











★★★★★ (1)

Lake Reschen - Lake Garda


On adige Cycle Path to the Lago

Whether spring, summer, or autumn, the southern slopes of the Alps are worth a visit by bike from the time of the first blossoms to harvest time. Regardless of whether you love nature or culture, this tour offers just the right thing for everyone! The castles along the way and the great culture in the different towns will inspire those who are interested. Just as the orchards and vineyards, the magnificent mountain panoramas, the fresh air and the unspoiled nature along the beautifully landscaped paths make every cyclist's heart leap for joy. You will cycle cycle 1500m of descent on a bike path from the Alps to Lake Garda!!


Italy



Easy



8 Days / 7 Nights



Self-guided tour

To the online version



Itinerary

Day 1 Arrival Lake Resia

The welcome briefing and handover of rental bikes will be in the late afternoon.

From April to mid-May there is a double overnight stay in Silandro, transfer from Silandro to Resia is organized.

Day 2 Resia – Silandro | approx. 45 km

Today you will cycle along Lake Reschen with a great view of the sunken church of Graun until you reach the medieval village of Glurns (perfectly preserved medieval city walls). Your destination is Schlanders (Silandro), the capital of the famous Vinschgauer.

Day 3 Silandro – Merano | approx. 40 km

On your way you will come across some pretty castles (mountaineer Reinhold Messner's castle Juval) and you will get marvellous views of the impressive mountain Ortlermassiv and the mountain pass Stilfserjoch, whilst you are rolling down on your bike into the tranquil Merano with its Mediterranean vegetation.

Day 4 Merano – Bolzano | approx. 30 - 45 km

There are two alternative ways leading to Bolzano: either you cycle along the river Adige or you take the way with impressive landscapes through orchards to Lana and Eppan. On this route you can even visit the Messner Mountain Museum, which is located in the renovated ruin Sigmundskron. Ötzi, the Iceman, is surely worth a visit.

Day 5 Bolzano – Auer | approx. 30 km

You cycle through numerous orchards and vineyards in the area of the wine trail of South Tyrol. Moreover, you pass a lot of castles, palaces and ruins, as well as the wine village Eppan. Then you continue to Lake Caldaro before you get to Auer.

Day 6**Auer – Trento**

approx. 45 km

Mostly along the nice cycle path of the river Adige, partly through orchards again, until you get to Salurn, where the German-speaking South Tyrol ends. The causeways lead until Trento, which has a lovely and impressive old town.

Day 7**Trento – Lake Garda North**

approx. 50 km

Today, you will cycle on bike paths along the river Adige via the old Tyrolean border town of Rovereto to Mori. From here, the route leads westward to Lake Garda. In Mori you will taste the world famous pistachio ice-cream in the Gelateria Bologna. After a short climb to Passo S. Giovanni (150 metres), you will head down to the lake to Torbole or Riva.

Day 8**Departure or extension**

Tour character

You will cycle on beautiful bike paths mainly along the Adige River. The route will lead you from the Reschenpass (mountain pass) almost 1,500 metres in altitude downhill to Lake Garda. However, you will have to cycle some small climbs too. Overall, you will find yourself on beautiful bike paths and country lanes. Unfortunately, moderate traffic is unavoidable on some short connecting roads.

Prices and events

Place of arrival: Reschen

	Season 1 27.04.2024 - 10.05.2024 28.09.2024 - 05.10.2024 Friday, Saturday, Sunday and Monday	Season 2 11.05.2024 - 24.05.2024 07.09.2024 - 27.09.2024 Friday, Saturday, Sunday and Monday	Season 3 25.05.2024 - 06.09.2024 Daily
Lake Reschen - Lake Garda, 8 days, IT-ETRRG-08X			
Base price	1,099.00	1,239.00	1,299.00
Surcharge single room	359.00	359.00	359.00

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: Reschen

	Season 1 Apr 27, 2024 - May 10, 2024 Sep 28, 2024 - Oct 5, 2024 Friday, Saturday, Sunday and Monday	Season 2 May 11, 2024 - May 24, 2024 Sep 7, 2024 - Sep 27, 2024 Friday, Saturday, Sunday and Monday	Season 3 May 25, 2024 - Sep 6, 2024 Daily
Reschen			
Double room p.P.	79.00	79.00	79.00
Surcharge single room	19.00	19.00	19.00
Torbole/Riva			
Double room p.P.	89.00	89.00	99.00
Surcharge single room	45.00	45.00	45.00

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 PLUS incl. rental bike insurance	169.00
Electric bike incl. rental bike insurance	259.00

Prices per person in EUR

Services and extras

Services

Included services

- Accommodation as already mentioned
- Breakfast
- Welcome briefing (German, English)
- Luggage transfer
- Developed route
- Detailed travel documents 1x per room (German, English, French)
- 1 pistachio ice-cream or 1 freshly squeezed fruit juice on the way to Lake Garda
- Rental bike insurance
- Navigation-App and GPS-data
- Service hotline

Not included

- Arrival and departure
- costs for parking
- city tax
- transfers
- optional sightseeing's
- city maps
- Travel Insurance
- costs of the private requirements

Extras

Arrival / Parking / Departure

- Landeck train station (North Tyrol), public bus to Resia
- Innsbruck, Munich or Verona airport
- Parking costs approx. EUR 70 per week
- Public bus to Rovereto and train connections via Bolzano and Merano to Malles, public bus to Resia
- Return transfer by minibus to Reschen every Saturday and Sunday morning and Tuesday afternoon (occasionally), costs per person € 99,-, in case of bringing your own bike additionally € 39,-, reservation required.
- By train from Verona via Bolzano and Merano to Malles. Continue by public bus to the starting point.

Please note

- Where visitor's tax is due, it is not included in the tour price
- From April to mid-May there is a double overnight stay in Silandro, transfer from Silandro to Resia is organized.

Hotels

Category: mainly 3*** hotels, partly 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.



Anke Tammen

 **+49 (0)441 485 97 15**

 **anke.tammen@rueckenwind.de**

Book now