

Inn Cycle Route

from St. MORITZ (Maloja pass) to INNSBRUCK

"It's not just a bike tour, but a story to tell" - this is how you could briefly characterise this route from the start of the Inn cycle path to Innsbruck.

Accompanied by numerous three-thousand metre mountain peaks, you will first cycle along the still playfully splashing Inn-Bach (Stream – as it is yet to become a river), past the Engadine lakes and through rugged cliffs to Tyrol where the Inn cycle path usually nestles close, to the now, river Inn. The Inntal (Inn Valley) now expands significantly before you reach the Tyrolean capital of Innsbruck. The Alpine metropolis of Innsbruck sits gently in the Inn valley and offers visitors its cultural treasures.

Highlights

- 👁 Natural element water and wildly romantic mountainside – appealing and vast
- 👁 Local culture and Sgraffiti-decorations of the Engadin region
- 👁 Culture and nature in alpine-urban Innsbruck / Tyrol

Route characteristics

- ~ The two first day stages are in high alpine surroundings within narrow valleys (before Zernez and Guarda there are longer uphill sections) and corresponding cycle path surfaces (natural trails etc), give a slightly more athletic experience.
- ~ From Pfunds in Tyrol it is mostly flat and paved/asphalted bike paths together with little-used secondary roads and local thoroughfares
- ~ Very good, officially marked and signposted cycle network

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 Saturday between May 1st to September 15th 2026
- 📅 St. Moritz-Innsbruck - 6 days | 5 nights (incl. days of arrival and departure)
- 📅 Stretch trip - approx. 250 cycling kilometres
- 📅 Individual cycling trip
- 📅 From 2 persons (single travellers on application)

Itinerary

From St. MORITZ (Malojapass) to INNSBRUCK

Day 1: Independent arrival in St. Moritz

This climatically favoured small town is located directly on the lake of the same name. If St. Moritz captivates you in the winter with its glamorous highlights in a white winter dress, it also offers a huge amount in the warmer season, with a variety of outdoor sports activities as well as music and cultural festivals. Enjoy the opening of your bike tour in this world-famous metropolis and let yourself be enchanted by the sophisticated atmosphere in a beautiful mountain scenery.

Day 2: St. Moritz – Zernez (approx. 60 km)

With a short shuttle transfer to the Maloja Pass, you start your day's stage at a good 1,800m above sea level. From the Maloja Pass you can enjoy the unique experience of seeing the source of the Inn bubbling out of the mountain as a virgin tender trickle. Now you follow the playful Inn-Bach (stream) along the Engadin lakes. Today mostly up and downhill on technically demanding forest and meadow paths. Zernez, as the geographical link of the Upper and Lower Engadine, welcomes you to a wide valley floor at the confluence of the Inn and Spöl rivers.

Day 3: Zernez - Pfunds (approx. 65 km)

Today's stage is set in the midst of lush mountain meadows in the heartland of the Engadine local culture. First you cycle along the northern foothills of the oldest European Alpine National Park while always overlooking the shimmering river Inn. Charming villages, especially Guarda, display 'Sgraffito' decorated walls which are real eye-catchers and well-preserved ruins of an ancient settlement in Lavin from the early 12th Century, indicates early Engadine life. Through the border area between the Engadine and the Tyrolean Oberland, the trail leads to Martina along the main road for a short time and then continues along the cycle path, past the former border and customs station Altfinstermünz, to Pfunds.

Day 4: Pfunds – Imst (approx. 60 km)

In Pfunds - the so-called 'Engadine window' starts today's stage. Through the "Upper Court" you cycle from Ried over Prutz into the district town of Landeck. High above the Inn River, which rushes through canyons, is the historic Landeck Castle, which tells its story of the glory days of the former trading metropolis on the North / South axis. Via Zams and through the Milser-Auen landscape you reach the well-known town of Imst, which is famous far beyond its borders for the Imst Fasnacht, a traditional Carnival, which is listed as an important Heritage of Humanity by UNESCO.

Day 5: Imst - Innsbruck (approx. 65 km)

From Imst to the "heart of the Alps", you will cycle through the Imst Gorge along the Inn river to Römphen and to Römerbadl (Roman Baths) where your cyclist's legs will be able to get refreshed at the 'Kneippanlage' (A soothing pool for your legs) and get ready to visit the Stams Cistercian Monastery. The Romanesque building not only impresses with its early baroque high altar, the monks also know how to prepare tasty dishes using the delicious fruits of the area. In contrast, the Inn cycle path continues through pine forests, along meadows and forest edges, passing the imposing Martinswand (Martins-wall cliffs) until you reach Innsbruck, the provincial capital of Tyrol, on flat cycle paths.

Day 6: Independent home travel or individual extension.

Included services | Price per person | Optional extras

Included services

- ✓ Accommodation in carefully selected hotels / guesthouses of the 3 & 4-star category*
- ✓ 5 overnight stays with rich breakfast buffet
- ✓ Luggage transport from hotel to hotel
- ✓ Bus transfer from St. Moritz to the Maloja Pass
- ✓ 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 1.099,00
- Accommodation in a double room (arrival from May 15 th)	Euro 1.139,00
- Accommodation in a double room (arrival from July 15 th)	Euro 1.179,00
- Single room surcharge	Euro 265,00

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 St. Moritz in DR/B&B	Euro 139,00
- Extra night in St. Moritz in SR/B&B	Euro 205,00
- Extra night in Innsbruck in DR/B&B	Euro 95,00
- Extra night in Innsbruck in SR/B&B	Euro 133,00
- Transfer Innsbruck-St. Moritz incl. bicycle (every Friday and Saturday)	Euro 155,00

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