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## Innsbruck to Lake Garda

South Tyrol and Lake Garda

### Fruit orchards and vineyards in South Tyrol and Trentino.

Say 'ciao bella' to an amazing eight day cycle tour! From Innsbruck you cycle comfortably to the largest lake in Italy – Lake Garda. Imposing mountain ranges, spectacular panoramic views and a culinary tour through the vineyards and orchards of South Tyrol. This is a cycle tour in the Mediterranean, which leaves nothing to be desired.

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 – St. Valentin/Burgeis/Mals | approx. 50 km + 40 km by bus

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 Resia. From there, you will cycle downhill to Lake Resia and continue on minor roads to Malles (many towers in the centre) or to Burgusio at the foot of the castle Marienburg.

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

Your day starts with a trip to Glurns, which has got 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 Malles and Merano. You can almost always take this train as part of your journey.

## Day 5 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 Caldaro. You will stay overnight in the cosy wine town, Auer.

**Day 6****Auer – Trento**

approx. 45 km

On the sixth day, you will mainly cycle along the river Adige. At times you will cycle through orchards to Salorno, where the German speaking South Tyrol ends. The famous Trentino vineyards are located next to the dam ways. These ways lead you to Trento, which has a lovely old town, a cathedral and Buonconsiglio castle.

**Day 7****Trento – Riva/Torbole**

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**

Individual return journey or start of extension.

# The route

You will cycle on beautiful bike paths in the river valleys of the Inn and Adige and on numerous quiet side roads between orchards and vineyards. You will be taken from the Inntal valley to the mountain pass Resia. From there, you can enjoy a descent of over 1,200 metres in altitude. Sometimes 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, AT-ETRIG-08X			
Base price	1,189.00	1,279.00	1,339.00
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: 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
21-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

Prices per person in EUR

# Services & 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 Bus transfer from Landeck - Nauders, incl. your bike
- 1 Pistachio ice-cream or 1 freshly squeezed fruit juice on the way to Lake Garda
- Navigation-App 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

- Innsbruck train station
- Airports: Innsbruck or Munich.
- Garage approx. € 15,- per day, payable on site, no reservation possible.
- Return transfer by minibus to Innsbruck every Saturday morning, costs € 99,- per person, for your own bike additional € 39,-, to be paid in advance, reservation is necessary
- Return: by bus from Riva/Torbole to Rovereto, from there by train to Innsbruck or your home town.

## 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**