



**Italy – South Tyrol in One Hotel Bike Tour (2025)**  
**Individual Self-Guided**  
**7 days/6 nights**



South Tyrol: Who does not think of excellent wines, Törggelle meals, the Dolomites, and the beautiful scenery when hearing this name? A bicycle tour through South Tyrol can truly become an amazing holiday. This tour will show you cities like Bolzano, Merano and Trento. You will get to Lake Caldaro and cycle through beautiful orchards and vineyards. A bicycle tour through South Tyrol is always also a culinary exploration too. Our tour is for sure one of the most convenient ways to explore South Tyrol by bike.



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### Itinerary Day to Day

#### **Day 1: Arrival in Bolzano**

We recommend taking a walk through the capital city of South Tyrol.

#### **Day 2: Merano Tour approx. 65 km**

From Bolzano, you will cycle along the river Isarco and then on a newly opened cycle path to Merano. The spa town at the junction of the rivers Passer and Adige is waiting for you with its many attractions (ancient fortress, Tappeiner way, spa promenade, Post Bridge ...). Your way back will lead you via Lana (Schnatterpeck Altar), through orchards and vineyards, to Appiano and back to your hotel.



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#### **Day 3: Trip to Lake Caldaro and Lake Montigglersee 45 km**

You will cycle on the bike path past the castle Sigmundskron (Messner Mountain Museum) and continue to Eppan with fantastic views across the valley to Lake Caldaro. You will find a huge number of grapes and apples along the way. Later, you will return through the nature reserve Lake Montiggler and slightly uphill to Bolzano.

#### **Day 4: Trento Tour 65 km +train**

Today, you will ride your bike southwards on the Adige bike path from South Tyrol, via Salorno, into the Trentino area.

Immediately after leaving the German-speaking part of Italy behind you, you can treat yourself to a delicious pasta at lunchtime. Trento's picturesque old town with its cathedral, numerous palaces, the Castello del Buonconsiglio, and of course cosy cafes and colourful shops is your final destination today.

Return transfer by train to Bolzano.



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**Day 5: Brixen Tour 45 km + Train**

The day starts with a train journey to Brixen. The old cathedral town is beautifully located in the middle of vineyards. You should definitely visit the picturesque old town with its arcades and cathedral. On your way back to Bolzano, you will come across the medieval town of Klausen with the monastery Säben. Then, you will cycle downhill on an old railway line which was transformed into a beautiful bike path.

**Day 6: Trip onto the Mountain Ridge Ritten 30 km + cable car**

The panoramic cable car will take you up to 1,221 metres of altitude to Upper Bolzano (bike ticket not included, approx. € 45/two-way-ticket). By bike (or alternatively by narrow gauge railway) you will get to Lake Wolfsgrubensee and further to Klobenstein. From there, it is only a short distance to the unique earth pillars, a fantastic natural phenomenon. Then you will return to Upper Bolzano and take the cable car back down to the valley. Alternatively, you can descent from Klobenstein to the Isarco valley.

**Day 7: Departure or Extension of Trip**



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### Route



### Technical Characteristics:

**Route Profile:** Relatively Easy. Many bike paths and farm tracks lead through orchards and vineyards. Only sometimes you will find yourself on short connecting roads with moderate traffic. You will mainly cycle downhill on flat roads, but there are also some short climbs. For almost all stages there are shortcuts or extensions you can take instead of taking the routes described below.

**Distance:** 240 km

**Travel Season: Every day 05.04. – 12.10.**

Season 1: 05.04. – 18.04. | 27.09. – 12.10.

Season 2: 19.04. – 09.05. | 06.09. – 26.09.

Season 3: 10.05. – 05.09.

**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

**Price per Person in Euros:** *all prices subject to confirmation on booking*

Season 1 Double Occupancy B&B	€1179
Season 2 Double Occupancy B&B	€1239
Season 3 Double Occupancy B&B	€1299
Surcharge Single Room	€459
Rental Bike	€ 99
Hybrid Bike Plus	€169
Electric Bike	€ 269
Extra nights	On request

**Bolzano: Parkhotel Laurin 4\*\*\*\***

The hotel, affectionately called Laurin by the people of Bolzano, was built in 1910 and was undoubtedly the first hotel on the square. The hotel masters the balancing act between tradition and modernity perfectly. The Comfort rooms, which are booked on this star tour, are comfortable and elegant, while the public areas are sophisticated. The historic hotel bar is a meeting point for locals and guests, who all stroll through the spacious park. However, the beautifully designed pool is reserved for hotel guests only. [www.laurin.it](http://www.laurin.it) Hotel Scala Stiegl 4\*\*\*\*

**Included:**

- Accommodation
- Breakfast
- Welcome briefing
- Excellently planned routes
- Detailed travel documents 1 per room
- Train journey from Trento to Bolzano and from Bolzano to Brixen including your bike
- Ticket for ascent and descent with the Rittenbahn bike not included
- Navigation App and GPS data
- Service hotline

**Not Included:**

- Visitors' taxes payable locally
- Bike ticket for ascent and descent at Rittenbahn is approximately 10 euros per bike (not available for purchase in advance)





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## Bikes

### Bike Plus



From the saddle to the breaks and gears of higher quality (eg hydraulic Magura breaks HS 11, Shimano Deore XT) the 'plus' is noticeable in many parts of the bike.

Rental Bike PLUS allows for a sportier sitting posture, 27 speed gears offer maximum flexibility and a high quality Suntour suspension fork provides the best possible comfort on all paths. Of course, all our accessories are also available on Rental Bike PLUS.



### Hybrid Bike

**Unisex frame 21-gears** with free wheel sizes: 56 / 51 / 46 / 43 cm

**Unisex 7-gears-bikes** with back pedaling brake sizes: 56 / 51 / 46 cm

**Men's speed bikes 21-gears** with free wheel and crossbar sizes: 64 / 60 / 56 "slopping" cm (note: a reservation is necessary!)

**Also includes** Saddle bag (water-repellent), handlebar bag (water-repellent), service-Set with tools and extra bicycle tube, pump and combination lock



### Electric Bike

A Pedelec is an electro bike which assists with electric support only when pedaling. Composed on basis of KTM-bikes, adequate for our missions. The bike is easy to handle as you have a good weight distribution and a low balance point. Overall weight amounts to approx. 23 kg. An illuminated LCD display, a computer and a wattage display add to the comfort.

*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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TICO Ontario Registration No: 50022848