









# Innsbruck - Bolzano

## The classic tour along the Adige cycle path.

Whether spring, summer, or autumn: South Tyrol is always worth a visit by bike. The glittering ice worlds, huge mountains, fertile orchards and vineyards make your journey an unforgettable sensual experience. You will start your tour in Innsbruck with a stopover in Imst, also called "Merano of North Tyrol". From Landeck, you will take a bus to Nauders am Reschenpass. And from there, you will cycle mostly downhill. This way, also less athletic cyclists can master the route easily. Join the river Adige flowing into the valley, past the sunken village in Lake Reschenstausee, until you reach Bolzano. Take a rest, drink a bottle of the widely praised Kalterer wine, and enjoy the view of the Rose Garden: for some a beautiful mountain backdrop, for others the kingdom of the dwarf king Laurin, in which the roses start to glow in the sunset. This will be the perfect culmination of an amazing trip.

### Classic

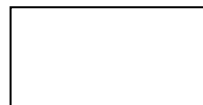


8 Days / 7 Nights



Individual

### To the online version



# Itinerary

DAY  
1

## Arrival in Innsbruck

Welcome briefing and bike fitting. For the rest of the day, we recommend visiting Innsbruck's famous old town with its City Tower and its "Golden Roof".

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DAY  
2

## Innsbruck – Imst | approx. 65 km

You will pedal on the former towpath along the river Inn, at the foot of Martinswand (mountain face) and through little villages and market towns to Stams (baroque Cistercian convent). Then, you will continue your tour via Haiming to Imst, the so-called "Merano of North Tyrol".

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DAY  
3

## Imst – Burgeis/Mals | approx. 50 km + bus ride

Today, you will cycle along the river Inn, past the monastery Zams to Landeck. A bus will take you to Nauders from where you will cycle less than 100 metres in altitude uphill to the mountain pass Reschenpass. From there, you will cycle downhill to Lake Reschensee and continue on minor roads to Mals (many towers in the centre) or to Burgeis at the foot of the castle Marienburg.

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DAY  
4

## Burgeis/Mals – Meran | approx. 65 km

Your day starts with a trip to Glurns (perfectly preserved medieval city walls). Then, you will cycle via the Montani ruins, through Schlanders, down to Merano. On your way, you will come across some pretty castles (mountaineer Reinhold Messner's castle Juval) and you will get marvellous views of the impressive mountain massif Ortlermassiv and the mountain pass Stilfserjoch. Since 2004, the Venosta train (Vinschgaubahn) has been operating again between Mals and Merano. You can almost always take this train to travel a part of your journey.

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DAY  
5**Passeiertal/Meran** | approx. 40 km

On the fifth day, you will have the opportunity to ride your bike into the Passeiertal valley to the Sandwirt inn (birthplace of the Tyrolean freedom fighter Andreas Hofer). Alternatively, you can hike on the famous Tappeiner trail or go shopping at the famous arcades of Merano.

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DAY  
6**Meran – Auer** | approx. 45 - 50 km

Today's stage will take you via Lana (Schnatterpeck Altar) and through numerous orchards and vineyards in the area of the South Tyrolean Wine Road, past many fortresses, castles, and ruins such as Hocheppan (famous frescos), to Lake Kalterer See. You will spend your night in the cosy wine town Auer.

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DAY  
7**Auer – Bozen** | approx. 35 km

Leaving the charming wine town behind you, you will cycle on flat routes through the Adige valley or via the Montiggler lakes (scenic, but more demanding route), past Sigmundskron to Bolzano (arcades, "Ötzi" museum).

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DAY  
8**Departure or extension**

# Tour character

You will cycle on bike paths in the river valleys of the Inn and Adige rivers. A bus will take you from Landeck to Nauders. From there you will cycle uphill 70 metres in altitude until you reach Reschenpass (mountain pass). Afterwards, you can enjoy cycling downhill for more than 1,200 metres in altitude to Bolzano. In order to stay on calm roads, cycling some small climbs will be necessary.



# Prices and events

Place of arrival: Innsbruck

	Season 1 27.04.2024 - 10.05.2024   28.09.2024 - 05.10.2024   Arrival Saturday and Wednesday	Season 2 11.05.2024 - 24.05.2024   07.09.2024 - 27.09.2024   Arrival Saturday and Wednesday	Season 3 25.05.2024 - 06.09.2024   Arrival Saturday and Wednesday
Innsbruck - Bolzano, 8 days, AT-ETRIB-08X			
Base price	1,149.00	1,239.00	1,299.00
Surcharge single room	319.00	319.00	319.00

Category: 3\*\*\*-hotels, in Innsbruck and Bolzano 4\*\*\*\*-hotels

# Additional nights

Place of arrival: Innsbruck

	Season 1 Apr 27, 2024 - May 10, 2024   Sep 28, 2024 - Oct 5, 2024   Arrival Saturday and Wednesday	Season 2 May 11, 2024 - May 24, 2024   Sep 7, 2024 - Sep 27, 2024   Arrival Saturday and Wednesday	Season 3 May 25, 2024 - Sep 6, 2024   Arrival Saturday and Wednesday
Innsbruck			
Double room p. P.	85.00	85.00	85.00
Single room	134.00	134.00	134.00
Bozen			
Double room p. P.	129.00	129.00	129.00
Single room	204.00	204.00	204.00

# Our rental bikes

Price

21-gears unisex incl. rental bike insurance	99.00
21-gear gents incl. rental bike insurance	99.00
rental bike PLUS incl. rental bike insurance	169.00
Electric bike incl. rental bike insurance	259.00
7-gears unisex incl. rental bike insurance	99.00
Prices per person in EUR	



# Services and infos

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## Services

- Accommodation as already mentioned
- Breakfast buffet
- Welcome briefing (German, English)
- Luggage transfer between the hotels
- developed route
- Detailed travel documents 1x per room
- 1x Bus transfer from Landeck - Nauders, incl. your bike
- Navigation-app and GPS-data
- Service hotline
- Bike rental, including rental bike insurance

## Infos

### Arrival / Parking / Departure


- Innsbruck train station
- Innsbruck and Munich airport
- Multi storey car park costs € 17,00 per day; to be paid for at the time, no reservation possible
- Return transfer by minibus to Innsbruck every Saturday morning, costs € 85,00 per person, extra € 39,00 for the transfer of your own bike, to be paid in advance, reservation is necessary
- Good train connections from Bolzano to Innsbruck

### Please note:

- Where visitor's tax is due, it is not included in the tour price!

# Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.

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 office@radreiseFreunde.at

**Book now**