

EUREGIO cycling trip

from INNSBRUCK to LAKE GARDA – sporty

From the basin of the alpine metropolis of Innsbruck you cycle upriver, into one of the most fascinating regions in the heart of the Alps. The InnRadweg (Inn cycle path) gently meanders, embedded in the amazing Tyrolean Mountain landscape, to the “Obere Gericht” in the district of Landeck.

A sporty, serpentine like ascent of approx. 700 metres awaits you between Pfunds and Nauders by Reschensee lake water reservoir. From there you take the Adige Cycle Path, along the playful river, through the lush fruit growing landscapes of the sun-drenched Vinschgau valley, via the spa town of Merano to the pulsating trading town of Bolzano. The wine gardens nestle upon the hills around Lake Caldaro, and the South Tyrolean lower land, and seamlessly flow into the famous Trentino. It seems just a stone’s throw from Trento to the deep blue lake Garda and the cragged cliffs and delicate pink blossoms of oleander bushes by Riva del Garda.

Highlights

-  Culture and nature of the alpine-urban Innsbruck
-  Sunken church tower of Altgraun (14th century), Reschenstausee water reservoir
-  Landscape and cultural diversity, Vinschgau
-  Lake Caldaro, South Tyrolean Wine Route
-  Historical centre, Castle Castello di Buonconsiglio, Trento
-  Riva del Garda and Lake Garda

Route characteristics

-  Mostly paved/asphalted bike paths, farm roads, quiet side roads and local thoroughfares
-  From Reschenstausee water reservoir to Merano are some longer descents

Level of difficulty

Touring bicycle 

Pedelec/E-Bike 

Suitable for families with children from the age of approx. 14 years (appropriate cycling enthusiasm required)

Arrival | Travel time | Type of trip

-  Every Sunday and Tuesday from May 1st to September 25th 2026
Additionally every Saturday from June 15th to August 15th 2026
-  7 days | 6 nights (incl. days of arrival and departure)
-  Stretch trip - approx. 375 cycling kilometres
-  Individual cycling trip
-  From 2 persons (single travellers on application)

Itinerary

Day 1: Individual journey to Innsbruck

Welcome to 3-time Olympic City of Innsbruck. The city in the heart of the Alps is best known as a winter sport destination with special flair but you'll be surprised about the colourful ambience awaiting you in the warmer seasons. So please make sure to take your time to enjoy the cultural variety of Innsbruck.

Day 2: Innsbruck - Landeck (approx. 85 km)

InnCycle Path measures some 500 kilometres from St. Moritz in Switzerland to Passau in Germany. Some of those kilometres you'll ride through the Inn Valley, surrounded by imposing mountain chains. The more or less flat bicycle path leads the way to the famous Cistercian monastery of Stams and then on to the Rafting and Canyoning centre of Haiming. A romantic and slightly hilly ride through a beautiful pine forest will bring you to Imst. Just before Imst, by Roppen you reach a Kneipp water-treading basin Römerbad, where you can cool off your legs on hot days. The farther you ride along the hefty mountain chains the narrower the Inn Valley gets on your way towards district capital city of Landeck.

Day 3: Landeck – Holiday region Lago di Resia & Alta Venosta (approx. 85 km)

Next to river Inn the cycle way leads from Landeck to the so called Oberes Gericht and on to Pfunds. Past Pfunds the cycle way is on Swiss state territory for approx. 10km. From Martina/Unterengadin you'll conquer 400m of height distance along the winding but not too steep road of Norbertshöhe. A short coast down to Nauders is followed by a short and easy uphill passage where you cross the border to Italy at Reschen Pass and with it the main Alpine ridge. You cycle downwards towards Malles past Reschenstausee reservoir with the sunken church tower of Altgraun, one of the most famous photo motifs of Italy. Enjoy the first evening on South Tyrolean soil and enjoy strolling through the old alleyways of the town.

Day 4: Holiday region Lago di Resia & Alta Venosta – Merano (approx. 65 km)

Today you cross the entire Val Venosta. The route leads from an altitude of more than 1,000m down to the town of Merano that is located at an altitude of 350m. Most of the route follows the course of River Adige. From your starting place this pleasant cycling stretch leads down to the smallest town of the Alps, the town of Glorenza. Past the marble town of Laas you get to Naturns and eventually – past the impressive Kastellbell castle – to the spa town of Merano. Enjoy an evening walk through town along the "Passer" promenade surrounded by subtropical flora

Day 5: Merano – Castelfeder Holiday Region (approx. 50 - 60 km)

There is plenty to see along this route: Niederlana's famous Schnatterpeckaltar, the largest Gothic wing altar in the Alpine area, the highest church tower of the South Tyrol in Terlan and a great number of fortresses and ruins on both valley slopes.

After a short stop at South Tyrol's capital city of Bolzano you have a wonderful occasion of refreshing your legs at Lake Caldaro. Today's tour ends at Castelfeder Holiday Region with the towns of Ora, Montagna, Egna and Salorno, which is where the German speaking South Tyrol ends.

Day 6: Castelfeder Holiday Region - Lake Garda (Riva del Garda/Torbole sul Garda) (approx. 80 - 90 km)

You should know a couple of Italian words by now ☺ Ride along River Adige towards Trento where you can visit the old town with its dome and Castle Buonconsiglio. Soon after Rovereto you leave River Adige behind at Mori, ride across Passo San Giovanni (287m) and enjoy the beautiful view over Lake Garda from the top. After the descent down to Torbole you ride along the lakeside to the destination of your sporty bike travel, Riva del Garda.

Day 7: Individual Return Journey or Extension

Included Services | Price per Person | Extras

Included services

- ✓ 6 Overnight stays including large breakfast buffet in hotels of the 3-star category *
- ✓ Luggage transport from hotel to hotel
- ✓ Extensive travel papers | INNTOUR 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 (arrival from May 1 st)	Euro 1.129,00
- Accommodation in a double room (arrival from May 15 th)	Euro 1.175,00
- Accommodation in a double room (arrival from July 15 th)	Euro 1.225,00
- Single room surcharge	Euro 285,00

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 95,00
- Rental touring bicycle superior	Euro 165,00
- Rental of Pedelec/E-Bike	Euro 240,00
- Rental of E-MTB	Euro 340,00
- Extra night in Innsbruck in DR/B&B	Euro 95,00
- Extra night in Innsbruck in SR/B&B	Euro 133,00
- Extra night in Riva del Garda/Torbole in DR/B&B	Euro 120,00
- Extra night in Riva del Garda/Torbole in SR/B&B	Euro 182,00
- Return transfer Lake Garda – Innsbruck incl. bicycle (Tues, Thurs, Sun)	Euro 155,00

* Restaurant recommendations for dinner in all stage towns can be found in the travel information after booking