








# Cycle route symphony HOHE TAUERN





from INNSBRUCK via PUSTERTAL valley to VILLACH

The Innsbruck alpine area, the Brenner Pass as a transition to Italy, the impressive scenery of the South Tyrolean and Lienz Dolomites and with Grossglockner as the "Main Backdrop" of the Hohe Tauern National Park. These and many other natural and cultural treasures, connected by beautifully landscaped cycle paths along the rivers Eisack, Rienz, Drava and Möll form the landscape of this impressive natural journey. Be inspired by these magnificent and unique natural landscapes, whose preservation will ensure the worldwide national park concept for generations to come.

## Highlights

-  Culture and nature in alpine-urban Innsbruck / Tyrol
-  Pustertal valley – the green valley with a view of the South Tyrolean and Lienz Dolomites
-  Großglockner high alpine road, Salzburg/Carinthia
-  Kaiser-Franz-Josefs-Höhe, Pasterze glacier, Salzburg/Carinthia
-  Natural heritage Raggaschlucht, Flattach/Carinthia
-  Renaissance Castle Porcia, Spittal a.d. Drau/Carinthia
-  Inner city of Villach, Carinthia

## Route characteristics

-  Mostly flat, paved/asphalted bike paths, farm roads, quiet side roads and local thoroughfares
-  A few shorter climbs especially on the way from Mühlbach to Innichen
-  Some downhill sections spread over the complete tour.
-  The climbs to the Brenner Pass and over the Iselsberg or to Heiligenblut are covered by bus transfer






## 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

-  June 14<sup>th</sup>, June 28<sup>th</sup>, July 12<sup>th</sup>, August 9<sup>th</sup> and August 23<sup>rd</sup> 2025 (Saturdays)
-  8 days | 7 nights (incl. days of arrival and departure)
-  Stretch trip - approx. 260 cycling kilometres
-  Individual cycling trip
-  From 2 persons (single travellers on application)

## Itinerary

### Day 1: Independent arrival in Innsbruck

Welcome to the 3-time Olympic city of Innsbruck. Although the Alpine town is widely known as a popular winter sports destination, you will be surprised by the colourful ambience that awaits you here in the warm season. Give yourself enough time to experience and enjoy the cultural diversity of Innsbruck.

### Day 2: Innsbruck – Mühlbach/Vintl in Pustertal Valley (approx. 45 cycling-km)

The first part on the exciting journey, towards the Grossglockner, is managed by a comfortable shuttle to the Brenner Pass. At the border crossing to Italy begins the new cycle path (created on an old railway line) towards Sterzing. Following the Eisacktal Valley, you will pass the fortress, of the same name, from the 19th century at Franzensfeste. At Brixen, you finally leave the Eisack river, to follow the South Tyrolean Pustertal Valley to your picturesque final destination for the day, either Mühlbach or Vintl.

### Day 3: Mühlbach/Vintl – Sillian in East Tyrol (approx. 60 km)

Directly past the Mühlbacher Klause, a medieval fortress and customs post situated on the eastern outskirts, the path continues to the episcopal city Bruneck with its beautiful old town. Accompanied along the way by the UNESCO-protected South Tyrolean Dolomites in the south and the foothills of the main Alpine ridge to the north, the cycle route continues in an interplay between easy uphill and downhill sections to the municipality of Innichen and then - after crossing the border again - to Sillian in East Tyrol.

### Day 4: Sillian in East Tyrol – Heiligenblut on Grossglockner (approx. 35 cycling-km)

The Drauradweg (Drau cycle path) is a truly pleasurable biking experience from Innichen or Sillian to Lienz. The constant change from flat to slightly downhill sections soon bring the rugged cliffs of the Lienz Dolomites into view. In the "sun city" Lienz there is still some time to enjoy the mediterranean flair of the city with an espresso or a glass of wine, before the journey continues by bus to Heiligenblut, at the foot of the 3,798 m high Grossglockner, the highest mountain of Austria.

### Day 5: Heiligenblut on Grossglockner Experience Day

Good morning in the middle of the largest national park in Austria!

The Hohe Tauern National Park, with an area of almost 2,000 km<sup>2</sup> and with about 15,000 native animal species, is also the largest national park in Central Europe. To get even closer to this unique natural backdrop, today an included bus trip follows a panoramic drive along the Grossglockner High Alpine Road up to Kaiser-Franz-Josefs-Höhe, which is located at 2,400 m above sea level. In addition to the visitor center located here, with much interesting information on the construction and operation of the High Alpine Road and the Hohe Tauern National Park, you can see the top of the Grossglockner at close range and with a bit of luck, some playful marmots and maybe even ibexes ....

### Day 6: Heiligenblut on Grossglockner – Obervellach/Möllbrücke in Mölltal (approx. 60 km)

Today with more natural spectacles and now with the appreciation of the efforts to preserve nature in its original form, the cycle path now leads through the narrow and tranquil Mölltal valley to Flattach, where another, spectacular natural jewel - the Raggaschlucht (an amazing waterfall with walkway) - awaits your visit. Refreshed and cooled, follow the next few kilometres, accompanied by lush meadows and impressive mountains, along the Glockner bike path to the lower Mölltal.

#### Day 7: Obervellach/Möllbrücke in Mölltal – Villach (approx. 75 km)

Back on the Drau cycle path, the route follows this path to the district capital, Spittal an der Drau, with its 16th-century Renaissance palace Porcia. A true insider tip along the way is to visit the Museum Carantana, in the small village of Molzbichl, where sensational finds from the early Middle Ages are located.

Finally, Villach, the stage of the Austrian Faschingstreibens (Fasching Carnival), invites you, with their Mediterranean influenced flair, to a wonderful stay and this is a perfect time to reflect on all the impression gained and experiences enjoyed whilst travelling.

#### Day 8: Independent home travel or extension

### Included services | Price per person | Optional extras

#### Included services

- ✓ 7 nights accommodation with rich breakfast buffet in carefully selected 3 and 4-star hotels\*
- ✓ Luggage transport from accommodation to accommodation
- ✓ Bus transport from Innsbruck to Brenner Pass, from Lienz to Heiligenblut and from Heiligenblut to Franz-Josefs-Höhe and return
- ✓ 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

	per person
- Accommodation in a double room (arrival from June 10 <sup>th</sup> )	Euro 1.479,00
- Accommodation in a double room (arrival from July 15 <sup>th</sup> )	Euro 1.529,00
- Single room surcharge	Euro 299,00

#### Extras

	per person
- Rental of 21-gear touring bicycle	Euro 115,00
- Rental of Pedelec/E-Bike	Euro 260,00
- Extra night in Innsbruck in DR/B&B	Euro 90,00
- Extra night in Innsbruck in SR/B&B	Euro 130,00
- Extra night in Villach in DR/B&B	Euro 92,00
- Extra night in Villach in SR/B&B	Euro 129,00
- Return transfer from Villach to Innsbruck	on request

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