Germany - Italy - Munich to Lake Garda Bicycle Tour 2022
Self-Guided Tour
8 Days / 7 Nights

The cycle track "München-Venezia" joins pure leisure cycling with the adventure of traversing the Alps from Germany over Austria to Italy. From Bressanone you cycle on the Eisacktal cycle path and then along the River Etsch to the biggest lake of Italy, Lake Garda. On cycling paths, or small side roads you will experience three countries with their various regions and lots of outstanding natural and cultural beauties. The tour starts in the capital of Bavaria – Munich – and leads along Bavarian lakes and Tyrolean Rivers to the Austrian Italian border. Through the Wipptal and Eisacktal you cycle into South Tyrol's capital Bolzano, where you may pay a visit to the oldest Tyrolean – Ötzi – the Iceman. Along the river Etsch fruit meadows and green fields will accompany your way to Lake Garda, one of the most popular lakes in Italy.

Itinerary Day to Day

Day 1: Arrival to Munich
Individual arrival to the first hotel in Munich.

Day 2: Munich – Bad Tölz 60 km
You leave Munich along the river Isar. It goes past monasteries, through Bavarian villages and the Isar Auen to the rafting town of Bad Tölz with its old town.

Day 3: Bad Tölz – Maurach/Jenbach/Schwaz 70 km
From Bad Tölz along the river Isar to Lake Sylvensteinsee. Through the Karwendel Nature Park you will cross the German-Austrian border and reach the holiday region Achensee and the same named mountain lake. If you like, you can take a boat trip on the Achensee. Overnight stay depending on availability in Maurach/Jenbach/Schwaz**.**

Day 4: Maurach/Jenbach/Schwaz – Brixen/Bressanone 90 km + train or bus
From Jenbach you cycle on the cycling path – along the river Inn – 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 "Berg-Isel-Museum" in remembrance of the battle of Mount Isel under the freedom fighter Andreas Hofer. 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 Bressanone.

Day 5: Brixen/Bressanone – Bozen/Bolzano 40 km
The tour continues along the Eisacktal valley past the city of Ponte Gardena with a view of the castle Trostburg. From here the valley gets narrower on its way to the capital town of South Tyrol, Bolzano. The town 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 6: Bozen/Bolzano – Trento 65 - 70 km
From Bolzano there are two ways to get to Salorno. Either along the old railway track to Überetsch and then further on to Caldaro and its famous and beautiful lake Kalterer See, or through the wide Etsch

Valley along the bike path. At Salorno you leave the German speaking province of South Tyrol and enter the famous Trento wine growing region and the Diocese town of Trento.

Day 7: Trento – Riva del Garda/Torbole 45 - 50 km
The Etschradweg leads you further to the south. After passing the old Tyrolean border town of Rovereto you leave the Etschtal valley and go over the San Giovanni Pass rising to 287 meters in altitude above sea level on the route to Lake Garda.

Day 8: Departure
Return transfer to Munich or possibility to extend your stay.

Route

Technical Characteristics:

Route Profile: Medium. The cycling tour from Munich to Lake Garda is a very varied tour. The most demanding stage over the Alps (Innsbruck–Brenner) can be shortened by train or bus. Between the Etsch Valley and Lake Garda there is only one long ascent. There is plenty of time to look at cultural places of interest or relax along the way. The tour is suitable for children over 16 years.

Distance: 370 - 380 km

Travel Season: Departures Fridays and Saturdays from April 30 to October 8, 2022
        Season 1: April 30 – June 18 and September 12 – October 8
        Season 2: June 19 – September 11

Price per Person:

Double Occupancy B&B Season 1	€ 899.00
Double Occupancy B&B Season 2	€ 919.00
Single Occupancy Surcharge	€ 240.00
Rental Hybrid Bike (21 gear)	€ 147.00
Rental Electric Bike	€ 234.00
Extra Nights Munich Double Occupancy B&B	€ 78.00
Extra Nights Munich Single Occupancy B&B	€ 94.00
Extra Nights Riva Double Occupancy B&B	€ 79.00
Extra Nights Riva Single Occupancy B&B	€ 98.00

Accommodation:

3* and 4* hotels

Included:

- 7 nights' accommodation
- Breakfast buffet or full breakfast
- Luggage transfers from hotel to hotel
- Personal tour information
- Transfer by train or bus from Innsbruck to the Brennerpass
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for during the entire tour
- App for navigation, GPX tracks on request

Not Included:

- Visitor's tax payable locally
- Lunches and dinners
- Personal expenses
- Return transfer from the hotel at Lake Garda to hotel in Munich every Saturday, € 178,00 per person (minimum 4 persons, bicycle included – reservation required, payment upon booking)

Bikes

Hybrid Bike

Mens Trekking Aluminum, with water bottle holder, Shimano Alivio/Deore 21 gear freewheel, Royal saddle, size S-XL
Women's Trekking Shimano Alivio/Deore, 21 gear freewheel, Royal saddle, step-through frame, size S-XL

Electric Bike

Step through frame, Bosch Performance Line Motor, 8 gear, range performance: approx. 200 km (using middle/constant speed)