

SWITZERLAND & AUSTRIA - FROM ST MORITZ TO INNSBRUCK

7-days / 6-nights – inn-to-inn **SELF-GUIDED** cycling along the Inn River Trail



A wonderful and popular independent self-guided cycling holiday that takes you through a chocolate-box, picture-perfect classic alpine landscape, with spectacular mountain views and traditional alpine villages. The route avoids the high slopes and steeper hills by following the well-signposted and clearly defined Inn River Bike Trail, one of a network of trails from the fashionable mountain resort of St Moritz to the city of Innsbruck in Austria.

Following a well-made and popular designated trail, the **Inn Bike Trail** starts in St Moritz and takes you through the breathtaking countryside of the wide Upper Engadine Valley, over several days of easy to moderate cycling, partly on bike paths or on roads, some of which have dedicated bike lanes, partly on wood trails or gravel paths. The stages are occasionally hilly, with two to three mid-range ascents and many regular downhill sections. The scenery changes frequently from the forested terrain of the Swiss National Park to panoramic mountain views and picture-perfect Engadine villages such as Zernez, Zuoz, Lavin, Guarda, Ftan and Scuol.

In the Finstermünz Gorge you cross the border into the Austrian province of Tyrol and here the country, the currency and the scenery changes. Passing the Tyrolean towns of Hall and Schwaz you see many churches, monasteries, gorges and gardens before reaching the former Olympic city of Innsbruck.

Departs: Every **Saturday** from 25 April to 3 October 2026

Cost from: **\$2645** per person (twin share) Single room supplement from \$635
Mid / High season supplement **\$70 - \$180** per person applies for departures 9 May – 25 September

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

Inclusions: 6 nights' accommodation with ensuite bathrooms in 3-star and 4-star hotels; 6 breakfasts; luggage transfers; 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 tunnels and dedicated bike lanes) or on wood and gravel paths. At times hilly with intermediate ascents and downhills.



Suggested Itinerary:

Day 1 Saturday: Arrive in St Moritz

Arrive in St Moritz mid to late afternoon and make your way to your hotel.

Day 2 Sunday: St. Moritz – Zernez

cycling @ 35km

Collect your bikes after breakfast at around 10.00am and start along your cycling route through the elevated valley of the Upper Engadine as far as Zernez. Right from the outset there are a few inclines, but you'll be rewarded with interesting sightseeing such as in Samedan (the Old Tower), La Punt (early gothic San-Andrea church with many frescos) and in Zuoz (stained glass windows in the San Luzi church). Then follow the Inn River to Zernez, the entrance to the National Park.

Day 3 Monday: Zernez – Scuol

cycling @ 35km

Your route is a panoramic one through typical Engadine villages. First to Lavin, which is a beautifully preserved old mountain village, then the village of Guarda ("Look!") named for its beautiful views. End the day in Scuol, a spa town with the Bogn Engiadina spa. You can also visit the Tarasp castle, a majestic landmark of the Engadine. Scuol offers something for everyone so why not let off steam in the Bike Park (on the downward slopes) or simply relax and recover from the day's adventures in the Bogn Engiadina spa.

Day 4 Tuesday: Scuol – Prutz / Ried

cycling @ 55km

From Scuol you cycle through Martina until you reach the border with Austria. Then ride through the villages of Pfunds and Tösens to Ried. In Pfunds, look out for Kaiser Maximilian's hunting castle. The cycling follows the Inn River through the Finstermünzer Schlucht (gorge) and into the town centres of Stuben and Pfunds in Tyrol.

Day 5 Wednesday: Prutz / Ried – Imst

cycling @ 40km

Pedal through the Tyrolean Inn valley with picturesque mountain scenery in every direction. Ride through the "Obere Gericht" (Upper Court) from Ried to Prutz and down to Landeck, where the ruins of the 13th Century castle have a museum and the Gerberbrücke is a symbol of the Tyrolean struggle for freedom. You pass the Zams monastery and through Milser Au to Imst, a city of fountains, churches and chapels, and well known for its sunny position. We do recommend a visit to the Rosengartenschlucht (rose garden gorge).

Day 6 Thursday: Imst – Innsbruck

cycling @ 65km

Today offers an attractive but demanding ride so an early start is advised. Going over the Karrer Höhe you come to Stams, where you can see the Zisterzienserstift Stams, perhaps the most famous monastery in Austria. There are numerous small churches and ruins along the Inn River Valley. Passing the Martinswand you arrive in Innsbruck, an historic town with much to see and explore. Allow time to see the Goldenes Dachl (Golden Roof) and climb the tower in the old centre beside the river. Nearby Hofburg, Hofgarten and Helbinghaus are worth visiting but your bikes must be returned in the afternoon.

Day 7 Friday: Tour ends in Innsbruck

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

Contact Outdoor Travel for more details and reservations

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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 Vienna to Budapest. There are rides in Italy, Spain, France, Germany, Holland, Belgium, Ireland, England or Scotland, Hungary, in the Czech Republic and New Zealand.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations