

Adige Cycle Route

from MERANO to LAKE GARDA - espresso

This journey takes you through unspoiled Alpine valleys on the southern side of the Alps, covering sporty distances along the Adige River to Lake Garda. The vineyards, which nestle gently against the foothills of the mountains, exude southern flair, surrounding many a pretty village and forming a picturesque ensemble with the stately castles. Just a stone's throw through the fertile Vallagarina, and with a spectacular panorama of the deep blue lake, you roll towards your stage destination.

Highlights

- 👁 Merano with its arcaded street, spa promenade, and gardens of Trauttmansdorff Castle
- 👁 Schnatterpeck altar in the church at Niederlana
- 👁 Historic center of Bolzano with Walther Square, arcaded street, and Ötzi Museum
- 👁 Messner Mountain Museum Firmian/Sigmundskron, Bolzano
- 👁 Large and small Montiggler lakes, Lake Kaltern
- 👁 Castelfeder Nature Park
- 👁 Haderburg Castle, Salurn
- 👁 Trento with cathedral and Buonconsiglio Castle
- 👁 Old town of Rovereto
- 👁 Castello di Arco, Arco
- 👁 Riva del Garda with La Rocca city fortress & Alto Garda MAG Museum, Torre Apponale, Il Bastione/Monte Rocchetta, Piazza Tre Novembre and Hydrotour Dolomiti hydroelectric power station
- 👁 Riva del Garda nature experience with Varone waterfall, Ponalestraße hiking & cycling trail and Monte Brione/Sentiero della Pace hiking trail

Route characteristics

- 👁 Route guidance on mostly paved bike paths and farm roads, as well as quiet side roads and town thoroughfares

Level of difficulty

Touring bicycle 🚲🚲🚲🚲🚲

Pedelec/E-Bike 🚲🚲🚲🚲🚲

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 1st to September 25th 2026
- 📅 4 days | 3 nights (incl. days of arrival and departure)
- 📅 Stretch trip - approx. 140 cycling kilometres
- 📅 Individual cycling trip
- 📅 From 2 persons (single travellers on application)

Itinerary

Day 1: Independent arrival in Merano

Welcome to the spa town of Merano. This small, idyllic town, located on the Passer River and the banks of the Adige, boasts a mild, almost Mediterranean climate despite its alpine surroundings and is popular as a resort and for outdoor activities.

Day 2: 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 3: Salorno/Mezzocorona – Lake Garda (Riva del Garda/Torbole sul Garda) (approx. 75 km)

Soon, the Doss Trento, a beautifully wooded hill with historic fortifications, rises up with its rocky flanks into the Adige River. The old town of Trento, lying at its feet, awaits nature-loving cyclists with a taste of culture before continuing south along the Adige. 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 destination on the shores of the deep mountain lake.

Day 4: Independent home travel or extension

Included Services | Price per Person | Extras

Included services

- ✓ 3 Overnight stays including large breakfast buffet in hotels of the 3-star category *
- ✓ Luggage transport from hotel to hotel
- ✓ 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 (arrival from May 1 st)	Euro 525,00
- Accommodation in a double room (arrival from May 15 th)	Euro 579,00
- Accommodation in a double room (arrival from July 15 th)	Euro 599,00
- Single room surcharge	Euro 180,00

Extras

	per person
- Rental touring bicycle classic	Euro 90,00
- Rental touring bicycle superior	Euro 150,00
- Rental of Pedelec/E-Bike	Euro 220,00
- Extra night in Merano in DR/B&B	Euro 119,00
- Extra night in Merano in SR/B&B	Euro 155,00
- Extra night in Torbole/Riva del Garda in DR/B&B	Euro 120,00
- Extra night in Torbole/Riva del Garda in SR/B&B	Euro 182,00
- Return transfer Lake Garda - Merano incl. bicycle (Tues, Thurs, Sat, Sun)	Euro 115,00