

2

Stage / Etappe:

Reschen/Resia – Schlanders/Silandro

← 49 km

↑ 230 m

↓ 980 m



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2

Stage / Etappe:

Schlanders/Silandro – Meran/Merano

← 37 km

↑ 70 m

↓ 480 m



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2

Stage / Etappe:

Meran/Merano – Bolzano/Bozen

← 33 km

↑ 50 m

↓ 90 m



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1

Stage/Etappe:

Bolzano/Bozen – Salorno/Salurn

← 34 km

↑ 40 m

↓ 80 m



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2.03

Cycle Route / Fietsroute

Mals/Malles-Tscherv (CH)

← 24 km

↑ 850 m

↓ 100 m



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2.07

Cycle Route / Fietsroute

Passeiertal valley

← 20 km

↑ 390 m

↓ 20 m



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2.103

Cycle Route variant

Lakes Montiggler Seen

Montiggler meren-fietsroute

← 13 km

↑ 350 m

↓ 70 m



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2.10

Cycle Route variant

Lake Kalterer See

Fietsroute naar het Kalternmeer

← 30 km

↑ 350 m

↓ 370 m



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1.13

Cycle Route / Fietsroute

Fleimstalbahn

← 21 km

↑ 940 m

↓ 80 m



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Stay safe on your bike



Cycling not only advances health and teaches togetherness, but is also a planet-friendly way to enjoy nature. However, to keep your passion for cycling safe, you should follow a few basic rules. If you don't forget about careful planning, proper equipment and the right bike – you can make cycling fun: 1. choose a route that suits your fitness and ability level. 2. pick a helmet – your faithful companion. 3. ride fair – respect other users. 4. check your bike: brakes, air pressure, wheel fitment, suspension, gears, battery and the push button, all right? 5. are you well equipped? More is more: bear in mind that for a want of a nail, a shoe was lost.



ETsch-fietsroute

Cycle Route Adige

along the Via Claudia Augusta

op de Via Claudia Augusta



EN | NL



Starting off in the Upper Vinschgau valley, the route along the eastern shore of Lake Reschensee takes you to the steeple of former 14th century Romanesque church. The steeple soaring out of the lake's waters is the witness to the events that unfolded in Curon. The town was destroyed after a reservoir flooding. When you leave Lake Reschensee and the smaller Lake Haidsee, be ready for the downhill. Continue your bike tour beneath the 3,905 m high Ortler mountain, past Burgeis/Burgisio and to Glurns/Glorenza, the smallest village in South Tyrol. The flooded area of the Prader Sand biotope makes you feel like you are in the Old West. Along the stretch of cycle route through the village of Laas/Lasa, you can catch sight of the marble quarry. In fact, Laas has been exporting its white marble worldwide for a long time.

★ Visit the mystical Tartscher Bühel hill, a beauty spot overlooking Mals/Malles and Glurns/Glorenza, with its well-preserved medieval battlements.

💡 On one day in September every year, the road leading up to the Stilfserjoch Pass amidst the National Park is closed to all traffic – except cyclists.

The route meanders through fields, forests, orchards, urban areas and is mostly downhill. Be ready to cycle into headwind on summer days, strong winds cool down temperatures and create a favorable climate for the growth of apricots. Not only the sights in the valley are worth a visit, but also the thermal baths in Naturns/Naturno and the cool waters of Lake Goldrainer See. When you cycle further south, the mountainous landscape is characterized by Mediterranean features, like palms and cypresses.

★ The breathtaking Partschins waterfall are a real natural wonder. You can get here by bus, line 265.

💡 The old water canals were used to transport water to households in Vinschgau and Meran/Merano. Today, people walk along the old irrigation canals to enjoy the quiet hiking trails winding through forests, orchards and vineyards. The traditional irrigation system in the Obervinschgau valley has been declared Intangible Cultural Heritage Site since 2023.

The route countryside stretching between South Tyrol's main towns is flanked by apple orchards and crosses smaller residential areas with a long history, like Lana, Tisens/Tesimo, Prissian/Prissiano and Gargazon/Gargazzone, renowned for its natural pool. On a gentle downhill gradient, the main cycle track along the River Etsch is relatively easy. This stage is well suited to explore exciting detours. Explore the old "Waalwege" irrigation channel trails, cross through the scenic mountain terrain, and visit cultural points of interest. Don't forget about the local gourmet specialties, such as Terlan/Terlano asparagus and the award-winning local wines.

★ If you are a lover of history, you will enjoy several old fortresses that lie on this route: from Andrian/Andriano follow the "Castle-trail" to Korb and Hoheppan Castles, and the remains of what once was Boymont Castle.

This area of South Tyrol has the best weather for cycling all year round. Not by chance, it was here that South Tyrol's first bike path was built. Cypress and fig trees tell you that you are heading further south. The cycle path is relatively flat and takes you through apple orchards, vineyards and past picturesque houses featuring the Oldtradige style. The route continues to wineries with a world-class architecture, offering wines of the highest quality. On your ride, you will discover the vineyards of Auer/Ora, Neumarkt/Egna and cycle at the foot of Castelfeder, a trading spot of the Middle Ages, until you reach the border with Trentino. Not only does the route traverse Trentino, but also the Italian language intersects with the South Tyrolean dialect.

★ If after returning to Mals/Malles your legs aren't yet exhausted, you can decide to follow the Adige cycle trail along the historic Roman road "Via Claudia Augusta" to the Reschenpass bordering Austria or continue your cycling trip to Meran/Merano.

★ **Bolzano:** The Ritten cable car is a fast and easy way to transition from Bolzano to a beautiful high plateau. When you reach the top, it's a short way to the "Earth Pyramids", some unusual rock formations. Here you can also find the world's oldest cable car, which shuttles you up at 1,100 m.

★ **Unterland/Bassa Atesina:** If you're into religious history and culture, you should prepare for the hour-long ride from Leifers/Laives to the Maria Weißstein sanctuary in Magreid/Magrè. Amidst trees and vegetation, the scenic Lake Fennbergsee is just a stone's throw away from the hamlet.

This scenic tour along the River Rambach and through the Müntertal valley takes you around the Stilfserjoch National Park and its unspoiled nature. The village of Taufers/Tubre in the Müntertal valley overlooks the ruins of the Rotund and Reichenberg Castles. Standing at an altitude of 1,500 m, the Rotund Castle is the tallest in South Tyrol.

★ If after returning to Mals/Malles your legs aren't yet exhausted, you can decide to follow the Adige cycle trail along the historic Roman road "Via Claudia Augusta" to the Reschenpass bordering Austria or continue your cycling trip to Meran/Merano.

💡 The cycle path is usually quiet. When you cross the village of Laatsch/Lauders, make a pit stop and try the "Pala pear" local bread. The pear used in this type of bread is an old protected variety which bears a seal of quality.

Starting off from the pedestrian zone in the heart of bustling Meran/Merano, the route takes you through picturesque countryside. Along the River Passer, you can connect with a trail winding through apple orchards and the fields near the birthplace of Andreas Hofer, St. Leonhard/ S. Leonardo. This route is approximately 20 km long and has a manageable gradient, suited to families. When you arrive in St. Martin/San Martino, follow the route leading to the sights and then take your kids to the playground. The end of the route is the Hirzer cable car station in Salsaut/Saltusio and it's a short drive to get to the mountains.

★ Follow the path from St. Leonhard to Gomion and cross the Passerschluft gorge over the River Passer. Be amazed at how water has shaped the rock over decades.

Located in a mixed forest near the provincial capital of Bolzano/Bozen are the Lakes Montiggler Seen. The paved cycle route along the River Etsch takes you from Bolzano to Frangart/Frangarto, where the road winds gently uphill and through the vineyards until Eppan/Appiano. Take one last look at the town from the well-maintained route: there are not many cyclists and the view is amazing. Both lakes are surrounded by reeds, deciduous trees and pines. Take time to explore one of the forest trails and plan your ride as you wish.

💡 After your ride, go for a swim in one of the Lakes Montiggler Seen. They are open year-round. Bring your swimsuit and towel and marvel at the 19th century Seeschlössel Castle above the Lake Great Montiggler See.

This tour to the Lake Kalterer See it's an opportunity to explore more of the countryside. The first stretch of the cycle route runs along a disused railway and then you get to traverse some old tunnels at the foot of Sigmundskron Castle. The second stage crosses the Alto Adige Wine Road, its vineyards and orchards. After about 20 km you arrive at the Lake Kalterer See. Cool down in its sparkling waters during summer. The trails continue to Tramin/Termino, but you can also make a detour to Kurtatsch/Cortaccia before heading towards Bolzano/Bozen. After drinking some of the finest local wine on a warm and sunny day, you can call it a day!

★ The top of the Mendel Pass bordering Trentino offers you a bird's eye view of the Lake Kalterer See. Take the Mendel cable car from Kaltern/Caldaro to reach the top and follow the cycle route to Ronzone, located in Trentino in the Nonsberg valley. On the Mendel cable car you can also take your bike.

💡 Immerse yourself in history. There are about 150 historic castles, forts, and country manors in the district of Eppan/Appiano. Three of these lies on the Eppaner Burgendreieck circuit trail beneath the Gantkofel mountain.

This 100-year-old trail takes you from the Etsch cycling trail through scenic winelands and fruit farms across the Trudner Horn Nature Park to a scenic hill. The disused Fleimstalbahn railway is a relic from First World War, designated for supplying goods to the Imperial Austrian Army. Today, along the abandoned railroad runs a cycle route that leads to a scenic viewpoint. Running on a gentle gradient, the undulating cycle track offers you stunning views of the South Tyrolean lowlands, dominated by vineyards and apple farms. It passes through some of the best Pinot Noir and autochthonous Lagrein winelands before reaching Castelfeder. The force of such beauty was already recognized in pre-Christian times, when it was believed that this area was the domain of gods. The final stretch runs along the borders of Trentino and through a fascinating tunnel system to San Lugano, the town on the namesake pass.

★ From Kaltenbrunn/Fontanafredda continue uphill to Truden/Trodona, a small village named after the Trudner Horn Nature Park. Mountain bikers can reach Alpine huts at higher altitudes on trails winding through forests. Alternatively, ride from Altrei/Anterivo to Molina (TN), and further east along the old Fleimstalbahn railroad line to Predazzo (TN).

Other Cycle Routes in South Tyrol Meer fietsroutes door Zuid-Tirol / Südtirol

- Adige Cycle Route along the Via Claudia Augusta
- Pustertal Valley Cycle Route
- Brenner/Brennero – Bolzano/Bozen Cycle Route
- Munich – Venice Cycle Route
- The Drau Cycle Path / Drau-fietsroute
- Via Claudia Augusta

Cycling through Alpine and Mediterranean worlds: In the footsteps of the Romans

In their day the likes of Johann Goethe, Albert Dürer and Hapsburg Empress Sissi journeyed south along the Via Claudia Augusta to enjoy its famed Mediterranean climate. Nowadays, the cycling trail offers you another way to experience the unspoilt Vinschgau valley first-hand. Passing fruit orchards and vineyards, old castles, and country manors, the historic route leads beneath the glacier into South Tyrol's cultural heartland. In Meran/Merano, stroll along the riverside promenade under the palms, though its arcades in the old town centre, or visit the renowned thermal baths. In nearby Bolzano/Bozen, the cosmopolitan atmosphere in the provincial capital is best enjoyed over an aperitif in one of the upmarket cafes in Waltherplatz square. Further south in Salurn/Salorno near Trentino, learn how Haderburg Castle once guarded the Salurner Klausse hermitage on the cultural fault line demarcating north and south.

Other Available Maps Andere beschikbare kaarten

- Brenner/Brennero – Bolzano/Bozen Cycle Route**
96 km total: along the Main Alpine Ridge to the ustling provincial capital of Bolzano at the valley basin of the Etsch and Eisack rivers.
- Brenner/Brennero – Bolzano/Bozen-fietsroute**
96 kilometer van de Alpenhoofdkam naar de levendige provinciehoofdstad in het keteldal van de rivieren Etsch en Eisack.
- Pustertal Valley Cycle Route**
62 km in total: across the fertile Pustertal valley – an undulating ride along the Rienz and Drau rivers.

Pustertal-fietsroute
Steeds bergop en bergaf en langs de rivieren Rienz en Drau over 62 kilometer door het groene dal Pustertal.

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Figure 1 is a map of the study area, showing the location of the study sites (Sclandres, Castibello, Naturns, Peretschns, Pärnes, Alpeud, Lagundo, Meran, Merano) along the Sclandres river. The map includes a scale bar (0 to 37 km) and a vertical scale bar (0 to 480 m).

Topographic profile of the Merano-Bolzano railway line. The profile shows the elevation of the railway line (grey bar) and the surrounding terrain (blue area). The x-axis represents distance in km (0 to 30) and the y-axis represents elevation in meters (200 to 300). Key locations marked include Merano, Burgstall, Postal, Gargazon, Gargazzone, Tadan, Terlano, and Bozen Bolzano. A double-headed arrow indicates a 33 km distance between Merano and Burgstall. A vertical arrow indicates a 50 m elevation gain from Burgstall to Tadan. A vertical arrow indicates a 90 m elevation loss from Tadan to Bozen Bolzano.

A topographic profile map showing elevation changes along a route. The vertical axis on the left indicates elevation in meters (M) with markings at 1,600, 1,400, and 1,200. The horizontal axis shows several locations: Mals, Müllis, Müllis im Wiesental, and Töscherv. Above the profile, distance and elevation markers are provided: a double-headed arrow for 24 km, an upward arrow for 850 m, and a downward arrow for 100 m. The profile itself shows a relatively flat start around 1,200m, followed by a slight rise to about 1,300m near Müllis, then a significant drop to approximately 1,100m before rising again towards Töscherv.

Topographic profile of the study area. The vertical axis represents elevation in meters (m), ranging from 400 to 1,400. The horizontal axis represents distance in kilometers (km), with a scale bar indicating 20 km. The profile shows a relatively flat area at 400m near Merano, followed by a rise to 390m at Salsburg Salsburgo, and then a drop to 20m at San Leonardo I.P. The distance between Merano and Salsburg is 20 km.

Fietsroute naar het Kalternmeer

↔ 30 km ↑ 350 m ↓ 370 m

Bl-Eppan a. d. W.
S. d. V.
Applano s. d. V.

Topographic profile of the Aar Alps. The vertical axis shows elevation in meters (M) from 0 to 1000. The horizontal axis shows distances: 21 km (Aar to Pinzino), 940 m (Pinzino to Montan Montana), and 80 m (Montan Montana to Kaltenbrunn Fontanefredde). The profile shows a relatively flat area around 600m, followed by a rise to 940m at Montan Montana, and a final rise to 80m at Kaltenbrunn Fontanefredde.

We realize that cyclists away from home have special needs, especially over relatively long distances. For instance, safe parking, charging stations, maintenance tools and air pumps, not to mention the right kind of breakfast. As an international association, the ADFC-Bett+Bike association in South Tyrol identifies cycle-friendly accommodations and assists cyclists with all the above.

Gasten die hun fiets meenemen op reis hebben speciale behoeften: van een veilige parkeerplaats met opslaatdienst tot gereedschap en een goed ontbijt voor sportievelingen. In Zuid-Tirol vind je speciale fiets-accommodaties met het ADFC Bett+Bike keurmerk. Zij bieden speciale diensten om een fietsvakantie in Zuid-Tirol zo aangenaam mogelijk maken. Hier ben je als fietser in goede handen.

South Tyrol's excellent bike-rental system 'one-way' enables you to rent out and drop off a rental bike at any of the numerous stations along the railway line. You can bring bicycles with you on a train, but there will be charges, as well as limited bike reserved spaces. To avoid disappointments, we strongly recommend that when renting a bike, you try to avoid the daily rush-hours. Or just ride 'one-way', and drop off your bike at any rental station, before returning by train.

Voor een fietsexcursie kun je gebruik maken van het Zuid-Tirolse fietsverhuursysteem 'one-way'. Je fietst dwars door Zuid-Tirol, je levert je fiets in bij een van de vele verhuurstations en keert zonder fiets (enkele reis) comfortabel met de trein terug naar je vertrekpunt. Voor het meenemen van fietsen in het openbaar vervoer moet je betalen en het is slechts beperkt mogelijk. We raden je daarom aan de treigrus of de start van je fietstocht buiten de spitsuren te plannen of gebruik te maken van het Zuid-Tirolse fietsverhuursysteem 'one-way'.

Cycle Routes – South Tyrol
Fietsroutes in Zuid-Tirol
suedtirol.info/trekking

Gecertificeerde accommodaties voor fietsers
suedtirol.info/accommodations-for-cyclists

[suedtirol.info/water-refill-stations](http://www.suedtirol.info/water-refill-stations)

MOBILITEIT ter plaatse
suedtirolmobil.info

Fascinerende
langeafstandsfietsroutes
door Zuid-Tirol

Brachidactylus $\longleftrightarrow$ 510 km

AUGUSTA 152 km