











Adige Cycle Route

from MERANO to VERONA - Intermezzo


From the alpine Burggrafenamt to the culturally rich metropolis.

This lively cycling tour takes you through the unspoiled Alpine valleys south of the main Alpine ridge, along the Adige River, directly to the Arena di Verona. 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. In addition to the harmonious surroundings, renowned cities such as Bolzano, Trento, and Rovereto enrich your journey with their southern European ambience and attractive sights.

Highlights

-  Arbor, old town, and spa promenade, Merano
-  Gardens of Trauttmansdorff Castle, Merano
-  Castles, fortresses, and historic residences: including Lehenberg Castle, Braunsberg Castle, Leonburg Castle, Stachelburg Castle, Messner Mountain Museum Firmian/Sigmundskron, Maretsch Castle, Runkelstein Castle, Haderburg Castle, and many more
-  Schnatterpeck altar in the church in Niederlana
-  Historic center with Walther Square and Laubengasse, Bolzano
-  Large and small Montiggler Lake, Kalterer Lake
-  Castelfeder Nature Park
-  Old town of Trento with cathedral and Buonconsiglio Castle
-  Old town of Rovereto and Museum of Modern and Contemporary Art – MART
-  Verona with Ponte Pietra, Ponte Scaligero, Castelvechio, Piazza Bra, Arena di Verona

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
-  5 days | 4 nights (incl. days of arrival and departure)
-  Stretch trip - approx. 190 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. 55 - 65 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 – Rovereto (approx. 55 km)

The route continues downstream along the Adige River until the Doss Trento mountain range pushes its rocky flanks into the river. The old town of Trento, lying at its feet, awaits nature-loving cyclists with culinary specialties and a huge dose of culture. In the small town of Rovereto, Venetian history meets modern culture, and pretty squares surrounded by historic buildings invite you to linger and discover the city of arts.

Day 4: Rovereto – Verona (approx. 75 km)

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

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 st)	Euro 725,00
- Accommodation in a double room (arrival from May 15 th)	Euro 769,00
- Accommodation in a double room (arrival from July 15 th)	Euro 795,00
- Single room surcharge	Euro 229,00

Extras

	per person
- Rental touring bicycle classic	Euro 95,00
- Rental touring bicycle superior	Euro 160,00
- Rental of Pedelec/E-Bike	Euro 230,00
- 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 Verona in DR/B&B	Euro 99,00
- Extra night in Verona in SR/B&B	Euro 139,00
- Return transfer Verona - Merano incl. bicycle (Tues, Thurs, Sat, Sun)	Euro 155,00