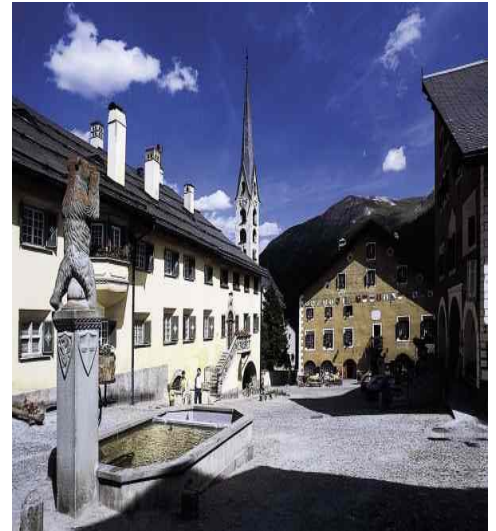


SWITZERLAND & AUSTRIA - FROM ST MORITZ TO INNSBRUCK

7-days / 6-nights – Self-guided inn-to-inn cycling along the Inn River Trail



A glorious independent self-guided cycling holiday that takes you through a chocolate-box-picture perfect classic alpine landscape, past spectacular mountain views and traditional historic villages. We avoid the high slopes and steeper hills by following the well-signposted and clearly defined Inn River Bike Trail from the fashionable mountain resort of St Moritz to the beautiful city of Innsbruck in Austria.

Enjoyed by Lochie Daddo on Australia's Channel 9 TV Travel Show 'Getaway' and still one of our most popular cycling holidays in Europe.

A well-maintained and popular trail, the **Inn Bike Trail** starts in St. Moritz and over 7-days of easy to moderate cycling takes you through the breathtaking countryside of the wide High Engadine Valley.. 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, Susch, Lavin, Guarda, Ftan and Scuol.

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

Cost: AU\$1195 per person twin share
Single room supplement if required AU\$250

Departs: Every Saturday from 18th May – 15th September 2012

Also available: Half Board : \$275 supplement per person
Electro-bike hire : \$260 supplement per bike

Inclusions: Accommodation in hotels and guest houses - 3-star standard along the route and in Innsbruck 4-star, all with ensuite bathrooms and with buffet breakfast each day, 6 dinners on the Half Board option only (at least a 3-course dinner each night), luggage transfers from hotel to hotel, multi-gear bike hire, detailed travel notes and route maps, sight-seeing suggestions, important telephone numbers and an emergency service telephone hotline number

Not Included: Lunch, dinner (except half board option), other meals, drinks, sightseeing, personal expenses

Cycling Route: Easy to Moderate - partly on bike paths, partly on wood and gravel paths. The stages are at times hilly, with two to three intermediate ascents and a lot of regular down hills. Total distance is @ 226km

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Suggested Itinerary:

DAY 1 Saturday: Arrive in St. Moritz

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

DAY 2 Sunday: St. Moritz – Zernez – cycling distance is approximately 35km

Collect your bikes after breakfast at @ 10.00am and start along your cycling route through the elevated valley of the Upper Engadine as far as Zernez. Right from the outset you'll have to cope with some 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 35km

Today you'll cycle on a panoramic route through typical Engadine villages. First to Lavin, which is a beautifully preserved old mountain village. The next is the village of Guarda ("Look!") based on the beautiful views. You will end today 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 – Ried 55km

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

DAY 5 Wednesday: Ried – Imst 40km

Cycle today through the famous Tyrolean Inn valley, surrounded by picturesque mountain scenery. Through the "Obere Gericht (Upper Court)" from Ried to Prutz and down to Landeck (a ruined castle with museum - Schrofenstein and to Gerberbrücke a showplace of the Tyrolean struggle for freedom). You pass the Zams monastery and through Milser Au to Imst (town of the wells, lots of churches and chapels).

We recommend a visit to the Rosengartenschlucht (rose garden gorge). Imst is well known for its sunny position.

DAY 6 Thursday: Imst – Innsbruck 65km

Today there is an attractive but demanding stretch ahead of you so we suggest an early start. Going over the Karrer Höhe you'll come to Stams, where you can see the Zisterzienserstrift Stams (collegiate church with rose gardens), the most famous monastery in Austria. There are also numerous small churches and ruins along the Inn River Valley and passing the Martinswand you come to your destination for today: the Olympic city of Innsbruck, an historic town with much to see and explore, especially in its old centre.

Make time to see the Goldenes Dachl (Golden Roof), the town tower, Hofburg, Hofgarten, and Helbinghaus. The bikes have to be returned in the afternoon.

DAY 7 Friday: Innsbruck and individual departure

Tour ends after breakfast. If time allows you should explore the Olympic city of Innsbruck before you leave.

This is one of the many self-guided or small group inn-to-inn cycling tours **Outdoor Travel** offer in Europe, other river rides include Passau to Vienna along the Danube or Vienna to Budapest. Other destinations include several areas of Italy, Spain, France, Germany, Holland, Belgium, Ireland, England and Scotland, Hungary, in the Czech Republic, New Zealand & Australia.

Outdoor Travel also offer group guided Bike & Barge cruises in many destinations including France, Holland, Germany, Italy, the Dalmation Coast of Croatia, the islands of Greece & the Lycian coast of Turkey

Contact Outdoor Travel direct for more details and reservations

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