





# EUREGIO cycling trip

## from INNSBRUCK to MERANO – 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 to the spa town of Merano.

### Highlights

-  Culture and nature of the alpine-urban Innsbruck
-  Sunken church tower of Altgraun (14<sup>th</sup> century), Reschenstausee water reservoir
-  Landscape and cultural diversity, Vinschgau
-  Historical centre and alcoves of Merano

### 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 1<sup>st</sup> to September 25<sup>th</sup> 2026  
Additionally every Saturday from June 15<sup>th</sup> to August 15<sup>th</sup> 2026
-  5 days | 4 nights (incl. days of arrival and departure)
-  Stretch trip - approx. 235 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: Individual Return Journey or Extension

## Included Services | Price per Person | Extras

### Included services

- ✓ 4 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 <sup>st</sup> )	Euro 769,00
- Accommodation in a double room (arrival from May 15 <sup>th</sup> )	Euro 819,00
- Accommodation in a double room (arrival from July 15 <sup>th</sup> )	Euro 845,00
- Single room surcharge	Euro 179,00

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 330,00
- 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 Merano in DR/B&B	Euro 119,00
- Extra night in Merano in SR/B&B	Euro 155,00
- Return transfer Merano-Innsbruck incl. bicycle (Tues, Thurs, Sun)	Euro 115,00

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