



FROM THE BANKS OF RIVERE ISAR TO THE ADRIATIC SEA

 Self-guided tour

 Bike tour

 635-665 km

 Medium

Duration: 11 days / 10 nights

Suitable from 16 years old



DESCRIPTION

The “Munich-Trieste” cycle route combines intense cycling enjoyment with the unforgettable experience of crossing the Alps from Germany via Austria to Italy and on to the Adriatic Sea. Following well-developed cycle paths, signposted cycling routes, and quiet side roads, active leisure cyclists discover three countries with their diverse tourism regions, as well as numerous impressive natural and cultural highlights. The “Munich-Trieste” route leads from the Isar metropolis of Munich past Bavarian lakes and along idyllic river courses, through the Tyrolean Inn Valley and alpine landscapes, and onward to Friuli-Venezia Giulia, until you finally reach the port city of Trieste, with its unique blend of sea, history, and Central European flair. The cycling tour from Munich to Venice is a varied tour. The most demanding stages over the Alps (Innsbruck-Brenner) can be shortened by train or bus. The tour is suitable for children over 16 years. Changes in the offer as well as errors, printing errors and arithmetic errors reserved. If the minimum number of participants has not been reached, we reserve the right to cancel the trip up to four weeks before the “arrival date.” We recommend arranging your travel to and from the destination only after this deadline. Starting point: Munich with exception for Oktoberfest: from 18/09/2026 to 05/10/2026 no arrival in Munich is possible. Alternatively, the tour starts in Bad Tölz. Train tickets to get to the starting point in Munich are included in the tour price



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during this time.

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DETAILED ROUTES

📍 **Day 1: Arrival to Munich**

Individual arrival to the first hotel in Munich.

📍 **Day 2: Munich – Bad Tölz**

📍 **(approx. 60 km)**

You leave Munich along the river Isar and will find yourself in the midst of untouched nature landscapes and dense forests. You will cycle past abbeys, bavarian villages and across the Isar wetland you reach Bad Tölz, a picturesque old town.

📍 **Day 3: Bad Tölz – Schwaz/Jenbach or Maurach**

📍 **(approx. 68-77 km)**

Also today you will follow the river Isar until you reach lake Sylvenstein. Cycling through the Karwendel nature park you pass the german-austrian border arriving to the holiday destination Achensee and its mountain lake „Achensee“. Go in for a boat trip on the lake before continuing your way down to the Inn valley and ending your stage in Maurach/Jenbach or Schwaz.

📍 **Day 4: Schwaz/Jenbach oder Maurach – Mühlbach / Brixen (Bressanone)**

📍 **(approx. 96 km or 88 + train, ticket included)**

From Jenbach or Schwaz you cycle on the cycling path - the river Inn along – into Tyrol's capital Innsbruck. Visit the historic city with its famous „Goldene Dachl“ (Golden Roof) or go on an excursion on Mount Isel with its ski-jump or the Tirol Panorama. The demanding part from Innsbruck to the Brennero pass, border between Austria and Italy and at the same time watershed and cultural axis, will be done by transfer (train or bus). Only a few buildings remind of the former border between the two European countries. From the Brennero you cycle along the old railway track to Vipiteno and further on to Fortezza and Mühlbach / Brixen.

📍 **Day 5: Mühlbach / Brixen (Bressanone) – Niederdorf (Villabassa) or Toblach (Dobbiaco)**

📍 **(approx. 50-55 km)**

From Mühlbach / Brixen a well-built cycling path leads you through the Val Pusteria, passing the Mühlbacher Klause, a former border post. Once it was an antique gate between the provinces Rätien and Norikum. Along the river Rienz you will arrive to Brunico. We suggest a visit of the Volkskundemuseum (South Tyrolean Folklore Museum) in Teodone or one of the two Messner Mountain Museums MMM in the castle of Brunico or on the Kronplatz mountain. From Brunico you cycle along the cycling path along the river Rienz to Villabassa or Dobbiaco, where you will spend the night. After having spent a lot of time on your bike until here, we offer you a free pit stop at our shop in Dobbiaco for a check-up on your bike (only valid for our rental bikes).

📍 **Day 6: Niederdorf (Villabassa) or Toblach (Dobbiaco) – Pieve di Cadore**

📍 **(approx. 60-65 km)**

From here you follow the cycling path on the old Dolomites railway trail passing lake Toblacher See and the War Cemetery reminding World War I. Shortly after, you will admire a unique view on the world famous Drei Zinnen (Three Peaks) before arriving to lake Dürrensee. Slightly steep the cycling path leads to the border of the two provinces Bolzano and Belluno. From now on you roll comfortably downhill direction south to the pearl of the Dolomites, Cortina d'Ampezzo with its astonishing mountain scenery. Today is slightly downhill again, a large

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part still on the old railway trail – on your left the massif of Sorapis, on your right the massif Cinque Torri (five towers). Through the Boite-Valley you cycle direction South to Pieve di Cadore.

📍 **Day 7: Pieve di Cadore – Vittorio Veneto** (approx. 70 km)

The route follows the newly developed cycle path to Longarone. This town was rebuilt in a very short time after it was flooded by a massive wave in 1963, following a rockslide at the former Vajont Dam. You then continue cycling to today's stage destination, Vittorio Veneto.

📍 **Day 8: Vittorio Veneto – Spilimbergo** (approx. 85 km)

You set off in Vittorio Veneto and ride through gentle hills, accompanied by magnificent views of the foothills of the Alps. Step by step, you leave the climbs behind and glide comfortably through the Friulian plain, passing fields, small villages, and quiet side roads. Near the Tagliamento River, you experience the raw power of nature and the river's distinctive atmosphere. Finally, you reach Spilimbergo, where the historic old town and the fascinating art of mosaic-making welcome you.

📍 **Day 9: Spilimbergo - Udine** (approx. 80 km)

You set off from Spilimbergo and leave the town heading south, accompanied by a quiet, open landscape. You ride through the Friulian plain, passing small villages, vineyards, and wide fields on mostly flat, easy-to-ride roads. Along the way, you pass Gemona del Friuli, where you can admire the striking mountain backdrop and the historic cathedral. Time and again, wide views open up all the way to the Alps on the horizon. Finally, you reach Udine, where the lively historic center and the city's Venetian-influenced atmosphere welcome you.

📍 **Day 10: Udine - Trieste** (approx. 75 km)

You set off from Udine and leave the city, first riding through the flat Friulian plain with quiet roads and wide fields. Gradually, the landscape begins to change: the closer you get to the sea, the more you feel the breath of the Adriatic. Finally, you reach Trieste, where you are welcomed by the city's unique blend of sea, history, and Central European flair.

📍 **Day 11: Departure**

Individual departure or possibility to extend your stay.

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GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 11 days / 10 nights
- **Distance:** ca. 635-665 km
- **Starting point:** München
- **Arrival:**

By car: From the North - motorway A9, from the South using the Brenner motorway A22 to Austria and along the E45 to Germany and then on the A8 to Munich.

By train: Munich train station. Timetable available on: www.deutschebahn.de, www.oebb.at, www.trenitalia.com.

By plane: Low Cost flights to the airports Munich, Innsbruck, Treviso or Venice Marco Polo. On request we can organise a transfers from the airport to the starting point of the tour.

- **Accommodation:**

Hotels of 3*** and 4**** category

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

- **Parking:**

Parking: at the hotel in Munich: chargeable parking available (payable directly at the hotel) or at the nearby Park&Ride car park depending on availability.

- **Rental bikes:**

- TOP bike (unisex model - man model on request)
- E-bike (unisex model, 500 W battery, range up to 100 km)

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

- **Transfer:**

On request we can offer return transfer from Trieste to München for € 274.00 per person + € 45.00 per own bike, min. 4 people.

INCLUDED SERVICES

- Accommodation in hotels 3*** and 4**** category
- Breakfast buffet or full breakfast
- Videobriefing
- Luggage transfer from hotel to hotel
- Transfer by train or bus from Innsbruck to the

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
- Not mentioned entries

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Brennerpass

- Pit stop for bike inspection in Dobbiaco (only for rented bikes)
- 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“

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STARTING DATES



PRICES

Standard

Package price in a double room from 24/04/2026 to 10/10/2026 1.789 €

Package price high season from 03/07/2026 to 30/08/2026 1.829 €

Single room surcharge 440 €

Additional services

own bike 0 €

TOP Bike incl. transfer to Munich (Man) 219 €

TOP Bike incl. transfer to Munich (Woman) 219 €

E-Bike incl. transfer to Munich 279 €

Additional nights

See ebsite

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