

# Alpe Adria | Cycle from Salzburg to Grado | Self-guided | Austria to Italy - 9 Days

From Mozart to the historic harbour city at the sea! Most different landscapes and best cycle paths will delight you on this wonderful cycle tour from the Alps to the Adriatic Sea. Narrow valleys, broad river landscapes, smooth hills and high mountains will be enjoyed with every pedal rotation. High culture and genuine traditions will accompany day by day and tasty cuisine will make you strong for the next stage of your active holidays. This cycle tour is very diverse and impressive!

Along Austria's cycle paths towards Italy: After enjoying a coffee in Salzburg's old town, take the bike towards St. Johann im Pongau. Accompanied by fantastic natural scenery, you will continue cycling to the Carinthian region. Genuine customs, tasty cuisine and warm hospitality: you can experience all of this on a cycle through Austrian nature. As you pedal you come closer and closer to Italy. Once in Grado you will be overwhelmed with joy! The Italian flair, the charming old town and the wonderful warmth will brighten your mood. Now it's time to enjoy La Dolce Vita!

## Highlights

- **Porcia Renaissance Castle:** The stopover in Spittal an der Drau is all about culture. All Renaissance lovers can look forward to this! In this city you can pay a visit to the most beautiful Renaissance building in the northern Alps, Porcia Castle. A must-see!
- **Grado:** In the charming fishing town, you can set your soul free. The restaurants in the alleyways of the old town spoil you with pizza, pasta and fine wines. Just lovely! The historic harbour and the extensive beach on the Adriatic coast make this town very special.

## Itinerary

- Day 1: Arrival in Salzburg
- Day 2: From Salzburg to St. Johann (65km by bike)
- Day 3: From St. Johann to Bad Gastein (40km by bike)
- Day 4: From Bad Gastein to Spittal (50km by bike)
- Day 5: From Spittal to Villach (40km by bike)
- Day 6: From Villach to Tarvisio (35km by bike)
- Day 7: From Tarvisio to Udine (60km by bike)
- Day 8: From Udine to Grado (55km by bike)
- Day 9: Departure or extension

All distances are approximate. Due to circumstances beyond control, weather conditions or provisions issued by local authorities, the itinerary may be subject to some changes before and/or during your holiday. For example, along the way you may find temporary deviations/detours caused by roadwork. In this case, please follow the directions posted on site.

## services:

### SERVICES

- Accommodation in hotels with charm
- Breakfast
- Welcome briefing (German, English)
- Luggage transfer
- terranova developed route
- Detailed travel documents 1x per room (German, English, French)
- Train ride Bockstein – Mallnitz incl. your bike
- Train ride Venzone – Udine incl. your bike
- App for Navigation and GPS-data
- Service hotline

### NOT INCLUDED

- Return transfer to Salzburg every Thursday, Friday, Saturday and Sunday morning, costs EUR 175 per person, extra EUR 39 for your own bike, to be paid for in advance, reservation is necessary.
- Bike rental, including rental bike insurance

## added options / discounts:

Additional night in Salzburg doubleroom p.P. from	119 €
Additional night in Salzburg singleroom p.P. from	188 €
Additional night in Grado doubleroom p.P. from	129 €
Additional night in Salzburg singleroom p.P. from	198 €
rental bike 21-gear unisex	99 €
rental bike 21-gear gents	99 €
rental bike PLUS	169 €
Gravel bike	199 €
e-bike	269 €
rental bike 7-geR unisex	99 €

## dates & prices:

27.04.2024 - 10.05.2025 - Unterkunft: Alpe mit Charme

douleroom p.P.	1399 €
singleroom p.P.	1898 €

26.04.2025 - 09.05.2025 - Unterkunft: Alpe mit Charme

douleroom p.P.	1459 €
singleroom p.P.	1988 €

## Itinerary:

### Day 1: Salzburg welcome

Individual arrival in the festival-, Mozart- and cultural city of Salzburg. Winding alleyways and squares invite you to take a stroll and languorous cafés entice you to sample genuine Austrian café-specialities. You live and breath culture and history literally with every step you take.

### Day 2: From Salzburg to St. Johann | 65 km

Highlights: Out of Salzburg and off headed South. You cycle along wetlands in the shade along the river Salzach to Hallein, a formerly wealthy Celtic town due to salt mining. Hallein surprises with a romantic historic town centre including little alleyways, archways and opulent house fronts. Past the roaring waterfall you pass Golling and continue along the well-developed cycle path onwards to St. Johann. Distinctive – just like twin-peaks – the steeples of the Pongau cathedral rise.

### Day 3: From St. Johann to Bad Gastein | 40 km

Highlights: Shortly after Schwarzach you bid farewell to the river Salzach, from today onwards the Gasteiner Ache leads you through the wild-romantic Gasteiner-valley. Via Dorfgastein and Bad Hofgastein you cycle into the renowned spa- and ski resort Bad Gastein situated at the foot of the Hohen Tauern-mountain chain, offering a variety of natural history- and architectural sights. The Gasteiner waterfall is the landmark situated in the centre of town, which has been the focal point of many artists and poets.

### Day 4: From Bad Gastein to Spittal | 50 km + train ride

Highlights: In the morning it is only a short distance to Böckstein, where a train takes you in only 10 minutes through the ‚Tauernschleuse‘ to the other side of the Alps to Mallnitz. Back on your bike you enjoy the speedy descent into the Möll-valley. You cycle along the river Möll through the impressive alpine landscapes today. The Drautal-valley starts in the village of Möllbrücke and hence the sunny South of Austria. Leisurely you cycle the final few kilometres to Spittal an der Drau. Already in the Middle Ages this town has been an important transport interchange for pilgrims and which in parts helped create its prosperity.

### Day 5: From Spittal to Villach | 40 km

Highlights: Nearly effortlessly you proceed in a gentle descent along the river Drau. Half way we recommend you take a break in the little market town of Paternion with its remarkable churches and palaces. Just a bit more pedalling and soon you have reached Villach, with its enchanting old part of town, Southern atmosphere and inviting pubs and restaurants.

### Day 6: From Villach to Tarvisio | 35 km

Highlights: You leave Villach along the river Gail and in a little while you leave Austria and welcome Italy. In the triangle of Italy, Austria and Slovenia sprawls the canal valley, the Italian city of Tarvis builds the centre of it. Austrians, Slovenians and Italians are living here next to each other since centuries, so all three big European families of languages – Germans, Romans and Slavs – are meeting up here.

### Day 7: From Tarvisio to Udine | 60 km + train ride

Highlights: In Italy too the cycle path is perfectly developed and hence allows you to leisurely cycle downhill through the Val-Canale-valley and from your bike marvel at the beauty of the Friulian alpine region with its intact, unspoilt nature and extensive forests. Your cycle tour ends in one of the picturesque villages located at the foothills of the Julian Alps. With the train you will go further to Udine. When the city is reached you can enjoy the „dolce vita“ with a cafe on a „Piazza“ or stroll through the alleys and admire the buildings of the late Gothic period and the Renaissance.

10.05.2025 - 23.05.2025 - Unterkunft: Alpe mit Charme	
douleroom p.P.	1599 €
singleroom p.P.	2128 €
24.05.2025 - 05.09.2025 - Unterkunft: Alpe mit Charme	
douleroom p.P.	1729 €
douleroom p.P.	2258 €
06.09.2025 - 26.09.2025 - Unterkunft: Alpe mit Charme	
douleroom p.P.	1599 €
singleroom p.P.	2128 €
27.09.2025 - 05.10.2025 - Unterkunft: Alpe mit Charme	
douleroom p.P.	1459 €
singleroom p.P.	1988 €



### Day 8: From Udine to grado | 55 km

Highlights: Feel the warm breeze of the sirocco! You cycle through vast reed scenery and along little water canals towards the Gulf of Venice. In the Roman city of Aquileia, the so-called ‚second Rome‘, we recommend you definitely plan a break before reaching the end destination of your holiday. One of the most popular Adriatic beach resorts, the historic little fishing town Grado, will not only excite you with the extensive sandy beach, but also the historic harbour and the narrow alleyways with lovely restaurants all ooze Italian flair.

### Day 9: Departure or extension

- **Total Distance:** 345 km (214 miles)
- **Daily Distance:** 35-60 km (21-37miles)
- **Route information:** You mainly cycle on well-developed cycle paths and quiet side roads. Only a few sections lead you also along roads with heavier traffic or on dirt paths. Overall the route leads you on slightly hilly terrain, the most challenging section between St. Johann and the Gasteiner-valley can also be completed and bypassed by train.
- This tour is available between 26.04. - 05.09.2025
- Starts daily

## Unterkunft: Alpe mit Charme

- **Salzburg:** [Arcotel Castellani](#) 4\*

The ideal starting point to discover Salzburg. Surrounded by its own park, it is only a few minutes' walk from the old town. The historic mansion was redesigned and expanded into a comfortable hotel with a lot of love and care. Enjoy the sophisticated atmosphere on the terrace and in the excellent restaurant. You will also feel particularly comfortable in the newly designed deluxe rooms.

- **St. Johann:** [Hotel Brückenwirt](#) 4\*

The Gasthof Brückenwirt in St. Johann im Pongau was built more than 150 years ago as a local tavern. Your hosts at the Hotel Brückenwirt combine tradition and modernity into a harmonious hotel, that they really care about. Particular attention is paid to the hotel's resources. Sustainable and environmental awareness are guiding principles that inspire your hosts anew every day. The deluxe rooms booked for you are furnished according to the most modern standards, without forgetting the history of the hotel. The swimming pool and sauna also provide places to relax.

- **Bad Gastein:** [Hotel Salzburger Hof](#) 4\*

The hotel has been providing traditional hospitality with a breathtaking view of the surrounding mountains for over 100 years. The spacious spa and wellness area brings body and mind into harmony. The kitchen team will spoil you with Austrian specialties before you end the evening in the elegant hotel bar.





- **Spittal:** [Post Hotel mit EigenArt](#)

This unique hotel is located directly on the historic main square of Spittal an der Drau. Unique because the hotel doesn't want to fit into classic hotel clichés. A hotel that amazes on every turn, starting with the in-house altar at the reception, to the completely different themed rooms to its own shopping arcade, a brewery, coffee roastery and legendary wood-fired pizzas. An entertaining stay is guaranteed.

- **Villach:** [Hotel Palais 26](#)

Experience the charm of Villach with an overnight stay at Palais26, a beautifully restored 16th-century palace in the heart of the old town. After a day of cycling through Austria's stunning landscapes, unwind in elegantly appointed rooms that blend historic character with modern comfort. Enjoy a hearty breakfast featuring local specialties before continuing your journey. With its central location, Palais26 offers easy access to Villach's attractions and a relaxing wellness area to recharge for the next stage of your adventure.

- **Tarvisio:** [Hotel Edelhof Tarvisio 4\\*](#)

Alpine chic awaits you a short walk from the centre of Tarvisio. In the family-run hotel, a lot of wood and stone was used to match the surroundings in order to create a particularly homely atmosphere. Chef Diago serves traditional cuisine in the La Stube restaurant. In the modern, small wellness area you can relax in the sauna, whirlpool or Turkish bath.

- **Udine:** [Hotel Ambassador Palace Udine 4\\*](#)

In the heart of the city and only a few steps away from the historic centre, the hotel welcomes you with excellent service and elegant rooms. Toast the eventful day with an aperitif in the American bar before enjoying Italian delicacies in the restaurant.

- **Grado:** [Villa Erica 4\\*](#)

Experience a delightful stay at Hotel Villa Erica, nestled in the charming seaside town of Grado. This elegant boutique hotel, housed in a beautifully restored villa, offers a serene retreat after a day of cycling through the stunning landscapes of the region. Enjoy the tastefully decorated rooms that combine classic style with modern comforts, ensuring a relaxing environment. Begin your day with a sumptuous breakfast, featuring fresh, local ingredients. With its convenient location, Hotel Villa Erica provides easy access to Grado's picturesque waterfront and historic sites, making it the perfect base for exploring and unwinding before your next adventure.

