





St. Moritz - Innsbruck bike trip

River Inn and the bike path

The breath taking cycle path on river Inn

An artist with brush and colours, inspired by impressionism, would need weeks for this tour. There would be too many sensual impressions for the artist and the magnificent panoramas of the picturesque Engadin villages like Zerne, Susch, and Lavin, as well as of the wide valleys of Upper Engadin, and of the great forests of the Swiss National Park would be too impressive. Then, suddenly, the scene changes: Welcome to Tyrol! The best place to enjoy conviviality. And also your final destination Innsbruck, a culture city as well as an Olympic city, will impress you with a different cityscape. The artist becomes a bon viveur.

AustriaSwitzerland

Moderate

7 Days / 6 Nights

Self-guided tour

To the online version

<https://www.rueckenwind.de/en/destinations/biketours-switzerland/sankt-moritz-innsbruck-7?year=2024&print=true>

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Itinerary

Day 1 Arrival St. Moritz or Innsbruck

You can either come to St. Moritz directly or drive to Innsbruck and take the bus to St. Moritz.

Day 2 St. Moritz – Zernez | approx. 35 km

Today you will cycle via Samedan (Old Tower), La Punt (San Andrea Early Gothic church with frescos) and Zuoz (window paintings in the church San Luzi) to Zernez. You will ride your bike through the valley of Upper Engadin. Zernez is the gateway to the national park (national park house).

Day 3 Zernez – Scuol | approx. 35 km

First, you will cycle to Lavin, which still looks like an old mountain village. The place name of the pretty village Guarda ("Look!") derives from the splendid views which can be enjoyed here. Today's destination is Scuol, with the adventure water park "Bogn Engiadina" and the castle Tarasp, which is the majestic symbol of Engadin.

Day 4 Scuol – Ried/Prutz | approx. 55 km

From Scuol you will cycle via Martina until you reach the boarder and from there you will continue via Pfunds and Tösens to Ried/Prutz. Following the river Inn, you will get to the famous gorge Finstermünster Schlucht. The town centres of Stuben and Pfunds in Tyrol are noteworthy.

Day 5 Ried/Prutz – Imst | approx. 40 km

On the sixth day you will ride your bike through the "Oberes Gericht" from Ried via Prutz down to Landeck (castle with museum, ruin Schrofenstein, Gerberbrücke, showplace of the Tyrolean fights for freedom). Then you will cycle past the monastery Zams and through the protected Mils Au (floodplain) to Imst (city of fountains, numerous churches and chapels). The gorge Rosengartenschlucht is worth a visit.

Day 6

Imst – Innsbruck

approx. 65 km

Small villages are located on the Inn cycle path. The cultural highlight of today’s route is the Cistercian monastery of Stams (collegiate church with rose grids). Numerous churches and ruins are located above the Inn valley. Cycling along the Martinswand (mountain face) you will get to Innsbruck with its well-kept old town (Golden Roof, City Tower, Imperial Palace, Hofgarten Park, Heblinghaus).

Day 7

Departure or extension

Tour character

You will cycle on many bike paths and on some forest and gravel roads which are in good condition. The route is slightly hilly and you will cycle up two to three moderate climbs and down many smooth descents.

Prices and events

Place of arrival: St. Moritz

	Season 1 03.05.2024 - 16.05.2024 20.09.2024 - 28.09.2024 arrival saturday	Season 2 17.05.2024 - 13.06.2024 30.08.2024 - 19.09.2024 arrival saturday	Season 3 14.06.2024 - 29.08.2024 arrival saturday
St. Moritz - Innsbruck, 7 days, CH-INRSI-07X			
Base price	1,189.00	1,239.00	1,299.00
Surcharge single room	309.00	309.00	309.00

Sustainability with Rückenwind!

Help us to achieve greater sustainability. If you choose to use the digital route book and forgo the printed version you will help us to reduce our environmental impact and we'll give you a discount of 20 Euro per room as a thank you.

Additional nights

Place of arrival: St. Moritz

	Season 1 May 3, 2024 - May 16, 2024 Sep 20, 2024 - Sep 28, 2024 arrival saturday	Season 2 May 17, 2024 - Jun 13, 2024 Aug 30, 2024 - Sep 19, 2024 arrival saturday	Season 3 Jun 14, 2024 - Aug 29, 2024 arrival saturday
St. Moritz			
Double room p.P.	139.00	139.00	139.00
Surcharge single room	89.00	89.00	89.00
Innsbruck			
Double room p.P.	85.00	85.00	85.00
Surcharge single room	49.00	49.00	49.00

Our bookable bikes

	Price
21-gears unisex incl. rental bike insurance	99.00
21-gear gents incl. rental bike insurance	99.00
7-gears unisex incl. rental bike insurance	99.00
Rental bike premium incl. rental bike insurance	169.00
Electric bike incl. rental bike insurance	259.00
Prices per person in EUR	

Services and extras

Services

Included:

- Accommodation as already mentioned
- Breakfast
- Luggage transfer
- Well developed route
- Detailed travel documents 1x per room (German, English, French) with route maps, route description, local attractions, important telephone numbers
- GPS-data is available
- Service hotline

Optional extras:

- Half-board evening meal (mostly multi-course, sometimes outside the property, payable with voucher)
- Bike rental, including rental bike insurance
- Return transfer by minibuss from Innsbruck to St. Moritz every Friday morning, costs € 168 per person incl. your bike, to be paid for at the time, reservation is necessary

Extras

Arrival / Parking / Departure:

- St. Moritz central train station
- Innsbruck and Munich airport
- Garage CHF 20 per day, public parking space approx. CHF 100,- per week, payable at the time, no reservation possible
- Return journey with public requires you to change trains/buses 2-4 times

Accommodation

3*** hotels, Innsbruck and St. Moritz 4**** hotels

Important notes


Further important information according to the package travel law can be found [here!](#)

Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



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Book now