

Engadin

MAGAZIN No.4

WOOD

SUMMER — AUTUMN ENGLISH

Engadin Sommer/Herbst



Liebe Gäste

Diese Sommer- und Herbstausgabe des Engadin Magazins widmen wir dem Holz. Denn das einzigartige Engadiner Licht, das ungetrübt von Mensch und Maschine das Tal zum Glänzen bringt, hat sich über Jahrhunderte auch in die Bäume und Wälder des Engadins gebrannt. Daher entwickelten die heimischen Arven, Föhren und Lärchen einen ganz eigenen Charakter, der einerseits von ihrem harten Kampf gegen die Elemente erzählt und andererseits grosszügige Sanftmütigkeit ausstrahlt – knorrig in der Form, aber voller weicher Farbe und beruhigenden Düften.

Die Engadinerinnen und Engadiner

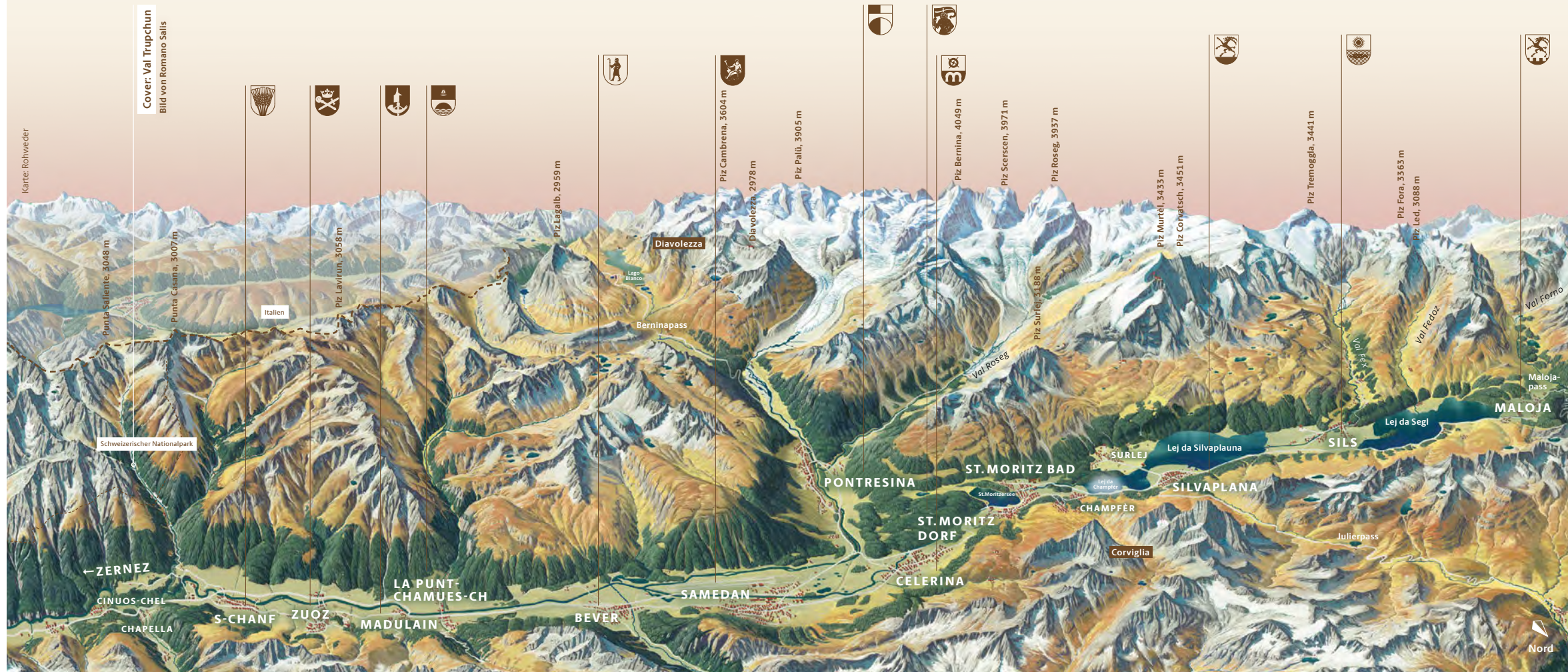




Photo Stüva: Switzerland tourism (Rob Lewis)/all others: Filip Zuan

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Wooden jetty with forest views: nature conjures magical autumns as well as summers at the tranquil Lej da Staz near Celerina.

Photo: Romano Salls



Where wood acquires new life: at the Waldhaus in Sils Maria, famous writers have found inspiration for their work.

Photo: Hotel Waldhaus Sils (Gian Giovanoli)



Morning awakening near
St. Moritz: where the scent
of pine needles and moss
hangs in the air.

Photo: Filip Zuan



Lake framed by trees:
the Läggh da Cavloc near
the Maloja Pass.

Photo: Valentin Manhart

Il scuttinöz da god

Forest whispers



Swiss stone pine – Pinus cembra – il dschember
Distribution: 47 %



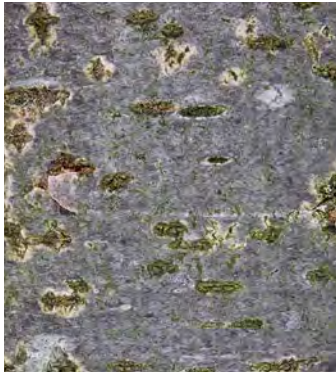
Larch – Larix decidua – il larsch
Distribution: 29.5 %



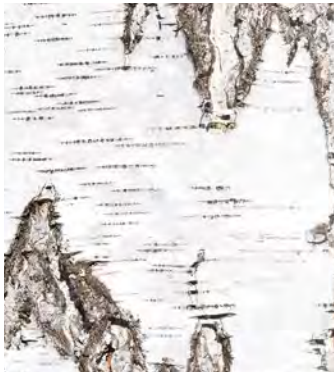
Spruce – Picea abies – il pign
Distribution: 19.9 %



Scots pine – Pinus sylvestris – il tev
Distribution: 1.8 %



Rowan – Sorbus aucuparia – il culaischem
Distribution: 1.2 %
(together with the grey alder)



Birch – Betula – il vduogn
Distribution: 0.6 % (together with other deciduous trees)

Trees of the Engadin

On any stroll through the forests of the Engadin, walkers will encounter key residents including the Swiss stone pine and the larch, which turns to bewitching shades of gold in autumn. Nearly half the trees in the Engadin are Swiss stone pines; a third are larches. The trees' bark is their protective skin, which changes over time, cracks, flakes off and bears scars. With careful observation, visitors can learn to identify trees just from their bark. Discover their secrets on your next hike!



The house on the lake

Plaun da Lej – Three wooden houses rock gently with the wavelets in the bay by Plaun da Lej on Lake Sils, awaiting visitors. Travellers who venture across the water are rewarded with a night to remember. Antonio Walther, who runs the Murtaröl restaurant and the Hotel Cristallina in Plaun da Lej, is also offering the three wooden houses in the middle of the lake as accommodation from the 2021 summer season. engadin.ch/pinewood

Other wooden holiday accommodation

Rustic bungalow
The Gravatscha campsite in Samedan has small, modern wooden bungalows, each with sleeping area, bathroom and lounge. camping-gravatscha.ch

Sleep in a wine barrel
A night in a converted wine barrel at Madulain campsite is as atmospheric as a stay at a remote alpine hut. campingmadulain.ch



Forest covering
About 10,610 hectares of the Upper Engadin are covered in forest – equivalent to roughly half a hectare per inhabitant.



Forest residents
The Tais forest near Pontresina attracts countless birds, who will feed from visitors' hands. Seed is available at the feeding stations.



Protection forest
About 40 per cent of Engadin woodland serves as protection forest against avalanches and debris flow.



High forests
The tree line in the Engadin lies at 2,200 to 2,300 m. The sparse scattering of low trees is particularly beautiful at the "God Plazzers" forest below the Piz da Staz.

Swarms of gardeners
Forest ants are the industrious gardeners of the Engadin woodland. These tireless workers can carry up to 60 times their own body weight; as they transport seeds from trees and bushes considerable distances across the ground, they aid dispersion and so promote biodiversity. They are also the hidden rulers of the mountain forests: an ant colony can consume up to 100,000 insects in a single day. The Engadin is home to all six Swiss species of forest ant.



Spiky wonders
Sils Maria – When the larch trees drop their golden needles in autumn, the Maloja wind blows many of them on to Lake Sils. Here, they dance to the rhythm of the wind, from the shore out on to the water and back again – until eventually, shaped by the gentle waves, they form spiky balls of needles. Lucky walkers may spot one of these natural marvels along the shores of Lake Sils; if not, they can find the sweet variant of the "Sils ball", made with chocolate, marzipan and meringue, at local patisseries.

Herbs and berries in the forest

Secret treasures: top chef Fabrizio Zanetti sets great store by the berries and herbs of the local forests and meadows. He grew up in Graubünden, knows them well – and on guided walks, tells guests how to identify and use them. suvrettahouse.ch

Trails for a natural high.

www.engadin.ch



Engadin. What mountains! What lakes! What light!

Mountain railway pass included
for stays of at least one night.
Further information:
engadin.ch/bbi



Gateway to the Engadin

Maloja – The majestic Torre Belvedere stands at the top of the Maloja Pass like a lone sentinel guarding the entrance to the Engadin. Ancient mountain pines and gnarled Swiss stone pines surround the historical tower as if defending it. Visitors who walk a few steps away from the structure find deep glacier mills close by, carved out of the rock by meltwater from glaciers. A marked trail leads to 11 of these marvels, partly via wooden gangways across the soft peat. The tower and surrounding forests belong to a nature reserve run by Pro Natura. Inside the tower, an exhibition explores the history of the landscapes around Maloja. pronatura-gr.ch

The best benches

1 A pilot's perspective

Natural cockpit with Edelweiss bench, Furtschellas.

2 Double inspiration

Bench with book box at Plan Fedoz.

3 Breathtaking lake views

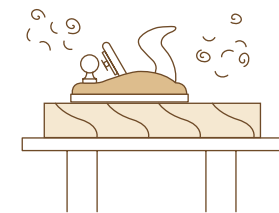
Tree-trunk sofa at 2,700 m, Piz da l'Ova Cotschna.

4 Break with ibex stories

Enjoy anecdotes from Pontresina rangers, Paradis Tour.

5 Panoramic siesta

Purtum benches with views over the Zuoz region.



20

joiners' workshops in the Upper Engadin go through more than 5,000 cubic metres of wood a year: that's two Olympic swimming pools full of wood.

To the oldest "Queen of the mountains"

The trail from Pontresina up to Muottas da Schlarigna is quite steep, but rewards hikers with glorious views of the Engadin mountains and valleys. The descent towards Alp Staz and the Lej da Staz passes near the Upper Engadin's oldest Swiss stone pine.

Photo: Alamy



Fitness

**“If you want to move the world,
you must first move yourself.”**

SOCRATES



From tree to tree



The Vitaparcours offers a chance to boost stamina, strength and suppleness.

Photo: Filip Zuan

Vitaparcours: Since 1968, Swiss people have been boosting their stamina, strength and suppleness along purpose-built trails in the forest. This “fitness club” in the fresh air came about thanks to a men’s gymnastics team from Wollishofen. During summer, members would train in the forest, making use of whatever nature had to offer: tree stumps, fallen branches and fallen tree trunks. But since Switzerland traditionally likes to keep its forests tidy, foresters would regularly clear away the men’s training equipment. So the group made a request to the local authority to create a trail with a sequence of natural exercise stations, to be accessible to all. The project’s creators managed to persuade a sponsor to back their idea: the Vita insurance company, now the Zurich insurance company.

Recipe for success: This was just the beginning of a remarkable success story. Just five years after the inauguration of the first trail, the 100th Vitaparcours opened to the benefit of local people. Today there are about 500 trails throughout Switzerland, set up by the Vitaparcours Foundation. The idea has also generated a great deal of interest abroad.

Natural variety: Anyone seeking a taste of forest fitness in the Engadin enjoys plenty of choice. The region as a whole has no fewer than six Vitaparcours trails, complete with exercise stations and ranging in distance. Along each trail, users can decide for themselves whether to do the suggested exercises or give free rein to their imagination.

A full-page photograph of a woman and a man performing exercises on tree stumps in a forest. The woman is in the foreground, jumping over a stump with one leg raised high. The man is in the background, also jumping over a stump. The forest is dense with tall evergreen trees, and a rocky mountain peak is visible in the distance under a blue sky with some clouds.

Exercise for a natural high

For many, the forest is a place to take deep breaths, slow down and relax. Yet this is also the perfect venue for giving heart and muscles an all-round workout.

A course for all: the fitness instructors Vanessa Stössel and Leandro Fornito adapt exercises to ability.

Text ANNA-SOPHIE HERBST
Photographs FILIP ZUAN



Stamina: the Vitaparcours combines set exercises with jogging.

Extra exercises for fitness fanatics

Place one foot on tree trunk and push off from ground with other leg.



Lift lower knee and leap up.



Land in a controlled way and step down. Repeat with other leg.



People in Japan all know that forests are good for you. Just an hour among the trees is said to boost the immune system and lower blood pressure, heart rate and stress levels. The Japanese even have a special name for this: “Shinrin Yoku”, which translates roughly as “a bath in the atmosphere of the forest”, or “forest bathing” for short. A training session along a Vitaparcours trail may not quite match the conventional idea of forest bathing, but the positive effect on health is undisputed. These trails, with their various exercise stations, offer the ideal facilities for a challenging full-body workout in nature. That is exactly what Vanessa Stössel and Leandro Fornito are seeking on this summer morning along the Vitaparcours trail in Pontresina. They pay little attention, however, to the instructions on the panels at the exercise stations along the way. Instead, they treat the trail as their playground, giving free rein to their imagination and creating their own exercises.

When it comes to fitness, the pair are anything but beginners. Vanessa, alongside her job as Community Manager with On running shoes and clothing, teaches yoga and barre, a fitness discipline inspired by ballet. Leo even gave up his job as an animal keeper for the sake of fitness, and now works as a trainer at the Balboa fitness club in Zurich. He also works as a personal trainer and is well known on social media under the name “leo.moves”. His way of training can’t be pigeonholed: the focus is on using the body’s entire spectrum of movement. As he explains: “In everyday life, and even in sports, most people move in just a very limited range – but in theory our joints and muscles allow so much more.”

The forest as playground

The Vitaparcours trails are located in the world’s most beautiful sports venue: pure nature. The sociable nature of the routes is also a big draw. For each, we also give an “effective distance”, which takes account of ascent and gradient as well as linear distance.

Every Vitaparcours in Switzerland has 15 stations with 43 exercises marked in three different colours: blue for stamina, yellow for suppleness/agility and red for strength. There is also the occasional short course, like the one in Zuoz, with at least 6 stations. All can be used at any time of the day – or night.

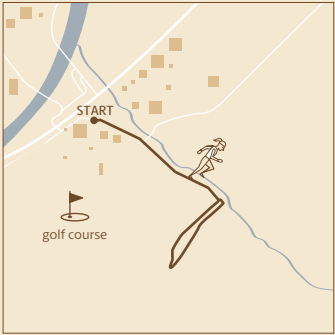


Key: ○○○easy ○○○medium ○○○difficult

1 Zuoz SHORT BUT INTENSE

Distance: 0.9 km
Effective distance: 1.5 km
Ascent: 30 m
Start: by the golf centre
○○○

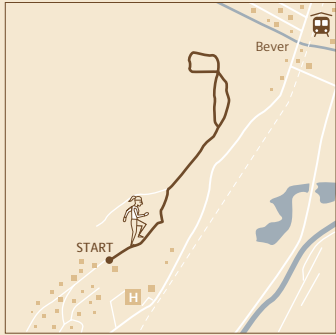
This course is short but packs a punch (when you start down in the car park). For altitude training: loop the trail several times!



2 Samedan WORK OF ART

Distance: 2.3 km
Effective distance: 3.3 km
Ascent: 100 m
Start: by the shooting range
○○○

Samedan's course is steep and lovingly maintained. The wood chippings feel pleasant underfoot and smell good.



3 Celerina WOOD AND WATER

Distance: 2.4 km
Effective distance: 3.0 km
Ascent: 60 m
Start: by the church of San Gian
○○○

The scent of freshly chopped wood hangs in the air in the forest near Celerina; the nearby Lej da Staz offers a refreshing dip.



4 Pontresina RIVER TRAIL

Distance: 2.7 km
Effective distance: 2.9 km
Ascent: 20 m
Start: Punt Ota/Rusellas
○○○

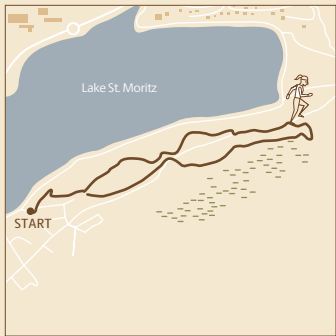
This flattish route is one of the most attractive, and leads along the banks of the Ova da Roseg and through open forest.



5 St. Moritz STEEP THRILLS

Distance: 2.8 km
Effective distance: 4.0 km
Ascent: 120 m
Start: near the Catholic church in St. Moritz Bad, by the lake
○○○

The climb burns plenty of calories and rewards trail runners with some delightful views of sparkling Lake St. Moritz.



6 Maloja WILD WONDER

Distance: 2.5 km
Effective distance: 2.6 km
Ascent: 50 m
Start: Cresta by Lake Sils
○○○

This trail is ever-changing: over gnarled roots in the forest, across meadows with grazing horses and into wild moorland.





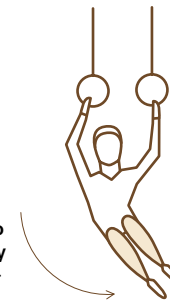
Strength: to boost muscles, enthusiasts work with their own body weight.

Extra exercises for fitness fanatics

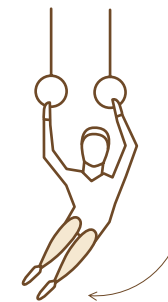
Grab hold of rings and hang with extended arms. Focus on body tension.



Flex knees and lift to one side. Consciously engage lateral abdominal muscles.



Return to starting position, then repeat on other side.



Leo proves the point right away by effortlessly doing an exercise on the rings, the mere sight of which would be enough to give most people a weird twinge in the shoulders.

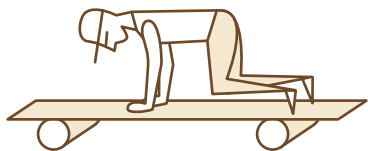
Headphones? No need

The soundtrack for a training session here at the entrance to the idyllic Val Roseg is all the work of nature. Even if you come for an intense workout, you can happily do without driving beats and catchy rhythms in your ears: instead, just enjoy the sounds of the bubbling river, the birdsong and the rustling leaves. As you pass from one exercise station to the next, you also have a choice: either drive your heartbeat higher still with a fast run, or jog gently to give yourself an active break between exercises. The forest floor is soft underfoot; twigs crack with each footfall, and the uneven surfaces demand concentration and good balance. Thanks to the sunshine, which peeps between the treetops to cast its golden light on the trail, you know you are also receiving a healthy dose of Vitamin D.

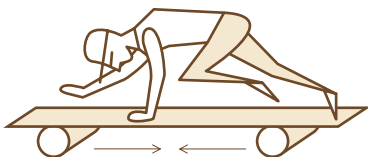
Natural boost

Going for some exercise along the different Vitaparcours trails in the forests of the Engadin is a treat for mind and body alike. It also more effective than doing the same workout elsewhere. The reason is the high altitude: Pontresina lies at no less than 1,800 metres above sea level. The air pressure is significantly lower here than away from the mountains, and consequently the concentration of oxygen in the air is lower, too. You may barely notice this if you go for a stroll or a gentle walk, but if you undertake more strenuous activities, you run out of breath sooner. Vanessa and

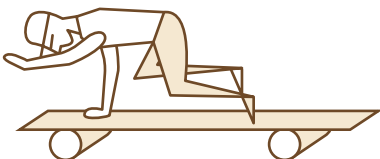
Extra exercises
for fitness fanatics



Start on all fours
and raise knees
slightly off ground.



Move one hand and
opposite foot forwards
until knee reaches
elbow on same side.



Crawl a couple of
metres forwards in
this way, then do
same backwards.



Hit the trail!

Full info and routes plus Leo
and Vanessa's videos:
engadin.ch/en/vita-parcours-story

Leo feel this too, as they normally spend time at considerably lower altitudes. Happily, the human body is highly adaptable. In order to counteract the lower concentration of oxygen in the blood, the kidneys soon begin to produce greater quantities of a hormone called erythropoietin. This in turn stimulates the production of red blood cells in the bone marrow. Their job is to transport oxygen from the lungs to every part of the body. A greater quantity of red blood cells therefore means the blood can carry more oxygen, and the muscles are better supplied. As soon as you head back down to lower altitudes, this effect is noticeable in the form of improved performance. Incidentally, the hormone erythropoietin, better known under the abbreviation EPO, is sometimes used by athletes to boost their performance artificially: a highly illegal and potentially dangerous practice. The greatest danger of doing altitude training in the Engadin, by contrast, is finding that afterwards, going back to the gym can feel pretty tame.



Suppleness: stretches
and agility exercises
provide variety.



Workouts for all

Exercise in the heart of nature



Get in shape with golf

During an 18-hole round, golfers can clock up as many as 200 swings and up to 10 km on foot. Anyone who says golf does not count as exercise is therefore mistaken. In the Engadin autumn, when the trees are ablaze with colour, the sport not only boosts fitness: a game is pure pleasure.



Golf courses

Engadine Golf Club courses in Samedan and Zuoz-Madulain; Kulm Golf St. Moritz. engadin.ch/en/golf



Suitable golf clothing is available from KJUS

Photo left: Filip Zuon



Deep breaths of mountain air

Celerina – The Vitaparcours trail in the Staz forest will delight yoga enthusiasts, too. Wooden platforms in the middle of the forest invite devotees to linger, take deep breaths of fresh mountain air and bring energy flows into balance. What better way to start the day than with sun salutations and birdsong?

engadin.ch/yoga-in-the-stazerwald

Other yoga activities

Yoga weekends

Yoga weekends with teachers including Ursina Badilatti, Karl Staub and Ana Forrest. ursina.ch

Riding and yoga

Relaxation on horseback and on the yoga mat. reitenundyoga.ch

Yoga on a stand-up paddle board

Wednesdays from 8.30 – 10 am on Lake Silvaplana. silvaplana.ch/sommer/events/sup-yoga

Power to the legs

Glide along trim forest trails, thread a route through scree, follow wild paths across meadows, zig-zag around boulders: trail running is jogging taken to a higher level. Trail runners' terrain is the natural landscape itself, no matter how steep and whatever the surface.

engadin.ch/en/trailrunning



1.

For beginners:

Run up to idyllic Alp Staz (about 1 ½ hours) and then go for a swim in the Lej da Staz.

2.

For experts:

The 4-hour "Fuorcla Val Champagna" trail with steep ascent and descent, but glorious views.

3.

For pros:

Spot alpine wildlife along the "Paradis & Pisch" route (just under 4 hours) through the Bernina massif.

Paddling for the arms

Plaun da Lej – On the shore of Lake Sils, visitors find a blue canoe built over a filigree wooden frame. Made by a team from Engadin St. Moritz Tourism, the elegant craft is now ready for use by adventure seekers who wish to give their arms a workout. A little care is required climbing in and out, but once aboard, passengers enjoy an idyllic experience of the lake as they paddle gently across its still waters.

engadin.ch/water-sports



High thrills

Pontresina / S-chanf – Clamber high among the treetops, brave wobbly bridges between tree trunks, climb, fly and feel like Tarzan: the adventure rope parks in Pontresina and S-chanf offer a variety of routes of varying levels of difficulty, all promising spine-tingling adventure. And if sunshine gives way to rain, the Serlas Parc complex in S-chanf offers a chance to practise climbing skills indoors, warm and dry. govertical.ch, parc-alpin.ch, serlas.ch

Sporty celebration

The Pontresina / St. Moritz mountain guides' association is celebrating its 150th anniversary in 2021. Guests are invited to three days of special activities from 22 to 24 July: everything from climbing tree trunks to film screenings and an exhibition.

Stüva

“The stüva was where people were born, lived and died.”

GIAN RETO RAINALTER, THE ARCHITECT WHO RENOVATED THE HOUSE CONTAINING THE PICTURED STÜVA.

Photo: Nicola Pizzaro
Architects: KLANIGUT + RAINALTER SA, architects ETH Zürich, 2002



Heart of the home



The oriel windows in Engadin stüvas allow a sweeping view of life outside.

Tradition: The heart of the traditional Engadin home or farmhouse is known as the “stüva” in Romansh: a panelled room where the family would gather and relax. This was the warmest and cosiest room in the house, with a stove that was heated via the neighbouring “chadafö” – the kitchen. The stüva’s low ceiling, the small windows and the insulating layer between floors, filled with earth, all helped retain heat. To this day, stüvas – whether decorated with traditional wood carving,

or simple and modern in style – are still highly popular, especially because of their cosy atmosphere. This was not always the case: when oil paint came into fashion for decoration, farmers would paint over the wood to make the stüva appear more modern and create an impression of affluence. They probably also wanted to give the room a fresher feel: the stüvas often smelt of wet farm clothing, which members of the family would dry by the stove here. Over recent years, residents have increasingly preferred a natural wood finish, removing any existing colour – although patches can sometimes still be seen in knotholes.

Wood: For panelling, ceilings and furniture in Engadin stüvas, joiners mostly use Swiss stone pine, primarily because the timber is soft and easy to carve. The wood also smells wonderful and – it is claimed – helps maintain a pleasant air quality and makes for a peaceful night’s sleep. The essential oils in Swiss stone pine repel flies in summer; in winter, the wood stores warmth. However, Swiss stone pine is unsuitable for construction of the house itself, because of its low load-bearing strength. As a result, stüva floors are usually made of planks of larch, pine or spruce.

Furnishings: A traditional Engadin panelled stüva has the following furnishings: a stove, a fitted sideboard, a bench running along the walls, a slate-top table with chairs, and a corner shelf with bible. Visitors who look closely will see a narrow staircase concealed behind the oven, leading via a hatch to the bedchamber above.

Photo: Daniel Martinek, Museum Engadina

On the fourth stage of the Via Engiadina from Bever to Zuoz.

Da stüva a stüva

The Via Engiadina leads through forests, across rivers and over alpine pastures – and from one welcoming wood-panelled stüva to the next.

Stage 1 – Maloja to Silvaplana

The Fedecia river tumbles past the Hotel Maria in Sils on its way to Lake Silvaplana. By now, hikers have completed half of the first stage of the Via Engiadina. They have already passed through the idyllic hamlet of Grevasalvas, where “Heidi” was once filmed; soon, they will continue along the Engadin’s chain of sparkling lakes. A stop in Sils requires leaving the route at Sils Föglias to drop down into the village. As soon as walkers cross the doorstep of the Hotel Maria, they feel the warm cosiness of Swiss stone pine. The Stüva Marmoré was a grocery shop in the 1930s; later, the Sils Curling Club was founded here. Today, the black soapstone stove serves only as decoration, but it is easy to imagine the scent of burning wood, which once heated many such stüvas. The house speciality here is Cordon bleu: a delicious and hearty dish, perfect for a long walk, with the advantage that calories are quickly burnt off along the way.

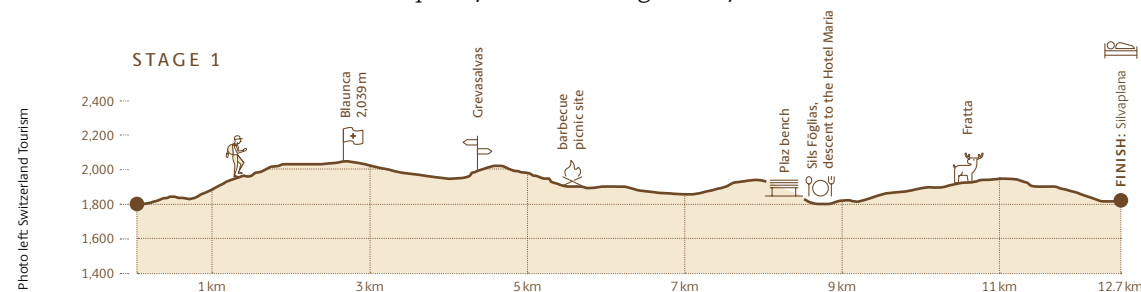


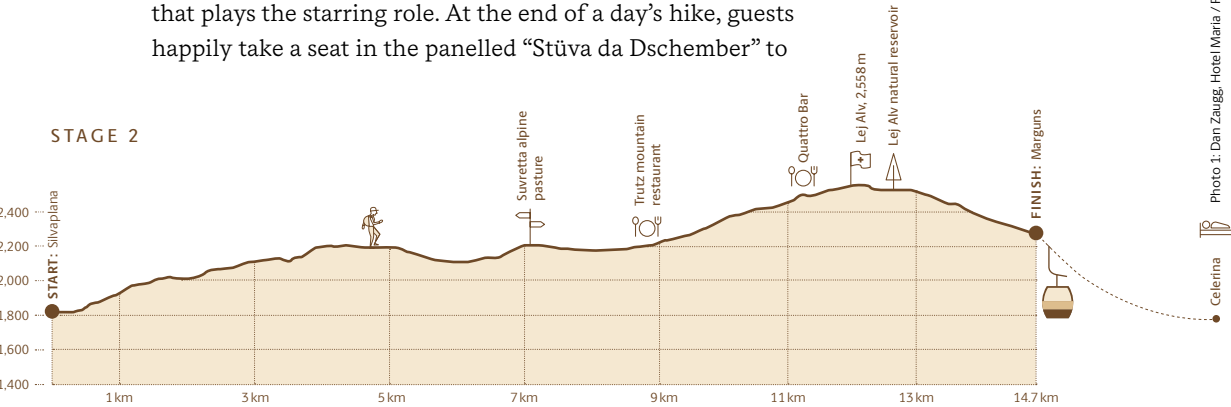
Photo left: Switzerland Tourism

At the end of the first stage, tired legs will appreciate a little relaxation – and they are sure to find it at Conrad’s Mountain Lodge in Silvaplana. When the Conrad family bought the building in 1952, it was just an annex to another hotel. But even the Hotel Conrad that they created cannot be compared to today’s venue. In summer 2018, the lodge was completely refurbished, and reopened with Cindy Conrad at the helm. Since then, wood and stone have dominated the interiors, linking the wild mountain scenery with modern design. Local larch, for example, has found a new home in the form of panelling on the walls, sauna fittings and bed frames.

Stage 2 – Silvaplana to Celerina

Although the Trutz mountain restaurant by the top station of the Suvretta–Randolins chairlift is no typical stüva, it provides an unmissable stop along the Via Engiadina. The views over the lake-strewn Engadin valley could not be better, from sun terrace and dining room alike. The restaurant belongs to Suvretta House, a venerable hotel with a history dating back more than 100 years. Highlights here include the nourishing barley soup, tasty Polenta and sweet Kaiserschmarren pancakes; add the glorious views, and any hiker will be tempted to linger. But there is still some way to go until the end of the second stage in Celerina, with a couple of hundred vertical metres to climb en route: no problem after the relaxing and energising lunch.

In the theatrical setting of the Hotel Arturo in Celerina, it is wood that plays the starring role. At the end of a day’s hike, guests happily take a seat in the panelled “Stüva da Dschember” to



First stop: the Stüva Marmoré at the Hotel Maria in Sils.



Superb vantage point: the Trutz mountain restaurant by the top of the Suvretta–Randolins chairlift.

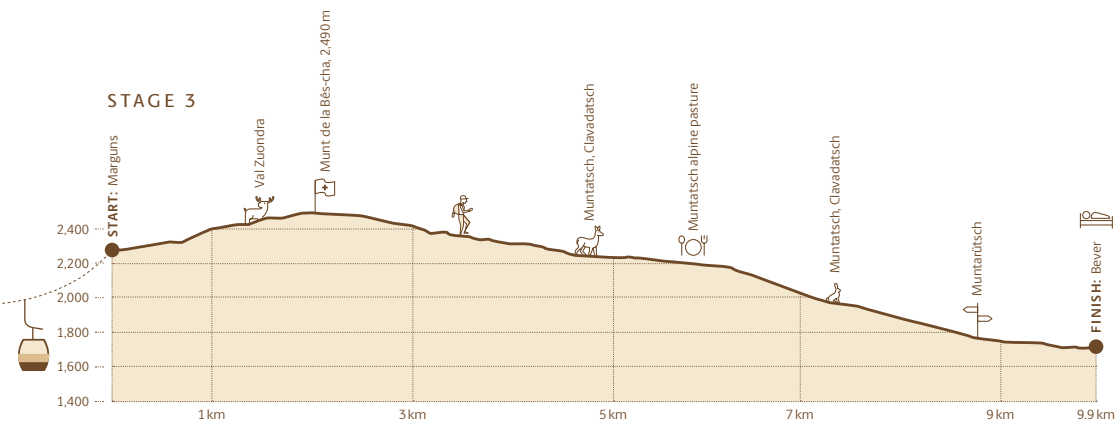


Fine food and a good night's sleep: the Hotel Arturo in Celerina (left) and Conrad's Mountain Lodge in Silvaplana.

savour gastronomic delights in a uniquely cosy atmosphere. Those who enjoy an after-dinner cigar or digestif can relax in “La stüva per fümer” before a peaceful night’s sleep in one of the bedrooms full of rustic charm. The following day starts early: the next stage is long. In the breakfast room, a generous buffet offers a variety of tempting treats, while guests enjoy the soothing aroma of Swiss stone pine one last time before setting off on the day’s hike.

Stage 3 – Celerina to Bever

The Chesa Salis acquired its name and current appearance from the von Salis family, long regarded as one of the most important in the Engadin and the Val Bregaglia. Originally built in 1590 as a farmhouse, the structure was converted into a magnificent aristocratic residence 290 years later. The three-storey wooden veranda on the southern side of the house and the ornate decorations on the facade give the Chesa Salis the aura of a palazzo. In 1981 it opened its doors to guests as a hotel, offering 18 delightful rooms with stucco decoration and traditional wood panelling. This is a home-from-home unlike any other: a place to charm the soul.



View of La Punt Chamues-ch: along the fourth stage from Bever to Zuoz



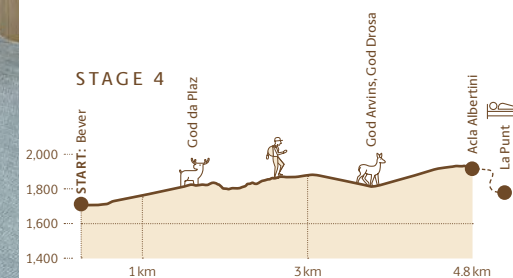
Photo: Switzerland Tourism (Rob Lewis)



Stylish palazzo: the Chesa Salis in Bever.

Stage 4 – Bever to Zuoz

The Via Engiadina does not actually pass through La Punt, but the village is well worth a detour – even an overnight stop. At the Hotel Krone, Sonja and Andreas Martin having been working their magic for more than 18 years. While Sonja takes care of guests, Andreas conjures exquisite fare in the kitchen – including dishes featuring Swiss stone pine. He stumbled on the idea about seven years ago during a walk, when he picked up a couple of pine cones and took them back to the hotel. He now uses nearly all parts of the tree. He steeps the cones in alcohol to make flavoured spirits; ferments the bark with vegetables; smokes fish and lamb fillets with wood shavings; and uses pine needle tips in fritters. The challenge is finding balance: the tree is full of essential oils, and the flavour intense. Each dish is also a feast for the eyes – as are the hotel's interiors. The job of extending and refurbishing the hotel went to the architects Ruch & Partners, who used different kinds of solid local timber – such as Swiss stone pine, larch and maple – to create an architectural work of art.



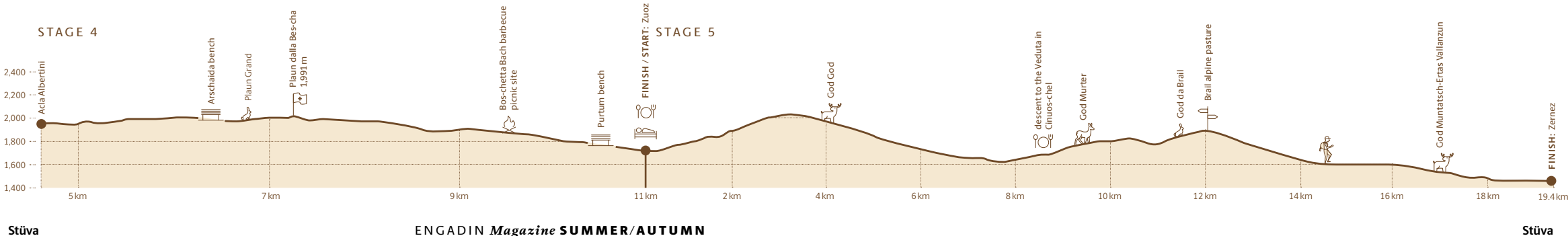
Hearty fare in a cosy stüva: at the Hotel Veduta in Cinuos-chel.



Wood from floor to ceiling: at the Dorta in Zuoz.



Photo 1: Yanik Buerkli, Hotel Restaurant Veduta / Photo 2: Hotel Restaurant Veduta / Photo 3: Switzerland Tourism



Along the Via Engiadina

Hikers can select and book accommodation for the journey themselves – or let the travel company Eurotrek organise everything. The specialist operator will also arrange luggage transport. engadin.ch/en/via-engiadina

An extra dimension

The Via Engiadina continues beyond the Upper Engadin for another 60 kilometres into the Lower Engadin, as far as Tschlin. maps.engadin.ch

Even more stüvas

Visitors can explore the fascinating history of the stüva at the Museum Engiadina in St. Moritz. The heart of the museum is a series of panelled rooms up to 500 years old from throughout the region, painstakingly restored. museum-engiadina.ch



Via Engiadina

All routes and deals for the Upper Engadin: engadin.ch/via-engiadina

The fourth stage ends in Zuoz, a village that could easily have met its own end long ago: in 1499 the entire settlement went up in flames. Zuoz was completely rebuilt, however, including the Dorta. After Gian Rico Blumenthal bought the venue nearly 30 years ago, he breathed new life into it. The former pizzeria became a restaurant known for dishes inspired by cuisine from Graubünden and the Valtellina, while the barn made a wonderfully cosy dining room, imaginatively decorated with Rico's hunting accessories and agricultural implements. Every corner has a story to tell. Brave guests can climb a ladder to reach the stüva with the lowest ceiling of all; happily, diners have to duck only when standing up.

Stage 5 – Zuoz to Zerne

The Veduta hotel and restaurant in Cinuos-chel is not quite on the route of the fifth stage, but is also worth a detour. In Gudench and Sabrina Campell's stüva, the scent of local wood blends with the aroma of delicacies such as Capuns (dumplings wrapped in chard) and Graubünden barley soup. Gudench, a keen hunter, serves game in autumn, and enjoys telling diners the inside story of their meal. Hikers not only stock up on energy for the final few kilometres, they also pick up conversation material and know-how that could help them spot deer near the Swiss National Park – or at least, in autumn, hear the stags' dramatic belling echo through the valleys.

Hiking heaven

Key steps to mountain adventure



Head to foot

Mammut products promise many days of hiking pleasure in the mountains – and ensure that users are prepared for the unexpected, too. mammut.com

1 Lovely legs *

The “Runbold Light” women’s trousers are ideal for hot summer days thanks to their light and stretchable material. They are also water-repellent, in case it unexpectedly starts to rain.

2 Slick backpack!

The “Ducan 24” backpack is light and fitted with an air space suspension system, ensuring good ventilation of the back area for comfort.

3 Sleep well!

The “Relax Down” sleeping bag promises a quieter night’s sleep thanks to special fabric in the head section.

4 All-weather jacket *

The “Convey Tour HS Hooded” jacket provides protection from wind and rain and also keeps the wearer dry inside thanks to breathable materials.

5 Fine footwear*

The “Sapuen High Gore-Tex®” boot is waterproof, adapts to the shape of the foot and optimises its natural rolling movement, improving energy efficiency and boosting hiking pleasure.

*available from summer 2021

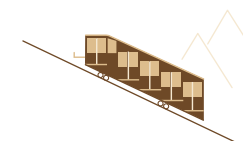
580

kilometres of trail form an unrivalled network in the Upper Engadin, with nearly 100 itineraries from easy to difficult.

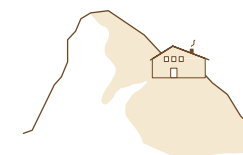
engadin.ch/hiking



The Piz Bernina (4,049 m) is the highest mountain in the Eastern Alps.



Ride up high
The Muottas Muragl funicular was Graubünden’s first mountain railway built to carry tourists.



Sleep up on high
The Chamanna Georgy (3,175 m) is the highest mountain hut in the Engadin.



Tour of the giants

Bernina massif – In addition to the Via Engiadina, a second long-distance hike leads through the Engadin mountains: the Bernina Tour. This spectacular itinerary, with 7,500 vertical metres of altitude difference and a total distance of 75 kilometres, leads around the Bernina massif in five stages. Starting in Poschiavo, hikers head up to the Bernina Pass before crossing over the Fuorcla Surlej to reach Maloja. An undeniable highlight of the whole tour is a night at the Berghaus Diavolezza mountain hotel with views of the Morteratsch Glacier.

engadin.ch/bernina-tour-hike



Other long-distance hiking trails

Via Valtellina

This muleteers’ route leads in seven stages from the Valtellina to the Montafon valley via the Engadin.

Via Albula/Bernina

Along the Rhaetian Railway’s World Heritage lines from Tirano to Thusis. engadin.ch/long-distance-trails

A gastronomic hike in three courses

The Via Gastronomica offers a scenic hike with a difference: along the way, three different restaurants provide welcoming stops for starter (or breakfast), main course and dessert. The walk itself takes 2–3 hours; hikers can choose their own route. engadin.ch/en/via-gastronomica



Natüra

L'iffaunt e'l vduogn

«Suvenz tar te eau giaiva
tü vduogn taunt grand e bel.
Gugent eau charezzaiva
tia alva, lamma pel.

La föglia auncha fras-cha,
Schi cò haun naiv, favuogn
bütto tia ramm'in tras-cha,
e cupicho mieu vduogn.»

Göri Klainguti,
teacher, organic farmer, author, painter

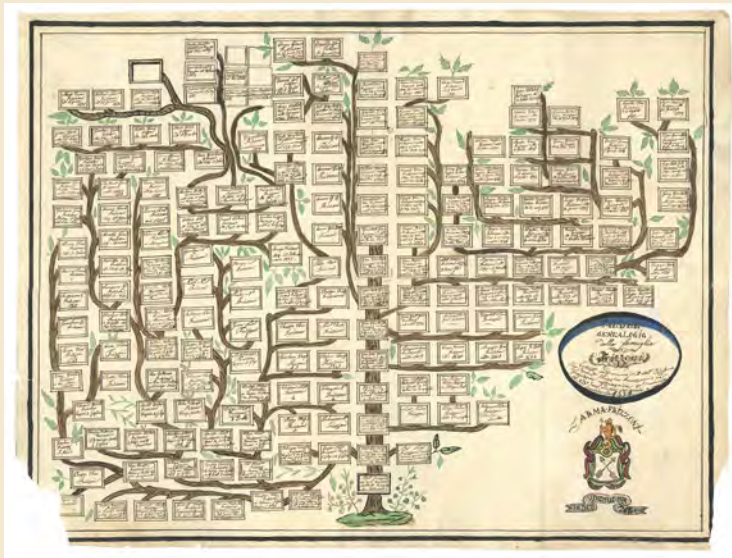
The child and the birch tree

"I often came to you,
Beautiful big birch.
Each time i'd caress
Your soft white skin.

Your leaves were still green,
Then snow and winds came.
They tugged at the branches,
And tore my birch down."



Seeds of success



The family tree of the Frizzoni family from the Engadin, from 1300 to 1845.

Tough conditions: It takes endurance to grow and put down roots in the high valley of the Engadin. There may be many days of invigorating sunshine up here, but wind, arid conditions, sudden weather changes and long, cold snowy winters strain energy.

Survival specialist: Only well-adapted trees will flourish in such a world, pitted against the elements. One is the larch, which casts a magical spell over the valley in autumn, turning mountainsides to gold before losing its

needles. The tree thereby protects itself from the burden of excessive snow in winter. Its wood is hard and durable, but the larch makes few demands of the soil, so it can grow even on stony ground and in the coldest locations, up to an altitude of 2,400 metres.

Another tree that can withstand these tough conditions, up to altitudes above 2,800 metres, is the Swiss stone pine. In contrast to the larch, its sweetly scented wood is soft and light, and the tree retains its needles in winter. As a result, nearly all old Swiss stone pine trees bear scars showing where branches have been ripped off, unable to bear the weight of snow on them. Nonetheless, no other region boasts as many mighty old Swiss stone pines as the Engadin. One of the most impressive examples stands in the Celerina region: more than 600 years old, it has a splendid, pristine crown and a trunk with a circumference of nearly seven metres.

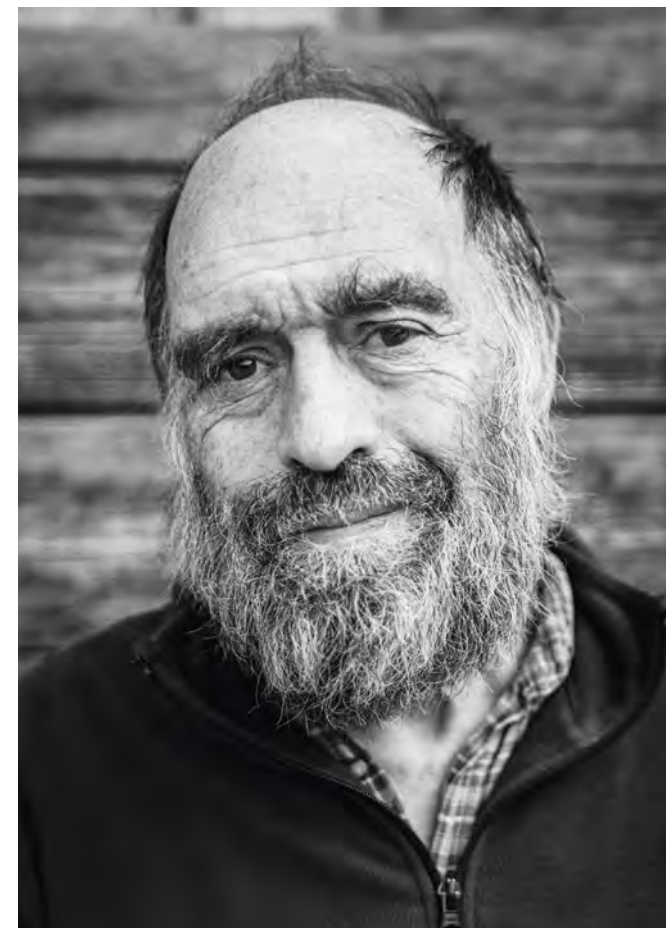
Filigree family trees: Some of the families in the valley are as old as this ancient pine: von Planta, for example, von Salis, Saratz and Frizzoni. Their elaborate family trees extending back many generations show just how deeply rooted the people of the Engadin are in their high valley. Five contemporary local personalities, some of whom belong to these family trees, have given us an insight into their fascinating life stories, and reveal which tree means the most to them. All have weathered storms, and have learned how best to live with the whims of nature and fate: they are all true survivors.

Photo: Kulturarchiv Obereingadin

Deep roots

Five local personalities and their favourite trees have one thing in common: they all love the Engadin.

Text **PIA BOLLMANN & ANNA-SOPHIE HERBST**
Photographs **FILIP ZUAN**



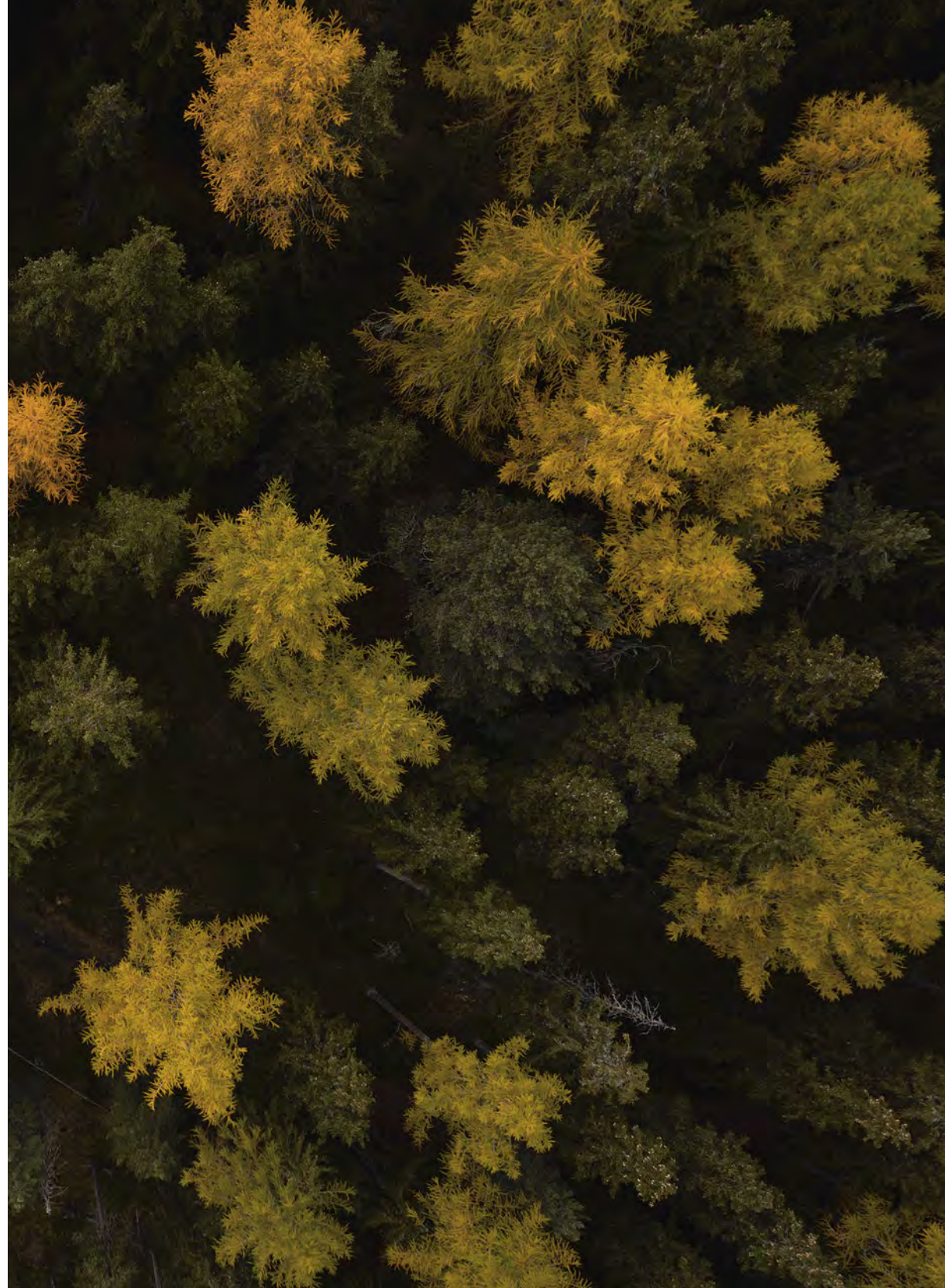
Göri Klainguti, TEACHER, ORGANIC FARMER, AUTHOR, PAINTER

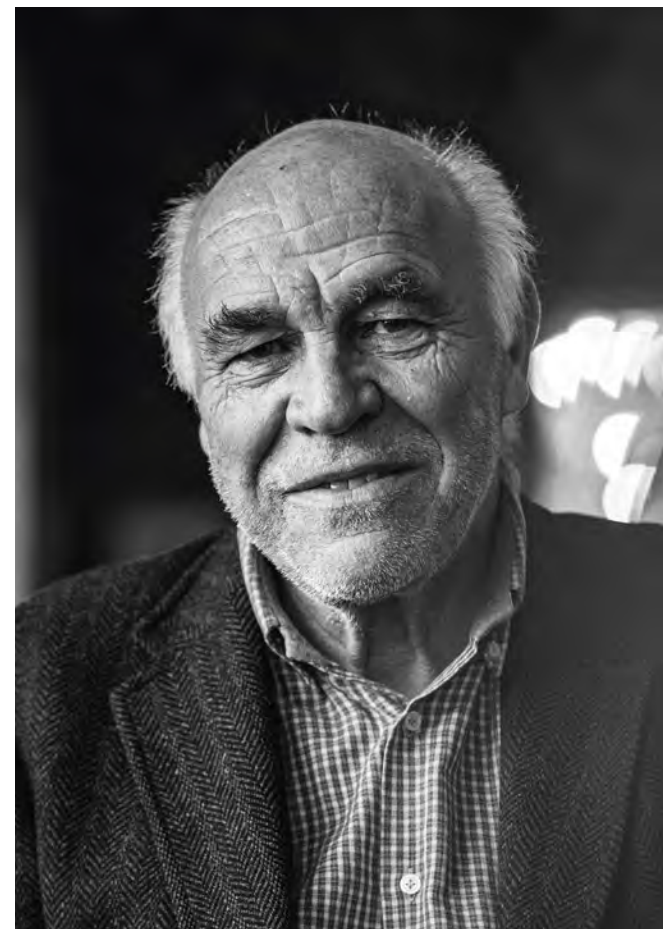
Göri Klainguti feels a special connection with a particular larch up at Alp Müsellas above Chamues-ch. He has known it since childhood, when the old tree with its crooked crown still stood alone, looking out over the valley. It suited the young Göri well: he was not practical at all, but felt at home in his thoughts in Romansh, and from an early age began to put them down on paper and to paint. Later, in Zurich, he trained to become a teacher, and even thought of travelling to India afterwards – but his love of Romansh brought him back to the Engadin instead. When he arrived, the practical aspects of life suddenly began to interest him after all, so the young teacher became an organic farmer. Over the years, other trees have caught up with his larch, which now stands in the middle of a forest. Göri Klainguti has handed the farming business over to his daughter, but he still writes and paints.



Ladina Kobler-Giovanoli, HOTELIER, HEART AND SOUL OF THE BUSINESS

Visitors encounter the Giovanoli family everywhere in Sils Maria: at the shop Giovanoli Sport & Moda, for example, at the Hotel Privata and also at the Hotel Seraina. The heart and soul of the Seraina is Ladina Kobler-Giovanoli. She may have handed the business over to her son and his wife a few years ago, but she has by no means disappeared into the background. “Nona”, as everyone calls her, creates stylish flower arrangements, makes jam for the breakfast buffet from fruit and berries that she has gathered herself, and takes care of the garden, even growing tomatoes in summer. Ladina Kobler-Giovanoli has always lived in the Engadin, apart from the year that she spent at hotel management school in Lausanne as an 18-year-old. She feels a deep connection to nature, especially, in her home region – and also to the hardy and resilient Swiss stone pine, queen of the Alps.





Dr. Nuot Saratz, LAWYER, HUNTER

The shared history of the Saratz family and the town of Pontresina extends way back in time. The family name already appeared in a document dating to the 12th Century. Despite the impressive family tree, Nuot Saratz was not always sure that he belonged in the Engadin. After his legal studies he actually wanted to travel the world, but when the opportunity arose to live in an old Engadin house that he had known and loved since childhood, he returned. Soon, people beat a path to his doorstep seeking advice, and he founded his law practice. Over time, he gradually took on key roles within the municipality and at the Hotel Saratz. Nuot Saratz thinks of trees as witnesses of their era: "At first they barely seem to grow, and suddenly they are huge." The trees that he planted as a child have also grown in stature and put down deep roots – just like him.



Katharina von Salis, PROFESSOR AT ETH ZÜRICH, ELITE ATHLETE, FEMINIST

"You can hear from my accent how deeply rooted in the Engadin I am!" Katharina von Salis laughs as she kicks off the conversation in a broad Bern accent. Although the geologist is descended from a leading aristocratic family in the Engadin, she grew up near the Swiss capital. For about the last 30 years, however, she has been living in an old Engadin house in Silvaplana; she had previously spent many years moving between countries. In the village, she is by no means a stranger: she is keen to take part in decisions and is not afraid to speak her mind. This characteristic may not always make her popular, but without it, she would not have made history as an elite athlete, professor at ETH Zurich and advocate for women's rights. Katharina von Salis is a fighter – like the tree above Silvaplana that is growing skywards through the dead wood of another tree struck by lightning.





Duri Casty, ORGANIC FARMER, JOCKEY

Duri Casty adores horses. You see it clearly when he touches his horses with his strong, gentle hands. A legend in the world of skijoring – in which skiers race across a frozen, snow-covered lake, pulled by galloping horses – he had a special connection with animals from a very young age, and so was the ideal successor for his uncle's farm in Zuoz. Here he keeps sheep and chickens as well as horses – and from their manure, produces electricity for 100 households. To ensure the animals do not suffer unduly at the end of their lives, the farm also has a room for the butcher. Duri Casty says that in his life, "everything went as hoped for," and there is nowhere he would rather be than where he grew up. When he is among his horses, chatting in Romansh with old friends, and the wind brings the unmistakable scent of Swiss stone pine, he is at one with his beloved Engadin. In his view, the finest trees are up at Alp Serlas.

Natural gems

The forest and its treasures



Natural wonders: about 750 different kinds of mushroom, of which 250 are edible, grow on forest floors in the Upper Engadin.

Photo left: pixabay.com/Photo right: 3. pixabay.com

Heavenly flavours

Val Bregaglia – The valley south-west of the Engadin is famous for its groves of sweet chestnut trees and the many dishes and products made with their fruit. Every year, a four-week festival invites guests to enjoy freshly roasted chestnuts and savour an estimated 100 different delicacies. The programme features a range of guided visits and cultural activities, all in honour of a tree that fed local people for countless generations.

bregaglia.ch/kastanienfestival



Sausages & choco bananas

For outdoor barbecue picnics, the Engadin is hard to beat. On lakeshores, by rivers, high up on mountains: the region has no fewer than 39 equipped sites, open to all.

engadin.ch/barbecue-sites

Wild wisdom

Samedan & Madulain – Who uses dead trees as giant energy bars? Why do forests of heather and mountain pine dominate the south-facing slopes? The La Senda nature trail and the forest theme trail in Madulain reveal all kinds of strange and fascinating facts about the forest and its animals. Explorers of all ages discover how important nature is for the region and for people – in a fun and entertaining way.

bio-divers.ch, engadin.ch/la-punt-madulain-forest-trail

Highest barbecue picnic site

Sass Queder, 3,066 metres above sea level, about 30 min from the Diavolezza summit station (wood available at station).

Lakeside location

Chastè peninsula, approx. 20 min from Sils Maria, grill and wood available.

Castle picnic

Guardaval ruins, approx. 30 min from Madulain, wood depot on site.

Family idyll

"Golf course lakes" picnic site & playground, 8 min from Samedan golf course, with grill and wood.

"Ir per funschs" (mushroom hunting)

Celerina's official mushroom expert Raffaele Greco accompanies visitors on a hunt for edible treasures in the forest, and shows how to identify local fungi. gemeinde-celerina/pilzkontrolle



Feathered forester

Swiss stone pines often have multiple trunks. These are not necessarily related: each may have grown from a different seed. This is the work of the nutcracker, a speckled dark-brown bird that acts as forester for these trees in the Engadin. The birds extract seeds from the cones and conceal them in tree stumps, under stones and on embankments as a winter food supply. Each nutcracker may stash away about 20,000 seeds a year, of which it finds some 80 per cent again. Thousands of remaining seeds germinate, protected from wind and frost, with some caches producing multiple seedlings. If the nutcracker eats all its stock, the tree is still prepared: every four to five years, it produces a surplus of cones.



Rutting season

From mid-September to mid-October, the dramatic belling of red deer stags penetrates through the thick forests. A rutting stag can roar up to 300 times in an hour to impress rivals and attract hinds. Visitors can witness the behaviour and learn all about the deer on a guided walk in the Val Mingèr or Val Trupchun within the Swiss National Park. With luck, they may also spot ibex, chamois and marmots. The natural spectacle can also be observed in the Val Roseg. graubunden.ch/hirschbrunft

Mountain biking

**"I like going to my limits.
When you overcome your own
limits, it's deeply satisfying."**

NORA ENGELS, BIKER & WOOD SCULPTOR



A dance with the elements



The Foppettas flow trail has been extended by 650 metres.

Born of necessity: Mountain biking is more than just exercise. If you wanted to pinpoint the essence of the sport, you could say its key appeal lies in playing with the elements of nature. Dancing with stones, earth, roots, leaves, sometimes snow and, increasingly,

wood. Over the years, wooden structures have become standard features in new bike trails. Such elements are not new, however. Already 20 years ago, mountain bikers from Vancouver in Canada developed an original way of creating trails through forests scattered with fallen trees in the North Shore mountains just north of the city: they built boardwalks punctuated with ladder bridges. The biking community made a virtue out of necessity – and soon these “North Shore” trails were being copied worldwide. The fashion for incorporating wooden structures along bike trails was born.

Interplay of forces: So-called “wall rides” have also become popular. These near-vertical wooden walls built around tight corners allow riders to change direction without losing almost any speed – although they do require good nerves. Just like bobsleigh riders tackling the legendary Horse-Shoe Corner at the Olympic bob run from St. Moritz to Celerina, mountain bikers use the force of gravity to hurtle round the corner in almost horizontal position.

Along the forest floor: Wood has always framed the adventures of mountain bikers, however. For many, nothing beats gliding down a smooth and flowing forest trail – like the Foppettas Trail above Champfèr in the Engadin. Wood sets the tone here, under the wheels and in riders’ field of vision, and makes for a uniquely enjoyable ride. A new extension opened in early 2021, so bikers now enjoy an extra 650 metres of pure pleasure all the way down to Champfèr.

A way with wood

Nora Engels is a gifted sculptor as well as a talented mountain biker. The Engadin offers her a stage on which to use her skills in style.

Text THOMAS GIGER
Photographs FILIP ZUAN



Banking on fun: various wooden features along the Foppettas Trail promise high thrills.

The mountain biker zips down the twists and turns of the Foppettas Trail above Champfèr. She flies through the air as if she has grown wings during her descent. She plays with the terrain, leans into the banked corners until nearly horizontal, and reacts with lightning speed to whatever the trail throws at her. Nora Engels' pleasure is clear from every movement. She rides the flow trails on the slopes of the Corviglia like a professional surfer – with a certain home advantage. Nora is from Bever, and it was on the bike trails of the Engadin that she first learned to ride.

Two hours later, Nora is in her workshop in Samedan. Instead of a mountain bike helmet, she is now sporting the kind you see foresters wear. Chunky hearing protectors cover her ears, safety goggles shield her eyes, and instead of carbon handlebars she is holding a screaming chainsaw. Nora is a wood carver by profession, and she is using the chainsaw to rough-cut a new sculpture from the trunk of a Swiss stone pine tree. She does this with the help of three different chainsaws that would normally be wielded by burly foresters. But the slim woman from the Engadin controls the heavy machines with remarkable ease. "Good fitness is an advantage for a wood sculptor," she says with understatement. "Dealing with heavy tree trunks, and also

chainsaws, is tough physical work." And here, too, her mountain biking puts her in good stead.

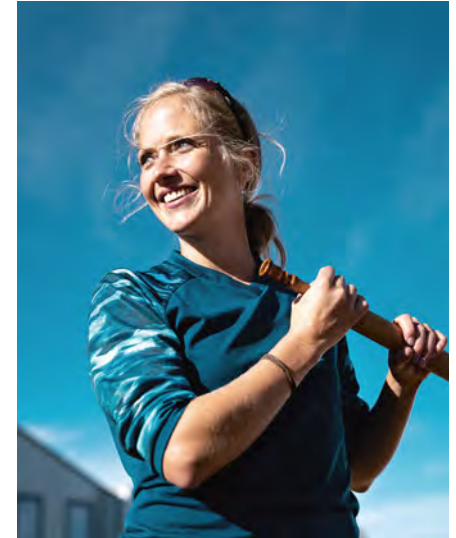
It is no coincidence that Nora practises her craft in the Engadin. After living in the Bernese Oberland for several years, she returned to her home region – for love, in a sense. Love of Swiss stone pines. In the world of wood sculpture, this tree's timber, with its complex structures and many knots, is regarded as having a mind of its own. But also aside from art, the Swiss stone pine has played a significant role in Nora's life. As a child, she grew up in a house extensively furnished with Swiss stone pine. Later, in her original occupation of joiner, this timber was her main working material. And when she goes mountain biking, the unmistakable tree always forms part of her experience of nature. But the moment Nora really fell in love with the Swiss stone pine was years ago when she made an alphorn with the native wood herself – an instrument that she continues to play to this day.

Leaving the comfort zone

Back in her workshop, Nora now swaps her chainsaws for chisels. She starts carving. Hundreds of different versions of sharp implements fill her tool cupboard. Nora uses them to create the fine details, a hallmark of her sculptures. An eagle, for example, with feathers,

eyes and talons that look remarkably authentic. A child with features straight from real life. Or a bust with striking anatomical precision. Many of the works by the young artist are depictions in wood of nature, from which Nora also draws her inspiration. Usually on one of the many bike trails: "When I'm on my mountain bike," she says, "I can really switch off and let go." Her ideas often arise out of this carefree frame of mind. Sometimes, when she is biking, she discovers material for her other speciality: sculptures from old driftwood. "The actual work of art is created by nature. The wood, the shapes and the weathering are already sculptures in their own right." Nora completes them, working on the details and giving the timber new form; she takes the washed-up pieces of dead wood and breathes new life into them.

Nora's love of nature is one reason she is always happy to climb on her bike; finding inspiration for her work is another. But adrenalin also plays an important role. "I like going to my limits," she says. Riding a tricky section of trail, performing a jump, mastering a tight corner without dismounting – and above all leaving her comfort zone, time and again. In this respect, her sculpting has a lot in common. "Working with the big chainsaw is a physical challenge for me. But that's exactly also



“When I’m on my mountain bike, I can really switch off and let go.”

NORA ENGELS
Biker & Wood sculptor

Balance of skills: Nora Engels enjoys testing her limits on the trails.



In love: Nora adores trees as trail companions and as the source for her art.



Playing with wood: Nora Engels enjoys carving children. "They have something carefree, something natural about them."

the appeal. When you overcome your own limits, it's deeply satisfying." And she finds this satisfaction on the trails just like in her workshop.

Passionate and engrossed

By now, a night-time tranquillity has settled on the Engadin. Stars are twinkling brightly in the cloudless sky; working lamps illuminate Nora's workshop. The unmistakable aroma of Swiss stone pine hangs in the air like a pleasant perfume. The sculpture is clearly taking form: a person is coming to life. "It's going to be a child," Nora says. "I enjoy doing children. They have something care-free, something natural about them." Nora's way of working with her different chisels seems just as playful as her style on the banked turns along the flow trails. "I have the anatomy in my head, up to a point," she says, "the rest is intuition." Nora steadily gives shape to the child: she is completely engrossed in her craft.

And when, in a couple of days' time, she sits in front of the finished sculpture and observes it from a distance, a certain smile will appear on Nora's face. The satisfied smile she also had in Champfèr, at the end of the Foppettas Trail, when she dismounted from her bike, exhausted but happy.



On the flow trails

The Corviglia promises heavenly terrain shaped from earth, wood and stone. Various different flow trails lead down to the valley, free of tight corners or obstacles, but with plenty of banked turns, dips and rollers. No chance of anyone riding up: these trails promise pure downhill pleasure. engadin.ch/en/flow-trails

Further info on the sculptor Nora Engels and her work: noraengels.ch

High adventure!

Boundless biking

On some days, the cable car up to the Piz Nair begins operation before daybreak – which means that at sunrise, the first mountain bikers are already beginning their day's adventures.



Playground

Anyone who would like to practise a little before tackling a big ride can choose from various options in the Engadin.

1 Ride the waves

Three pump tracks in the Engadin help bikers, skateboarders and other riders hone technique on dips and rollers. The permanent 350-metre Cuntschett pump track in Pontresina provides ideal training terrain for the whole family. During the summer season, temporary pump tracks are also installed at the Mulets sports centre in Silvaplana and in the car park of the Signal cable car in St. Moritz. Bever has a mobile pump track by the school. engadin.ch/en/pumptrack

2 Hone skills

Mountain bikers can improve skills needed for riding corners and tackling obstacles at two handy venues: the Skill Park by the Corviglia summit station and the Center Sur En in Zuoz. A little practice will make a big difference to a day's riding on the flow trails.

3 Join the pros

Mountain biking is second nature to people in the Engadin. Visitors who prefer to tackle trails initially with an expert or wish to improve technique can pick up tips from pros at one of various bike schools. engadin.ch/bikeschool



Two trails, one route

The "Bernina Express" route has long been known as one of the Engadin's classic mountain bike rides; it is also the first itinerary in the valley with separate uphill and downhill trails. From Pontresina, the uphill trail winds through the "God Chapütschöl" forest up to the Diavolezza cable car station via a series of ascents with different gradients and plenty of switchbacks. The separate Corviglia flow trail offers riders an exhilarating descent with banked corners and rollers. Ideal for a thrilling round trip!



Further information on the route:
engadin.ch/en/bike

Fairtrail

The trails in the Engadin have long been shared by hikers and bikers. A little consideration for other users ensures everyone enjoys a glorious experience of nature.

engadin.ch/en/fair-trail



Preparation is crucial!
Don't set off without a plan. Where does the route lead, is the kit right? Don't forget: always be equipped for minor emergencies.



Show consideration
Bikers alert other trail users with a ring of their bell, give way to walkers, and pass others at walking speed or dismount.



Respect nature
Close gates after passing through and take your litter with you.

Relax, recharge and research

The Engadin has benches that serve as bike stands and recharging stations for e-bikes and mobile devices. Bikers can also prepare for their next ride while relaxing on one of the benches – by using the free Wi-Fi. Details of locations: engadin.ch/en/energy

High thrills on two wheels.

www.engadin.ch



Engadin. What mountains! What lakes! What light!

The best service for mountain bikers.
Further information:
engadin.ch/mtb

A trail for every rider

Thanks to a great variety of terrain – from the lake-strewn main valley to the secluded side valleys and up to the high slopes – the Engadin offers mountain biking to suit riders of all levels. The network covers 400 km in all: a boundless playground for enthusiasts. maps.engadin.ch

Bike choice: e-bike mountain bike gravel bike

Beginner	Intermediate	Expert
1 Into the Val Roseg Pontresina – Pontresina ↔ 14 km ⌚ 1:00 h ▲ 226 vm ▼ 226 vm Gentle trail to the Hotel Roseg Gletscher with views of the Bernina massif.	2 On unsurfaced trails St. Moritz – Maloja ↔ 20,6 km ⌚ 3:00 h ▲ 751 vm ▼ 720 vm Along the Engadin lakes with sweeping views above Isola.	3 Panoramic circuit Celerina – Celerina ↔ 41 km ⌚ 5:20 h ▲ 1491 vm ▼ 1489 vm Spectacular views all the way! Different entry points allow shorter versions.
4 Into the Val Fex Sils Maria – Sils Maria ↔ 15,8 km ⌚ 1:50 h ▲ 414 vm ▼ 284 vm From one alpine pasture to the next, with various restaurants for a relaxing break.	5 At the Albula Pass Albula Pass – La Punt ↔ 8,6 km ⌚ 0:35 h ▲ 43 vm ▼ 666 vm Short, but a lot of fun to ride thanks to stones and wooden features.	6 Over the Bernina Pass Samedan – Poschiavo ↔ 37,5 km ⌚ 4:10 h ▲ 632 vm ▼ 1315 vm The ultimate ride – a must for all experienced mountain bikers.
7 Along the Inn Maloja – La Punt Chamues-ch ↔ 33,2 km ⌚ 2:20 h ▲ 29 vm ▼ 136 vm Ride through pretty villages, with the young river providing a cheerful soundtrack.	8 From lake to lake St. Moritz – St. Moritz ↔ 16,6 km ⌚ 1:40 h ▲ 300 vm ▼ 300 vm Loop with the chance to enjoy a swim in the Lej Marsch or Lej da Staz.	9 Up the Corviglia Celerina – Celerina ↔ 26,5 km ⌚ 3:20 h ▲ 874 vm ▼ 881 vm Circuit with summit ascent to 2,490 m and refreshing dips in mountain lakes.



Map: Rohweder



Cultura

**“The forest is a composition
of soft tones.”**

KLAUS ENDER (B. 1939),
GERMAN PHOTOGRAPHER AND AUTHOR



Salon music

The heyday: In the 19th Century, when private concerts were all the vogue in the drawing rooms of the bourgeoisie, many small ensembles came into being. These were mostly piano trios; they could grow if needed, with additional strings and flutes, brass and percussion, to symphonic proportions. As these groups had to survive on the open market, they adapted their repertoire to the venue and to the wishes of the organiser. They played in resort parks, in coffee houses and hotels for the pleasure of guests. Musical arrangers adapted excerpts from symphonies, operas and operettas for these smaller ensembles. The world of serious music looked down unfairly on these salon orchestras: they may have provided a lighter form of entertainment, but they also certainly contributed to the popularisation of more challenging music, and for a long time were the only ensembles that would engage female musicians and conductors. After 1918, in line with the taste of the times, the repertoire expanded to include popular songs and jazz; later, the ensembles would also provide accompaniment for silent films.

The unknown story: A research project by the University of Basel in collaboration with the Graubünden Institute for Cultural Research is currently exploring the history of salon music in the Engadin. This was largely unknown until recently, despite the former popularity

of the genre. Each resort had a “Kursaal” hall and a concert pavilion in the park where musicians performed, and all the larger hotels that opened from about 1860 had their own salon orchestra.

The musicians: One legendary ensemble was the Trio Farkaš, which during 30 years together performed classical music in the hall of the Hotel Waldhaus in Sils every afternoon, and in the evenings played music to dance to in the bar. The three top-class musicians from Bratislava came from families with a long tradition of music-making, constantly expanded their repertoire and mastered a wide range of styles. When the trio's leader, pianist Juraj Farkaš, died in 2012, his legacy included a collection of his own compositions.

Nearly the finale: The fate of the Engadin's Kurorchester (“resort orchestras”) is best described in the words of the Zurich doctor and flautist Jürg H. Frei. “With the growth of recorded music, and then electronic music and finally the DJ, the Kurorchester began to die out. After the War there were still two in the Engadin. Until 1988 the old crew still performed in Pontresina under Amleto Veggia, who had been active here since 1952. In St. Moritz, it must have been like a scene from a Fellini film. They made life increasingly easy for themselves, constantly repeating the same programme. The Kurorchester gradually went to pieces.” Today, only the Salonorchester St. Moritz and the Camerata Pontresina have survived. The Hotel Waldhaus in Sils, meanwhile, maintains its tradition of salon music with small ensembles.

Forest of sounds

Every morning in summer, refreshing sounds awaken the senses of visitors to the Tais forest near Pontresina.

Text **BARBARA LIEBSTER**

Photographs **FILIP ZUAN**

The air is still cool at 11 o'clock in the morning when the concert season begins in the Tais forest in early summer. Bright, warm patches of sunshine illuminate the wooden music pavilion and the benches scattered among the trees. Members of the audience sit quietly and listen. White clouds glide across the blue sky, as if to the rhythm of the lilting waltz by Johann Strauss that the trio is playing this morning. The clouds are heading towards the Schafberg, where the painter Giovanni Segantini worked on his famous Triptychon. He died up there in 1899 in the hut named after him, the same year as Johann Strauss – long before the first magical performances in the forest. The tradition of daily morning concerts, free of charge, began during the summer season of 1910.

Revival in the 1980s

The concert series survived two World Wars and several technological revolutions, eventually reaching the age at which a rejuvenation treatment becomes unavoidable. In 1984 the flautist Jürg H. Frei took charge of the Salonorchester St. Moritz; five years later, he also took on the Camerata Pontresina, and in 2001 became

Relaxing atmosphere: the scent of pine, sunshine and fine music at the Camerata in Pontresina.

Photo: Gian Andri Giovanoli / KNU Fotografie

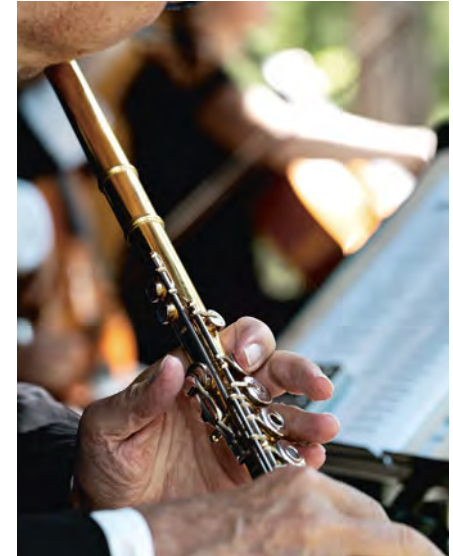
THE FLUTE

Transverse flutes were once made of wood, like other flutes. As a result, they are still classified as woodwind instruments, even though now they are made of silver, gold or various other metals – a boon for flautists, as the instrument's wooden predecessors were considerably heavier in the hand. In the Stone Age, people fashioned flutes from animal bones, and later from ivory.



Flautists once covered the individual tone holes of a transverse flute with their fingers; if they could not reach any of the widely spaced holes, the corresponding notes did not feature in their repertoire. So they were delighted when Theobald Böhm invented the modern transverse flute in 1832, with its ingenious key mechanism.

The individual parts of the transverse flute are known as the head joint, body and foot joint. Altogether, the instrument consists of more than 150 individual parts. Each flute has 16 tone holes and 17 keys, with which flautists can play about 40 different notes.



In former days, shepherds played flutes to gather their flocks: the bright tones attracted the sheep.

responsible for planning the Sils concert series. He shapes and expands the ensembles, enriches and updates the repertoire, and opens up the programme to interesting arrangements, new interpretations and experiments. Frei sets great store by artistic collaboration: “The whole thing is based on personal relationships. Some musicians have been involved for ages. The pianist Mariusz Danilewski, for example, has been an important pillar of the whole operation for 30 years. Daniel Bosshard, also a pianist, takes care of the extensive score library and puts together the programmes for the trios he plays in. Sometimes, though, all of a sudden we have to engage eleven different cellists for a season, because no one has time any more. The changing combinations of instruments create space for discoveries. Musicians get to know one another; friendships are made and nurtured.”

Frei's job title is Impresario, but the old-fashioned term seems appropriate given his impressive achievements, performed with theatrical panache. He is responsible both for artistic content and administration of the entire show. Single-handedly, he organises more than 200 concerts in three locations – and the programmes must all be coordinated. The recipe sounds straightforward, but the preparations for a season mean months of work. “The programme



The word “cello” is an abbreviation of the Italian “violoncello”, which means “small violone”.

must be varied, the musicians outstanding, costs have to be kept under control, and there can’t be any gaps,” Frei says. Every summer, he manages once again to engage highly professional musicians.

The appeal of spontaneity

The young cellist Ioanna Seira played with the Camerata Pontresina for the first time in 2020. She works as a freelance musician in Zurich and plays at the opera house, with the Tonhalle-Orchester Zürich, and in two baroque orchestras. In Pontresina, she enjoys working in a way that was new to her. “I don’t have a lot of experience of this kind of music,” she says. “I’m learning so much about it here. I really like the challenge of performing a new programme every day, practically sight-reading. That requires a lot of concentration. The fast and compact way of working is also refreshing. At 9 o’clock we rehearse for an hour, and at 11 o’clock we perform the concert. And sometimes we perform a new programme somewhere else in the afternoon.”

She particularly appreciates the contact with other musicians: “Already in the first week I was luckily enough to work in a trio with the pianist Daniel Bosshard. I was able to take advantage of his wide experience and knowledge of salon music. The biggest surprise was

THE CELLO

Cellists play their instrument by plucking the strings or drawing a bow of horsehair across them. Before playing, cellists rub the horsehair with rosin, a special mixture of tree resin. The rosin helps the horsehair grip the strings and make them vibrate clearly – and in turn make the whole body of the cello resonate.

Various different types of wood contribute to the characteristic sound of the cello. The pegs and fingerboard are made from ebony; the neck, top and sides from spruce, and the back usually from maple. The strings were once made from sheep or goat intestines. Today, the core is still made from animal gut, and the strings are wound with aluminium, titanium or chromium.

The cello was once reserved for men. To play, they had to clutch the instrument between their knees: the posture was considered unbecoming for ladies. Following the invention of the endpin, however, women were also permitted to play the cello in public.



It is the energy put into the music-making that renders the whole experience so special.

that the third person in the group happened to be the violinist Branco Šimić. He's one of my best friends, I also play with him in other groups. Music is such a small world!"

It is the energy put into the music-making that renders the whole experience so special. These are not seasoned ensembles but musicians who make themselves available for one-off performances together. They play a different programme every day and perform in ever-changing new combinations. This freshness is exciting for everyone. The cellist Ioanna Seira puts it like this: "The appeal lies in the spontaneity of performance. Time and again, there are unexpected moments of musical beauty. At first I didn't have high expectations of the stage in the forest, but the acoustics are genuinely good and the connection of music and nature is an enriching experience."

This symbiosis between the music and the surrounding atmosphere and sounds gives the concerts in the Tais forest a unique charm. A squirrel scuttling along a branch, the cry of a bird, the wind in the trees, the snap of a twig, a child's laughter, the train to Tirano climbing the twisting line in the background, a helicopter in the distance: all these become interwoven with the melodies of the instruments to create a fascinating soundscape.



Forest concerts

The concerts in the Tais forest near Pontresina take place at 11 am daily from 20 June to 26 September 2021 and are free of charge.
engadin.ch/en/camerata



Inspired by the music in the forest: the cellist Ioanna Seira played with the Camerata for the first time last year.

Doorway to the soul

Cultural excursions



Silvaplana



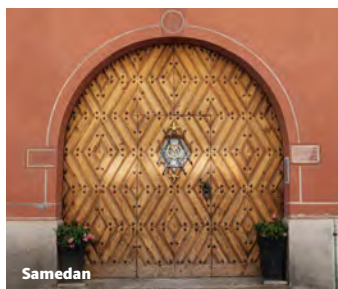
Bever



S-chanf



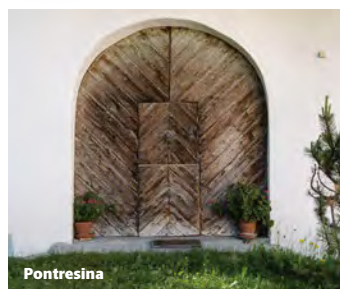
La Punt



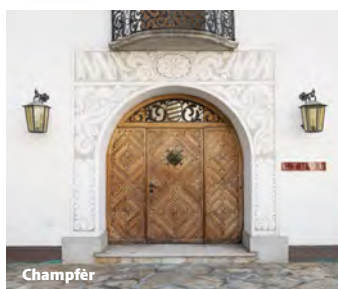
Samedan



Celerina



Pontresina



Champfèr



Zuoz

A design for every door

If you walk through any of the Engadin villages, you are sure to see typical Engadin wooden doorways: decoration and colours vary considerably, but all have a rounded arch. In former days, at least, each contained a two-part door, whose upper section generally remained open all summer.

Guided village tours

Learn about each village's history and local culture on fascinating guided walks. engadin.ch/village-tours



Read all about the individual villages in the four info guides.

Photo left: Filip Zuan / Photo right 1: Gian Giovanoli / Photo right 2: Hotel Castelli



Music in the air

In addition to the Camerata Pontresina, various other music festivals create sublime sounds throughout the valley.

Wasserzeichen concerts

Sils – Musicians perform on a raft on Lake Sils while audience members listen from the lake-shore: a natural and acoustic paradise.

sils.ch/wasserzeichen-konzert

Festival da Jazz

St. Moritz – St. Moritz – Superb jazz close-up: a small and classy festival that could hardly be more intimate.

festivaldajazz.ch

Engadin Festival

The high-calibre classical music festival celebrates its 80th anniversary in 2021. engadinfestival.ch

Resonanzen

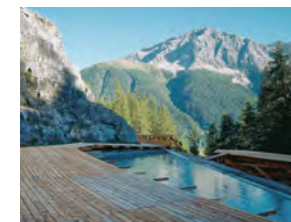
Sils – Top-class musicians gather at the Waldhaus to perform at the highest level. waldhaus-sils.ch

Stubete am See

Sils – New Swiss folk music, cosy venues and a convivial atmosphere. stubeteamseesils.ch

Wooden culture tower

Julier Pass – 400 cubic metres of Alpine spruce timber went into building the red tower at the top of the Julier Pass. The wild and stony setting contrasts dramatically with the filigree construction of 900 wooden parts. Happily, the tower will bring cultural events up to the pass for a little longer than first planned: the temporary structure is now scheduled to disappear from the pass only in autumn 2023. origen.ch



Rock, wood and water

Zuoz – The “Rock pool” by the Japanese artist Tadashi Kawamata is one of ten works of art that comprise the Art Public Plaiv project. The wooden structure was inaugurated in 1997 at the Hotel Castelli in Zuoz, in exactly the same location at which Graubünden's first heated outdoor pool delighted guests. The long wooden walkway leads along the rock wall to the pool, the sun terrace and the sauna cabin. artpublicplaiv.org

3,200

sheets of preserved plant specimens form just one small part of the Upper Engadin Cultural Archives, housed in the Chesa Planta in Samedan: a treasure trove of all kinds of documents. engadin.ch/cultural-archive

Literature days

Once a year, Hermann Hesse's Engadin home-from-home becomes a place of pilgrimage for admirers of his novels and poetry. Writers and artists gather at Sils's Hotel Waldhaus from 10 to 13 June 2021 to accompany guests into Hesse's fascinating world.

engadin.ch/hesse-days

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Talstation Diavolezza | CH-7504 Pontresina

Learn Romansh

Samedan – The variety of Romansh spoken and nurtured in the Upper Engadin is known as Putèr. Visitors can learn about the language and explore the culture of the Upper Engadin at the same time in Samedan, with two different options to choose from. Bun divertimaint!

engadin.ch/romansh-language-courses

Chesa Planta

The “language and culture weeks” organised by the Fundaziun de Planta have been running since the early 1970s, and take place over two weeks in July. Suitable for everyone from beginner to advanced level.

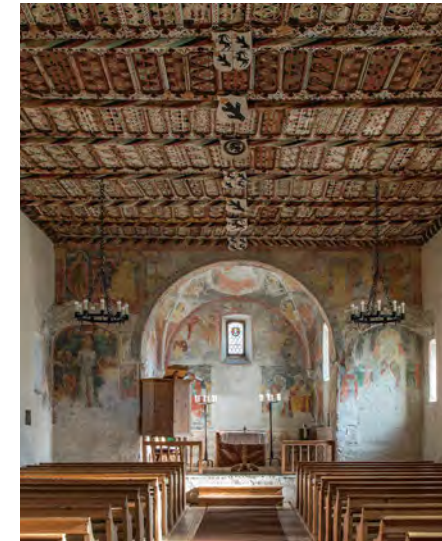
Academia Engiadina

The adult education department offers Romansh courses that take place on ten evenings over ten weeks.

Trip in time

Pontresina – A trip through space and time, back to the past and into the future: a new exhibition called “Virtual Reality Glacier Experience” at the base station of the Diavolezza cable car shows the effects of climate change on the high mountains, and examines the challenges that must be met.

glacierexperience.com



Art on a wooden ceiling

Celerina – The church of San Gian is Celerina's unmistakable emblem. Today's church and its large, late-Gothic tower were built in 1478 by the bishop Ortlieb von Brandis. In 1682 a bolt of lightning destroyed the wooden church steeple completely; it was never replaced. Another wooden feature of the church is well preserved, however: the ornate ceiling. Little is known about it, yet it provides the main interior decoration. Colourful rectangles with leaf patterns and geometrical rosettes cover the entire surface. While some churches may feel cool, San Gian has the warm atmosphere of a cosy panelled stüva.

Opening times and further information

Monday, Wednesday and Friday, 2–4 pm.
engadin.ch/en/san-gian

Gallery in the forest

The “God Fainchs” forest of larches and Swiss stone pines in Chamues-ch is full of light, life and fresh forest air. It is also home to a delightful small gallery: a round walk leads past ten stops with wonderful landscape photographs.

engadin.ch/en/waldgalerie

Old and new

The architectural practice of Ruch & Partners renovates ancient buildings with the greatest respect: the old lives on, gains new energy and purpose. To create additional spaces, the architects make use of autonomous cubes; existing walls remain untouched, despite the introduction of new technology. Visitors can see this at the following buildings:

Galerie Tschudi

Zuoz – The Galerie Tschudi art gallery occupies the Chesa Madalena. In 1999, an ancient 16-metre tower was exposed within this former farmhouse, making for an exciting variety of exhibition space.

galerie-tschudi.ch

Lehrwerkstatt Samedan

257

larch boards were used for the facade of the extension to the workshop for apprentice joiners in Samedan.

lehrwerkstatt.ch

Forum Paracelsus

St. Moritz – The pump room of the Forum Paracelsus was carefully restored, retaining all the traces of the past thanks to a minimalist decor. Through a display window, visitors can see a wooden structure built to hold the water of the St Maurice mineral springs: the oldest of its kind in Europe, made from larch timber felled in the Engadin forests around the year 1411 BC.

engadin.ch/en/forum-paracelsus



Its prodots regiunels

“The Swiss stone pine forest provides the mountain’s decoration, adorning its bald head with fragrant locks.”

ALOIS “LARRY” SCHNIDRIG WRITING
IN THE MAGAZINE “THE ALPS” IN 1935.



Super powers



The Swiss stone pine and its parts: cones, bark, shavings, needles and nuts.

Photo: Switzerland Tourism (Rob Lewis)

Growth: The Swiss stone pine, also known as the Arolla pine, is often called the “Queen of the mountains”. For good reason: no other tree manages to survive in such harsh conditions, exposed to wind, rain, snow, ice, lightning and rockfall. The conifer grows from an altitude of 1,300 metres up to the tree line at about 2,500 metres, and flourishes in the Engadin. Here, it withstands temperature fluctuations from -40 to $+40$ °C, and grows to an age of several hundred years. The tree starts flowering only after about 60 years; the following year, the female inflorescences grow into cones.

Significance: The Swiss stone pine has great symbolic power. In ancient Roman times, the tree’s cones were a symbol of fertility and immortality. During the Renaissance, anatomists likened a small structure in the brain to the cone: they named it the pineal gland, or Zirbeldrüse in German, which translates literally as “Swiss stone pine gland”. Scholars believed that the human soul was located there.

Uses: Cones contain up to 150 seeds (also known as nuts), each protected by a hard shell. These seeds resemble pine nuts, and are tasty and nutritious. In former days, they were often used in cooking, and were a valuable export product. In the Engadin, the cones are known as “Betschla”, the origin of the local surname Bezzola. It is said that people in the Engadin first made their nut cakes with Swiss stone pine nuts instead of today’s walnuts. Nowadays, the Swiss stone pine is used in a wide variety of products.



Keeping it together: Roland Heuberger prefers to use sheep intestines (here preserved in brine) for his Swiss stone pine sausages, thanks to their finer quality.

Pine tree in a sausage

The Heuberger butcher's shop in St. Moritz makes sausages flavoured with Swiss stone pine needles. The result: an exquisite taste of the Engadin, its fragrant forests and pristine nature.

Text MICHÈLE FRÖHLICH
Photographs FILIP ZUAN

Roland Heuberger sits among the giants in the forest of “God Ruinas”, just above St. Moritz. Among larches, spruces and Swiss stone pines. One of the latter lies on the ground before him, felled by nature. Autumn has already turned some of the needles brown. This is not the ideal time: normally Roland would come in spring, when the Swiss stone pine trees are still fresh and lush green. When the rain from the previous day is still in the air, and the sun's rays try with all their might to evaporate the tiny drops from the twigs. And then Roland, with birds singing all around him, would disappear into his own world. He would listen to Phil Collins through his headphones, or maybe AC/DC, to evoke youthful memories, and cut twig after twig from the fallen pine. Today, however, it takes more dexterity and patience to

pick out the green needles, which fall one by one into the paper bag between his knees. If you did not know better, you might think Roland was mad.

In fact Roland Heuberger is a butcher, and always has been. His grandfather took over the butcher's and meat drying facility in St. Moritz in 1946, which had been producing Graubünden air-dried meat since 1906. In those days this was the largest meat-drying plant in Graubünden. Ever since his grandfather acquired the business, it has remained in the hands of the Heuberger family. From a young age, Roland would flit around the butcher's, giving a hand where needed, even though at times he would rather have been playing football. But for boosting pocket money, he found that doing the vacuuming and hanging up sausages wasn't

Roland Heuberger knew from a young age that he wanted to be a butcher, and now takes great pride in his profession.

so bad after all, and he would even be rather proud when he was allowed to operate the grill at the market. He wanted to be a butcher himself one day, he knew that ever since he was little. Eventually he did his apprenticeship in Davos and then worked in St. Gallen, where he also met his future wife, Anita. He did not actually want to return to the Engadin, he wanted to travel the world and work for Anita's uncle in Canada. But fate had other plans in store.

When one day he received a call from his father saying he did not have enough staff at the business in St. Moritz, Roland did not need long to decide what to do. He was 20 years old at the time – the same age as his youngest son, David, today. From one day to the next, he became responsible for the boning section at the butcher's: no easy matter, with five butchers all aged between 60 and 65. The experience cannot have been too bad, though, because Roland stayed. Today, he and his two siblings run the business. While Roland is responsible for production and the shop, his brother Erich looks after hotel clients, deliveries and purchases, and his sister Marianne takes care of administration, alongside Roland's wife.

Small sausage, big flavour

The fact that Roland is now sitting in the middle of the forest collecting pine needles is down to his son, David – who is also following in the footsteps of his father, grandfather and great-grandfather. Two years ago, however, David

was still studying at the commercial college in Chur, racking his brains together with his fellow students trying to figure out what kind of mini-company they could set up for their final-year project. The big idea eventually emerged at the Heuberger's home, around a kitchen table big enough to seat a family of seven: cured sausages flavoured with Swiss stone pine and hemp. And that was the beginning of the brand "Salzin Engiadinais".

But first back to the cured sausages. The idea was to make something unusual: a long, thin sausage, handy as a snack for out and about, like Switzerland's popular Minipics, but premium quality. Roland loved the idea and supported his son, offering his knowledge, facilities and the necessary utensils. Roland would never admit – he is too modest – but without him, the idea would probably never have made it through to production. It took quite a few hours of fiddling and a lot of work before the sausage would be ready for the shop counter.

Success all the way

While it soon became clear that the way to make the hemp sausage would be with roasted hemp seeds, the Swiss stone pine version needed more experimentation. First attempts similarly involved the tree's seeds, but the final flavour did not appeal. Essential oil from the tree was also ruled out, because it blended poorly with the meat, so that some parts

of the sausage did not taste of Swiss stone pine at all, while others tasted too strongly of the essential oil. It took the tree's needles to do the trick: the sausage was full of flavour and almost melted in the mouth like a piece of tender fillet steak. And every bite on a finely chopped piece of pine needle released the unmistakable aroma of Swiss stone pine.

Roland was delighted with the results, and so were the clientele. The students' sales went well – so well that they were even able to pay out a profit at the end of the project. And that is where

Alongside the traditional and proven recipes, he enjoys trying out new and even slightly crazy ideas.

the story was due to end, because the students wound up the mini-company after a year. But as the sausages had gone down so well, and because Roland enjoys trying out new and even slightly crazy ideas alongside traditional and proven recipes, he wanted to continue producing the sausages. The mini-company gave him the rights, and the story started a new chapter. Last summer, no fewer than 1,500 pairs of sausages were sold every month – an incredible number for such a small sausage.

From tree to sausage: the pine needles are cut from fallen trees or branches and then washed, chopped, dried and frozen before ending up in the sausages.





Bite-size bliss:
Roland Heuberger
still sells the Swiss
stone pine sausages
under the name
"Salzin Engiadinais".

Coaxed from the pines

Nowadays Roland often sits in the forest, for hours at a time; sometimes together with his wife. He cuts the needles from the twigs. Later he will wash them, chop them up in his old food processor, dry them and freeze them. As the mixer works its magic, the aroma of Swiss stone pine will spread through the cool and sterile rooms of the meat processing plant. Eventually, the needles will be blended with the chopped meat, salt, sugar and spices, and the mixture filled into casings of sheep intestine. The nearly-finished sausages will then be stored in the cold smoking room for four days, briefly smoked, and dried for a week.

For now, however, Roland is still working with the scissors. As the needles fall from his fingers and rustle in the paper

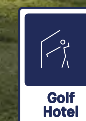
bag, he starts to talk about his next project: a boiled sausage flavoured with Swiss stone pine. It might mean he would have to spend a few more hours in the forest. One thing is clear: he would be more than happy to.

Buy direct from the butcher

The Heuberger family's shop (Metzgerei Heuberger, Via da l'Alp 1, St. Moritz) is open Monday to Friday, 7.30 am to 12.15 pm and 2.30 to 6.15 pm; and Saturday, 7.30 am to 12.15 pm and 2 to 4 pm. In addition to cured sausages, air-dried meat and other meat products, the shop also sells other specialties from the valley. metzgereiheuberger.ch

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www.engadin.ch



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Further information:
engadin.ch/golf-inklusive

A tree's many faces

The abundance of Swiss stone pines with their refreshing scent has inspired many artisans to create wonderful products from the tree in workshops throughout the valley. The choice is wide, from furniture and decorations to food and drink; many required considerable experimentation before achieving perfection.

1 Stylish chair

The "pultruna" armchair by Ramon Zangger from Samedan is made of local Swiss stone pine; it was designed especially for the relaxation room at the Mineral Baths & Spa in Samedan. Ramon Zangger has now handed his joinery business over to Stefan Trutmann and his wife Claudia.
ramonzangger.ch,
schreinerei-trutmann.ch

2 Sweet dreams

Special Swiss stone pine pillows from La Punt are filled with Engadin Swiss stone pine shavings, ensuring a relaxing night's sleep; they also smell wonderful.
arvenatelier.ch

3 Stimulating soap

The Swiss stone pine soap from Savun Engiadina in Bever contains the tree's essential oils as well as pieces of pine needle for a pleasant peeling effect.
savun-engiadina.ch

4 Say cheese!

The Lataria Engiadinaisa dairy in Bever has combined the taste of fresh Engadin mountain milk with the flavour of Swiss stone pine to produce a delicious cheese.
lesa.ch

5 Needles in oil

The Butietta farm shop (Föglias 5, Sils) sells a variety of Swiss stone pine products such as pine-flavoured olive oil.

6 Heavenly scents

The stylishly packaged Swiss stone pine fragrance diffusers from In Lain add a pleasant scent to any

room. The bottle's wooden neck ring is made in S-chanf, like all products from this wood specialist.
inlain.swiss

7 Cool carafe

A hand-turned spherical stopper of Swiss stone pine adds flavour to the water in a shapely hand-blown carafe from the Hergiswil glassworks.
arvenatelier.ch

8 Spirit of the Engadin

Corina and Noldi Clalüna have been making spirits and liqueur with Swiss stone pine cones in Sils for more than 10 years: the scent of the forest precedes a warm glow in the stomach.
arvenschnaps.ch

9 Special whiskies

Two whiskies made by Orma, "Larix" and "In Lain", mature in an impressive timber store in S-chanf at the gateway to the Swiss National Park. "In Lain" gains its unique and unmistakable Engadin flavour thanks to a cask finishing in Swiss stone pine.
ormawhisky.ch

10 Tea, please!

The blend from Glattfelder in St. Moritz contains Valposchiavo herbs, Engadin Swiss stone pine wood and elderberries.
glattfelder.ch

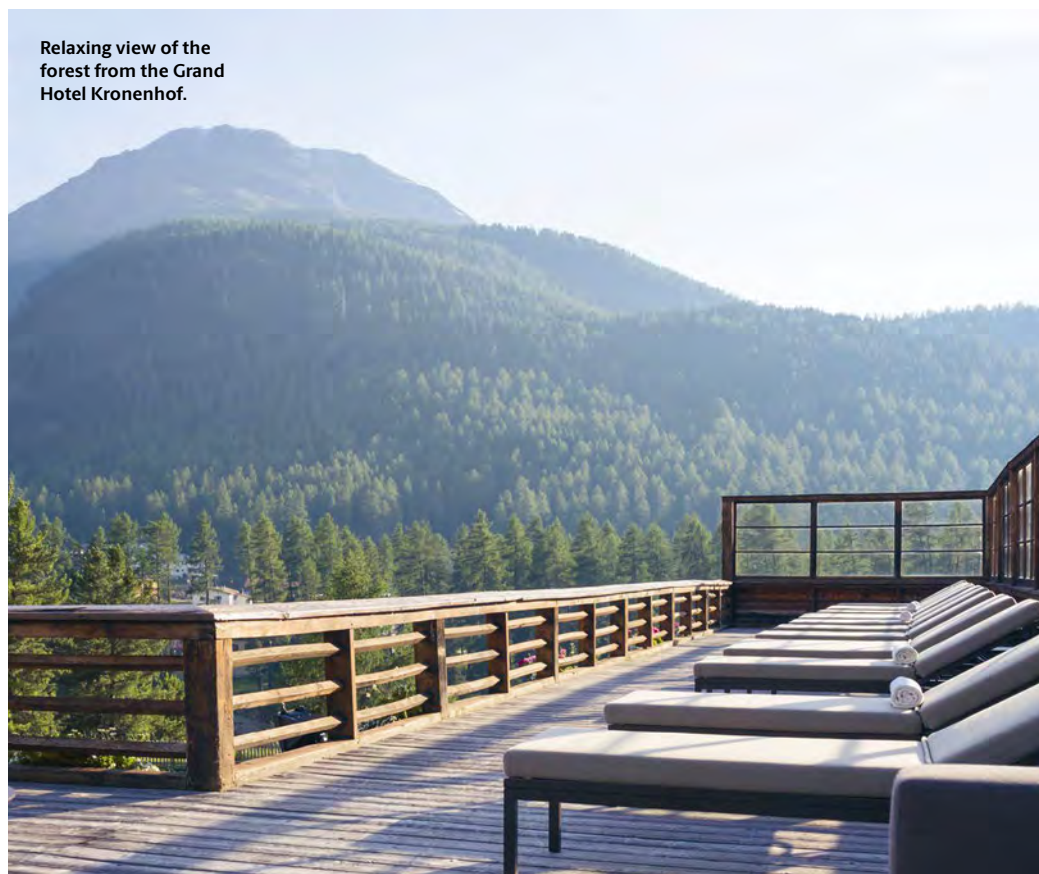
11 Furniture

The Rominger joiner's workshop in Pontresina creates furniture using local timber, such as a twin-door Engadin chest of Swiss stone pine: a real eye-catcher either in the bedroom or lounge.
rominger.ch



In the world of wood

A journey for all the senses



Relaxing view of the forest from the Grand Hotel Kronenhof.

Take deep breaths – and relax

For several thousand years, people in the Engadin have been taking dips in mineral springs and enjoying the blissfully soothing water: the springs in St. Moritz were already known in the Bronze Age. Today, the Grand Hotel Kronenhof in Pontresina, among others, celebrates the fine art of

relaxation in style. Linger in the sauna, breathe the calming vapours, then bliss out in the pool before the panoramic windows and gaze out over the sweeping valley with its sweet forest scent of larch and Swiss stone pine: an experience for all the senses. engadin.ch/en/wellness



To the wide choice of spas with saunas.

Photo left: Grand Hotel Kronenhof / Photo right 1: Benjamin Hofer, Lyceum Alpinum Zuoz

Tree know-how

It is possible to establish the age of a tree by counting its rings, either after it is felled or by taking a core sample. One ring represents one year (in this illustration, 1 ring = 50 years).



Swiss stone pine
Pinus cembra
approx. 600 years old
6.7 m trunk diameter
Muottas da Schlarigna



Larch
Larix decidua
approx. 600 years old
3.77 m trunk diameter
Samedan golf course



Attractions in the Val Fex

Forest ride

The Clalüna family's horse-drawn carriages carry passengers from Sils through fairy-tale forests into the Val Fex. claluena-sils.ch

Wood craft

Fexer knives, forged by Roger Rominger in the Val Fex, carry the spirit of the valley in their blades and handles, made from various different kinds of wood. fexer.ch

Tasty break

At Mangiabain, the Rominger family's restaurant, attractions include lamb burgers in home-made rosemary buns. fexer.ch

Fine flavours

St. Moritz – The Hatecke family has been celebrating the art of the craft butcher for more than 100 years. The Hatecke branches are known for their superb smoked sausages, cured sausages and fillet steaks – and also their minimalist architecture and fittings. Every day the uncluttered displays showcase the finest delicacies, neatly laid out and beautifully presented. Every slice of sausage enjoys the setting and attention it deserves, like a little masterpiece. A visit to Hatecke, then, is a pleasure for the senses that will linger long in the memory.

hatecke.ch



The sound of creativity

Zuoz – The imposing, castle-like campus of the Lyceum Alpinum Zuoz is visible from far and wide: the proud clock tower, in particular, cannot be missed. Within the venerable walls of the boarding school, students find plenty of creative spaces in which to develop their artistic talent. Drama, for example, offers them the chance to explore new forms of expression and bring all kinds of stories to life. At the Zuoz Globe theatre, young voices echo from the wooden walls, filling the space with life. Visitors can experience the soundscapes of the Zuoz Globe and the imaginary worlds conjured there during public theatre performances.



Theatre at the Lyceum Alpinum Zuoz

Public theatre performances at the Zuoz Globe offer a chance to visit the Lyceum Alpinum Zuoz and experience the innovative school's unique aura. lyceum-alpinum.ch

Feel the forest with your feet

Fine pine needles will tickle the feet, but they also stimulate them. Visitors can enjoy this invigorating experience – with a little courage – along a variety of “barefoot trails” around Celerina.

engadin.ch/en/barfustrails

Pinboard

A gallery of ideas for splendid holidays in the Engadin.

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How to reach the Engadin



Landwasser viaduct, Filisur

By train

The red Bernina Express follows a spectacular route through the mountains on its way to the Engadin, twisting along narrow valleys, slipping through countless tunnels and gliding across bridges and viaducts that are masterpieces of engineering. The ride from Landquart (via Davos) or Chur (via Thusis) is a two-hour adventure to rival any journey in the world. In 2008, the Albula and Bernina lines became a UNESCO World Heritage Site.

Further information

See travel times, stops and journey durations for the Bernina Express at engadin.ch/get-here

Photo left: Sadik Yalcin, Alamy Stock Foto / Photo right: Roberto Molis, Alamy Stock Foto



Maloja Pass

By car

Motorists can look forward to a dramatic drive to the Engadin. The various pass roads – via the Albula Pass, Julier Pass, Maloja Pass, Bernina Pass or Ofen Pass – promise plenty of twists and turns along with superb views. Alternatively motorists can skip the pass roads by using the car transporter rail service from the Prättigau (Selfranga) through the Vereina tunnel to the Engadin (Sagliains). The ride takes just 18 minutes; at busy times, a shuttle departs every 30 minutes.

Further information

See details of current traffic conditions in the Engadin and info on car shuttle waiting times at engadin.ch/get-here

The resorts



Sils



Maloja

This pretty village links the Val Bregaglia with the Upper Engadin. Its emblem is the Torre Belvedere, a tower framed by deep glacier mills, moorland, and forests of Swiss stone pine and mountain pine.



Sils

Nestling between Lake Sils and Lake Silvaplana, the village is the starting point for wonderful walks through the sunny forests and across the expansive Sils plateau. The Chastè peninsula, close by, offers a particularly idyllic spot for a barbecue picnic.



Silvaplana

Bikers zoom down mountain tracks, trail runners speed through the forest, colourful kites dance in the sky: welcome to Silvaplana! On the doorstep, the Corvatsch promises mountain thrills while the lake offers superb water sports: this is adventure heaven!

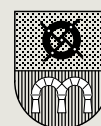


Pontresina



St. Moritz

With its top-class hotels and scenic setting between lake and mountains, St. Moritz offers everything for a perfect break. Enjoy a heavenly ice cream on a sunny terrace, stroll along the lakeshore, listen to live music: choose from countless holiday pleasures.



Celerina

The village enjoys more hours of sunshine per year than any other in the valley. It is also the starting point for many panoramic walks – such as the bracing hike up to the plateau of Muottas da Schlarigna, home to the world's oldest Swiss stone pines.



Pontresina

The dramatic Bernina massif, wild rivers and the high-altitude Alpine setting have long drawn hikers, mountain bikers and trail runners to Pontresina. The ultimate thrill: an ascent of the snow-capped Piz Bernina.



Samedan

The capital of the Upper Engadin is the starting point for the nature trail “La Senda”. Climb into a bird’s nest 9 metres off the ground and explore natural marvels including giant energy bars for insects.



Bever

Bever is known as a village of fairy-tale charm – not least because of the idyllic Fairy-Tale Trail through the Val Bever. This blends stories by local women writers with an enchanting experience of nature. Here, tranquillity and relaxation are guaranteed!



La Punt Chamues-ch

A municipality in two parts, divided by the Inn. In summer, visitors can cycle along the river banks, go inline skating or enjoy a barbecue picnic at many dedicated sites. Close by, the enchanting valley of the chamois, the Val Chamuera, is waiting to be explored.



Madulain

A charming forest trail leads out of Madulain, revealing fascinating facts about 34 local trees and shrubs. Delightful carved wooden animals adorn the route: a treat for nature lovers of all ages.



Zuoz

Attractions include an inline skating route, an 18-hole golf course, and trails for hikers and mountain bikers through fragrant forests of Swiss stone pine.



S-chanf

Nature lovers are in for a treat here. The Val Trupchun, with its abundant wildlife, is a gem – as is the well-preserved historical heart of the village of S-chanf.

More info?
In the guides to the municipalities or online at engadin.ch/en/resorts



Even more summer activities

1 Climbing without ropes

Bouldering involves scaling boulders or other small rock formations without standard safety equipment. Ropes and karabiners are not required: all you need for the adventure is a bouldering mat, climbing shoes and chalk. Enthusiasts find good spots in the Morteratsch and Julier areas. Should the sun choose not to shine, the Serlas Parc indoor climbing hall in S-chanf offers ideal training.

engadin.ch/climbing-bouldering

On two wheels: Chaschauna Pass

S-chanf – The new bike trail at the Chaschauna Pass twists down the slope in a sequence of wide, sweeping curves that are a pleasure to ride. With a length of more than 4 km and an average gradient of 10 per cent, the trail can be tackled in either direction: the reward for an invigorating climb is an exhilarating descent in glorious scenery.

engadin.ch/en/chaschauna

Wind and water

Silvaplana – Some prefer to harness the Maloja wind with a windsurfing sail; others use a kite dancing in the powerful air currents to pull themselves across the water. It's a matter of taste: the key thing is that the large Engadin lakes are a paradise for all who love playing with the wind. The ideal conditions and the spectacular mountain setting have made the Engadin famous worldwide as a destination for windsurfing and kitesurfing. engadin.ch/water-sports

Raining? So what!

Rain makes an appearance even on the best holidays. Just as well that the Engadin has plenty to offer on such occasions. How about a wellness

day in one of the hotel spas open to non-residents? Or for a foretaste of winter, visit the world's highest virtual reality cinema up on the Diavolezza.

engadin.ch/summer-experiences

Along the lakes

The Engadin lakes sparkle in the sunshine like precious gemstones, framed by lush forests and dramatic mountains. These lakes also offer an idyllic setting for a wide variety of walks: everything from gentle strolls along the lakeshores to more demanding hikes higher up the surrounding slopes.

engadin.ch/along-lakes

Tourist train to the National Park

The National Park Express offers hikers a convenient ride to the entrance of the Swiss National Park and back. The little yellow tourist "train" runs several times a day between Zuoz station, S-chanf and the Varusch park lodge; along the way, passengers enjoy their first views of the wild landscape through the panoramic windows.

engadin.ch/national-park-slow-train

Altitude training – like the pros

St. Moritz – In the Engadin, sports enthusiasts soon get out of breath, thanks to the high altitude – but in return they steadily improve their performance. Word has spread, so that now every summer athletes from a wide variety of disciplines come to the Swiss Olympic Training Base in St. Moritz to prepare for competitions. engadin.ch/altitude-training

More info?
engadin.ch/en





Selected family activities

1 *Morteratsch cheese dairy*

Pontresina – Visitors of all ages enjoy watching cheese being made at the alpine cheese dairy in Morteratsch – and then tasting the delicious cheese afterwards. The viewing sessions take place daily from mid-June to the end of September, 9–11 am and 1–3 pm.
alp-schaukaeserei.ch

2 *ParcAlpin rope park*

S-chanf – In the sparse larch forest at the entrance to the Val Trupchun, adventure-seekers clamber among the treetops and test their balance, skill and nerve as they enjoy a bird's-eye view of the world. The ParcAlpin rope park offers a variety of routes with different levels of difficulty, promising challenges and high thrills for all.
engadin.ch/en/parcalpin

3 *Goat treks*

Champfèr – A friendly goat on a lead and a picnic in the rucksack: all is in place for a leisurely walk through the Staz forest. Along the way, participants learn fascinating facts about the Engadin and about their four-footed walking companion.

4 *Alp Languard playground*

Pontresina – As soon as children arrive at the top station of the Languard chairlift, they are off at top speed. The reason: an imaginative playground inspired by the horned ibex, the iconic local wild mountain goat. Here, children can climb, leap, slide and play to their hearts' content.
engadin.ch/children-playground-alp-languard

Horse-drawn carriage rides

A leisurely horse-drawn carriage ride into one of the Engadin's beautiful side valleys is a trip back in time as well as into pristine nature. Options include the Val Fex near Sils Maria, the Val Bever, and the Val Roseg near Pontresina. Two-horse carriages stand ready at the entrance to each valley.
engadin.ch/sleigh-rides

5 *Golf for children and teenagers*

Up-and-coming young golfers are warmly welcome at the Engadin's golf courses. Budding players can take advantage of a wide range of tuition, from taster lessons to ongoing courses for youngsters who catch the bug at an early age.
engadin.ch/golf-children-teenager

Bever fairy-tale trail

Bever – The path from Bever to Spinas along the picturesque Val Bever offers a journey through the fairy-tale world of the Engadin. At six stops along the way, giant sculptures by local artists illustrate children's stories by women writers from the Engadin.
engadin.ch/val-bever-fairy-tale-trail

Wildlife-watching in autumn

Before going into hibernation for the winter, many wild animals become highly active in autumn, either feeding intensively to put on weight, or for courtship and breeding: an excellent opportunity to get to know them on a fascinating guided wildlife-spotting tour.

More info?
engadin.ch/family-activities





Selected cultural attractions

1 Chesa Futura

St. Moritz – An impressive 250,000 larch shingles adorn the facade of the Chesa Futura, a building with an almost extra-terrestrial appearance by the British architect Lord Norman Foster.
engadin.ch/en/chesa-futura

Schreinerei Rominger

Pontresina – Rominger is a joinery specialist that transforms wood from Engadin forests into beautiful objects: furniture, interior decor and smaller household items.
rominger.ch

Ufficina Protetta

Samedan – Fabrics, candles, wooden items and postcards are all lovingly made by people with disabilities at the Ufficina Samedan: part of a programme of social and professional integration run by the Movimento association.
movimento.ch

Museum Engiadinais

St. Moritz – The Engadin Museum takes visitors on a journey exploring lifestyle and history in the Engadin over the centuries. The “Chesa da sōmi” – “House of dreams” – was built in 1906, and contains an impressive collection of treasures including items of furniture and decor up to 500 years old, along with Rhaetian and Ladin folk art.
museum-engiadinais.ch

Mili Weber Haus

St. Moritz – The house of the late artist Mili Weber is a unique work of art in which she created her

own magical world. Visitors can explore the house with its many small rooms and countless exquisite details on a fascinating guided tour.
miliweber.ch

Werkstatt Hildegard Schenk

Zuoz – The “Hildegard Schenk Workshop” is a gallery, workshop and event space combined. Temporary exhibitions show the work of artists and crafts people.
werkstattzuoz.ch

Galerie Fex

Sils Maria – In 2006, the Galerie Fex in the idyllic Val Fex became a permanent home for painting by the gifted artist Sax. The native of Basel spent many years in Japan and developed a fascination for the technique of Japanese ink painting, used in many of the works on show. The Galerie Fex also stages interesting temporary exhibitions.
s-a-x.com

Free village tours

The same is true anywhere in the world: when you explore with a local, you learn a lot more. An ideal opportunity to do this is on any of the free guided village tours offered by the different resorts in the Engadin.
engadin.ch/village-tours

More info?
engadin.ch/arts-culture





Selected restaurants

1 Restaurant Cruschetta

Zuoz – The walls are panelled with Swiss stone pine, the menu showcases Graubünden specialties, and the cellar is full of fine wines: the Restaurant Cruschetta offers all the ingredients for a perfect evening. cruschalva.ch

2 Alp Muottas

Samedan – The view from Muottas Muragl over the lake-strewn Engadin valley and the surrounding mountains is hard to beat. The experience is more delightful still when the glorious scenery is twinned with a delicious meal. Guests can enjoy both at a small and simple mountain restaurant, Alp Muottas, located just five minutes' walk from the summit station of the Muottas Muragl funicular. alpmuottas.ch

3 Restaurant Lagrev

Maloja – You won't find exotic ingredients in the dishes at the Hotel Lagrev's restaurant. Where possible, everything is locally sourced: salad from the garden, goat's cheese from Isola, sausages from the Val Bregaglia and in autumn, game hunted by hotel staff. The taste of simplicity! lagrev.ch/en/restaurant

4 Pappalou

Silvaplana – The superb location is reason enough to visit the Pappalou restaurant: here on the scenic shores of Lake Silvaplana, relaxing comes naturally. Guests start the day with delicious pancakes, açai bowls or scrambled eggs; linger at unchtime over pasta and crunchy salads; and gather in

the evening for generous starter platters, burgers and steaks. pappalou.ch

5 Gianottis café/wine bar/grill

Pontresina – The popular venue run by the Gianotti family in the heart of Pontresina combines many appetising attractions. In the café, guests enjoy buttery croissants or delicious pastries with a tasty coffee or espresso; the wine bar serves the finest wines from Switzerland and abroad; and at the grill/restaurant, diners watch their meat sizzling on the grill before it is served up with a mouth-watering choice of side orders. gianottis.ch

6 Heimatli

Celerina – Swiss specialties, served in the cosy ambiance of a pine-panelled dining room: the concept at Heimatli is as simple as it is good. Alongside popular classics such as veal in cream sauce with Rösti or Valtellina-style Pizzoccheri, the restaurant also serves a changing menu of seasonal dishes. rosatsch.ch

Hotel Veduta restaurant

S-chanf – In the small village of Cinuos-chel near S-chanf, diners enjoy the best of Graubünden cuisine at the cosy pine-panelled restaurant of the Hotel Veduta. In autumn, when local hunters head into the hills, the menu also features delicious game dishes. veduta.ch

More info?
engadin.ch/culinary





Selected accommodation

1 **Waldhaus am See**

St. Moritz – The sweeping views from the Hotel Waldhaus am See are hard to beat. Located on the shores of Lake St. Moritz, the hotel looks straight up the lake-strewn valley as it basks in the Engadin sunshine. The welcoming 3-star-superior hotel also boasts an attractive spa area and the world's largest whisky bar.

waldhaus-am-see.ch

Chesa Staila

La Punt – Anyone who loves wood will feel very much at home in the Chesa Staila. The bed & breakfast was built and furnished entirely with solid Swiss timber, making for a wonderfully cosy and welcoming atmosphere.

chesa-staila.ch

Bever Lodge

Bever – The Bever Lodge is especially popular with outdoor enthusiasts – not only thanks to the many paths and trails around Bever. The sports kit washing service and the well-equipped bike workshop are also a big plus. In the evening, guests top up energy for the next day with delicious local and international cuisine.

beverlodge.ch

Chesa Pool

Sils – The Chesa Pool in the wild and beautiful Val Fex is the first and so far only vegetarian hotel in the Engadin. A bold step – but it promises a feast for all the senses. In every room, from the historical suite to the comfortable doubles, guests look forward to sweet dreams.

chesapool.swiss-hotels-stmoritz.ch

Berninahauss

Pontresina – The Berninahauss welcomes guests at a heady 2,046 metres above sea level. The historical building is more than 500 years old; in 2006 it was restored with loving attention to detail, and now promises an atmospheric and comfortable home-from-home. berninahauss.ch

Hotel Castell

Zuoz – The Castell is an inspiring place where history comes to life, a venue popular with famous personalities, and a hotel in which art, culture and good hospitality are celebrated in style.

hotelcastell.ch

Grand Hotel Kronenhof

Pontresina – The Grand Hotel Kronenhof is a magnificent protected historical building in which guests enjoy all the luxury of a 5-star-superior hotel: top-class cuisine, an extensive spa (2,000 sq. m) and spacious, tastefully furnished rooms.

kronenhof.com

Longhin

Maloja – The Longhin hotel and restaurant, near the top of the Maloja Pass, is an eye-catcher. With its polygonal shape and grey stone facade, the structure suggests a natural rock formation. Inside, guests find stylish interiors, simple and elegant design, plenty of wood and bright colours. longhin.ch

More info?

All hotels, holiday homes, campsites and Swiss Alpine Club (SAC) huts online at engadin.ch/en





Selected shopping tips

1 Sennerei

Pontresina – Sennerei (“Alpine dairy farm”) is a shop in Pontresina selling about 300 varieties of cheese: many specialities from the region along with classic cheeses from all over the world.

sennerei-pontresina.ch

Laret market

Pontresina – A colourful range of stalls, a convivial atmosphere and a lively entertainment programme: the Laret market is popular with locals and visitors alike. Popular buys include Engadin delicacies, jewellery and hand-made toys. Concerts in various musical styles take place at the Schlosshotel, Grand Hotel Kronenhof, Hotel Post, Hotel Schweizerhof and on the square by the conference.

pontresina.ch/en/pontresina/shopping/laret-market

Honey from Mathilda Pernisch

S-chanf – Summer in a glass, in the form of sweet, sticky honey: the beekeeper Mathilda Pernisch sells a taste of heaven. Her bees diligently fly from flower to flower all around S-chanf, collecting the precious ingredients for this high-quality honey. She also makes beautifully scented candles from beeswax. engadin.ch/bee-honey

Willy Sport Golf Shop

Zuoz – Located right at the entrance to the 18-hole championship course in Zuoz, the golf shop run by Willy Sport offers everything golfers need for the game. Experienced staff are on hand to give authoritative advice.

willy-sport.ch/golf

Stile Alpino

Samedan – Anyone looking for the right piece of kit for hiking, camping or climbing should pay a visit to Stile Alpino – and they are sure to find just what they need. Within the sports shop, the Scarpa Test Center offers a chance to test highly reputable Scarpa shoes free of charge and without obligation – for a whole day. stilealpino.ch

Sportlädäli

Samedan – An attractive wooden doorway conceals the friendly Sportlädäli (“Little sports shop”). Trail runners, Nordic walkers and other hiking enthusiasts will find expert advice here, along with all the latest equipment.

engadin.ch/en/sportlaedaeli

Engadiner Goldschmiede

Sils – The Engadin goldsmith Barbara Kuppelwieser has been fashioning exquisite pieces of jewellery – from gold, silver and natural stones from the Engadin mountains – in her workshop for more than 30 years. engadingold.ch

Testa Sport

Celerina – Visitors find all they could need for a summer of mountain sports and adventure at Testa Sport. Alongside outdoor clothing and equipment from well-known brands, the range includes fashionable leisure clothing and tennis kit.

testasport.com

More info?
engadin.ch/shopping-opportunities



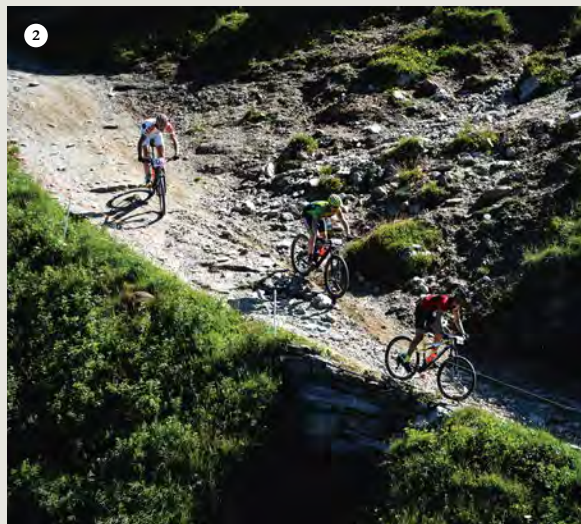


Photo 1: Madlana Walther / Photo 2: Trail Runs / Photo 3: Ultra Trails / Photo 4: fotoswiss.com / Photo 5: Rosario Liberti

Events Summer—2020

More info? engadin.ch/en/events



June

10–13 June

Silser Hesse-Tage

The “Sils Hesse Days” devoted to Hermann Hesse take place at the Waldhaus Sils, where the much-loved writer often stayed.
engadin.ch/en/hesse-days

20 June to 29 September

Camerata Pontresina

Free chamber music concerts in the heart of the Tais forest.
engadin.ch/en/camerata → page 86

June to August

Origen

Theatre in the Red Tower at the Julier Pass.
origen.ch

July

02–04 July

1 The Engadine Amateur Championship

Golf championship for amateurs with a handicap no higher than 11.0.
engadin.ch/the-amateur-championship

10–12 July

2 Engadin Bike Giro

Mountain bike stage race open to all.
engadin-bike-giro.ch

02–03 July

3 Bernina Ultraks

Trail running in a spectacular setting.
engadin.ch/en/bernina-ultraks

05–10 July

Brass Week

Brass music at its best in Samedan.
brassweek.com

05 July to 15 August

Engadiner Ferienspass

“Engadin Holiday Fun”: activity programme for kids aged 5 to 16. engadin.ch/holiday-fun

08 July to 01 August

4 Festival da Jazz

Jazz gigs at a variety of unusual and attractive locations; expect virtuoso performances and a unique atmosphere.
festivaldajazz.ch

09–11 July

5 27th British Classic Car Meeting

Celebration of British automobile elegance.
bccm-stmoritz.ch/en

10–11 July

6 Ötillö Swimrun

Swimming/running race.
engadin.ch/en/swim-run

13–15 July

International Swiss Senior Amateur Championship

Contest for senior amateur golf players with a handicap no higher than 12.0.
engadin.ch/swiss-seniors-amateur-championship

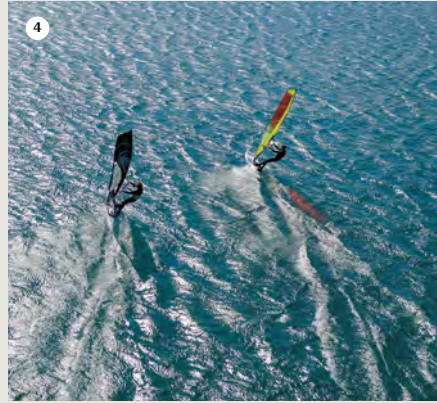


Photo 1: Stefanie Koehler for Tavolata St.Moritz 2018 / Photo 2: Concours Hippique Zuoz / Photo 3: Jean-Jacques Ruchti, Bernina Gran Turismo / Photo 4: Wikimedia Commons

Calendar highlights: culture, sport and cuisine.



16 – 18 July

Engadin Ultra Trail

Various races and side events for trail runners of all tastes and abilities.
engadin.ch/en/ultra-trail

23 – 25 July

1 Tavolata St.Moritz

Food festival with a table 400m long.
engadin.ch/en/tavolata-stmoritz

30 July to 07 August

Engadin Festival

The international music festival celebrates its 80th anniversary in 2021 with world-class performers such as Martha Argerich, Janine Jansen, Grigory Sokolov, the Tallis Scholars and the Belcea Quartet. The special programme promises many exciting musical encounters.
engadin.ch/festival

August

05 – 08 August

2 Concours Hippique Zuoz

Equestrian competition in all categories.
engadin.ch/en/concours-hippique-zuoz

13 – 15 August

3 Engadiner Sommerlauf

“Summer race” for individual runners or teams of 3. engadin.ch/summer-run

27 – 29 August

Passione Engadina

Rally with historical vehicles.
engadin.ch/en/passione-engiadina

13 – 22 August

4 Engadinwind

Kitesurf, windsurf and sailing contest.
engadin.ch/en/engadinwind-event

13 – 15 August

iQ FOIL Exhibition St. Moritz

Windsurfers show off their dramatic windfoiling skills on sparkling Lake St. Moritz.
engadinwind.ch

September / October

16 – 19 September

5 Bernina Gran Turismo

Car race up at the Bernina Pass.
engadin.ch/en/bernina-grand-tourismo

20 – 25 September

Resonanzen Sils

International culture festival.
waldhaus-sils.ch/en

30 September to 03 October

6 Sils Nietzsche Colloquium

Conference focuses on the theme “Revaluation or devaluation of values? – Nietzsche’s critique of his age and its relevance today.”
engadin.ch/en/kolloquium

September / October

15 – 17 October

Stubete am See

Festival for new Swiss folk music.
engadin.ch/en/stubete

Looking ahead in autumn:
a first fine dusting of snow
has covered the still-golden
trees near Sils.



Preview Winter—20/21

The winter season in the Engadin starts
in mid-December.

Winter comes to the Engadin

The trees are still in their autumn colours, but the scent of snow is already in the air. The cool wind leaves no doubt that winter, with its cold and sparkling beauty, lies just around the corner, waiting to appear in all its glory.

The snow brings stillness

When the lakes come to rest under a thick layer of ice, and snow covers the landscape like a thick white blanket, a magical stillness descends upon the valley. Stillness does not mean stand-still, however: instead, there is plenty of space for all that is new. Find out more in the winter edition.

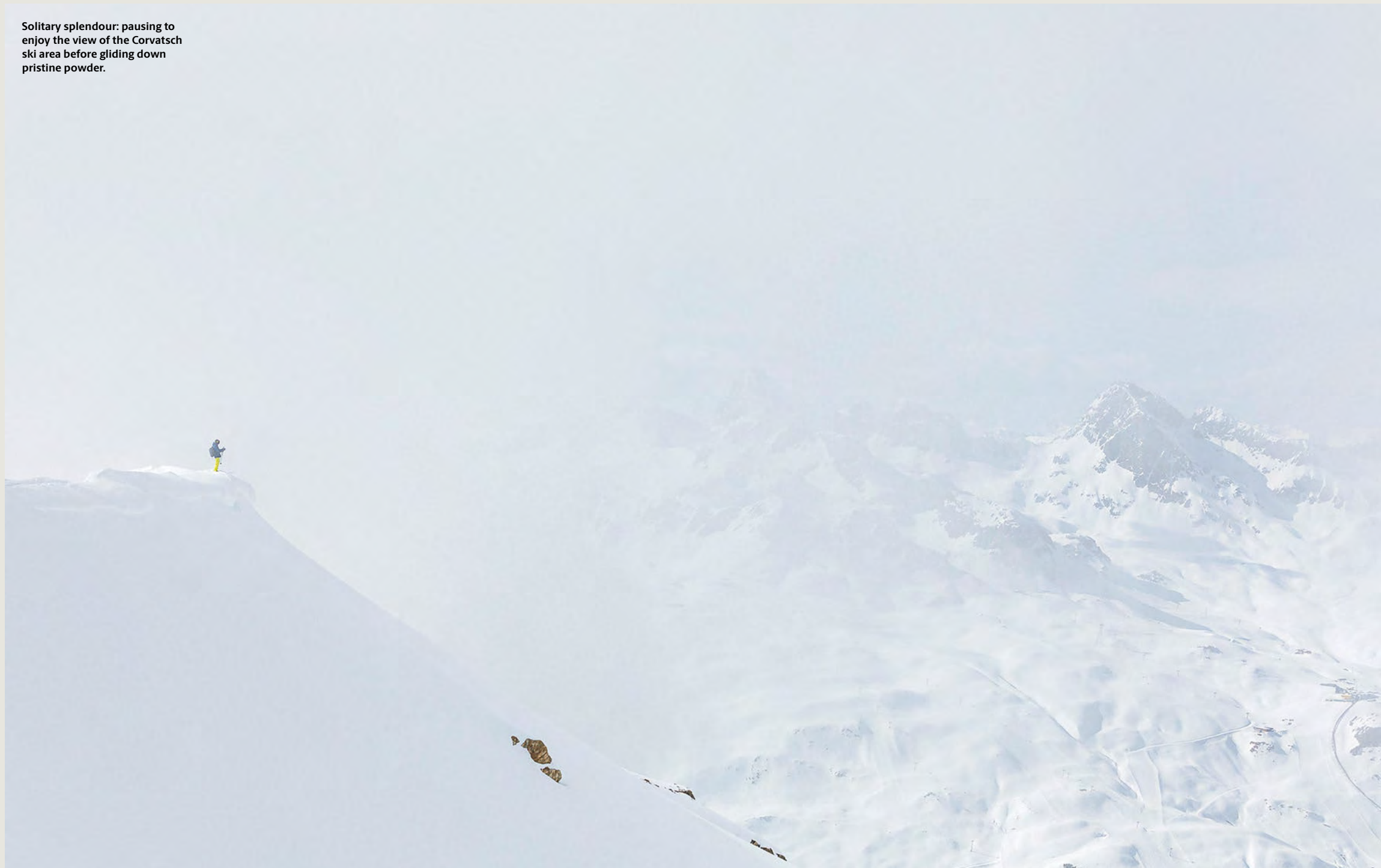
Fresh white: the village of Silvaplana
between wisps of mist and the
snow-covered Piz da la Margna.



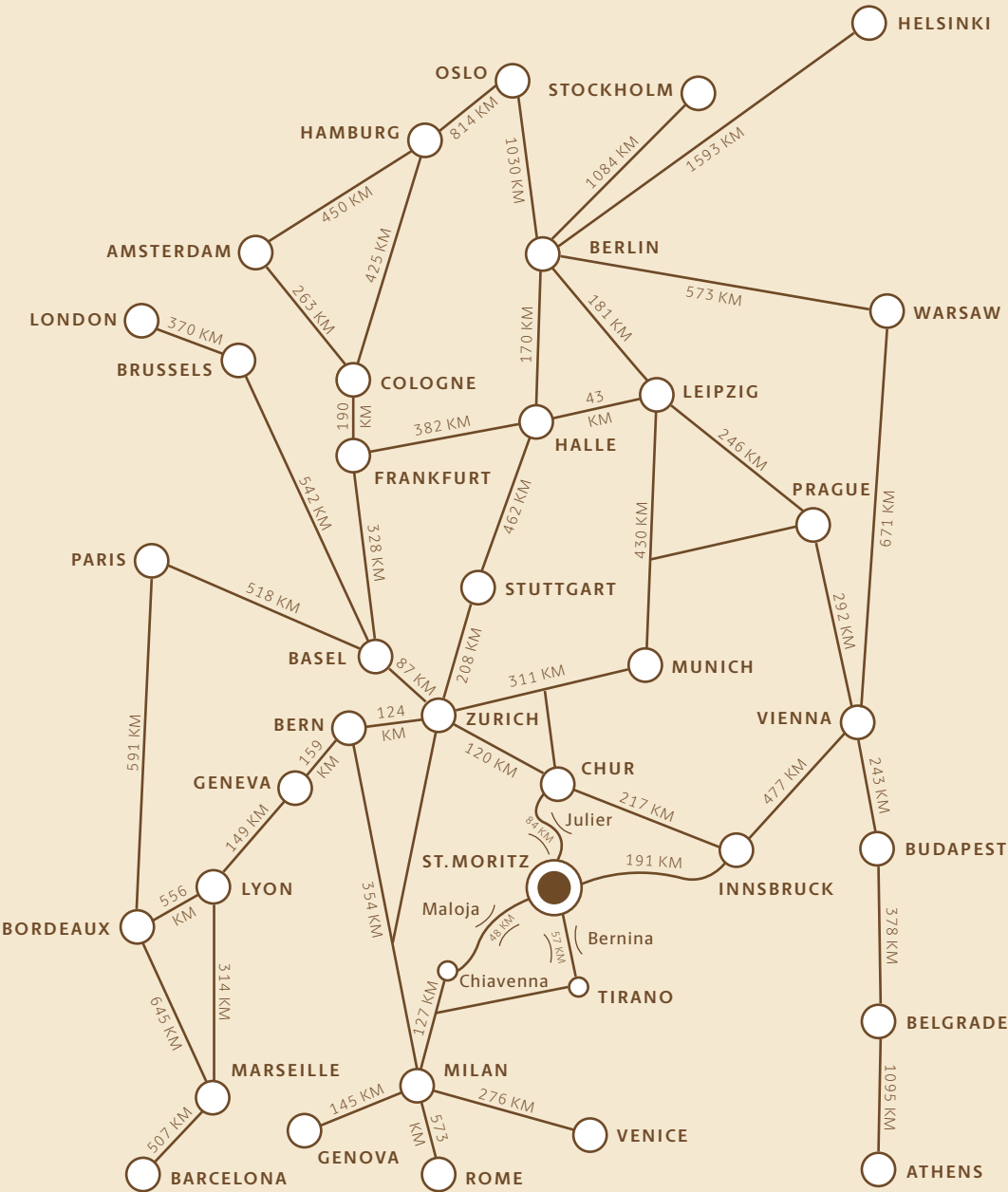
Softly and silently through the
snow-covered landscape: cross-
country skiing on frozen
Lake Sils.



Solitary splendour: pausing to enjoy the view of the Corvatsch ski area before gliding down pristine powder.



This illustration is inspired by an old travel guide from 1931. St. Moritz lies about 200 km from Zurich Airport. The journey by road from other European cities is rather longer, but well worth the drive.



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