



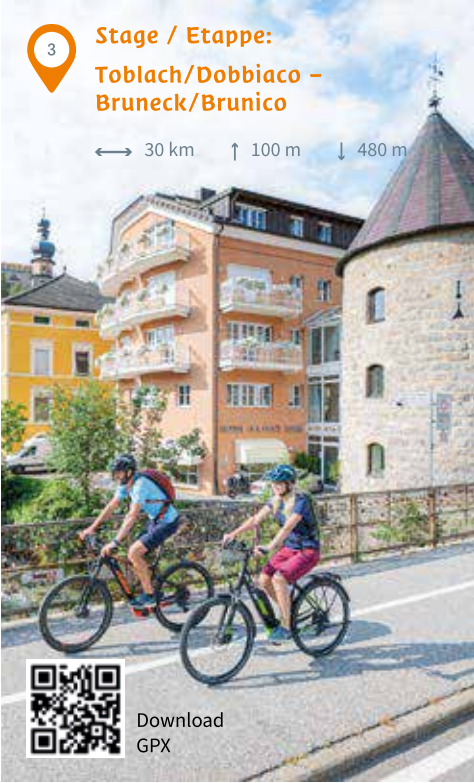
Take one last look at the diocesan town of Brixen/Bressanone and head east to the broadest Alpine section of South Tyrol. While cycling along the Rienz River and through fields, forests, meadows and old villages, you come across an abundance of historic landmarks: a Roman settlement, a medieval sanctuary and rural houses just to mention a few. For a livelier experience, the route takes you to Pustertal's main town, Bruneck. Visit the South Tyrolean Folklore Museum to discover more about the rural history of this area. In the open space of the museum, you can admire authentic and ancient farmsteads, craft workshops and vegetable gardens. When planning your cycling tour, remember the ride is mostly uphill at this stage of the trail. If you're excessively tired to complete this section, take the train instead. In fact, the cycling trail almost exclusively runs along the railway.

- ★ Visit Rodenegg Castle near Mühlbach/Rio di Pusteria, home to the oldest secular murals in Central Europe.



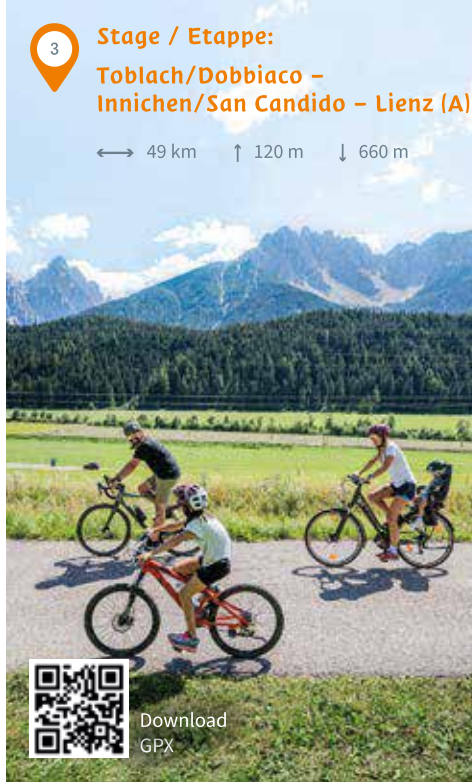
Met een laatste blik over je schouder op de stad Brixen/Bressanone rijd je oostwaarts het meer alpine deel van Zuid-Tirol in. Op de route worden de bergtoppen hoger en de temperaturen lager. Langs de rivier de Rienz fiets je door velden, bossen, weilanden en dorpjes. Onderweg kom je ook historische bezienswaardigheden en gebouwen tegen, zoals een Romeinse nederzetting, een middeleeuwse kluisenaarshut en boerderijen. In Bruneck, de hoofdplaats van het dal Pustertal, wordt het levendiger – het fietspad leidt direct naar de stad. Als je meer wilt weten over het landelijke verleden van deze regio, breng dan een bezoek aan het Zuid-Tirolse Museum voor Volkskunde. In het openluchtgedeelte zie je originele oude boerderijen, werkplaatsen en boerentuinen. Houd er bij het plannen van je tocht rekening mee dat deze etappe meestal bergop gaat. Als het te inspannend wordt, kun je delen per trein afleggen: het fietspad loopt langs de spoorlijn.

- ★ Bezichtig de oudste niet-kerkelijke muurschilderingen in het Duitstalige gebied in kasteel Rodeneck/Rodengo bij Mühlbach/Rio di Pusteria.



While cycling on this route stage, there's one predominant colour: green. Like the green of coniferous forests and meadows or the turquoise green water of a lake along your bike ride. The playgrounds in each village make the route rewarding especially for kids and are well-designed environments for fun and rest. The landscape along the stretch of cycle route before reaching the town is eye-wateringly beautiful: as the German name of the Rienzschlucht gorge suggests, rocks and water are the main elements. There are only two tunnels that temporarily stop your ride in the sun. After strolling down the streets of Bruneck/Brunico, you can board the train with your bike. If your travelling with kids, we recommend you take a whole day to cycle on this section.

- ★ When you pedal your way to Toblach through the Höhlensteintal valley, you shouldn't miss the view of the soaring Three Peaks – known as 'Drei Zinnen' in German – during a stop in Höhlenstein/Landro. You can stop at two large playgrounds: one is in the thermal park in Niederdorf/Villabassa with Kneipp facilities, a gross motor skills and a rest area, the other is set in the midst of the forest in the Olang/Valdaora's Kids World.



This stage takes you to Austria, where the scenery is equally impressive. As you bike along the route, dazzling views of the main Alpine range to the left and the Dolomites to the right unfold. Along the river and through the picturesque countryside, the serene atmosphere is only occasionally interrupted by quaint small towns and tranquil hamlets. Lay your eyes on a castle and the popular Loacker factory, founded in South Tyrol. The entire route runs along a railway which provides a convenient alternative to cycling. Above all, if some sections are really challenging. The riding conditions are ideal along this route during spring and autumn.

- ★ The fully restored Heinfels Castle is worth a visit. You can also book a guided tour to have a deeper look into the interiors and the exteriors.

- ☀️ The route passes along the Drava River, flowing between Toblach and Innichen. The starting point of the 510 km Drau Cycle Route is Toblach and traverses the Austrian Province of Carinthia to Varaždin on the Slovenian-Croatian border.



Do you want a change of scenery? Embark on this brief detour through Val Badia in South Tyrol, where the timeless Ladin language and its unique Romanesque culture are preserved by a few thousand inhabitants. When you weave through the route between Bruneck/Brunico and St. Lorenzen/San Lorenzo, it gently ascends over rolling hills, taking you past the quaint Maria Saalen pilgrimage church, farmsteads and villages. Do you notice how the natural scenery differs from the Pustertal's? Now, you're in the heart of the Dolomites, a UNESCO World Heritage Site. You have reached the village of Al Plan/San Vigilio, surrounded by towering mountains which are not only wonderful to look at but also to climb.

- ☀️ If you're a cycling expert, we suggest you try the challenging Fanes circuit from Al Plan/San Vigilio to Pederù which develops on a steep military road and leads to Lake Limo. Alternatively, you could ride your bike from Al Plan/San Vigilio to Bruneck/Brunico and over the Furkelpass to reach Olang/Valdaora.



This leisurely detour runs along the Ahr torrent, which feeds the sprawling water-rich biotopes beneath the Löffler and Schwarzenstein glaciers. Passing rustic old villages, the flat road from Bruneck/Brunico to Sand in Taufers/Campo Tures is ideally suited to families with children. The waters of the river Ahr are an attraction – especially in summer – for those needing to cool off in downriver ponds such as the 'Baggalocke' in Gais, or the Thara. Nearer the head of the Ahrntal valley, the majestic Taufers Castle looms above Sand in Taufers. Open to visitors – both inside and out – the well-preserved medieval fortress is reason enough for this detour.

- ☀️ From the Kematen/Caminata cycle track you'll arrive at the first of the three Reinbach waterfalls. Only the most adventurous would contemplate taking on any of the 80 (!) 3,000 m summits in the Ahrntal valley. The Neves reservoir makes an ideal starting point for all kinds of hiking/biking adventures.



Peaks, meadows, forests, and gushing torrents: this detour through the Rieserferner Ahr Nature Park offers all you might wish for in a picturesque mountain setting. The route along the Antholz torrent leads to the settlement of Antholz Niedertal/Anterselva di Sotto. From this point, the route under the 3,000 m summits of the Rieserferner group becomes steeper and more challenging. Before Antholz Mittertal further on, the main road changes to a rough cycle track leading to the Antholz lake, near the biathlon centre. Families with children can stop at the small pond where there's fishing, a children's playground, and a pump track.

- ★ From Antholz Mittertal/Anterselva di Mezzo the route passes the Egger-Höfe farms leading to the Egger and Klammbach waterfalls. Higher up, you can stop for a rest and a bite to eat at the Bergeralm or Schwörzalim refuges. To get there, however, you'll need a mountain bike.



The bike tour starts in the village of Welsberg/Monguelfo where you can marvel at its 11th century castle, perched 340 m above it. Cycle through the untouched nature of the Giesier Tal valley and discover how this area is brimming with history, past ages-old rural homesteads and through lush meadows. The old Giesier Straße to St. Martin/San Martino mostly runs on a flat gravel road. The last climb in St. Magdalena/Santa Maddalena, nestled in the heart of the valley is worth a visit for many reasons: goats, llamas, and pigs are waiting for you at the Reierhof educational farm and the Regiohof alpine inn offers you local delicacies like cheese, honey and fruit jams. They will all be delicious for your taste buds!

- ★ After arriving at the valley head (and if you still have any wind in your sails left), hike up to one of the refuges along the Almweg 2000 trail. Enjoy scenic views over the valley, while sipping on a fresh fruit juice or trying one of the sumptuous delicacies. The new circular hiking trail 'Along the Borders' leads even higher up the mountain.



The Pragser tal valley lies between Welsberg/Monguelfo and Niederdorf/Villabassa and is truly breathtaking. With its magnificent mountain lake and picturesque high plateau, the majestic Dolomites in the Fanes-Sennes-Prags Nature Park seem within your grasp. Follow the main cycle track to Schmieden/Ferrara, then twist and turn through the forest onto the main road, which is closed to traffic from mid-July to mid-September. As you get closer to your destination, the scenic route along the mighty Seekofel mountain and its reflection on the waters of the Lake Prager Wildsee is memorable. Make sure to take a pit stop at one of the many inns and restaurants in Schmieden. Here, you can indulge in the specialties of local eco-producers, quality fruit preserve and syrups of gourmet grocery store Alpe Pragas, fresh farm cheeses and dairy products of Lechnerhof.

- ★ Due to the type of terrain, the leg from Säge/Seghe to Brücke/Ponticello up to the Platzwiese/Prato Piazza high plateau is only accessible to MTB riders. From here you can get back on the main road at Lake Dürrensee. Explore circuit 071 and return to Toblach/Dobbiaco.

- ☀️ A new cycling track will open soon.



What are the best natural spots? It's a question that often arises when hitting the route through the UNESCO World Heritage Site of the Dolomites. Whether you prefer the turquoise water of the Lake Dürrensee or the majesty of the Three Peaks, this off-road cycling route winds through some of the most beautiful landscapes in the Dolomites. The route runs along an abandoned railway and crosses regional borders. From the Hochpustertal valley to the Italian-speaking town of Cortina d'Ampezzo, the trail develops near famous mountains like Monte Piana and the Cristallo Group. It's astonishing to think that the First World War front, dividing the Italian and Austrian troops, once traversed this area.

- ☀️ The Dolomitic Bicycle Route is just one leg of the much longer Munich – Venezia Long Distance Trail across the Alps. It's also the only cycling route to host no less than three Olympic championships.



Travel the length of the Three Peaks Nature Park and soak in the beauty of the unspoiled landscapes of the Dolomites, a UNESCO World Heritage Site. The terrain of this stretch of the route has optimal conditions. If you start your ride in Innichen/San Candido, you can ride your bike on a moderately challenging gravel road winding through the forest. Look out for hikers! When you reach Sexten/Sesto, you can ride your way up to a quaint hamlet nestled amidst the majestic Dolomites. Continue pedaling past the village and in the direction of Moos/Moso until you find yourself in front of the Sexten sundial. It's an impressive mountain range and when illuminated by the sun, you can tell the time of the day. As you conclude this leg of your trip through the Dolomites, weave through larch meadows to reach the head of the valley. Here, you can recharge your e-bike and take a break while enjoying the incredible vistas.

- ☀️ Passionate MTB riders can hit the Erla and Standschützen single tracks which range from rough to half paved.



Nature, living traditions, and a multifaceted cultural heritage

When you cycle through the lush Pustertal valley and along the Rienz and Drau Rivers, there are endless cultural and historical highlights to discover. Like the quaint villages and their landmarks. Secondary roads lead through Tauferer Ahrntal, Antholzertal, Gsiesertal, Pragser tal, Sextental and Val Badia. We suggest you divide the route into stages if you're planning a long-term stay around the side valleys.

Veel natuur, levende gebruiken en veelzijdige cultuur

In het groene dal Pustertal ga je steeds op en neer langs de rivieren Rienz en Drau. Onderweg kom je door plaatsen waar je spannende cultuurschatten kunt ontdekken. De meeste daarvan bevinden zich in het kleine middeleeuwse stadje Bruneck/Brunico, zoals bijvoorbeeld kasteel Bruneck. Op de hoofdroute kom je herhaaldelijk routes naar een van de zijdalen tegen: naar het Tauferer Ahrntal, naar het Antholzertal, het Gsieser Tal of naar de Dolomietendalen, zoals het Ladinische Gadertal, het Pragser tal en het Sexten- tal. Je kunt de route het beste in etappes afleggen. Neem de tijd om ook van de zijdalen met hun bijzonderheden te genieten.

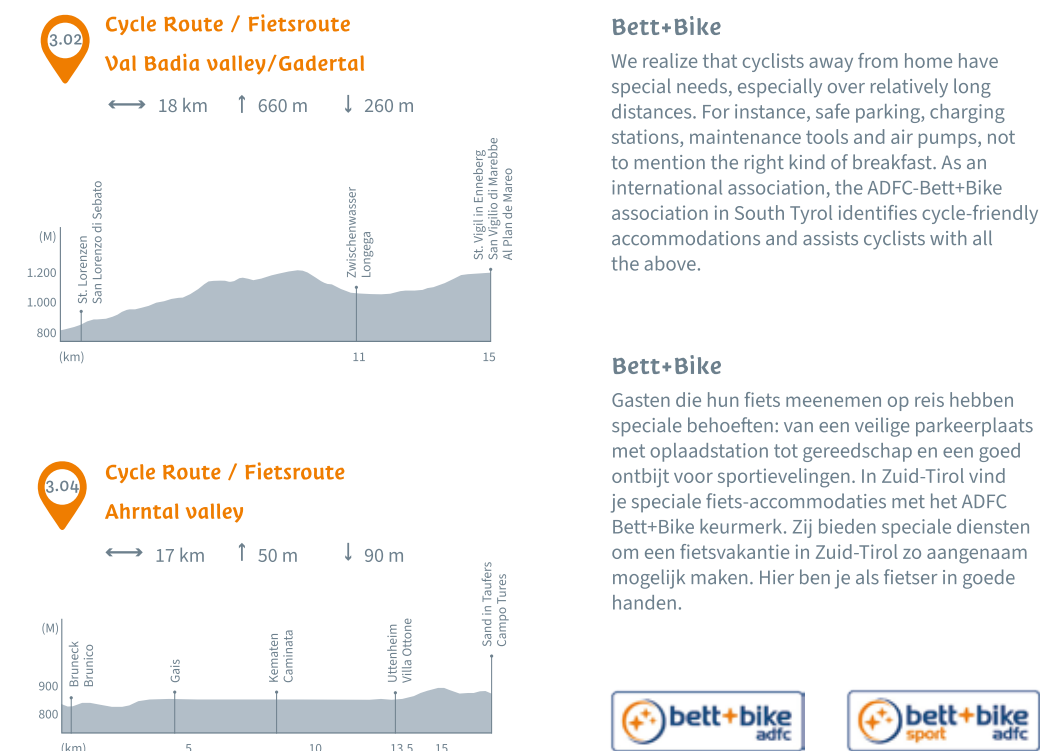
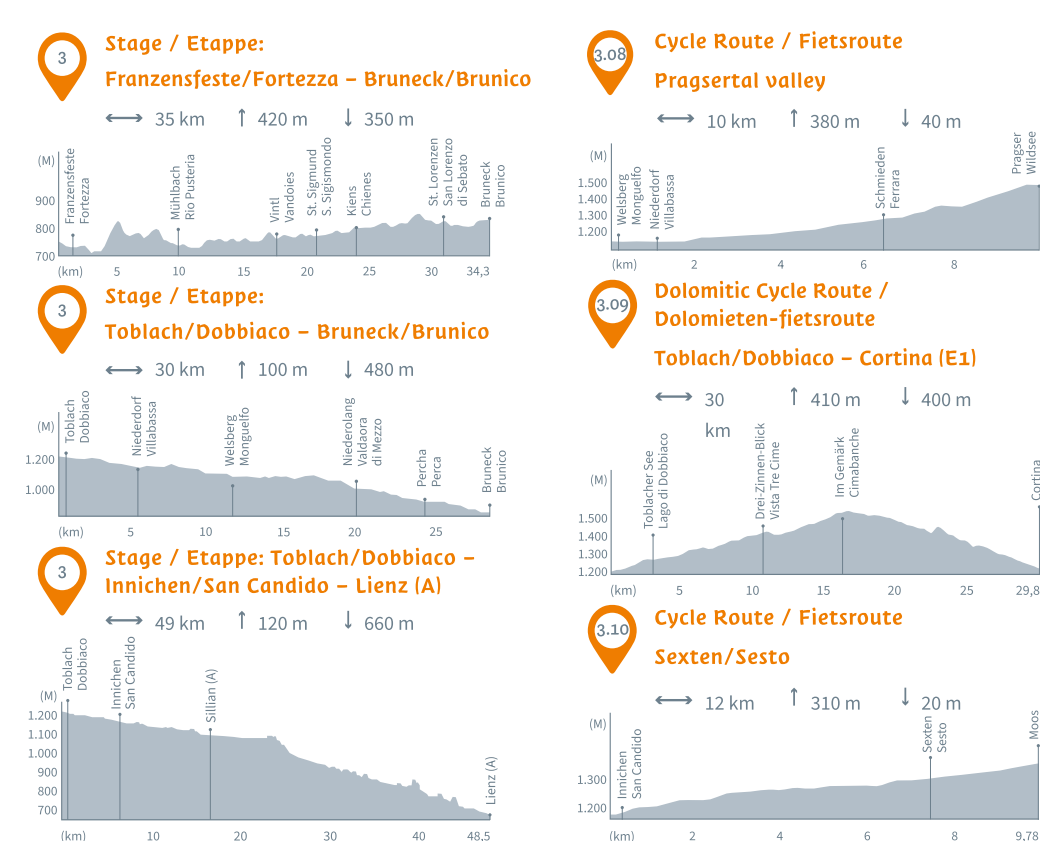


Op te fietsen in Zuid-Tirol

South Tyrol is a well-developed cycle track network takes you to enchanting unspoiled valleys brimming with historical-cultural treasures. Supplemented by an outstanding local cuisine, South Tyrol's wines have achieved international acclaim. On the Brenner – Brenner Route (1), the historic towns and mountains along the Eisack river are steeped in history. On the Eisack Route (2), cyclists retrace the chariot wheels of the ancient Romans. The fertile Pustertal valley and into wide valleys that separate the mountains and the Dolomites that separate the Dolomites. The three main cycle routes are all interconnected. The three main cycle routes are all interconnected. The three main cycle routes are all interconnected.

Enduristen kunnen zich uitleven op twee single trails met natuurlijke en deels verharde ondergrond, het Erla Trail en het Standschützen Trail. De kabelbaan Drei Zinnen of Rotwand brengt je naar de start.

This is Cycling in South Tyrol



Bett+Bike

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.

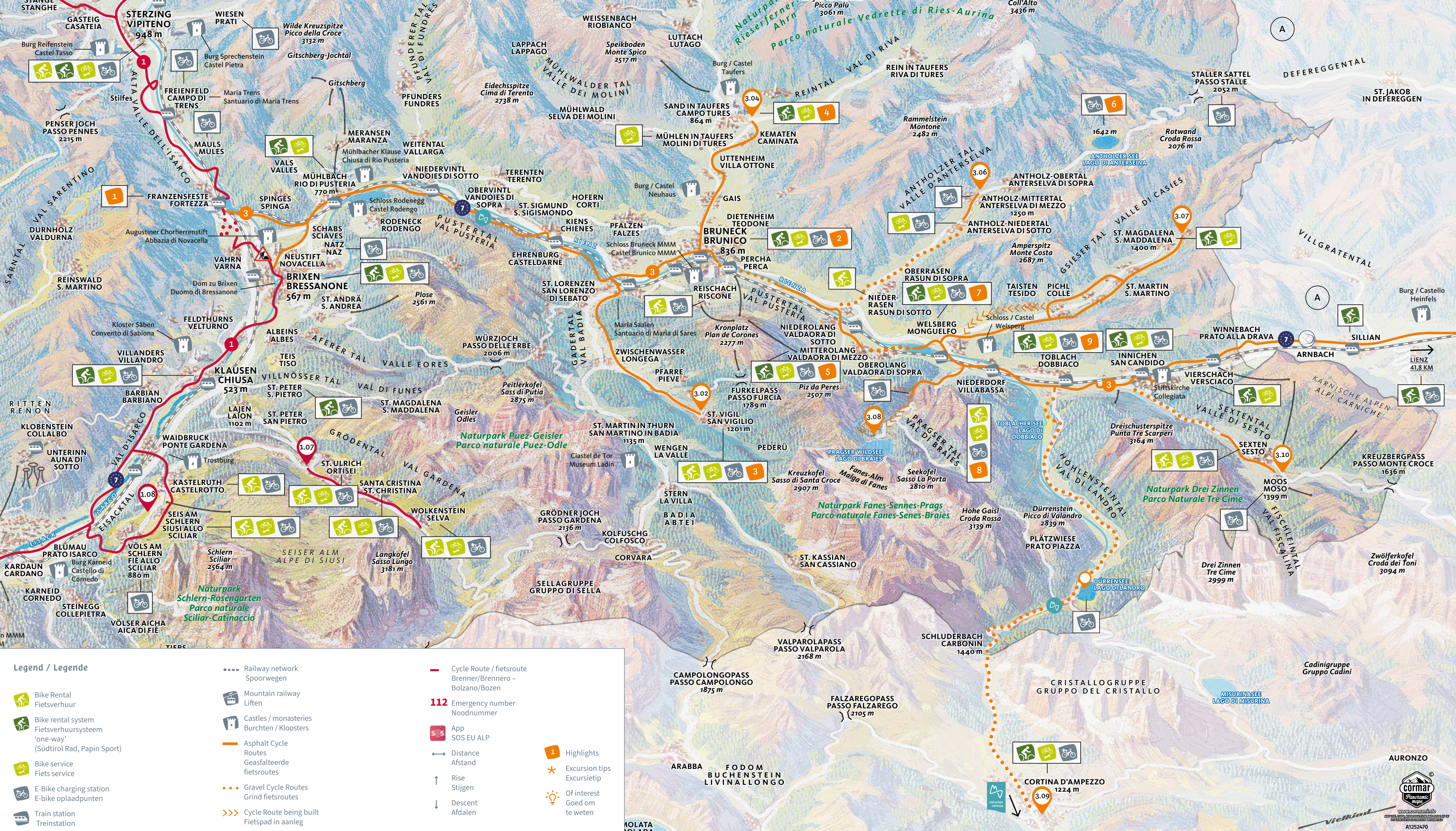


Cycle Rentals and Returns

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.

Fietsverhuur & fietsvervoer

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 terugreis of de start van je fietstocht buiten de spitsuren te plannen of gebruik te maken van het Zuid-Tirolse fietsverhuursysteem 'one-way'.



Further useful information

Andere nuttige informatie

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

Bike Rental
Fietsverhuur in Zuid-Tirol
suedtirol.info/bike-rental

Mobility on site
Mobiliteit ter plaatse
suedtirol.mobil.info

Südtirol Guide
www.suedtirol.info/suedtirol-guide

Respect the mountain
Respect voor de berg
www.idm-suedtirol.com/showing-respect

Certified accommodations for cyclists
Geaccrediteerde accommodaties voor fietsers
suedtirol.info/accommodations-for-cyclists

Water refill stations
Drinkwater hervulstations
suedtirol.info/water-refill-stations

Austrian Federal Railways
Oostenrijkse Bundesbahnen
oebb.at

Fascinating Cycle Routes through South Tyrol
Fascinerende langeafstandsfietsroutes door Zuid-Tirol

Munich – Venice Cycle Route
Fietsroute München – Venetië
muenchen-venezia.info
↔ 685 km
↔ 560 km

The Drau Cycle Path
Drau-fietsroute
drauradweg.com
↔ 510 km

Via Claudia Augusta
viacaudia.org
↔ 685 km
↔ 752 km

Eurovelo 7
de.eurovelo.com
↔ 7.050 km

Fortress / Vesting
Franzensfeste/ForTEZZa

South Tyrolean
Folklore Museum
Zuid-Tirols
Volkskundemuseum

Nature park house /
Natuurpark huis
Fanes-Sennes-Braies

Waterfalls / Waterval
Reinbach/Riva

Kids World
Olang/Valdaora

Lake Antholz
Antholzmeer

Spielgolf
Welsberg/Monguelfo

Kneipp Aktivpark /
Kneipp recreatiepark

Nature Park visitor
center / Natuurpark
bezoekerscentrum
Drei Zinnen/Three Peaks

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

Other Available Maps
Andere beschikbare kaarten

1 **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.

2 **Etsch Cycle Route along the Via Claudia Augusta**
142 km total: along the Etsch river, across Alpine and Mediterranean landscapes from the Reschensee lake to Salurn/Salorno – following in the footsteps of the ancient Romans.

Etsch-fietsroute op de Via Claudia Augusta
Op 142 kilometer in het spoor van de Romeinen van de bergen naar het Midderrane landschap, van de Reschensee naar Salurn/Salorno.

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.

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