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## *Lake Resia – Lake Garda*

### ALONG THE ADIGE CYCLE PATH TO LAKE GARDA.

This tour along the Adige, one of the longest rivers in Italy, impresses with a very special route. After the start, only a few kilometres after the Austrian border, the area becomes a bit more Mediterranean with every turn of the pedal. The unique natural scenery leads past lakes, through gorges, vineyards and enchanting cities to the largest lake in Italy – Lake Garda. Don't just enjoy the Italian 'Dolce Vita', walk in the footsteps of Reinhold Messner and meet Ötzi the Ice Man.

### *Details about the cycle tour Reschensee – Lake Garda*

The stage destinations of this tour read like a 'who's who' of Italian cultural highlights. On day 3 you roll down to Merano with a view of the mighty Ortler massif. Day 4 takes you to Bolzano, where wine, pasta and pizza taste even more delicious in front of the imposing mountain backdrop. Be it a shopping spree or historical voyage of discovery – you should definitely explore the alleys and arcades of the old town.

Accompanied by orchard and grapevines you continue to Trento, where the beauty of the architecture will take your breath away – there's a reason why it's also known as the 'painted city'.

### *Highlights of the 7-day cycle tour Reschensee – Lake Garda*

- **Magnificent panorama of the Ortler:** The Ortler summit reaches 3,905 metres and is a popular destination for alpinists. Passing castles and palaces, on the way to Merano you can also enjoy a great panoramic view of the mountain range 'from below'.
- **South Tyrolean wine and fruit in the Vinschgau:** Apple orchards, apricot cultivation and grapevines characterise this climatically unusual area in South Tyrol. Whether Vernatsch, Pinot Blanco or Gewürztraminer – taste the fine wines where they grow.
- **The spa town of Merano:** The air is pure! Merano is considered to be a climatic health resort. A visit to the thermal baths or the botanical gardens at Trauttmansdorff Castle brings pure relaxation.

- **The Lake Garda towns of Torbole and Riva:** Limoncello or cappuccino? You can enjoy both at your destination! There is a lot to discover. In the past Torbole was considered a fishing and lumberjack village, that has changed – today it is a Mecca for surfers and sailors! Meanwhile, in the glamorous Riva del Garda you can stroll and soak up the Italian way of life.

## *Useful information about the cycle tour Reschensee – Lake Garda*

Although there are some small inclines to master, this tour is 1,500 metres downhill and is therefore suitable for every cyclists – the tour is also available for families. In addition, the Adige cycle paths are really great.

- Cycling in South Tyrol is simply fantastic.

### *Easy*



7 Days / 6 Nights



Self-guided Tour

### To the online version



# Itinerary

DAY  
1

## *Arrival in Reschen*

In the evening, you have a personal tour information and the handover of rental bikes.

Sample hotel: [Villa Claudia Augusta](#)

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DAY  
2

## *Reschen – Schlanders*

| approx. 45 km

Today you will cycle along Lake Reschensee with a great view of the sunken church of Graun until you reach the medieval village of Glurns (perfectly preserved medieval city walls). Your destination is Schlanders, the capital of the famous Vinschgauer.

Sample hotel: [Goldene Rose](#)

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DAY  
3

## *Schlanders – Merano*

| approx. 40 km

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 while you are rolling down on your bike into the tranquil Merano with its Mediterranean vegetation.

Sample hotel: [Villa Laurus](#)

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DAY  
4

## *Merano – Bolzano*

| approx. 30/45 km

Two paths lead to Bolzano: One along the Adige River and another through the impressive landscape of orchards via Lana and Eppan. Here you can find the Messner Mountain Museum in the well-restored ruin of Sigmundskron. Ötzi – the man from the ice – is worth a visit.

Sample hotel: [Mondschein](#)

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DAY  
5*Bolzano – Trento*

approx. 70 km

From Bolzano, you will cycle along the river Eisack and later along the river Adige on a beautiful bike path that is rich with orchards to Salurn, where the German speaking part of South Tyrol ends and afterwards to the historic centre of Trento accompanied by the vineyards of “Teroldego” vines.

Sample hotel: [NH Trento](#)

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DAY  
6*Trento– Torbole/Riva*

approx. 50 km

Today, you will cycle on bike paths along the river Adige via the old Tyrolean border town of Rovereto to Mori. From here, the route leads westward to Lake Garda. After a short climb onto Passo S. Giovanni (150 metres) you will head down to the lake and Torbole, Riva, or Arco.

Sample hotel: [Corallo](#)

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DAY  
7*Departure or extension*

# *Tour character*

You will cycle on beautiful bike paths mainly along the Adige River. The route will lead you from the Reschenpass (mountain pass) almost 1,500 metres in altitude downhill to Lake Garda. However, you will have to cycle some small climbs too. Overall, you will find yourself on beautiful bike paths and country lanes. Unfortunately, moderate traffic is unavoidable on some short connecting roads.

# Prices and events

*Place of arrival: Reschen*

	<b>Season 1</b> 29.04.2023 - 05.05.2023   30.09.2023 - 07.10.2023   Arrival Friday, Saturday, Sunday and Monday	<b>Season 2</b> 06.05.2023 - 26.05.2023   09.09.2023 - 29.09.2023   Arrival Friday, Saturday, Sunday and Monday	<b>Season 3</b> 27.05.2023 - 08.09.2023   Arrival daily
<b>Lake Reschen - Lake Garda, 7 days, IT-ETRRG-07X</b>			
Base price	879.00	999.00	1,059.00
Surcharge single room	299.00	299.00	299.00

Category: 3\*\*\*- and 4\*\*\*\*- hotels

# Additional nights

*Place of arrival: Reschen*

	<b>Season 1</b> Apr 29, 2023 - May 5, 2023   Sep 30, 2023 - Oct 7, 2023   Arrival Friday, Saturday, Sunday and Monday	<b>Season 2</b> May 6, 2023 - May 26, 2023   Sep 9, 2023 - Sep 29, 2023   Arrival Friday, Saturday, Sunday and Monday	<b>Season 3</b> May 27, 2023 - Sep 8, 2023   Arrival daily
<b>Reschen</b>			
Double room p.P.	79.00	79.00	79.00
Surcharge single room	19.00	19.00	19.00
<b>Torbole/Riva</b>			
Double room p.P.	89.00	89.00	89.00
Surcharge single room	45.00	45.00	45.00

# Our rental bikes

*Filter*

21-gears unisex incl. rental bike insurance	99.00
21-gear gents incl. rental bike insurance	99.00
7-gears unisex incl. rental bike insurance	99.00
Rental bike PLUS incl. rental bike insurance	159.00
Electric bike incl. rental bike insurance	239.00
Prices per person in EUR	

# Services and infos

## Services

### Included:

- Accommodation as already mentioned
- Breakfast
- Welcome briefing (German, English)
- Luggage transfer
- EUROBIKE developed route
- Detailed travel documents 1x per room (German, English)
- 1 x pistachio ice-cream on the way to Lake Garda
- Navigation-App and GPS-data available
- Service hotline

### Optional extras:

- Bike rental, including rental bike insurance
- Return transfer by minibuss to Reschen every Saturday, Monday morning and Tuesday (occasionally) afternoon, costs € 95 per person, € 29 extra for your own bike,- to be paid in advance, reservation is necessary

## Infos

### Arrival / Parking / Departure:

- Landeck train station (North Tyrol), public bus to Reschen
- Innsbruck, Munich or Verona airport
- Car park costs approx. EUR 40 per week
- Public bus to Rovereto and train connections via Bolzano and Merano to Mals, public bus to Reschen

### Please note:

- Tourist tax, if due, is not included in the price!
- Further important information according to the package travel law can be found [here!](#)



## Contact & booking

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



**Vanessa Bräumann, Travel specialist &  
Team lead assistant**



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**Book now**

