



Austria - Salzburg Lake and Mountains Road Bike Tour (2025)
Individual Self-guided
8 days / 7 nights



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Around the city of Salzburg you will find many road cycle trails and therefore we had the world road cycle championship in 2006. Whenever you leave the state of Salzburg, you have to cross over a mountain pass. Some of them are little and the others demand some fitness. On this tour you will cycle into the medium size mountains of Salzburg, Upper Austria, Styria and Bavaria. You will stay overnight in the Unesco World Heritage side of Hallstatt, will pass wonderful lakes and will enjoy a scenery looking like alpine pastures.

There will be many sides along the tours and you will have time to visit them. One of it is certainly the former emperor city of Bad Ischl where you should see the castle and the famous pastry shop of Zauner. On this tour, you will have the same views as you see them in the movie "Sound of Music", can visit the wedding church in Mondsee or see all the major sides in Salzburg. In Salzburg they also offer Sound of Music taxi tours.



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Itinerary Day to Day

Day 1: Arrival Salzburg

You will get your tour information booklet in the starting hotel. If you book a welcome meeting we will present the tour and answer all questions you may have. If you book a rental bike, it will be at the hotel at about 8 p.m.

Day 2: Salzburg - Bavaria – Salzburg 85 to 105 km + 550 to 1,200 m and - 550 to 1,200 m

You will follow the castle road out of the city and will cross the border to Bavaria. Enjoy the wonderful mountain lake Königssee where you take a boat trip. Afterwards you cycle through the national park of Berchtesgaden and around the mountain massive of Untersberg. If you are fit enough cycle up to the mountain road where you will have a wonderful view over Salzburg and the eagles nest in Berchtesgaden.



Day 3: From Salzburg to the World Heritage of Hallstatt/Bad Goisern/ Obertraun 85 to 105 km + 750 to 1,250 m and – 620 to – 1,100 m

You will leave the city on the cycle trail along the river Salzach. Right afterwards you will have two choices to get to Hallstatt. The more demanding one leads you up to a high road with fantastic views and the alternative route follows the river valley to Golling. Afterwards you will cycle into the Lammer valley where you cross the first mountain pass into Upper Austria and you will see the famous mountain lake of Gosau. On nice days you will see the glacier of Mount Dachstein in the lake. Afterwards ride down towards the lake Hallstatt and the picturesque village of Hallstatt. Overnight Hallstatt or Bad Goisern/Obertraun.



Day 4: Round trip tour into the Ausseerland 80 to 107 km + 705 to + 1,050 m and – 550 to – 1,010 m

With the train you go to the Ausseerland which is in Styria. On this day you will have some options like cycling up mountain roads to alpine pastures or taking it easy staying in the valley. Expect some nice lakes in a mountain scenery, a little spa city and alpine huts where you will meet mountain bikers, walkers and road cyclists. From the alpine pastures you will have great views to the glacier of Mount Dachstein and the lakes in the valleys.



Day 5: From lake Hallstatt to lake Attersee 70 to 90 km + 550 to + 750 m and – 420 to – 560 m

A quite easy day which gives you time to visit the famous emperor city of Bad Ischl. First you will follow the road along the lake and afterward the brine pipeline road to Bad Ischl. In Bad Ischl you have to decide which trail you will take – both are very nice. One leads you to Lake Wolfgangsee which is famous for a musical, the Mozart village of St. Gilgen and a view which you see at the start of the movie of Sound of Music. On both trails you will see lakes and mountains. Today you will stay in St. Georgen which is in the countryside but only a view minutes away from Lake Attersee.

Day 6: Round trip tour to Lake Traunsee 85 km + 790 m and – 650 m

Today the landscape will change a little bit. You will cycle in the slightly hilly area to the beautiful city of Gmunden. Enjoy a coffee and the view at the lake promenade. The old town is also worth seeing. Afterwards we will lead you upwards next to the mountain range called “Devil Mountains”. Turn back for a nice view and right afterwards go downwards to Lake Attersee. This time you will cycle around the lake back to St. Georgen (or cross the lake with a boat). Overnight in St. Georgen.



Day 7: Lake Attersee to the festival city of Salzburg 75 km + 570 m and – 690 m

In the morning you will pass fields and little hamlets on your tour to Lake Mondsee where you can visit the wedding church of the movie Sound of Music. You also will notice that the landscape will change again in the small softer hills but there will be some lakes along the tour. After Mondsee you will pass Lake Irrsee and there will be the only real climb of today up to “summer wood” where you find a little church and an impressive view backwards to the Lake and Mountain district. Up and down you will cycle through woods, fields and hamlets to Eugendorf which used to be a roman village. The last 12 km you will follow the former railway Salzburg – Bad Ischl. Always traveling slightly downwards until you reach the Salzach River. Turn left and you will be in the centre of Salzburg. Overnight in Salzburg.



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Day 8: Departure form Salzburg

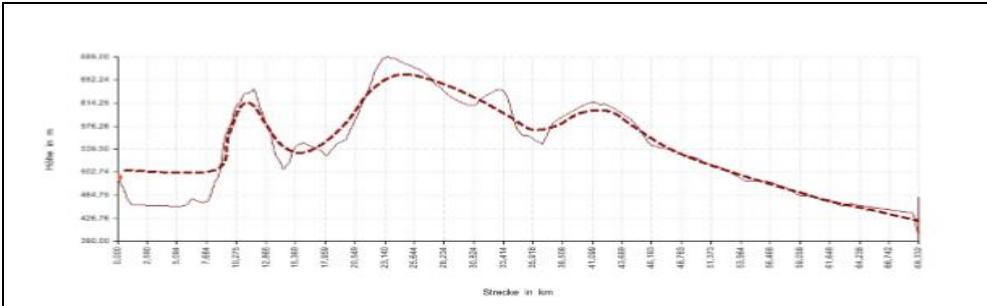
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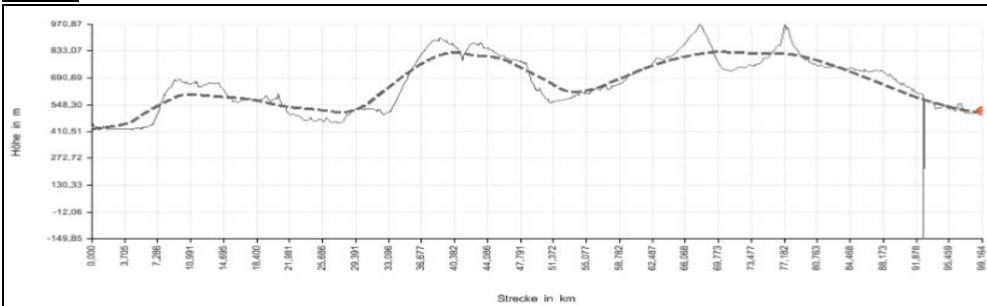
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Daily Elevations

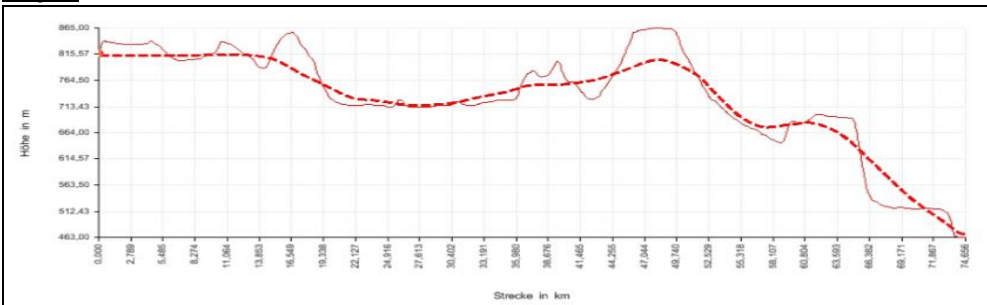
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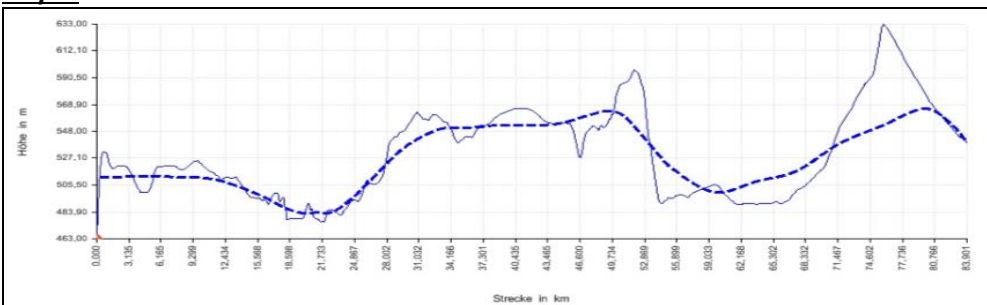
Day 3:



Day 4:



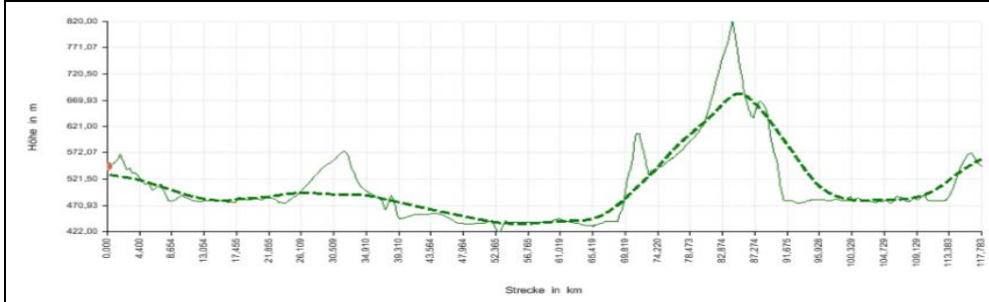
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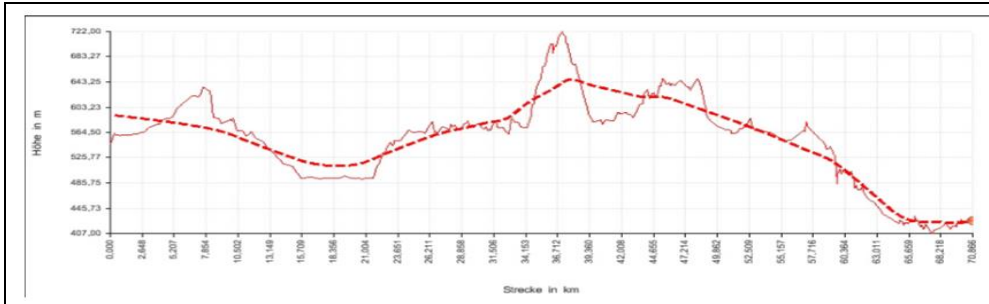


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Day 6:



Day 7:

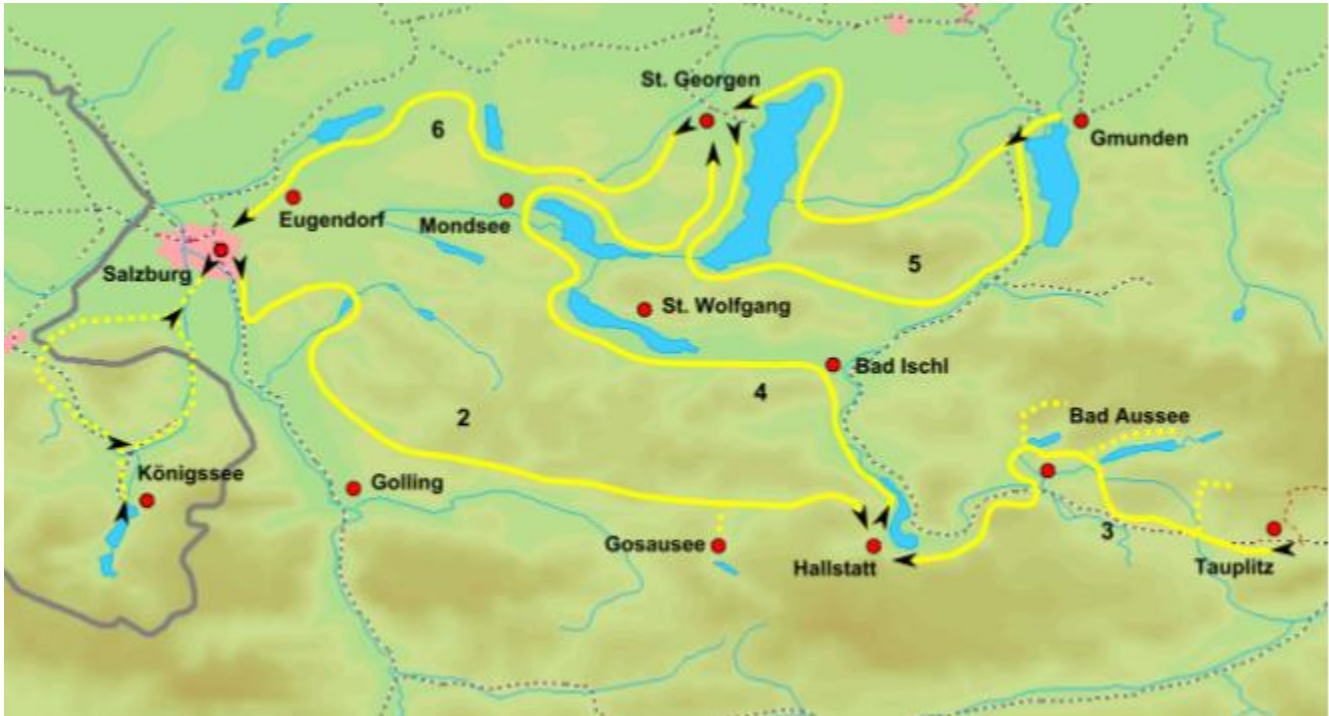


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Route



Technical Characteristics:

Route Profile: Difficult. On each day you will have at least two options. Therefore a good fitness level will be fine for this tour. If you like you can shorten the tour by using the train or boat on a lake. You will mainly follow small side roads, cycle trails and sometimes short parts on larger roads. There can be more traffic on the lake side roads during the summertime but most of the time only on the weekends. There will be many up and downs and some ascends are very demanding but short (2 to 5 km).

Distance: 567 km

Travel Season: Departures daily from April 25 to October 12



Price per Person: *All prices subject to confirmation on booking*

Double Occupancy	€ 1120
Single Occupancy	€ 1680
Road Bike Rental Carbon Frame (pedals, tube, delivery to Salzburg, pump, lock and speedometer)	€ 310
Bike delivery supplement for less than 2 bikes	€ 50
Welcome Meeting	€ 70
Extra Nights Salzburg 4* Double Occupancy	On request

Included:

- 7 nights in 3 and 4 star hotel with breakfast
- Luggage transfer from hotel to hotel
- Train Obertraun – Tauplitz
- Tour book per room
- Hotline
- GPS Data

Not Included: 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

OK Cycle & Adventure Tours Inc. 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

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