

# R3 | Innradweg Tirol

<b>distance</b>	225,1 km		
<b>altitude meters uphill</b>	560 m	<b>altitude meters downhill</b>	1130 m
<b>starting point:</b>	Nauders - Grenze zu Schweiz		
<b>destination point:</b>	Deutsche Grenze - Erl		
<b>best season:</b>	MAY, JUN, JUL, AUG, SEP, OCT		

## Altitude profile



## Description

From the Swiss border across Kajetan bridge through lush meadows into the village of Pfunds and on through the varied, sloping valley floor through the villages of Tösens, Ried with its beautiful swimming lake, and Prutz down to Landeck. From there through meadows and hamlets to Perjen, Zams, and Schönwies down to the southern limits of Imst. Then on a varied route directly through the Imst Gorge past the entrance of the Ötztal valley until you reach Stams (Cistercian Abbey) and Telfs. Continue right along the river Inn, past small villages to Zirl and directly follow the river until you get to the provincial capital of Innsbruck. From Innsbruck down the river on the left side of the river bank to Hall, there across the footbridge to the right side of the river Inn and on to Volders. The route then continues downstream along the banks of the river and quiet secondary roads across the vegetable fields and residential areas of Wattens and Schwaz. Continue along the river to Jenbach, Strass, Brixlegg, Kramsach, past Rattenberg to Radfeld and through meadows to Kundl and Wörgl. Following the river Inn to Kirchbichl and through picturesque wetlands to Kufstein and on to the German border near Erl.

## downloads

[GPX FILE](#)[INTERACTIVE MAP](#)