



**Austria - Innsbruck to Salzburg Road Bike Tour (2025)**  
**Individual Self-guided**  
**8 days / 7 nights**



Tyroleanpiano.wordpress.com

A wonderful cycle tour along the Alps from the former Olympic city of Innsbruck to the festival city of Salzburg. Enjoy wide valleys, views to glaciers and wonderful mountain lakes along the route. Well known is the Zillertal valley where you find Olympic gold medal winners, 365 days a year of skiing and a mountain road over the mountain pass of Gerlos where you feel like you are in the centre of the Alps. Afterwards you will come to the national park of Hohe Tauern where you will follow the river Salzach to the romantic city of Zell am See with a wonderful lake. On your rest day you may conquer the highest mountain of Austria with your bike or visit the famous mountain barrier lakes in Kaprun. On your tour to Salzburg you will pass by Bavaria with the famous Lake Königssee where you should take a boat trip to the pilgrimage peninsula. There is not much to say about Salzburg other than "it might be one of the nicest places in world" – said 100 years ago by Alexander von Humboldt (geographer, naturalist and explorer).

**OK Cycle & Adventure Tours Inc.** - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9  
[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350





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### Itinerary Day to Day

#### **Day 1: Arrival Innsbruck**

#### **Day 2: Innsbruck – Lake Achensee - Zillertal 45 - 70 km + 1110 m – 1150 m (+ 760 m, - 800 m)**

You will leave Innsbruck by following the river cycle trail but shortly afterwards you turn upward to follow smaller roads along the edge of the well-known mountain range of “Nordkette”. Passing small villages and cities you have the option to tour upwards to the Mountain Lake of Achensee before you reach the Zillertal valley. Overnight in Zillertal valley town of Strass.



#### **Day 3: Zillertal – Mountain pass Gerlos – Krimml 60 – 80 km + 1900 m - 1420 m**

Wonderful flat roads will lead you into the Zillertal valley with famous winter sport villages. After the up warm tour you will start the tour over the mountain pass of Gerlos with wide views into the Alps, passing barrier lakes, and the upland moor and later on a fantastic view to the Krimmler waterfalls. The mountain road is 12 km long and has about 9 % elevation. The highest point will be at 1,630 meters. In the afternoon you will have time to visit the water walls which are one of the highest in Europe. Overnight in Krimml.

#### **Day 4: Krimml – Zell am See 65 – 75 km + 425 m - 765 m**

A day to take it easy as you follow the valley outside, sometimes along the river Salzach. On the right hand side is the national park of Hohe Tauern and on the other side is the “meadow mountains”. In the village of Mittersill you may visit the national park centre which gives you all details about the park. The tour will end in the small city of Zell am See next to the lake. In summer time a fine place for a swim! Overnight in Zell am See.

#### **Day 5: Rest day or conquer the mountain road to the Großglockner 70 -110 km + - 2220 m Edelweißspitze or +- 4890 m Franz-Josefs-Höhe**

Mount Großglockner is the highest mountain in Austria (3,798 m) and there is an existing road going over this mountain. The ambitious route combines the athletic challenge with stunning views of the surrounding mountains. The ascent will be between 9 and 12 % with a lot of hairpin bends. The shorter tour up to the Edelweißspitze isn't too long and could be done with a good fitness level (there are many places for a rest to enjoy the alpine area). Overnight in Zell am See.





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**Day 6: Zell am See – Lake Pillersee – Lofer 62 - 72 km + 650 m (+ 980 m) - 775 m (-1120 m)**

Cycle around Lake Zell am See and afterwards you will follow small roads passing some hamlets to the regional city of Saalfelden. Now you can decide to follow a direct (very short) road to Lofer or the tour passing by the Mountain Lake of Pillersee. You will cycle into a smaller valley up to an easy mountain pass with a nice alpine pasture. All around you are the so called “Leoganger Stone Mountains” which look like the Dolomites. Afterwards cycle downward to Lake Pillersee and Lofer. For a greater challenge, take one of two extensions; either up to the alpine pasture of Loferer Alm (demanding) or upwards to a pilgrimage church in a remote side valley. Overnight in Lofer.



**Day 7: Lofer – National Park Berchtesgaden – Lake Königssee - Salzburg 70 - 80 km +1485 m -1670 m**

You start following a cycle trail into the Saalach valley to the village of Weißbach where you find a wonderful gorge to visit. Afterwards there will be three heavy ascents to the Hirschpichl mountain pass. These ascents are up to 30% of elevation but quite short. At the pass you will pass the frontier to Germany and a nice restaurant awaits you (and many other walkers and bikers). Downwards you will cycle through the national park of Berchtesgaden (wonderful valley) to Lake Hintersee and onto the famous Lake Königssee. A wide road will lead you to the festival city of Salzburg where you should take a rest in a coffee house next to the river Salzach – the best impression of Salzburg! Overnight in Salzburg.

**Day 8: Departure from Salzburg**







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### Route



### Technical Characteristics:

**Route Profile:** Relatively Difficult. For this tour we expect a very good basic fitness level because there are some steep ascents which are not too long. You should have some experience because some of the downhill roads have hairpin turns and they can be dangerous for beginner cyclists (Mount Grosslockner). In between we have relaxing tours so that you will be ready to take the exiting tours.

**Distance:** 487 km

**Travel Season:** Departures on Saturday, Monday and Tuesday from May 10 to September 23



**Price per Person:**

*All prices subject to confirmation on booking*

Double Occupancy May 10 – June 30 and September 16 –September 23	€ 1270
Single Occupancy May 10 – June 30 and September 16 –September 23	€ 1555
Double Occupancy July 1 – Sept 15	€ 1370
Single Occupancy July 1 – Sept 15	€ 1670
Supplement Single Traveler	€ 250
Road Bike Rental (repair set, wheel lock, carbon cycle) please indicate pedal system	€ 310
Gavel Bike Rental	€260
GPS rental	€ 60
Helmet	€ 30
Extra Nights Innsbruck 4* Double Occupancy	€ 95
Extra Nights Innsbruck 4* Single Occupancy	€ 140
Extra Nights Salzburg 4*	On request

**Included:**

- 7 nights in 3 and 4 star hotels with breakfast
- Luggage transfer from hotel to hotel
- Tour book with maps, leaflets
- GPS data from the tour
- Hotline

**Not Included:**

Local city tax

*Assisting people in realizing their touring dreams worldwide is our passion.*

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**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

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