

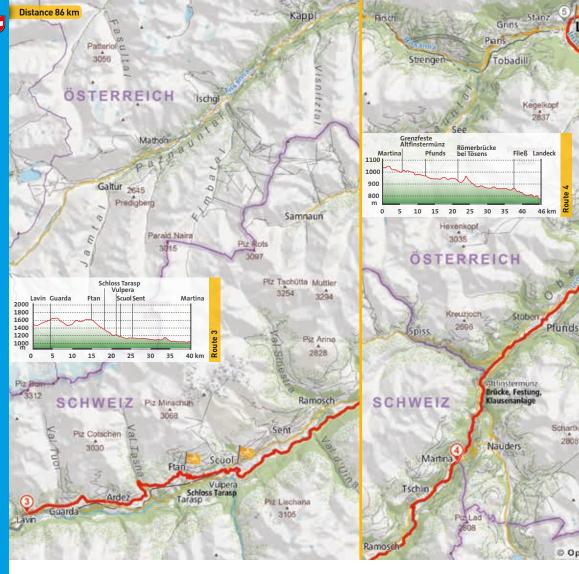
The source of the River Inn: Lunghinsee Some sections of the walking track from Maloia to Lunghinsee are guite steep. At 2.484 m, you'll be rewarded with a spectacular view of the Silsersee (lake) and the Bernina range.

urope's one and only triple water divide The route from Lunghinsee to the Lunghin Mountain Pass takes approx. 45 minutes. At the Pass, the Maira River flows to the south. the Inn takes a northerly route to the Danube and the Julia, westbound to the Rhine.

**St. Moritz** Birthplace of alpine winter sports (1864) and host to the Winter Olympic Games in 1928 and 1948. St Moritz first staked a claim to popularity with its hot springs, which have been a landmark for over 3000 years, establishing the town as a popular summer spa in the early days. Today, St. Moritz is a scintillating, world class holiday destination, renowned for elegance and style.

**Zernez** This fascinating historical landmark, nested at the "Ofen" Mountain Pass and between Under- and Upper Engadin is not just the gateway to the National Park, it showcases the authentic architecture and lifestyle of Engadin. Among the highlights are the St. Sebastian Chapel, with 16th century murals, the Planta Wildenberg Castle and the National Park Centre.

Schweizerischer National Park The only National Park in Switzerland and the oldest in Central Europe - with over 170 km<sup>2</sup> of natural beauty, rising to heights of between 1.400 and 3.173 m and 80 km of walk trails, there's a choice of 21 pathways to explore the alpine flora and fauna. The National Park Centre offers quided tours, digital walk trails with GPS navigation, an interactive interpretive centre and seasonal exhibitions.



**Guarda** The village, perched high above the river Inn on a sunny mountain terrace, is the home of the .Schellen-Ursli', [a popular children's book]. In 1975, it won the Henri-Louis-Wakker award for exceptional care and maintenance of a village. The picturesque houses feature graphite inlays, murals and floral decoration.

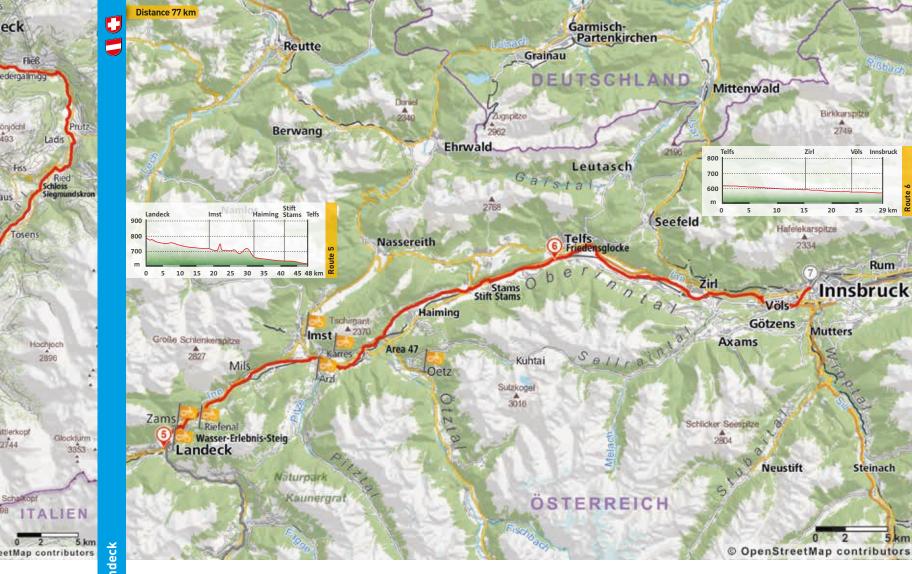
Ardez Characterised by the ruins of the Steinsberg castle, which are near the remains of the St. Luzius chapel, on a rocky knoll at the edge of the village. Ardez ranks as a role model of romantic décor and one of Europe's heritage listed monuments.

**Scuol** The main town of Unterengadin has earned its 'wellness destination' popularity with countless mineral springs - a relaxing stop at the Engadin Bad is highly recommended. There's a choice of five natural springs where you can 'fill up' with fresh mineral water free of charge.

**Altfinstermünz** Finstermünz originally served as a significant border control and customs point. Highlights include the towered bridge overlooking the river, which dates back to the middle ages, the little fort and the historical dam.

**Pfunds** In the district called "Dorf", near the parish church, there is a local museum in a farmhouse which dates back to the 14th century. During the past few years, a settlement of mini houses has developed near the water mill – access to this "Mini Fundus" is free of charge.

**Tösens, Ried, Prutz** A string of parish churches and chapels along the route to Landeck and the majestic Siegmundskron castle, rising above the village of Ried testify the days of nobility and jurisdiction and have bestowed this region with the name "Ober Gricht" (High Court).



Landeck The region's capital city lies on the northern edge of the Kaunergrat Park, at a height of 817 m. The castle, which was built in 1290 on the old Roman Road "Via Claudia Augusta", houses the exhibition "Stay or Go" along with regional and international contemporary art displays.

> Zams A "water discovery" climbing trail leads to the mystical gorge and the Lötzer Waterfall. The circuit encompasses Tyrol's oldest hydropower station, water mythology from around the world, the ruined forge, Zammer Lochputz Gorge and the stone bull. The multimedia show at the Lötzturm features impressive views of the Gorge.

**Imst** In the historical town centre, there are 14 wells, all bubbling with fresh spring water. The Rosengarten Gorge, which starts in the centre of town, enhances this spectacular show of nature. Other places of interest include the historical "Haus der Fasnacht", with over 450 traditionally carved face masks and the "Museum im Ballhaus

Just a few kilometres away – at the entrance to the Ötztal – is Area47, Europe's trendy adventure playground. The outdoor park features a high ropes course, flying fox and 20.000 m<sup>2</sup> water area – fun and adrenalin rush guaranteed.

**Stams** The two distinctive onion shaped domes of the Cistercian Monastery of Stams can be seen from afar. The monastery church houses a magnificent display of ceiling frescoes, stucco work and wrought iron trellises. Other highlights of Stams include the Bernadisaal (Great Hall of the Cistercian Monastery), the Heilig-Blutkapelle (Chapel of Holy Blood) and the "Prälatenstiege".

**Telfs** The largest hanging bell in the Alps, the so-called "Friedensglocke" (Peace Bell) is "enthroned" high above Telfs and cast with over 10 tons of bronze. Every day at 5pm, its chimes can be heard throughout the Inntal valley.



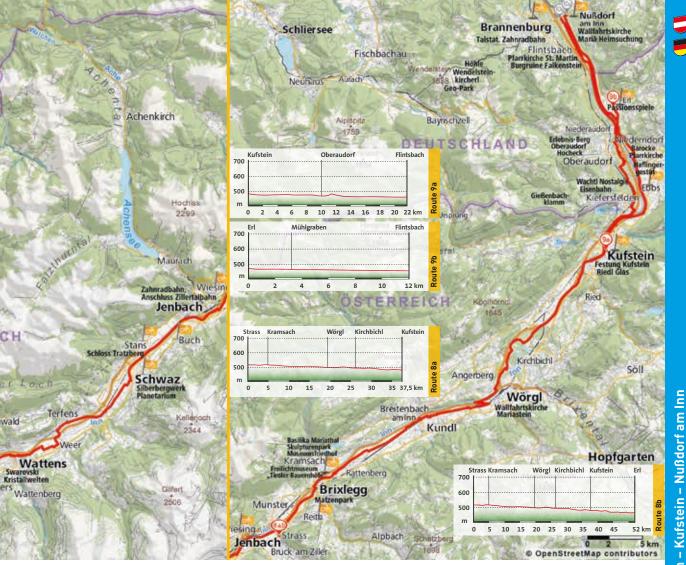
ce a) 103 5 km b) 108 km Schwaz Jenbach Stras Wattens 0 5 10 15 20 25 30 35 40 44 km

**Innsbruck** The Capital of Tyrol portrays a lavish historical past, with a thriving sovereign monarchy dating back to the 1500s. Embark on a journey back through time with the Gothic. Baroque, Renaissance and Neo-classicism architecture: the "Goldene Dachl" (Golden Roof) is the emblem of the gothic old town, the "Schwarzen Mander" (Black Men) in the Hofkirche (church), the "Hofburg" (Imperial Palace) and Ambras Castle are landmarks of the Habsburger era. For modern art and architecture enthusiasts, there's the Heinz Tesar's "BTV Stadtforum" or Zaha Hadid's ski jump on the Bergisel mountains. With the redevelopment of the "Nordketten" mountain railway, the station was moved to the town centre.

Hall in Tirol This wealthy salt mining town reached its height of prosperity in the 13th century and today stands proud with an enchantingly beautiful Old Town.

Jenbach Europe's oldest steam driven cog railway runs from Jenbach station to Lake Achensee

**Brixlegg** A picturesque village with a 17 hectare "Matzenpark", which ranks as one of the most beautiful natural and cultural monuments in Tyrol.



**Kramsach** The rare Museum Cemetery with wrought iron crosses and bizarre epitaphs. "Tiroler Bauernhöfe", Tyrol's biggest open air museum, with 14 lovingly reconstructed farmyards, is close to the lake Reinthalersee.

**Rattenberg** Austria's smallest town with a population of only 400, stages an annual castle theatre season. Glass souvenir shops dominate the medieval pedestrian precinct.

**Kiefersfelden** Border town between Bavaria and Tyrol with a nostalgic narrow-gauge railway and transit ferry for hikers and bikers. A visit to the Gießenbachklamm (gorge) is well worthwhile.

**Oberaudorf** In the centre there's a chairlift up to the leisure region of Hocheck with walking trails, summer toboggan run, forest ropes courses and the Oberaudorf Flieger zip lines.

Flintsbach am Inn The Falkenstein castle ruins (13th century) feature a solid square keep and the remains of the outer bailey. The Baroque Parish Church "Pfarrkirche St. Martin" (1735, Abraham Millauer) is also well worth a visit.

# 🧧 Inn Bike Path

Winding its way along the river Inn for over 500 kilometres from the source - Maloia Pass (Switzerland), to the estuary at the Danube (Germany), this alpine cycling trip showcases a colourful composition of scenic highlights. The climbs and descents amount to a total of 1,500 feet, making it comfortably suitable for families and soft adventurers at almost all of the sections. The steepest slopes are at the Engadine section, featuring spectacular alpine panoramas. From Tyrol, the route is mainly flat, as it follows the banks of the river to Passau. From St. Moritz to Martina, the route is signposted – Bike Route 6, the "Graubuenden Route" At the Tyrolean section, there is green/yellow "Inntal Bike Path" signage. In Bavaria, the ADFC (German Cyclists Federation) signs feature the Inn Bike Path symbol – in Upper Austria, they are white (Route 3) signs.

**INGADIN** Engadin is located on the eastern edge of Switzerland. Its name derives from the Romansh words En = Inn and Engadin = Garden of the River Inn. It is the largest holiday destination in Switzerland, characterised by pristine National Park landscapes, around 800 km of bike paths and 1,500 km of walking trails, not to mention the distinctive, Romanic holiday villages.

Other, local "must see" highlights include the dazzling alpine destination St. Moritz and the mineral springs at Engadin Bad Scuol.

Engadin St. Moritz, Tel. +41 (0)81-83 00 001, CH-7500 St. Moritz, allegra@estm.ch, www.engadin.stmoritz.ch Guest Information Scoul, Tel. +41 (0)81-86 18 800, CH-7550 Scuol, info@engadin.com, www.engadin.com

Nested in a stunning mountain panorama, the region offers a combination of majestic and gentle atural wonders. Countless famous historical towns, for example Landeck - the former Legal Centre of the Earls, or Hall - the salt and coin town with its stately towers, and Schwaz, - with the silver mining town. The there is Kufstein, the pearl of the river Inn, with its majestic Fortress. The region's capital, Innsbruck, an Alpine Metropolis, enchants its visitors with a mix of modern and historical sightseeing highlights. For gourmet ent husiasts, the Bike Path is dotted with a chain of Inns and Taverns, serving mouth-watering Alpine specialities.

/ Tirol Info, Tel: +43 (0)512-72 72-0, A-6020 Innsbruck, info@tirol.at, www.tyrol.com/cycling

BAVARIA The Chiemsee-Alpine region welcomes visitors with a variety of lake pools and rivers, surrounded by spectacular albine panoramas. The mouths of the mountain rivers Inn. Alz and Salzach merge with lush wetlands, peaceful backwaters and majestic shorelines. The towns of Rosenheim, Wasserburg am Inn and the medieval towns; Mühldorf, Neuötting and "Earls Town" Burghausen portray a mix of alpine tradition and mediterranean lifestyle. Along the banks of the rivers Rott and Inn, the old Bayarian cultural countryside is rich in 14th and 15th century late Gothic churches, chapels and typical market squares. And the "three rivers town" of Passau adds the final, cultural topping.

/ Chiemsee-Alpenland Tourismus. Tel. +49 (0)8051-96 555-0. Felden 10. D-83233 Bernau am Chiemsee. info@chiemsee-alpenland.de, www.chiemsee-alpenland.de

Erholungs- und Tourismusregion Inn-Salzach, Tel. +49 (0)8671-50 24 44, Bahnhofstr. 38, D-84503 Altötting info@inn-salzach.com. www.inn-salzach.com

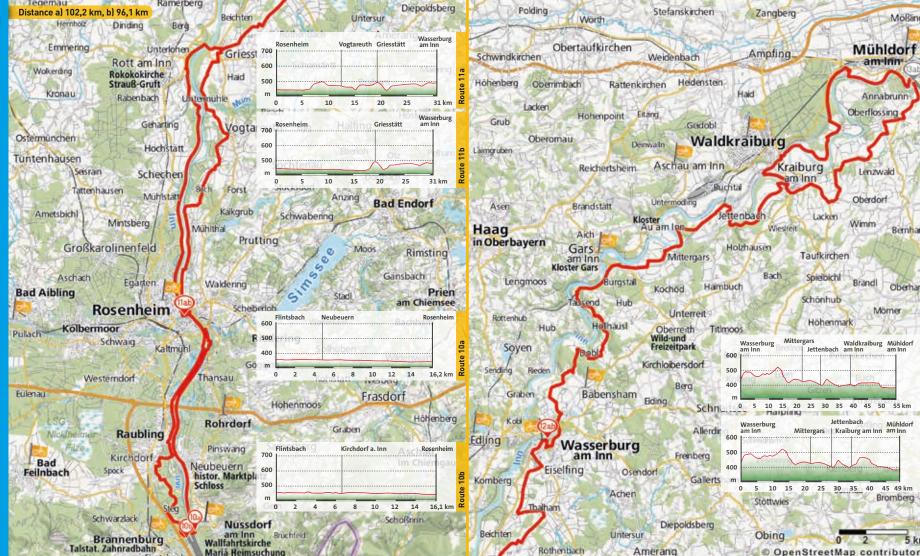
Landratsamt Rottal Inn. Tel. +49 (0)8561-20 268. Tourist Information. Ringstraße 4 - 7. D-84347 Pfarrkirchen. ferienregion@rottal-inn.de, www.rottal-inn.de/tourismus

Tourist-Information Passauer Land, Tel. +49 (0)851-39 76 00, Domplatz 11, D-94032 Passau, tourismus@landkreis-passau.de, www.passauer-land.de

PPER AUSTRIA Upper Austria is lovingly known as country's "conglomerate" as it reflects both natural 🔎 and cultural variety. The landscape between the mouth of the Salzach at the Austrian-Bavarian border and the "town of three rivers", Passau, is a trove of natural jewels, lush green meadows and historical towns - all awaiting our Inn Valley cyclists.

/ Oberösterreich Tourismus Information, Tel. +43 (0)732-22 10 22, Freistädter Straße 119, A-4041 Linz, info@oberoesterreich.at. www.oberoesterreich.at

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**Altötting** For over 1250 years, this town has been the religious centre of Bavaria and for over 500 years, the most important Pilgrimage town in Germany. The pilgrims pay homage to the Black Madonna in the Chapel of Mercy, the late Gothic collegiate church and cloister, the new Treasury and Pilgrimage Museum in "Haus Papst Benedikt XVI" (Pope Benedict XVI Building) and the monumental circular painting "Jerusalem Panorama".

**Neuötting** A "must see" attraction in this medieval town is the historical square, with its decorative facades, archways and alcoves of the former merchant houses.

Marktl The birthplace of Pope Benedikt XVI. The birth house of the holy father, the St. Oswald church and the holy baptismal font have made this town a popular place of interest for visitors from all over the world.

**Nußdorf am Inn** This picturesque village, with beautiful baroque churches and farmhouses, has won several international awards.

**Raubling** Due to its unique bird life and marsh flora, the Nicklheimer Filze was declared a heritage listed reserve in 1989.

**Brannenburg** The oldest rack railway in Germany climbs from Brannenburg to the crest of the Wendelstein mountain. Highlights at the top include the Wendelstein church, the cave, the Geo park and a Panorama view of over 200 mountain peaks.

**Neubeuern** One of the most picturesque Bavarian towns - curtailed by two narrow gates and guarded by a beautiful castle.

**Rosenheim** The charming Bavarian town on the banks of the river Inn and Mangfall tributary, is laced with pastel facades, arcades, spacious town squares and an alpine backdrop. Once a Roman town, it is now the stage for a vibrant and colourful cultural programme. The "Lokschuppen" ranks as one of the most beautiful and popular Exhibition Centres in Germany. Other highlights include the "Städtische Galerie" with contemporary art from the 19th and 20th century and the "Holztechnische Museum" (wood engineering) in the heritage listed "Ellmaierhaus".

Rott am Inn The rococo church of St. Marinus and Anianus (1763) is particularly well known due to the elaborate art work of the sculptor Ignaz Günther.

**Wasserburg am Inn** The wealth of the salt merchants stands proud in the picturesque architecture of an almost perfectly preserved medieval old town. There are a variety of attractions, including the rococo church Attel.

Gars a. Inn The two monumental towers of the "Kloster Gars" Monastery dominate the townscape. The Monastery's "bemalte Steingussmadonna" (Madonna statue), the "Votiftalfen" (plaques) in the Felixkapelle (chapel), the Monastery garden and the café are all worth a visit.

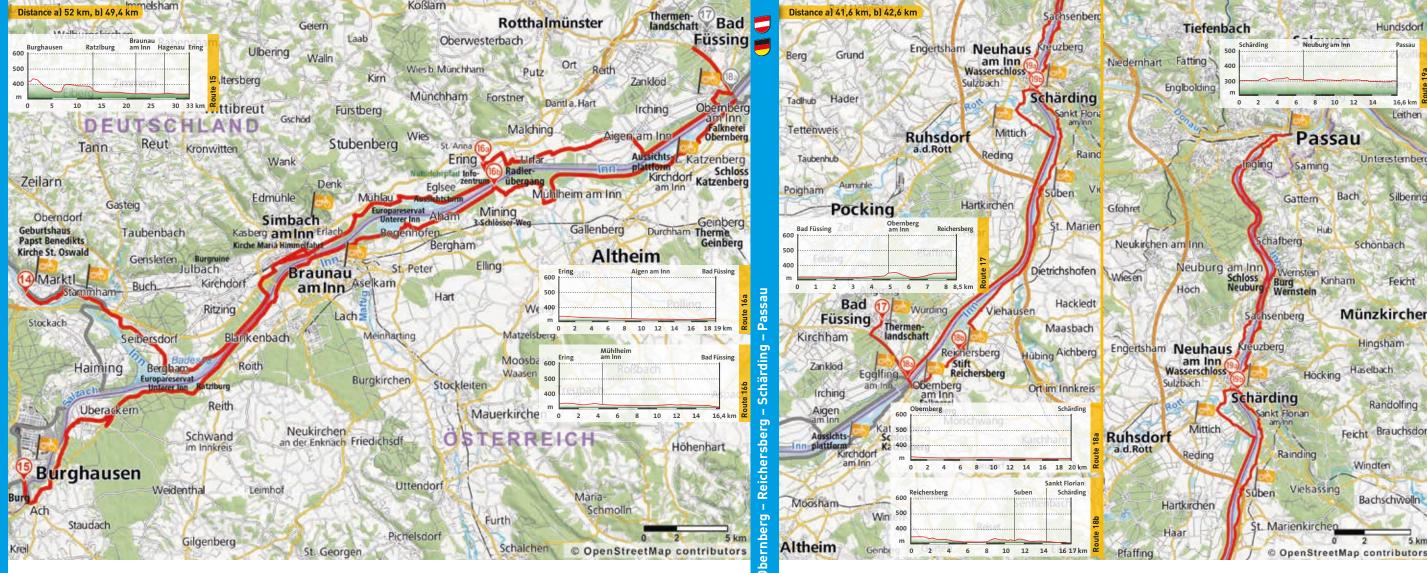
Kraiburg a. Inn The town portrays its history of steamship navigation and settlement on the banks of the River Inn, with historical architecture and a network of narrow streets that are very typical of the Inn-Salzbach region.



Recommended, quality tested accommodation for bikers

A variety of cycling tour operators offer shuttle bus transfers. In addition, bikes can be transported on most of the trains. For more information visit: www.innradweg.com

A selection of e bike hire stations, battery change and charging stations: www.innradweg.com



**Burghausen** Welcome to the longest castle in the world (1.051 m) with its endless row of walls, battlements, towers and chapels. The heritage listed old town displays a fancy, colourful contrast of late Gothic facades, the historical town square and the trenches. A trip to the flats is well worthwhile.

Braunau am Inn The 750 year old district capital is home to the largest walled town centre in the Inn-Salzach region - characterised by narrow alleys, historical squares and impressive buildings such as the 6th highest church tower in Austria. A series of monuments and even a beer, in honour of the much celebrated former mayor Hans Steininger who, legend has it, wore a 2 meter long beard which caused him to stumble to his death. Many artifacts featuring the famous beard are on display at exhibition in the district museum Herzogsburg.

Simbach am Inn Stone and Bronze Age findings testify the early settlement of Braunau's neighbouring town. Among the sightseeing highlights are the pictresque Gothic church 'Maria Himmelfahrt' in the Erlach suburb, the art nouveau style Town Hall and the exhibits of the "Heimatmuseum" (Museum of Local History). Next to Simbach's highest hill, Schellenberg (550m), there is an outdoor area with a climbing centre, swimming pool, hiking and mountain biking-tracks.

**Europareservat Unterer Inn** This nature reserve, nested on the border between Lower Bavaria and Upper Austria, encompasses one of the most pristine, untouched wetlands in Europe – a nesting ground for around 250.000 birds and homing ground for 300 different bird species. Alongside the extensive birdlife, a wide variety of native plants, herbs and rare orchids grow here. Nature lovers can join the guided walks and courses offered by the local Information Centre.

### **SPA Resort Therme Geinberg** Over 3.000 m<sup>2</sup> of thermal relaxation,

thermal cascades and a sports pool.

featuring indoor and outdoor Thermal Baths, a Caribbean Saltwater Lagoon,

**Obernberg am Inn** The market square, with its decorative Rococo Facades ranks among the most beautiful of its kind in Austria. The Falconer, Christian Grosskopf takes his birds of prey to the Castle Areal, where they fly over the floodplains of the River Inn.

Stift Reichersberg Male choirs have been performing here for over 900 years. The majestic Baroque Monastery is a great place to regenerate – with a stroll through the Monastery gardens, a visit to the bar parlour, or immersing in the peacefulness of the church.

**Barockstadt Schärding** A composition of every architectural era, but the real gem that lends this town its flair is the Barogue Silver Mile on the upper town square – an ensemble of narrow, gabled facades, squares, promenades and parks. The "Relax-Trail", "Schärding tut gut", is a wellness path through the town, featuring hanging and rocking loungers, hammocks and wave seats.

**Innschifffahrt Schärding** Captain Schaurecker steers the rustic "Salzfürstenschiff" and the modern "Panoramaschiff" vessels along the picturesque floodplains between Schärding and Passau.

**Neuhaus am Inn** At the shore of the Inn river, the traditional ship, Inn-Plätte "Neuhaus", heads out of the harbour to an approximately two-hour trip.

Dreiflüssestadt Passau Unique, not only because it lies at the hub of three rivers, but also because of the old town centre, a 17th century Italian masterpiece, crowned with the towering, triple domed St. Stephansdom Cathedral. The old town itself is a sightseeing treasure chest - a discovery playground of picturesque squares, winding alleyways and romantic riverside promenades. The rivers are throned by the Burg Veste Oberhaus (castle) to the north, and the pilgrim church "Maria Hilf to the south.

## Inn Bike Path

### from MALOJA to PASSAU

ENGADIN // TYROL // BAVARIA // UPPER AUSTRIA

