

Nauders to Lake Garda Adige Cycle Path



Overview

Embark on an unforgettable self-guided cycling adventure from Nauders to Lake Garda, traversing the renowned Adige Cycle Path. This journey offers a harmonious blend of alpine grandeur, lush orchards, and historic towns, culminating at Italy's largest and most celebrated lake.

Why you'll love this cycling adventure:

- Easy & Enjoyable – Mostly flat, well-maintained paths with little traffic.
- Breathtaking landscapes – Ride through Alpine Valleys, vineyards and medieval towns.
- Culture and Cuisine – Indulge in local wines, Italian delicacies, and historic sights.
- Flexible and Accessible – Train stations along the route allow for shorter sections if needed.

Ready to Ride!

This is a bucket list cycling adventure filled with natural beauty, rich history and culinary delights. Whether you're chasing the thrill of the open road or a leisurely journey through Italy's heartland, the Adige Cycle Path delivers and experience like no other!

Day 1: Arrival in Nauders

Settle into the charming alpine town of Nauders, nestled near the Austrian – Italian border.

You will receive the information documents for your cycling holiday in Italy at the hotel. At the handover point, you will also receive your rented bicycles.

Overnight: Nauders

Day 2: Cycle from Nauders to Schlanders/surrounding, approximately 55-80km

Begin with a gentle ascent to the serene Lake Reschen, renowned for its submerged church tower – a perfect photo opportunity.

Enjoy a rewarding downhill ride through the Venosta Valley, passing historic Marienberg Monastery, continue downhill to Laastsch, Glurns and the picturesque holiday resorts of Schlanders, Naturns or the surrounding area.

Overnight: Schlanders

Day Three: Cycle from Schlanders to Merano, approximately 20 – 40 km

Pedal through expansive apple orchards, with the majestic Alps as your backdrop.

Today's cycle tour along the Adige cycle path takes you to Merano, known for its spas and Art Nouveau buildings.

Overnight: Merano

Day Four: Cycle from Meran to Bolzano, approximately 35 km

Follow the Adige River, passing the confluence of Sigmundskron Castle. Journey through rolling vineyards to reach Bolzano, a city where Italian and Austrian cultures intertwine.

Overnight: Bolzano

Day Five: Cycle from Bolzano to Trento, approximately 65 km

Enjoy cycling along the Adige River to the Salurner Klause, in the village of San Michele all'Adige. Explore the historic city of Trento, known for its Renaissance architecture and vibrant piazzas. This route takes you directly to the centre of the old council town of Trento.

Overnight: Trento

Day Six: Cycle from Trento to Arco/Riva at Lake Garda, approximately 50 km

Ride through charming vineyards to the towns of Rovereto and Mori. After a gentle climb to San Giovanni, descend towards the northern shores of Lake Garda, arriving near Torbole and Arco/Riva.

Overnight: Riva

Day Seven: Conclude your tour in the scenic town of Riva del Garda.

Depart Riva, end of tour.

At a Glance:

- **Duration:** 7 days / 6 nights
- **Grade:** Moderate
- **Activity:** 6 Cycling Days
- **Type:** Self-Guided
- **Accommodation:** 3-Star Hotels
- **Meals:** Breakfast
- **Total Cycling:** 250 Kilometers
- **Number of people:** From 2

Pricing 2025:

29 Sept - 5 Oct	R18,400 per person sharing	R22,710 per single
14 July - 17 August	R22,835 per person sharing	R27,145 per single
16 May - 13 July 8 Aug - 28 Sep	R24,230 per person sharing	R28,540 per single

Inclusions:

- 6 nights in 3-star hotels
- Daily buffet breakfast
- Luggage transfer from hotel to hotel as far as Riva/Arco
- Travel Insurance
- E-Sim
- Bike Hire (7-speed, backpedal bike or 21/24 speed, calliper bike)
- Saddlebags for your own bikes are on request.
- Information booklet, including cycle map and route description) (1 per room)Travel Documents app and GPX-Files
- Emergency support 24/7

Excluded:

- All flights
- Transfers
- Meals not mentioned
- Items of a personal nature
- Visa's

Payment Terms:

- 30% non-refundable deposit on booking
- 40% due 60 days before departure
- Balance due 30 days before departure

Note: All prices are subject to change, subject to rate of exchange fluctuations and subject to availability