

# Planning a Bike Tour

For all those who are cycling for the first time on a longer route, many questions arise before the tour. In this section we would like to give you some help and advice on how to plan your tour so that it will be a success.

## Preparation:

If you are not sure how in shape you are and how long a section should be - in our experience, this also depends on the bike - you should plan shorter daily sections at the beginning. The general rule at the beginning is: less is more. It's better to plan shorter stages and possibly still have time to visit one or two sights along the way. Or to take time for breaks. River cycling is pleasure cycling.

As a rule, a less trained cyclist should be able to do about 10 km/h. Regarding the metres in altitude, a maximum of 300 metres per hour is recommended.

The following daily stages can be calculated for cyclists with trekking bikes:

Training status	Kilometres per day
Untrained	0-30 Kilometres
Some condition	30-50 Kilometres
normal Condition	50-80 Kilometres
Good condition	80-120 Kilometres
Very good condition	More than 120 Kilometres

It is also possible to choose longer tour sections, but you should always plan breaks in between.

The following daily stages can be planned for cyclists with e-bikes:

Training status	Kilometres per day
Untrained	0-40 Kilometres
Some condition	50-70 Kilometres
normal Condition	70-100 Kilometres
Good condition	100-120 Kilometres

Longer stages are possible as well - always with breaks, of course. The individual battery range of the e-bike should also be considered.

On the first day's tour, you should not exaggerate the length of the tour - if you have never cycled with luggage before, you have to get used to it at first.

It might happen that the first big exhaustion comes on day 3 or 4 - in this case, a break could be already planned.

## Season

The best time for cycling is late spring, early summer or early autumn. Thicker clothing is usually no longer, or not yet, necessary which makes the luggage lighter.

## Arrival and departure:

It is also important to plan the transport to/from the start/finish. Various platforms, e.g., ÖBB, DB, ....., can help here.

If you are travelling to or from the destination by train, you should always make sure that the chosen train also allows you to take along bicycles. It is recommended to book seats for cyclists and parking spaces for bicycles in advance, as they are often sold out at short notice.

Bicycles can also be brought on some busses - we have collected information on this here: (<https://en.innradweg.com/php/arrival,23252.html>).

Furthermore, there are also shuttle services on some routes - we have gathered information on this here: (<https://en.innradweg.com/php/arrival,23252.html>).

## Where to stay overnight?

Along the Inn Cycle Path, we have listed Bett&Bike friendly accommodation on the map ([https://maps.innradweg.com/v2/en/gdi\\_summer/2d-1/category/7/47.43923470537306/8.086831077583488/18408/-1/false/-1/-1/-1/eylxODQwOCI6eyJzdWJDYXQiOnsiaW5kZXhWYWx1ZSI6MTg0MTZ9fX0=/-1/-1](https://maps.innradweg.com/v2/en/gdi_summer/2d-1/category/7/47.43923470537306/8.086831077583488/18408/-1/false/-1/-1/-1/eylxODQwOCI6eyJzdWJDYXQiOnsiaW5kZXhWYWx1ZSI6MTg0MTZ9fX0=/-1/-1)). These establishments also accommodate cyclists for one night only. It is nevertheless important to make reservations in advance so that you get a room. Though you are committed in advance this way, you can be sure that you will have a place to stay. Spontaneous changes of plans are still possible, even if they involve a lot of organisations.

If you decide to go camping, you are usually more flexible, but will have more luggage. Wild camping is not allowed in many regions of Europe. It is important to inquire in detail beforehand.

([https://www.oesterreich.gv.at/themen/freizeit\\_und\\_strassenverkehr/campen.html](https://www.oesterreich.gv.at/themen/freizeit_und_strassenverkehr/campen.html), <https://www.bergfreunde.de/basislager/schlafplatz-gesucht-was-ist-wo-erlaubt-beim-wildcampen-in-deutschland/>, <https://www.engadin.ch/en/behavior-tips/wild-camping/>, <https://www.suedtirolerland.it/en/leisure-activities/camping/>)

## How to pack?

The most important thing when packing is that everything is weatherproof: the pannier must be waterproof so that all contents stay dry. The shoes and clothing used should dry as quickly as possible and be waterproof as well.

We have compiled a detailed packing list here:

[https://innradweg.com/uploads/Packliste\\_Innradweg\\_EN.pdf](https://innradweg.com/uploads/Packliste_Innradweg_EN.pdf)

It is recommended to weigh the bags and their contents before the start of the tour - luggage racks on bicycles cannot hold an infinite amount of weight. It is advisable to divide the luggage between saddle bags on the left and right of the rack, a handlebar bag and a rucksack.

## Provisions:

For the small appetite, it is advisable to take snacks like muesli bars with you. Water bottles are also an essential.

Restaurants and takeaways can be found along the route - e.g. here:

[https://maps.innradweg.com/v2/en/gdi\\_summer/2d/-1/category/7/47.43923470537306/8.086831077583488/18390/-1/false/-1/-1/-1/-1/-1/-1](https://maps.innradweg.com/v2/en/gdi_summer/2d/-1/category/7/47.43923470537306/8.086831077583488/18390/-1/false/-1/-1/-1/-1/-1/-1)

## Bike check before setting off:

Before the beginning of the tour, it is best to have the bicycle checked by a local workshop. The following criteria should be considered:

- Wheels fully pumped up
- Brakes in good working condition
- Functioning of the lights (if necessary, take a spare light with battery)
- Does the bike have any other damage (saddle, handlebars, etc.)?
- Is the chain oiled and well adjusted?
- Do the gears work without problems?