

TransAlp “Mountain Finch“

Alp cross from GARMISCH to BOLZANO - active

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.

Many natural spectacles, natural monuments, pretty villages, flowing trails, clear mountain lakes and, last but not least, the culinary delights of each region you cycle through will 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

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. 310 cycle kilometers | approx. 4.950 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 the Tiroler Zugspitzarena region (approx. 30 km | 920 m ascent ↑)

Rivers, lakes and mountains are the natural backdrop to 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.

If you want to start the day early, you can also reach the summit of the Zugspitze, Germany's highest mountain. Both the new Zugspitze cable car from Eibsee and the Ehrwalder Zugspitzbahn are located directly on the route.

Day 3: From the Tiroler Zugspitzarena region to Imst (approx. 40 km | 910 m ascent ↑ via Marienbergalm or approx. 35 km | 470 m ascent ↑ via Fernpass)

With a view back to the Zugspitze, you start today's tour towards the Fernpass and its crossing.

Initially along the classic Via Claudia Augusta route, which you leave at the valley station of the Marienberg cable car (1.100 m) to start the ascent to the Marienbergalm (1.622 m) in the Mieminger mountains via beautiful forest paths.

After delicious refreshments with local specialties at the Marienbergalm, there is another short, crisp ascent before a delightful descent through the Marienberg valley towards Holzleiten.

From Holzleiten, you continue downhill on the cycle path to Nassereith, where the route rejoins the Via Claudia Augusta and then takes you through the Gurgltal valley to Imst.

Alternative route: From Biberwier do not head towards Marienbergalm but cross the Fernpass along the Via Claudia Augusta and continue via Schloss Fernsteinsee and Nassereith to Imst.

Day 4: From Imst to Pfunds (approx. 50 km | 1.210 m ascent ↑ via Pillerhöhe or approx. 50 km | 420 m ascent ↑ via Inntal and Via Claudia Augusta)

In Imst, you leave the Via Claudia Augusta route again to climb the Pillerhöhe (1.559 m) via Pitztal.

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 descends rapidly into the Inntal valley, where the route 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 5: 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 metres 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 poses with its sunken tower of Alt Graun and your stage destination is soon reached.

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

Day 6: From the 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 7: From Merano to Bolzano (approx. 65 km | 720 m ascent ↑)

From Burggrafenamt, you cycle along the southern slope of the Etschtal valley. Pretty villages accompany you until, on the southern outskirts of Bolzano, Sigmundskron/Firmiano Castle, strikingly situated on a rocky outcrop, points the way to the South Tyrolean Wine Route. A short side trip up to Reinhold Messner's castle garden with the extraordinary MessnerMountainMuseum 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. After a well-earned rest and a possible dip in the cool water, you then roll downhill to the center of Bolzano as the crowning finale to your journey across the main Alpine ridge.

Cheers and a meal with antipasti and a good sip of Vernatsch on the vibrant Waltherplatz square 😊.

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 1.219,00 |
| - Base price in Double Room (arrival from July 15th) | Euro 1.259,00 |
| - Single room supplement | Euro 389,00 |

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 Bolzano in DR/B&B | Euro 112,00 |
| - Extra night in Bolzano in SR/B&B | Euro 165,00 |
| - Return transfer Bolzano-Garmisch (Tues, Thurs, Sun) | Euro 150,00 |