







Innsbruck - Lake Garda | Sporty

South Tyrol and Lake Garda

Through Orchards and Vineyards on the adige cycle path

Austria, Switzerland, Italy: this cycle tour not only takes you through three countries, but also along countless attractions. Enjoy the views of high mountain massifs, magnificent castles and glittering lakes. Cycle towards the sun and, after the many kilometres of cycling, treat yourself to the wonderful culinary delights, ranging from hearty Tyrolean delicacies to light Mediterranean dishes. Accompanied by regional wine - have we whetted your appetite yet?

AustriaItaly

High level

8 Days / 7 Nights

Self-guided tour

To the online version

<https://www.rueckenwind.de/en/destinations/biketours-austria/innsbruck-lake-garda-sporty?year=2024&print=true>

4/12

Itinerary

Day 1 Arrival in Innsbruck

Welcome briefing and bike fitting. For the rest of the day, we recommend visiting Innsbruck's famous old town with its city tower and its "Golden Roof".

Day 2 Innsbruck - Landeck | approx. 85 km

You will pedal on the former towpath along the river Inn, at the foot of the Martinswand (mountain face) and through little villages and market towns to Stams (baroque Cistercian convent). Then, you will continue your tour via Haiming to Imst, the so-called "Merano of North Tyrol". Visit the Zams Monastery before reaching Landeck in the Upper Inn Valley.

Day 3 Landeck - Resia/ San Valentino | approx. 65-75 km

Today's royal stage takes you steadily uphill along the Inn Cycle Path to Martina in Switzerland. From here the route leads further over the Resia Pass to Italy (the Resia Pass can also be bridged by bus from Landeck for an additional charge). You will be rewarded with a magnificent mountain panorama for the certainly demanding climb.

Day 4 Resia/ San Valentino - Merano | approx. 75-80 km

Your day starts towards Glurns (perfectly preserved medieval city walls). Then, you will cycle via the Montani ruins, through Silandro, down to Merano. 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 massif Ortlermassiv and the mountain pass Stilfserjoch. Since 2004, the Venosta train (Vinschgaubahn) has been operating again between Mals and Merano. You can almost always take this train to travel a part of your journey.

Day 5 Merano - Lake Caldaro - Bolzano | approx. 70 km

Today's stage will take you via Lana (Schnatterpeck Altar) and through numerous orchards and vineyards in the area of the South Tyrolean Wine Road, past many fortresses, castles, and ruins such as Hocheppan (famous frescos), to Lake Caldaro. Leaving the charming wine town behind you, you will cycle via the Montiggler lakes, past Sigmundskron to Bolzano (arcades, "Ötzi" museum).

Day 6**Bolzano - Trento**

approx. 70 km

From Bolzano, you will cycle along the river Eisack and later along the river Adige on a beautiful bike path that is rich with orchards to Salurn, where the German speaking part of South Tyrol ends and afterwards to the historic centre of Trento accompanied by the vineyards of "Teroldego" vines.

Day 7**Trento - Torbole/Riva**

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 onto Passo S. Giovanni (150 metres), you will head down to the lake to Torbole or Riva.

Day 8**Departure or extension**

After breakfast, individual return journey or extension at Lake Garda.

Tour character

You will cycle on beautiful bike paths in the river valleys of the Inn and Adige and on numerous service roads between orchards and vineyards. You also can catch the bus from the Inntal valley to the mountain pass Reschenpass. From there, you can enjoy cycling downhill for more than 1,200 metres in altitude. In between, cycling up some small climbs will be necessary.

Prices and events

Place of arrival: Innsbruck

	Season 1 27.04.2024 - 10.05.2024 28.09.2024 - 05.10.2024 arrival saturday and wednesday	Season 2 11.05.2024 - 24.05.2024 07.09.2024 - 27.09.2024 arrival saturday and wednesday	Season 3 25.05.2024 - 06.09.2024 arrival saturday and wednesday
Innsbruck - Lake Garda, 8 days, sporty, AT-ETRIG-08X-SPO			
Base price	1,199.00	1,289.00	1,349.00
Surcharge single room	329.00	329.00	329.00

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: Innsbruck

	Season 1 Apr 27, 2024 - May 10, 2024 Sep 28, 2024 - Oct 5, 2024 arrival saturday and wednesday	Season 2 May 11, 2024 - May 24, 2024 Sep 7, 2024 - Sep 27, 2024 arrival saturday and wednesday	Season 3 May 25, 2024 - Sep 6, 2024 arrival saturday and wednesday
Innsbruck			
Double room p.P.	85.00	85.00	85.00
Surcharge single room	49.00	49.00	49.00
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

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:

- 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
- App for Navigation and GPS-data
- Rental bike insurance
- Service hotline

Not included:

- Arrival and departure
- Costs for parking
- City tax
- Transfers
- Optional sightseeings
- City maps
- Repairs of own bike
- Travel Insurances
- Costs of the private requirements

Transfer over the Reschen Pass can be booked from Landeck for an extra charge, reservation required.

Extras

Arrival / Parking / Departure

- Garage approx. € 17,- per day; payable on site, no reservation possible.
- Return transfer by minibus to Innsbruck every Saturday morning, cost per person € 99,-, bring your own bike additional € 39,-, reservation required, payable on site.
- Return: by bus from Riva/Torbole to Rovereto, from there by train to Innsbruck.
- Airports: Innsbruck and Munich

Hotels

3***- and 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