

AUSTRIA & ITALY - FROM INNSBRUCK TO VERONA

8-days / 7-nights – inn-to-inn **SELF-GUIDED** cycling



The Tyrol mountains are some of the most stunning in Europe, and as Austrian as it gets with classic alpine landscapes, patchwork pastures and chiming cowbells. This wonderful and popular independent self-guided cycling holiday that takes you through a chocolate-box, picture-perfect classic landscape, with spectacular mountain views and traditional alpine villages.

The route follows the ancient trade trails from the capital of the Tyrol, Innsbruck, to the festival city of Verona, the setting of Shakespeare's 'Romeo & Juliet'. Follow the valleys of the Eisack and Adige Rivers along old railroad tracks and dam pathways that have been converted into modern cycle paths, enjoying impressive towns and mountain views without the constant disruption of traffic. Visit the cities of Bressanone, Bolzano, and Trento, which are cultural highlights, and enjoy the breathtaking countryside views over the Brennero pass at 1,370 meters, overlooking orchards and vineyards.

Over several days of easy to moderate cycling you will find a lot of diversity, from nature to culture and cuisine, this tour has something to offer for everyone! The stages are occasionally hilly, only a few mid-range ascents and many regular downhill sections.

Departs: Every Saturday from 25 April to 03 October 2026

Cost from: \$2280 per person (twin share) Single room supplement from \$765
Mid / High season supplement \$180 - \$310 per person applies from mid-May to late September

Also available: Upgraded hybrid bike: \$160 per bike (higher-spec bike, available in crossbar frame only)
Gravel bike: \$200 per bike E-bike hire supplement: \$380 per bike

Inclusions: 7 nights' accommodation with ensuite bathrooms in 2, 3-star and 4-star hotels; 7 breakfasts; luggage transfers; welcome briefing; transfer on day 2; hire of multi-geared touring bike with pannier, lock, repair kit and bike insurance; digital documents including route book, navigation app & GPS data; emergency telephone hotline.

Not Included: Other meals, drinks, sightseeing, local city taxes (paid locally), personal expenses. Printed route book and maps are available for a supplement (1 set per room) – please ask when booking. Bike helmets are not available, so we recommend you bring your own and wear it for safety, fit and hygiene purposes.

Cycling Route: Easy to Moderate - on bike paths, tarmac roads (some with dedicated bike lanes). At times hilly with intermediate ascents and downhills.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested Itinerary:

Day 1 Saturday: Arrive in Innsbruck

Arrive in Innsbruck mid to late afternoon and make your way to your hotel for a welcome briefing and bike fitting. Afterwards we recommend a visit to the old town to see the city tower with its Golden Roof.

Day 2 Sunday: Innsbruck to Bressanone

cycling @ 50km

After breakfast, transfer (by train or minibus – approximately 40 mins) up to the Brenner pass, the border between Austria and Italy. From the small village of Brenner, you cycle on a newly extended bike path, mostly along the river Eisack, first to the little town of Gossensass, through Sterzing, and then to the once mighty city of the Fugger. Continue to Thumberg, to the beautiful Reifenstein Castle, and via Stilfes and Mittenwald to Franzensfeste with its famous fortress. The bike path continues to the beautiful and quiet Lake Varna, to Varna and finally to Bressanone, where you spend the night.

Day 3 Monday: Bressanone – Bolzano

cycling @ 40km

Start by cycling through the Dürer town Chiusa along the river Eisack to Waidbruck, where you have a stunning view of Castle Trostburg. Here, the valley gets narrower and leads into the Bolzano basin, surrounded by vineyards. Bolzano is a fascinating city where two cultures, Austrian and Italian, meet. Perhaps visit the South Tyrol Archaeological Museum with Ötzi the Iceman.

Day 4 Tuesday: Bolzano – Ora

cycling @ 30km

Cycle through numerous orchards and the vineyards that surround the South Tyrolean Wine Route, past many castles and ruins, to the wine village Appiano and further to Lake Caldaro (Kalterersee). Stay overnight in the cosy wine town Ora. Perhaps sample some of the aromatic dry whites of the South Tyrol wine region.

Day 5 Wednesday: Ora – Trento

cycling @ 50km

The day's ride is mostly on the beautiful bike path along the river Adige. You pass through beautiful orchards to Salorno, where the German speaking South Tyrol ends. Pathways alongside dams and on levees lead to Trento with its lovely old town. Here perhaps visit the Trento Cathedral that sits on Piazza Duomo featuring a rose window and a baroque style chapel.

Day 6 Thursday: Trento – Ala / Rivalta

cycling @ 45-60km

As you continue riding, the Adige valley gets narrower, the mountain ranges come closer together. Impressive castles tower above which for many centuries guarded this important trade route. We recommend a visit to Rovereto and the city of Mozart, Ala. Then you continue on the bike path to Rivalta.

Day 7 Friday: Ala / Rivalta to Verona

cycling @ 50-65km

The final day of riding takes you along the well-developed bike trail along the Adige River into Verona, with its bustling city centre and pretty piazzas. Perhaps visit the well-preserved 1st century amphitheatre, stroll the historic streets of the old town and enjoy regional food and wine from the Veneto hinterland.

Day 8 Saturday: Tour ends in Verona

Tour ends after breakfast. Ask about adding extra nights of accommodation to explore more of Verona.

Outdoor Travel offer many self-guided or small group inn-to-inn cycling tours in Europe. Other river rides include **Passau to Vienna** along the Danube or **Prague to Dresden** on the Elbe. There are rides in Italy, Spain, France, Germany, Holland, Belgium, Ireland, England or Scotland, Hungary, in the Czech Republic and New Zealand.

Contact Outdoor Travel direct for more details and reservations

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