

EUREGIO cycling trip

from INNSBRUCK to VERONA via LAKE GARDA – sporty

From the valley basin of the Alpine metropolis of Innsbruck, you cycle upstream into one of the most fascinating regions in the heart of the Alps, as the Inn Cycle Path winds its way through the rugged Tyrolean mountains to the Tyrolean Oberland district of Landeck. At the eastern tip of Graubünden, where deep gorges and famous mountain peaks meet, a challenging climb up to the Reschen Pass awaits you. A challenging, serpentine climb of approx. 700 meters in altitude awaits you between Pfunds and Nauders at the Reschen Pass.

The lush vineyards that characterize the Etschtal valley nestle gently against the foothills of the mountains, surrounding many a pretty village and forming a picturesque ensemble with the stately castles.

In addition to the harmonious landscapes that you can literally breathe in on your cycling tour, renowned cities such as Füssen, Bolzano, Trento, and Rovereto also enrich your journey with their atmosphere and attractive sights. Last but not least, Lake Garda scores with its alpine elegance before you cycle into the picture-perfect city of Verona.

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
-  Anfiteatro Arena, Ponte Pietra, Castelvechio, Verona

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
-  8 days | 7 nights (incl. days of arrival and departure)
-  Stretch trip - approx. 435 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 – Salorno/Mezzocorona (approx. 65 - 75 km)

Whether it's the Sarntal Alps, the Dolomites, or the Mendel Ridge that point the way to the Adige Valley, the cycle path winds its way through the lush South Tyrolean lowlands, following the Adige River, slipping through the historically significant Salurn Pass, and continuing into the Trentino basin. The unspoiled villages in this northern Italian wine region invite you to end your day's cycling in a relaxed atmosphere.

Day 6: Salorno/Mezzocorona – Torbole sul Garda/Region Lake Garda North (approx. 75 km)

The journey continues downstream along the Adige River until the Doss Trento pushes its rocky flanks into the Adige River. The old town of Trento at its feet, with its interesting and historically significant monuments, as well as the small town of Rovereto further south, where modern architecture successfully bridges the gap to Venetian history, provide nature-loving cyclists with a taste of culture. At Mori, you leave the Adige Valley and, after a gentle climb to the Passo San Giovanni (287 m), you roll downhill through picturesque surroundings to your stage destination on the shore of the deep mountain lake.

Day 7: Torbole sul Garda/Region Lake Garda North – Verona (approx. 80 km)

The route takes you briefly uphill and back into Vallagarina. Continuing south, the Adige Valley becomes increasingly charming. Although the flanks of the Lessini Mountains move closer again and narrow the traffic routes in the Adige Valley, you can enjoy a magnificent view of the Valpolicella wine hills north of Verona from the hilltop.

You roll energetically along the Adige canals into the much-vaunted and music-loving city of Verona.

Day 8: Individual Return Journey or Extension

Included Services | Price per Person | Extras

Included services

- ✓ 7 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 1.299,00
- Accommodation in a double room (arrival from May 15 th)	Euro 1.369,00
- Accommodation in a double room (arrival from July 15 th)	Euro 1.419,00
- Single room surcharge	Euro 300,00

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
- Rental of E-MTB	Euro 350,00
- 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 Verona in DR/B&B	Euro 99,00
- Extra night in Verona in SR/B&B	Euro 139,00
- Return transfer Verona-Innsbruck incl. bicycle (Tues, Thurs, Sun)	Euro 185,00

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