








# Adige Cycle Route



## from NAUDERS to VERONA

In the heart of the Tyrolean mountains, in Nauders, you will start your cycling tour in the sports region at the Reschen Pass and head south. The Vinschgau region, with its lush orchards and charming villages, immediately exudes the cozy flair of South Tyrol. The Adige River babbles merrily along, gaining momentum and accompanying you on your further cycling journey to Verona.

### Highlights

-  Natural element water and wildly romantic mountainside – appealing and vast
-  Sunken church tower of Altgraun, Reschenstausee water reservoir
-  Gardens of castle Trauttmansdorf, Merano
-  Castle Sigmundskron/Firmian, Bolzano
-  Castle Castello di Buonconsiglio, Trento
-  Roman arch bridge Ponte Pietra, Verona
-  Amphitheater Arena, Verona

### Route characteristics

-  Mostly paved/asphalted bike paths, farm roads, quiet side roads and local thoroughfares
-  Well-signposted cycle path network






### Level of difficulty

Touring bicycle  5 icons: 1 blue, 4 green

Pedelec/E-Bike  5 icons: 1 blue, 4 green

Suitable for families with children from the age of approx. 12 years (appropriate cycling enthusiasm required)

### Arrival | Travel time | Type of trip

-  Every Tuesday to Sunday from May 15<sup>th</sup> to September 25<sup>th</sup> 2026
-  Nauders-Verona - 8 days | 7 nights (incl. days of arrival and departure)
-  Stretch trip - approx. 305 cycling kilometres
-  Individual cycling trip
-  From 2 persons (single travellers on application)

## Itinerary

### Day 1: Independent arrival in Nauders

"Experiencing the borders" - On your arrival day you will get a feel of life on the border. Only about five kilometres away lie the national borders of both Italy and Switzerland. In the summer months, the region around the Reschenpass offers countless opportunities to experience the mild temperatures with many outdoor activities and time to make your own personal "border crossings".

### Day 2: Nauders – Holiday region Lago di Resia & Alta Venosta (approx. 35 km)

From Nauders to the Reschenpass, the border between Austria and Italy. You cycle along the Reschensee (lake) with one of the most famous photo opportunities in South Tyrol, the church tower of Altgraun, encircled and half submerged by the lake. Then you cycle, mainly downhill, to today's stage destination. Enjoy your first evening in South Tyrol with the narrow streets of your stage town.

### Day 3: Holiday region Lago di Resia & Alta Venosta – Merano (approx. 65 km)

Today, accompanied by the sound of the Adige River, you will cycle through the entire Vinschgau area, rolling down about 900 vertical meters (nearly 3000ft) from Malles to Merano through the well-known fruit-growing regions. First you will reach with Glorenza, the smallest town in the Alps. You will then arrive in Naturno via the marble town of Laas and finally - passing the striking castle of Kastelbell, the spa town of Merano. Relax here with an evening walk around the town on the Passer Promenade amidst a world of subtropical plants.

### Day 4: Merano – Holiday Region Castelfeder (approx. 50 - 60 km)

There is much to be admired on this route: the famous Schnatterpeck Altar in the church of Niederlana, the highest church tower in South Tyrol in Terlan, as well as numerous castles and ruins on both sides of the valley. After the chance for a short detour to/around Bolzano, the capital of South Tyrol, there is a pleasant opportunity to cool down on the lake Caldaro and rest any tired bike legs. The stage destination is the holiday region Castelfeder with the villages of Ora, Montagna, Egna and Salorno, where the German-speaking South Tyrol ends.

### Day 5: Holiday Region Castelfeder – Trento (approx. 50 km)

The route continues along the Adige River through orchards to Salorno, where the German-speaking South Tyrol ends. The end of this stage is Trento, where you will be welcomed by the very interesting old town with its cathedral and Buonconsiglio castle.

### Day 6: Trento – Belluno Veronese and surrounding area (approx. 55 km)

Along the canals of the Adige river, the cycle path leads you through small towns such as Rovereto and Pila to Avio or to the small village of Belluno Veronese. Here since the 15th century, according to connoisseurs, the finest wine in all of Italy is grown. Although this region is located less than 10 kilometres as the crow flies from Lake Garda, very few tourists are present. Enjoy the peaceful tranquillity of your stage destination with a glass of fine wine.

### Day 7: Belluno Veronese and surrounding area – Verona (approx. 50 km)

Verona is already in sight, in Rivalta there is a small climb to overcome, but soon you reach the romantic city of Romeo & Juliet. Enjoy strolling around and exploring the medieval old town, the famous Arena and all the secrets of this very special city.

### Day 8: Independent home travel or extension

## Included services | Price per person | Optional extras

### Included services

- ✓ 7 nights in 3-star hotels/inns with a generous breakfast
- ✓ Luggage transport from accommodation to accommodation
- ✓ Extensive travel papers | Navigation app | GPS data available via Navigation App
- ✓ Phone service daily from 8:30 am to 7:00 pm

### Price

#### per person

- |  |               |
|--|---------------|
| - Accommodation in a double room (from May 15 <sup>th</sup> )  | Euro 1.245,00 |
| - Accommodation in a double room (from July 15 <sup>th</sup> ) | Euro 1.299,00 |
| - Single room surcharge  | Euro 329,00   |

Locally varying charges (local taxes, etc.) - if applicable - are not included in the tour price; payable on site

### Extras

#### per person

- |  |             |
|--|-------------|
| - Rental touring bicycle classic                         | Euro 105,00 |
| - Rental touring bicycle superior                        | Euro 185,00 |
| - Rental of Pedelec/E-Bike                               | Euro 260,00 |
| - Extra night in Nauders in DR/B&B                       | Euro 90,00  |
| - Extra night in Nauders in SR/B&B                       | Euro 129,00 |
| - Extra night in Verona in DR/B&B                        | Euro 99,00  |
| - Extra night in Verona in SR/B&B                        | Euro 139,00 |
| - Return transfer Verona-Nauders (Tues, Thurs, Sat, Sun) | Euro 175,00 |