

# Cycling Safaris

## AUSTRIA – 10 LAKES SOUND OF MUSIC TOUR 2026 Self Guided Tour

7 nights/8 days, Cycling distance: approx 250-310 km

*Through the glittering lakes of Salzkammergut, in the footsteps of "The Sound of Music"*



A wonderful tour exploring the lake shores of the Salzkammergut and the Trumer Seen regions. Only a few kilometres beyond Salzburg, there is a wonderful panorama of gentle, yet hilly, landscapes on alpine foothills with a charm all of its own. You will cycle through meadows and moorlands to Oberndorf – the place associated with the Christmas carol "Silent Night" - and also to the old imperial town of Bad Ischl and enjoy many attractions, such as the Schafberg mountain and the Orth castle

On the banks of the lakes and at the river Salzach, the routes are completely flat. In between, the terrain is mainly hilly. Depending on the option chosen, approximately one third of the route is on cycling paths, and almost all the rest is through field and on forest paths, farm roads, and quiet side roads. There are only a few short sections on roads with more traffic.

## ITINERARY

---

### **Day 1: Arrival to Salzburg or at Trumer Seen Lakes**

Today you have a tour briefing as well as your bike fitting. For guests arriving at the Trumer Seen lakes, the subsequent daily tours are accordingly shifted in the itinerary (these guests begin the tour with the route described for the third day, cycling the Salzburg - Trumer Seen lakes route on the final day).

### **Day 2: Salzburg - Trumer Lakes / Lake Wallersee approx 50-60 km**

The cycle begins along the Salzach to Oberndorf, birthplace of the Christmas carol "Silent Night", where you can visit Arnsdorf (the "Silent Night" Museum), and the wonderful abbey of Michaelbeuern abbey. Cycling deep into the Trumer Seen lakes country by the magnificent Lake Obertrumer See, Lake Mattsee, Lake Grabense and partly also to Lake Wallersee. A shorter, direct version is also possible!

### **Day 3: Trumer Lakes / Lake Wallersee - Lake Mondsee approx 50 km**

The tour will take you through the nature reservoir of the Egelseen lakes on your way to the idyllic Lake Irrsee. Overnight stay in Mondsee, famous for its castle, smokehouse.

### **Day 4: Lake Mondsee - Lake Traunsee approx 50-80 km**

The day begins with a boat trip to Weyregg (only for those travelling between 1<sup>st</sup> July - 31<sup>st</sup> August). The cycle then brings you through the Aurachtal valley to Lake Traunsee, where you visit Gmunden, with its Castle and ceramics factory, Altmünster and its bike museum and the beautifully located Traunkirchen.

### **Day 5: Lake Traunsee - Lake Hallstatt - Bad Gaisern approx 20-35 km**

The journey starts by train where you head from Lake Traunsee up to Obertraun by Lake Hallstättersee where you can visit the stunning Dachstein mountainous ice caves. Later, you continue along the lake to Hallstatt considered by many to be the loveliest lakeside location in the world. Your destination is Bad Gaisern or one of the neighbouring towns.

### **Day 6: Bad Gaisern - Lake Wolfgangsee approx 35 km**

You cycle through Bad Ischl where you can visit Austrian Emperors summer villa including a tea house built for his wife, Empress Elisabeth and a the Photomuseum, with exhibits the early years of photography. The journey continues along the Ischler Ache river to Lake Wolfgangsee. You will cycle through places such as St. Wolfgang (famous for its White Horse Inn, parish church and cog railway), through to Strobl, Lake Abersee, via the Zinkenbachklamm gorge and on to St. Gilgen - the "Mozart Village" on Lake Wolfgangsee.

### **Day 7: Lake Wolfgangsee - Salzburg approx. 50 - 70 km**

You follow the cycle route through St. Gilgen past the Hintersee lake, and the Strubklamm gorge into the Wiestal valley. The tour takes us through the wonderfully unspoilt gorge at Glaserbachklamm into the Salzachtal valley. Shortly before reaching Salzburg, it is worth visiting the castle Schloss Hellbrunn with its park and zoo before continuing to your destination, the Mozart city of Salzburg with its fortress and wonderful old town.

### **Day 8: Departure**

Individual departure or additional nights

### **Options**

#### **Shortened tour - 7 days / 6 nights (approx. 250 km of cycling)**

The stage from Lake Traunsee to Lake Wolfgangsee is cycled directly - without visiting Lake Hallstättersee (approx. 45-50 km).

#### **Extended tour - 9 days / 8 nights (approx. 295 km of cycling)**

The journey is extended by a trip through the Ibmer Moor - Central Europe's largest upland moor (approx. 45 km). Overnight stay in Holzöster/Dorfibm.

## 2026 SELF GUIDED TOUR DATES

---

### Daily from 4<sup>th</sup> April – 4<sup>th</sup> October

Season 1: 4<sup>th</sup> – 17<sup>th</sup> April, 26<sup>th</sup> September – 4<sup>th</sup> October

Season 2: 18<sup>th</sup> April – 8<sup>th</sup> May, 12<sup>th</sup> September – 25<sup>th</sup> September

Season 3: 9<sup>th</sup> May – 11<sup>th</sup> September

## 2026 TOUR PRICE

---

You have a choice of accommodation type on this tour:

**We will assume all bookings are for Category A unless otherwise stated.**

### Category A (3\* and 4\* Hotels)

per person sharing:

Season 1                    **€1285**

Season 2                    **€1355**

Season 3                    **€1530**

Single supplement    **+€395**

### Category B (3\* hotels, inns and guesthouses )

per person sharing:

Season 1                    **€1110**

Season 2                    **€1175**

Season 3                    **€1315**

Single supplement    **+€275**

### Bike hire is separated out / not included in the tour price

€110    7 or 21 speed touring bike with repair kit, lock, small pannier bag, bike insurance incl.

€195    20 / 27 speed touring bike with repair kit, lock, small pannier bag, bike insurance incl.

€300    Electric - bike, unisex with repair kit, lock, small pannier bag, bike insurance incl.

**We recommend to bring your own helmet**

## WHAT THE TOUR PRICE INCLUDES

---

- 7 nights accommodation in chosen category with breakfast
- Welcome briefing
- Luggage transfer between hotels
- Digital travel documents incl. navigation app, GPS data, digital route book
- 7 days service hotline
- Boat excursion on Lake Attersee incl. bike during season 3 (1<sup>st</sup> July – 31<sup>st</sup> August)
- Train Journey Lake Traunsee – Lake Hallstatt incl. bike
- Service hotline

Option:

Printed route book, per room €25

## WHAT TO BRING

---

We would recommend that you bring padded cycling shorts and / or a gel saddle cover which will make your days cycling more comfortable. Cycling gloves are also a good investment, as are hard-sole shoes which will help protect your feet. **Please bring your own helmet as these are not provided.** And don't forget raingear including a rain jacket, rain pants and slip-on boots. A hat will protect you from getting too much sun. Finally, please make an effort to pack lightly. This will make your travels easier and will be much appreciated with the luggage transfers.

## BACK UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.

## BIKE AND FITNESS



Unisex touring bike, €110



Bike PLUS with crossbar, €195



E-bike, €300

- 7 or 21 speed unisex bike (gents bike on request, limited availability)
- Saddle bag (water-resistant)
- Handlebar bag (water-resistant)
- Tools
- Repair kit
- Pump
- Combination lock
- Bike insurance

The advantage of this cycling safari is that because you have a map and route details, you can enjoy each day's cycle at your own pace. However to get the most out of your holiday we would recommend that you do take a few practice rides before this tour. The tour is challenging on certain days as the terrain is hilly, the scenery is beautiful and rewards all effort, so the more you are prepared the more you will enjoy yourself.

## TRAVEL INFORMATION

Arriving by plane:

As well as direct flights to Salzburg, there is the option of flying to Munich and taking the train to Salzburg.

The hotel is located about 10 km from the airport. Taxi fare is approx. €25.

## ACCOMMODATION

We can arrange extra night/s accommodation in Salzburg or Trumer Seen before or after the tour (depending on availability). The cost for this is:

### Salzburg

#### Category A

Season 1	€115.00 per person sharing	€210.00 Single room
Season 2	€125.00 per person sharing	€225.00 Single room
Season 3	€135.00 per person sharing	€235.00 Single room

#### Category B

Season 1	€80.00 per person sharing	€145.00 Single room
Season 2	€95.00 per person sharing	€160.00 Single room
Season 3	€120.00 per person sharing	€185.00 Single room

Below sample accommodation, if available:

	Category A	Category B
Salzburg	<a href="#">Zum Hirschen</a>	<a href="#">Harrys Home</a>
Lake Wallersee	<a href="#">Walkner</a>	<a href="#">Mitterhof</a>
Lake Mondsee	<a href="#">Krone</a>	<a href="#">Meingast</a>
Lake Traunsee	<a href="#">Post Ebensee</a>	<a href="#">Hocheck</a>
Bad Goisern	<a href="#">Moserwirt</a>	<a href="#">Goisererhof</a>
St. Gilgen	<a href="#">Kirchenwirt Strobi</a>	<a href="#">Aberseehof</a>