

# Engadin

MAGAZINE No. 6

STONE

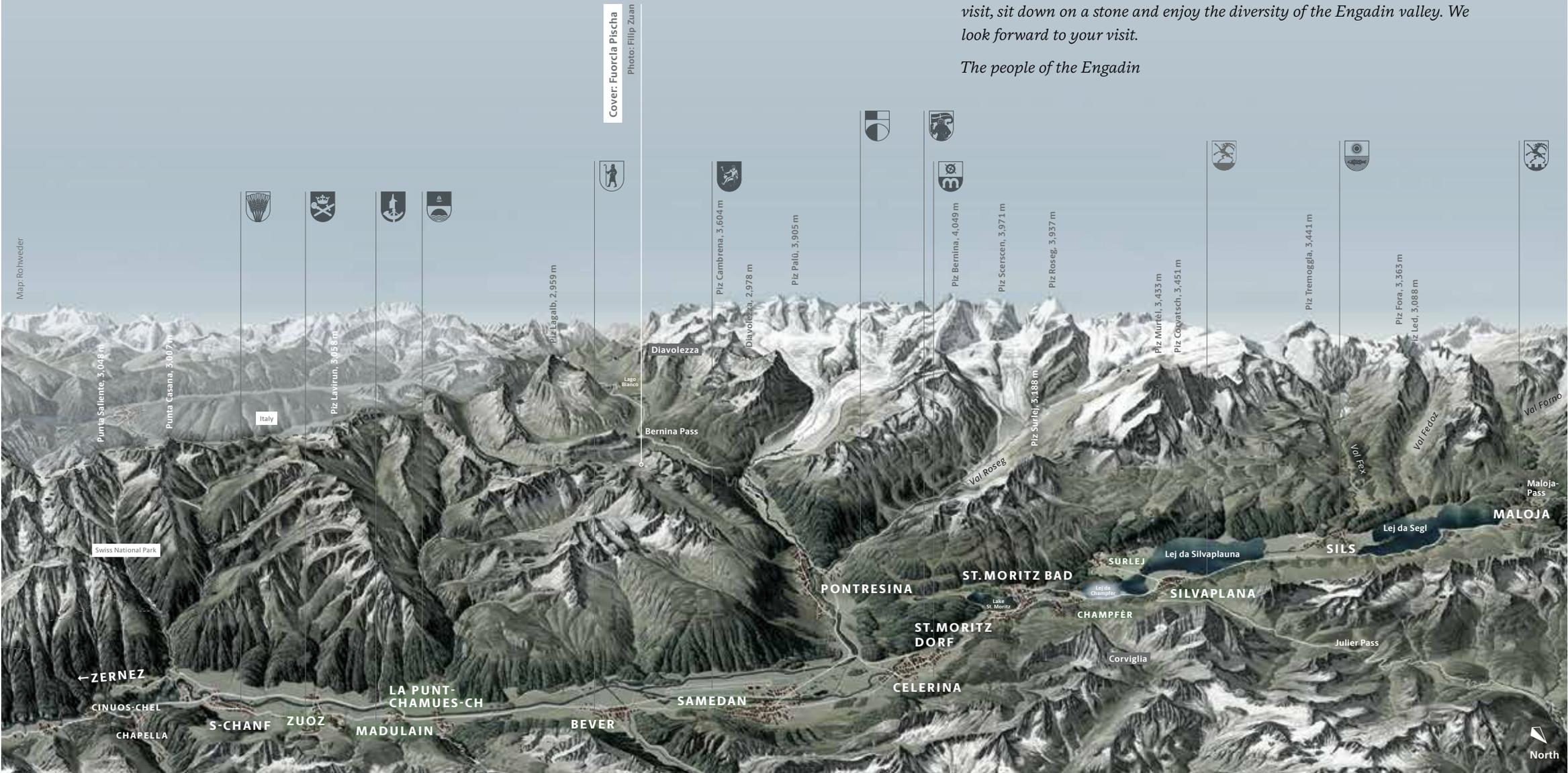
## Engadin Summer / Autumn



## Dear guests

Part of the Engadin's – and its people's – essence was chiselled out of the valley's mighty rocks by the primal force of nature. Because up here, the mountains have always determined life. They protect the valley from danger, but can also be dangerous in their own right. That's why they were pierced with elaborate structures, made accessible and passable, while people took refuge from the elemental forces at work here behind thick stone walls. It is worth taking a closer look. For this close relationship with stone has shaped the people and their culture in the valley. So come and visit, sit down on a stone and enjoy the diversity of the Engadin valley. We look forward to your visit.

The people of the Engadin



Cover: Fuorcia Pischia  
Photo: Filip Zuan

Map: Rohwedder





p. 82



p. 18



p. 98



p. 34



p. 50



p. 66

Photo 82: Nicole Schäfer / Photo 34: Rhaetian Railway archive / all others: Filip Zuan

**06 INTRODUCTION**

14 *Valley of 1,000 rocks* In all colours and forms.

**18 CHAMANNAS**

20 *High life* Barren stone landscapes and within them, four mountain huts full of life.

32 *Paths to happiness* Countless trails lead through hiking heaven.

**34 TRANSPORT**

36 *In the heart of the mountain*

38 *Through the living rock* The construction of the Albula tunnel fascinates to this day.

48 *Along trails of stone* Take a trip in time through the Engadin.

**50 NATÜRA**

52 *Smuggling for a good cause*

54 *Wild about ibex* Interview with game warden Daniel Godli.

62 *Natural gems* The kings of the Alps and their habitat.

**66 CULINARIA**

68 *Magical mushrooms*

70 *Gift of nature* Looking for mushrooms with a specialist.

78 *An Engadin recipe* Cep mushroom tagliatelle.

80 *Natural goodness* Cuisine inspired by nature.

**82 ALPINISSEM**

84 *Pioneer on the Piz Bernina*

86 *The Piz Bernina mission* Borderline experience for Katharina Ueltschi.

94 *Aiming high* Ideas and tips for mountain climbers of all levels.

**98 CULTURA**

100 *Clothed in stone* The Engadin house: hardly any other type of house is so versatile.

102 *Built of stone* Where houses and villages tell their stories.

**114 PINBOARD**

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



The outhouse of the Chamanna Georgy offers a fantastic view of the surrounding mountain peaks.

© Peter Filipczak



Whether you like trail running or hiking, the Engadin's stone landscape serves as an impressive backdrop.

Photo: Phil Zuan



Near the Fornohtütte  
you have a fantastic view  
of the Forno glacier.

Photo: Filip Zuan



Skyspace Piz Uter: through a round opening in the ceiling of James Turrell's stone structure, the gaze wanders skywards.

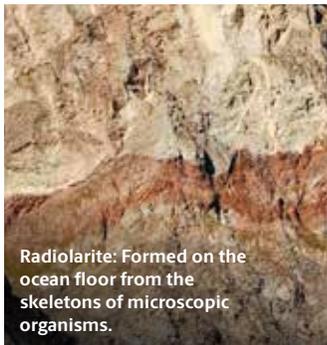
Photo: Gabriele Acklin

# Valley of 1,000 rocks

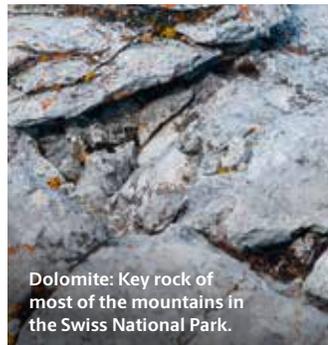
In all colours and forms



**Gneiss:** High pressure and temperatures turn granite and sandstone to gneiss.



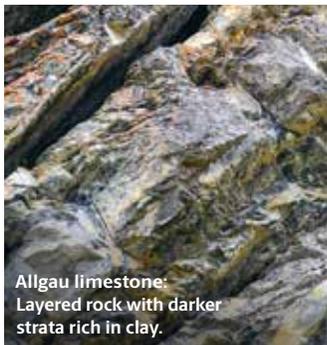
**Radiolarite:** Formed on the ocean floor from the skeletons of microscopic organisms.



**Dolomite:** Key rock of most of the mountains in the Swiss National Park.



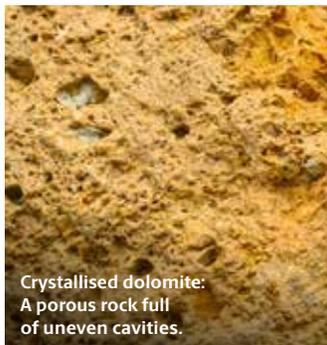
**Verrucano:** Formed of debris from mountains that existed long before the Alps.



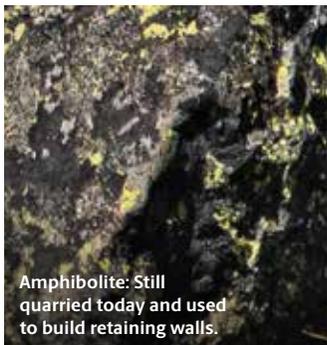
**Allgau limestone:** Layered rock with darker strata rich in clay.



**Coralline limestone:** Limestone containing fossilised coral from an ancient reef.



**Crystallised dolomite:** A porous rock full of uneven cavities.



**Amphibolite:** Still quarried today and used to build retaining walls.

## Written in stone

Wherever you spot rocks and stones – shimmering on a riverbed, towering by a footpath or glowing pink on a mountainside at sunset – they tell the story of past ages, of the glaciers and erosion that shaped them, and of the animals and plants that once flourished on them. In the Swiss National Park, geologists invite nature lovers of all ages to explore the secrets of the rocky giants. [nationalpark.ch](http://nationalpark.ch)

Photos left: SNP, Hans Lozza



## Gift of the ice ages

**Cavaglia** – As the Cavagliasch river makes its way down the valley, the roaring water twists between high rocks, plunges off ledges and lands, bubbling and foaming, in natural cavities known as glacier mills. The new 180-metre gorge trail leads via steps and walkways and under the railway bridge to show dramatically how water and ice have sculpted the landscape over the millennia. For more than 25 years, local enthusiasts have undertaken tens of thousands of hours of voluntary work to uncover 32 glacier mills and create an accessible glacier garden for all. [ggc.swiss](http://ggc.swiss)



### Other natural marvels

#### **Maloja nature reserve (Pro Natura)**

A nature trail near the majestic Torre Belvedere leads to impressive glacier mills: cavities sculpted in the rock by glacial action. [pronatura-gr.ch](http://pronatura-gr.ch)

### Magical stones

For millennia, people have regarded certain rocks and stones as having a unique energy: special spots to linger and rest. The Engadin is home to several: on mountain summits, along enchanted trails, or secluded and hidden in the undergrowth. Here's a short selection. [engadin.ch](http://engadin.ch)



#### **S-chanf:**

*The Menhin da Prospiz towers over a clearing near the Via Engiadina panoramic trail. Not far away, remains from the La Tène culture dating to about 800 BC can be seen.*

#### **St. Moritz:**

*Above the resort, a curious, dolmen-like rock points skywards. Walkers enjoy wonderful views here – along with uplifting inspiration.*

#### **Maloja:**

*Along the path from the cemetery to the base station of the Aela ski lift, walkers find the “Maloja Rose”. A decoration suggesting a rose has been carved into the rock.*

### Galerie Tschudi Stone sculptures

**Zuoz** – Contemporary artists are redefining stone as they explore its beauty and potential. Exhibitions at the Galerie Tschudi, which promotes local as well as international artists, frequently include works that show new facets of one of the oldest of all art materials. Located in a historical Engadin farmhouse complete with hayloft, the gallery presents works in a raw, modern and alpine light – from stone circles to installations of rock core samples. [galerie-tschudi.ch](http://galerie-tschudi.ch)



### Zarathustra stone

**Sils Maria** – A giant, pyramid-shaped rock stands on the shore of Lake Silvaplana, like a solitary sentinel looking out over the water. It owes its name to the German philosopher and poet Friedrich Nietzsche, who spent his summers in Sils from 1881 to 1887. He is said to have spent hours by this stone deep in thought, shaping his ideas – including the concept of “eternal recurrence”, the cornerstone of his monumental work “Thus spoke Zarathustra”.

## Rocks for runners

*For trail runners, every feature of the mountain provides suitable terrain as they follow wild paths across meadows, thread a route through scree and zigzag around boulders. The new route in La Punt offers an ideal setting in which to train and boost fitness.*

[engadin.ch/trailrunningparcours](http://engadin.ch/trailrunningparcours)

# Say YES to new adventures.

To be active. To experience nature. To find new friends. This is how Engadin goes!

[www.booking.engadin.ch](http://www.booking.engadin.ch)



Engadin. What mountains, what lakes, what light.

Freestyle Summer Camp – spend a whole week with your buddies for CHF 350. For booking and further information:



Photo: By kind permission

## Top 4: Summer bucket list

Four things you simply have to experience in the Engadin summer:



Spend the night at a mountain hut in a rocky landscape (p. 18).



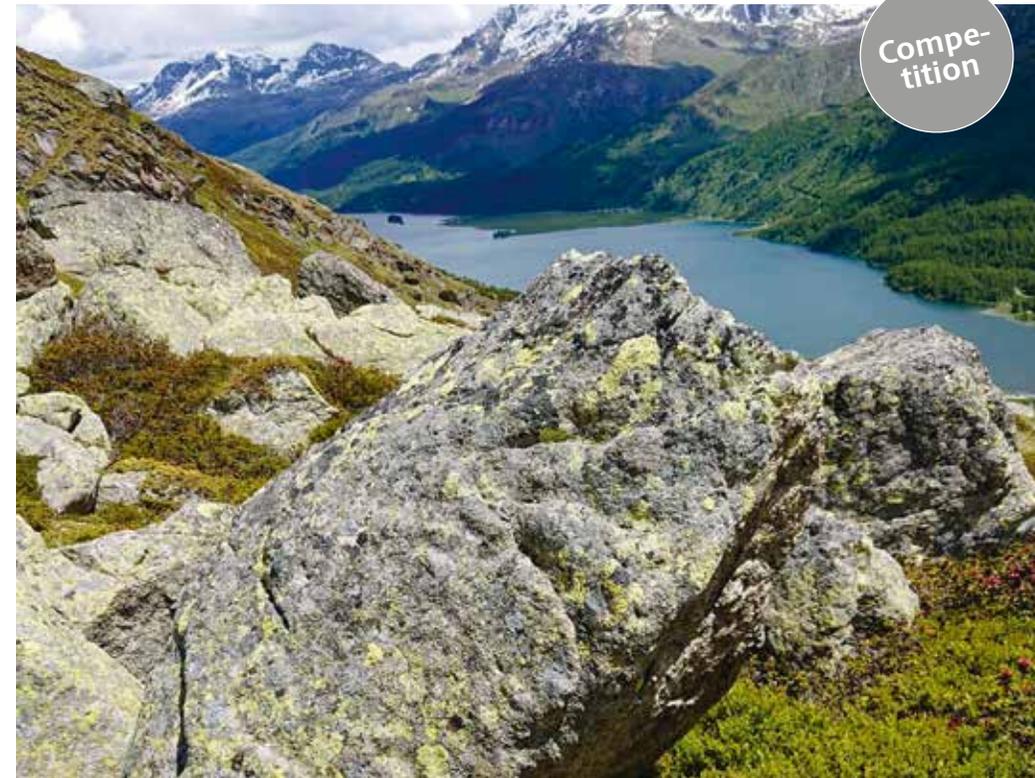
Explore the Albula/Bernina railway line with its impressive stone bridges (p. 34).



Admire the ibex above Pontresina (p. 50).



Gather your own cpen mushrooms for an autumn meal (p. 66).



## Can you find this rock?

One special stone has gone far: from the Engadin to New York and On's flagship store. The New York stone is just a copy of the original in the Engadin, but it recalls the birth of the company: it was on a hike in the Engadin that the firm's founders developed their first ideas. Which raises the question: **where is the original stone?** Find it (with the help of these coordinates: **46°24'41.8"N 9°41'23.2"E** or the following address: **what3words.com** keywords //putz.anfänger.obigen) to enter our competition via a QR code on the rock. It lies about 50 metres to the right of the footpath up to a picturesque mountain lake, the Läch dal Lunghin. Every month there is a prize to be won, and after the competition closes, all participants will be entered into a draw for a night's accommodation in the Engadin valley.



### Conditions of entry

Competition is open from 1 May to 15 October 2022  
Further information:

[stone.events.on-running.com](http://stone.events.on-running.com)

# Chamannas

“The higher you go up a mountain, the smaller your worries become. Up there, you experience a clarity of thought that isn’t possible anywhere else.”

FRIEDRICH STICKLER

# High life

Among the rocks and stones at high altitude, mountain huts promise sublime views, a convivial ambience and 5-star experiences of nature. We visited four of these friendly venues.

*Text* LAURENT SCHENKEL  
*Photographs* FILIP ZUAN

## MODERN AND STYLISH *Tschiervahütte, above Pontresina*



Two friendly avalanche rescue dogs greet visitors enthusiastically as they climb the last steps up to the Tschierva hut. The boisterous creatures are not the only residents who feel thoroughly at home here. Many climbers use the hut as a base for tackling one of the best-known peaks in Graubünden: the Piz Bernina, which exerts a special appeal on expert mountaineers with its iconic

Biancograt ridge, known as the "Ladder to heaven". Climbers with less experience enjoy scaling the Piz Tschierva. All mountain lovers, meanwhile, can enjoy superb views of the famous summits from the dining room in the hut's wooden annexe. The sleek rectilinear building is the work of the architect Hans-Jörg Ruch. His vision: the new does not touch the old, it serves purely as extension.

🏠 100

2,573 m

♥ Stylish architecture, base for scaling the Biancograt

**Tanned and smiling, Caroline sits in the dining room of the mountain hut's wooden extension, which looks out over the Bernina massif. The petite guardian of the Tschierva hut radiates a relaxed calmness that is typical of mountain folk. Even the lunchtime bustle in the adjacent dining room does not perturb her.**

**Caroline, how do you become a hut guardian?**

I started working in mountain huts when I was just 20. My parents would have rather seen me in a steady job, like in a bank. But I was always drawn to the idea of working in the mountains, and I hoped one day to run my own hut. My ex-boyfriend is a mountain guide, and it was through him that I finally came to the Tschierva hut.

**What makes the Tschierva hut special?**

The location, for sure. For one thing it stands literally at the edge of Switzerland, on the border with Italy. And then you're so close to the mountains, with fabulous views of the Tschierva Glacier. The hut is also unusual from an architectural point of view. It was remodelled 16 years ago and caused a real stir within the Swiss Alpine Club. Many people found the combination of old stone building with modern wood extension

too strange. But now guests have got used to it and even fallen in love with it.

**What do you like best about your work?**

I really like the variety. I get the chance to get to know lots of interesting people and have fascinating conversations. In a town or city you'd never get talking with strangers as easily as you do in a mountain hut. All sorts of people gather here, rich and poor, from all social classes, and you end up with really stimulating discussions. You make friendships for life. Many guests come back time and again; some of them I'm also in touch with on a personal level.

**Have there been guests you particularly remember?**

Two gentlemen over the age of 80. They wanted to climb the Piz Morteratsch one more time. Late in the evening, one of them came back to the hut on his own. I got concerned and phoned helicopter rescue, but they were unable to find the

missing climber. It was only the next day that he was found and brought to safety. He had spent the night on a rock ledge. His friend had insisted all along, the guy would make his way back; he didn't worry about him at all.

**Are there often scary situations like that?**

Life in the mountains is wonderful, but there can also be accidents. It goes with the territory. I once had a convivial evening in the hut with guests, and then the next day one of them suffered a fall and died. Situations like that really affect you.

**Do you have a favourite spot at the Tschierva?**

There's a big rock above the hut that protects it in winter to some extent by splitting avalanches and sending them either side. The surface of this rock has a special shape that makes it a natural lounger. I often retreat up there when I have free time.



**“In a town or city you'd never get talking with strangers as easily as you do in a mountain hut.”**

CAROLINE ZIMMERMANN  
*Guardian of the Tschiervahütte*

COSY AND CONVIVIAL  
*Chamanna d'Es-cha, above Zuoz*



It is probably the scent of home-made walnut cake that even attracts marmots, who keep coming back to the Es-cha hut as they follow the heavenly aromas emanating from the kitchen. This is a wonderfully cosy mountain hut, especially the old panelled "stüva" lounge. Creaking wooden floors and a low stuccoed ceiling transport guests to former days. By dinner time, when hot barley soup

is served and convivial conversation fills the room, everyone has happily forgotten the rest of the world. As the hut lies just a couple of hours' leisurely hike from the Albula Pass road, it offers an ideal stop on the way into the Engadin for a fortifying meal on the sun terrace. Thanks to the convenient location, the welcoming venue attracts mountain bikers and families as well as mountaineers.

 43	2,594 m	♥ Easy access, "stüva" lounge with stucco ceiling
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WILD AND WONDERFUL

***Fornohütte, 4 hours' walk from Maloja***

A loud crashing sound grabs visitors' attention: the ice is sweeping lumps of rock down the valley as if they were gravel. Here hikers enjoy a magnificent reward for the demanding climb up: glorious views of the second-largest glacier in Graubünden. The couple who run the hut, Alena and Beat, take inspiration from the wild and rocky natural landscape

all around. Beat maintains the hiking trails and devises new routes up to the mountain summits. Among them is the route up the Monte Rosso, which he created himself and made accessible to all hikers: a place of special energy for him. Highlights from the kitchen include home-made bread, tasty Capuns dumplings and cakes.

 75	2,574 m	♥ Glacier views, seclusion
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Chamanna Georgy:  
the hut stands just  
below the summit of  
the Piz Languard, at  
an altitude of almost  
3,200 m.



SCENIC AND HISTORICAL  
*Chamanna Georgy, above Pontresina*



This spot is so enchanting that even the acclaimed painter Wilhelm Georgy, who subsequently gave his name to the hut, undertook the long journey from Leipzig to the summit of the Piz Languard to capture the animal life of the Alps in his oil paintings. More than 150 years later, the panoramic views continue to inspire nature lovers from far and wide to visit the Georgy hut. Gastronomically, too, the

hut is a thrilling discovery. The couple who run the hut, Céline and Simon, charm guests with their delicious cuisine served at an altitude of more than 3,000 metres – dishes such as vegetable curry, for example, or dumplings, in homage to Simon's South Tyrolean roots. The food may be superb, yet the couple have only a simple wood oven with which to cook.

 20	3,175 m	♥ Cuisine, welcoming atmosphere, distant views
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# Paths to happiness

Countless trails lead through hiking heaven



## Bernina Trek hut tour

A treat for all hikers and anyone who loves mountain huts: the 7-day Bernina Trek from Madulain to Poschiavo promises one highlight after another. The long-distance trail leads through fragrant forests, over panoramic passes and past glaciers and the towering Piz Bernina to reach the Mediterranean atmosphere of the Valposchiavo. Each stage ends at a Swiss Alpine Club (SAC) hut for a night's stay and a hearty mountain meal to top up energy levels. If time is short, hikers can just tackle selected stages.

[bernina-trek.ch](http://bernina-trek.ch)



**7 stages of 4–10 hours each**

Please note:  
reservations compulsory  
for overnight stays

## 580 km of hiking trails

and about 100 different routes make the Engadin a paradise for hikers. Find an attractive selection here:

[engadin.ch/hiking](http://engadin.ch/hiking)



## Family fun

### Hiking with all the family

On a walk with the whole family, all of nature becomes a giant adventure playground. Different routes with short distances and only gentle ascents promise fun for all ages.

[engadin.ch/family-hikes](http://engadin.ch/family-hikes)

### Theme trails

Every walk in the Engadin offers a delightful experience of nature, but the region's theme trails promise an even more intimate encounter with the natural world. From the Ixib Promenade to the Segantini Trail and Barefoot Trail, the wide choice of walks will delight all the family.

[engadin.ch/theme-trails](http://engadin.ch/theme-trails)

### Barbecue picnic sites

In the Engadin, no one need worry they might have difficulty finding a spot for a barbecue. There are dedicated sites throughout the valley, often equipped with tables and benches.

[engadin.ch/barbecue-sites](http://engadin.ch/barbecue-sites)

## Huts to suit every taste

The Engadin is home to an exceptional wealth and variety of attractive mountain huts, all promising glorious views of famous peaks and an uplifting experience of nature. Yet each hut has its own distinctive character and serves different specialities to reward hungry hikers. Here's our selection:

### ① Varusch-Hütte

*S-chanf* – “Park hut” in the Val Trupchun, by the entrance to the Swiss National Park.

🛏️ 34 1,768 m  
[varusch.ch](http://varusch.ch)

### ② Chamanna d'Es-cha

*Zuoz* – Cosy “stüva” lounge with stucco ceiling. Home-made walnut cakes. Accessible by mountain bike.

🛏️ 50 2,594 m  
[es-cha.ch](http://es-cha.ch)

### ③ Chamanna Georgy

*Pontresina* – Located just a few metres below the summit of the Piz Languard.

🛏️ 24 3,175 m  
[chamanna-georgy.ch](http://chamanna-georgy.ch)

### ④ Chamanna Boval

*Pontresina* – Ideal base for climbs on the rock and ice of the Bernina massif.

🛏️ 100 2,495 m  
[boval.ch](http://boval.ch)

### ⑤ Chamanna Tschierva

*Pontresina* – A popular base for mountaineers planning to scale the Piz Bernina. Guests also have superb views of the Bianco Grät ridge.

🛏️ 100 2,573 m  
[tschierva.ch](http://tschierva.ch)

### ⑥ Chamanna Coaz

*Pontresina* – Ideal for families in summer, with a glacier-themed adventure trail right by the hut.

🛏️ 80 2,610 m  
[coaz.ch](http://coaz.ch)

### ⑦ Forno Hütte

*Maloja* – Perched right above the Forno Glacier in a wild and pristine rocky landscape. Home-made Capuns dumplings and cakes.

🛏️ 75 2,574 m  
[forno-hutte.ch](http://forno-hutte.ch)

### ⑧ Chamanna Jenatsch

*Bever* – The seclusion and tranquillity of this spot make it especially magical.

🛏️ 60 2,652 m  
[chamannajenatsch.ch](http://chamannajenatsch.ch)



### Further information

See additional suggestions and tips about mountain huts at:

[engadin.ch/mountain-lodges](http://engadin.ch/mountain-lodges)

Key 🛏️ Number of beds



Map: Rohweeder

⑧ ↙

# Transport

“It always seems impossible until it’s done.”

NELSON MANDELA, 1918-2013

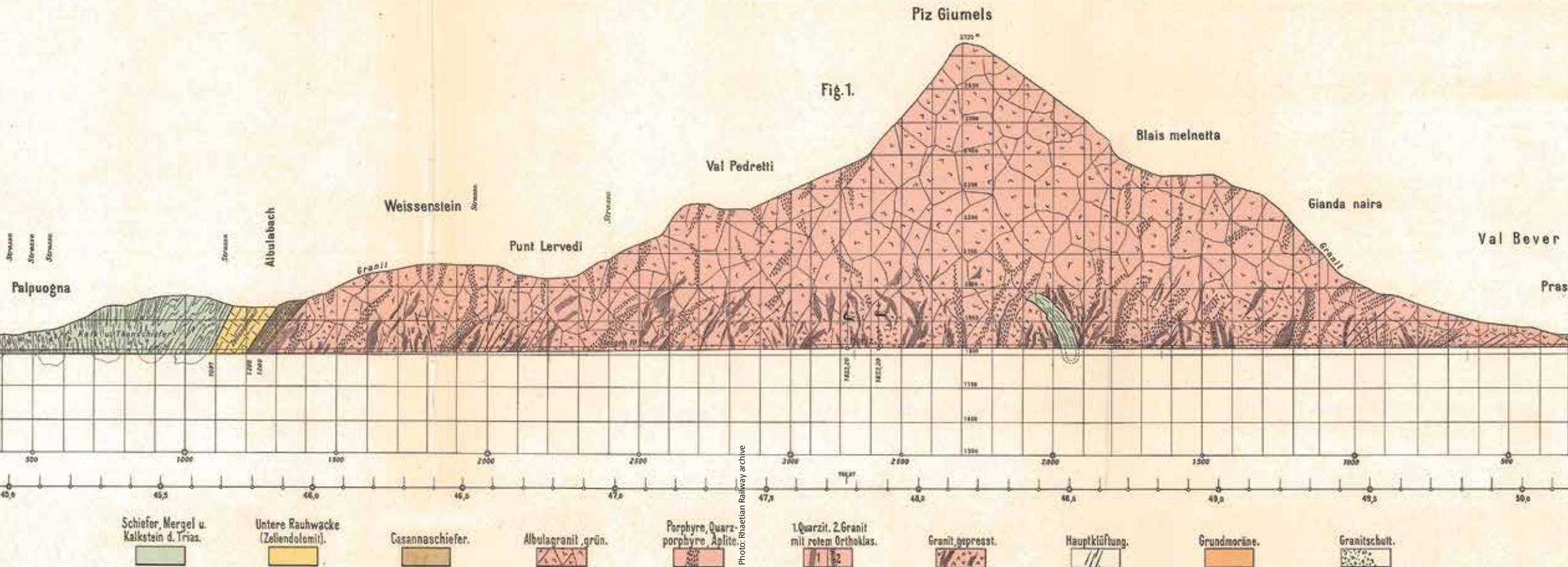


Photo: Rhaetian Railway archive



## In the heart of the mountain



Deep underground: work on the new Albula tunnel began in 2014.

**Pioneers:** The soul of the Albula is in the mountain, surrounded by rock and stone: for the heart of the Albula line is the Albula tunnel, which links Preda in the Albula valley with Spinass in the Engadin. Since it opened in 1903, this marvel of engineering deep underground has captivated travellers. UNESCO added the Albula line along with the Bernina line to its list of World Heritage Sites in 2008 – thanks to the ingenious route and the spectacular bridges and tunnels with which the workers brought the railway through the precipitous landscape long ago.

Photo: Rhaetian Railway, Andrea Badrutt

**Old or new?** The tough conditions back then still haunt the mountain. Frost, moisture and ice have all taken their toll on the old tunnel to the extent that the Rhaetian Railway faced a difficult decision a few years ago: should it renovate the existing tunnel or build a new one? In the end the company opted to build anew. That way the important line between Chur and St. Moritz and Tirano could continue services uninterrupted; after completion of the new tunnel, the old one could be refurbished for use as a safety tunnel. The two will be linked together at 12 locations.

As a result, right now, a new tunnel is coming to life 30 metres from the old one; four teams are working in shifts, round the clock. The official groundbreaking ceremony was on 25 July 2014; a little over four years later, on 2 October 2018, the Albula valley and the Upper Engadin moved another step closer to each other. On breakthrough, the tunnellers passed one another a statue of St Barbara, their patron saint: a festive occasion in the heart of the mountain

**Inauguration:** 400,000 tons of rock will have been transported out of the mountain by the time work is complete – equivalent to 12,000 loaded freight trains. The new tunnel is due to open in 2024; several delays have drawn out the project. The fact that construction has taken more than twice as long as in 1900 – even though today's technical equipment bears no comparison with the simple tools used back then – is mainly a result of the stringent construction requirements, but also demonstrates the incredible achievement of tunnellers more than a century ago.

# Through the living rock

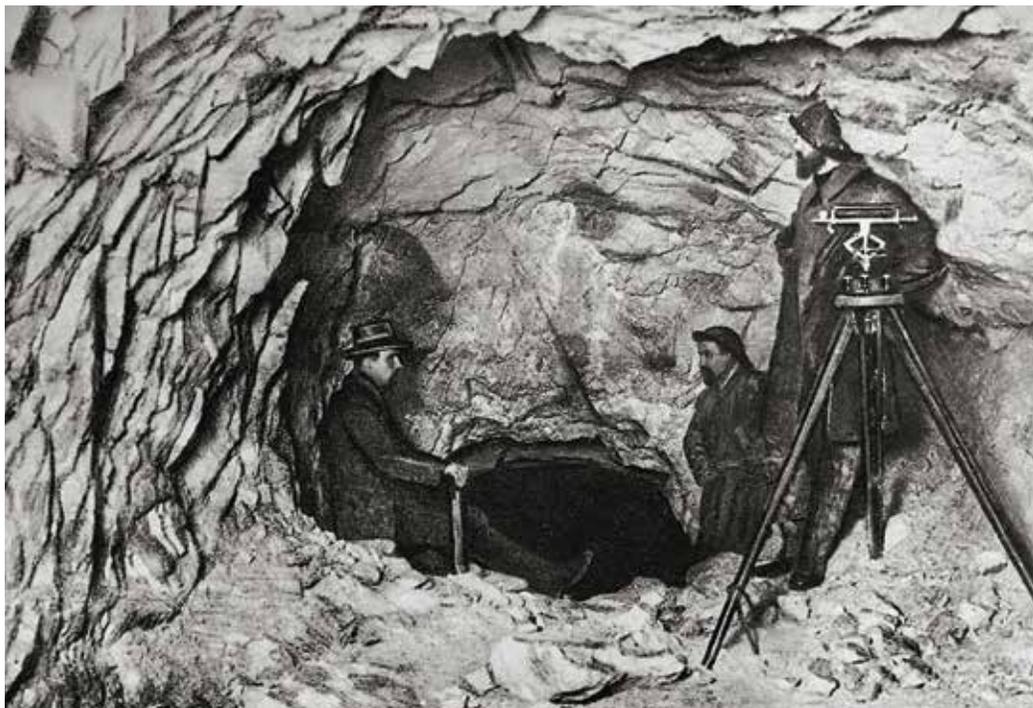
**More than a thousand workers tunnelled painstakingly through the rock from north and south to open a rail route into the Engadin. The pioneering Albula tunnel thrills travellers to this day, 120 years on.**

*Text* **STEPHANIE ELMER**

**T**he day: 29 May 1902. The time: half past three in the morning, to be precise. At least that is what one chronicler wrote years later in his book about the railways of Graubünden. In truth the time makes little difference, because deep inside the mountain it was dark anyway. May 29 was the day of the final breakthrough in the Albula tunnel: the day the last wall of rock separating the two tunnelling teams fell, 3,030 metres from the north portal near Bergün and 2,835 metres from the south portal in the Engadin. “The greetings were exuberant,” the author went on to say, “as befits the southern temperament” – for many of the tunnellers were immigrant workers from Italy.

Gateway to the Engadin: tunnelers at the entrance in Preda around 1900.

Photo: Rhaetian Railway archive



**Simple means:**  
engineers with a  
theodolite, used  
for surveying  
(above).

**State-of-the-art:**  
tunnellers with  
boring machinery  
(below).



Photo above: Rhaetian Railway archive / Photo below: Rhaetian Railway

The unification of the Albula and Engadin valleys in the heart of the mountain made history: the Albula line is regarded to this day as a dazzling display of technical and engineering innovation in the face of exceptionally steep and challenging topography. The history of the tunnel, however, began much earlier. Perhaps even during the days of the ancient Romans, who used the mountain passes in the Graubünden region as trade routes. The Julier, for example, the Splügen, Septimer and San Bernadino were all important gateways between northern and southern Europe. During the first half of the 19th Century, engineers built wide and modern pass roads along the most important routes, and the transport of people and goods became a key element of the region's economy. Then came the railway, a technical marvel that redefined space and time. The new steam-powered mobility also captured imaginations in Graubünden, and hopes were high that the new transalpine rail route planned by the Swiss government would lead through the canton. But instead the Gotthard route was chosen, linking the cantons of Uri and Ticino. The Gotthard line, a masterpiece of its day, shattered Graubünden's dreams. After the line opened in 1882, Graubünden plunged into an economic crisis, as transit traffic collapsed from one day to the next.

Just as the train follows anything but a straight line as it winds its way up to the Albula tunnel, the full story of the tunnel from the very beginning includes twists and turns. For this is also the story of Willem Jan Holsboer, a Dutchman who travelled to Davos in 1867 with his sick wife in the hope of curing her tuberculosis. Despite the

884 m  
Tiefencastel

Surava

Alvaneu

## The train not only carried passengers, it also brought Graubünden new perspectives for the future.

bracing mountain air, she died the same year, but Holsboer decided to stay in Davos all the same and entered the hotel business. He soon realised that Graubünden need not languish forever, like Sleeping Beauty under a spell: a railway would transform its fortunes. He was not thinking of transit traffic, however: his priority was connecting Graubünden internally and to the outside world. Thanks to his initiative, the first stretch of the new railway line opened in 1889: the section from Landquart to Klosters. The train brought not just passengers to the region but also new perspectives for the future. The economic depression turned to euphoria. The steam that rose from the locomotives up to the sky was a good omen: plans for new lines multiplied rapidly. Graubünden, “Land of 150 Valleys”, became the proud owner of its own extensive railway network in just a quarter of a century – as described in the Rhaetian Railway’s “Historic” magazine a couple of years ago.

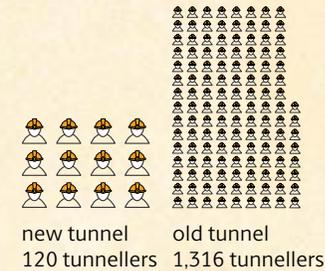
### Direct to the Engadin

So it is not surprising that a railway link to the Engadin was also discussed. The precise route, however, became the subject of animated political debate. The people of the Lower Engadin wanted a link from Davos underneath the Scaletta Pass to S-chanf, while others dreamed of a line to the Upper Engadin that would become part of a new “Orientbahn” (“Eastern Railway”). Neither plan won the day, nor did many others. The winning scheme in the end was the Albula, above all for geographical reasons. The terrain was suitable and the pass road not too far away. And in contrast to

## The Albula in figures

1,080 m  
Filisur

### Number of workers



### Progress



# 5,864

metres is the length of the old tunnel.  
The new tunnel is 4 metres shorter.



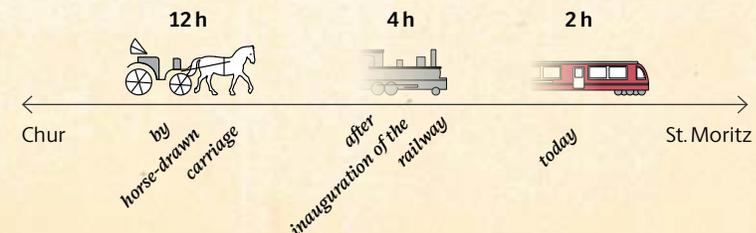
*The greatest challenge back then, as now, was a passage through unstable rock consisting of cellular dolomite and a soft, porous rock akin to fine sand. An attempt to bore through would lead to collapse of the wall and a torrent of water flooding the construction site. This is precisely what happened during excavation of the old tunnel in July 1900; 16 workers lost their lives and dozens were injured. To avoid a repetition of this tragedy in the new tunnel, engineers froze the rock from a distance of 30 metres before the critical zone in order to stabilise it.*

### Patron saint of tunnellers



*At tunnel construction sites throughout the world, St Barbara watches over workers. According to a legend dating back to the 3rd Century, the young woman's father flew into a rage when he learned she had converted to Christianity; he tried to kill her, but a chasm opened up in the rock offering her refuge. Following tradition, a shrine to her was set up in Preda on behalf of workers in the new tunnel.*

### Travel times over the years

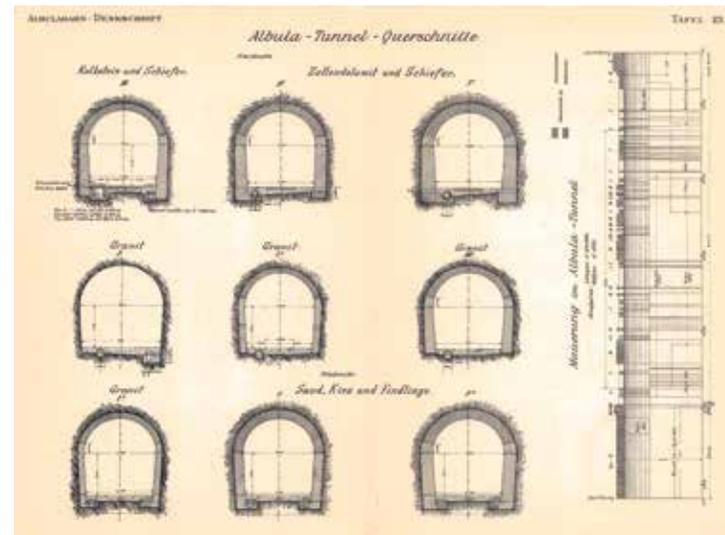


Stugl



Maiden journey: festivities celebrated the passage of the first train in 1903.

Photo left: Rhaetian Railway archive / Photo right: Rhaetian Railway archive



Masterpiece: the tunnel was a marvel of its day – for the engineers, too.

the Julier, which would have required a 10-kilometre tunnel, engineers had to plan for a passage of only under 6 kilometres through the mountain.

The “only” is relative, however, as construction of the tunnel presented an enormous challenge at the time. Bustling encampments of huts sprang up around the tunnel portals at Spinas and Preda: entire villages complete with bathhouses, hospital and churches. At its height, the tunnel project employed 1,316 men at both ends, of which 984 worked inside the tunnel and 332 in the open air, night and day. The tunnellers lived in the hut villages, in which up to three men shared a bed. The working conditions were generally hazardous and tough – unimaginable nowadays. During construction of the Gotthard tunnel, for example, many workers died of a worm infection through contamination by wastewater. Medical care was virtually non-existent. The Albula tunnel site, however, featured a hospital at Preda – by comparison, a step forward.

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## Without the railway, St. Moritz could never have become an internationally famous resort.

After just four years, the tunnel was complete: an incredible achievement, as was the precision with which the tunnellers worked their way through the dark mountain. When the two tunnelling parties finally met from north and south, on 29 May 1902, the discrepancy between the two tunnels was just five centimetres laterally and two centimetres vertically. The first train to run through the mountain a year later was greeted with a festive celebration. The euphoria was justified. One example: without the train the simple farming village of St. Moritz would never have become an internationally famous holiday destination, as Joseph Jung writes in his fascinating portrait of 19th-Century Switzerland as “The Laboratory of Progress”. The journey from Chur to St. Moritz, which had previously taken 12 hours in a horse-drawn carriage, now took only four hours by train. Meanwhile the population rose from 228 in 1850 to more than 3,000 after inauguration of the railway, with the number of tourists booming as well. This growth would have been inconceivable without the Albula line, Jung concludes.



### Relive the adventure

The arrival of the railway in Graubünden brought much more than increased mobility: it completely transformed life in the mountains. The Albula Railway Museum in Bergün station tells the fascinating story: a journey back to the days of the railway pioneers, full of excitement and optimism.

[bahnmuseum-albula.ch](http://bahnmuseum-albula.ch)

1,789 m  
Preda

Albula tunnel

1,815 m  
Spinas

1,708 m  
Bever

1,721 m  
Samedan

1,714 m  
Celerina

1,822 m  
St. Moritz

# Along trails of stone

Take a trip in time through the Engadin



## Multiple perspectives of a World Heritage Site

The Albula/Bernina railway line offers one of the world's most spectacular train journeys. Along the 122 kilometres of track from Thusis to Tirano, trains glide across viaducts, twist through spiral tunnels and climb high above giddy ravines. Visitors can explore the route on foot, too: along the "Via Albula/Bernina" long-distance trail, which takes three to six days. The path repeatedly crosses the line, so walkers can easily hop on and off the train for an exhilarating change of perspective. [rhb.ch/via-albulabernina](http://rhb.ch/via-albulabernina)

**High drama:**  
the Landwasser  
viaduct in Filisur,  
65 metres high  
and 136 metres  
long.

Photo left: Vadav Volrab, Alamy; stockphoto/Photo below right: Rhaetian Railway



## Smugglers' trail

**Maloja** – The region between Maloja and the Italian border above the Val Malenco has a colourful past. During the 19th and early-20th Centuries, locals smuggled a variety of goods to bring a little "dolce vita" into the remote mountain valley. The Capel smugglers' theme trail tells intriguing tales about the lives of the smugglers, reveals some of their secrets – and shares wilderness survival tips along the way. [engadin.ch/smugglers-trail](http://engadin.ch/smugglers-trail)



## Walk in the footsteps of the ancient Romans

**Maloja** – A walk along the Malögin, the footpath from Maloja to Casaccia, feels like a 2,000-year trip in time. A rock slab 8 metres long shows easily discernible ruts created by carriage wheels during the 1st Century AD. The historical vestiges were discovered in 1972 by Armon Planta, who was a secondary school teacher in Sent at the time. The path leads from the Belvedere tower and past impressive prehistoric glacier mills before reaching the Roman remains and then continuing down to Casaccia. [graubuenden.ch/touren/maloegin](http://graubuenden.ch/touren/maloegin)

## Trek along wine trails

**Pontresina** – Mule trails were historical routes unsuitable for carts or carriages: goods were carried by mule instead. The Via Valtellina long-distance footpath follows such trails once used to transport Valtellina wine to Graubünden. The itinerary leads from Tirano to Schruns via the Engadin and takes about a week. The route features scenic alpine passes and requires a good level of fitness. [schweizmobil.ch/wanderland](http://schweizmobil.ch/wanderland)



**Built in 1907** the funicular up to Muottas Muragl is the oldest in the Engadin. The red carriages allowed tourists to glide in comfort from Punt Muragl to the panoramic peak: a pioneering achievement. [engadin.ch/muottas-muragl/en](http://engadin.ch/muottas-muragl/en)

## Nostalgia on wheels

**Graubünden** – From thrilling rides on a steam train to scenic trips in vintage carriages pulled by the legendary "Crocodile" electric loco: the Rhaetian Railway offers nostalgic rail journeys into history and throughout the Engadin. [rhb.ch](http://rhb.ch)

## From shack village to cosy hostelry

**Spinas** – Today, Spinas is an idyllic, car-free hamlet; during construction of the old Albula tunnel, it was a village of workers' huts. Just a few buildings remain from those days – including the Gasthaus Spinas with its cosy restaurant. [spinasbever.ch](http://spinasbever.ch)



# *Natura*

**The ibex lives on rocky peaks,  
He climbs with skill on any slope.  
And even when it's really steep,  
He still can climb without a rope.**

ALFONS PILLACH, 2015  
FROM THE POEM "THE IBEX"



## Smuggling for a good cause



Transporting ibex for release in the Swiss National Park, 1920.

**New residents:** In the summer of 1920, some 150 people trudged steadily along trails through the newly founded Swiss National Park, carrying bulky wooden crates. When the team finally opened these strange-looking boxes in the middle of the park to the cheers of everyone present, young ibex leapt out, looked all around, bewildered – and had their first sight of their new territory.

Photo: Swiss National Park archive

**Illegal border crossing:** By the beginning of the 20th Century, the ibex had been virtually wiped out throughout the Alps. One man who particularly admired these majestic creatures was Robert Mader, a hotelier from St. Gallen, and he knew that some of these mountain goats still lived in the wild in the Valle d'Aosta in Italy. They had been placed under protection by Italy's King Vittorio Emanuele II in the 19th Century, as he used the region as his private hunting reserve. Mader hoped to reintroduce the ibex in the Swiss Alps but attempts to collaborate through official channels came to nothing, so he took up contact with a poacher from the valley. From 1906, the poacher managed to smuggle 59 ibex kids out of the royal reserve and across the Swiss border to supply a captive breeding and release programme. On 20 June 1920, the first ibex were released in the new Swiss National Park, and the population soon expanded throughout Graubünden.

**Pontresina pedigree:** The reintroduction of these agile climbers was a great success, as can be seen also in Pontresina: the ibex colony around the Piz Albris now numbers 1,800 individuals, making it one of the largest in the Alps. Every year in spring, the mammals descend to the edge of the resort to eat young grass shoots: an excellent opportunity for visitors to observe them.

**Diligent guardians:** Today, in the Engadin, game wardens ensure the welfare of the animals. They monitor, document and maintain local populations, protecting the ibex along with their habitat.

# Wild about ibex

The local name for the ibex, Steinwild (“stone game”), is apt: these wild mountain goats flourish on the rocky slopes above Pontresina. The local mountain guide and game warden Daniel Godli is an expert on these majestic creatures and fascinated by them. We visited him in his domain to ask a few questions.

*Text* NADINE HAGER  
*Photographs* FILIP ZUAN



**Daniel, how often do you come across an ibex?**

*Daniel Godli:* Often, because Pontresina and the surrounding area is home to one of Europe's largest ibex colonies. As a result, I spend a great deal of time on them, in a wide range of activities. The ibex has always been one of the animals that dominate my work.

**What does that mean exactly?**

It means I'm outdoors the whole year round – to monitor the population of ibex and establish if diseases are spreading, for example. In spring, I carry out population counts, and in autumn I have to oversee the whole hunting season as well. As game warden, I also have to shoot sick or injured animals. In winter, I observe the ibex on ski tours, using telescope and binoculars to see how the animals are faring and what winter mortality levels are like. Plus I do a variety of supporting jobs for scientific projects.

**What are these projects trying to find out about the animals?**

The researchers and the authorities for hunting and fishing want to understand the behaviour of the ibex in greater detail. They have found out, for example, that ibex aren't lethargic creatures, lounging around all day, as some imagine;

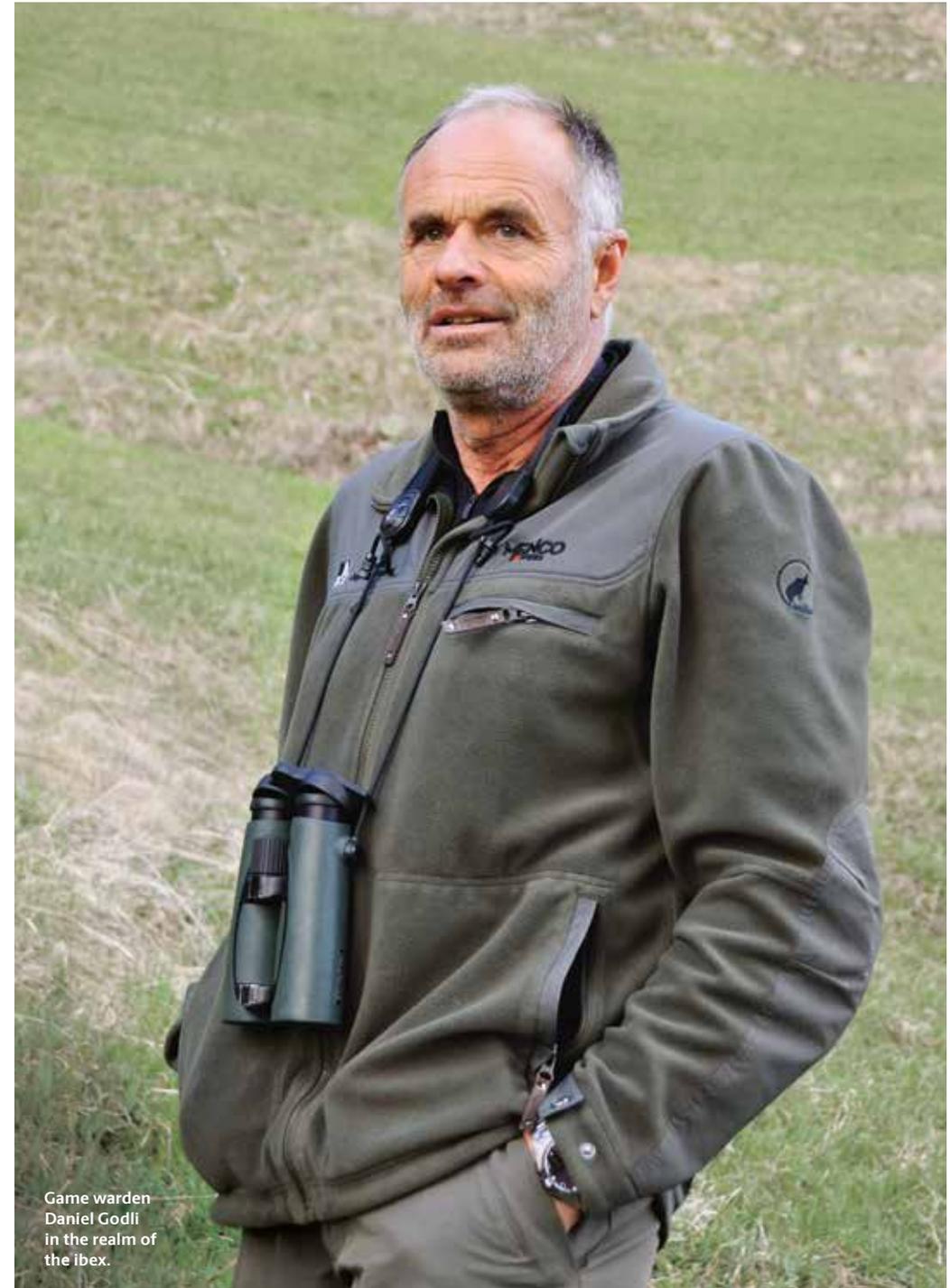
in spring and summer, when they change location, they can cover up to 10 kilometres a day.

**Sometimes ibex tackle extremely steep and challenging terrain. What's the secret of these incredibly agile climbers?**

Ibex are excellent climbers because their hooves have sharp edges that are very hard, while the underside of their hooves, the "ball", is soft and concave – like the climbing shoes that rock climbers wear. As a result, the ibex have a good grip and can move nimbly across steep rocky slopes and cliffs. Chamois, by contrast, have to leap from rock to rock, because their hooves are a lot harder.

**Mountaineers climb in teams; what about ibex?**

Female ibex form herds of 20 animals or more. The males form groups of their own but can also be seen moving around individually. The rutting season starts in December: the male groups search for females, the groups interact and individuals mate. One of the special features of ibex is the fact that the males establish a hierarchy in advance, fighting for dominance and over territory – not during the breeding season, as most wild animals do. When two males fight, you are talking about up to 200 kilos of ibex battling it



Game warden Daniel Godli in the realm of the ibex.

Photo: Beate Schümann



# Capra ibex facts

200 years ago, ibex were completely wiped out in the Swiss Alps; today, about 17,000 of these virtuoso climbers live in the region. The name applies to a variety of different wild goats (genus Capra). There are seven different species of ibex, of which the local exponent is the Alpine ibex (Capra ibex).



## Lifespan

An ibex can live for longer than 20 years.

## Medicine

Horns, blood, hair, even excrement: just about all parts of the ibex were once believed to have medicinal properties and were used to treat a variety of illnesses. As a result, the species almost died out in Europe.

## Colour

Males have a dark-brown coat in summer; females have a redder or golden-brown coat. In winter, the coat turns greyish in both sexes.



1 metre



Horns of male ibex can measure up to 1 metre. Females also have horns, but these are less curved and shorter, growing up to 35 centimetres long.

The age of an ibex can be established by counting the growth rings. The male's horns grow 2–10 centimetres a year.

## Fighters

A male must be at least six years old to have a chance to survive a battle for dominance and win a harem of its own.



During the rut, a male ibex will approach a female, stretch out its neck, lift its upper lip, stick out its tongue and flip it up and down.

## Habitat

In the Alps, the ibex lives at high altitudes between the treeline and glaciated zones, and can climb to 3,500 metres above sea level.

## Game

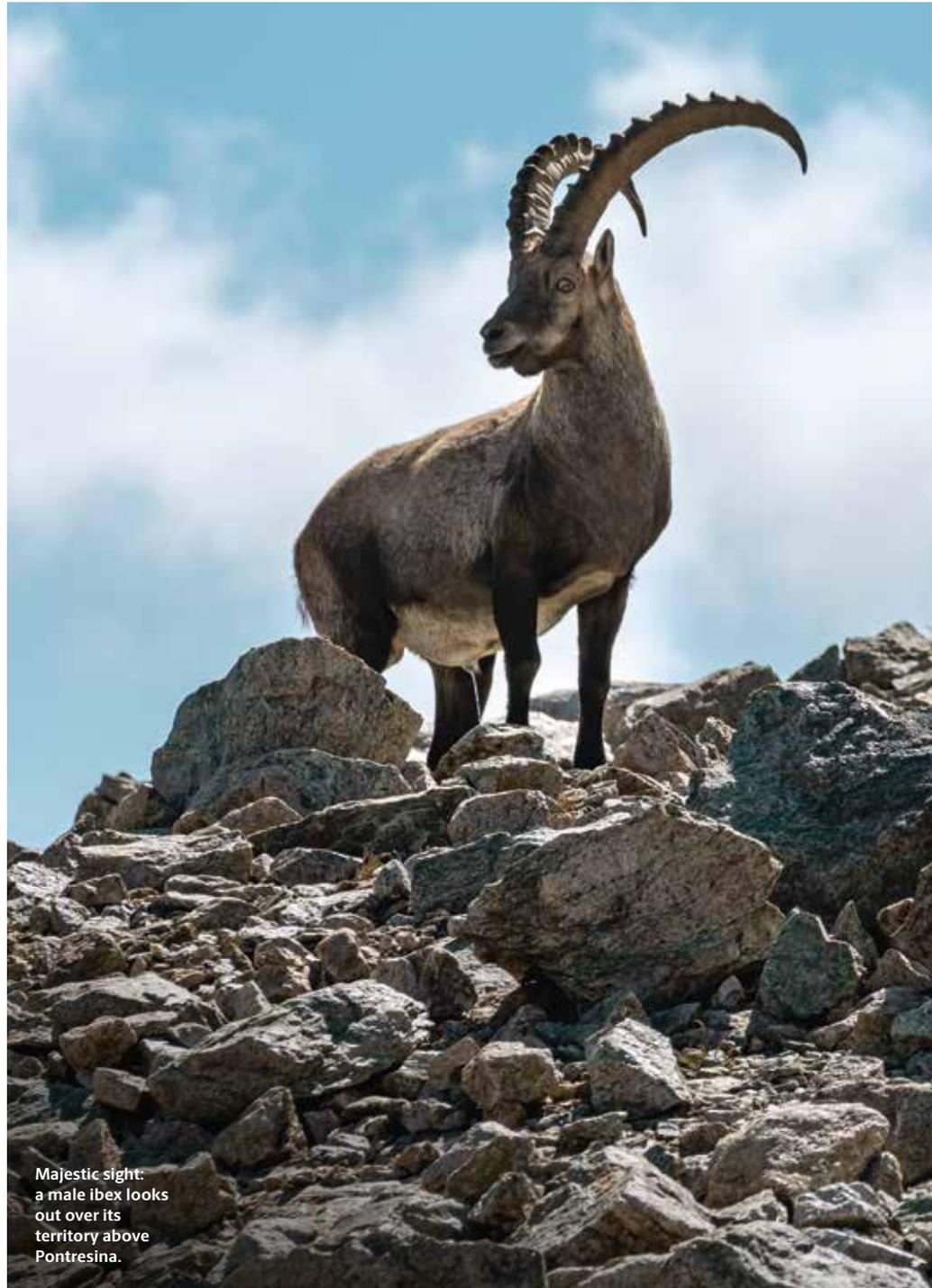
During the Palaeolithic Age and up until the Neolithic Age, ibex were hunters' main quarry in certain mountain regions for thousands of years.

"Ötzi the Iceman" ate dried ibex meat with fern for his last meal.



The ibex's special hooves allow it to gain a grip on even the steepest rock faces. The horny rims make the mammals extremely surefooted, while the softer undersides prevent them from slipping. Ibex can also move the two toes on each hoof independently, and so accommodate any unevenness on the rock surface perfectly.

Photo: stock.adobe.com



Majestic sight: a male ibex looks out over its territory above Pontresina.

**As a mountain guide I move around in the same terrain as the ibex, we both are at home scrambling around in the mountains.**

out. If the animals staged these fights in December, they would lose far too much energy, and this would inevitably lead to higher winter mortality rates. After all, there is much less for the ibex to eat in winter, when the ground is covered in snow.

**Has your work with ibex changed over the years?**

Nowadays I devote about 15 per cent of my working time to ibex, but when I started off it was more. In the old days we had to catch ibex in box traps and with tranquillizer guns to release them in new locations. Populations of the animal in Europe had been wiped out almost everywhere through hunting, so the challenge was to reintroduce the ibex throughout its former habitat. Since then, however, populations have recovered, and this kind of work has practically stopped.

**How come this animal continues to fascinate you after all these years?**

When you spot an ibex up on a crag, you immediately appreciate this is a proud and mighty animal. As a mountain guide I move around in the same terrain as the ibex, we both are at home scrambling around in the mountains. I find it almost a pity that in spring the ibex come all the way down to the edge of Pontresina, attracting lots of people all around them to watch. I like best coming across the ibex in summer really high up, at altitudes of 2,500 to 3,000 metres above sea level. Then I, too, am delighted to stop and watch them, a silent observer as they go about their lives.

**About Daniel Godli**

Daniel Godli is a game warden in Pontresina and area manager in charge of the hunting districts of the Upper Engadin and Val Bregaglia. [pontresina.ch/portraits](http://pontresina.ch/portraits)

# Natural gems

The kings of the Alps and their habitat



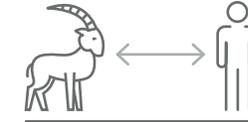
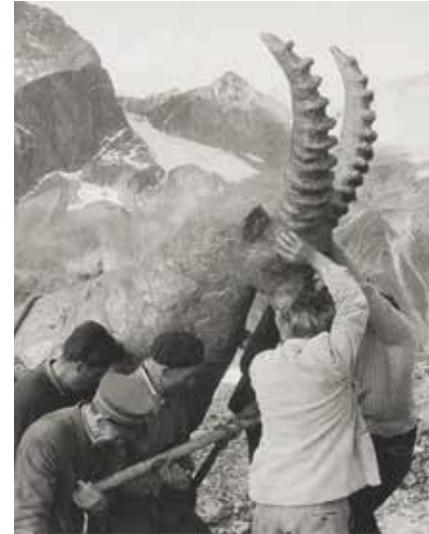
## Swiss National Park

**Zernez** – In the Swiss National Park, flora and fauna are left to develop freely, and processes are allowed to follow their natural course without human intervention. Countless species flourish here; with luck, visitors can spot ptarmigan, ibex and even bears. One of the best ways to access the park is from S-chanf via the Val Trupchun, home to some of the most abundant wildlife. Even hikers who think they know the park inside out will gain new insights at the National Park Centre in Zernez. Temporary exhibitions plus a permanent exhibition on flora, fauna, geology and the history of the park promise a fascinating experience for all the family. [nationalpark.ch](http://nationalpark.ch)



**National Park Centre**  
The visitor centre lies a few minutes' walk from Zernez station.

Photo Piz Nair: Engadin St. Moritz Mountains



### Code of conduct

**Stay on official trails:**  
*Ibex are used to seeing walkers and pedestrians along the Ibex Promenade and on surrounding footpaths. As long as people do not leave the trails, the wild animals can withdraw calmly when they need to.*

**Do not feed or stroke ibex:**  
*Ibex are wild animals and should stay that way. They find more than enough to eat on the lush mountain meadows.*

**Come without your bike:**  
*We kindly ask mountain bikers to steer clear of the region around the Ibex Promenade in spring.*

**Keep dogs on a lead:**  
*Dogs must be kept on a lead throughout Pontresina. This is especially important when visiting the ibex at the edge of the resort.*

[graubuenden.ch](http://graubuenden.ch)

## Brought to life

**Piz Nair** – High above St. Moritz, a bronze statue of an ibex has looked out over the valley for 60 years. Visitors can bring the metal creature to life with the “Engadin St. Moritz Mountains” app. The ibex leaps down from its plinth and tells its intriguing story – and reveals the journey it undertook to reach its vantage point on the Piz Nair. [mountains.ch](http://mountains.ch)



### Download the Winterolymp app:

For Android

For iOS



### Observation tips from wildlife excursion guide Christine Salis

*The ibex usually emerge during late afternoon, between 4 and 5 pm, and prefer cool, cloudy weather.*

*Quieter weekdays, when there are fewer people around, offer a better chance of observing the ibex close up.*

[engadin.ch/activities](http://engadin.ch/activities)

## Ibex outings

**Pontresina** – In spring, the animals descend as far as the edge of the village to graze on the young grass shoots. This provides a particularly good opportunity to observe the endearing mountain goats at close range. From late April to early June, visitors can join free guided ibex walks every Thursday and Saturday to learn about these agile climbers and their mountain world. To find out even more, nature lovers can take part in free 4½-hour “marmot and ibex excursions” organised from June to October. [pontresina.ch/erlebniswelten](http://pontresina.ch/erlebniswelten)



## Ibex trail

**Pontresina** – The Ibex Promenade, open year-round, offers a chance to discover the fascinating world of these engaging animals. Just like their observers, these mountain goats are very inquisitive – which means that visitors have a chance of a close encounter. Along the trail, information panels reveal a wealth of interesting facts about the ibex, from its horns and habitat to its character, life cycle and distribution. [pontresina.ch/erlebniswelten](http://pontresina.ch/erlebniswelten)



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### Climb like the experts

*Alp Languard* – Youngsters love the Ibex Playground just a few metres from the chairlift summit station at Alp Languard. Here they can test their balance and agility as they pit their skills against the most expert of all Alpine climbers. Even if the ibex turn out to be a little nimbler than their rivals, kids are sure to have fun. The summer playground is suitable for all young bundles of energy from the age of six.

[engadin.ch/playground-alp-languard](http://engadin.ch/playground-alp-languard)



### Hotel Steinbock

The Hotel Steinbock (the local word for a male ibex), like its namesake, contributes to Pontresina's charm. The newly renovated ground floor suggests a blend of orangery and hunters' parlour, and emanates a genial, easy-going allure, just like the endearing mountain goats. The Steinbock is proud of its roots as Pontresina's oldest guest accommodation, but visitors find original touches and a creative spirit throughout the hotel.

[hotelsteinbock.ch](http://hotelsteinbock.ch)

### Domesticated relatives

Anyone who cannot get enough of ibex will enjoy time spent with their domesticated cousins. A full-moon hike with goats promises a wonderfully relaxing adventure, far from the crowds, during which participants learn all about their four-legged companions. Along the way, the friendly creatures also show off their home.

[pontresina.ch](http://pontresina.ch)



### Chocolate ibex horn

The ibex of Pontresina have long won the hearts of local and visiting humans. Admirers can find a special declaration of love to the animals at branches of Grond Engadin, which sell ibex horns made of milk chocolate and hazelnuts. In former days, people thought that ibex horns had medicinal properties, and the charming creatures were almost wiped out. These chocolate horns are guaranteed to make visitors happy – but without any harm to ibex populations.

[grond-engadin.ch](http://grond-engadin.ch)

### Ibex trains for the Rhaetian Railway

*The Rhaetian Railway is introducing 56 new multiple-unit trains from 2021. The procurement of these "Capricorn" trains is the biggest-ever acquisition of rolling stock in the history of the railway company and represents a major modernisation of its fleet.*

[rhb.ch/unternehmen](http://rhb.ch/unternehmen)

A close-up, macro photograph of the gills of a mushroom. The gills are light beige or cream-colored, with a slightly wavy, undulating texture. They are densely packed and run from the top-left towards the bottom-right of the frame. The lighting is soft and even, highlighting the fine details of the gill structure.

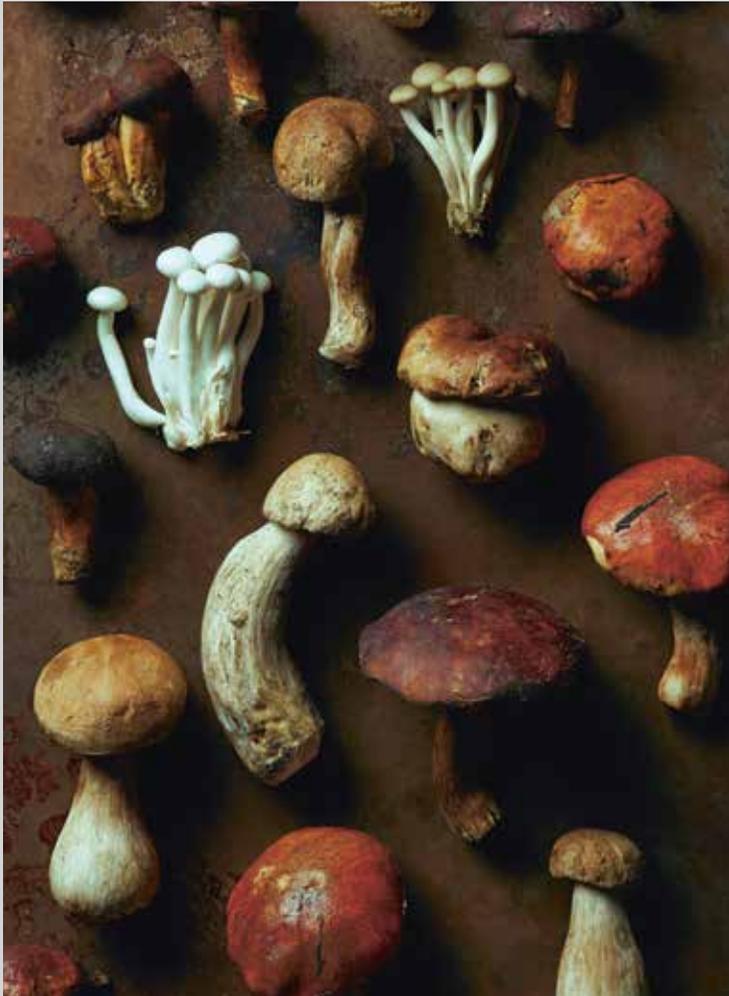
# *Culinaria*

**Fungi are the grand  
recyclers of the planet.**

PAUL STAMETS, AMERICAN MYCOLOGIST



# Magical mushrooms



The more you learn about mushrooms, the more fascinating they become.

Photo: LightField Studios Inc., Alamy stockphoto

**Mysterious:** More than 100,000 species of fungus grow worldwide. In Switzerland, about 10,000 different species have been recorded, with new additions each year. These are impressive figures. But behind them lies a strange and wonderful world that remains largely unexplored and full of puzzles: a world that is home to curious beings such as the Man-on-Horseback, Yellow-Stainer and Deadly Webcap.

**Intertwined:** One of the great enigmas of the fungus kingdom is the realm of the ectomycorrhizal fungi, of which there are about 20,000 worldwide. These live in a symbiotic relationship with tree roots, together forming a vast underground network through which information vital to the plants is exchanged. This network has been dubbed the “Wood Wide Web”; the largest known example in Switzerland is the size of 35 football pitches, located in a coniferous forest.

**Delicacy:** Mushrooms are not only natural marvels: many are a delicacy and part of humankind’s rich cultural heritage. The oldest evidence for human consumption of mushrooms was discovered in Spain’s El Miròn cave, and dates back 12,000–18,000 years. Various dried mushrooms were found with the remains of “Ötzi the Iceman”, while we know that Roman soldiers fortified themselves on mushrooms; in the Middle Ages, the mystic and polymath Hildegard von Bingen used them for their healing properties. While in former days mushrooms may have been seen as “poor man’s food” or “fare for the rabble”, today they are prized as gastronomic treasures of nature.



With a sharp eye, walkers can spot little brown and white caps everywhere on the forest floor.

## Gift of nature

An excursion with a mushroom expert reveals some of the delicacies that flourish in the Engadin forests – including the Cep, known locally as the Steinpilz or “stone mushroom”.

*Text* CLAUDIUS WIRZ  
*Photographs* FILIP ZUAN

It is one of those glorious late-summer mornings in the Engadin. The boundless sky is a piercing blue, the mountain summits seem close enough to touch, and the air feels as fresh as if it had just been washed. Rosemarie Kuhn lays a tea towel on the ground and straightens it out. On top of it she puts mushrooms of all sizes: two Chanterelles, a Russula, a Scaly Hedgehog and a small Cep (or Porcini). Several people wearing hiking gear and carrying baskets stand around Rosemarie, watching carefully.

Rosemarie is an official mushroom inspector. Or at least that was the name of her position until recently; she now calls herself a mushroom adviser. The slim, tanned 66-year-old with a cheeky short haircut finds this title more appropriate. Today, the native of St. Gallen is leading a mushroom excursion, as she has done for more than 24 years.

It all began with a giant Cep, she recalls. It was as big as a child's head. The 6-year-old Rosemarie saw it at an exhibition, and it had a lasting effect on her. At the age of 20, she moved to Lenzerheide and worked in a sports shop; later she married a ski instructor, had two children, and worked in adult education until she retired.

Somewhere along the way, her passion for mushrooms resurfaced. But not because she is a big fan of mushrooms in food. "Actually I don't really like eating mushrooms," she laughs. "It's the botany, the variety of this wonder of nature, that fascinates me."

She completed a mushroom course at the Migros Club School in Chur, joined the local mushroom association and took the test to become an official mushroom inspector. But she didn't want to be limited to the classic role that the position entails. "Just checking baskets full of mushrooms, that wasn't my thing," she says. Rosemarie always saw herself more as a communicator than a monitor. "Passing on knowledge, advising, educating – that's closer to my heart."

So she started with the excursions: first in the Lenzerheide region, and now throughout Graubünden. During the walks through the forest, she explains to participants the difference between gills and pores, how to pick a mushroom correctly, and demonstrates the stages in a precise identification.



**Rosemarie Kuhn received a special teaching/study permit from the Graubünden authorities for her mushroom excursions.**

"At first I often had only one or two people coming along," she says. "Today, up to 15 people take part in an outing – recently with more and more young people and whole families." That delights Rosemarie – although it means that in August and September, high season for mushrooms, she hardly has any free time. Off-season, she also offers guided walks focusing on wild herbs together with her colleague, Vreni Conradin.

"There are about 6,000 kinds of higher fungi," Rosemarie tells the enthralled visitors. "But if you're a beginner, you need only a small mushroom identification book with maybe 100 species." She then explains that you always require the whole mushroom to identify it, and reveals why a plastic bag is unsuitable for mushroom hunting. The mushrooms cannot breathe inside and quickly perish – in fact Ceps even turn poisonous. She also recommends obtaining a dedicated mushroom knife with integrated brush; that way, you can clean the mushrooms right away in the forest. The group now sets off through the forest above Champfèr. Do mushroom hunters reveal their top spots? Vreni, who has joined today's excursion, laughs. Of course she and Rosemarie have their favourite locations, where they go and look first – but these places are not secret. "The forest is big and there's enough for everyone," Vreni says.



The variety is astonishing – but for novices, a mushroom identification book with 100 species will suffice.

ENGADIN *Magazine* **SUMMER/AUTUMN**

Photo: Roy Halvor Frimanslund, Alamy stock photo (historical mushroom print)



Some of the afternoon's finds reappear in the evening, cooked to perfection.

## Mushrooms are good for desserts, too: another of the outing's surprising discoveries.

The party stops in the middle of the forest to learn how to tell the difference between pines, spruces and larches. As 40 per cent of fungi live in symbiosis with a tree, an ability to identify specimens boosts chances of a lucky find. Some fungi prefer Swiss stone pines, others favour spruces – as do the Ceps.

Rosemarie sends the participants out for a first time, just to have a good look and then bring back whatever kinds of mushrooms they can find. “But please only pick one or two at each location,” she says, “don’t take the whole lot.”

The participants fan out, pick their way through the undergrowth, and soon are no more to be seen. Now and again, the snap of a twig or some hushed conversation drifts through the air; otherwise, the only sound is the wind rustling through the larch needles.

Half an hour later, the mushroom hunters are back, spreading out their finds on tea towels. There is something reverential, almost sacred, about the way Rosemarie takes each mushroom in her hand, examines and classifies it. “That’s a Butter Cap. And here we have a Peppery Bolete. You can dry it and use it like pepper.”

Among the mushrooms on the tea towels are Fly Agarics. Rosemarie explains exactly how to identify one, even when it doesn’t have any of the distinctive white spots. She says that Fly Agarics favour the same spots as Ceps – and adds that in ideal weather conditions, a Cep can grow up to 10 centimetres in a single night. The Wood Blewit that one participant has brought along is suitable for pickling, she reveals.

With every detail and new piece of information, we fall deeper under the spell of the mushroom world and easily understand Rosemarie’s passion. The next time everyone sets off, gazes have sharpened noticeably and the technique of lifting and twisting



Flourishes close to Ceps, but not always easy to recognise: the notorious Fly Agaric.

out each mushroom with a knife has become more expert. Everywhere on the ground, little white and brown hats are to be seen, peeping out. The more you get into the subject, Rosemarie says, the greater your chances of striking lucky.

After five fascinating hours in the forest, it’s time to head over to the Restaurant PappaLoù in Silvaplana. Here, the mushroom hunters pool the edible booty and bring it to the kitchen. Soon afterwards, the Cloud Funnels return as an appetizer steamed in butter. Next come mixed mushrooms in a salad, and then fried Ceps with fresh parsley on tagliatelle.

And to round off the meal, a surprise: a caramelised Boletus. The fact that mushrooms are even good for making desserts is the latest happy discovery from this captivating excursion: together with roasted nuts or in a Kaiserschmarrn pancake, a real delicacy.



### **Mushroom excursions with Rosemarie Kuhn**

The outings take place in August and September, with a special cantonal permit. They start from the St. Moritz campsite and finish on a culinary note at the new Osteria Nuschpigna. [pilze-gr.ch](http://pilze-gr.ch)



Photo: Filip Zuan

## An Engadin recipe for mushroom hunters

### Cep mushroom tagliatelle

Recipe for 2,  
from the Restaurant PappaLoù in Silvaplana, [pappalou.ch](http://pappalou.ch)

#### Ingredients Preparation:

500 g Cep mushrooms	Cut Ceps in slices (approx. 5 mm thick).
3 tbsp olive oil	Sear in very hot oil.
2 cloves garlic, 1 shallot salt & pepper	Slice garlic finely and add chopped shallot. Season with salt and pepper.
40 g butter	When the mushrooms are well browned (after approx. 1 minute), add butter.
200 g tagliatelle	Add cooked, hot tagliatelle and toss.

#### Serve:

Fleur de Sel	Sprinkled with a little Fleur de Sel (we recommend
Parsley	Maldon salt) and fresh parsley (chopped roughly).

# Natural goodness

Cuisine inspired by nature



## Game for gourmets

Hunting game is much more than a popular pastime in the Engadin; this has long been an important feature of local culture. The tradition offers a way of regulating wildlife populations as well as providing one of the year's gastronomic highlights. At least since the 16th Century, when every citizen had the right to hunt freely, locals have been concocting delicious game dishes, with favourite recipes handed down from generation to generation. Today, enthusiasts enjoy classic dishes such as venison stew and saddle of venison as well as new creations.



### Gourmet autumn

Discover the valley's game dishes at a mouth-watering variety of restaurants: [engadin.ch/gastronomy](http://engadin.ch/gastronomy)

Photo left: stock.adobe.com

## Hot stones

*Celerina* – Stones can be handy in the kitchen, as cooks have known since the Stone Age. Over the centuries, stones have mostly given way to stoves and pots, but they can still come in useful: meat cooked on a hot stone has a different taste, texture and finish, promising a special experience. At the Restorant Uondas, for example, diners grill their meat at the table on a hot lava stone – just the way they like it. [rosatsch.ch](http://rosatsch.ch)

# 30

*different shrubs including bilberry, raspberry and cranberry bushes grow along the forest theme trail between La Punt and Madulain.*

## Multi-course walk

*Corvatsch* – Combine a scenic hike with mouth-watering cuisine along the Via Gastronomica. Pick your own route between three restaurants: begin with breakfast or a starter at the La Chüdera mountain restaurant up on Furtschellas, continue with the main course at the Hotel Sonne Fex, and finish with dessert at the Hotel Seraina in Sils-Maria. [engadin.ch/multi-course-walk](http://engadin.ch/multi-course-walk)



## Through a stone press

*Morteratsch* – In the early hours from July to mid-August, when the grass is still sparkling with dew, the pastures at Alp Bernina are already full of activity. About 50 cows enjoy their freedom up here, with abundant lush grass and fresh air. Early in the morning, their milk travels down to the Morteratsch alpine dairy, where visitors can watch staff heat the milk over an open fire (9.30 am to 1.30 pm daily) to be made into delicious “Heutaler” cheese. Later, the cheeses are pressed under a heavy stone for a couple of hours before maturing for up to a year in the cellar to develop their full flavour. [alp-schaukaeserei.ch](http://alp-schaukaeserei.ch)



### More cheese from the alpine pastures

Located on the meadows high above Celerina, Alp Beizli Laret is a cosy restaurant with sun terrace and glorious views. Visitors can also buy cheese and butter fresh from the dairy. [engadin.ch/alp-beizli-laret](http://engadin.ch/alp-beizli-laret)

## Stone fruit reborn

*The Lataria Engadinaisa dairy in Bever has twinned up with local Michelin-star chef Dario Cadonau to create three fine yogurts – including one with apricot and mountain thyme.*

[lesa.ch](http://lesa.ch)

## Ceps and more

From mid-September, enthusiasts find Chanterelles and Ceps and a colourful variety of other edible mushrooms in the Engadin.



### The joys of rain

Once it is really wet, mushrooms start popping up everywhere. So don waterproof clothing and learn to love the rain!



### Pick with care

Cut through the mushroom's stalk just above the ground with a sharp knife or twist it out carefully so another mushroom can grow in its place.



### Baskets are best

If mushrooms sweat, they spoil. For mushroom hunting, bring a small basket rather than a plastic bag to carry them in.



### Stay safe

Put only edible mushrooms in the basket; just to be sure, take them to the mushroom inspector in Celerina.

A close-up photograph of a rocky mountain face. The rock is dark brown and grey, with a rough, layered texture. A prominent feature is a rectangular trail marker painted on the rock, consisting of three horizontal stripes: a top white stripe, a middle red stripe, and a bottom white stripe. The background shows more of the rocky terrain, slightly out of focus, under a cloudy sky.

# *Alpinissem*

**Mountains are mute teachers that  
make for speechless pupils.**

JOHANN WOLFGANG VON GOETHE (1749–1832)



## Pioneer on the Piz Bernina



Lucy Walker was the first woman to climb the Piz Bernina.

**The beginnings:** When a doctor in Liverpool prescribed hiking to his 22-year-old patient in 1858 to help her with her rheumatism, he could not have guessed what he was starting. The young woman, Lucy Walker, would later become one of the most eminent female mountaineers of all time.

**Corset:** In the 19th Century, mountain sports were reserved essentially for men. Women's social corset was tight, and excursions into the mountains were not deemed to fit in. Yet it was precisely the freedom that awaited up on high, beyond social conventions, that attracted many women to the mountains even then. Their successes were barely noticed, however, in line with the spirit of the times, and publicised even less.

**Pioneer:** So it is not surprising that little is known about the life of Lucy Walker or her achievements in the Alps. Following her doctor's advice, she travelled with her father and brother – both gifted mountaineers and members of the Alpine Club – to Switzerland for some hiking. But it soon became clear that Lucy was not satisfied with just walking; she wanted to climb mountains, ever higher, ever more ambitious in her pursuit of freedom. In 1871 she became the first woman to stand atop the Matterhorn – in a flannel skirt, as trousers were not considered suitable for women. Around the same time, she ticked off many other first female ascents, including the Piz Bernina. The only supplies she took on her climbs, according to the few information sources available, were sponge cake and champagne.

# The Piz Bernina mission

**Katharina Ueltschi has long dreamed of scaling the Piz Bernina. The route to the 4,049-metre summit brings high drama – and takes her to her limits.**

*Text* **FELIX PAL**

*Photographs* **NICOLE SCHAFFER**

**A** glow on the horizon heralds a new day. These are the minutes during which light gains the upper hand over darkness. Katharina Ueltschi has crampons on her boots and is wearing a head torch that casts a yellowish light in front of her over the ice of the glacier. It's cold. Katharina says that trekking across the glacier and hearing the ice crunch under her feet gives her an incredibly peaceful feeling, one she never has in Singapore. She is based there, setting up an Innovation Lab for Bernina sewing machines, leading Bernina International into the future. Together with her brother, she represents the family's fifth generation at the helm of the company. Asia is an important and rapidly growing market. Now, however, Katharina is standing on the ice below the Diavolezza, and facing one of her greatest challenges of recent years. She wants to reach the summit of the Piz Bernina, 4,049 metres above sea level.

Katharina has prepared assiduously for the ascent. In Asia, she went jogging several times a week and followed a healthy diet. For her Piz Bernina mission, she travelled to the Engadin two weeks ago and undertook an intensive altitude-training programme. She also

The ascent begins in an impressive landscape of ice.

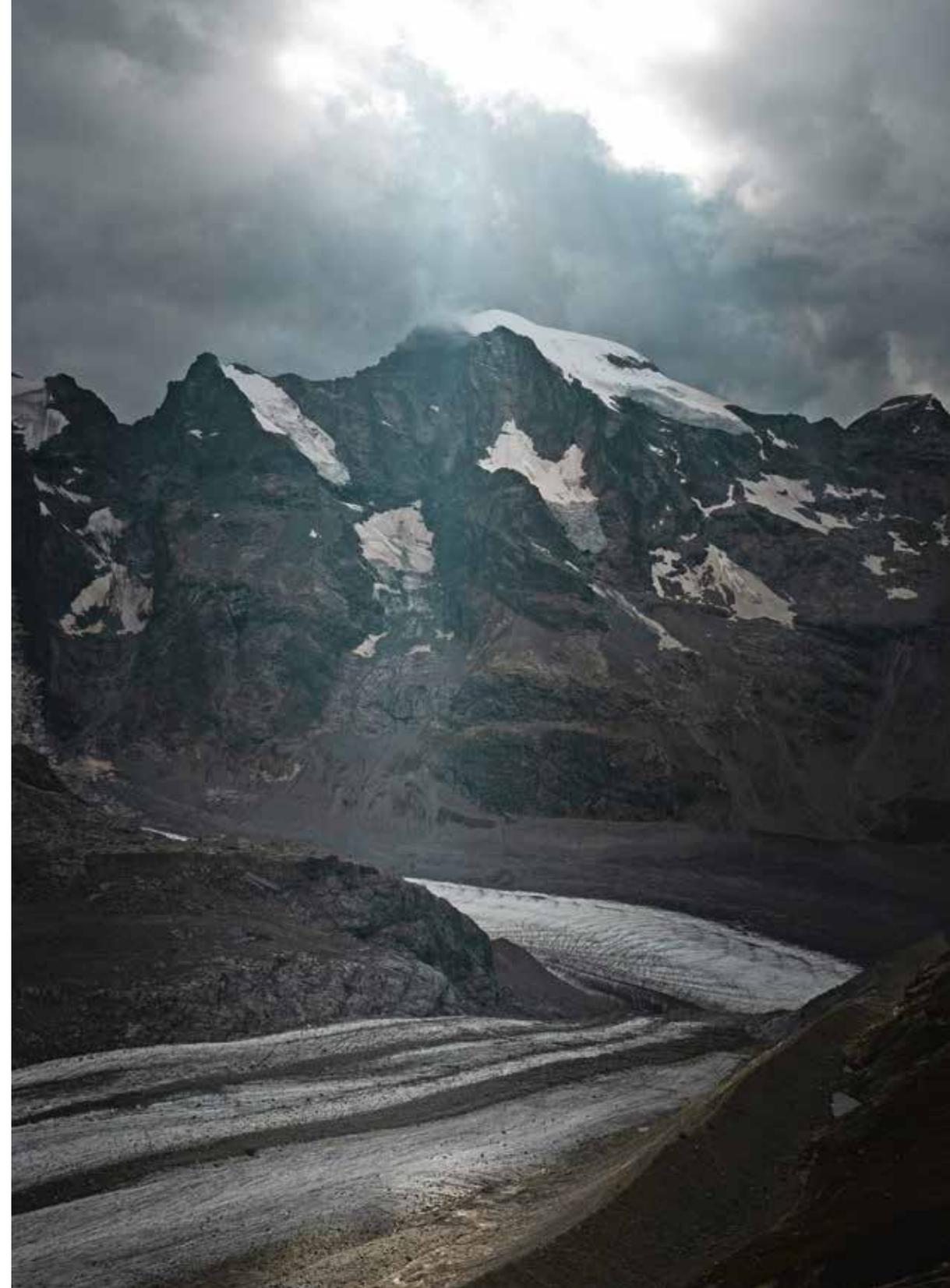


**Left: Katharina Ueltschi is proud that her grandmother Odette (in the photo) as well as her mother Beatrice both scaled the peak.**

**The success or otherwise of an ascent has a great deal to do with the weather.**

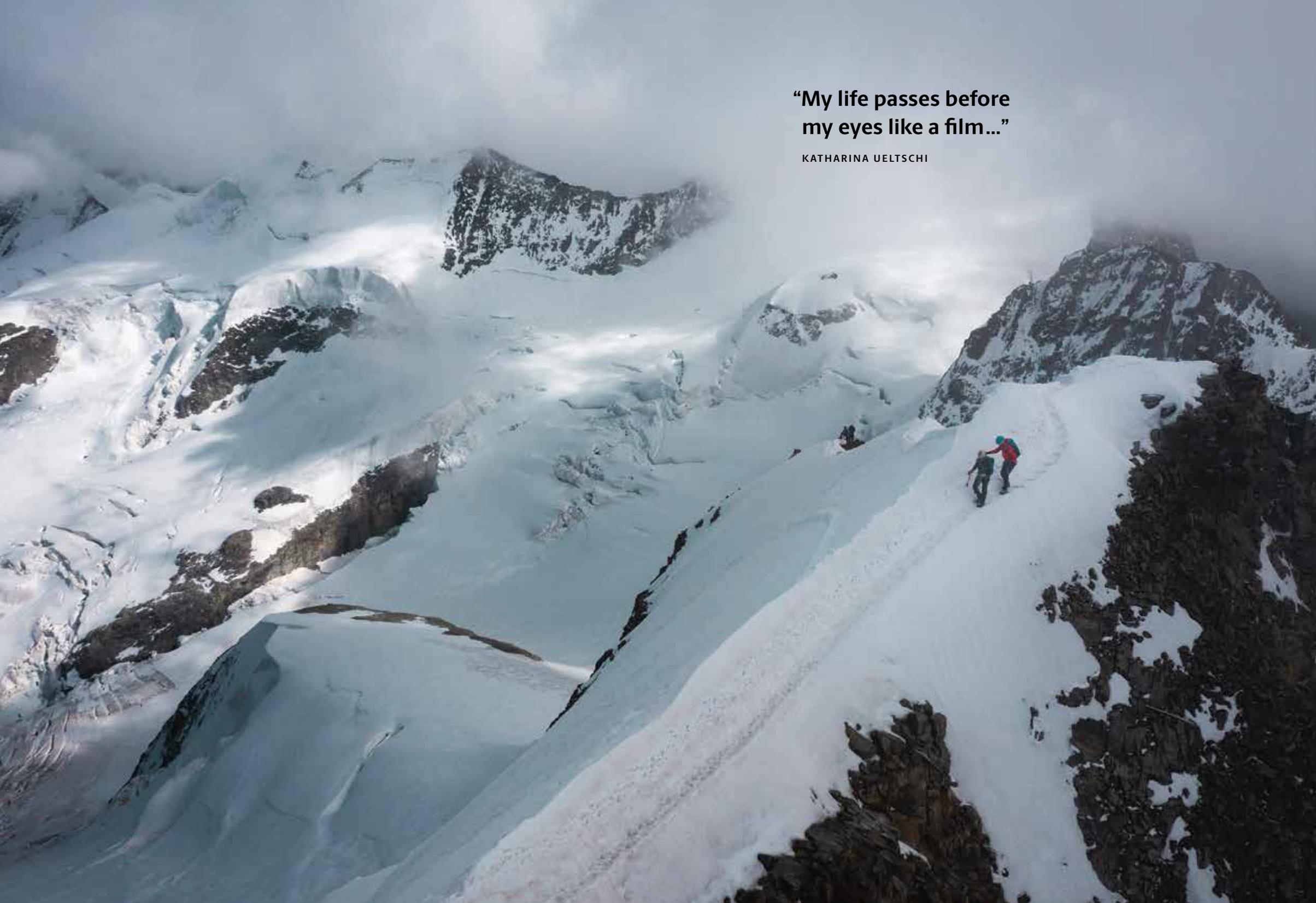
booked a glacier/climbing course with the Pontresina Mountaineering school. She is grateful now that she did it, but nonetheless she says: “Doing this climb without much mountaineering experience has my stomach in knots.” This is Katharina’s first attempt to scale a 4,000-metre peak, and she has chosen the Piz Bernina for good reason. Her family has always maintained a close relationship to the Engadin; her great-grandfather was on holiday in the region in 1931 and was so captivated by the mountain that he later switched his company name from “Fritz Gegauf” to Bernina. Alongside the personal connection, he felt it was important for the company name to be easy to pronounce worldwide. Even back then, he thought big.

Exactly 90 years later, his great-granddaughter is heading up the Pers Glacier with her female mountain guide. The mighty Bernina massif is having a mesmerising effect on her. She passes below the towering north buttresses of the Piz Palü to reach the Gemsfreiheit. At the Fortezza ridge, she has to put her climbing skills to the test for the first time before she finally attains the Bellavista glacier plateau. She breathes evenly and deeply and maintains her steady pace. “Up here, everyday problems disappear,” she says. All that counts is the present moment, the next step. As she toils up the mountain, her thoughts are with her mother and grandmother: both women had scaled the Piz Bernina. Both were experienced mountaineers – unlike Katharina. All the same, she wants to maintain the tradition of strong



**“My life passes before  
my eyes like a film...”**

KATHARINA UELTSCHI





**Relief: Katharina Ueltschi's ascent of the Piz Bernina took her to her limits – making the descent all the more exhilarating.**

women in the family. She loves new challenges, she says, and is always seeking them out. The two women are a big source of inspiration for her.

After a little more than six hours on the mountain, she feels as if she is on an emotional rollercoaster. She is carried away by the beauty of nature, the energy that the mountains radiate: for Katharina, mountains are a symbol of permanence, a symbol of Switzerland. At the same time, she is struggling more and more with the altitude and fatigue. The strain is written all over her face. Suddenly she experiences a feeling of relief: a mountain hut comes into view, the Rifugio Marco e Rosa. She stops at the hut, warms up, and boosts her energy levels with a plate of penne. The break proves necessary: the final ascent, the last 420 vertical metres, really packs a punch.

Beyond the Rifugio Marco e Rosa, the route continues across the glacier and up a steep snow slope to the first crag of the La Spalla ridge. Fear seizes her. “My life passes before my eyes like a film,” she says. Up on the narrow snow-capped ridge, Katharina really has to force herself to continue. Her gaze is glued to her climbing boots: she does not dare look down to the abyss on either side. These are tough minutes. Katharina battles with her emotions; she wants to give up and turn back. The summit seems so close and yet so far. She is mentally at her very limit. Her mountain guide encourages her and manages to make her keep going. What happens next, even Katharina does not know exactly. But she succeeds: she conquers the Piz Bernina.

Her feelings up there remain her secret. Back down in the valley, in her mother’s arms, tears flow freely: tears of happiness, but also tears of relief. With a little distance, Katharina talks about “one of the most wonderful experiences of my life”. Her head has rarely been so clear, she says, as “up there”. The Piz Bernina will also provide inspiration to help her guide the family business – named after the mountain her great-grandfather loved so much – into the future.



***Admire the Piz Bernina***

The Chamanna Georgy (p. 30), just below the summit of the Piz Languard, offers a fine view of the Piz Bernina.

[chamanna-georgy.ch](http://chamanna-georgy.ch)

# Aiming high

Ideas and tips for mountain climbers of all levels



Photo left: Mammut

## Freshly kitted out

Mammut gear is functional, comfortable – and eye-catching. [mammut.com](http://mammut.com)

### 1 The sky's the limit

Onwards and upwards: the Skywalker 3.0 helmet is robust, well-ventilated, comfortable and easy to adjust.

### 2 Multitalented

The Taiss HS hardshell jacket is equally suitable for mountaineering in summer and ski touring in winter.

### 3 Robust

When things get serious, you can trust the Taiss SO Pants. The elastic material makes these wind-repellent trousers ideal also for mountain climbing.

### 4 Reliable companion

For sport climbing and traditional climbing alike, a rope with excellent handling and reliable durability is a must.

### 5 Freedom on the move

This 35-litre alpine and trekking backpack uses Active Spine Technology to allow hips to move more freely.

### 6 Safety first!

The Togir 2.0 3 Slide climbing harness uses Split Webbing Technology to distribute weight evenly and is ideal for a variety of terrain.

### 7 Happy feet

Excellent grip yet light and comfortable as a climbing shoe: the Kento Guide High GTX Women is a joy to wear. A Gore-Tex membrane ensures that feet stay dry.



## Spend the night on a cliff

**Pontresina** – Adventure seekers can enjoy the experience of sleeping on a cliff – normally reserved for expert climbers – thanks to the “portaledge” (short for portable ledge). With professional instruction from the Pontresina Mountaineering School, visitors create their own spot to sleep on a cliff by Alp Languard. From their secluded perch, they enjoy sunset over dinner and the following morning admire the sun's first rays lighting up the Piz Palü and Piz Bernina: the ultimate mountain accommodation! [bergsteiger-pontresina.ch](http://bergsteiger-pontresina.ch)

# 50

*secured routes offer an attractive variety of challenges at the climbing zone in Plaun da Lej. The first anchors were fixed to the rock here in the 1950s – and sport climbing rapidly gained popularity in the Engadin.* [klettern-engadin.ch](http://klettern-engadin.ch)

## Joys of climbing free

Bouldering mat, climbing shoes and chalk: that's all you need to enjoy the excellent bouldering in the Engadin. Good boulders can be found in the Morteratsch and Julier regions. Should the sun choose not to shine, simply switch the action indoors – to the Serlas Parc climbing hall in S-chanf. [engadin.ch/bouldern](http://engadin.ch/bouldern)

## Up the Piz Palü

*High-altitude ascents on rock and ice demand confident use of ropes as well as various climbing and safety techniques. After a multi-day course with the experts at the Pontresina Mountaineering School, skills are well honed and the Piz Palü is in reach.* [bergsteiger-pontresina.ch](http://bergsteiger-pontresina.ch)

# Say YES to new adventures.

To be active. To experience nature. To find yourself. This is how Engadin goes!

[www.booking.engadin.ch](http://www.booking.engadin.ch)



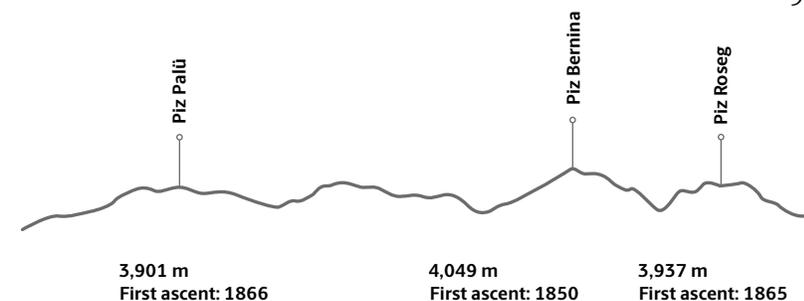
Engadin. What mountains, what lakes, what light.

Stay overnight at the Romantik Hotel Muottas Muragl. For booking and further information:



## Bewitching trio

Palü, Bernina, Roseg: giants of rock, ice and snow that send mountaineers' pulses racing.



## Engadin via ferratas

**Piz Trovat – high-altitude thrills**  
**Diavolezza** – The 3,146-metre Piz Trovat is a striking rock crag that offers a choice of two via ferratas to suit novice and experienced climbers alike. Both promise a dramatic high-altitude backdrop with impressive views of the glacier-draped peaks. Via ferrata climbing sets and helmets are available for hire from the Diavolezza base station.

**La Resgia – idyllic challenge**  
**Pontresina** – This medium-difficulty via ferrata promises fun challenges along the way. There's a short overhanging section by the "Eagle's Nest" and things get wobbly at the "Spider's Web" – but well-earned refreshments await at the Alp Languard mountain restaurant at the end. [engadin.ch/ferratas](http://engadin.ch/ferratas)



### Other climbing options

**Pontresina rope park**  
Good head for heights? Eleven routes for all from age 4. [engadin.ch/rope-park](http://engadin.ch/rope-park)

**Climbing/bouldering hall**  
Indoor action in S-chanf for all levels: perfect for rainy days. [engadin.ch/serlas](http://engadin.ch/serlas)

**ParcAlpin rope park, S-chanf**  
Five routes for climbers from age 4. [engadin.ch/parcalpin](http://engadin.ch/parcalpin)

## Stone on stone

*Some are small, some large, some point the way and others are almost works of art: cairns are a much-loved feature along mountain trails. Along with signposts, they provide a welcome aid to navigation; hikers are doubly happy when they find not just their way but also the right stone to help the cairn grow a little taller.*

## Museum Alpin

**Pontresina** – If the Alpine Museum's walls could speak, they would fill whole books with anecdotes. Located in the Chesa Delnon, a traditional Engadin house built in 1716, the collection tells captivating stories: of the pioneering days of mountaineering, of the conquest of the Bernina massif, and of the growth of the Swiss Alpine Club (SAC) hut network. A visit is also a journey into the worlds of Engadin fauna, flora and geology – and alpine culture. The museum was founded in 1971 by the Pontresina Mountain Guides' Association. [engadin.ch/museum-alpin/en](http://engadin.ch/museum-alpin/en)



### Other gems

**Swiss Alpine Club (SAC) library**  
The Museum Alpin also houses the book collection of the Bernina section of the Swiss Alpine Club (SAC). Books may be borrowed in the library from Monday to Friday, 5–6 pm.



# *Cultura*

**Even with stones that are  
put in your way, you can  
build something beautiful.**

ERICH KÄSTNER (1899–1974)



The centuries-old history of the Engadin house can be traced particularly well in and around Zuoz. For example, the medieval Chastè Sur En is somewhere in between a stone house and a wooden house.

# Clothed in stone

**Few house types can be as distinctive yet diverse as the traditional Engadin house. Down-to-earth but distinguished, it can serve as anything from farmhouse to mansion.**

*Text* **JULIA VOORMANN**

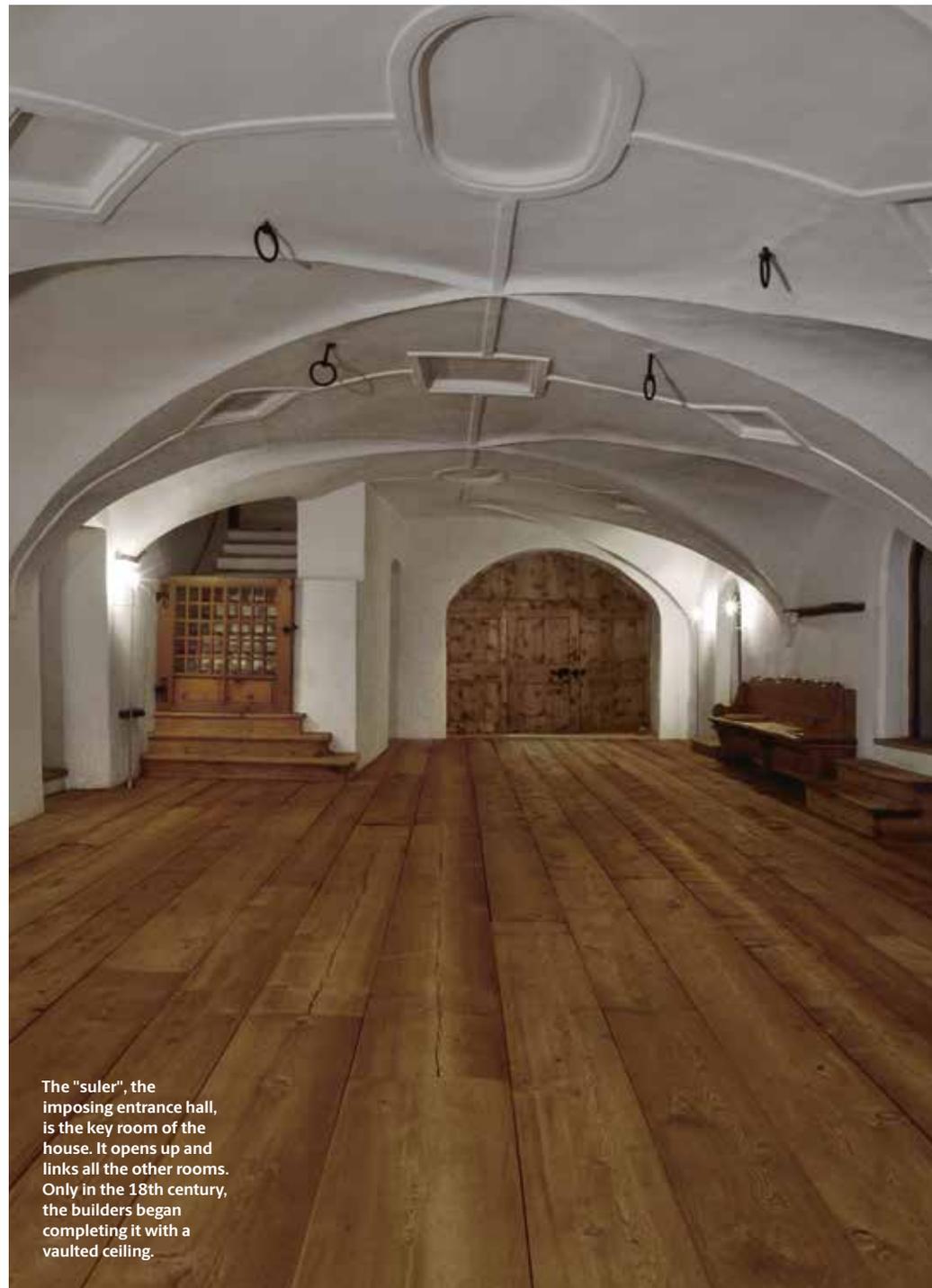
**W**ith their thick walls, stone roofs, tiny windows and rounded doorways, traditional Engadin houses make a striking impression in the dramatic landscape: grand, mysterious and full of character. Passers-by can only guess what lies behind these walls, and what stories have played out there over the centuries. Yet even if it is not possible to go through every doorway, there is still plenty to be discovered and learned from the outside.

Originally the Upper Engadin was home to scattered farmsteads in which a single one-room structure of wood or stone met all everyday needs from cooking to sleeping, and housed animals as well

as people. But these farms fell victim increasingly to pillage and fire, and from the High Middle Ages wealthier residents began to build fortified tower houses, which soon came to dominate the region's villages. In Zuoz alone, the vestiges of more than 30 such towers and halls can be found, mostly incorporated within the interiors of today's houses.

A particularly decisive moment in the history of the valley came with the Swabian War in 1499, which destroyed all the villages down to the foundations. When locals came to rebuild, rich and poor pulled closer together and clad the wooden facades of their new buildings

Photo: Filip Zuan



The "suler", the imposing entrance hall, is the key room of the house. It opens up and links all the other rooms. Only in the 18th century, the builders began completing it with a vaulted ceiling.

Photo: Filippo Simonetti, Brunate, Italia

## The Engadin house is therefore actually a wooden building hidden behind stone walls.

with stone walls to protect house and possessions from fire, wind, biting cold and scorching sunshine.

In so doing, the people of the Engadin created something exceptional: a type of house that is highly distinctive and unmatched across the Alps, and which responded to the needs of the nobility as well as of farmers. It blends, in a unique way, the previously freestanding elements of the whole farm: stable, barn, kitchen, sleeping area and the various storehouses – all under one roof. With the "cuort" and "suler" hallways used by people and animals alike, the house featured various rooms for living and working on different levels. These interconnected horizontally and vertically to optimise access and utility.

The traditional Engadin house also combines the cosy and warming aspects of

northern European methods of construction in wood with the powerful, protective benefits of stone walls of the south. In the harsh climate of the Engadin, neither would be sufficient alone for survival. The heart of the house was built of squared timbers, placed on thick walls, and walled in from the outside to protect it better from cold and fire. The traditional Engadin house, then, is actually a camouflaged wooden construction dressed in stone. Only the barn area, which required through ventilation, still revealed extensive wood surfaces. All the same, these large, dark barn openings are only visible to anyone venturing behind the houses, which present bright facades to village goings-on.

When the emigrants began to return, some of whom had become very wealthy, the traditional Engadin house partially lost its role as a functional agricultural

→ turn to p. 111

# Every facade tells a story

## Grandezza / Stature

An Engadin house was home, courtyard, stable and barn, all under one big roof. The barn accounted for half the building's sizeable volume, as it had to be large enough to store fodder for the nine months that livestock spent in the village rather than on the alpine pastures.

### ① Sgrafit decoration

The stone walls were coated with a protective lime plaster. On top, craftsmen applied a thick limewash, and before it dried out, scratched lines, patterns and drawings to reveal the darker plaster beneath ("sgraffito" = "scratched", from the Italian "graffiare", "to scratch"). The technique was brought to the Engadin in the 16<sup>th</sup> Century by itinerant Italian artists and is much more robust than fresco painting – which is rarely found in the region.

### ② Fnestra / Windows

Glass was expensive and heat precious, so window openings were kept as small as necessary. To allow as much sunshine in as possible, the thick reveals were angled

sharply and whitewashed to reflect light into the depths of the room. The size and position of windows were determined from the inside, depending on the room – which can be confusing when viewed from outside. The stüva parlour needed views and light, as residents also did crafts and manual work here, so it had the largest windows. The bedroom, meanwhile, needed more air than light. Originally, residents simply cut out a piece of timber in the wall and removed or replaced it according to need.

### ③ Suler-Portal / arched doorway

The house had two doorways. The upper suler doorway was decorated with mouldings or carvings, and big enough for a fully loaded haycart; residents used a smaller door within it. The upper section stayed open in summer for light and air. The second, undecorated doorway allowed livestock into the stable.

### ④ Baunchporta / Bench

The supporting wall between the entrances culminated in a bench that served as a social meeting point.

## Cumünaunza / Village community

It would be wrong to view a traditional Engadin house in isolation. Each one formed a key component of the village structure, with the houses built close together for protection around a shared fountain or square.

### ⑤ Tet / Roof

Roof slates quarried in the Val Fex were frost- and fire-resistant, and also much thinner and

lighter than stones of other gneiss. In the region supplied by the Fex quarries – from Maloja to Bever – visitors can see beautiful stone roofs made of these "Plattas da Fex", which turn reddish with time. Beyond Madulain, where no comparable stone was available nearby for quarrying, roofs were covered with larch shingles.

### ⑥ Chamín / Chimney

A law was passed in the 16<sup>th</sup> Century stipulating

that all new or existing wooden kitchens should be fitted with vaults and walls. Smoke was no longer allowed to escape via a hole in the facade but had to be evacuated through the roof via a masonry chimney. Chimneys soon became decorative features, adorning the houses with exotic hats.

### ⑦ Furnin / Oven

Only very few houses had their own oven. The vaulted structure bulged out of the facade and usually had a small roof to protect the plasterwork. Women of the village would gather here occasionally to bake their bread, which then had to suffice for several months.

### ⑧ Balcun tort / Oriel

The oriel is an elegant trick. Under the pretext of bringing more light into the parlour and adding a decorative feature to the facade, oriels served primarily to satisfy curiosity. Only an oriel window projecting from the facade could give residents a full view of goings-on outside in the street.

### ⑨ Fier battieu / Wrought iron

At least one window in the house was fitted with an ornate, wrought-iron grille. In a typical village, visitors can admire 500 years of skilled metalwork, from medieval defensive features to geometrical Renaissance designs and playful rococo decor. Other noteworthy features include door fittings and, at patrician houses, the railings by the front steps or on balconies.

### ⑩ Construcziun cun maders / Hidden structure

The fact that the traditional Engadin house is largely a wooden house is barely visible any more. The wooden core – the central living area of stüva parlour and overlying bedroom – was originally assembled like a log cabin using squared timbers. These were left free at the ends for interlocking.

### ⑪ Mür davaunt / External masonry

The interlocking wooden structure finally acquired an external masonry "shell" to protect it from fire and weathering – also as a matter of prestige. This construction method is visible in some facades thanks to a projecting arched frieze.

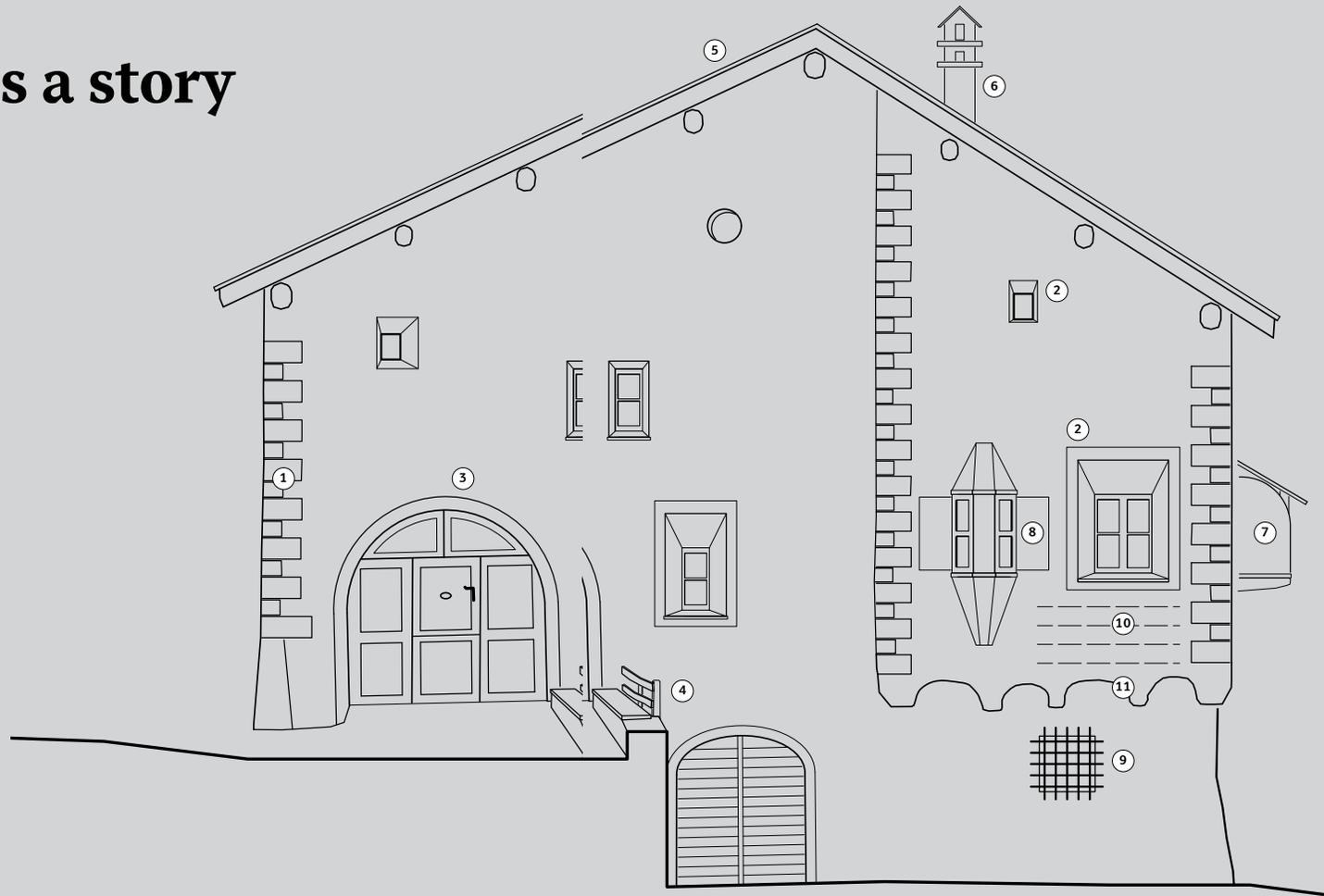


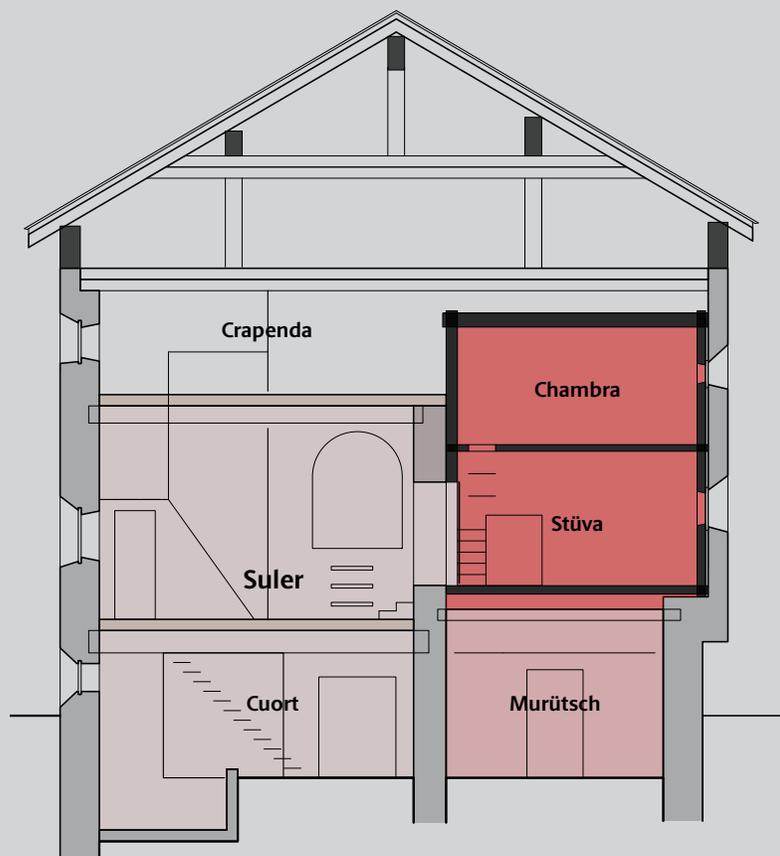
Illustration: Julia Voormann



In Bever, the juxtaposition of peasant and patrician houses is preserved particularly well. At this corner, one sees Engadin farmhouses facing each other.

Photo: Philip Zuan

# A glimpse behind the walls



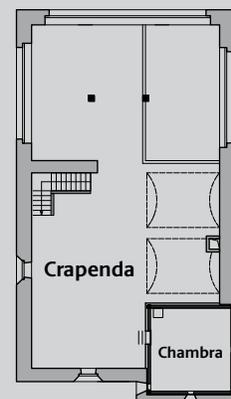
## Heart & soul

The stüva and the chambrà (bedroom) above it form the warm heart of the traditional Engadin house. As the compact living area is a self-contained wooden structure enclosed on all sides, it remains independent spatially and functionally from surrounding work-related areas, with its own ambience. Even the floor and ceiling levels are different to those elsewhere. The cosy stüva is a couple of steps

higher than the suler (hall), while the low-ceilinged chambrà, perched above, projects up into the open crapenda (attic). The living chambers are supported and warmed by the stone courtyard and stone utility rooms around them.

The soul of the house is the suler. This dignified room provides access to the rest of the house, as well as forming the link between the living and working areas.

Illustrations: Julia Voormann



## 1st floor

The heavy roof was mostly supported by a simple, but solid wooden construction. The entire space beneath the large roof remained open and fitted only with loose floorboards. The projecting ceiling of the bedroom was visible from above, likewise often also the vaulted ceilings of kitchen and larder.

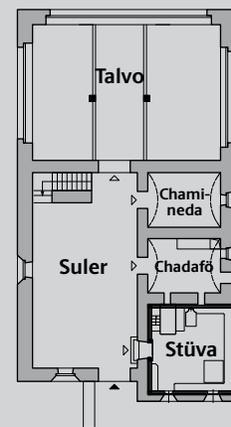
**Chambrà / bedroom** Beds were the only furniture in the bedroom. The whole family slept here. It was only from the 17th Century that separate bedrooms

were added for older children, farmhands and farmgirls.

**Crapenda / attic** The open area was used to dry grain and hay and to store linen and clothes in chests. Food kept here, such as bread and meat products, was protected from frost by the nearby chimney yet enjoyed ventilation.

**Stüva sura / upstairs parlour** In more upmarket houses, residents created an additional fine parlour.

## Ground floor



**Suler / entrance hall** The spacious entrance area was the sole access to the barn and served as a garage for carriages and haycarts, storage space for wood, children's play area and, in summer, dining room for owners, farmhands and servants. It also offered sheltered space for work. From the 18th Century, the beamed wooden ceiling of the plain room gave way to an elegant, smooth vaulted ceiling.

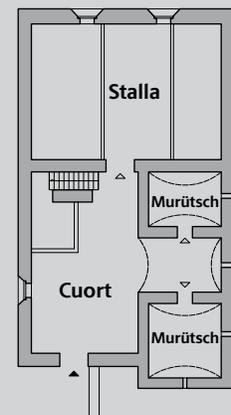
**Talvo / barn** This space was used for threshing grain and to store hay all the way up to the roof.

**Stüva / parlour** The simple living room with its built-in furniture was originally made

of solid larch; from the 17th Century, the parlours were panelled with Swiss stone pine. Family members were born, lived and died here.

**Chadafö / kitchen** This is the only room in which fires were lit – for cooking, for heating the parlour (via a stove) and, where present, in the oven. Water was also heated here for washing clothes and preparing fodder for the animals. As smoke gathered under the vaulted ceiling, the kitchen also served as a smokehouse.

**Chamineda / larder** Supplies were stored here in chests or hung from the high ceiling, safe from mice.



## Basement

The traditional Engadin house stands on thick walls of quarried stone which are insulated by the earth outside.

**Cuort / courtyard** The lower entrance room provided access to the stable and storage rooms. Sledges, dung carts and manure were stored here. A stone staircase led up to the ground floor.

**Stalla / stable** Residents kept horses, cattle and small livestock here, along with a few chickens. The floor of the cuort was usually hard earth, while the stable was fitted with timber. The entire ceiling consisted of heavy, unhewn larch beams and thick planks.

**Murütsch / cellar** The vaulted store-rooms were insulated by thick walls and could be accessed via a vestibule.



As can be seen in these houses in Sils Baselgia, where Annemarie Schwarzenbach once lived, in patrician houses, people no longer shared an entrance with their animals. Instead, they entered the houses with dignity via a staircase.

building and increasingly focused on image and prestige. From the second half of the 17th Century, residents began panelling the parlours, partitioning the interiors to make more rooms, and adorning the exteriors with ornate sgraffito decoration. Finally, they added steps in front of the house and replaced the large arched gateway with a door. This showed clearly that the entrance was no longer being shared with animals, and that inside the house, no haycarts would be passing the parlour door. Anyone who did not have to work hard the whole day could sit on the bench in front of the house, watch life in the street, chat and hold forth about village matters.

There is plenty to discover, then, on a stroll through one of the villages and down its historical alleys. Along the way, the traditional Engadin houses will tell countless tales from bygone days. Visitors may be lucky enough to catch a glimpse inside some of the houses, into suler or cuort – as they certainly will on a guided village tour.



#### **Village tours**

Village tours with guides who know the stories of the houses are offered in all villages: [engadin.ch/village-tours](http://engadin.ch/village-tours)

Photo: Filip Zuan

# Built of stone

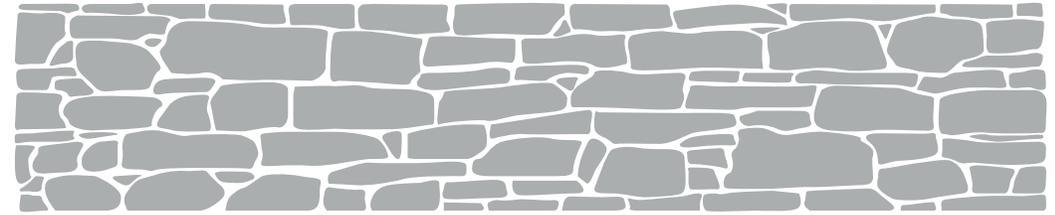
Where houses and villages tell their stories



## Plattas da Fex

**Fex** – At the far end of the Val Fex, a former quarry once provided stones known as “Plattas da Fex” for roofing. The rock here, a kind of gneiss, has a special characteristic: it can be split only when frozen. Thanks to the quarry, a few men from the nearby Val Malenco and from Sils had a modest but welcome income in winter. Visitors can discover the whole history of the stones and their use at the small museum at Alp da Segl, and on guided tours of the restored quarry. [plattas-da-fex.ch](http://plattas-da-fex.ch)

The stones from the Val Fex were used primarily for roofs, but also for floors and windowsills.



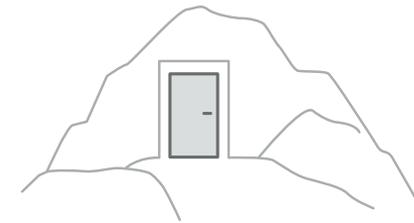
## Stone on stone

**Sils** – A wall built of stones, nothing more, nothing less: without mortar, without cement, just stones carefully laid on top of one another by hand. Dry-stone walls shape the landscape and provide a habitat for a variety of plants and animals. On the Sils plateau, the Via da Trouchs is lined with such structures, centuries old; a stroll along “dry-stone wall alley” offers a chance to admire them, and a pause on one of the benches with glorious views is highly recommended. At the edge of Sils-Maria, just turn left by the Restaurant Alpenrose to head towards Isola or the Chasté peninsula.



## Cobbled alleys

Cobblestones are as much part of the Engadin as fountains, lakes and walnut cake. The patterns changed over time: anything from straight rows to elegant arches and diagonal layouts. As well as decorating the historical heart of the villages, cobblestones often also adorn basement floors of traditional Engadin houses.



## Concealed in the rock

**S-chanf** – Observant visitors to the Val Susauna may spot camouflaged doorways in the rock. These access three caverns that the Swiss army created from 1940 to help protect the Engadin in case of enemy invasion. The days of military firing practice are long gone, and a lasting tranquillity has settled on the barely inhabited valley. Visitors can see the cavern entrances on the way from Alp Pignaint to Alp Funtauna – along a trail that mule drivers once used to transport wine over the Scaletta Pass to Davos.

## Village tour with a difference

*Celerina and its alleys have many stories to tell. Visitors can enjoy them as they follow the local “SmarTrails” using a smartphone, virtual map and their wits: a kind of digital treasure hunt. The walks are fun and informative; participants can even look forward to a small reward at the end.* [engadin.ch/smar-trail](http://engadin.ch/smar-trail)

## Aristocratic lifestyle

**Samedan** – The magnificent Chesa Planta was built as a patrician house in 1595 and is now a multi-faceted cultural centre. Highlights include a museum of Engadin life, whose lavish panelled parlours, fine furniture and staircase decorated with weaponry show how the local aristocracy lived in the 18<sup>th</sup> and 19<sup>th</sup> Centuries.

[chesaplanta.ch](http://chesaplanta.ch)



## Traditional parlours

**St. Moritz** – While the Chesa Planta focuses on the local aristocracy, the Museum Engadinais places the traditional Engadin stüva (parlour) at the heart of its permanent exhibition. Visitors can discover the fascinating history behind rooms up to 500 years old, beautifully preserved and carefully reassembled here. [museum-engadinais.ch](http://museum-engadinais.ch)

# *Pinboard*

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



## Mountain bike

### ***Trais Fluors***

***Celerina*** – “Trais Fluors” means “Three Flowers” in Romansh: the name both of a trio of mountain pinnacles high above Celerina as well as the thrilling mountain bike trail that leads right below the dramatic outcrops. The route starts high up on the Piz Nair and finishes down in Samedan. The spectacular panoramic views along the way – of the surrounding 3,000-metre peaks, the Bernina massif and the Bernina valley – provide motivation and energy for the demanding 19-kilometre ride. [engadin.ch/tree-flowers](http://engadin.ch/tree-flowers)

### **1 *Fuorcla Schlattain***

***St. Moritz*** – Many different trails descend from the 3,057-metre Piz Nair, St. Moritz’s local mountain; one of the finest leads via a col, the Fuorcla Schlattain, into the Val Schlattain and down to Corviglia. The route promises a technical challenge even for experienced riders; anyone seeking an extra blast of adrenalin can prolong the ride at Corviglia by heading straight on down the Olympia Flow Trail to Chantarella. From there, it’s a gentle ride uphill before a final descent to the base station of the Signal cable car. [engadin.ch/schlattain](http://engadin.ch/schlattain)

### ***Piz Nair sunrise***

One of the most memorable of the many exciting ways of exploring the Engadin on two wheels is the “Piz Nair Sunrise” deal. After admiring the sunrise at 3,000 m, thrill seekers hurtle all the way down to the valley by mountain bike. To accompany the sunrise, riders enjoy a delicious breakfast buffet at the summit restaurant. [engadin.ch/sunrise/en](http://engadin.ch/sunrise/en)

### ***Marmotta Flow Trail***

***Corviglia*** – The region between Corviglia and Marguns is home to many marmots, who live in burrows up on the high pastures and whistle loudly to communicate among one another. The new bike trail named after these delightful furry creatures is 2.2 kilometres long, gentle, and ideal for novice mountain bikers as well as families with children. Remember to bring binoculars! [engadin.ch/marmotta](http://engadin.ch/marmotta)

More info?  
[engadin.ch/en/bike](http://engadin.ch/en/bike)





## Hiking

### *A perfect fit*

*Pontresina* – On the Engadin tour portal, you can choose your route according to your skill level. The portal also offers a wide range of excursion destinations and accommodations, as well as information on weather conditions and maps. [maps.engadin.ch](https://maps.engadin.ch)

### *Via Engiadina*

Through forests of Swiss stone pine and larch, across streams and alpine meadows: the Via Engiadina leads from Maloja to Zernez in five stages. [engadin.ch/via-engiadina/en](https://engadin.ch/via-engiadina/en)

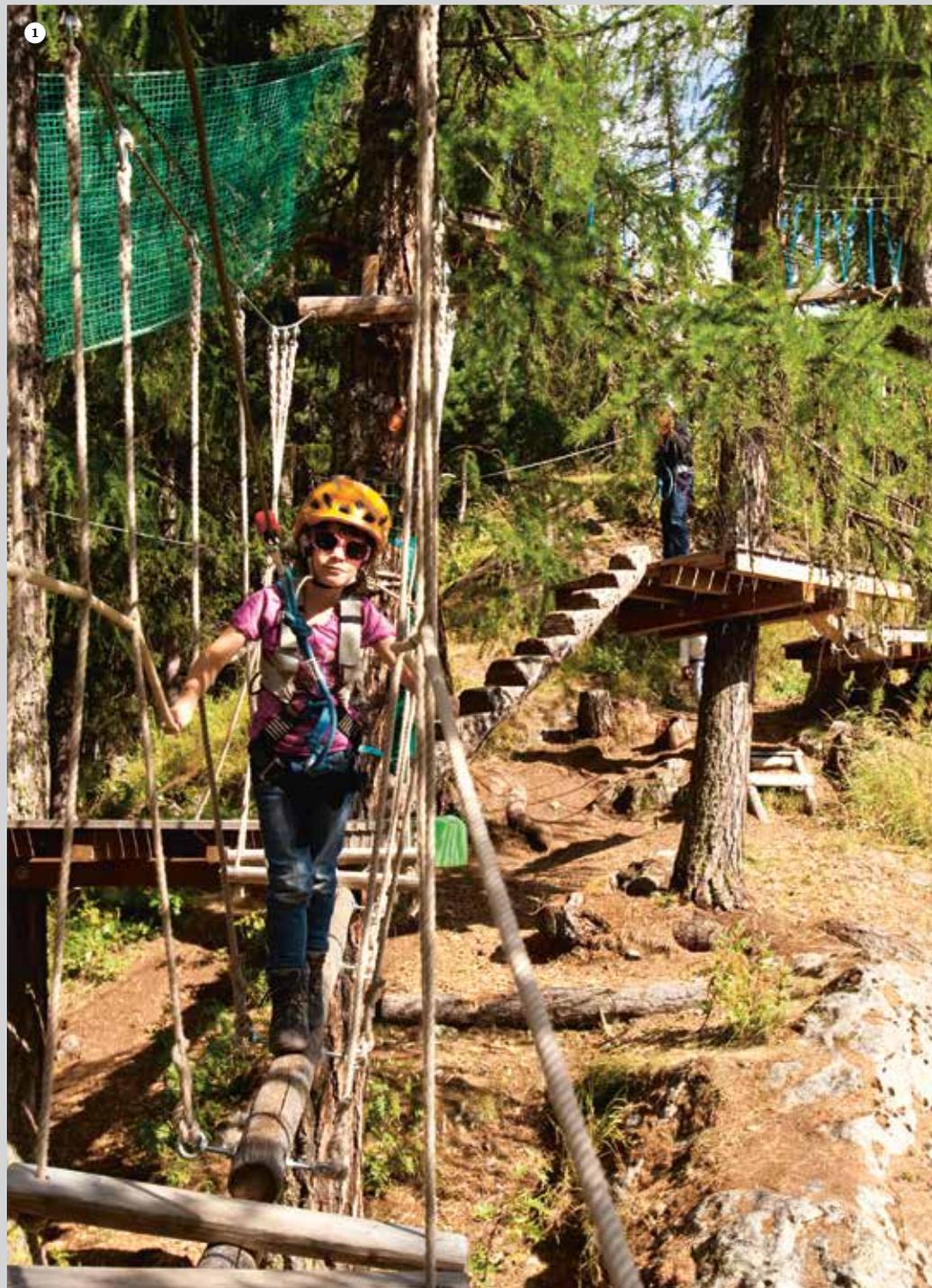
### **1** *Via Albula/Bernina*

A scenic long-distance footpath follows the route of the Albula/Bernina railway lines. The trail from Tiefencastel into the Upper Engadin features countless highlights such as views of the spectacular Landwasser viaduct or the emerald-green Lake Palpuogna. [engadin.ch/via-albula-bernina](https://engadin.ch/via-albula-bernina)

Photo: Switzerland Tourism

More info?  
[engadin.ch/hiking](https://engadin.ch/hiking)





## Family

### 1 *Adventure rope parks*

At the rope parks in Pontresina and S-chanf, adventure-seekers negotiate obstacles as they move between the treetops: a thrilling test of balance and skill.

[engadin.ch/mountaineering](http://engadin.ch/mountaineering)

### *Practice makes perfect...*

*Pontresina* – If the climbing park is not enough, you can try your hand at a real rock face.

The Pontresina mountaineering school offers courses for children aged 8 and over.

[bergsteiger-pontresina.ch](http://bergsteiger-pontresina.ch)

### *Val Roseg wildlife watching*

*Pontresina* – An early start improves chances of spotting wildlife – including red deer, in the case of a walk in the pristine Val Roseg. The guided visit starts at 6.30 am and leads through coniferous forest and past mountain streams. In September, participants may also hear the belling of the stags.

[engadin.ch/val-roseg-wildlife-watching](http://engadin.ch/val-roseg-wildlife-watching)

### *Morteratsch glacier trail*

*Pontresina* – The scenic trail to the Morteratsch Glacier is as fascinating as it is dramatic. Adults discover the secrets of the third-largest glacier in the Eastern Alps at the 16 info stations along the route, while children explore the magical world of ice with the help of a special storybook, “Sabi’s Big Dream”. As they progress, kids collect stamps in their booklet and solve puzzles to claim a surprise gift afterwards from the tourist office.

[engadin.ch/glacier-walk-morteratsch](http://engadin.ch/glacier-walk-morteratsch)

More info?  
[engadin.ch/family](http://engadin.ch/family)



# Water sports



## Sailing on Lake Sils

*Sils* – Good wind conditions on Lake Sils make for enjoyable sailing almost every day during summer. Thanks to the reliable Maloja wind that blows down the valley, the Engadin enjoys a worldwide reputation as a top water sports destination. [engadin.ch/sail-sports](http://engadin.ch/sail-sports)

## Kitesurfing & windsurfing

*Silvaplana* – Kites and windsurf sails dance over the water of Lake Silvaplana daily from about midday, wind permitting, creating a delightful display of colour: heaven for water sports enthusiasts. [engadin.ch/water-sports](http://engadin.ch/water-sports)

## Mountain lakes

Many small mountain lakes with crystal-clear water in the Engadin mountains offer a refreshing dip. [engadin.ch/along-lakes](http://engadin.ch/along-lakes)

## 1 Lake Staz

*Celerina* – A swim in Lake Staz is good for you: the moorland water is rich in minerals and has an anti-inflammatory effect. [engadin.ch/lake-staz](http://engadin.ch/lake-staz)

More info?  
[engadin.ch/water-sports](http://engadin.ch/water-sports)



# Golf



## 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.

## 1 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](http://engadin.ch/en/golf)





# 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](http://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](http://engadin.ch/trail-running)

### 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](http://engadin.ch/trail-running)

## 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/trail-running](http://engadin.ch/trail-running)

## 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](http://stmoritzrunningfestival.ch)

More info?  
[engadin.ch/trail-running](http://engadin.ch/trail-running)





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Photo: stock.adobe.com

## Excursions

### 1 Soglio

**Val Bregaglia** – 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](http://bregaglia.ch)

### Virtual Glacier World

**Pontresina** – In the “Virtual Reality Glacier Experience” exhibition at the Diavolezza valley station, you can immerse yourself in the world of glaciers. Equipped with virtual reality goggles, you’ll go on a journey through time that will take you from 1875 to 2100. The exhibition impressively highlights the changes in the Morteratsch glacier. [glacierexperience.com](http://glacierexperience.com)

### Bernina Express to Poschiavo

**Pontresina** – The Bernina Express offers the most attractive ride between the Alpine Engadin and the Mediterranean landscapes to the south, linking Pontresina with the town of Tirano in the Valtellina. The route is full of contrasts. At first, the panoramic windows frame the mighty glaciers of the Bernina massif; soon after, passengers are gazing out on the palms of the sunny south. The train journey makes an ideal day trip. [engadin.ch/bernina-express/en](http://engadin.ch/bernina-express/en)

More info?  
[engadin.ch/excursions](http://engadin.ch/excursions)





## 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](http://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](http://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](http://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](http://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](http://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](http://engadin.ch/en/sleep-ski)

## Events

### **World 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](http://skiweltcup-stmoritz.ch)

More info?  
[engadin.ch/ski-snowboard](http://engadin.ch/ski-snowboard)





## Cross-country ski

### **More than 240 km of trails**

Skiing with a pet dog, skiing at night, skiing across frozen lakes: in the Engadin, cross-country skiing promises many special experiences. Beginners and experts alike are spoilt for choice, with up to 240 kilometres of trail on offer. [engadin.ch/cross-country-skiing](https://engadin.ch/cross-country-skiing)

### **1 Across the frozen lakes**

By mid-winter, several centimetres of ice and a smooth layer of snow cover the big Engadin lakes: perfect conditions for exploring the expansive, flat valley floor on cross-country skis. The trail across Lake Sils, Lake Silvaplana and Lake Champfer measures 12 kilometres, and forms part of the famous Engadin Skimarathon route. [engadin.ch/cross-country-skiing](https://engadin.ch/cross-country-skiing)

## Events

### **Skimarathon**

Switzerland's biggest cross-country ski race, from Maloja to S-chanf, electrifies the whole valley. [engadin-skimarathon.ch](https://engadin-skimarathon.ch)

More info?  
[engadin.ch/cross-country-skiing](https://engadin.ch/cross-country-skiing)



## Winter hiking and 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](http://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? Snuggly 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](http://engadin.ch/romantic-escapes)

More info?  
[engadin.ch/winter-hiking](http://engadin.ch/winter-hiking)



## Tobogganing and 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](http://engadin.ch/tobogganing)

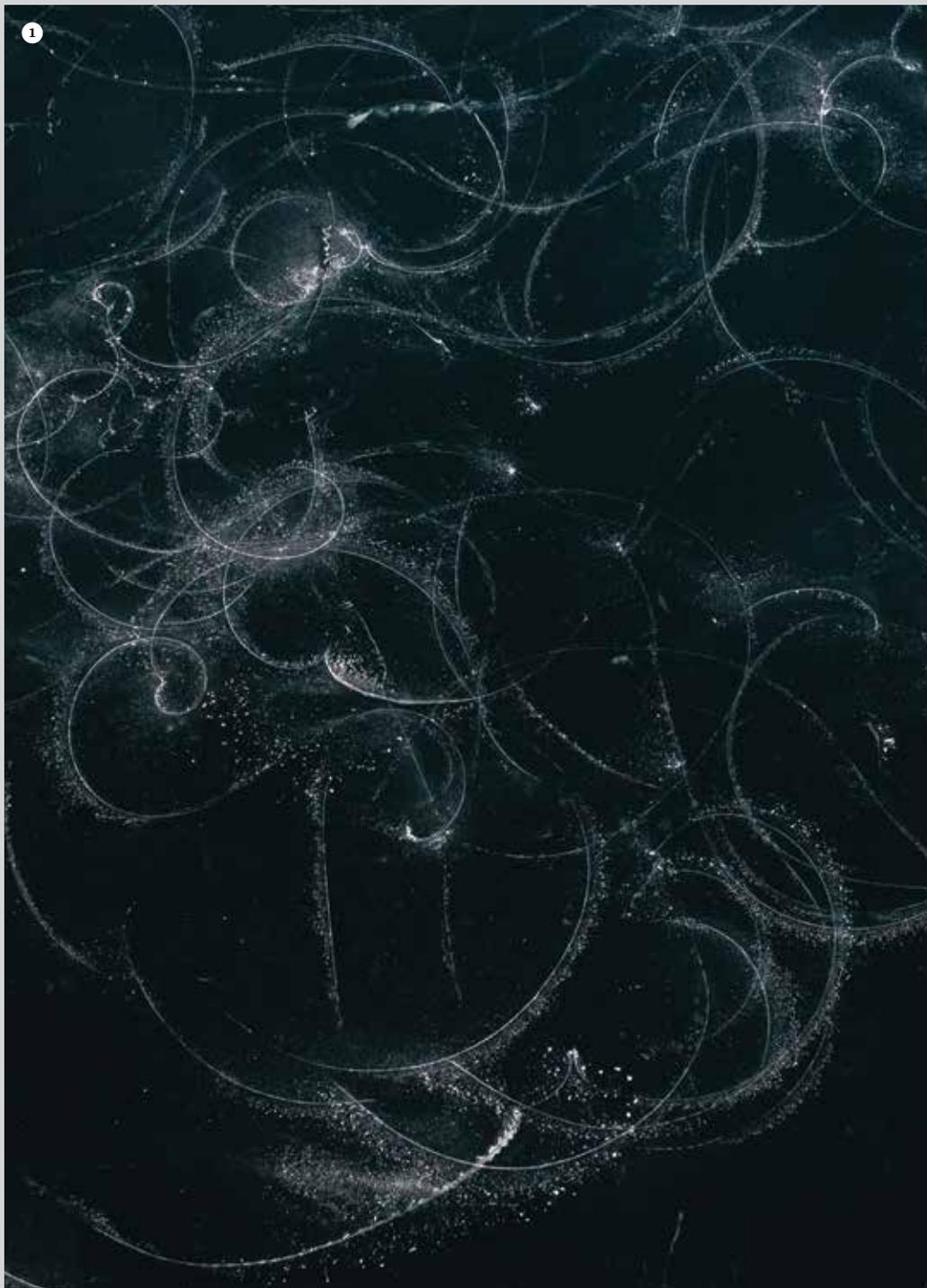
### **Winter walks with a pushchair**

Families with young children love the flat trails between Sils, Silvaplana and St. Moritz; in 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](http://engadin.ch/winter-hiking)

More info?  
[engadin.ch/families-in-winter](http://engadin.ch/families-in-winter)





## 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](http://engadin.ch/ice-climbing)

### **Bobsledding**

**St. Moritz/Celerina** – With a spine-tingling speed of up to 130 km/h, bobsleighs and skeleton bobsleds shoot over the smooth, icy surface of the Olympia Bob Run, the world's oldest. Over a history dating back more than 100 years, the natural ice track has twice served as a Winter Olympics venue and has hosted 24 World Championships. Today, adrenalin addicts can book a guest ride and hurtle down the twisting channel of ice at breakneck speed, piloted safely by professionals. After a dose of pure thrills, initiates celebrate over a glass of bubbly and receive a personal certificate. [olympia-bobrun.ch](http://olympia-bobrun.ch)

### **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](http://engadin.ch/ice)

### **1 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](http://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](http://engadin.ch/ice-way)

More info?  
[engadin.ch/ice](http://engadin.ch/ice)





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### ***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](http://engadin.ch/free-ride)*

## **Freeride and snowshoeing**

### ***Snowshoeing along the Lake Trail***

*Furtschellas* – The Corvatsch Lake Trail is an easy snowshoe trail with an extra level of comfort and convenience. As walkers follow the marked route, they enjoy glorious views of the snow-covered valley and its frozen lakes – with the prospect of a fortifying snack or a delicious meal at the Ustaria Rabgiusa en route. [engadin.ch/snowshoeing](http://engadin.ch/snowshoeing)

### **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](http://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. [bergsteiger-pontresina.ch](http://bergsteiger-pontresina.ch)

More info?  
[engadin.ch/free-ride](http://engadin.ch/free-ride)





Photo 3: Andrea Furger / Photo 5: By kind permission

## Cultural attractions

### 1 World theatre

**Zuoz** – In December 2021, exactly 10 years had passed since Romeo and Juliet first stepped on to the stage at the Lyceum Alpinum Zuoz's theatre and the Engadin welcomed a brand-new performance venue. Plenty has happened since, and the Zuoz Globe has made a name for itself as a small but daring and innovative theatre, now one of the region's key cultural institutions. This offers a rich and varied programme year-round to rival those of many longer-established theatres.

[lyceum-alpinum.ch](http://lyceum-alpinum.ch)

### Virtual glacier world

**Pontresina** – The "Virtual Reality Glacier Experience" at the base station of the Diavolezza cable car immerses visitors in the fascinating world of glaciers. Equipped with VR goggles, time-travellers embark on a journey from 1875 to 2100 that dramatically shows how the Morteratsch Glacier is changing.

[glacierexperience.com](http://glacierexperience.com)

### 2 La Tuor

**Samedan** – This 800-year-old watchtower is now a museum that explores cultural life in the Engadin – from art, music and architecture to crafts and design. [latuor.ch](http://latuor.ch)

### 3 Guardaval ruins

**Madulain** – Guardaval was once the largest fortress in the Upper Engadin; today, only its ruins look out over the valley. This atmospheric spot is the setting for a delightful small music festival: Guardaval Sounds, held every year in July. The complex was built in 1250 by the bishopric of Chur; visitors

can walk up to it from Madulain. Hikers following the Via Engiadina between La Punt Chamues-ch and Zuoz can walk down to Guardaval by branching off the long-distance trail at Plaun Grand.

### 4 Chesa Laudembacher

**La Punt** – This 16th-Century farmhouse is a real gem – especially the hunters' room in the former hayloft. The former owner, Andrea Petrin Laudembacher, was a keen hunter, and his impressive collection includes trophies from the mountains and from throughout Europe and Africa.

### Galleria Maurizio

**Maloja** – As an architect, Renato Maurizio has drawn countless plans for his buildings, but few knew he also has a great talent for portraying natural landscapes and the surrounding mountains on paper. The drawings he has made during his many walks over the years can now be seen in his gallery. [studiomaurizio.ch](http://studiomaurizio.ch)

### 5 Open Doors

During the last weekend in June, more than 60 architectural gems throughout the Engadin open their doors to enthusiasts. The buildings range from historical treasures to modern masterpieces; visitors can devise their own tour for a glimpse of worlds normally closed and to hear the stories the walls have to tell. [opendoors-engadin.org](http://opendoors-engadin.org)

More info?  
[engadin.ch/arts-culture](http://engadin.ch/arts-culture)





Photo: By kind permission

## Cuisine

### 1 **Hotel Palü**

*Pontresina* – Delicious grills prepared over a wood fire and served with local side dishes; Engadin classics such as venison Capuns dumplings or Pizzoccheri... The cuisine at the hotel's modern gourmet restaurant is divine. Once a week, up to 18 guests can take a seat for a festive meal at "La Maisa", a long wooden table framed by antlers and a magnificent chandelier. [palue.ch/crap-da-foe](http://palue.ch/crap-da-foe)

### 2 **Hauser St. Moritz**

*St. Moritz* – The choices are mouth-watering. How about a "Piöda" hot stone to grill your meat and vegetables at your table yourself? A soup, perhaps – anything from Graubünden barley soup to Asian noodle soup? A hearty breakfast with the hotel's own croissants? The popular home-made Wednesday pies? The Hauser Restaurant has gastronomic delights to suit all tastes. [hotelhauser.ch](http://hotelhauser.ch)

### **Longhin**

*Maloja* – Close to the source of the river Inn and Europe's most important watershed, guests find the relaxed and welcoming Longhin restaurant. Menus featuring local and regional dishes change with the seasons and showcase a range of specialities prepared with sweet chestnuts – harvested in the restaurant's own chestnut grove in Piazza, below Soglio. [longhin.ch](http://longhin.ch)

### 3 **Pizzeria Serlas Parc**

*S-chanf* – Aficionados say the best pizzas in the valley are to be found at this unpretentious restaurant, furnished in wood with a stylish

modern design. The home-made pasta is superb, too. Customers can also order from the take-away menu to enjoy their meal in the open air. [serlas.ch/food](http://serlas.ch/food)

### **Ciao Chao**

*Samedan* – The newly opened Ciao Chao is a delightful spot to linger, either indoors among works by young artists or outside on the sun terrace. A postprandial walk along the river after a tasty pizza or some Asian street food is a real pleasure, too. Young guests will have plenty of fun in the Bienenstock ("Beehive") playroom. [ciao-chao.ch](http://ciao-chao.ch)

### 4 **Alp-Beizli Laret**

*Celerina* – A glass of wine and a cheese platter in front of an open fire: this simple but cosy venue high up on the Laret mountain pastures offers an idyllic setting for a bite against a beautiful natural backdrop. Sweeping views of the Engadin valley provide the perfect match for tasty local treats. [engadin.ch/alp-beizli-laret](http://engadin.ch/alp-beizli-laret)

More info?  
[engadin.ch/culinary](http://engadin.ch/culinary)



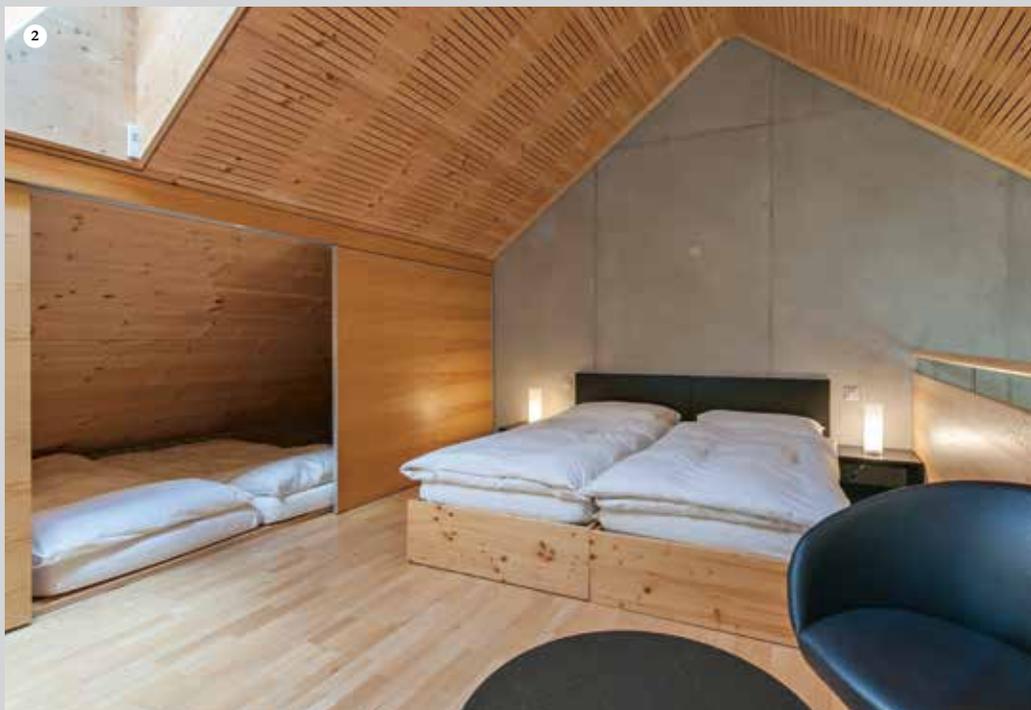


Photo 1: By kind permission / Photo 2: Engadin St. Moritz Mountains

## Accommodation

### **Hotel Walther**

**Pontresina** – A modern-day fairy-tale castle: that's probably the best description of the Hotel Walther. Loved by all generations, this venerable hotel oozes character thanks to a stylish combination of elegant luxury, historical details and contemporary playfulness. From the Art Nouveau dining room with its menus changing daily to the whirlpool bath with waterfall, this is a hotel that knows how to surprise and charm its guests. [hotelwalther.ch](http://hotelwalther.ch)

### **Hotel Donatz**

**Samedan** – Located in the picturesque historical heart of Samedan, the Hotel Donatz has it all: the Mineral Baths & Spa, the railway station and countless scenic footpaths all lie on the doorstep. Within the hotel, 25 cosy rooms furnished in Swiss stone pine as well as the GaultMillau-listed restaurant La Padella and the Donatz Wine Bar promise moments of pure pleasure. [hoteldonatz.ch](http://hoteldonatz.ch)

### **Badrutt's Palace**

**St. Moritz** – Individually designed rooms and legendary hotel service are just two of the many attractions at the historical Badrutt's Palace, with its views of the lake or the heart of the resort. Guests can look forward to luxurious suites, a world-class restaurant and countless opportunities to relax in style – with a massage, for example, or in the infinity pool, in the Renaissance Bar or at the Gelateria. [badruttpalace.com](http://badruttpalace.com) [hoteldonatz.ch](http://hoteldonatz.ch)

### **Hotel Chesa Stüva Colani**

**Madulain** – Chic contemporary design in a traditional Engadin building: the Rossi family's Hotel Chesa Stüva Colani has been welcoming

guests in the picturesque village heart of Madulain since the 17th Century, and yet has moved with the times. The hotel shows captivating attention to detail throughout – from the interior decor to the Colani hotel restaurant. [hotelchesacolani.com](http://hotelchesacolani.com)

### **1 Camping Gravatscha**

**Samedan** – New arrivals at the Gravatscha campsite have to rub their eyes to make sure they are still in the Engadin and not deep in the Rocky Mountains. The tent pitches, camper van spaces and nine attractive wooden bungalows are surrounded by forest and lie just a short stroll from Lake Gravatscha. [camping-gravatscha.ch](http://camping-gravatscha.ch)

### **2 All In One Hotel Inn Lodge**

**Celerina** – An unpretentious hotel for guests who value what's important? Welcome to the All In One Hotel Inn Lodge. The rooms in a sleek, uncluttered design make an ideal base for mountain biking, hiking and other outdoor activities. Facilities include a bistro, lounge and bar – with St. Moritz's nightlife just a few minutes' bus ride away. [engadin.ch/inn-lodge](http://engadin.ch/inn-lodge)

More info?  
[engadin.ch/accommodations](http://engadin.ch/accommodations)





Photo: Waldhaus Sils, Nina Balsch

## Spas and pool complexes

### ***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. [ovaverva.ch](http://ovaverva.ch)

### ***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. [pontresina-bellavita.ch](http://pontresina-bellavita.ch)

### ***Mineral Baths 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. [mineralbad-samedan.ch](http://mineralbad-samedan.ch)

### ***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. [heilbad-stmoritz.ch](http://heilbad-stmoritz.ch)

### ***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:

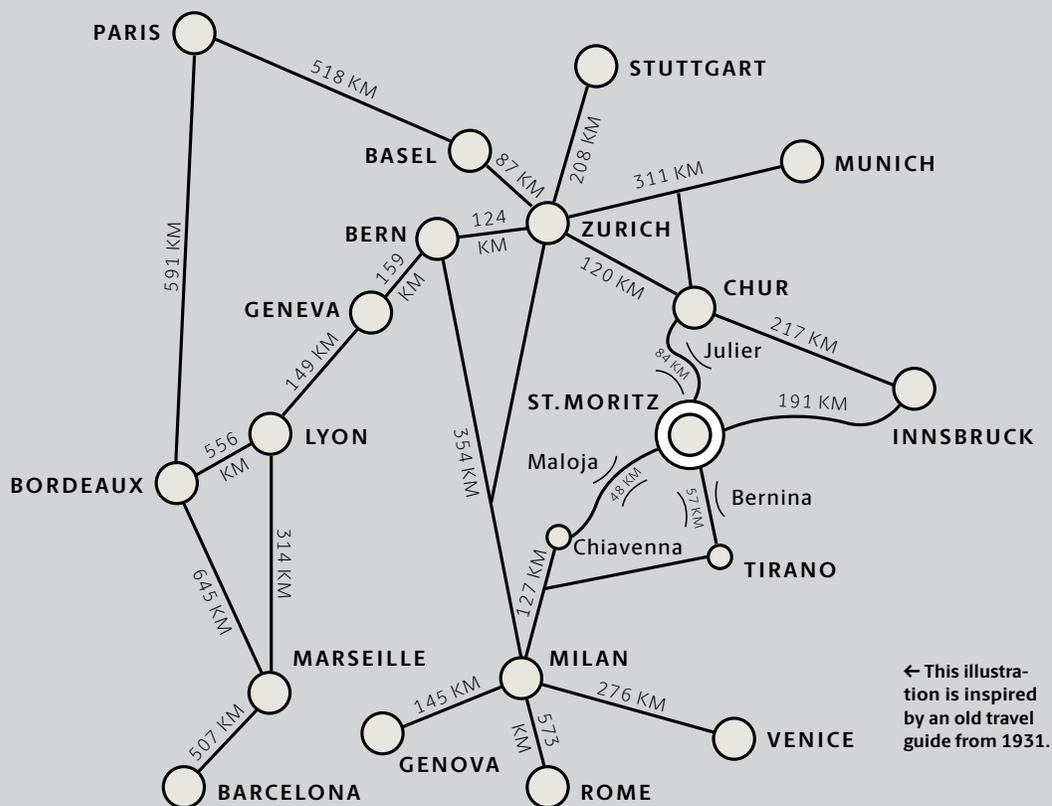
- Saratz Day Spa, Pontresina
- Palace Wellness, St. Moritz
- Kempinski The SPA, St. Moritz
- Kulm Spa, St. Moritz
- Grand Hotel Kronenhof, Pontresina
- Hamam in the Hotel Castell, Zuoz
- Arenas Resort Schweizerhof, Sils
- 1 → Waldhaus Spa, Sils

[engadin.ch/en/wellness](http://engadin.ch/en/wellness)

More info?  
[engadin.ch/en/wellness](http://engadin.ch/en/wellness)



# How to reach the Engadin



The red Bernina Express follows a spectacular route through the mountains on its way to the Engadin, twisting along narrow valleys, slipping through countless tunnels and gliding across bridges and viaducts. The ride is a two-hour adventure to rival any journey in the world.



### Further information

See travel times, stops and journey durations for the Bernina Express at [engadin.ch/get-here](http://engadin.ch/get-here)



Motorists can look forward to a dramatic drive to the Engadin. The various pass roads promise plenty of twists and turns along with superb views. Alternatively motorists can skip the pass roads by using the car transporter rail service through the Vereina tunnel.



### Further information

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



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