortler
- Impressive mountain landscapes in Bavaria, Tyrol and South Tyrol
- Stelvio National Park
- A multitude of sublime castles and palaces in the South Tyrolean Vinschgau Valley
- Mild climate and lush Mediterranean vegetation on Lake Garda

Route characteristics

- Individual sections on tarmac, easily navigable forest roads and manageable single trails
- Some stages can be cycled on two routes with different fitness and riding technique requirements

Level of difficulty

Mountain Bike 🌿🌿🌿🌿🌿

- Skillful handling of the mountain bike - especially when riding downhill - is a prerequisite
- Some challenging uphill/downhill sections

Arrival | Travel time | Type of trip

- 📅 Every Tuesday and Saturday between 15 June and 30 September 2026
- 📅 8 days | 7 nights, approx. 395 cycle kilometers | approx. 5.450 m ascent ↑
- 📅 Stretch trip
- 📅 Individual mountain bike trip
- 📅 From 2 persons (single travelers on application)

Itinerary

Day 1: Individual journey to Garmisch-Partenkirchen

Garmisch-Partenkirchen touches you! First with its nature and the impressive panorama of the surrounding mountains, then with its picturesque alleyways, especially Ludwigstraße, as well as cozy guest gardens and cafés. Mild summer air, a dose of Olympic flair and a cool beer in one of the many inns in the historic Partenkirchen district - the bike adventure southwards can begin!

Day 2: From Garmisch-Partenkirchen to Mieminger Plateau/Nassereith (approx. 60 km | 1.700 m ascent ↑ via Marienbergalm or approx. 50 km | 1.290 m ascent ↑ via Fernpass)

Rivers, lakes and mountains - simply pure nature accompanies you on this stage. You follow the Loisach upstream to Grainau, where you come across a natural idyll shimmering in the sunshine - the Eibsee. It is considered the most charming lake in Bavaria, a true place of power - practically on your way.

From Biberwier, the ascent towards the Fernpass begins, which you can tackle either via Marienbergalm (1.622 m ascent) or along the classic Via Claudia Augusta route (approx. 1.300 m ascent). Today's stage town of Nassereith boasts cultural treasures as well as a beautifully situated natural lake.

Day 3: From Mieminger Plateau/Nassereith to Pfunds (approx. 65 km | 1.310 m ascent ↑ or approx. 65 km | 450 m ascent ↑ via Inntal and Via Claudia Augusta)

Today's route first takes you along the historic Via Claudia Augusta on a flowing path through the rustic Gurgltal valley to Imst, from where you conquer the Pillerhöhe (1.559 m).

The Pillerhöhe connects the Pitztal valley with the upper Tyrolean Inntal valley and offers magnificent views towards the so-called "Oberes Gericht". The route then leads rapidly down into the Inntal valley, where the trail soon continues along the Via Claudia Augusta to Pfunds.

Alternative route: From Imst via Landeck, Prutz and Ried im Oberinntal along the route of the classic Via Claudia Augusta to Pfunds.

Day 4: From Pfunds to the Reschensee Lake/Upper Vinschgau region (approx. 50 km | 1.000 m ascent ↑ or approx. 50 km | 930 m ascent ↑ via Martinsbrucker Straße to Norbertshöhe)

You start today's stage at just under 1.000 m above sea level in the border triangle of Austria, Switzerland and Italy. Your passport is a must, as the route takes you across the Swiss border to cross the main Alpine ridge towards South Tyrol via the Reschen Pass. Surrounded by rugged mountain slopes, the Inn cycle path takes you via the historic Altfinstermünz border and customs station to the Swiss border. The alpine ambience of the Graubünden region accompanies you to the foothills of the Großer Mutzkopf, the highest point of your mountain stage. You roll energetically downhill to Norbertshöhe and on to Nauders. A slight climb along the cycle path and you have crossed the border into South Tyrol/Italy. The Reschensee lake poses with its sunken tower of Alt Graun and your stage destination is soon reached.

Alternative route: From Martina (CH) to Norbertshöhe you can take a shortcut and cycle along the road in 11 serpentine without any major effort.

Day 5: From Reschensee Lake/Upper Vinschgau region to Merano (approx. 75 km | 250 m ascent ↑ plus possible ascent to the Stilfserjoch)

With fantastic views of the Ortler mountain massif - South Tyrol's highest peak at an impressive 3.905 meters - the route first takes you at the foot of the mountain range through the magnificent fruit-growing region of the

Upper Venosta Valley via Prato allo Stelvio to the marble village of Lasa/Laas. The village of Lasa, decorated in white marble, is well worth a break. Before that, you could climb the Stelvio Pass along the pass road from Prad. If you don't have enough strength and stamina to reach the summit at 2.757 meters above sea level, simply cycle back along the Adige cycle path to your stage destination in Burggrafenamt. Graceful castles on bold slopes line your route.

Day 6: From Merano to Castelfeder holiday region /Salorno (approx. 70 km | 450 m ascent ↑)

From Burggrafenamt, you cycle along the southern slope of the Etschtal valley. Pretty villages accompany you until Sigmundskron/Firmian Castle, strikingly situated on a rocky outcrop on the southern outskirts of Bolzano, points the way to the South Tyrolean Wine Route. A short side turn up to Reinhold Messner's castle garden with the extraordinary Messner Mountain Museum also scores with a magnificent view of the Bolzano valley basin, flanked by steep mountain slopes of red porphyry rock, which is considered a special ingredient for high-quality wine varieties. The cycle path takes you via Eppan to the idyllic Montiggler lakes in the forest and soon descends again to the mountainous Kaltern lake and your destination for the day.

Day 7: From Castelfeder holiday region/Salorno to Lake Garda (approx. 85 km | 920 m ascent ↑ or approx. 80 km | 250 m ascent ↑ via Passo San Giovanni)

First, you cycle along the Adige cycle path until the natural relic 'Dos Trento' - a Mediterranean wooded rocky outcrop - juts its steep eastern flank into the banks of the Adige to the north of the city of Trento. From Piedadcastello, the route takes you up to Sardagna, which is quite steep at first. A final view of the fertile Trento basin is worthwhile before another climb takes you along the plateau of the 'Prealpi Gardesane' - the so-called Garda mountains - through typical northern Italian villages to Sopramonte. You cycle on with verve until you spot the Due Laghi, two gently embedded natural lakes. Castel Toblino rests idyllically on the shores of Lago di Toblino and boasts impressive frescoes from the 16th century as well as an excellent terrace restaurant. The last part of your cycling stage takes you through the lush Sarca Valley with its extensive olive groves and vineyards. The climbing dorados of Monte Brento and Monte Colodri guide you along the Sarca torrent to the popular northern shore of Lake Garda.

Congratulations, the crossing of the Alps is complete 🙌 😊 🥂.

Alternative route: At Trento, follow the Adige cycle path to Mori, then via Loppio and the Passo San Giovanni to Nago and from there downhill to the shores of Lake Garda.

Day 8: Individual travel home or extension

Included Services | Price per Person | Optional Extras

Included Services

- ✓ 7 overnight stays with a rich breakfast in hotels of 3- star standard
- ✓ Luggage transport from accommodation to accommodation
- ✓ INNTOUR navigation app with digital travel documents | GPS data available via navigation app
- ✓ Phone service daily from 8:30 am to 7:00 pm

Price

per person

- | | |
|--|---------------|
| - Base price in Double Room (arrival from June 15th) | Euro 1.265,00 |
| - Base price in Double Room (arrival from July 15th) | Euro 1.299,00 |
| - Single room supplement | Euro 359,00 |

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

Optional Extras

per person

- | | |
|---|-------------|
| - Rental of Mountain bike Hardtail | Euro 210,00 |
| - Rental of E-Mountain bike Fully | Euro 365,00 |
| - Extra night in Garmisch in DR/B&B | Euro 119,00 |
| - Extra night in Garmisch in SR/B&B | Euro 179,00 |
| - 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 Riva del Garda/Torbole -Garmisch (Tues, Thurs, Sun) | Euro 195,00 |