






ON THE CYCLE PATHS THROUGH SOUTH TYROL

 Self-guided tour

 Bike tour

 280-300 km

 Easy

Duration: 8 days / 7 nights

14 years and older



DESCRIPTION

South Tyrol would like to tempt you on a two wheel trip! You will get to know all about this little country, its flair and specialities. The unspoilt nature with its roaring rivers, the mountains and lakes with their legends, customs, and a culture of a country influenced by history, and the South Tyrolean hospitality with its specialities and excellent wines. This bike tour takes you along the cycle paths from eastern Pustertal and the Dolomites to the capital town of Bolzano; to lake Kalterer See, the spa town of Merano and into the Vinschgau Valley. A transfer takes you over the Jaufen Pass and from there you cycle to the town of Vipiteno where you get back and cycle to the Bishop's town of Bressanone, official seat of the Bishop and provincial Diocese kekw of the Catholic Church. An easy tour for everyone! In the last few years, the bike paths in the valleys have been reconstructed and in some cases, newly built. Although South Tyrol is better known for its mountains, you can also find easy bike paths in the valleys without great differences of altitude.

DETAILED ROUTES

Day 1: Brixen/Bressanone

Individual arrival at the hotel in Brixen/Bressanone.

Day 2: Brixen/Bressanone – Hochpustertal – Brixen/Bressanone

(approx. 65 km)

In the morning transfer from Bressanone to Dobbiaco. Bike delivery in Dobbiaco. Today's tour takes you along the cycle path past the well-known valley Pragsertal, which stretches to the south. Following the river Rienz, the bike path goes past the Olang dam and onto the Michael Pacher town of Brunico. Continue on through the Pustertal Valley, pass the Mühlbacher Klause ruins and enter into the Eisacktal Valley. Shortly before Bressanone, you can visit the Neustift Abbey, and the historical centre in Bressanone is well worth a visit too.

Day 3: Brixen/Bressanone – Bozen/Bolzano

(approx. 40 km)

Starting in Bressanone, you follow the Eisacktal Valley bike path alongside the river Eisack and cycle through the many vineyards which mainly produce white wine, past the picturesque town of Chiusa which is worth stopping to look at, and onto the capital town of Bozen/Bolzano. Bolzano itself has much to offer, the arcades, the lawns by the river, a visit to the Ice Man in the Archaeological Museum or sitting and drinking a coffee in one of the many cafes in the town.

Day 4: Bozen/Bolzano – Eppan/Appiano – Lake Kalterer See – Bozen/Bolzano

(approx. 45 km)

Tour in the famous wine growing areas around lake Kalterer See. Passing by Castle Sigmundskron, you first cycle to Appiano, the largest wine growing area in South Tyrol. Appiano has a superb compilation of innumerable castles, manor houses, churches and farms. After Appiano you carry on towards Caldaro. Those who want can take a detour at San Michele to the idyllic Montiggler lakes and have a swim. The village of Caldaro is worth visiting, as well as the Wine Growing Museum. Just past Caldaro you arrive at the lake before turning into the Etsch cycle path back to Bolzano.

Day 5: Bozen/Bolzano – Meran/Merano

(approx. 35 - 40 km)

You leave Bolzano via Sigmundskron Castle and then follow the Wine Road through the orchards. The famous South Tyrolean apples come from this area. The oldest winery in South Tyrol which is situated in Andriano lies on the way. From here you carry on to Terlano, Nalles and then to Lana, which is worth visiting, before arriving in the spa town of Merano. While in Merano, don't forget to visit the Botanical Gardens at Schloss Trauttmansdorff.

Day 6: Meran/Merano – Mals/Malles – Meran/Merano

(approx. 60 km)

The train takes you from Merano to Malles in the Vinschgau Valley. From here you can cycle through the whole valley towards Merano. The first stop is in Glorenza, the smallest town in South Tyrol, and you carry on through the orchards to Prato allo Stelvio, Lasa, Silandro, Naturno and then back to Merano.

Day 7: Meran/Merano – Jaufenpass – Sterzing/Vipiteno – Brixen/Bressanone

(approx. 35 - 50 km)

SOUTH TYROL... JUST LIKE THAT

Transfer from Merano to the Jaufenpass (2,092 m) and then on to Vipiteno. You may cycle also downhill from the top of the Jaufenpass through the countryside and enjoy the wonderful scenery! From Vipiteno you cycle southwards along the cycle path through the Eisacktal Valley to the former customs checkpoint at Fortezza and then heading back to the bishop town Bressanone.

Day 8: Brixen/Bressanone

Individual departure from Brixen/Bressanone or possibility to extend your stay.

GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 280-300 km
- **Starting point:** Brixen
- **Arrival:**

By car: On the Brenner/Brennero motorway (A22) to Brixen/Bressanone or over the Felbertauernstraße to Lienz in Eastern Tyrol (Austria) and then on further through the valley Pustertal/Val Pusteria on the SS49 to Brixen/Bressanone.

By train: Take a train from Innsbruck to Brixen/Bressanone. Arriving from the south over Verona and Bozen/Bolzano to Brixen/Bressanone. Arriving from east over Lienz to Brixen/Bressanone. Timetable available on: www.deutschebahn.de, www.oebb.at, www.trenitalia.com.

By plane: Nearest airports are Innsbruck airport (approx. 83 km), Verona Villafranca airport (approx. 191 km), Treviso airport (approx. 228 km), Venice Marco Polo airport (approx. 313 km).

- **Accommodation:**

Standard: hotels 3*** and 4**** category;

Charme: chosen hotels of the higher 4**** category

Attention: Tourist tax – if requested – has to be paid on the spot!

- **Parking:**

Parking facilities at Brixen/Bressanone at the hotel of your arrival; Reservation not possible; to be paid directly at the hotel.

- **Rental bikes:**

- 21-gears women's or men's bicycle
- Rental bike TOP (unisex model – man model on request)
- E-bike (unisex bike, 500 W battery; range up to 100 km)

It is possible to add a rental bike disclaimer to your booking. Price is € 24.00 per trekking bike and € 49.00 per TOP bike/ e-bike /mountain bike. For more information we recommend to review our Terms and Conditions.

INCLUDED SERVICES

- Accommodation in hotels of the chosen category
- Breakfast buffet or full breakfast
- Videobriefing
- Luggage transfer from hotel to hotel
- All transfers according to the programme:

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner (if not booked halfboard)
- Not mentioned entries

SOUTH TYROL... JUST LIKE THAT

Bressanone – Alta Pusteria, Merano – Malles,
Merano – Jaufenpass – Vipiteno

- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Navigation APP
- Telephone service hotline for the entire tour

- Rental bikes and travel insurance

- All not expressly mentioned under the item „Included services“

SOUTH TYROL... JUST LIKE THAT

STARTING DATES

Available - arrival possible
Not Available
Available for groups from 6 persons and on request

May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
					3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

PRICES

Standard

Package price in a double room	Arrive 03/05/2025	799 €
Package price in a double room	from 07/05/2025 to 21/05/2025	889 €
Package price high season	from 24/05/2025 to 10/09/2025	969 €
Single room surcharge		269 €

Additional services

Rental bike 21-gear (men) 8,7	99 €
Rental bike 21-gear (women) 8,7	99 €
own bike	0 €
Rental bike TOP (men) 8,7	169 €
Rental electric bike 8,7	269 €

TOP bike (unisex) 8,7 169 €

Additional nights

See ebsite

charme

Package price in a double room from 07/05/2025 to 21/05/2025 1.379 €

Package price high season from 21/08/2024 to 10/09/2025 1.469 €

Single room surcharge 329 €

Additional services

Rental bike 21-gear (men) 8,7 99 €

Rental bike 21-gear (women) 8,7 99 €

own bike 0 €

Rental bike TOP (men) 8,7 169 €

Rental electric bike 8,7 269 €

TOP bike (unisex) 8,7 169 €

Additional nights

See ebsite