



From Innsbruck in Austria to Lake Garda in Italy

Visit the well known cities of Innsbruck in Tyrol, Merano and Trento in South Tyrol and the lakes of Reschensee, Kalterersee and Lake Garda which line the rivers Inn and Adige like pearls and emeralds on a string. Orchards and vineyards complete the scene as you travel from Innsbruck in Austria to Lake Garda at the base of the Alps in Northern Italy.

Duration: 8 days, 7 nights **Arrival on Saturday**

Day 1 - Arrive in Innsbruck. Explore the famous old town with its tower and medieval golden roof. Welcome meeting and distribution of rental bicycles.

Day 2 - Innsbruck to Imst. Cycle along an old bridle path beside the River Inn at the foot of Martin's wall to Stams where you can visit a Baroque Monastery. Continue via Haiming to Imst.

Day 3 - Imst to Burgeis/Mals. Continue along the River Inn past the Zams Monastery to Landeck, where you will take a bus to Nauders. A 100m climb will take you to the Reschen Pass and then back downhill to Lake Reschensee. You'll then take minor roads to Mals with its many towers or Burgeis at the foot of the Marienburg Fortress.

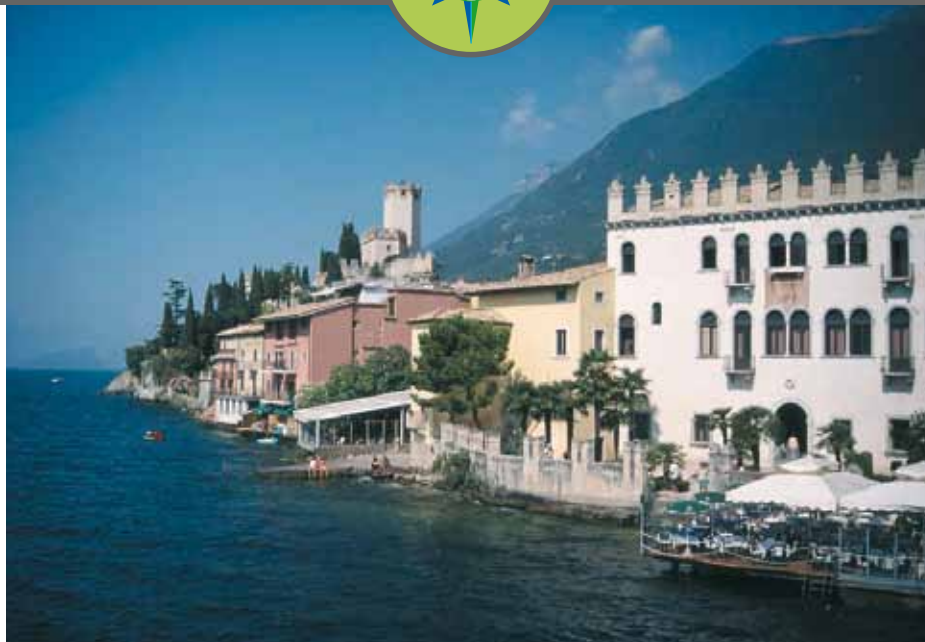
Day 4 - Burgeis/Mals to Merano. Start by cycling to Glurns with its fully intact medieval city wall then on past the ruins of Montani through Schlanders and down to Merano. You'll pass fortresses and castles along the way as well as impressive views of Ortler Massive and Stilfserjoch. If you feel like shortening the route you can use the little Vinschgau train that was restored in 2004.

Day 5 - Merano to Kaltern, Tramin or Auer. Cycle to Lana and see the famous Schnatterpeck-altar, continue through the orchards and vineyards of the South Tyrolean 'wine street' passing fortresses, castles and ruins to the 'dome in the country' - St Pauls on Lake Kalterer See. Your overnight stay is in one of three picturesque towns: Kaltern, Tramin or Auer.

Includes:

- Welcome meeting
- Overnights in hotels
- Breakfast buffet
- Bike hire
- Luggage transfer
- Bus transfer Landeck – Nauders incl. bicycle
- E-signposting
- Tour pack including maps, route description, places of interest, telephone numbers etc (one per room)
- Hotline.

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Day 6 - Tramin, Kaltern or Auer to Trento. Today is mainly along the River Adige through vineyards to Salurn where the language border between German and Italian runs. You pass through the famous Trentino vineyards which cover the hills to the left and right as you cycle along the dyke-cycle path before you enter the old town of Trento with the dome and Buonconsiglio castle.

Day 7 - Trento to Riva or Torbole. Continue along the River Adige to the old Tyrolean border city Roverto to Mori. You then leave the river and turn west to Lake Garda. After a brief climb on Passo San Giovanni, you descend to the Lake and reach Torbole, before continuing to Riva

Day 8 - Depart or additional days on Lake Garda.

7 nights Hotel price: £737.00

High season surcharge (16th July to 27th August) £42.00 per person

(Prices are per person, based on two people sharing twin or double room).

Extra nights in Innsbruck or Riva are available on request. Please contact us via email: info@compass-holidays.com or alternatively phone us on +44 (0) 1242 250642

Dates for 2011:

Every Saturday
from 7th May to
17th September.

Special
arrangements
available for
groups of 6 or
more upon request.

Ride info:

Approx 320km
using cycle paths
and country lanes
along the river
valleys of
Inn and Adige.

There are some
short climbs, but
it is mainly flat or
downhill.