



FunActive TOURS / Harald Wisthaler



Salzburg (SZG)

St. Johann/ Bischofshofen

Böckstein

Mölltal Valley

Spittal a.d. Drau

Villach

Tarvisio

Moggio Udinese/ Tolmezzo/Venzone

Udine

Aquileia/Grado (TRS)

AUSTRIA

ITALY

SLOVENIA

self-guided tour

bicycle holiday 

DIFFICULTY: easy – medium 

DURATION: 8 days/7 nights or 11 days/10 nights 

DISTANCE: approx. 345 – 410 km 

DESCRIPTION

In a week across the Alps to the Adriatic Sea – that sounds like hard work! It is not quite as exhausting, if you choose the Alpe Adria cycle route. On the well marked paths the crossing of the Alps is also feasible for pleasure cyclists, because the ascent to the main ridge of the Alps is divided into two daily stages, the last one will be done by using the train. On your journey you will cross the idyllic Salzachtal valley, Bad Gastein, the impressive high mountain landscape of the Hohe Tauern, the sunny Drautal valley and the wildly rugged Val Canale valley. Cycling on the Via Julia Augusta you pass Palmanova and Aquileia and get to the fishing village of Grado.

CHARACTERISTICS OF THE ROUTE

The tour runs along bike paths or very quiet side roads. The most challenging section over the Pass Lueg can be bypassed by train. The tour is suitable for children over 16 years. We recommend travelling by e-bike for the variant with 8 days/7 nights.

A DAY BY DAY ACCOUNT OF THE ROUTE

Day 1: Arrival

Individual arrival at the starting hotel in Salzburg. A bicycle trip could not start more impressively than in Salzburg, the city of Mozart. You are surrounded by so many Baroque monuments in this beautiful old town. Take some delicious Mozartkugeln (typical Austrian confectionary) on your journey to the sea.

Day 2: Salzburg – Bischofshofen/St. Johann (approx. 60 – 65 km)

With a view of the fortress Hohensalzburg you leave the city. In the distance the mountains are already visible. The first section takes you along the Salzach river. On the way you will pass the former summer residence of the Salzburg prince-bishops, Hellbrunn palace. For more than 400 years, the extraordinary water games have been a delight for young and old. On the Tauern cycle path, the journey continues in the direction of Hallein, known for its crooked townhouses and above all for the white gold – salt. Another highlight on the way is the waterfall in Golling.

Day 3: Bischofshofen/St. Johann – Bad Gastein (approx. 50 – 55 km)

The journey continues through the tranquil Gasteinertal valley. Until the 20th century, it was only accessible along mountain paths and narrow roads. Framed by the peaks of the Hohe Tauern, you cycle along the Gasteiner Ache (river). Passing Dorfgastein and Bad Hofgastein you reach the famous health resort Bad Gastein. The “Montecarlo of the Alps”, as the place is often called, is known for its many splendid hotels from the “Belle Époque”. The main attraction here is the Gastein waterfall, which is fed by a total of 17 springs.

Day 4: Bad Gastein – Villach (approx. 80 km)

In the morning you cycle to Böckstein and get on the train along the Tauernschleuse (railway line) to Mallnitz. Today you cycle along the Möll river through the impressive mountain landscapes. This section of the cycle path is also known as the Glockner cycle path. It goes mostly slightly downhill and leads at the foot of the Hohe Tauern national park. From there the Drava cycle path leads to Spittal, famous for its Renaissance castle of Porcia. The stage ends in the second largest city in Carinthia. Villach is not only famous for its Carnival, but also known for its Villacher Kirchtag (folklore festival). In addition, numerous places of interest await you. If you still have enough time, we recommend you to take a swim in one of the lakes around the city.

Day 5: Villach – Carnia/surroundings (approx. 85 – 90 km or approx. 40 – 60 km + train ride *TICKET NOT INCLUDED*)

Following the Gail river you leave Villach behind and shortly after you say goodbye to Austria and enter Italy. In the three-nation corner Italy-Austria-Slovenia extends the Val Canale valley, whose main centre is the town of Tarvisio, on the Italian border. Here Austrians, Slovenes, Friulians and Italians have been living together for hundreds of years, because all the three big European language families – Teutons, Romans and Slavs – join there. Continuing through the Val Canale valley you can admire the beauty of the Friuli-Alps-Region with an intact, unspoiled nature and vast, intact forests. If you want, you can take the train (ticket not included) to Tarvisio or Ugovizza and shorten a part of the route.

Day 6: Carnia/surroundings – Udine (approx. 58 km)

The small town of Gemona del Friuli, situated at the southern end of the Val Canale valley and at the foothills of the Julian Alps, is considered one of the most beautiful historic towns in Friuli Venezia Giulia. The town is dominated by the majestic Cathedral of Santa Maria Assunta, which is well worth a visit. The wine prevails on today's stage. Hills full of vineyards line your way and invite you to taste some local wine. The town of Udine, characterised by Venetian influences, radiates peace and tranquillity; over a coffee in the “piazza” or a stroll through the city centre you can admire its impressive buildings of the late Gothic and Renaissance.

Day 7: Udine – Grado (approx. 55 km)

Accompanied by the breeze of the Scirocco you pass through reed landscapes and water canals and arrive to Grado, a historic city of fishers and one of the most popular beach resorts on the Adriatic sea. On the way, the UNESCO World Heritage Site, the city of Palmanova and the extensive excavation sites of the ancient city of Aquileia await your visit.

Day 8: Departure

Individual departure or possibility to extend your stay.

VARIANT (11 days/10 nights, self-guided tour)

Day 1: Individual arrival in Salzburg

Day 2: Salzburg – Golling (approx. 35 km)

Day 3: Golling – St. Johann (approx. 35 km)

Day 4: St. Johann – Bad Gastein (approx. 55 km)

Day 5: Bad Gastein – Spittal (train ride + approx. 40 km)

Day 6: Spittal – Villach (approx. 35 km)

Day 7: Villach – Tarvisio/Camporosso (ca. 40 km)

Day 8: Tarvisio/Camporosso – Venzone/Moggio/Tolmezzo (approx. 55 km)

Day 9: Venzone/Moggio/Tolmezzo – Udine (approx. 60 km)

Day 10: Udine – Grado (approx. 55 km)

Day 11: Individual departure

GENERAL INFORMATION

Classification of the cycle tour: self-guided tour
Duration: 8 days/7 nights // 11 days/10 nights
Distance: approx. 345 – 410 km
Starting point: Salzburg

ARRIVAL

By car: Salzburg is well connected to international motorways and this makes the city easy to reach. If you reach the city of Mozart from Austria, take the A1 or A10 motorway or drive in from Germany on the A8 motorway.
By train: Salzburg's main railway station is served by numerous national and international train lines. Timetables: www.deutschebahn.de, www.oebb.at, www.trenitalia.com
By plane: Salzburg Airport, furthermore airports in Vienna and Munich (accessible within 2 – 3 hours by public transport). We organize transfers from the airport to the starting point of the cycle tour on request.

ACCOMMODATION

Inns and hotels in 3- and 4-star-category // Attention: Tourist tax – if requested – has to be paid on the spot.

PARKING

We recommend parking at the airport (for a fee) or at the main railway station (for a fee).
Reservation of the parking area is not possible; payable on the spot.

TRANSFER

Every Wednesday, Thursday, Friday, Saturday and Sunday: Return transfer from Grado to Salzburg by shuttle bus – € 175.00 per person + € 39.00 per own bike (reservation and payment upon booking).

RENTAL BIKES

- 21-gears women's or men's bicycle
- Rental Bike TOP
- E-bike (UNISEX bike, 500 W battery; range up to 100km)

INCLUDED SERVICES

- Accommodation in inns/hotels in 3-/4-star-category
- Breakfast
- Video briefing/Information video about the cycling tour
- Luggage transfer from hotel to hotel
- Train ride Bockstein > Mallnitz (bicycle included)
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour
- Navigation app

NOT INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner
- Not mentioned entries
- Rental bikes and travel insurance
- All not expressly mentioned under the item "Included services"

STARTING DATES 2025

ARRIVAL

Every Wednesday, Thursday, Friday and Saturday: 17/07/2025 (first available date) to 04/10/2025 (last available date)

ARRIVAL VARIANT (11 days/10 nights)

Every Thursday: 17/07/2025 (first available date) to 02/10/2025 (last available date)

NON SCHEDULE ARRIVAL DATES

Minimum of 5 persons upon request!

PRICES 2025

SELF-GUIDED TOUR VARIANT (8 days/7 nights)	
Package price per person in a double room incl. breakfast – Season 1*	€ 1,149.00*
Package price per person in a double room incl. breakfast – Season 2**	€ 1,249.00**
Package price per person in a double room incl. breakfast – Season 3***	€ 1,329.00***
Surcharge double room for single use, per person	€ 319.00
ADDITIONAL SERVICES	
Rental Bike (Trekking, 21 gears)	€ 99.00
Rental Bike TOP	€ 169.00
E-bike	€ 269.00
EXTRA NIGHTS IN SALZBURG	
Per person and night in a double room incl. breakfast	€ 89.00
Surcharge double room for single use, per person	€ 49.00
EXTRA NIGHTS IN GRADO	
Per person and night in a double room incl. breakfast	€ 79.00
Surcharge double room for single use, per person	€ 45.00

SELF-GUIDED TOUR VARIANT (11 days/10 nights)	
Package price per person in a double room incl. breakfast – Season 1*	€ 1,399.00*
Package price per person in a double room incl. breakfast – Season 2**	€ 1,569.00**
Package price per person in a double room incl. breakfast – Season 3***	€ 1,649.00***
Surcharge double room for single use, per person	€ 439.00
ADDITIONAL SERVICES VARIANT (10 days/9 nights)	
Rental Bike (Trekking, 21 gears)	€ 119.00
Rental Bike TOP	€ 195.00
E-bike	€ 279.00
EXTRA NIGHTS IN SALZBURG	
Per person and night in a double room incl. breakfast	€ 89.00
Surcharge double room for single use, per person	€ 49.00
EXTRA NIGHTS IN GRADO	
Per person and night in a double room incl. breakfast	€ 79.00
Surcharge double room for single use, per person	€ 45.00

* Season 1: arrival dates from 28/09/2025 up to and including 04/10/2025

** Season 2: arrival dates from 04/09/2025 up to and including 27/09/2025

*** Season 3: arrival dates from 17/07/2025 up to and including 03/09/2025

We suggest travel insurance. Changes in the offer as well as errors, printing errors and arithmetic errors reserved!