

Engadin

MAGAZINE No. 9

LIGHT

Engadin Winter — 23/24



Dear guests,

The natural gems of our high valley region glisten in a spectacular light. Visitors are mesmerised by the gorgeous glow. And writers and painters have been inspired by the magical shimmer for centuries. Like Peter Robert Berry II, who gave up his career as a doctor and broke off his engagement to become an artist. At around the same time, another local doctor was starting to use the power of the sun to heal patients. If you're in need of some Vitamin D – or just want to take a break from the daily grind on one of our sun terraces, we recommend diving into this magazine. You can almost feel the Engadin sunshine on your face as you turn the pages.

Wishing you all the best from the Engadin

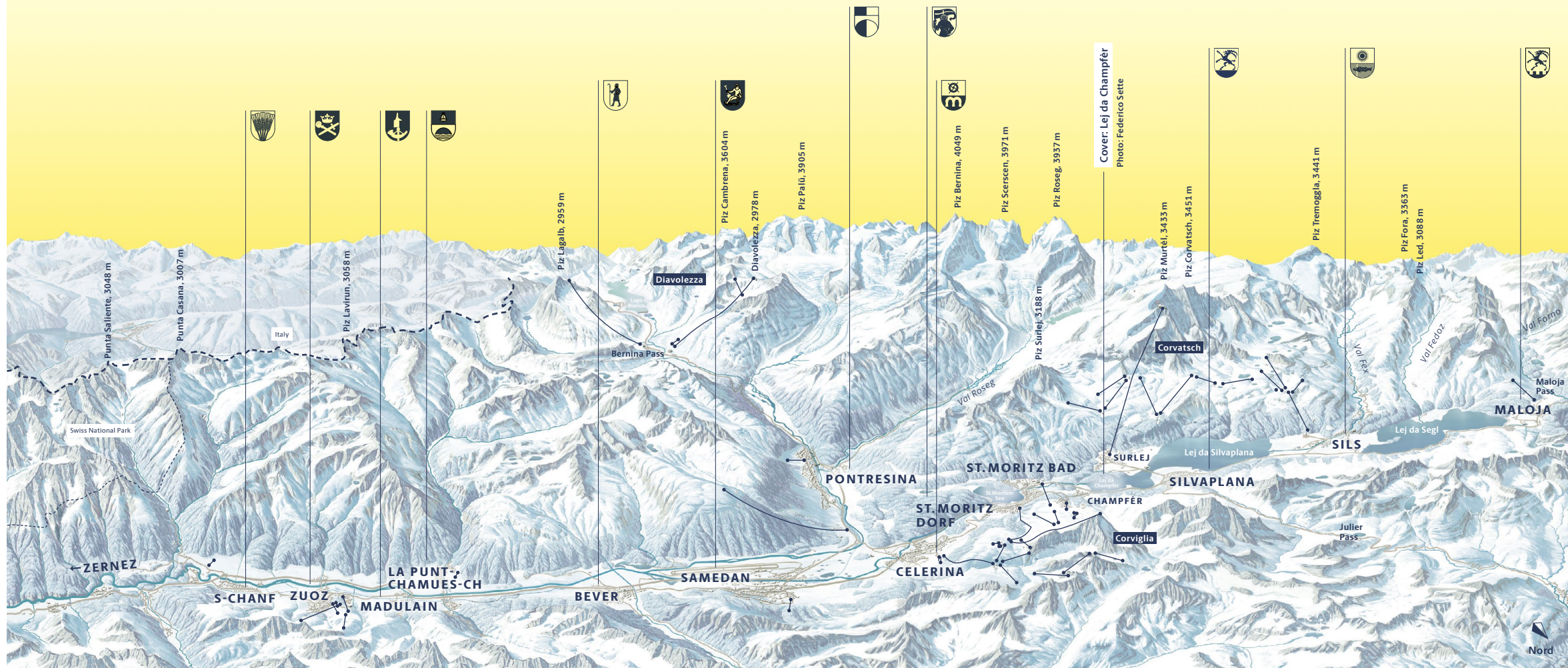




Photo Cultura: Berry Museum ST Moritz / Photo Calma: Wikimedia Commons / Photo Freestyle: Colin Frei

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114 A gallery of ideas for captivating holidays in the Engadin, with more activities, restaurants, accommodation and cultural attractions.



Sunrise over the Corvatsch mountain station. In the background the Biancograt and Piz Bernina.

Photo: Adrian Burst



Play of light on the
frozen Lago Bianco
on the Bernina Pass.

Photo: Federico Sette



Photo: Keystone

View of the Upper
Engadin lakes at sunset
from Muottas Muragl.

Che glüsch!

Day and night in stunning surroundings



Piz Nair Sunrise

If you're a morning person, you're in for a real treat here. This is your chance to reach the peak before dawn – outside of the official operating times. At 3,000 metres above sea level, you can watch the sun rise in all its glory and enjoy a delicious breakfast buffet before a single ski has left its mark on the perfectly prepared piste.

engadin.ch/sunrise-piz-nair



If you're an early riser, you'll probably also be tempted by the White Carpet experience on Corviglia. The ski lifts start up bright and early at 7.45. engadin.ch/en/white-carpet



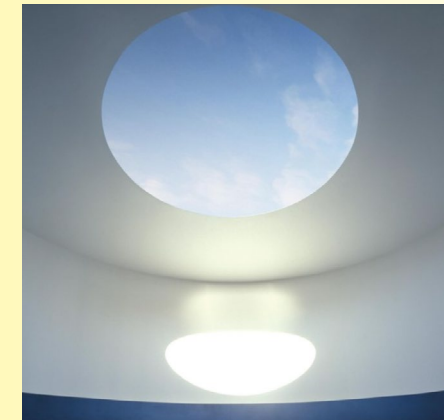
Flying close to the sun

For 40 years now, air taxi pilots have been flying their hang gliders and paragliders in tandem with adventurous passengers, gliding through the Engadin sky, passing over the St. Moritz rooftops and heading down towards the frozen lake. What a wonderful winter experience! engadin.ch/airtaxi-stmoritz

Turrell Tower

Zuoz – The American artist James Turrell is known for his installations featuring natural and artificial light. Examples of his work can be found in big cities such as Los Angeles, New York, Houston... and Zuoz. The Turrell Tower near Hotel Castell is a structure bringing together nature, light and tranquillity.

engadin.ch/hotelcastell



Pouring Lights

The bar at Hotel Walther in Pontresina shines a new light on things with its installation made of old milk pails. The artist Rolf Sachs created a surprising contrast to the elegant interior with this novel take on lighting. engadin.ch/bar-walther

Chandeliers through the years

Exquisite and iconic chandeliers from times gone by are still hanging in hotel lobbies, restaurants and bars in the Engadin.



Hotel Kronenhof, Pontresina

Chandeliers made of brass and glass hang from the 1872 Neo-Baroque vaulted ceiling in the Grand Restaurant.



Hotel Waldhaus, Sils

The chandeliers in the wedding hall at Hotel Waldhaus were designed by architect Alberto Camenzind in 1959.



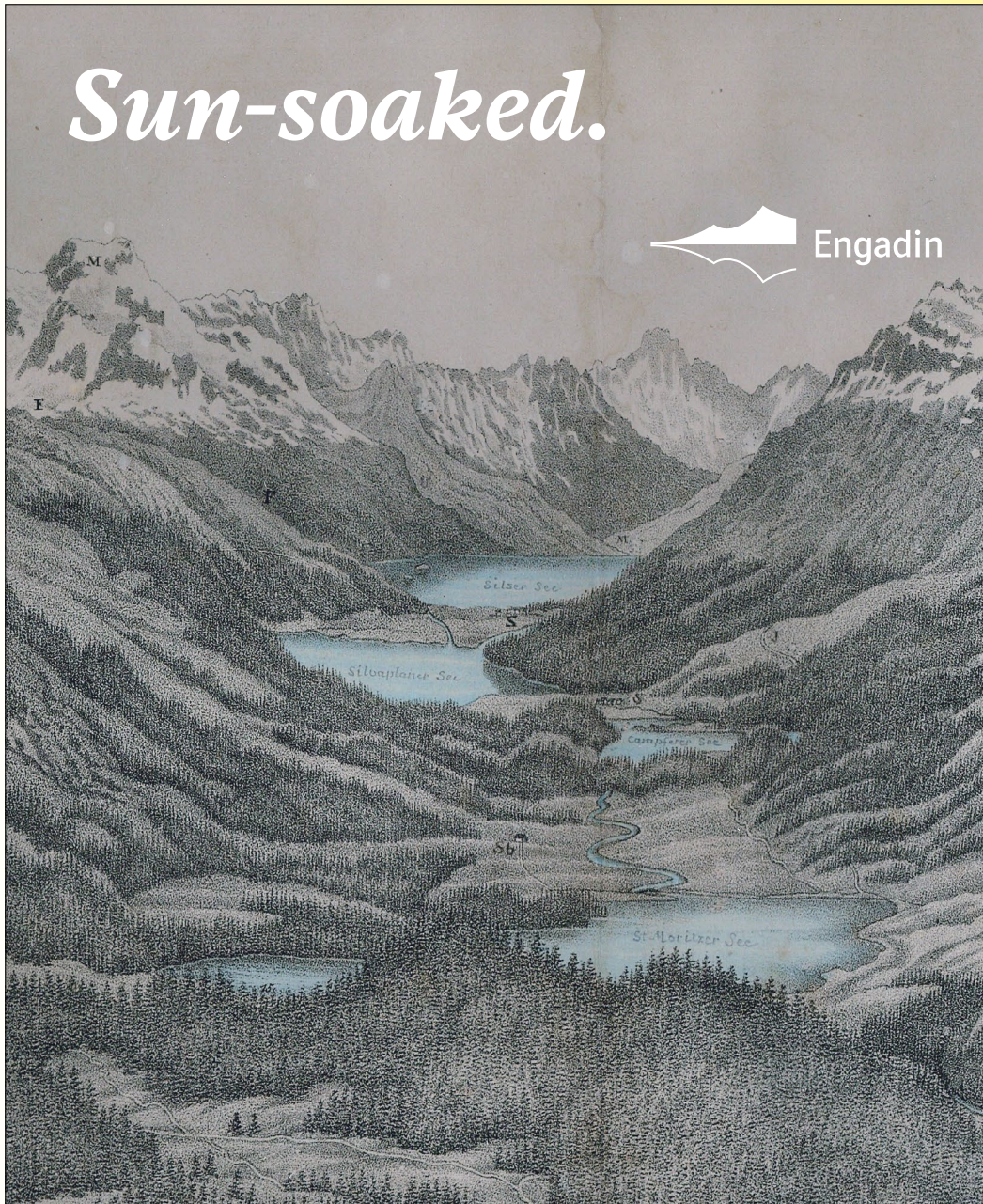
Hotel Kulm, St. Moritz

People have been celebrating and enjoying culinary delights under the Belle Époque chandeliers in the ballroom for a century.

Sun-soaked.



Engadin



Turning towards the light

Thanks to its unique geographical location, the Engadin is one of the sunniest spots in Switzerland, with over 320 sunny days each year. The plateau opens towards the north-east, where the summer sun rises, and turns towards the south-west, where the winter sun sets. That means the villages in the Upper Engadin are exposed to as much sunlight as possible – all year round and all day long. engadin.ch/en



Twinkling Christmas lights

Warm mulled wine, sweet treats and all kinds of great gift ideas await at the Christmas markets that pop up in many villages in December. It's beginning to look a lot like Christmas! engadin.ch/christmas

Glünetta

Celerina – Hütte Glünetta is a restaurant with a popular sun terrace right at the heart of the ski area. The menu is filled with Swiss specialities like rösti, raclette and fondue. engadin.ch/glunetta-hut



Forkfuls of liquid gold

The six different fondue mixes on sale at the Sennerei dairy in Pontresina are like liquid gold on your fork. engadin.ch/cheese-delicacies



Snow show

Celerina – Once every winter, usually at the start of March, the piste by the Proluvè ski lift is transformed into an arena where ski instructors and members of the Upper Engadin Ski Demo Team perform under the bright lights. Foodie market stalls and a DJ get the good times flowing in the area around the finish line. engadin.ch/ski-school-celerina



2234

“2234 Ice Paradise” aims to open up the natural black ice on Lago Bianco to skaters at 2,234 metres above sea level.

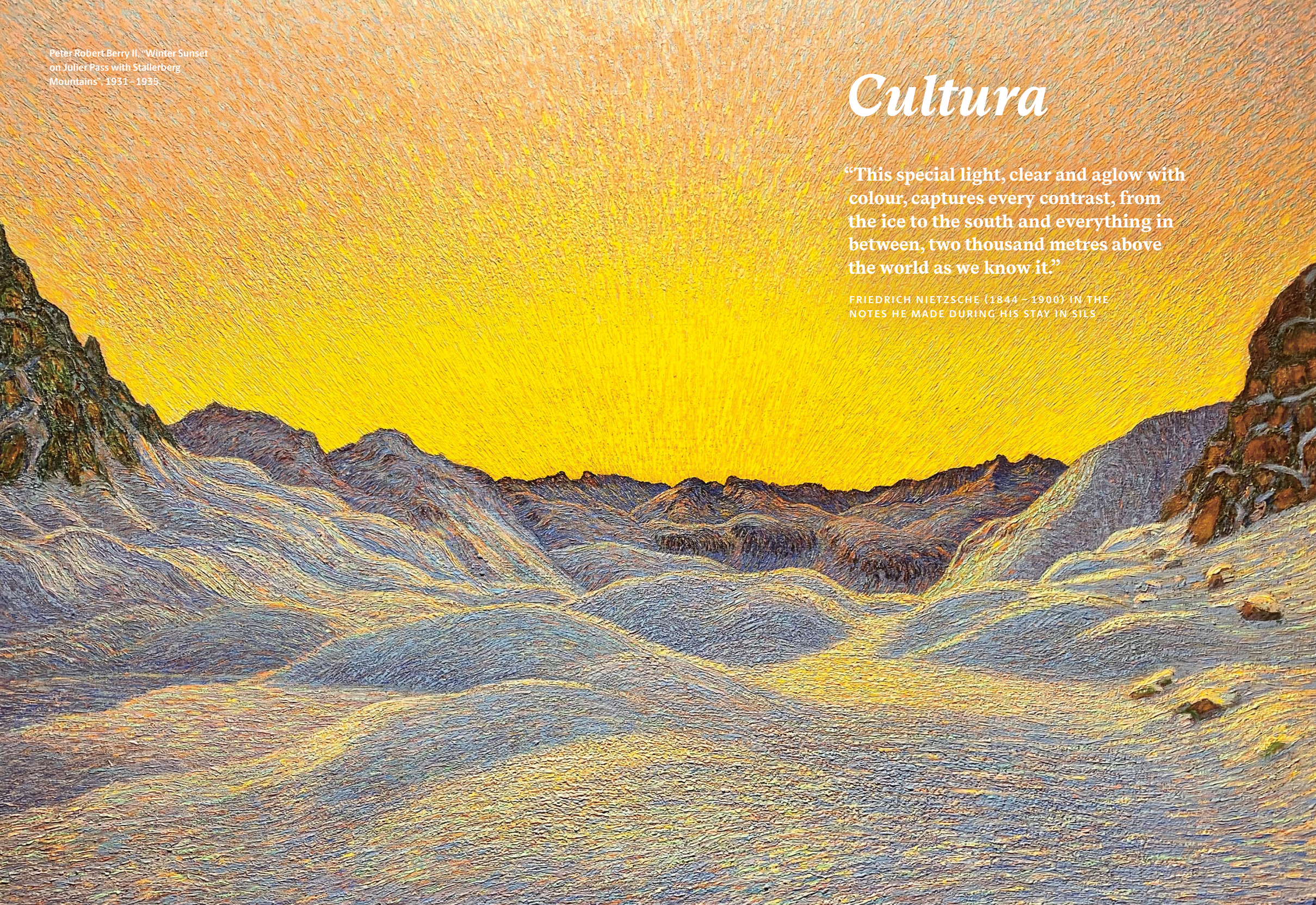
Two suns rising in Pontresina in 2023

Towards the end of 2023, the Sunstar Group will be opening its newest hotel. The refreshingly unique concept will give guests all the freedom and flexibility they need. There will be rooms with kitchens and others that can be made bigger or smaller or even joined together to suit groups of all sizes. pontresina.sunstar.ch
Hotel Maistra160 will also be opening its doors right at the heart of the village in winter 2023, complete with the revival of the legendary Pöstlikeller. maistra160.ch

Top 5: winter bucket list

Five things you simply must do if you're in the Engadin during the winter:

- ☐ Explore museums and galleries to be wowed by works of art that capture the Engadin light. Page 18
- ☐ Soak up the sun on a piste-side terrace and indulge in delicious food as you admire the view. Page 34
- ☐ Visit Corvatsch Park to marvel at all the cool jumps and tricks on skis and snowboards. Page 66
- ☐ Wander around the villages and pick up some handmade souvenirs. Page 82
- ☐ Head out for an evening of skiing on one of the lit-up night trails. Page 98



Peter Robert Berry II, "Winter Sunset
on Julier Pass with Stallerberg
Mountains", 1931 - 1935.

Cultura

"This special light, clear and aglow with
colour, captures every contrast, from
the ice to the south and everything in
between, two thousand metres above
the world as we know it."

FRIEDRICH NIETZSCHE (1844 - 1900) IN THE
NOTES HE MADE DURING HIS STAY IN SILS



A place of creative inspiration

Painters, writers and philosophers started flocking to the villages of the Engadin in the 18th century. They found inspiration and mutual support for their creative endeavours here, with the phenomenal lighting conditions a particular attraction.



“Jamais j’ai vu une pareille lumière! C’est extra! C’est inoui!” (Never before have I seen light like this! It’s extraordinary! It’s unbelievable!)

Ferdinand Hodler (1853 – 1918) came to the Engadin for two months in the summer of 1907 and produced several of his best-known works of art.

“It was here, high up in Graubünden, that I really started to focus on the sun. This is where I fell in love with its rays and first felt a desire to capture them.”

Giovanni Segantini (1858 – 1899) is an artist known for his paintings of the Alps. He adored the light and mountains of the Upper Engadin.



“Here sat I waiting, waiting, but for naught! Beyond all good and evil – now by light wrought.”

Friedrich Nietzsche (1844 – 1900) spent seven summers in Sils, starting in 1881. This is where he wrote his most famous book, *Thus Spoke Zarathustra*.



Illustrations: Pierre-Abraham Rochat

“I’m possessed by the fear of an inevitable tomorrow that is here today, making me leave behind this sun and light worth more than all the treasure in the world and travel back down to earth.”

Annemarie Schwarzenbach (1908 – 1942), journalist, photographer and traveller, said she never felt more at home than when she was in the Engadin.



“In the afternoon light, the craggy rock looked like amber, with a violet sky above it. The little glacier – or at least its cracks – created a contrast with its bluish tinge, and the snow was like milk, with only my deep footprints leaving behind glassy blue blemishes.”

Max Frisch (1911 – 1991) wrote about a hike on Piz Kesch in his novel *My Name is Gantenbein*.

“Every winter for ten years, I spent several months working on the Julier and Bernina Passes, because I was drawn to the culmination of light and colour all the way up there.”

Peter Robert Berry II (1864 – 1942) in his memoir *Musings on My Creative Process*.





Peter Robert Berry II,
"Self-Portrait with Hat", 1913.

Light on canvas

Landscape painter Peter Robert Berry II took a while to find his calling. The former physician became an artist who captured the clear Engadin light on canvas.

Text **CLAUDIA WALDER**

Photographs **BERRY MUSEUM ST. MORITZ**

The Bernina Pass seems to vibrate with life, with the light reflecting off the snow, the bright sky and the jagged mountain peaks in the distance. And yet the scene, depicting the view towards Piz dal Teo and Val Poschiavo, exudes a transcendent sense of calm. Engadin painter Peter Robert Berry II (1864–1942) captured the mountainous landscape one brush stroke at a time, standing on the ice-cold Bernina Pass in the middle of winter, equipped with his paintbrush, oil colours and canvas, and wearing a wide-brimmed hat, coat and gaiters. "The Great Silent Glow" is the name he gave the painting he finished in 1910. It's an exquisite example of his work, perfectly reflecting his love and longing for the Engadin light.

A life sketched out

Peter Robert Berry II was born into a well-respected family of doctors in 1864. His father, Peter Robert Berry I, became the physician at the Grand Hôtel des Bains in St. Moritz in 1865. His mother, Cecilia Stoppani, came from an upper-class family and his aunt, Maria Berry,

married pioneering Engadin hotelier Johannes Badrutt. As the eldest son of the family, his path was already laid out for him. He was expected to follow in his father's footsteps and become a doctor too. Berry did what was expected of him and went to school in Chur before studying medicine in Heidelberg, Leipzig and finally Zurich, where he completed his doctorate in 1892. At the age of 29, he moved back to St. Moritz and took over as head physician at the Heilquellen-Gesellschaft in St. Moritz-Bad. It looked like the sketch was coming together on the page.

But then some unexpected shades started to creep into the picture. Starting with red – the colour of love. Berry fell for Kitty Spalding, the American daughter of a sugar baron from Hawaii. To keep her and his future father-in-law happy, he decided to complete further training courses in Paris and Berlin with a view to specialising in surgery. But he lacked ambition and found himself longing for something else. Something white and bright and clear like the light in the Engadin. Berry wanted to become a painter. And he wanted to follow his heart and give up his career for his calling. The Spalding family eventually broke off the engagement in 1896/97 and Berry returned to the Engadin.

A new start

Berry wasn't happy with his first attempts to recreate his vision on paper using coloured pencils and pastels. He turned to his artist friend Giovanni Giacometti for help. This is what he wrote to him in September 1898: "So it has become my dream to learn the proper way to use oil paints. I was wondering if you'd have the time and inclination to help me make this dream come true?" Giacometti didn't have time to help, but was supportive of his friend's desire to become a painter, so he recommended the Académie Julian in Paris. Berry decided to pursue this recommendation, pick up his paintbrush and become a student again. Between 1901 and 1906, he studied at a range of institutes – the Académie Julian in Paris, Heinrich Knirr's art school in Munich and another Parisian art academy in Montparnasse. It was during this time – in 1905, to be precise – that he started to

Peter Robert Berry II loved painting in the great outdoors, and the Julier and Bernina Passes were his favourite spots.



Peter Robert Berry II,
"The Great Silent Glow",
1909 – 1910.



From sophisticated physician
to withdrawn painter:
Peter Robert Berry II in a
photo from 1909.



spend his winters on the Bernina and Julier Passes in the Engadin in order to try to capture the Engadin light in the open air and freezing cold.

Leading light

Berry ended up moving back to the Engadin for good in 1908 and marrying Maria Rocco, Badrutt's granddaughter. Many of his works of art focus on the unique light and the way it bathes the mountains and contours of the high Alpine valley region in a gorgeous glow. He took his inspiration from none other than Giovanni Segantini, the master of the Engadin light. Berry picked up the technique of divisionism from Segantini, which involves dabbing dots of colour next to each other to create a mosaic effect rather than mixing colours together. This requires the person looking at the painting to combine the colours optically. Segantini believed that this was the best way to capture the clarity and radiance of the light up in the mountains. And Berry also succeeded in reflecting that special Engadin glow with this technique. Having had the chance to meet his role model in person before his death in 1899, Berry paid his respects by joining the committee responsible for setting up the Segantini Museum in 1907/08. Unlike Segantini, who was already an internationally renowned artist when he moved to Maloja in 1894, Berry didn't gain much recognition for his art during his lifetime. Many of his works – including his beautifully lit landscapes, his dynamic depictions of sports on Lake St. Moritz and his later, more abstract pieces – are still owned by his family. His loss was the Engadin region's gain, because these works are now accessible to the general public at the Berry Museum, which was founded in 2004 by the painter's grandson, Peter Robert Berry IV. It's located less than a kilometre away from the Segantini Museum, in a happy coincidence that feels rather fitting.



Berry Museum

The Berry Museum in the centre of St. Moritz is dedicated to the life and work of Peter Robert Berry II. The collection features paintings and sketches that light up the room with their quiet radiance. engadin.ch/berrymuseum

Diversited culturela

A diverse museum culture



2 Giovanni Segantini, "Ave Maria Crossing the Lake", 1886.

Hotspot for artists

During the 18th and 19th centuries, no end of artists made their way to the Engadin to capture the glorious light. It's no surprise, then, that all kinds of museums subsequently sprang up in the region's villages. Local museums, studios, libraries and exhibition spaces formed the Engadin Association of Cultural Institutions in 2021 with the aim of establishing the importance of language, culture and art in the Upper Engadin and working together to create a financially viable and sustainable museum culture in the local area.

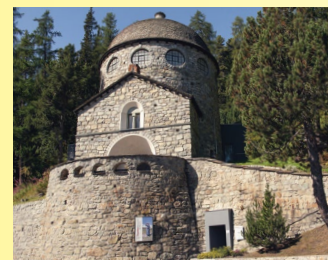
engadin.ch/culture

Image: Wikimedia Commons



1 Berry Museum – authentic
See page 93.

2 Segantini Museum – enlightening
It's almost impossible to find another painter who captured the unique light



of the Engadin high valley region as perfectly as Giovanni Segantini. The St. Moritz museum dedicated to the artist who revived the tradition of Alpine painting is home to the biggest and best collection of his work in the world.
engadin.ch/segantini-museum

3 Atelier Segantini – l'Atelier della luce
The Atelier Segantini in Maloja is a round wooden building located behind



the house where the artist used to live. There's an incredible Murano glass chandelier with 18 arms inside, which holds the key to the story of Giovanni Segantini's son Gottardo, himself an artist (1882–1974). You can find out more about him at the museum, as well as delving into his father's letters, photos and pictures.

engadin.ch/atelier-segantini-maloja

4 Nietzsche Haus – philosopher's retreat

Friedrich Nietzsche's search for the perfect weather conditions led him to Sils, where he spent seven summers between 1881 and 1888. The house where he always rented a modest room

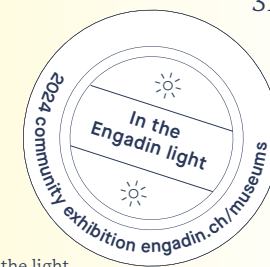


has been transformed into a museum hosting a permanent exhibition on his life and work.

engadin.ch/nietzsche-house

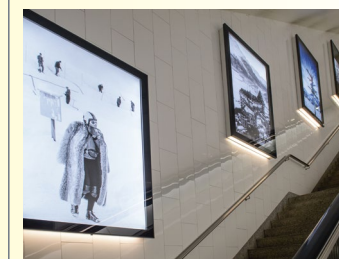
5 Sils Museum – a museum for Sils and its visitors

This museum celebrates the cultural history of Sils and the work of local painter Andrea Robbi (1864–1945), who



captured the light and shade of the place he called home in his Belle Époque paintings.
engadin.ch/andrea-robbi

6 The St. Moritz Design Gallery – 24/7
The St. Moritz Design Gallery presents temporary exhibitions showcasing historical photographs and posters in



lit-up display cases along the pedestrian passageway between Badrutt's Palace Hotel and the lake.

engadin.ch/st-moritz-design-gallery

7 St. Moritz Documentation Library – the collective memory of St. Moritz

The Documentation Library is home to records and documents covering the past, present and future of St. Moritz. You can even uncover the story behind the famous sun logo that has been the symbol of St. Moritz since the 1930s.

engadin.ch/documental-library



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8 Mili Weber Museum St. Moritz – magical

Multi-talented artist Mili Weber produced watercolour paintings, oil paintings and frescos. She also recorded her own philosophy of life in countless hand-written stories accompanied by illustrations and songs. Light, love and



hope were Mili Weber's core values.
engadin.ch/mili-weber-house

9 Museum Engiadinais, St. Moritz – pioneering

Museum Engiadinais is one of the oldest museums in the canton of



Graubünden. It is home to a collection of ornate interiors and furnishings spanning five centuries that invites visitors to explore the space and take a journey back in time.
engadin.ch/engadinermuseum

10 Chesa Planta Samedan – la rumauntscha

The Chesa Planta Museum in Samedan is a hub for Romansh language and culture in the Upper Engadin. The Romansh library and the museum of living culture provide a cultural foundation and backdrop that extends



outside into the glorious sun-soaked garden. engadin.ch/museum-chesa-planta

11 Alpine Museum, Pontresina – illuminating

The Alpine Museum is located in a traditional Engadin house dating back to 1716. The permanent exhibitions offer insights into the history of



summer and winter tourism in the Alps, local flora and fauna, and the geology of the Graubünden mountains.
engadin.ch/museumalpin

12 Studios of Turo Pedretti/Giuliano Pedretti, Celerina – inspiring

Local painter Turo Pedretti (1896–1964) was fascinated by the colourful reflections created by sun- and moonlight. Meanwhile, in the studio of sculptor Giuliano Pedretti (1924–2012)



next door, statues and artefacts reveal this artist's masterful approach to light and shade.
engadin.ch/turo-pedretti-atelier

13 La Tuor, Samedan – revealing

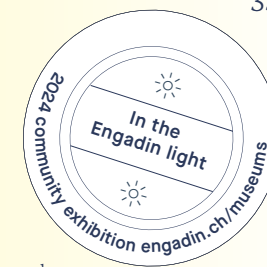
Through its architecture, craft and design exhibitions in the historical tower in Samedan, the Fundaziun La



Tuor provides a modern platform for cultural dialogue between locals and tourists. engadin.ch/latuor

14 Upper Engadin Cultural Archives, Samedan/Zuoz – valley records

The Upper Engadin Cultural Archives collects and archives documents, pictures and artefacts relating to the culture of the local population and makes them accessible to anyone who is interested. Explore kaleidoscopic views of shining glaciers, ice crystals, myths and legends. engadin.ch/kulturarchiv



An aerial photograph of a large, rectangular wooden dining terrace built into a snowy mountain slope. The terrace is filled with numerous wooden tables and chairs, arranged in rows. A metal staircase leads up to the terrace from the left. The surrounding area is covered in deep snow, with some rocky patches visible. The sky is a clear, pale blue.

Culinaria

**“There is no sweeter sight
than sunlight.”**

FRIEDRICH SCHILLER (1759 – 1805), GERMAN
PHYSICIAN, POET, PHILOSOPHER AND HISTORIAN

Follow the sun

The best place to be between trips down the piste is undoubtedly sitting out on the terrace of a mountain restaurant. Nothing beats the feeling of the sun on your face as you admire the panoramic view and replenish some of the calories you just burned out on the slopes with a tasty treat.

Text MARTIN HOCH
Photographs FILIP ZUAN



Happiness is arriving up in the mountains at the same time as the sun.



EARLY MORNING SUN

Bergrestaurant Lagalb



☀️
80 places
in the sun

⚡ With a gradient of 86%, the Minor run is the steepest piste in Graubünden
♥ The view of Val Poschiavo to the south
🛷 Explore the Lagalb and Diavolezza mountains one after the other

The gondola up to the Lagalb mountain station just keeps going higher and higher. It's hard to describe just how incredible it feels to be one of the first skiers on the mountain, breathing in the cool, crisp early morning air. Enjoy the feeling of pure exhilaration as you click into your skis and glide down the perfect pistes all on your own. But the terrace at the mountain station is a tempting alternative... How about a cup of tea or coffee? Maybe a little something to eat? It's nice and quiet there too first thing in the morning. You'll struggle to find a seat later, but you can take your pick at this time of day. As soon as you take your seat, your face will be caressed by the first rays of the sun, bathing you in a gorgeous glow from way above Scima da Saoseo and Val Poschiavo. Heaven! The warmth of the sun and the spectacular panoramic view – of Piz Palü, Piz Bernina and Piz Morteratsch all in one – could easily make you forget that you actually came here to ski.



BRIGHT MIDDAY SUN
Alpetta, Corvatsch



☀️
160 places
in the sun

- ♥️ Snow Nights every Friday
- 🔪 Stop off for fondue during the Snow Nights
- 💧 Orma whisky is distilled up on Corvatsch

Hop off the gondola at Corvatsch mountain station, 3,303 metres above sea level. But don't rush off down the mountain on your skis or snowboard right away. First, make sure you take a moment to admire the stunning view of the Bernina massif right in front of you. And then it's time for a quick trip around the world – from the Engadin to the south of Argentina. To Bariloche in Patagonia, to be precise. This town was once home to Santiago, your host at the recently renovated Alpetta restaurant. And you can taste his roots in the succulent rib-eye steaks, côtes de boeuf and rich Malbecs he serves up. As you indulge in those irresistible South American delicacies and feel the sun on your face, there's every chance you'll never want the moment to end.



A terrace for meat-eaters and sun-worshippers.



The Kaiserschmarrn pancakes at Restaurant Pizzet are simply irresistible.



BLISSFUL AFTERNOON SUN
Restaurant Pizzet



☀️
300 places
in the sun

- ♥ The child-friendly Chastlatsch chairlift
- 🗺 Take the winter hiking trail to Pizzet
- 🛾 Toboggan back down to the valley after dessert

The slopes at the family-friendly Zuoz ski resort catch the sun’s warm rays pretty much all day long. And so do the perfectly positioned sun loungers. It must be time for a break... As you head up from the village towards Pizzet on the Chastlatsch chairlift, you’ll spot a sun terrace. This is Restaurant Pizzet, where you’ll find pure bliss in the form of fluffy Kaiserschmarrn pancakes and an extensive coffee menu offering everything from the house blend to coffee-based cocktails. Your hosts Gerhard and Kathrin Enn know exactly what their guests want. Meanwhile, diners can look forward to local delicacies and authentic dishes inspired by their Salzburg roots. And if you were so busy having fun on the slopes that you forgot to eat lunch, never fear – just order yourself a crispy pizza fresh from the wood-fired oven!

The Alpina Hütte on Corviglia has been home to the Skiclub Alpina for over a century.







Sometimes, you just can't get to the bar fast enough.



GENTLE EVENING SUN
Alpina Hütte, Corviglia



 200 places in the sun	 DJs play on sunny days  See out the day from the comfort of a wicker chair  Order a fondue dog from the bar
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When your legs start to feel heavy and the sun is slowly sinking in the west, you know it must be time to head over to the Alpina Hütte for a rest. There's no better place to soak up those last gentle rays. Home to the Skiclub Alpina St. Moritz, the hut has been sitting high above the Engadin lakes for over a century. It's a place of tradition with a modern twist. The contrast between the rustic restaurant and vibrant sun terrace says it all, really. The Rota family is on hand to serve you a warm welcome and a hearty meal. Perhaps pork knuckle with polenta? Or you can keep it simple and order a hot dog or even a fondue dog at the bar. With the music in the background and the panoramic mountain views in front of you, you're free to soak up every blissful second with a smile on your face. Cheers!



The Alpina Hütte is the perfect place to finish your day on the slopes.

Ün lö al sulagl

Eat and drink against a stunning backdrop



A place in the sun

Celerina – Italian cuisine’s influence is everywhere – even 2,278 metres above sea level. Restaurant Chadafö is famous for its incredible pizzas. But if that’s not enough to entice you in, the sprawling sun terrace should do the trick. engadin.ch/chadafoe-marguns

Image: zug

Image: Bäckerei Albris



Shining star

La Punt – The Krone in La Punt is a shining star on the Engadin culinary scene. British chef James Baron and his wife Natacha serve up traditional Alpine dishes with an innovative twist. engadin.ch/krone-hemmerly

Red hot

Zuoz – Hotel Castell’s striking signature Rote (“Red”) Bar designed by Zurich-based architect Gabrielle Hächler and multimedia artist Pipilotti Rist is the place to be. The neon “Spiritual Gold” sign is lit up in red to match the name of this buzzing bar. engadin.ch/hotelcastell

Bright and Sunny

St. Moritz – Pop-up restaurant Gamma’s at Scala has a jam-packed menu. Don’t miss out on the colourful cocktails – there are surprising original concoctions, fun twists on the classics and even a mocktail called Bright and Sunny. engadin.ch/restaurant-scala



Engadiner Torte

Pontresina – The bakery came first and Hotel Albris followed later. The Kochendörfer family has been baking up a storm here ever since 1896. The recipe for their signature Engadiner Torte has been kept secret for over 80 years, but it’s a creamier take on the nutty Bündner Nusstorte. engadin.ch/restaurant-albris



Gault-Millau points shared between 19 restaurants in the Engadins.

Liquid gold

St. Moritz & Pontresina – Bees from Gaumi apicultura buzz around the meadows at 2,000 metres above sea level all summer long and produce a deliciously golden local honey that keeps us going through the winter. gaumi.ch

A sumptuous stroll

Spend the evening wandering around the villages on a culinary tour. engadin.ch/events



1 A warm Pontresina welcome
This evening stroll takes you to six hotels, where tasty treats and fine wines await.



2 Dine Around Silvaplana
Take your pick from 11 restaurants in Silvaplana and Surlej, and enjoy a four-course meal for CHF 55. There’s a short walk after every course for a change of scenery.



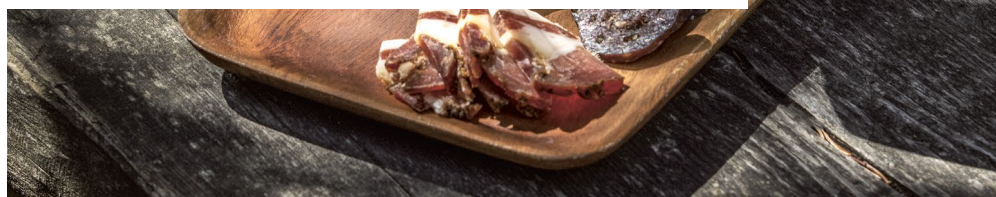
3 Celerina village tour
Enjoy mulled wine at every stop on this special tour through the idyllic village of Celerina

graubünden VIVA

How does a culinary voyage of discovery through the Graubünden sound?



graubündenVIVA is the best the canton has to offer in terms of pleasure, culinary enjoyment and regional specialities.
graubuendenviva.ch



Golden Plain in Pigna

This hearty oven-baked potato dish is an Engadin classic that harks back to a simple rural life in the valley. It's as golden as the Engadin sun and as crisp as the air on a cold winter's morning.

Serves 4:
 800g uncooked potatoes
 150g smoked or dried sausage, diced
 150g dry-cured ham, diced
 1 clove of garlic
 50g flour
 120g cornmeal
 200 ml milk
 Salt, pepper, nutmeg
 20g butter

1 Peel and grate the potatoes.

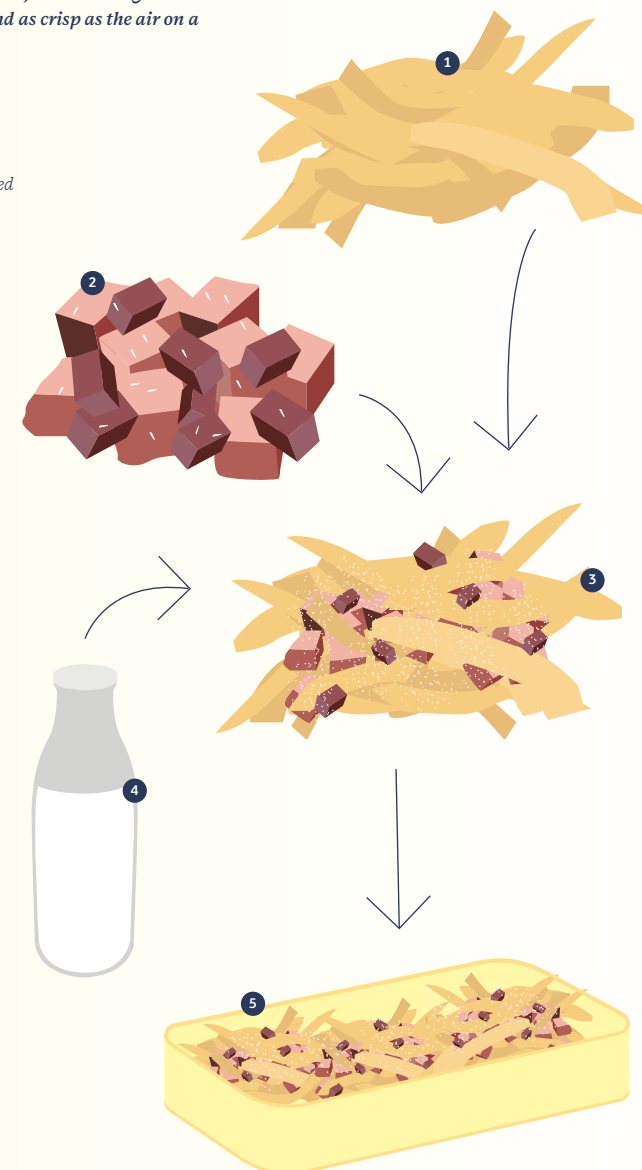
2 Mix the sausage and ham together. Press the garlic and mix with the meat.

3 Mix the potatoes, meat, flour and cornmeal thoroughly by hand.

4 Pour in the milk and season to taste.

5 Scoop the mixture into a greased oven dish. Cook for about an hour in a pre-heated oven at 180°C.

Tipp:
 Serve with apple sauce or salad.





Calma

“An individual life becomes more perfect in proportion to the influence of the light upon it.”

CHRISTOPH WILHELM HUFELAND (1762 – 1836),
PERSONAL PHYSICIAN OF JOHANN WOLFGANG
VON GOETHE



The happy vitamin

Sunshine releases endorphins, increases blood flow and boosts productivity. No wonder people who spend a lot of time in one of Switzerland's sunniest spots are so happy!



The Engadin is Switzerland's finest sunny spot.

We're all so worried about the health implications of sunbathing without sunscreen that we often forget the benefits the sun's rays bring us. When exposed to direct sunlight, our bodies create vitamin D, which boosts our immune system and keeps our bones, muscles and teeth strong and healthy. The 'sunshine vitamin' also brightens our mood and eases pain. Light also has a bigger impact on our sleep/wake cycle, hormone levels and body temperature than any other factor.

Other living organisms are also able to convert a substance stored in the skin cells into vitamin D when exposed to UVB rays. That explains how we're able to rely on the animals and plants we eat to provide us with some of our daily recommended intake. But the bottom line is that we still rely on natural sunlight to produce as much as 90% of the vitamin D our bodies need. And we have to get out in the fresh air to feel the benefits: the process doesn't work through a window. Depending on your skin type, you'll need to expose your hands, your face and parts of your arms and legs to the sun's rays for between five and 25 minutes a day to produce enough vitamin D. After that, it's time to cover up or apply sun cream with a high SPF.

There was probably an awful lot that Swiss doctor Oscar Bernhard didn't know about vitamins and sun protection when he invented sunlight therapy. But with over 300 days of sunshine a year in the Engadin, it's no wonder that a doctor from this high Alpine valley region came up with the idea of using sunlight to cure ailments at the start of the 20th century. Bernhard's heliotherapy caused quite a stir in the wider world, but was met with resistance closer to home in St. Moritz.

"The highest feeling that the human heart is capable of comes from the knowledge that one has saved another person's life." From Oscar Bernhard's notes.



Photo: Dokumentationsbibliothek St. Moritz

The healing power of the sun

In 1902, a doctor in the Engadin named Oscar Bernhard invented heliotherapy. He went on to save the lives of thousands of sick people using sunlight. And yet he never got the credit he deserved for his invention.

Text **STEPHANIE ELMER**

Here's a story that seems too good to be true. Picture a doctor standing by his patient's bed. He's examining a wound – a cut on the stomach that just won't heal. The sunlight brightening and warming up the room as it streams through the window gives the doctor an idea. What if the sun could be the key to healing wounds? The doctor thinks about the local farmers in the Engadin. When they air-dry their meat, it lasts longer because the sunlight kills off the bacteria. Interesting... Could the sun's power be harnessed in the same way to heal wounds? The patient's bed is pushed up against the open window so that the cut can be exposed to direct sunlight. It doesn't take long to start seeing results.

This scene took place at the hospital in Samedan back in 1902. The name of the doctor was Oscar Bernhard. And the day he moved his patient with the cut that wouldn't heal next to the open window was the day he invented heliotherapy. He may have started with that one patient, but he went on to save the lives of thousands of people.

Operations on the kitchen table

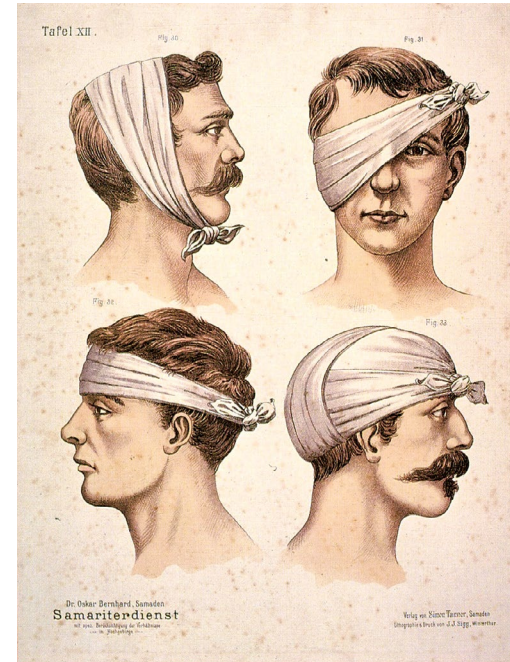
Oscar Bernhard was born in Samedan in 1861. His father, Samuel Bernhard, was a pharmacist and the inventor of the Alpine herbal liqueur "Iva". "Iva" is the Romansh name for musk yarrow, a delicate

herb that has been known to ease stomach problems for centuries. Oscar was still a teenager when his father opened the Iva factory back in 1880. It was one of the first small industrial businesses in the village.

We don't know too much about Oscar Bernhard's childhood and teenage years, so it's a case of putting together the pieces like a mosaic. We can start to build up a picture by thinking about how the harsh yet beautiful mountain landscape must have shaped his early years, and how he developed an interest in medicine and remedies at a young age. He shot his first chamois when he was 16 years old, and would go big-game hunting later in life. He completed his mountain guide training at the age of 18. After finishing high school, he studied medicine in Zurich and Heidelberg, and began work as a junior doctor in Bern. Later on, he became an Alpine rescue pioneer, creating beautifully designed information boards explaining how to treat and transport injured mountaineers. They were translated into multiple languages and used as a point of reference by the armed forces, Samaritan associations and Alpine clubs.

Once his time as a junior doctor had come to an end, he left the capital city behind him, returned to the Engadin mountains and opened his own practice in Samedan. He soon gained a reputation as a doctor who would stop at nothing to get to his patients if they couldn't make their own way to him – no matter how steep the slope, difficult the journey or stormy the weather. They called him "Il Bernard". In an article for Swiss newspaper NZZ, his biographer Heini Hofmann described how he ended up operating on his patients at home, on the kitchen table in the dim light of an oil lamp. Back then, the only hospital in the canton of Graubünden was in Chur. That meant a twelve-hour journey on a horse-drawn carriage.

And so Oscar Bernhard fought for a hospital to be built in Samedan: a hospital that remains the highest acute-care hospital in Europe to this day. The Red Cross later wrote that: "Oscar Bernhard went to extreme lengths to improve healthcare in his home canton of Graubünden." The hospital opened its doors in 1895, and Oscar Bernhard took on the role of head physician at the tender age of 34.



As a mountain rescue pioneer, Oscar Bernhard was responsible for the content in this Samaritan booklet from 1896.

Oscar Bernhard
treated patients with
osteoarticular
tuberculosis at his
private heliotherapy
clinic above St.
Moritz.





Photos: Dokumentationsbibliothek St. Moritz

Children with tuberculosis who had been prescribed sunlight therapy at the start of the 20th century.

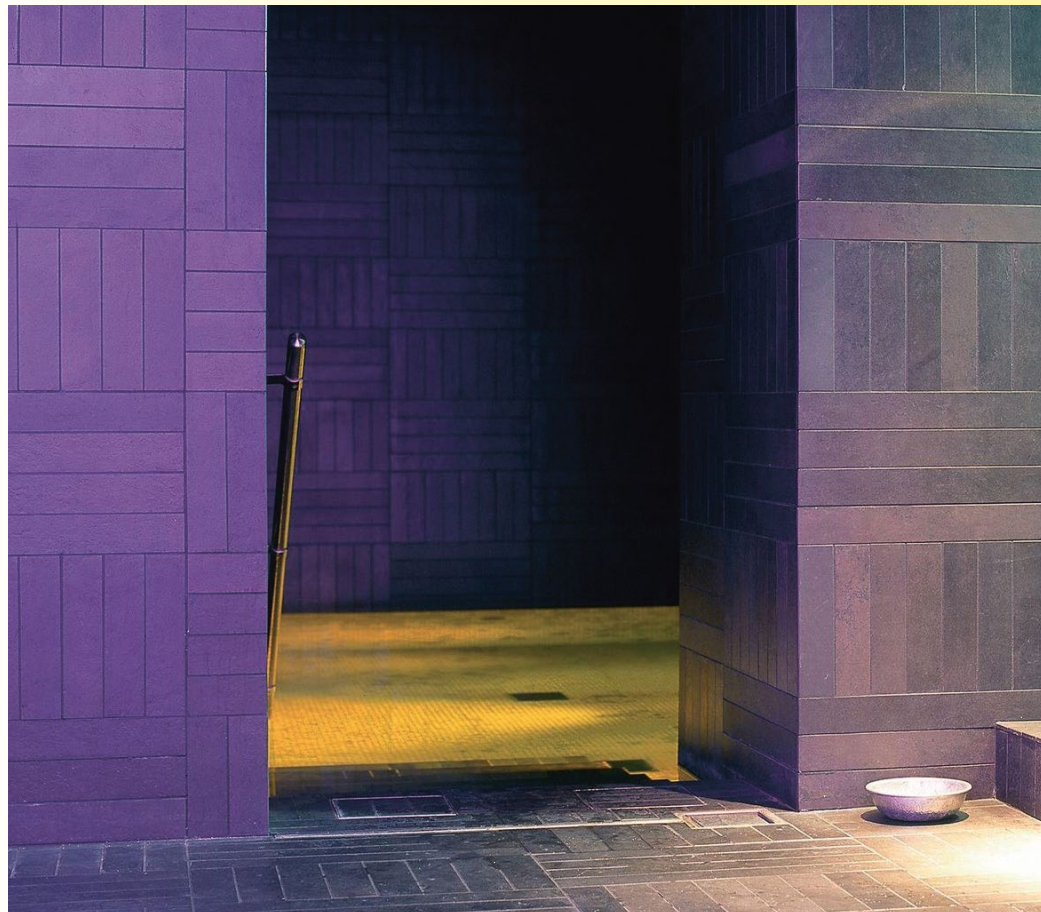
And it was in that very hospital that he would discover heliotherapy on that sunny day in 1902. Following on from that initial success, he used sunlight to treat fistulas, and subsequently ulcers in patients with tuberculosis. People with tuberculosis of the bones were the next to benefit from the sunlight treatment. His sun therapy caused a storm the world over. In fact, he was nominated for the Nobel Prize in Physiology or Medicine six times between 1920 and 1932, yet never named the winner. As you read these few-and-far-between fragments from his life story, this fact comes to feel symbolic of the general lack of recognition Oscar Bernhard received for his pioneering contributions during his lifetime and beyond.

Strong and sporty over sickly

In 1907, Oscar Bernhard left the hospital in Samedan to open up his own sunlight therapy clinic in St. Moritz. Despite his global success, he did not receive a warm welcome there. In fact, his plans to build an even bigger clinic later on were blocked. There seemed to be concern about the negative image associated with unhealthy people. At a time when the tourism sector was booming, people wanted to see fit and healthy mountaineers around, rather than weak and sickly patients. And so Bernhard found himself at a dead end in his career. Meanwhile, another doctor called Auguste Rollier opened 35 heliotherapy clinics in Leysin. According to his biographer Hofmann, Bernhard wasn't worried about the competition. In fact, he was delighted to see his medical findings being put to good use on such a large scale elsewhere in the country. During the First World War, Bernhard worked as a surgeon at French, German and British military hospitals. But things weren't always a matter of life or death for him – he also managed to enjoy some of the finer things in life. He developed a close friendship with the artist Giovanni Segantini and became his patron. When Segantini fell ill up on the Schafberg mountain, Bernhard climbed up to be with him and stayed by his bedside until he died five days later. Bernhard went on to co-found the Segantini Museum in St. Moritz. These two friends whose lives couldn't have been more different had one thing in common – their use of light helped them to achieve great things in their respective fields.

Bagns da sulagl

Sunbaths and so much more



Go gold

Zuoz – The Castell was the first hotel to bring Middle Eastern bathing culture to the Alps with its hammam. What could be better than stepping out of the bitter cold and into the comforting cocoon of the hotel's

own hammam, with multiple rooms offering both warmth and refreshment? The indulgent experience ends with you plunging into a gold bath. engadin.ch/hamam-castell

The water is gold at the Hotel Castell hammam.

Spa days in the sunlight

Many of the spa and wellness hotels in the Engadin offer you the chance to indulge in refreshing relaxation just for the day.

1 Hotel Waldhaus

Sils – The boundaries between the inside and outside worlds are blurred in this spa area designed by the architects at Miller & Maranta. The unexpected lighting has you walking on a moss-covered forest floor and staring up into the treetops. engadin.ch/waldhaus-wellness

2 Kronenhof

Pontresina – The Kronenhof Night Spa is a monthly event, with cocktails, fruity smoothies, refreshing body scrubs and massages on the menu. engadin.ch/kronenhof-spa-massagen

3 Cresta Palace

Celerina – Take in the winter sun streaming through the floor-to-ceiling windows and onto the huge pool at the Vita Pura Spa. engadin.ch/cresta-palace-day-spa

4 Giardino Mountain

Champfer – Who says you have to travel all the way to India for Ayurveda? engadin.ch/giardino-wellness



Hot tub in the sun

It doesn't get much more luxurious than sinking into a hot tub high in the mountains after a long day of skiing, as everyone else heads back down to the valley. If that sounds like your idea of heaven, head straight to the Berghaus Diavolezza, located almost 3,000 metres above sea level. As the day draws to a close, guests can plunge into the warm water bubbling away at 40 degrees and stay right there until the stars are shining brightly in the night sky above Piz Palü. engadin.ch/hot-tub



2,079

hours of
sunshine a year on
Piz Corvatsch.



Public baths

Hotel spas aren't the only place you can find saunas, steam rooms, baths and wellness areas.

Aroma baths, Heilbad St. Moritz

St. Moritz – Here, you can not only enjoy a healing carbon dioxide mineral bath – you can also choose the perfect accompanying aroma to suit your mental and physical state. Take your pick from the Rosemary Morning Bath to the Lemon Balm Evening Bath and everything in between. engadin.ch/medical-therapy

Mineral baths

Samedan – The public mineral baths provide the perfect balance of colour, light and water across five floors, from the rooftop bath with a stunning view to the ground-floor steam rooms. engadin.ch/mineral-bath

Bellavita candlelit evenings

Pontresina – The water play area and diving board will keep the kids entertained while you go for a relaxing swim or unwind in the spa. Candlelit evenings are a regular fixture on the calendar. engadin.ch/bellavita-pool

Medical wellness

In 2020, the Cresta Palace Hotel in Celerina and the Upper Engadin Hospital joined forces to launch the first medical wellness service in Upper Engadin. Top medical treatment meets traditional Engadin hospitality. engadin.ch/cresta-palace-day-spa

SIX UNIQUE SPA FACILITIES IN SWITZERLAND

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ENJOY – RELAX – LET TIME SLIP AWAY
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Bern | Schönbühl | Samedan | Zürich | Rigi Kaltbad | Locarno

aqua-spa-resorts.ch



Vitamin D top-up stations

1 Hotel Muottas Muragl
Samedan – At almost 2,500 metres above sea level, the sun suddenly feels so much closer on the terrace at Hotel Muottas Muragl.

2 Hotel Sonne
Val Fex – Soak up the sun on the small terrace at Hotel Sonne on the edge of the car-free Fex Valley. Make sure you try the home-made apple strudel while you're there!

3 Crast'Ota
Pontresina – People suffering from lung diseases used to be sent here, but now holidaymakers can enjoy the panoramic view of the Roseg Valley on a sunny winter's day. Sun loungers and blankets are provided free of charge by the local municipality.

4 Hotel Roseg Gletscher
Val Roseg – Oh so quiet... You can admire the view of the Sella group of mountains as you soak up the sun in front of Hotel Roseg Gletscher.



Bottled sunshine

The special light and air conditions allow no end of medicinal plants and herbs to thrive in the Engadin. They are used as ingredients in exquisite beauty and grooming products.



Savun Engiadina

Bever – Savun Engiadina uses Swiss pine essential oil, herbs and honey all sourced from the Engadin to make its soaps. savun-engiadina.ch



Flourishing flora

Soglio – The conditions in the Italian-speaking municipality of Bregaglia are perfect for growing the ingredients for natural pampering products like marigold body scrub. soglio-produkte.ch



Engadin sports ointment

The Engadin marmot oil, arnica, comfrey and quartz in the Engadin sports ointment will work wonders on your aching muscles.



Sunglasses

Pontresina – Can you think of a more fitting souvenir to take home from your holiday than a new pair of sunglasses? Check out the latest models at giovanoli-optik.ch

The world's first yoga slope

There are four allocated spots on the Paradiso piste in the Corviglia snow sports area where you can practise "Yoga on Snow" on your own or with a professional instructor. Skiers can make the most of short breaks in the snow and sun to take in the stunning natural landscapes around them, forget about everyday life and recharge their batteries. engadin.ch/yoga-snow

"Fighting frailty and flatulence in one"

That's how one natural scientist described the effect of Iva liqueur from the Upper Engadin back in the 19th century. Many families still keep their own secret recipes for the local herbal liqueur close to their chests. Only the main ingredients are revealed: one litre of pure alcohol, four handfuls of yarrow flowers and sugar syrup.



Freestyle

“With a snowboard on
your feet, the sky is the limit.”

JEREMY JONES, FORMER US
PROFESSIONAL SNOWBOARDER

Photo: Colin Frei



Rising stars and superstars



Talented young snowboarder Lynn Preisig meets professional snowboarder Nicolas Huber at Corvatsch Park.

With the sun shining hazily through the thin clouds high above Corvatsch, 11-year-old Lynn Preisig has just unexpectedly had a dream of hers come true. The young girl from Samedan has just met her idol Nicolas Huber at the snow park. Lynn is currently training at the Fresk Snowboard Academy and “Nic” is paying a flying visit to his second home while he’s between competitions. Two weeks previously, just before the end of the season, he won the bronze medal in the Big Air competition at the Freestyle World Championships in Bakuriani, Georgia.

But does the season ever really end? If you’re a professional snowboarder – or aspiring to be one – you have to train all year round. As talented young Lynn knows only too well: “During the winter, my schedule includes snowboard training three times a week, plus strength and jump training on the trampoline another three days a week.” Once the ski lifts stop running, she starts on her summer training at the Fresk Academy – and it’s no less intensive.

“It used to be the case that snowboarders switched to surfing during the summer and gradually got back on their snowboards in the autumn,” says Nic Huber, laughing. “But now we train all year long.” He follows behind Lynn, jumping onto one of the slopestyle obstacles.

Later, he’ll give her some top tips on specific tricks and jumps. He loves watching talented young snowboarders while he’s on his travels. “I enjoy giving out advice, so I always make time for it.” Well, Lynn’s holding him to his word this afternoon. When the Freestyle World Championships are held in the Engadin in 2025, she’ll still be too young to compete. But who knows? Maybe she’ll be one of the rising stars in the Swiss snowboarding firmament someday soon.

Nicolas Huber shows
Lynn how to perfect
her Straight Air.



“I’m living my dream.
Every single day.”

It was Nicolas Huber’s social media clips that made him a star. When the professional freestyle snowboarder isn’t filming quirky videos, he’s flying through the air at competitions. In this interview, he talks about how he got started in the sport and made his way to the top.

Text KARIN DEHMER
Photographs COLIN FREI

This halfpipe trick
is called a Handplant
Nose Grab.



Nic, you didn't discover snowboarding until you were 12 years old. Do you think that would be too late to make it as a professional athlete nowadays?

Nicolas Huber: I think it would still be possible. It all comes down to how hard you train. And general athletic ability and agility are important too. Skating or surfing experience also helps.

What about ambition?

I would say a love of sport is right up there with ambition. But yes, the desire to keep on improving is a huge driver.

What advice would you give your younger self out on his snowboard every weekend, dreaming of making it as a pro one day?

I'd tell him to be patient. And I'd share some technical tips with him to fill in some of the gaps (laughs). I trained without a trainer for a long time and I picked up bad habits that I had to work hard to unlearn later.

So would you recommend that talented and ambitious youngsters start working with professionals sooner rather than later?

I'd say that it's definitely a good idea to practise with people who are better than you. People who can give you tips and

show you the technical basics. At the same time, and I'm about to contradict what I just said, there's a danger in bombarding children with too much technical stuff. Their love of the sport should always come first. It's all about finding a balance.

The first Snowboard World Championships were held in 1996. Can you summarise what you think has changed in those 30 or so years, other than the sport becoming riskier?

I wouldn't necessarily agree that the sport has become riskier. I might even go so far as to say that the opposite is true.

Why is that?

The sport has become more professional. Looking back, I think the things snowboarders were trying out back in those days were completely crazy. All kinds of extreme jumps that just didn't work at all. These days, we train and practice jumps with full control right from the start. That minimises the risks.

But the halfpipes and jumps are so much higher now, aren't they?

That's true. Snowboarding has reached the limits of what's possible in terms of technique and difficulty. Since it



Nicolas Huber feels
at his most weight-
less and free when
performing the Switch
Backside 540 spin.



28-year-old Nicolas Huber has been representing Swiss Snowboard for seven years.

“All the snowboarders I speak to when I’m touring agree that Corvatsch Park is the best in the world.”

became an Olympic sport, snowboarding has evolved to become seriously competitive. There’s more money in it and the training is tougher and more professional.

The Engadin is your second home. Will you be feeling the pressure when you take part in the world championships here in 2025?

No, quite the opposite. I feel privileged that I’ll be able to compete at home in such a major event during my peak years as a professional snowboarder. I think it actually puts me at an advantage because I know Corvatsch Park and the weather and the crew so well. I really do feel right at home here.

What’s so special about Corvatsch Park?

All the snowboarders I speak to when I’m touring agree that Corvatsch Park is the best in the world. The crew raise their game every year and the park is even better than the year before. And I’m not just saying that because I’m a huge fan. It’s genuinely true – everyone else agrees.

It’s often said that freestyle snowboarders are the mavericks of the winter sports world. Is that a cliché?

No, that’s pretty accurate. I’m definitely a maverick – there’s no arguing about that. No other winter sports athletes are as headstrong as us. And none of them love their freedom as much as we do. I do find it annoying that people think we’re just partying all the time, though. Because that’s just not fair. There’s no way we could perform at our level if it was true. Sure, we can party harder than the rest (laughs), but we work just as hard as other athletes, and we’re as disciplined as they are too.

Are you living your dream, Nic?

Absolutely. Every single day.



The Fresk Academy offers tailored freestyle courses for groups and individuals during the summer and winter. engadin.ch/fresk-en

Shredding, jumping, grabbing

Feel the freestyle flow here



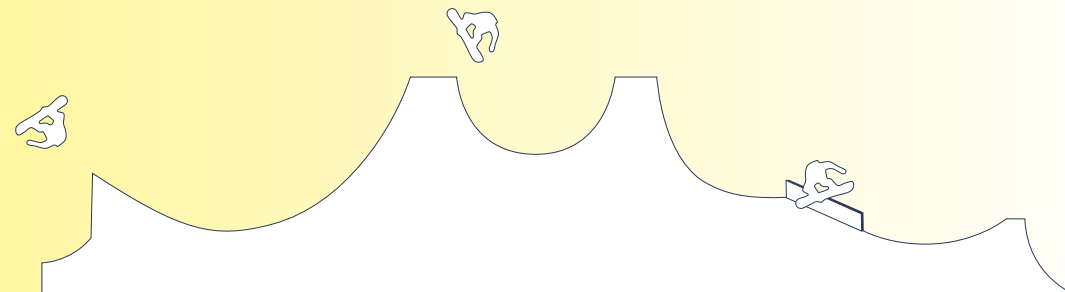
Freestyle heaven

Silvaplana – Corvatsch Park is one of the biggest snow parks in the Alpine region. Freestyle skiers and snowboarders are in their absolute element here from November to April. The park consists of the Pro Line,

the Easy & Medium Park, the Flow Line featuring waves and steep curves and the Fun Ride for beginners. Offering something for everyone, the park is re-shaped to perfection twice a day. engadin.ch/freestyle-en



For more freestyle action, head to **Corviglia Snowpark** or the **Fun Slope** in Gian Plaiv in Zuoz.



Big Air

One massive jump with as many daring tricks as possible.

Halfpipe

Competitors are scored on the height of their jumps, the difficulty of their tricks, and variety and style.

Slope Style

A course with a variety of obstacles and as many tricks as possible.

Learn from the pros

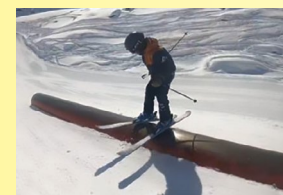
Fancy having a go at some tricks, jumps and slides on skis or a snowboard yourself? The quickest way to get going is to sign up for individual or group lessons from the pros.

1 Swiss Ski Schools

St. Moritz/Celerina/Corvatsch – Some Swiss Ski Schools offer freestyle courses alongside their standard skiing lessons. engadin.ch/skischools

2 Silvaplana Top Snowsports

Silvaplana – This snowsports school offers beginner and advanced skiing and snowboarding lessons to people of all ages, either on the slope or at the fun park. engadin.ch/silvaplana-snowsports



3 Fresk Freestyle Academy

Silvaplana – Children as young as six can attend one-to-one or group lessons with professional instructors and pick up cool tricks to perform on their skis or snowboard. engadin.ch/fresk-en



Looking for something different?

Snowkiting – Local snowkite schools around Lake Silvaplana and the Bernina Pass run courses at all levels, including some aimed at children aged eight and above. engadin.ch/snowkiting-bernina

Climbing – If the long days out on the slopes are starting to take their toll on your legs, try heading to the climbing wall at Serlas Parc in S-chanf and letting your arms do some of the hard work for a change. engadin.ch/climbing-and-boulderhall

1998

Snowboarding has been an Olympic sport since 1998.

Soft landing

The landing bag at the Fresk Freestyle Academy promises freestylers a soft landing at Corvatsch Park. It's open to everyone, no matter what level they're at.



FIS Freestyle World Ski Championships 2025

Add this date to your diary now! The FIS Freestyle World Ski Championships will be taking place in the Engadin (Corvatsch, Corviglia and Champfèr/St. Moritz) between 15 and 28 March 2025. freestylemoritz2025.ch



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Fun runs to suit every taste

Countless kilometres of piste await skiers and snowboarders in the Engadin. From easy practice slopes to challenging black runs, the region has everything to thrill winter sports enthusiasts of every ability.

1 Tricky runs

Aela – This small ski area near Maloja offers two challenging pistes for experienced skiers and snowboarders and, a little further up the valley, a practice slope for beginners.
engadin.ch/ski-lift-aela-maloja

2 Freeride paradise

Corvatsch – Alongside sensational runs on and off-piste, including the famous Hahnensee, attractions include one of the Alps' largest snowparks.
engadin.ch/corvatsch-snow-park

3 Beginner-friendly

Surlej – Novices enjoy the easiest conditions by the Cristins children's ski lift.
engadin.ch/ski-lift-cristins

4 Classic action

Corviglia – St. Moritz and Celerina's local mountain offers snow sports enthusiasts 36 runs of all levels of difficulty.
engadin.ch/corviglia-ski-snowboard

5 For budding racers

Languard – The small ski area with gentle lifts and Snowli Kids Village is ideal for families and beginners, who can enjoy their first experience of winter sports on the easy piste. Every Thursday, children's ski races take place.
engadin.ch/ski-lift-pontresina

6 Pistes for kids

Samedan – A long magic carpet, a fun park and practice terrain full of variety make this small ski area especially attractive for families and for ski and snowboard schools.
engadin.ch/ski-lift-survih-samedan

7 In a world of glaciers

Diavolezza/Lagalb – The large ski area boasts two superlatives: the longest secured glacier run in Switzerland and the steepest piste in the whole canton.
engadin.ch/glacierrun/

8 White playground

La Punt, Mùsella – A children's snow zone, magic carpet, play area and two child-friendly runs promise endless ski fun for youngsters.
engadin.ch/ski-lift-musella

9 For families

Zuoz – In the large children's ski area, youngsters hone their skills, experienced skiers and snowboarders enjoy the immaculately prepared pistes, and all who enjoy a little speed can glide down the race run with automatic speed timer.
engadin.ch/ski-area-zuoz

10 For novices

S-chanf – The beginner's lift and easy slope are ideal for all who are enjoying their first experience on skis or on a snowboard.
engadin.ch/bugls-s-chanf



Map: Rohweder



Manufactura

“All the variety, all the charm,
all the beauty of life is made
up of light and shadow.”

LEO TOLSTOY

Tanya Giovanoli
heads back to
the home of her
ancestors and her
childhood in Pila.

“Light and air are like a seasoning”

In days gone by, a tiny Tanya Giovanoli, dummy in mouth and giant knife in hand, could be seen standing beside her father in his butcher's shop. Representing the fourth generation of butchers in her family, she's inherited a passion for meat.

Text **KARIN DEHMER**
Photographs **FILIP ZUAN**

Tanya, you grew up in Pila, a hamlet above Maloja where there is one modern house and several buildings that are centuries old.

Tanya Giovanoli: My parents built the new house when I was about seven years old. Before that, we were a family of six living in the 300-year-old house where my father and my grandfather before him were born. We had around 30 square metres of space and there was no bathroom, no running water, no heating. The only toilet was in an outhouse. My great-great-grandfather originally leased the house from the ancestors of the sculptor Alberto Giacometti around 1830.

So you could say that your childhood and teenage years in the 80s and 90s weren't exactly typical for someone of your generation living in this country?

I would agree with that. We were farmers and butchers by trade. We would slaughter the animals in our own butcher's shop at home – just like the generations before us. We used wood for heating. Later on, when I lived in Zurich, the other tenants would always get a bill for additional costs, while I barely had any heating costs at all. Once you've spent your whole summer as a kid chopping wood to stay warm in the winter, it's ingrained into you to only heat the house when you really need to.

Tanya Giovanoli (born 1979) →

studied business studies and fashion marketing after training to become a butcher. After a varied career in the telecommunications and fashion industries, she founded her own butcher's business, "meat design", in 2019.

"It was time for me to get my hands dirty again. I wanted to go back to nature and back to my roots."

Did your family's simple way of life make you a bit of an outsider at school?

Of course. And I'm still an outsider now (laughs). Yeah, I stood out a bit. But I also picked up things along the way that have served me well. I'm especially grateful that I know how to be self-sufficient. I grow all my own vegetables in a huge garden – I even make my own polenta. And I've been making sausages since I was three years old.

What was your favourite thing to do at home?

That's easy – I was always at my happiest when working with meat. I was standing beside my father in the butcher's shop with a giant knife in my hand when I was still sucking on a dummy. I could never understand why the adults found it so shocking.

How did your father react when you told him you wanted to train as a butcher?

I was always top of the class at school. My parents were disappointed that I didn't want to go to the grammar school. They were relieved when I passed my school leaving exams and went on to university

later. But I did go full circle and end up back at my original passion – meat.

The butcher trade had always just been passed down informally from generation to generation before, so you were the first trained butcher in your family?

Yes, technically. But I can't say that my formal training taught me anything I didn't already know. My father had already taught me everything. Apart from how to make cervelat sausages, actually. Though I've already forgotten that again. Anyway, I do things completely differently to standard butchers – just like my father used to.

What does that mean exactly?

I do everything by hand. I don't use preservatives or artificial thickeners. I make my own spice blends and use real gut for the sausage skins. Rather than buying fat, I make my own lard. I'm following in the footsteps of my great-grandfather, my grandfather and my father. People say my approach is new or modern, but it's actually really traditional. It involves more work and I have to rely on the weather. And I earn less money this way because I can't produce large volumes.



The oldest house in the hamlet of Pila is 300 years old.



“What I miss most about home is the amazingly clear light and air. And the smell just before it starts to snow.”

Your meat doesn’t have the official title “Bündnerfleisch”. That was a decision you made out of principle, wasn’t it?

That’s right. Basically, they decided that it shouldn’t be possible for everyone to call their dried meat “Bündnerfleisch”, which I understand. But besides the rules you have to follow about how you make the meat and what it looks like, in 2001, they introduced another rule that you have to join an association if you want to be able to use the “Bündnerfleisch” label. My father and I were in agreement – we wanted no part in it. So we just call our meat “Bündnerfleisch” instead.

Your father would always hang up his Bindefleisch to dry in the light and the Engadin air. And you dry your meat in an old barn that has plenty of light and air coming into it. Why is that?

If your surroundings are too sterile, you don’t get the fungi you need for the fermentation process to happen. You want things to be clean enough, but not too clean. The humidity, temperature and salt content have to be spot on.

You haven’t lived or worked in the Engadin for years now. What do you miss most about home?

The amazingly clear light and the air. The smell just before it starts to snow. And the starry sky! There’s no light pollution whatsoever in Pila. At night, the Milky Way looks close enough to touch.

Do you think your father still appreciated what a special place Pila is, even after he and his ancestors had been living there all those years?

100%. He knew exactly where the sun would be in the sky at any given time on any given day. When he was tired, he’d sit outside in the sun. He said it was his way of powering back up.

So the sunlight charged him up like a battery?

Exactly. We would often sit out on the steps and soak up the sun.

I take it that would have been without sun cream?

Well, this is the crazy thing: nobody in my family needs sun cream. We never get sunburnt. I’m sure it’s because we’ve been living in this sun-soaked place for so many generations.



Bindefleisch Giovanoli style

- 1 Take one of the best cuts of meat from a cow – something like the shank (that's the thigh meat).
- 2 Rub the meat with salt, pepper and garlic to season it.
- 3 Sprinkle it with Himalayan salt and leave it for two weeks.
- 4 Then, depending on the weather and how big the piece of meat is, it needs to be left to air-dry for three to four months.
- 5 As part of the wild fermentation process, a yeast fungus forms on the surface. During the drying process, the meat loses up to 60% of its original weight.

“Light and air are like a seasoning. The sunny days and the dry, cold winter air in the Engadin offer the perfect conditions for drying meat.”



Renato Giovanoli (1934 – 2020) →

represented the third generation of farmers and butchers in his family. He was known for his dried meat products in the Engadin and beyond. Tanya Giovanoli: “His products were simply the best around. And he was such an interesting and charismatic man on top of that. He was well-read and had an interest in art and politics.

Customers came from far and wide. And they often ended up staying longer than they needed to just to chat to him for a while.”

Are there moments in your work when you miss your father?

Of course. Sometimes I wish I could just give him a call. I always dream that he isn't dead and that he doesn't know that we buried him.

What are the most annoying things vegetarians and vegans say?

I'm often called a murderer. I find that interesting because, at the end of the day, lots of the things we consume have a negative impact on other living beings. Just think about cotton production and the working conditions in the textile industry in general. But I do find it problematic when people who do eat meat think that a dead animal is only good for the premium cuts and fillets.

It's important to you to use every single part of a dead animal where possible. You call it “clean butchery”, right?

I believe we should show every animal that has died for us the respect it deserves by using every scrap – even the less glamorous bits. I make lard and use up the offal. Instead of relying on artificial thickeners to make sausages, I put the heart to good use. When you go

to a butcher's shop in Italy, you see pigs' heads and tongues on display in the window. We're really losing that awareness of where meat comes from.

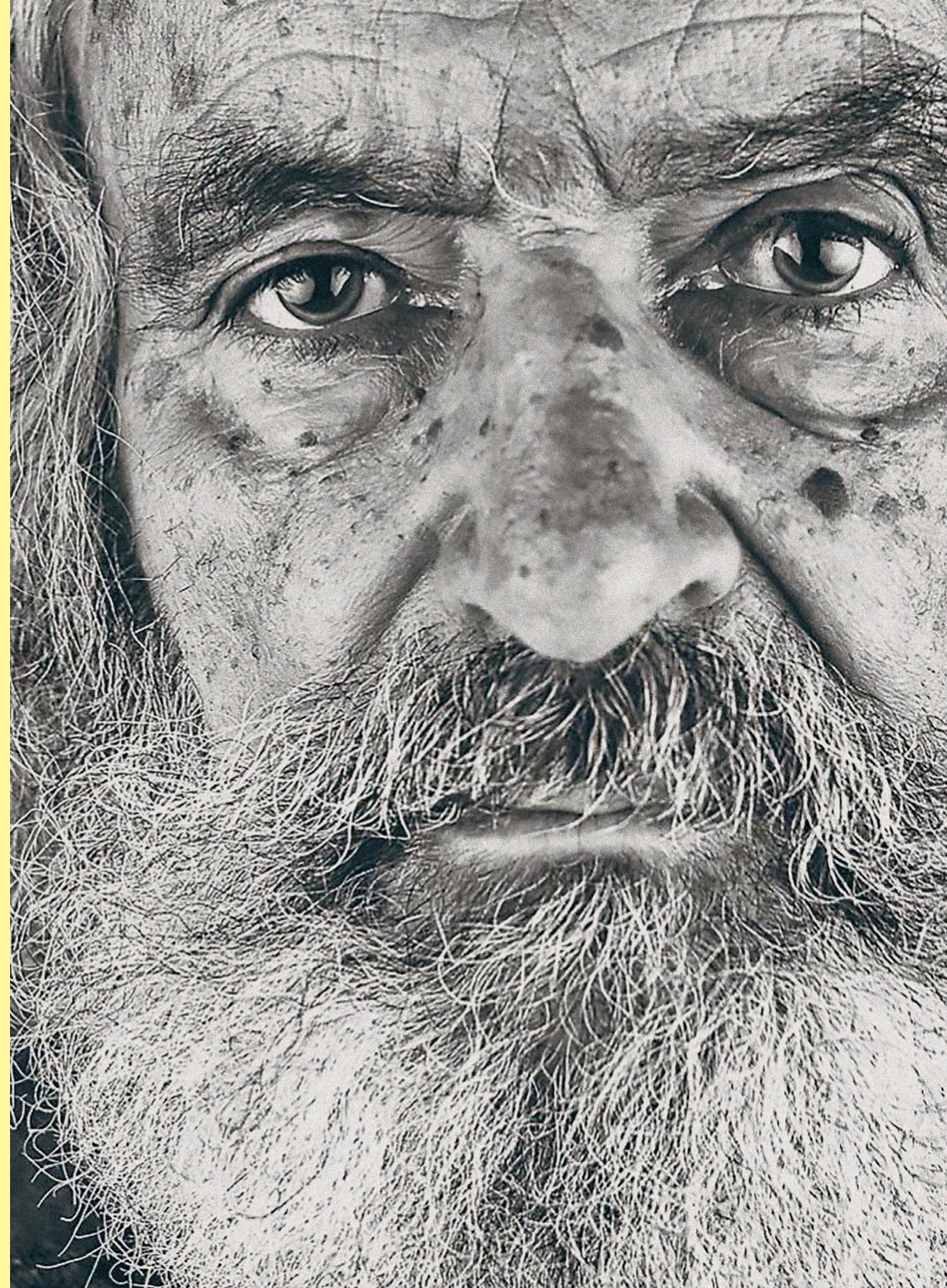
You have Giovanoli family recipes that have been passed down verbally from generation to generation. Will you share them with your own daughter one day?

I've already started to write them down. But you need more than the recipe to produce a decent bit of air-dried meat. It's all in the technique and it's not easy. I'm not expecting my daughter to train to be a butcher unless that's what she herself wants. She's nine years old, so she's interested in other things right now. But I do hope that she shows an interest in what I do and why I do it the way I do it. Otherwise, our family traditions might end up being lost forever.



Tanya Giovanoli's meat products are available to buy in selected delis and online at: meatdesign.ch

Photo: Remo Neuhaus, remoneuhaus.com



Fat a maun

Made in the Engadin



Let the sparks fly

Val Fex – When Roger Rominger forges his exclusive Damascus steel knives over the open fire, sparks fly. What sets a Damascus knife apart from other knives – beyond how sharp it is – is the decorative grain on the blade. It's a sure-fire sign of the elaborate process involved in making it. Every knife that comes out of Roger Rominger's workshop is a one-off work of art. engadin.ch/sharp-art

Arts and crafts

It's not just painters and writers who rely on the incredible light in the region to produce their best work. All kinds of artists make the most of the lighting conditions up in the Engadin.



Take a turn for the better

Zuoz – If you're lucky, you'll be able to see new crockery being thrown into life on the potter's wheel at Stüva Ceramica, a small ceramics shop. engadin.ch/ceramica



Wood you believe it?

Samedan – Nora Engel's wooden sculptures – realistic people and animals, ornaments and abstract art – are so incredible that you have to see them to believe them. engadin.ch/wood-sculptor



All that glitters is gold

Sils – The Engadin with its rocks, nature and light is the inspiration behind the bespoke jewellery from this goldsmith's studio in Sils. engadin.ch/goldsmith-studio



Traditional Engadin handicraft

Bündner cross stitch is a traditional handicraft. Well-to-do households – mainly in the Engadin – have been upgrading bed linen, towels, tablecloths and traditional clothing with pretty patterns for over two centuries.

50

years – that's how long Vulpius has been around as the go-to boutique for arts and crafts supplies in Pontresina. This is the place to go for anyone who enjoys getting crafty. engadin.ch/vulpius-boutique



The sun as a symbol

St. Moritz – Glattfelder is a specialist store selling the finest tea, coffee and caviar. This local institution with a golden sun in its logo has been on the scene in St. Moritz for 80 years. engadin.ch/glattfelder-specialty

Liquid gold

Silvaplana – “Orma” is the Romansh word for “soul”. And Orma whisky certainly has soul. It must be something to do with the fact that it's distilled at the highest whisky distillery in the world, near the sun-soaked Corvatsch mountain station. The altitude has an impact on the distillation process, with colder temperatures outside allowing more flavours and aromas to shine through. engadin.ch/orma-degustation

Fiery red...

La Punt & Pontresina – ... That's the colour of Riccardo Laudénbächer's salmon. The managing director of the specialist shop established in 1965 catches the salmon himself in Alaska, his home away from home, and then smokes the fish back in La Punt. Wild Alaskan red salmon is a treat for the eyes and the tastebuds of any gourmet. engadin.ch/laudenbacher-beef

Romantic Schlitteda in the sunshine

The “Schlitteda” tradition dates back to a time when horse-drawn sleighs were the only way to travel around the Engadin during the winter. People would even travel to weddings this way. Now, on the second Sunday in January every year, young men travel to pick up their dates on a decorated sleigh. The women wear beautifully embroidered traditional dresses in a rich red that looks exquisite in the winter sun. engadin.ch/culture



We have in our company the most important tool: **the creativity**



newrada.com

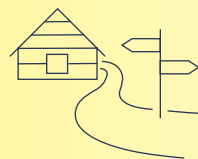
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Fresh from the farm

Local farm shops are filled with delights grown and produced in the Engadin sun – to be eaten there and then or taken home to enjoy later.

engadin.ch/shopping

1 Stable tour

Samedan – Gian Sutter's family-run farm and shop is also a hit with kids who love animals.

2 Calling all carnivores

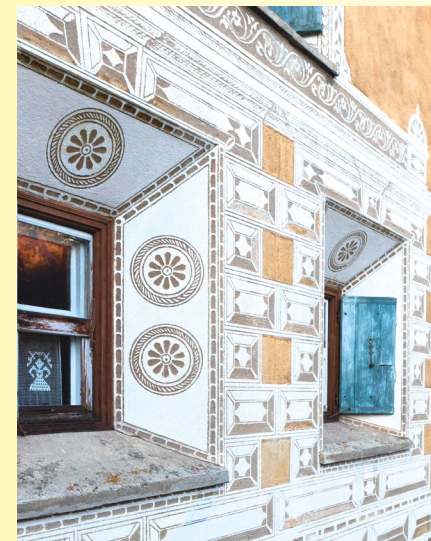
Madulain – Meat lovers can stock up on organic Natura Angus beef, smoked sausage and air-dried meat straight from the farm.

3 Mini shopping centre

Celerina – Bain Crasta has it all! With everything from smoked sausage and cheese to pepper-mint syrup and dandelion honey, it's impossible to walk away empty-handed.

4 Cheers to cheese

Val Fex – Crasta Farm is happy to share the secret behind its cheese with anyone who stops by: it's the milk from the pure-bred Tyrol Grey cows that makes this Fex Valley delicacy so irresistible.



Bright colours from the past

Bever – Visitors strolling through the village can't help but stop and stare at the house fronts. Sgraffito – decorative artwork scratched into the plaster – reveals the history and culture of Engadin. Some of the artwork has faded in the sun over the years, but that only adds to the charm. engadin.ch/village-tour-bever

101

years – that's how long Café Badilatti has been roasting coffee in Zuoz. Enjoy a special blend of roasted coffee varieties from all around the world – with or without a golden crema layer – in the Caferama café and shop.
engadin.ch/cafebadilatti

Swiss pine, feeling fine

The fragrant wood of this gnarled conifer with striking needles is transformed into a range of natural products that smell divine.



For a good night's sleep

La Punt – A pillow filled with Swiss pine chips from the Engadin is your ticket to a restful night's sleep. engadin.ch/stone-pine-studio



For a warm feeling inside

Sils – Corina and Noldi Calüna have been making their woody Arvenschnaps spirits from Swiss pine cones for years. engadin.ch/sils-maria



For a happy home

S-chanf – "IN LAIN" means "made from wood" in Romansh. At the IN LAIN Holzmanufaktur Cadonau, traditional furniture is handmade using natural materials and solid wood sourced locally. engadin.ch/in-lain-wood

Groceries galore

Maloja – Latteria Bregaglia is the only shop that sells food in the village of Maloja. It may be a small store, but it has everything you need to keep hunger at bay. Don't miss the delicious products from the shop's own dairy – they taste like the sun-soaked slopes of Val Bregaglia. engadin.ch/latteria-dairy

Activ

“Who said nights were for sleep?”

MARILYN MONROE (1926 -1962)





Sixteen-year-old Ilaria Gruber from Silvaplana races for her team Engadin Nordic.

Racing through the night

Darkness. It can be unsettling. It can be inspiring. And it can even set the scene for peak performance – as on one night at the start of March.

Text **MARTIN HOCH**
Photographs **FILIP ZUAN**

In the dark of the night, our thoughts can run wild. There's no limit to the emotions we can feel under the cover of darkness – from fear to elation. We're spending this particular evening with 16-year-old Ilaria Gruber, who is dressed in her Engadin Nordic team gear ready to start the fifth Engadin Night Race. But she pushes away any negative associations with the night with the enviable ease of youth: "The dark doesn't bother me. I actually like night-time because I love looking at all the beautiful stars." And anyway: "It doesn't matter to me whether it's light or dark, because the world around me fades away when I'm racing."

She heads over to the starting line fifteen minutes before the race is due to begin. There aren't many other people around yet. But it looks like pretty much all of the participants have left their skis here to hold their starting position. It's hard not to be reminded of holiday-

Cross-country skiers reserve their starting positions by lining up their skis ahead of the race.

makers heading down to the pool first thing to claim their lounge for the day with a towel. Ilaria has left her skis in the second row.

“I’m starting to feel a bit nervous now,” she says. She takes the opportunity to visualise the race in her mind’s eye one more time. As the minutes tick by, more and more racers arrive to assume their positions. There’s a definite shift in the mood as everyone starts to focus on the race ahead of them. Nobody seems quite so relaxed now, and the conversations trail off.

There’s supposed to be a full moon tonight, but it’s nowhere to be seen. Hundreds of headlamps are being relied on to light up the starting line instead. And there are also candles guiding the skiers across the first hundred metres. Now that the last of the light has faded in Maloja, a quick look at the time tells us that Curdin Perl will be giving the starting signal any moment now. “My nerves will fade away once we get going and I can just start enjoying the race,” says Ilaria. The starting pistol fires, and the racers speed off into the darkness. Marianna Gruber is watching her daughter from the sidelines. She tells us: “I love that Ilaria’s main reason for entering cross-country skiing events is that she enjoys the sport. And she really likes the social aspect of skiing with other people, too.”

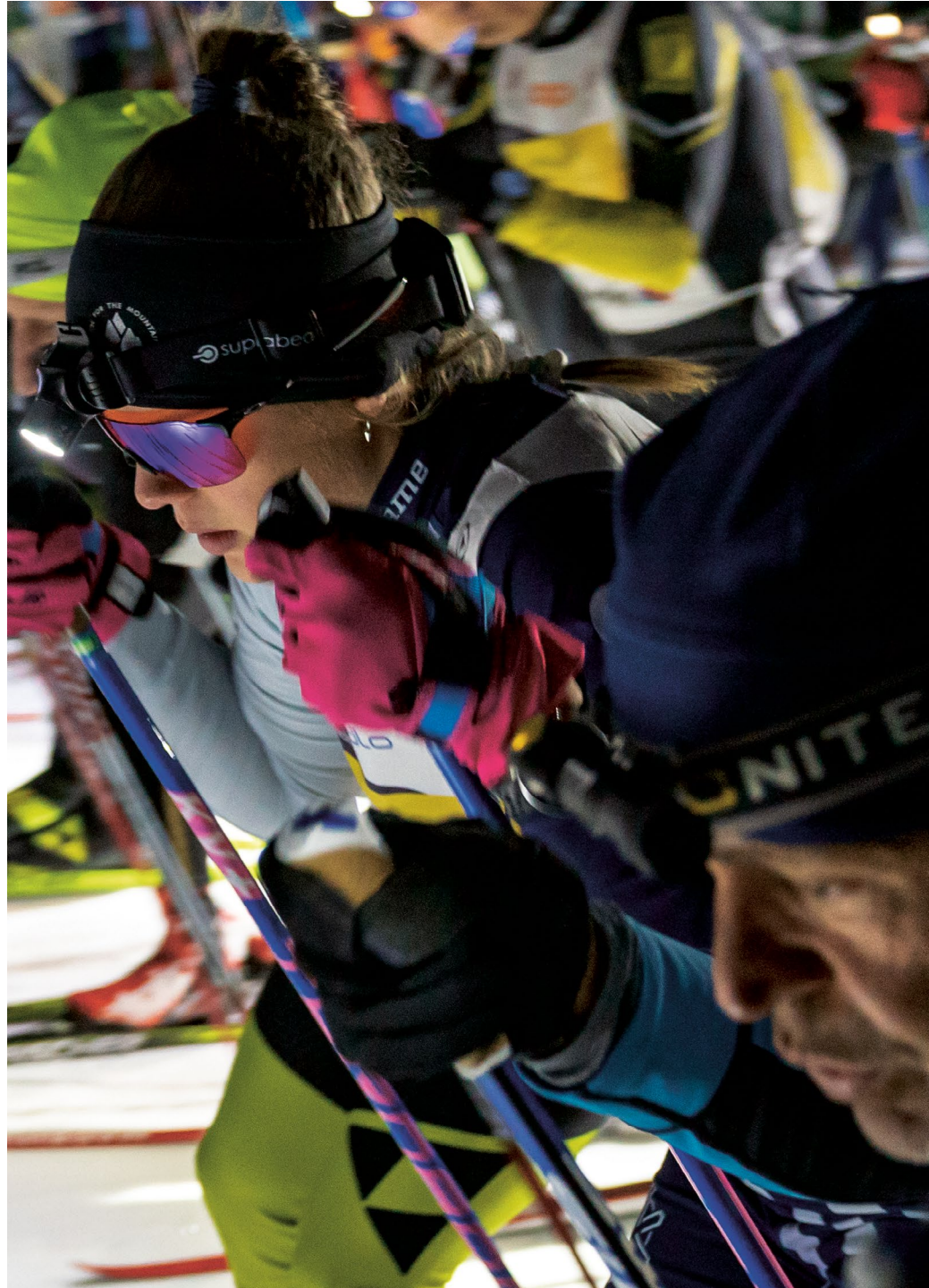
Daddy’s girl

Ilaria is a local through and through, having grown up in Silvaplana. She strapped on her first pair of cross-country skis at the tender age of three. But who was her inspiration back then? Like lots of little girls, her father was her first hero. “I wanted to explore the winter wonderland by his side,” says Ilaria. And it’s her father who takes her to races most weekends and waxes up her skis. “His commitment is incredible,” says Marianna Gruber. Ilaria’s commitment has been increasing over time, too. “Last summer, I went to ten training camps,” she tells us. To make this possible, she attends Academia Engiadina in Samedan. Here,





Headlamps light the way ahead as participants race through the darkness.



Ilaria smiles at the top of the podium as the first woman to have crossed the finish line.

the high-school student and other ambitious young athletes follow a tailored timetable that fits around their sporting schedules.

Super speed

The skiers are racing over the course in groups. They'll have covered 17 kilometres by the time they reach the finishing line in Pontresina. Spurring each other on to give it their all, they are reaching seriously impressive speeds. The fastest skiers are getting close to 30 km/h on the course. When you're performing at this level, the challenges at night are different to the ones you face in the light of day. "You have to rely on your instinct a lot," explains Ilaria. It's much harder to see the ground you're covering when it's dark. If a skier is backseating as they hit an uneven patch, they can easily fall.

There's a lot of chatter about this around the finishing line. Some of the skiers are reporting back on their falls and showing off their minor injuries. But there's a general air of happiness among the pros and hobby skiers alike. Ilaria can't hide her smile, either, and it's no wonder: she's earned herself a place on the podium with her time of 42:44. In fact, she's swapping her starting number 2 for a winning number 1. Her modest replies to the host during the presentation ceremony confirm what her mother told us before: for Ilaria, racing through the night is nothing but fun. She might not be one for grand speeches, but one thing she said before the race sticks with us: "The dark doesn't bother me. I actually like night-time because I love looking at all the beautiful stars."



Engadin Night Race

The sixth Engadin Night Race will be taking place on 7 March 2024. It's open to all skiers – just like the Engadin Skimarathon, the even bigger event it's linked to. The cross-country skiing trail is mostly flat, with a few gentle climbs and descents along the way. [engadin-skimarathon.ch](https://www.engadin-skimarathon.ch)



Stargazing

It's hard to find anywhere else in Switzerland where the night sky shines as brightly as it does in the Engadin. As one year ends and another begins, you can spot the planets and constellations shown here as you look up the valley towards Maloja.



Nocturna

Nights in the Engadin are too pretty to sleep through.



Glüna Plaina Diavolezza

In the calm and quiet of the night, the full moon casts a bluish light on the slope and mountains below. Every month, when the moon is at its brightest, skiers can take to the Diavolezza after the sun has set. The slope is freshly prepared and is lit up by the huge cosmic night light in the sky. engadin.ch/full-moon



Snow Night Corvatsch

Corvatsch – Corvatsch Snow Night is a weekly highlight for locals and tourists alike. Every Friday evening, Switzerland’s longest illuminated slope is open to skiers keen to speed off into the night. The slope covers 4.2 kilometres from the Murtèl middle station down to Surlej. engadin.ch/snow-night-corvatsch



240
km

Cross-country by night

The cross-country ski trails are prepared overnight so that they are in tip-top condition again by the time the sun comes back up. Two trails stay open after dark in St. Moritz and Pontresina. Opening times: engadin.ch/night-trails

That’s the distance you can cover on cross-country ski slopes in the Engadin – across frozen lakes, through snowy larch forests, along tranquil valleys and up to huge glaciers. The terrain waiting to be explored here is something special! Map and cross-country ski passes: engadin.ch/cross-country-skiing

Peaceful nights for cross-country skiers

Bever – With a landscape of tracks and trails on its doorstep, along with its wax station, repair shop, steam room, sauna, stylish lounge bar and on-site restaurant, the wooden Bever Lodge is the perfect place for cross-country skiers to spend a happy holiday. engadin.ch/beverlodge

Top tips for active adventures on a cold winter’s night:



Warm up
The body needs longer to get going when temperatures are colder. Do some gentle stretches and jog on the spot to warm up your muscles and ligaments.



Breathe properly
Take care of your airways and mucous membranes by breathing in and out through your nose.



Stay hydrated
The dry winter air dehydrates your body faster at altitude.



Wear reflective clothing
Make sure you can be seen in the dark by wearing a reflective vest and headlamp.



Rest for two hours before bed
Leave plenty of time between finishing your activities and going to sleep to give your body the chance to recover.



Wrapped up warm day and night

Rukka's premium outdoor clothing made from functional materials is ideal for winter adventures in the Engadin. You'll find the perfect outfit for every activity. rukka.ch

1 Made in Switzerland
The Margrit crew-neck pullover is made in Switzerland using only organic cotton.

2 For winter nights
The Pippa women's softshell trousers are perfect for winter walks and sledge rides.

3 Sights set on Piz Bernina
The Bernina hat is ideal for mountain adventures.

4 3-in-1 Alexa jacket
The quilted jacket and the waterproof and windproof outer jacket can be worn separately or together depending on the weather.

5 Warm and cosy
Das Meralda-Shirt, gefertigt aus 100% Merino-Wolle, hält aktive Wintersportlerinnen warm.

6 Insulating layer
The matching trousers to go with the Meralda shirt have an insulating layer for extra warmth on and off the slopes.

Full moon nights in winter 2023/24

Full moon nights are bright in the Engadin thanks to a lack of light pollution and the snow-covered slopes reflecting the light.



27. December



25. January



24. February



25. March



150

That's the number of shooting stars you can see every hour during the annual Geminids meteor shower. Check out the heaviest meteor shower visible from Earth between 7 and 17 December 2023.

Tobogganing by night

There are no end of tobogganing trails and hills to explore during the day in the Engadin. But the fun doesn't have to stop when the sun goes down:

La Punt – The top section of the Albula Pass is transformed into a thrilling toboggan run during the winter months. In February, La Punt even opens up the route for night-time tobogganing on a torch-lined run every Wednesday evening.

Celerina – The Tschainas Hang slope is lit up one evening a week throughout February and the chairlift keeps going after dark. Locals and tourists flock here for some tobogganing fun by night. engadin.ch/tobogganing



In the spotlight

Most of the ice rinks in the villages are lit up with floodlights on set evenings, providing the perfect opportunity to fit in a spot of ice skating before the day ends. engadin.ch/ice-rinks

Adventures after dark

There's no shortage of moonlit outdoor adventures for visitors to the Engadin. engadin.ch/nightlife

1 Snowshoe trail
Muottas Muragl – Set off on a guided snowshoe tour under the full moon and enjoy the spectacular view of the lakes bathed in light.

2 Ski tour
Pontresina – Fancy admiring a magnificent mountain view in a magical new light? Head off on a moonlit ski tour with the Pontresina mountaineering school.

3 Madulain ice trail – Zuoz
Madulain – The ice trail through the floodplain landscape is magical enough in daylight. So just imagine how special the experience is in the moonlight. There's even a chance to stop for a mug of mulled wine!

4 Goat trekking
Madulain – After a leisurely night-time stroll with the goats – and a cuddle or two with them as well – the whole family will be sure to sleep easy.

Lights, camera, action!

Pontresina – Too worn out for skiing, skating or walking at night, but not quite tired enough to sleep? Head to the legendary Kino Rex cinema, which has been showing blockbusters every evening since 1958. engadin.ch/cinema

Pinboard

**Highlights from summer and winter
for idyllic holidays in the Engadin.**



Ski & snowboard

Down the White Carpet

The thought of immaculately prepared but deserted pistes is enough to get even the most laid-back skier or snowboarder out of bed early. Many lifts in the region already start at 7.45 am: no hint of a queue anywhere. At the summit, as the first rays of sunshine light up the slopes, early risers enjoy their personal White Carpet: a glorious run down perfect pistes. There's no better way to start the day! engadin.ch/en/white-carpet

Snow Safari

The Snow Safari leads across several different ski areas and to the cosiest mountain restaurants in the Engadin. In just one day, skiers and snowboarders discover nine of the finest runs, enjoy 88 kilometres of piste and conquer no fewer than 4,444 vertical metres. engadin.ch/snow-safari

1 *Down the Diavolezza's glaciers*

Diavolezza – The Diavolezza glacier run leads through an enchanting wilderness of snow and ice: all the way down the Pers and Morteratsch Glaciers to the very end of the mighty river of ice. With a total length of 10 kilometres, this is Switzerland's longest glacier run. Clear markings along the ungroomed itinerary make this an ideal first glacier experience for good skiers. engadin.ch/glacier-run

Ski school

Learning to ski is fun – especially when it is with the help of a professional instructor. The Engadin's ski areas have various ski schools at which visitors of all ages can enjoy their first experience on skis or a snowboard, hone their skills or, after a longer break from the snow, regain confidence for a safe return to the pistes. engadin.ch/en/sport

Snow-Deal

Book early for the best deal! The region's lift company operates a dynamic pricing system that allows visitors who plan ahead to enjoy an early-booking discount when they buy their lift pass. snow-deal.ch/en



Sleep + Ski

Visitors who spend at least one night in the Engadin can ski at a special discounted rate thanks to the "Sleep + Ski" deal. A lift pass, including use of public transport, costs from just CHF 45.– per person per day for the entire duration of guests' stay at participating accommodation. engadin.ch/en/sleep-ski



Events

Audi FIS SkiWorld Cup

St. Moritz – The world's fastest female skiers battle for precious World Cup points on St. Moritz's local mountain, the Corviglia. skiweltcup-stmoritz.ch

Freeski World Cup Corvatsch

The world's best freestyle skiers compete for glory in the Corvatsch Park. corvatsch.ch

Engadinsnow

The finest freeride skiers and snowboarders tackle the legendary north face of the Corvatsch. engadinsnow.com



More info?
engadin.ch/ski-snowboard



Cross-country skiing

1 **Over 240 km of slopes**

Snowy side valleys, frozen lakes and a marathon course guarantee that cross-country skiing is always an exciting adventure in the Engadin. With 240 kilometres of slopes on offer, there's something for complete beginners and seasoned skiers alike. engadin.ch/cross-country-skiing

Events

Engadin Skimarathon

The second-largest cross-country skiing event in the world is much more than just a phenomenal race. On top of the women's race and night race, there's also a whole week of concerts, workshops and more in the Marathon Village. engadin-skimarathon.ch

La Diagonela

This cross-country ski race from Pontresina to Zuoz offers a fine contrast to the big Engadin Skimarathon. ladiagonela.ch

More info?
engadin.ch/cross-country-skiing



Photo: Fabian Cattlen



Winter hiking & sleigh rides



Muottas Muragl

Samedan – Few views can be as breathtaking as those from Muottas Muragl, a panoramic peak accessible by funicular. Visitors can enjoy the glorious scenery along with some invigorating exercise by following one of the three winter walking paths or the snowshoe trail, suitable also for novices. engadin.ch/muottas-muragl/winter-idyll

1 Horse-drawn sleigh rides

What could be more charming and romantic than a cosy ride in a horse-drawn sleigh through the snowy Engadin? Snugly wrapped in blankets, passengers explore the wide plateau of frozen

lakes or the idyllic side valleys, admiring the sparkling scenery as it glides gently by. Along certain routes, the horse-drawn sleighs offer an “omnibus” service, running to a timetable; passengers may also book sleighs for private rides, with a wide choice of itineraries. engadin.ch/romantic-escapes

More info?
engadin.ch/winter-hiking



Photo: Switzerland Tourism / Lorenz Richard

Tobogganing & family



1 Tobogganing for families

As soon as the first snow has settled, some of the region’s pass roads and many footpaths turn into delightful sledging venues. As well as short descents and leisurely rides, enthusiasts find several runs that pack a real thrill. An ideal toboggan run for families, for example, is the three-kilometre path from Alp Es-cha Dadour to Madulain. engadin.ch/tobogganing

good snow conditions, these are also pushchair-accessible. The four-kilometre trail through the Val Bever is also ideal for a gentle walk: starting at Bever railway station, the route leads along the Beverin river, across snow-covered meadows and through enchanting forests. engadin.ch/winter-hiking

Winter walks with a pushchair
Families with young children love the flat trails between Sils, Silvaplana and St. Moritz; in

More info?
engadin.ch/families-in-winter



Freeride & snowshoeing

Snowshoe tour to Läggh da Cavloc

Maloja – The signposted snowshoe tour starts in Orden and passes through an idyllic mountain forest to reach Lake Cavloccio and the nearby Alp da Cavloc. After a break, you can follow the same route back or turn it into a round trip via Plan Canin.
engadin.ch/plan-canin

1 Freeride heaven

Diavolezza-Lagalb – The Diavolezza-Lagalb region is heaven for anyone who loves the thrill of riding untracked powder snow. The best way to discover the finest off-piste terrain in safety is to explore in the company of one of the experienced mountain guides from Go Vertical: these specialists know the terrain like the back of their hand.
engadin.ch/free-ride

Avalanche awareness courses

Anyone who ventures off-piste will benefit from one of the avalanche awareness courses run by the Pontresina Mountaineering School. This basic training for all ski tourers and freeriders focuses on preventing avalanches, but also offers practice in what to do in an emergency.
engadin.ch/bergsteigerschule-pontresina



Snow tour bus

The snow tour bus is a pilot project from the Swiss Alpine Club (SAC). One of its routes leads from Silvaplana to the Julier Pass and back again. Two ski touring areas await around Piz Julier and Piz Grevasalvas, with runs down into the Upper Engadin.
engadin.ch/snow-tour-bus

More info?
engadin.ch/free-ride



Far from the pistes: tips for extra safety

The freedoms of a freeride outing also carry certain dangers. However, by following various rules, participants can reduce risk. Riders should study the latest weather and avalanche reports before every trip, for example; they should venture on to open terrain only in company and never alone; tackle steep slopes one by one; and carry the necessary equipment at all times. Find further tips for freeriders at: engadin.ch/free-ride



Activities on ice

Climbing walls of ice

With crampons on their boots and an ice axe in each hand, enthusiasts scale mighty walls of ice painstakingly. They have two options in the Engadin for testing their skills. By the Corvatsch cable car summit station, staff release water at the clifftop to create an ice climbing wall, the highest of its kind in the world; aficionados can also tackle the frozen waterfall in the gorge at Pontresina. The Pontresina Mountaineering School offers daring novices the chance to try the sport under expert guidance. engadin.ch/ice-climbing



Ice rinks in the villages

The Engadin has a long tradition of enjoying a great variety of ice sports. As a result, every village has a rink in winter for curling and ice hockey, figure skating and Bavarian curling – and for simply enjoying a gentle glide across the sparkling ice. engadin.ch/ice

Black ice

Sub-zero temperatures and no snowfall: when these conditions coincide, the surface of the Engadin lakes freezes to form a transparent sheet of ice, black and mysterious, sparkling in the sunshine. This wonder of nature is rare, however, occurring only about twice a decade. Locals and visitors venture onto the ice at their own risk. Information about the state of the ice and tips on how to enjoy it safely are available from local tourist information offices. engadin.ch/black-ice

Madulain ice path

Madulain – Skate across the snow-covered meadows along the Inn, admire the play of light on the river, enjoy the views of the historical heart of the village of Madulain and breathe the pure tranquillity that reigns along the valley floor: the Madulain “ice path” offers a special skating experience, surrounded by nature. The trail starts by the works yard in Madulain. Bring your own skates; please note that you use the ice path at your own risk. engadin.ch/ice-way

1 *Ice fishing*

Sils – Between January and March, fishing first-timers and fanatics alike can enjoy a unique experience on frozen Lake Sils. engadin.ch/ice-fishing

More info?
engadin.ch/ice



Hiking

Segantinihütte

Samedan – This steep and stunning route takes confident mountain hikers from the Muottas Muragl mountain station to the last home of artist Giovanni Segantini, and promises a breathtaking view.

engadin.ch/segantini-mountain-hut

Stage of the Bernina Tour (easy)

Surlej – Starting at Murtèl, the middle Corvatschbahn cable car station, this hiking route follows a gentle slope after a short but steep downhill stretch at the start. And the beautiful blue lakes of the Upper Engadin remain in view every step of the way.

engadin.ch/bernina-tour-stage-5

1 Val Trupchun

S-chanf – Nature lovers are in heaven here: the Val Trupchun, a side valley of the Inn, has one of the highest concentrations of wild deer in Europe. It also forms the western gateway to the Swiss National Park. engadin.ch/trupchun/en

More info?
engadin.ch/hiking





Mountain bike

Marmotta Flow Trail

Corviglia – This trail is ideal for families and less experienced cyclists. Covering a good two kilometres, it twists and turns on its gentle downhill trajectory from Corviglia to Marguns.
engadin.ch/en/flow-trails

Olympia Flow Trail

Corviglia – Three incredible flow trails await mountain bikers in Corviglia, and the Olympia Flow Trail is the oldest of them all. It starts at the mountain station and ends at the Chantarella middle station via Sass Runzöl and Alp Nova. Bikers descend 480 metres in total, covering stony terrain and passing picturesque Alpine meadows and stunning Swiss pine forests along the way.
engadin.ch/flow-trail-olympia

Padella-Corviglia Panorama Tour

Pontresina – Covering around 40 kilometres in total, this multi-stage tour shows off the diverse and divine Upper Engadin in all its glory. You can start and finish the tour at different points.
engadin.ch/padella-corviglia-tour

Pass-Piz-Lake Trail Safari

Combining some of the most famous trails in the Engadin across 42 kilometres, this challenging tour takes you from the Bernina Pass to Celerina, up in the cable car to Piz Nair and back down to Lake Silvaplana via beautiful trails.
engadin.ch/toptrails

1 Fuorcla Valletta Trail

This challenging Alpine tour leads up from Piz Nair to Fuorcla Valletta. The incredible descent makes up for all the hard work on the way up.
engadin.ch/toptrails

More info?
engadin.ch/en/bike



Family



Rope parks

Balance between the treetops and overcome challenges along the way at the Pontresina and S-chanf rope parks. engadin.ch/mountaineering

Mulets Freestyle Park

Silvaplane – Drift, jump, slide and shred to your heart's content at Mulets Freestyle Park. Hit the dry slope on your skis or snowboard for some summer training, take to the trampoline, explore the pump track and so much more. engadin.ch/freestyle-summer

1 Ibex promenade

Pontresina – This pushchair-friendly hiking trail starting at Saint Maria Church features seven

stations where you can learn all sorts of fun facts about the ibex. You're most likely to spot ibex between the start of April and the start of June. engadin.ch/ibex-promenade

Barefoot trails

Celerina – There are two barefoot trails in Celerina – one short and one long – just waiting to surprise, delight, refresh and relax the bare soles of adventurous souls. engadin.ch/barefoot-trails

More info?
engadin.ch/family



Photo: Gian Giovanoli

Golf



Unlimited golf in the Engadin

The “Golf Unlimited” offer allows golfers to play the sport to their heart's content at the Samedan and Zuoz-Madulain golf courses if they're staying for more than two nights at one of the participating Engadin Golf Hotels. Many of the hotels include mountain railways and public transport in the offer too. engadin.ch/unlimited-golf

1 Samedan golf course

Samedan – The 18-hole championship course, with partially covered driving range and innovative technical aids such as RoboGolfPro and Trackman, surpasses all expectations.

Zuoz golf course

Zuoz – The scenic 18-hole Zuoz-Madulain course promises a delightful game with holes to suit every level.

Kulm golf course in St. Moritz

St. Moritz – Beautifully set in the Alpine landscape by the Kulm Hotel St. Moritz, this 9-hole course promises plenty of variety.

Hotel Margna golf course

Sils – The Margna “parkhotel” has its own 4-hole golf course with driving range (15 tees).

More info?
engadin.ch/en/golf



Water sports

Sailing on Lake Sils

Sils – Enthusiasts can look forward to thrilling sailing with strong winds on Lake Sils – almost every day in summer thanks to the good wind conditions here. About midday, the reliable Maloja wind usually starts blowing, the reason why the Engadin enjoys a worldwide reputation as an outstanding destination for water sports. Should this wind fail to appear for once, sailors can set their sails for a strong north wind instead. engadin.ch/sail-sports

1 Kitesurfing & windsurfing on Lake Silvaplana

Silvaplana – The kites and windsurf sails that dance over the water at Lake Silvaplana create an unrivalled display of colour. Silvaplana is heaven for all who love playing with the wind – in this case, the famous Maloja wind, which rises reliably every day around noon to blow steadily and powerfully across the lake. Once the wind has set in, it is never long before the first kitesurfers and windsurfers are out on the water, tracing their acrobatic manoeuvres. engadin.ch/water-sports

Mountain lakes

In addition to the large Engadin lakes, there are also many small mountain lakes higher up, whose crystal-clear, ice-cold waters attract only toughened swimmers. Anyone else will at most dip their feet in to cool off, or just enjoy the idyllic views. Swimming in the mountain lakes is not supervised and takes place at bathers' own risk. engadin.ch/along-lakes

Lake Staz

Celerina – Nestling in the Staz forest and framed by dramatic mountains, Lake Staz is one of the best-loved swimming lakes in the Engadin. A dip in the clear water of this beautiful moorland lake is wonderfully refreshing – and healthy, too. Active substances in the peat have an inhibiting effect on skin inflammations and are rich in minerals: no wonder peat is used as a natural remedy. engadin.ch/lake-staz

SUP / Yoga on SUP

St. Moritz / Sils / Silvaplana – Stand-up paddleboarding is a great way to destress while giving the body a full-on workout. You can hire stand-up paddleboards at Lake St. Moritz, Lake Silvaplana and Lake Sils. You can even try out paddleboard yoga and pilates every Wednesday morning at the windsurfing school in Silvaplana. engadin.ch/stand-up-paddling

More info?
engadin.ch/water-sports



Photo: Fabian Gattlen





Running

1 Trail running

The terrain and conditions in the Engadin are perfect for trail running. Enthusiasts find countless trails of all levels of difficulty leading through thick forest, across bare mountain slopes and into secluded side valleys.

engadin.ch/trail-running

Grevasalvas

Sils Maria – Maloja – Along the way from Sils Maria to Maloja, runners pass Grevasalvas, the beautiful “Heidi village” that won hearts worldwide as a filming location. The route totals 14.8 kilometres with 969 vertical metres, and promises glorious views.

engadin.ch/trail-running-grevasalvas

Val Roseg

Pontresina – The Val Roseg is one of the Engadin’s most beautiful side valleys, and is a delight to explore on a run. The gentle but steady gradient gives legs a constant workout on the outward stretch and makes for an enjoyably fast and flowing descent back down to Pontresina. engadin.ch/trail-running-val-roseg

La Punt – Zuoz circuit

La Punt – The trim village at the foot of the Albula Pass is the start and finish for this relatively easy route. It leads for 9.1 kilometres up and down through fragrant forests, along the river Inn and through the beautiful villages of Zuoz and Madulain. engadin.ch/la-punt-zuoz-circular-trail

Trail running course

La Punt – The trail running course above the golf centre is ideal for beginners. Breathe in some fresh mountain forest air and practice your skills over 1.5 kilometres. engadin.ch/trailrunningparcours

Events

St. Moritz Running Festival & Engadiner Sommerlauf

Keen runners should ensure they keep the weekend of the St. Moritz Running Festival free in August. This is also the occasion for the much-loved Engadiner Sommerlauf.

stmoritzrunningfestival.ch

Bernina Ultraks

Pontresina – Bernina Ultraks is an incredible trail running event with different races and courses for runners of all abilities. The main event is the Glaciers Marathon, which covers a distance of 42.2 kilometres across various terrains and requires runners to master 2,600 metres in altitude against the glacier and mountain backdrop. Bernina Ultraks is taking place on 30 June and 1 July 2023.

engadin.ch/berninaultraks

Engadin Ultra Trail

From 14 to 16 July 2023, these four trail runs cover varied routes between Zuoz and Samedan. engadin.ch/engadin-ultra-trail-2023

Second Maloja Lake Run

On 10 September 2023, beginners and more experienced trail runners will be in their element as they make their way around the stunning Lake Sils. Top tip: team up with a friend and make the race a relay. engadin.ch/maloja-lake-run

More info?
engadin.ch/trail-running





1

Excursions

1 Soglio

Bergell – Unlike other Alpine valleys, the Engadin is not a cul-de-sac but open to the world in all directions via different mountain passes. One is the Maloja Pass, gateway to the Val Bregaglia, a valley of fascinating stories, beautiful natural landscapes and romantic villages. The painter Giovanni Segantini described the village of Soglio, for example, as the “threshold to paradise”. Anyone who would like to experience this charm for themselves can reach Soglio by PostBus from Maloja in about an hour. bregaglia.ch

Glacier Garden

Cavaglia – The astonishing glacial mills are a natural phenomenon shaped by glaciation over thousands of years. Since 2021, a newly created gorge has been giving visitors the opportunity to discover more glacial mills and their bizarre shapes created by erosion. engadin.ch/glacier-garden-cavaglia

Alpine Circle

Pontresina – The Alpine Circle consists of three routes that connect the most stunning sights in the canton of Graubünden, with the option to explore at your leisure by train, car or bus. All three routes take you in and through the Engadin. engadin.ch/alpinecircle

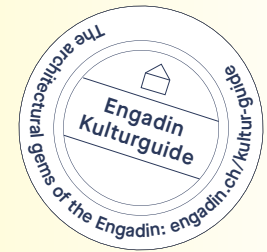
More info?
engadin.ch/excursions



Photo: © Rob Lewis Photography



Cultural attractions



Guided village tours

Villages in the Engadin are steeped in history and filled with cultural and architectural highlights and historical tourist hotspots. A range of guided tours allows you to discover each of the villages. You can even opt for a digital tour in Sils.

engadin.ch/village-tours

1 Schlitteda

This tradition dates back to a time when horse-drawn sleighs were the only way to travel during the winter. People would even travel to weddings this way. Now, on the second Sunday in January every year, young men travel to pick up their dates on a beautifully decorated horse-drawn sleigh. While the Schlitteda tradition used to be exclusive to unmarried couples, it has evolved to become a celebration open to everyone in the villages.

engadin.ch/arts-culture

Sils Museum

Sils – The museum celebrates the cultural history of Sils and the surrounding area and showcases the work of Andrea Robbi (1864–1945), one of the Upper Engadin's great painters and thinkers.

engadin.ch/andrea-robbi

2 Stalletta

Madulain – The three exhibition spaces at the Stalla Madulain art gallery in the old village centre are located in an old stable dating back to 1488. A few years ago, an offshoot gallery called Stalletta opened up in a traditional building just a few steps away.

engadin.ch/stalletta-madulain

Events

Engadin Art Talks

Zuoz – International artists, talented architects and renowned researchers come together in Zuoz at the end of January to enter into fascinating discussions against the tranquil mountain backdrop – much to the delight of the audience.

engadin.ch/engadin-art-talks

Sinfonia Engiadina

Musicians from prestigious European orchestras play concerts together at a number of venues in the area. engadin.ch/sinfonia-concert

More info?
engadin.ch/arts-culture



Accommodation

Hotel Roseg Gletscher

Val Roseg – Nestled deep in the tranquil Roseg Valley, the Hotel Roseg Gletscher is in an idyllic spot with a perfect view of the glacier it is named after. By the time you arrive, you'll already have slowed to a leisurely pace – the only ways to reach the hotel are on foot, by bike, in a horse-drawn carriage or on skis. engadin.ch/restaurant-roseg-gletscher

1 Hotel Chesa Pool

Val Fex – The first vegetarian hotel in the Engadin is ideal for sporty types and nature lovers. In the enchanting Fex Valley, you feel like you're in a world of your own – and yet the slopes are just a stone's throw away. There's a delightful aroma of Swiss pines inside, so you feel at one with nature the whole night long. engadin.ch/restaurant-chesa-pool

2 Hotel Waldhaus

Sils – It's well worth taking a peek in the guest book at Hotel Waldhaus. Plenty of heads of state, pop stars and famous authors have stayed in this historical building. Whether you're a guest yourself, or just visiting for the day, make sure you don't miss out on the legendary afternoon tea. engadin.ch/hotel-waldhaus-sils

Hotel Krone Säumerei am Inn

La Punt – Centuries ago, the old farmhouse was an inn and a place for travelling traders to stay. Now there are 17 spacious and modern rooms available to guests. Conveniently enough, it's also home to one of the Engadin's top restaurants. engadin.ch/saeumerei-am-inn

Madulain Lodge

Madulain – The old staff quarters in this former workshop have been converted into two sections, each with four double rooms. There's also a communal kitchen and shared living space. You can book the whole lodge, just part of it or individual rooms. engadin.ch/lodge-madulain

Maistra160

Pontresina – In November 2023, Hotel Maistra160 will be opening the doors to its 36 double rooms, 10 lodges, spa, restaurant and the legendary Pöstli-keller. → see also p. 17 maistra160.ch

Sunstar

Pontresina – The new Sunstar Hotel will be welcoming its first guests in December 2023. → see also p. 17 pontresina.sunstar.ch

More info?
engadin.ch/accommodations





Restaurants

1 *Cruschetta*

Zuoz – Local Graubünden cuisine including capuns and pizzoccheri is served here in a delightful traditional building. In the evening, up on the first floor, Stüva delights diners with high-end dishes made from fresh local produce. engadin.ch/cruschetta-hotel-crusch-alva

2 *Giodi Vegetarian and Co.*

Pontresina – The name “Giodi” comes from the Romansh word “giodimaint”, meaning “enjoyment”. And there’s plenty to enjoy here, with a particular focus on vegetarian dishes prepared using locally sourced ingredients wherever possible. engadin.ch/saratz-godi

Arvenstübli Hotel Edelweiss

Sils – There are fresh and creative dishes on the menu at this cosy à la carte restaurant, alongside more traditional classics like blue trout and châteaubriand. engadin.ch/restaurant-hotel-edelweiss

Chadafö

Celerina – Head to Marguns at 2,278 metres above sea level for the best pizzas in the area. It’s best to book ahead if you want to dine here during the winter season. engadin.ch/chadafö-marguns

Gasthaus Spinas

Spinas – Gasthaus Spinas, nestled among old larches in the Bever Valley, dates back to when the Albula Tunnel was built over a century ago. The menu is filled with fondue, raclette and the finest Engadin beef. engadin.ch/spinas-restaurant

Piste 21

Samedan – Diners will be delighted with the traditional local dishes, meat from the grill, pizzas and small selection of mouth-watering cakes at Restaurant Piste 21. The wonderful window front provides a spectacular view of the magical mountain landscape and private jets taking off and landing. engadin.ch/pizzeria-piste-21

More info?
engadin.ch/culinary





Photo: Arnaud Delalande

Wellness

Ovaverva pool complex in St. Moritz

St. Moritz – The Ovaverva indoor pool, spa and sports centre is a self-contained world of wellbeing. The top floor offers Kneipp (hydrotherapy) pools, steam baths, a bio-sauna and a Finnish sauna, a whirlpool bath and wonderful views. Younger visitors adore the big indoor pool with water slides, diving boards and children's pool. engadin.ch/ovaverva-pool

Bellavita pool complex in Pontresina

Pontresina – The Black Hole water slide at the Pontresina indoor pool is an exhilarating 75 metres long: just one descent is enough to have swimmers of all ages hooked! Adults, especially, enjoy working out in the 25-metre sports pool or relaxing in the pleasantly warm outdoor pool and in the attractive sauna section. engadin.ch/bellavita-pool

Mineralbad & Spa in Samedan

Samedan – Guests seeking pure relaxation find a bathing ritual of mystical beauty in the historical village heart of Samedan. The mineral baths are a work of art sculpted from colour, light and water, extending over five storeys. One of the many highlights is the rooftop pool, from which visitors enjoy an uplifting view of the surrounding mountains. engadin.ch/mineral-bath

MTZ Heilbad St. Moritz

St. Moritz – From treating minor or more serious injuries to preventing injury or simply offering guests a spot of pampering: the MTZ Heilbad in St. Moritz is the perfect spot for boosting health in every way. Here, the latest medical expertise meets traditional spa culture for all-round wellbeing. The wide range of services and facilities

on offer includes medical wellness, physiotherapy, mineral baths, moor mud body packs and massages. engadin.ch/medical-therapy

Day spas in the Engadin

The spas in the following Engadin hotels welcome non-residents as well as hotel guests to enjoy the facilities to the full:

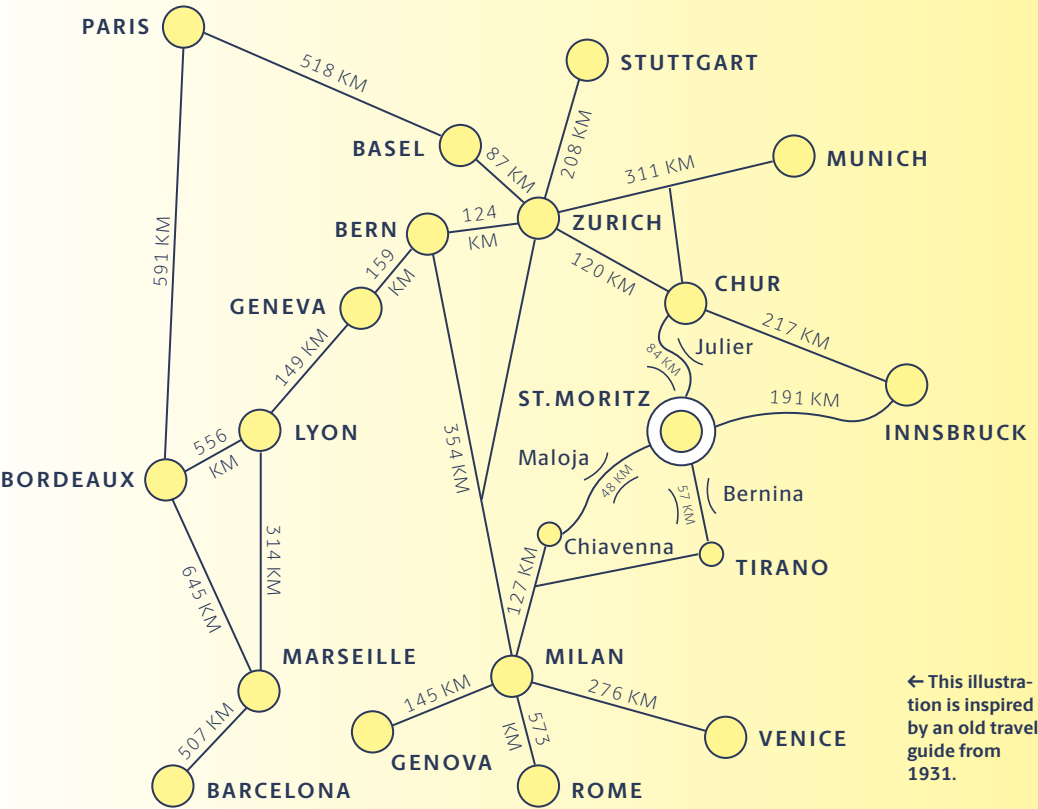
- Saratz Day Spa, Pontresina
- Palace Wellness, St. Moritz
- Kempinski The SPA, St. Moritz
- Kulm Spa, St. Moritz
- Grand Hotel Kronenhof, Pontresina
- Hammam at the Hotel Castell, Zuoz
- Arenas Resort Schweizerhof, Sils
- 1 → Waldhaus Spa, Sils

engadin.ch/en/wellness

More info?
engadin.ch/en/wellness



How to reach the Engadin



The incredible journey from Landquart or Chur is a two-hour adventure. The 120-year-old Albula Railway is a real highlight as a UNESCO World Heritage Site representing a pioneering piece of railway history.



Further information

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



If you travel to the Engadin by car, you're in for an exciting ride. Prepare for plenty of twists and turns on the Ofen, Julier, Maloja and Bernina passes. When the passes aren't open, you can always board the Autoverlad Vereina car shuttle train in Prättigau.



Further information

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



From Chiavenna (in Italy) or Lugano, you can get to St. Moritz on the PostBus and enjoy the twists, turns and views along the way. Another PostBus route runs from Chur via Savognin and the Julier Pass.



Further information

Check departure and journey times for the PostBus at engadin.ch/get-here



Photo: Federico Sette