







Innsbruck-Bolzano

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The classic on Adige Cycle Path.

In eight days through Tyrol! On this trip with Eurobike there is not only a lot to see, but it also leads through two countries: Austria and Italy. Along the cycle path on Italy's second longest river, the Adige, it is mountainous at first. With every kilometre cycled south, the atmosphere becomes more Mediterranean. Whether Innsbruck and Imst on the Austrian side or Merano and Bolzano in Italy - enjoy the beautiful cities after the physical activity in nature!

Austria Italy



Easy to moderate



8 Days / 7 Nights



Self-guided tour

To the online version



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 – Imst | approx. 65 km

You will pedal on the former towpath along the river Inn, at the foot of 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".

Day 3 Imst – Burgeis/Mals | approx. 50 km + 40 km bus trip

Today, you will cycle along the river Inn, past the monastery Zams to Landeck. A bus will take you to Nauders from where you will cycle less than 100 metres in altitude uphill to the mountain pass Reschenpass. From there, you will cycle downhill to Lake Reschensee and continue on minor roads to Mals (many towers in the centre) or to Burgeis at the foot of the castle Marienburg.

Day 4 Burgeis/Mals – Merano | approx. 65 km

Your day starts with a trip to Glurns (perfectly preserved medieval city walls). Then, you will cycle via the Montani ruins, through Schlanders, 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 Passeiertal/Merano | approx. 40 km

On the fifth day, you will have the opportunity to ride your bike into the Passeiertal valley to the Sandwirt inn (birthplace of the Tyrolean freedom fighter Andreas Hofer). Alternatively, you can hike on the famous Tappeiner trail or go shopping at the famous arcades of Merano.

Day 6**Merano – Auer**

approx. 50 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 Kalterer See. You will spend your night in the cosy wine town Auer.

Day 7**Auer – Bolzano**

approx. 35 km

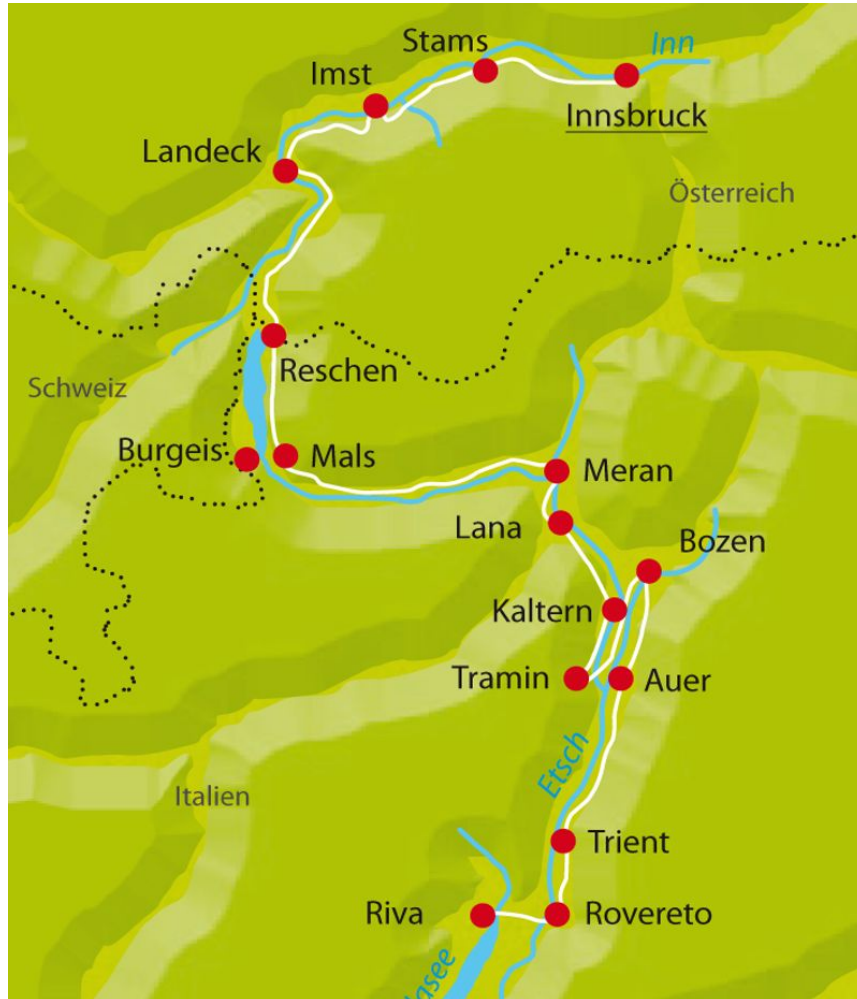
Leaving the charming wine towns behind you, you will cycle on flat routes through the Adige valley or via the Montiggler lakes (scenic, but more demanding route), past Sigmundskron to Bolzano (arcades, "Ötzi" museum).

Day 8**Departure**

Wouldn't it be wonderful to add a couple of days to your holidays? You have the possibility to combine this tour with another one to Venice or Verona.

The route

You will cycle on bike paths in the river valleys of the Inn and Adige rivers. A bus will take you from Landeck to Nauders. From there you will cycle uphill 70 metres in altitude until you reach Reschenpass (mountain pass). Afterwards, you can enjoy cycling downhill for more than 1,200 metres in altitude to Bolzano. In order to stay on calm roads, cycling 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 Saturday and Wednesday	Season 2 11.05.2024 - 24.05.2024 07.09.2024 - 27.09.2024 Saturday and Wednesday	Season 3 25.05.2024 - 06.09.2024 Saturday and Wednesday
Innsbruck - Bolzano, 8 days, AT-ETRIB-08X			
Base price	1,149.00	1,239.00	1,299.00
Surcharge single room	319.00	319.00	319.00

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 Saturday and Wednesday	Season 2 May 11, 2024 - May 24, 2024 Sep 7, 2024 - Sep 27, 2024 Saturday and Wednesday	Season 3 May 25, 2024 - Sep 6, 2024 Saturday and Wednesday
Innsbruck			
Double room p.P.	85.00	85.00	85.00
Surcharge single room	49.00	49.00	49.00
Bolzano			
Double room p.P.	129.00	129.00	129.00
Surcharge single room	75.00	75.00	75.00

Our bookable bikes

Price

7-gears unisex incl. rental bike insurance	99.00
21-gear gents incl. rental bike insurance	99.00
Rental bike PLUS incl. rental bike insurance	169.00
Electric bike incl. rental bike insurance	259.00
21-gears unisex incl. rental bike insurance	99.00

Prices per person in EUR

Services & Extras

Services

Included:

- Accommodation as already mentioned
- Breakfast
- Welcome briefing (German, English, French)
- Luggage transfer
- Developed route
- Detailed travel documents, 1x per room (German, English)
- 1 Bus transfer from Landeck - Nauders, incl. your bike
- 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

Extras

Arrival / Parking / Departure

- Garage approx. € 17,- per day, no reservation possible, payable on site.
- Train station: Innsbruck.
- Airports: Innsbruck and Munich.
- Return transfer by minibus to Innsbruck every Saturday morning, costs € 85,- per person, € 39,- extra for your own bike, to be paid in advance, reservation is necessary

Hotels

3***-hotels, in Innsbruck and Bolzano 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