






## DISCOVERING THE ENCHANTING ALPINE BEAUTY BETWEEN EAST TYROL AND SOUTH TYROL

 Self-guided tour

 Bike tour

 312-312 km

 Easy

Duration: 8 days / 7 nights

14 years and older



## DESCRIPTION

This cycling tour begins in the sunny town of Lienz in East Tyrol. The stages will take you to the surroundings of Lienz, in the Virgin Valley at the foot of the Großvenediger, Matrei in Osttirol and Spittal an der Drau in Carinthia. In the middle of the week a transfer will take you to Hochpustertal in South Tyrol, the starting point for the following days. You will cycle to Cortina d'Ampezzo, Bruneck and Brixen. On the last day of the cycling tour, you will cycle from Hochpustertal across the border into Austria back to the starting point in Lienz. This cycle tour is a varied tour that combines nature and culture. The route runs on cycle paths or along very quiet side roads through small villages and idyllic landscapes. The cycling tour is suitable for children over 14 years.

## DETAILED ROUTES

### 📍 Day 1: Arrival in Lienz

Individual arrival at the hotel in Lienz.

### 📍 Day 2: round trip Lienz to Lake Tristach

(approx. 28 km)

Starting in Lienz, you will cycle to the Galitzenklamm gorge, a well-known water nature trail. From the Galitzenklamm gorge you will leisurely cycle up to Lake Tristach. The route takes you also to Lavant, where you can visit a late Roman-early medieval settlement mound. Another sight worth seeing is in Dölsach - the Aguntum, an ancient Roman town. This archaeological park is well worth a visit!

### 📍 Day 3: Lienz - Matrei in Osttirol - Lienz

(approx. 30 km)

In the morning you have a transfer to Matrei in Osttirol. The cycle path takes you lightly downhill to Lienz. You cycle through picturesque mountain landscapes and charming villages.

### 📍 Day 4: Lienz - Spittal a. d. Drau - Lienz

(approx. 74 km)

Along the cycle path you will find idyllic villages such as Oberdrauburg and Sachsenburg with their beautiful historic centres. Nearby the lake in Greifenburg invites you to swim. You cycle through cool meadows and cultivated rural landscapes, framed by mountain forests and alpine pastures. At the end of the stage, you will take the train from Spittal an der Drau back to Lienz..

### 📍 Tag 5: Lienz - Toblach - Cortina - Toblach

(approx. 59 km)

In the morning you take the train from Lienz to Toblach. From there you cycle past Toblacher See to the Three Peaks View spot and then on to Lake Dürrensee and finally to the highest point, Gemärk/Cimabanche. From there, the cycle path leads you gently downhill on a unique route, with tunnels of the former railway, which are illuminated especially for cyclists, until you reach Cortina d'Ampezzo.

### 📍 Tag 6: Toblach - Bruneck - Brixen - Toblach

(approx. 72 km)

Starting from the highest point in Dobbiaco, the cycle path winds along the river Rienz through the villages of the valley to Brunico, a very cozy town. Visit Bruneck Castle with the Messner Mountain Museum or the Folklore Museum in Dietenheim. Afterwards, continue cycling gently downhill to Brixen, one of the most beautiful towns in the Alpine region. From Bressanone you will take the train back to Dobbiaco.

### 📍 7. Tag: Toblach - Sillian- Lienz

(approx. 49 km)

You leave Dobbiaco and reach Innichen before crossing the nearby Italian-Austrian border near Winnebach to Sillian. In Sillian you will find the Loacker company with its delicious biscuits and excellent cappuccino. You cycle slightly downhill along the Drava river to Lienz, the starting point of your tour.

### 📍 Day 8: Departure

# EAST TYROL & SOUTH TYROL DOLOMITES

Individual departure or possibility to extend your stay.

# EAST TYROL & SOUTH TYROL DOLOMITES

## GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 312-312 km
- **Starting point:** Lienz
- **Arrival:**

**By car:** on the Brenner/ Brennero way (A22) to Brixen/Bressanone – take the exit Franzensfeste, Pustertal – then through Pustertal/ Valle Pusteria (SS49) to Lienz or drive along the Felbertauernstraße to Lienz in Eastern Tyrol.

**By train:** to Innsbruck over the Brenner/ Brennero to Franzensfeste/Forтеzza. Change the train to Lienz. Timetables at: [www.deutschebahn.de](http://www.deutschebahn.de), [www.oebb.at](http://www.oebb.at), [www.trenitalia.com](http://www.trenitalia.com).

**By plane:** low cost flights to Treviso, Venice Marco Polo, Ronchi dei Legionari (Trieste) or Innsbruck airport. On request we organise transfers from the airport to the starting point of the tour.

- **Accommodation:**

Hotel 3\*\* and 4\*\*\* category in Lienz and Toblach/Niederdorf

**Attention:** Tourist tax, if requested, has to be paid on the spot.

- **Parking:**

Free and unguarded parking facilities for the duration of the bicycle tour at a nearby public parking area (no reservation possible).

- **Rental bikes:**

- 21-gears women's or men's bicycle
- Rental bike TOP (Unisex model - male model on request)
- E-Bike (unisex model, 500 Watt 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.

- **Transfer:**

### INCLUDED SERVICES

- Accommodation in hotels 3\*\* or 4\*\*\* category in Lienz and Toblach/Niederdorf
- Breakfast buffet or full breakfast
- Dinner (3 course evening meal)
- Videobriefing

### 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
- Not mentioned entries

# EAST TYROL & SOUTH TYROL DOLOMITES

- Transfers according to program
- Train tickets
- Luggage transfer
- 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“

# EAST TYROL & SOUTH TYROL DOLOMITES

## STARTING DATES

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

### 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	

### 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 with half board	from 24/05/2025 to 21/09/2025	1.229 €
Package price high season	from 14/06/2025 to 12/09/2025	1.329 €
Single room surcharge		289 €

### 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