

Adige Cycle Route








from NAUDERS to BOLZANO, RIVA del GARDA or VERONA

Amidst the Tyrolean mountainside in Nauders, you start your cycle tour from the sporty region at Reschen pass towards the South. The region of Val Venosta, the Vinschgau valley, with its lush fruit plantation and dulcet towns, already spreads that comfortable flair of South Tyrol. River Adige ripples alongside the cycle path and you'll see it widen during your travels.



Now it's your turn to decide whether you finish at Bolzano, to follow Ötzi's footsteps? Or if you rather continue to Riva del Garda, to rest your soul on the shores of lake Garda? Or if you prefer to listen to Shakespeares stories and travel all the way to Verona?

No matter which destination you choose – we cordially welcome you!

Highlights

-  Natural element water and wildly romantic mountainside – appealing and vast
-  Sunken church tower of Altgraun, Reschenstausee water reservoir
-  Gardens of castle Trauttmansdorf, Merano
-  Castle Sigmundskron/Firmian, Bolzano
-  Castle Castello di Buonconsiglio, Trento
-  Roman arch bridge Ponte Pietra, Verona
-  Amphitheater Arena, Verona

Route characteristics

-  Mostly paved/asphalted bike paths, farm roads, quiet side roads and local thoroughfares
-  Well-signposted cycle path network








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 Wednesday and Sunday from May 1st to September 25th 2025
-  Nauders-Bolzano - 7 days | 6 nights (incl. days of arrival and departure)
-  Stretch trip - approx. 180 cycling kilometres
-  Nauders-Riva del Garda - 7 days | 6 nights (incl. days of arrival and departure)
-  Stretch trip - approx. 250 cycling kilometres
-  Nauders-Verona - 8 days | 7 nights (incl. days of arrival and departure)
-  Stretch trip - approx. 305 cycling kilometres
-  Individual cycling trip
-  From 2 persons (single travellers on application)

Itinerary

From NAUDERS to BOLZANO

Day 1: Independent arrival in Nauders

"Experiencing the borders" - On your arrival day you will get a feel of life on the border. Only about five kilometres away lie the national borders of both Italy and Switzerland. In the summer months, the region around the Reschenpass offers countless opportunities to experience the mild temperatures with many outdoor activities and time to make your own personal "border crossings".

Day 2: Nauders – Holiday region Lago di Resia & Alta Venosta (approx. 35 km)

From Nauders to the Reschenpass, the border between Austria and Italy. You cycle along the Reschensee (lake) with one of the most famous photo opportunities in South Tyrol, the church tower of Altgraun, encircled and half submerged by the lake. Then you cycle, mainly downhill, to today's stage destination. Enjoy your first evening in South Tyrol with the narrow streets of your stage town.

Day 3: Holiday region Lago di Resia & Alta Venosta – Merano (approx. 65 km)

Today, accompanied by the sound of the Adige River, you will cycle through the entire Vinschgau area, rolling down about 900 vertical meters (nearly 3000ft) from Malles to Merano through the well-known fruit-growing regions. First you will reach with Glorenza, the smallest town in the Alps. You will then arrive in Naturno via the marble town of Laas and finally - passing the striking castle of Kastelbell, the spa town of Merano. Relax here with an evening walk around the town on the Passer Promenade amidst a world of subtropical plants.

Day 4: Merano – Experience Day

Today relaxation is on the program and Merano offers some great options: a walk in the rose garden, a panoramic stroll round the 'Dorf Tyrol' area or maybe a visit to the famous spa? But if you don't want a rest from your bike, it's best to take a trip to the Passeiertal (Passeier valley), the former home of Tyrolean freedom fighter Andreas Hofer.

Day 5: Merano – Holiday Region Castelfeder (approx. 50 - 60 km)

There is much to be admired on this route; the famous Schnatterpeck Altar in the church of Niederlana, the highest church tower in South Tyrol in Terlan, as well as numerous castles and ruins on both sides of the valley. After the chance for a short detour to/around Bolzano, the capital of South Tyrol, there is a pleasant opportunity to cool down on the lake Caldaro and rest any tired bike legs. The stage destination is the holiday region Castelfeder with the villages of Ora, Montagna, Egna and Salorno, where the German-speaking South Tyrol ends.

Day 6: Holiday Region Castelfeder – Bolzano (approx. 30 km)

Yesterday you passed near Bolzano. Today, the route either leads along a very direct path along the Adige river or, as part of a small tour extension including a climb, over the very scenic route along the Montiggler lakes to the centre of Bolzano. And here you will have a pleasure in discovering the bustling city or simply relaxing at well-known Walther square.

Day 7: Independent home travel or extension

... further from MERANO to RIVA del GARDA

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Day 5: Holiday Region Castelfeder – Trento (approx. 50 km)

The route continues along the Adige River through orchards to Salorno, where the German-speaking South Tyrol ends. The end of this stage is Trento, where you will be welcomed by the very interesting old town with its cathedral and Buonconsiglio castle.

Day 6: Trient – Riva del Garda (approx. 50 km)

The last leg will take you via Rovereto and Mori to Lake Garda. After a short ascent to the Passo San Giovanni (287 m – 950ft) offering great views, the descent follows the lake to Torbole and then further along the lake to Riva del Garda.

Day 7: Independent home travel or extension

...further from TRENTO to VERONA

Day 6: Trento – Belluno Veronese and surrounding area (approx. 55 km)

Along the canals of the Adige river, the cycle path leads you through small towns such as Rovereto and Pilcante to Avio or to the small village of Belluno Veronese. Here since the 15th century, according to connoisseurs, the finest wine in all of Italy is grown. Although this region is located less than 10 kilometres as the crow flies from Lake Garda, very few tourists are present. Enjoy the peaceful tranquillity of your stage destination with a glass of fine wine.

Day 7: Belluno Veronese and surrounding area – Verona (approx. 50 km)

Verona is already in sight, in Rivalta there is a small climb to overcome, but soon you reach the romantic city of Romeo & Juliet. Enjoy strolling around and exploring the medieval old town, the famous Arena and all the secrets of this very special city.

Day 8: Independent home travel or extension

Included services | Price per person | Optional extras

Included services

- ✓ 6 (to Bolzano or Riva), or 7 (to Verona) nights accommodation with rich breakfast buffet in carefully selected 3- & 4-star hotels/guesthouses *
- ✓ Luggage transport from accommodation to accommodation
- ✓ Extensive travel papers | Navigation app | GPS-data on demand
- ✓ Local tax in all places of accommodation
- ✓ Phone service daily from 8:30 am to 7:00 pm

Price

From Nauders to Bolzano

per person

- Accommodation in a double room (from May 1st)	Euro 999,00
- Accommodation in a double room (from May 15 th)	Euro 1.069,00
- Accommodation in a double room (from July 15 th)	Euro 1.109,00
- Single room surcharge	Euro 259,00
- Rental of 21-gear touring bicycle	Euro 100,00
- Rental of Pedelec/E-Bike	Euro 230,00

From Nauders to Riva del Garda

per person

- Accommodation in a double room (from May 1st)	Euro 1.049,00
- Accommodation in a double room (from May 15 th)	Euro 1.095,00
- Accommodation in a double room (from July 15 th)	Euro 1.129,00
- Single room surcharge	Euro 275,00
- Rental of 21-gear touring bicycle	Euro 105,00
- Rental of Pedelec/E-Bike	Euro 240,00

From Nauders to Verona

per person

- Accommodation in a double room (from May 1st)	Euro 1.189,00
- Accommodation in a double room (from May 15 th)	Euro 1.229,00
- Accommodation in a double room (from July 15 th)	Euro 1.269,00
- Single room surcharge	Euro 299,00
- Rental of 21-gear touring bicycle	Euro 120,00
- Rental of Pedelec/E-Bike	Euro 260,00

Extras

	per person
- Extra night in Nauders in DR/B&B	Euro 89,00
- Extra night in Nauders in SR/B&B	Euro 128,00
- Extra night in Bolzano in DR/B&B	Euro 102,00
- Extra night in Bolzano in SR/B&B	Euro 140,00
- Extra night in Riva del Garda in DR/B&B	Euro 118,00
- Extra night in Riva del Garda in SR/B&B	Euro 162,00
- Extra night in Verona in DR/B&B	Euro 95,00
- Extra night in Verona in SR/B&B	Euro 135,00
- Return transfer from Bolzano or Riva d. G.-Nauders (every Tuesday)	Euro 120,00 165,00
- Return transfer Verona-Nauders (every Thursday)	Euro 190,00

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