Inn Cycle Route

from St. MORITZ (Maloja pass) to INNSBRUCK or ROSENHEIM

"It‘s not just a bike tour, but a story to tell" - this is how you could briefly characterise this route from the start of the Inn cycle path to Innsbruck or Rosenheim.
Accompanied by numerous three-thousand metre mountain peaks, you will first cycle along the still playfully splashing Inn-Bach (Stream – as it is yet to become a river), past the Engadine lakes and through rugged cliffs to Tyrol where the Inn cycle path usually nestles close, to the now, river Inn. The Inntal (Inn Valley) now expands significantly before you reach the Tyrolean capital of Innsbruck. The Alpine metropolis of Innsbruck sits gently in the Inn valley and offers visitors its cultural treasures. Innsbruck could be the destination of your trip or you can continue your journey downstream to the ‘salt‘ city of Hall. with its famous towers from the historic ‘Mint‘, be enchanted by the fairy-tale garden of the Swarovski Giant in Wattens or roam the glassblowing town of Rattenberg.
Like graceful pearls, historically important villages line the Inn river and grace the route from Innsbruck to Rosenheim. With a last view of the Castle Fortress in Kufstein, say goodbye to the Tyrolean mountain scenery and cycle majestically along the Inn towards your destination of Rosenheim!

Highlights

- Natural element water and wildly romantic mountainside – appealing and vast
- Local culture and Sgraffiti-decorations of the Engadin region
- Culture and nature in alpine-urban Innsbruck / Tyrol
- Mint tower and old town of Hall in Tirol
- Glass blowing town of Rattenberg
- Fortress of Kufstein
- Lokschuppen, Rosenheim

Route characteristics

- The two first day stages are in high alpine surroundings within narrow valleys (before Zernez and Guarda there are longer uphill sections) and corresponding cycle path surfaces (natural trails etc), give a slightly more athletic experience.
- From Pfunds in Tyrol it is mostly flat and paved/asphalted bike paths together with little-used secondary roads and local thoroughfares
- Very good, officially marked and signposted cycle network

Level of difficulty

Touring bicycle
Pedelec/E-Bike
Suitable for families with children from the age of approx. 14 years (appropriate cycling enthusiasm required)

Arrival | Travel time | Type of trip

- Every Saturday between May 1st to September 15th 2021
- St. Moritz-Innsbruck - 7 days | 6 nights (incl. days of arrival and departure)
- Stretch trip - approx. 220 cycling kilometres
- St. Moritz-Rosenheim - 9 days | 8 nights (incl. days of arrival and departure)
- Stretch trip - approx. 370 cycling kilometres
- Individual cycling trip
- From 2 persons (single travellers on application)

Itinerary

From St. MORITZ (Malojapass) to INNSBRUCK

Day 1: Independent arrival in St. Moritz

This climatically favoured small town is located directly on the lake of the same name. If St. Moritz captivates you in the winter with its glamorous highlights in a white winter dress, it also offers a huge amount in the warmer season, with a variety of outdoor sports activities as well as music and cultural festivals.
Enjoy the opening of your bike tour in this world-famous metropolis and let yourself be enchanted by the sophisticated atmosphere in a beautiful mountain scenery.

Day 2: St. Moritz – Zernez (approx. 55-60 km)

With a short shuttle transfer to the Maloja Pass, you start your day's stage at a good 1,800m above sea level. From the Maloja Pass you can enjoy the unique experience of seeing the source of the Inn bubbling out of the mountain as a virgin tender trickle. Now you follow the playful Inn-Bach (stream) along the Engadin lakes. Today mostly up and downhill on technically demanding forest and meadow paths. Zernez, as the geographical link of the Upper and Lower Engadine, welcomes you to a wide valley floor at the confluence of the Inn and Spöl rivers.

Day 3: Zernez - Pfunds (approx. 55-65 km)

Today's stage is set in the midst of lush mountain meadows in the heartland of the Engadine local culture. First you cycle along the northern foothills of the oldest European Alpine National Park while always overlooking the shimmering river Inn. Charming villages, especially Guarda, display ‘Sgraffito‘ decorated walls which are real eye-catchers and well-preserved ruins of an ancient settlement in Lavin from the early 12th Century, indicates early Engadine life.
At the border area between the Engadin and the Tyrolean Upperland, the bike path connection is still in the planning phase and due to the cramped road conditions, you will be transferred from the Martina border town to Pfunds by shuttle.

Day 4: Pfunds – Imst (approx. 60 km)

In Pfunds - the so-called ‘Engadine window‘ starts today’s stage. Through the "Upper Court" you cycle from Ried over Prutz into the district town of Landeck. High above the Inn River, which rushes through canyons, is the historic Landeck Castle, which tells its story of the glory days of the former trading metropolis on the North / South axis. Via Zams and through the Milser-Auen landscape you reach the well-known town of Imst, which is famous far beyond its borders for the Imst Fasnacht, a traditional Carnival, which is listed as an important Heritage of Humanity by UNESCO.

Day 5: Imst - Innsbruck (approx. 65 km)
From Imst to the "heart of the Alps", you will cycle through the Imst Gorge along the Inn river to Römpen and to Römerbadl (Roman Baths) where your cyclist's legs will be able to get refreshed at the ‚Kneippanlage' (A soothing pool for your legs) and get ready to visit the Stams Cistercian Monastery. The Romanesque building not only impresses with its early baroque high altar, the monks also know how to prepare tasty dishes using the delicious fruits of the area. In contrast, the Inn cycle path continues through pine forests, along meadows and forest edges, passing the imposing Martinswand (Martins-wall cliffs) until you reach Innsbruck, the provincial capital of Tyrol, on flat cycle paths.

Day 6: Innsbruck Experience
The encounter between mountain and city gives the lively university city an alpine-urban feel for life, the powerfully flowing Inn River adds to the dynamic feel. In both summer and winter, sports and culture enthusiasts will find plenty of opportunities to spend their free time. Embark on a journey of discovery into the historic Innsbruck, always conscious of its identity, with its famous Golden Roof, which poses in the middle of the well-kept medieval old town and the stunning, imperial buildings. If you do not want to rest from your bike today, you will find many options to prove your athleticism in the impressive skyline around Innsbruck.

Day 7: Independent home travel, continue the tour to Rosenheim or individual extension.

… continuation from INNSBRUCK to ROSENHEIM

Day 7: Innsbruck – Kramsach and surrounding area (approx. 55 km)
"Brilliant" experiences are promised on today's stage on the completely flat Inn River bike paths. Continue down the river towards Hall in Tirol, the former salt-mining town with its glorious coinage (Mint) history, and soon reach the iconic giant in the artfully designed park of the Swarovski Crystal World in Wattens. Inspired by the power and radiance of the crystals, the ever-new collection in and around the Giant is a "must see" on this day's stage. Kramsach, famous for its red marble (the Golden Roof in Innsbruck and the Palace of Justice in Munich wear this graceful dress), is also home to a quirky ‘cemetery museum ‘. A fun afternoon is for sure!

Day 8: from Kramsach and surrounding area via Kufstein - Rosenheim (approx. 70 km)
Now for the finale! The Inn cycle path takes you further along the Inn River deeper into the Tyrolean lowlands. A visit to the glassblower town of Rattenberg is well worth it, but you should pay attention to your timing, because at noon at the fortress of Kufstein, the world's largest open-air organ can be heard playing! At Kufstein, you say goodbye to the Alps, which you have been your travel companion from the beginning of your journey and cycle mostly on causeways through another nature reserve of the Innauen to your destination Rosenheim. At the confluence of the Mangfall with the Inn rivers, the 3rd largest city in Upper Bavaria, Rosenheim, welcomes you...

Day 9: Independent home Travel or extension

Included services | Price per person | Optional extras

Included services

- ✓ Accommodation in carefully selected hotels / guesthouses of the 3 & 4-star category
- ✓ 6 (to Innsbruck) and 8 (to Rosenheim) overnight stays with rich breakfast buffet
- ✓ Luggage transport from hotel to hotel
- ✓ Bus transfer from St. Moritz to the Maloja Pass
- ✓ Shuttle transfer between Martina and Pfunds
- ✓ Detailed tour information I GPS data available on request
- ✓ Service-Telephone daily between 8:30 and 18:30

Price per person

From St. Moritz to Innsbruck

- Accommodation in a double room *	Euro	840,00
- Accommodation in a double room * (from June 1st)	Euro	876,00
- Single room surcharge	Euro	180,00
- Half-board surcharge	Euro	178,00
- Rental of 21-gear touring bicycle	Euro	80,00
- Rental of Pedelec/E-Bike	Euro	160,00

From St. Moritz to Rosenheim

- Accommodation in a double room *	Euro	1.112,00
- Accommodation in a double room * (from June 1st)	Euro	1.168,00
- Single room surcharge	Euro	236,00
- Half-board surcharge	Euro	229,00
- Rental of 21-gear touring bicycle	Euro	95,00
- Rental of Pedelec/E-Bike	Euro	185,00

Extras

- Extra night in St. Moritz in DR/B&B *	Euro	116,00
- Extra night in St. Moritz in SR/B&B *	Euro	172,00
- Extra night in Innsbruck in DR/B&B *	Euro	69,00
- Extra night in Innsbruck in SR/B&B *	Euro	99,00
- Extra night in Rosenheim in DR/B&B *	Euro	69,00
- Extra night in Rosenheim in SR/B&B *	Euro	108,00
- Pre-Transfer Innsbruck - St. Moritz (every Saturday)	Euro	110,00
- Return Transfer Innsbruck - St. Moritz (every Saturday)	Euro	110,00
- Pre-Transfer Rosenheim – St. Moritz (every Saturday)	Euro	150,00
- Car Transfer Service St. Moritz – Innsbruck | Rosenheim	on request	

* Any local taxes that may be due are not included and are payable locally