













# Adige Cycle Route

## from MERANO to LAKE GARDA - relax


Time for nature and culture. Navigate through the unspoiled Alpine valleys south of the main Alpine ridge at a comfortable pace along the Adige River and finally 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 will roll towards your stage destination of Riva or Torbole.

### 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 1<sup>st</sup> to September 25<sup>th</sup> 2026
-  5 days | 4 nights (incl. days of arrival and departure)
-  Stretch trip - approx. 135 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 – Tamin/Castelfeder Holiday Region (approx. 45 km)

Let's head along the Adige River towards Bolzano. It's definitely worth taking a detour to the charming old town with its Gothic arcades and Walther Square before continuing along the South Tyrolean Wine Road with its well-kept villages such as Appiano, Cornaiano, and Caldaro to the Castelfeder region. The medieval village structures are known for their extraordinary atmosphere and make for a cozy evening.

### Day 3: Tamin/Castelfeder Holiday Region – Trento (approx. 45 km)

Whether it's the mountain ranges of the neighboring Dolomites or the simple Mendelkamm ridge that sets the direction for 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 valley basin. At the end of the day, the old town of Trento, dotted with cultural treasures worth seeing, awaits you.

### Day 4: Trento – Lake Garda (Riva del Garda/Torbole sul Garda) (approx. 45 km)

The Adige Valley widens, and the foothills of the mountain ranges transform into rolling hills dotted with lush greenery. Continue downstream until you leave the Adige Valley at Mori and, after a gentle climb to the Passo San Giovanni (287 m), roll downhill through picturesque surroundings to your destination on the shore of the deep mountain lake.

### Day 5: Independent home travel 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 | 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 699,00
- Accommodation in a double room (arrival from May 15 <sup>th</sup> )	Euro 759,00
- Accommodation in a double room (arrival from July 15 <sup>th</sup> )	Euro 785,00
- Single room surcharge	Euro 219,00

### 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