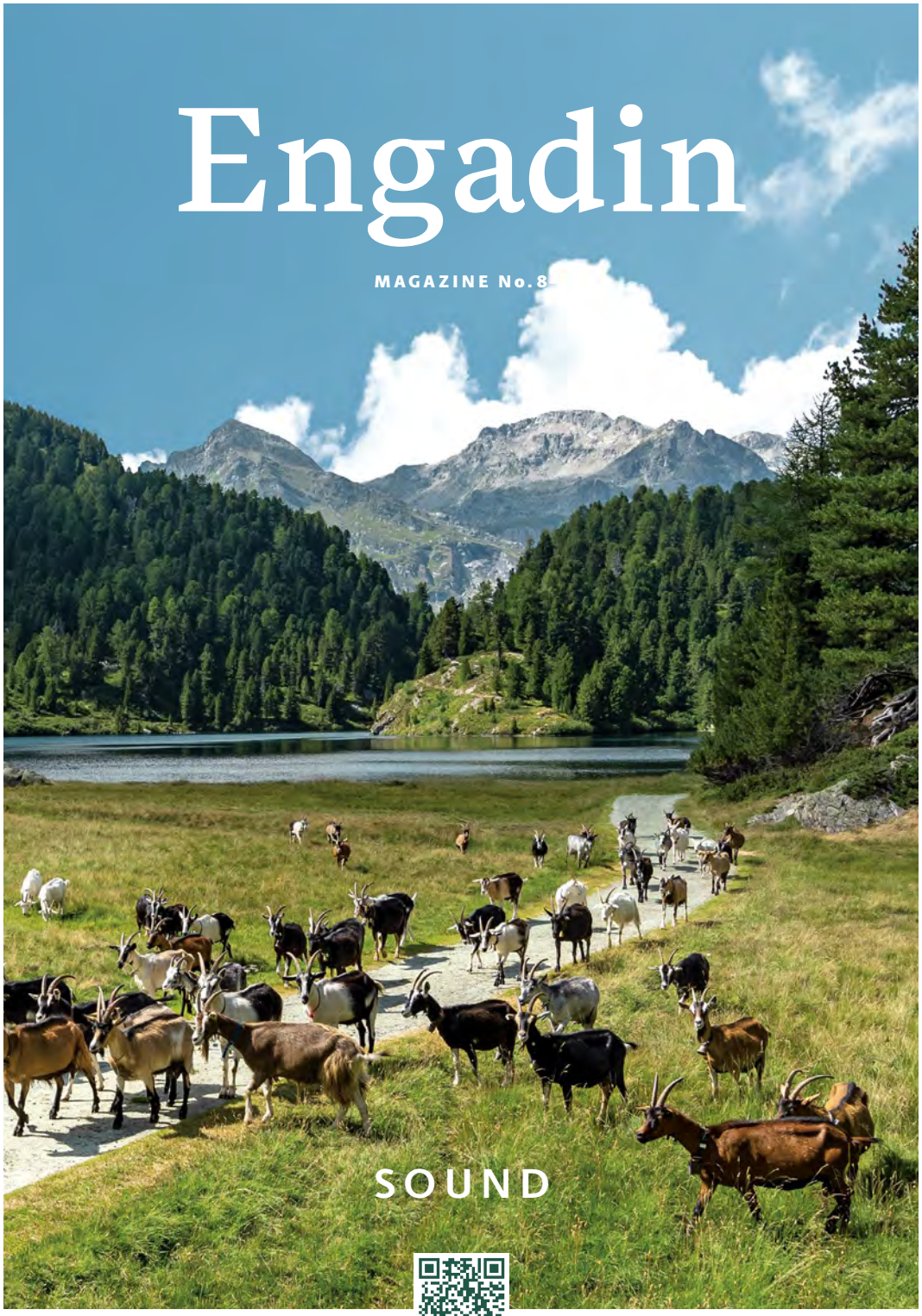
Engadin

MAGAZINE No.8



SOUND

SUMMER—AUTUMN ENGLISH

Engadin Summer / Autumn

Dear guests

The Engadin is rich in sounds: from the gentle whisperings of the Maloja wind, to the tinkling of cowbells, the imposing roar of deer and the enchanting sounds of the Rhaeto-Romanic language. And when your mind is filled with the noisy impressions of the valley, then it is time to hike to one of Engadin's romantic alpine lakes where silence reigns.

Visit us and listen to the sounds of our valley.
We look forward to your visit.

The people of Engadin

Cover: Alp Cavloc
Photo: Filip Zuan

Map: Rohweder

Punta Saliente, 3048 m
Punta Casana, 3097 m
Piz Lavirun, 3058 m
Piz Lagalb, 2959 m
Piz Cambrena, 3604 m
Diavolezza, 2978 m
Piz Palü, 3905 m
Piz Bernina, 4049 m
Piz Scerscen, 3971 m
Piz Roseg, 3937 m
Piz Surlej, 3188 m
Piz Murtèl, 3433 m
Piz Corvatsch, 3451 m
Piz Tremoggia, 3441 m
Piz Fora, 3363 m
Piz Led, 3088 m

Italy
Swiss National Park
Lago Bianco
Diavolezza
Berninapass
Val Roseg
Val Fex
Val Fedoz
Val Forno
Maloja Pass
MALOJA
Lej da Segl
SILS
Lej da Silvaplauna
SURLEJ
ST. MORITZ BAD
St. Moritzersee
Lej da Champfèr
SILVAPLANA
CHAMPFÉR
PONTRESINA
ST. MORITZ DORF
Julier Pass
Corviglia
CELERINA
SAMEDAN
BEVER
LA PUNT-CHAMUES-CH
MADULAIN
ZUOZ
S-CHANF
CHAPELLA
CINUOS-CHEL
←ZERNEZ

North

Photo Natüra: Schweizerischer Nationalpark, Hans Lozza / Photo Tranquillited: Colin Frei / Photo Musica: Tabea Hüberli / Photo Culinaria: Filip Zuan / Photo Cultura: Fundaziun de Planta

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

The bells of the Samedan Reformed Church resound Italian-style through the open belfry directly into the open air.

On the banks of the rushing Ova da Bernina, you can dream of past and future hikes through the Engadin.

Photo: Filip Zlan

On Muottas Muragl, alphorns often deliver the perfect score to enjoying the mountain views.

Photo: Engadin St. Moritz Tourismus

In the hamlet of Fex Curtins near Sils, a flock of sheep is moving from one summer pasture to the next.

Photo: zvg

Tranquil e rumurus

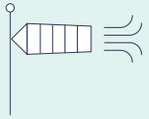
The sound of the Engadin

Chalandamarz

The children of Engadin ring in the spring each year on the first of March. Dressed in traditional costumes, they march through the villages ringing cowbells of all sizes. The name Chalandamarz dates back to when the Engadin was still part of a province of the Roman Empire. "Chalanda" comes from the Latin "kalendae" and refers to the first day of the month. So "Chalandamarz" is the 1st day of the month of March. Before the Julian calendar, this was the first day of the year and the custom was intended to drive away evil spirits at the turn of the year. The children's book "Schellen-Ursli" made the Chalandamarz known all over the world.

Tü-Tä-To

St. Moritz – More of a road trip than a Postbus ride, the "Palm Express" from St. Moritz to Lugano is a four-hour journey from the mountain lakes of the Upper Engadine curving down the Maloja Pass Road to Bergell and from there along the shores of Lake Como to Lugano. What a ride! engadin.ch/palms

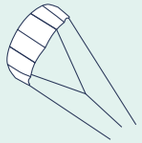


The Maloja wind

Silvaplana – What may be a "stiff breeze" for hikers is a veritable paradise for water sports enthusiasts. Their enthusiasm is understandable, because when the sun shines down on the lakes of Engadin, and there is a southern or southwestern air current, the Maloja wind begins to blow. It draws those who are hungry for water sports to the lakes from mid-May to mid-October with winds of 3 to 6 Beaufort.
engadin.ch/water-sports

Fluttering sails

Silvaplana – The wind fills sails of all kinds on Lake Silvaplana.



Kitesurfing
Lake Silvaplana is one of the world's top spots for kitesurfing.

Windsurfing
Advanced windsurfers skim across the water on Lake Silvaplana, beginners on Lake Sils.

Sailing
Riding the wind hard against a stunning alpine backdrop.

Wingsurfing
The latest thing in water sports combines surfing, windsurfing and kitesurfing.

Where the coffee grinder does its thing

Zuoz – The Badilatti family has been roasting only the best coffee beans since 1912. They service their exquisite coffee blends in the café of the same name. They now also offer barista courses.
engadin.ch/cafebadilatti

Where stones were chiselled

Sils – "Plattas da Fex" is the name of the unique, grey-reddish stone slabs that can only be found at the far end of Val Fex. The quarry, at an altitude of 2,070 metres, was traditionally worked during the winter months because the slabs could only be split at temperatures below freezing to prevent cracking. Today, the former quarry is open to visitors.
engadin.ch/cheva-plattas

Humming engines

The Bernina Gran Turismo is considered one of the most beautiful mountain races for historic vehicles. Passion for vintage cars, sport and modern luxury comes together here.
engadin.ch/top-events

Summer sun and festival of colours

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

Engadin

*booking.***engadin**.*ch*

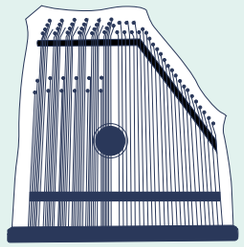
Experience Shop

Engadin. *What mountains, what lakes, what light.*

Swimming, hiking, mountain biking, climbing, golf and so much more...

Hello echo

An echo reverberates up to five times when you whoop across the surface of the water on the banks of the Lägh dal Lunghin above Maloja. The first echo is very loud. It is followed by two from the right and then two quieter ones from the left – even more in good conditions.



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strings make the Engadine zither a sophisticated instrument with an unforgettable sound. Unlike the fingerboard zither, which is related to the guitar, it has a separate string for each note, making it more like a harp.

Cruising at great heights

Operating on Lake Sils is Europe's highest scheduled boat service. Captain Franco Giani likes to tell passengers the story of his great-grandfather, who brought shipping to the Engadin.

engadin.ch/boat-service

Top 5: Summer bucket list

Five things that simply must be experienced during an Engadin summer:

- ☐ *Take a break at an alpine dairy cottage and taste fresh cheese.*
- ☐ *Visit the exhibition on the Romansh dialect known as Puter in the Chesa Planta Samedan.*
- ☐ *Sit along the banks of the quiet Lägh dal Lunghin with a fishing rod.*
- ☐ *Listen to one of the many concerts the valley has to offer.*
- ☐ *See and hear the deer roaring in the Val Trupchun.*

Other sounds

1 The clinking of glasses

In the Belle Époque bar of the Hotel Kronenhof in Pontresina.

2 Gliding with the wind

On a tandem paragliding flight with Paragliding Engadin.

3 The raging river

White water action: family rafting with the Engadin Outdoor Center.

4 The hum of the cable car

Take advantage of the "Piz Nair Sunrise" offer to see the sunrise on the mountain.

Culinaria

“Sounds don’t care if they make sense or if they are going in the right direction. They are, and that is enough for them.”

JOHN CAGE (1912 - 1992), COMPOSER,
EXCERPT FROM “FOR THE BIRDS”

The sound of the Alps

Bells help alpine herdsmen find their animals even when visibility is poor. The animals also use the sound to orientate themselves and to keep in touch with their herd. The bells also signal to hikers and bikers that there is an alpine cottage nearby.

Text **MARTIN HOCH**
Photo **FILIP ZUAN**

The goats from Bergell are always drawn to Alp Cavloc in summer.

THE RUSTIC

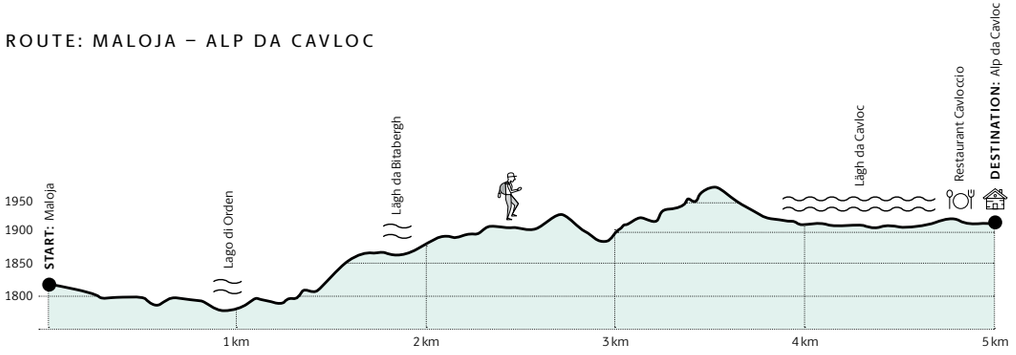
Alp da Cavloc, Maloja

1,920 m.a.s.l.	♥ Cool your feet in the Lägh da Cavloc.

A splashing fountain, the blowing wind, a waterfall thundering in the distance, all topped by a concert of ringing bells. A raucous bunch lives on the Alp da Cavloc in summer – Capra Grigias, Nera Verzascas and various mixed-breed goats from eight farms in the Bergell Valley. In their summer camp high up in an alpine meadow, Mex Matzl and Eno Graber lovingly look after the herd and milk them every day by hand – always under the watchful eye of their dog Rala. They process this exquisite milk into goat cheese, which you can buy on site or enjoy next door in the Cavloccio restaurant, enjoying the view from Piz Materdell to Piz Lagrev.

Alpine sounds
The cheery tinkling of goat bells on the Cavloc Alp.

ROUTE: MALOJA – ALP DA CAVLOC



THE CONVIVIAL

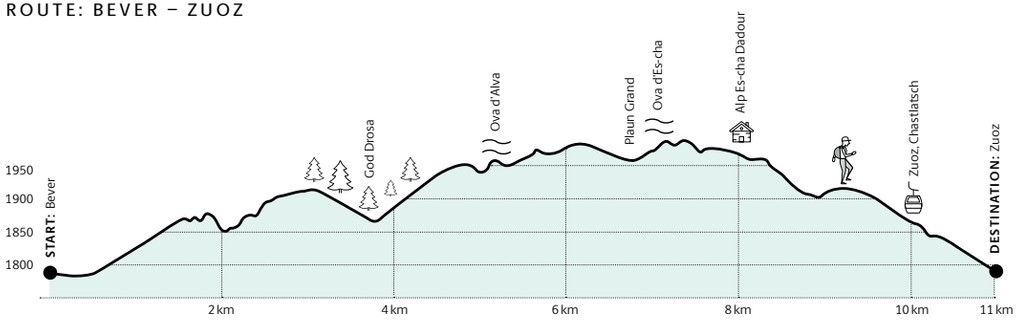
Alp Es-cha Dadour, Madulain

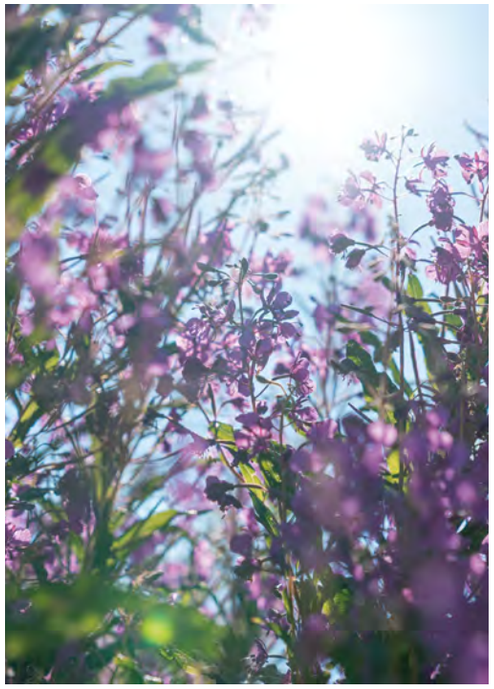
2,062 m.a.s.l.	♥ Spend the night high up in the mountains.

This stage of the Via Engiadina leads high above the valley from Bever to Zuoz. Just after Bever, you are swallowed up by a shady forest. The sounds of civilisation disappear while the melodious life of the forest pours into your ears: birds sing of the summer day, the call of an owl echoes through the branches, even the barking of deer can be heard now and then. It is worth leaving the Via Engiadina above Madulain to detour to the signposted Alp Es-cha Dadour. Ruet Ratti is the mountain pastor here while also looking after the alpine community's verdant pastures, Es-cha Dadains and Belvair. The milk from all three sites is processed at Es-cha Dadour into Ziger, Mutschli soft cheeses, mature alpine cheese or even butter, all delicacies that can be discovered while enjoying a cheese plate on the sun terrace. From the end of June until the end of August, you can watch the cheesemaker at work on Wednesdays at 8:30 am. You can even spend the night there if you are not yet ready to leave this breath-taking alpine paradise.

Alpine sounds
The splashing of the fountain on the alp Es-cha Dadour.

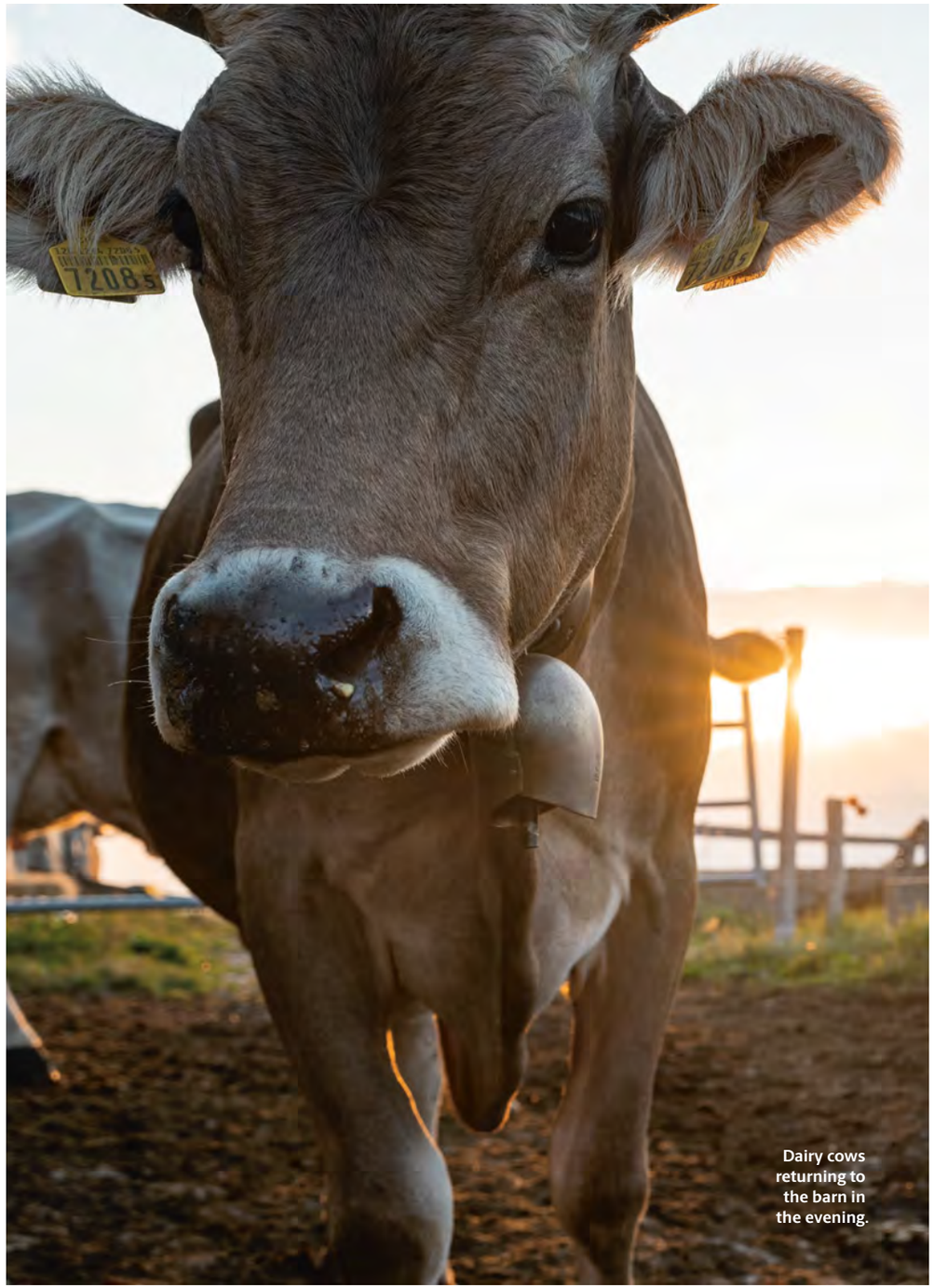
ROUTE: BEVER – ZUOZ



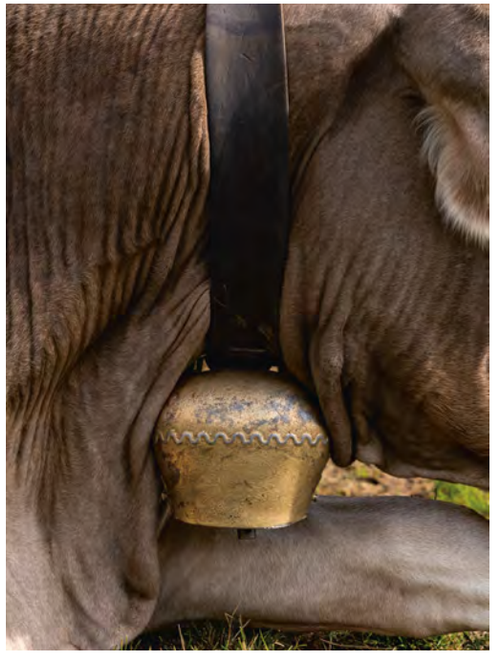


Not be missed at the Alp Es-ch Dadour: the cheese plate medley.

Cows from the valley graze up in the higher alps in summer.



Dairy cows returning to the barn in the evening.



Alp Laret above Celerina.

THE COSY

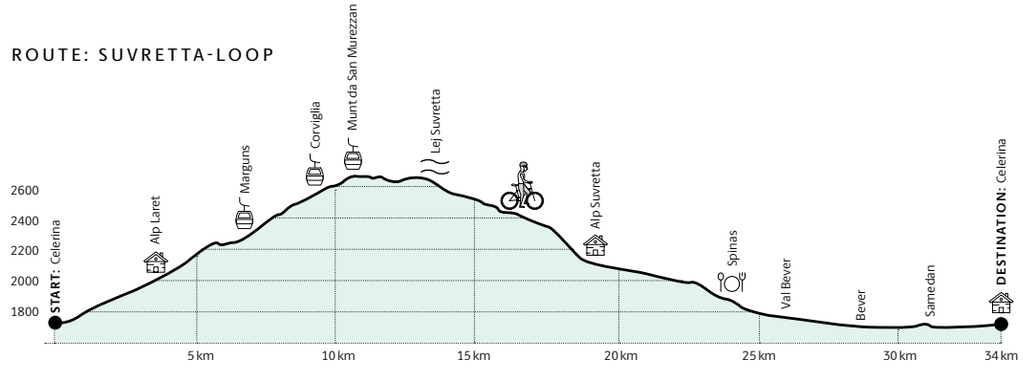
Alp Laret, Celerina

2,103 m.a.s.l.	♥ Cool drinks await you at the Alp Suvretta fountain.

Alp Laret is located in the biking route paradise of Corviglia. The easiest way to reach it is via the trail from Marguns down to Chantarella. As respite from adventurous cycling, this mountain inn offers a place to rest and enjoy cool drinks and all kinds of tasty treats. If you have enough time and are up for a longer mountain bike tour, treat yourself to the Suvretta Loop described below. Mother and daughter, Gudrun and Miriam Stampfer, welcome you to the inn, where they process 500-900 litres of milk every morning into mutschlis, alpine cheese, stracchino and butter. Gudrun Stampfer is proud to say, "my ricotta is our secret tip. People come from far away to Alp Laret for our cream cheese." Stampfer's hands lovingly serve a variety of cheeses plates prettily decorated with alpine flowers. While the dairymaid delights guests with her charming manner, alpine master Elmar Bigger looks after the cows in the Laret and Marguns mountain meadows. He can confidently be called one of the original faces of the local Alps, where he has managed the pastures above Celerina for over 50 years.

Alpine sounds
The morning silence on Alp Laret.

ROUTE: SUVRETTA-LOOP



THE IDYLLIC

Alp la Stretta, Pontresina

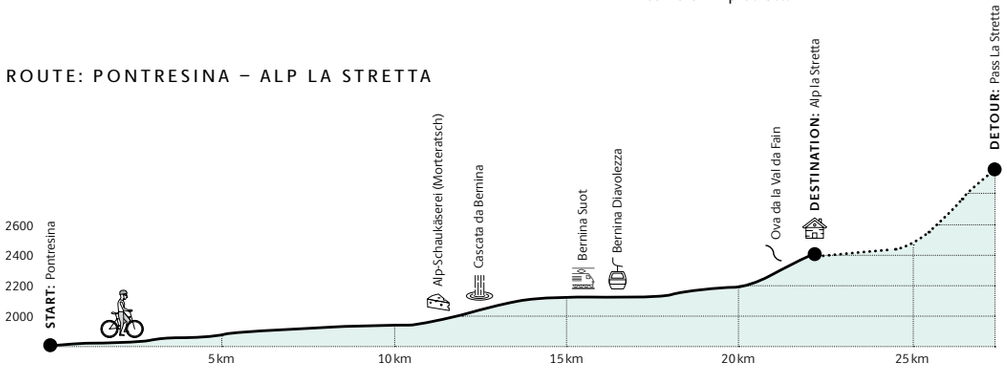
2,426 m.a.s.l.	♥ Single trail after Alp la Stretta.

A bike tour from Pontresina to Alp la Stretta offers plenty of distractions along the way. And you should not resist the temptation – for example, to park your bike for a while and visit the Morteratsch glacier. Shortly before the Bernina Diavolezza valley station, the trail leads northwards into the Val da Fain to Alp la Stretta, which means the narrow alp. Tasty cheese, bacon, cakes, yoghurt and fresh butter are served here.

However, with all the delicacies on offer, it is quite possible that after the meal your trousers might be a bit "stretta". Nevertheless, you might feel revitalized enough after the break to take a detour on the single trail to the top of the La Stretta pass.

Alpine sounds
The bells of happy cows on Alp Stretta.

ROUTE: PONTRESINA – ALP LA STRETTA



The Alp La Stretta in the Val da Fain.

From the meadow down into the valley

On the trail of the bells

Healthy eating starts here

Bever – The Lataria Engiadinaisa in Bever is the highest dairy in Europe. At 1,706 m.a.s.l., it processes milk from cows that spend the summer grazing in the lush alpine pastures of Engadin. Greater portions of roughage consumed by the animals gives mountain milk a higher content of unsaturated fatty acids – especially omega 3. Pleasure at the highest level. **engadin.ch/lateria**

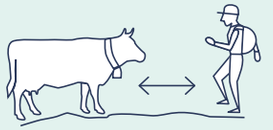
Summer yoghurt creations
Star chef Dario Cadonau develops unique yoghurt varieties from Engadin mountain milk, refined with local ingredients. Available in selected regional shops.

Photo: Käserei Lesa

Alpine procession

Celerina – After spending the summer high up in the mountain meadows, the cows and their herdsmen proceed back down to the valley. Every Saturday in mid or late September, a colourful parade proceeds through the streets of Celerina and ends at the festival grounds near the church of San Gian. The animals wear beautiful bouquets of flowers between their horns and the bells around their necks are polished to a brilliant shine.

Festive atmosphere
After the people and animals have left the streets of Celerina behind them, the lovely festival day comes to a happy end on the meadow near the San Gian church with musical sounds and culinary delights.



Rules of conduct while hiking

Stay on the path:
Only enter fenced pastures if the hiking trail clearly indicates that it is allowed.

Close gates and fences:
Be sure to close gates and fences to prevent grazing animals from escaping.

Beware of bulls:
Keep a safe distance (40 – 60 metres) away from bulls.

Keep dogs on a short leash:
If a cow attacks your dog, let it off the leash and move on.

Cow with calf:
Never place yourself between a mother cow and her calf.

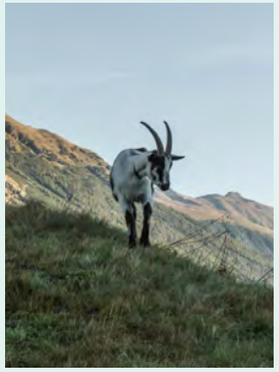
Avoid eye contact:
If livestock approaches, slowly leave the pasture.

Feeding prohibited:
Even tame animals should not be petted or fed.

More:
engadin.ch/alpine-pastures

La Senda nature trail

Samedan – Did you know that there is a perfume that glows? A market garden with 500,000 employees? Energy bars for insects? You can find this all out along the beautiful La Senda nature trail in Samaden. The round hike takes around 2 ½ hours. **engadin.ch/lasenda**



Goat trekking

Pontresina – Pontresina offers a unique experience for little Heidis and Peters, who can take a walk with a flock of five goats adorned with ringing bells. The animals can first be petted and groomed before they take a leisurely stroll. Fortunately, goats are never in a hurry. **engadin.ch/goat-tracking**

Long-distance classic

Along the Via Engiadina, long-distance hikers are accompanied by the ringing of livestock bells and the scent of wild flowers along the Via Engiadina. There are 12 stages along this 160-kilometre route, starting in Maloja and ending in Vinadi, near the border with Tyrol, Austria. **engadin.ch/via-engiadina/en**

ENGIADINA
- PURA -
HIGHEST 1706 DAIRY
DREAM TEAM:
CREATIONS FROM ENGADINE MOUNTAIN MILK
BY STAR CHEF DARIO CADONAU!
TWICE A YEAR, LESA SURPRISES
WITH NEW SEASONAL YOGURT SPECIALTIES.
Be surprised by the latest creations.
JOGURT AUS BERGMILCH HEIDELBEER MIT WACHOLDER
ENGIADINA PURA - 180 g - www.lesa.ch
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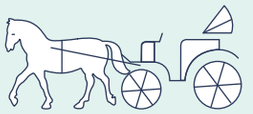
LESA LATARIA ENGIADINAISA SA
Via Charels Suot 18, 7502 Bever, www.lesa.ch



Carriage rides

1 Val Roseg
Hike down into the valley and then ride back up the mountain in the jingling horse-drawn omnibus.

2 Lej da Staz
Let your hair dry in the breeze after a refreshing swim in the lake.

3 Hamlet of Spinas
Stop for a bite to eat at the Spinas Restaurant before letting the carriage take your full belly back.

4 Val Fex
What a spectacular view! Roll through the valley as a co-driver, high up on the coach box.

More: engadin.ch/horse-drawn-carriage-rides

Where the bees hum

Sils – The Fex Valley at Sils has been a protected nature area since 1954. This is probably why its alpine flora is especially impressive and diverse. Tip: Go when the morning dew is still fresh. The scent is at its most intense as the dew dries in the sun.
engadin.ch/where-the-bees-buzz

All about cheese

Pontresina – No one returns from a leisurely hike to the Morteratsch show dairy in Pontresina with an empty stomach. Heutaler cheese, Gletscher-Mutschli and fresh Molkenziger are produced up here every day over an open fire in the traditional way.
engadin.ch/alpine-cheese-dairy

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languages comprise the number of translations of the story of "Schellen-Ursli" which, next to "Heidi", is the most famous children's book in Switzerland.

Organic sheep power

Zuoz – *The farm shop at the Stalla Pundschermaun organic sheep farm in Zuoz is an extraordinary, fine shopping paradise offering lamb, eggs, teas, coffee blends and more – all organic.*
engadin.ch/farm-shop-casty

Towering sounds

Engadin village church towers are as extraordinary as the landscapes in which they stand.
engadin.ch/churches

St. Jacob's Church, Bever
The church "San Giachem" was first documented in 1334 as "ecclesia Sti. Jacobi".

Church of St. Karl, St. Moritz Bad
This Catholic church was built for spa guests between 1886 and 1894.

Church of San Gian, Celerina
The church tower was damaged by lightning in 1682 and never completely rebuilt.

Protestant Church, Samedan
Considered the most delicate baroque tower in Graubünden, this campanile is also Samedan's landmark.

Tranquillited

“At 1,800 m above sea level, you stand between heaven and earth, surrounded by immeasurable beauty. And experience within it a grandiose silence, played only by the sounds of life.”

PETER ANDRÉ BLOCH, SWISS GERMANIST,
FROM AN SRF INTERVIEW, 2016

Five minutes of tranquillity

A conversation with Nadia Frey, FMH-certified specialist in psychiatry and psychotherapy from St. Moritz, about sounds and the effect of their absence.

What do noises trigger in our psyche?
Nadia Frey: This tends to depend on our cognitive evaluation. Think of different tastes in music: ecstasy and irritation are not so far apart. Generally speaking, loud noises are evolutionarily perceived more as a danger, in contrast to birdsong or a babbling brook.

Does that mean we should be mindful of the sound-scapes we surround ourselves with?
We should get to know ourselves and find out what is good for us. It may be necessary to internally reinterpret sound experiences and change our conditioning. The key usually lies within ourselves.

What happens to us during silence?
Inner silence lowers our stress level and makes us less tense, which in turn is reflected in changes in blood pressure and in the blood vessels. Our immune system is revitalized. The brain has the time it needs to contemplate and think in a relaxed state. This means finding new approaches, making decisions, planning the future, being creative and processing negative thought structures.

What happens when silence is lacking?
While a certain stress level increases our performance for a brief period, insufficient rest over an extended period of time can manifest itself in a wide array of mental and physical symptoms. Fortunately, our nervous system lets us know when something is off, so we can make conscious choices to influence it.

How much silent time does one need to notice a positive effect?
This depends on the intensity and duration of the stress as well as the ability to find peace. The latter can be learned. Even five minutes of quiet can benefit our brain considerably.

Are the mountains particularly suitable for taking a relaxing break?
Mountains truly do offer special beneficial aspects: silence is just one of them. Hiking in the mountains triggers a sense of well-being through physical activity. Nature's beauty delights our senses; colours seem more intense in the pure air. Air humidity is lower at 1,500 m above sea level, a source of relief for allergy sufferers with its lower concentration of allergens and pollen. The negative ionisation of the air in the mountains feels good, especially near a waterfall roaring down a cliff face. And yet, this loud noise does not bother us: on the contrary!

The silent hunter

He sets out when most are still asleep. He is on the hunt for fish. Yet trout and char are not his most valuable catch, but the moments of silence.

Text **MARTIN HOCH**
Photo **FILIP ZUAN**

Early morning, when silence still prevails at Lägh dal Lunghin.

Fishing is just as relaxing as it is meditative for Daniel Blättler.

Ringing alarm clocks, clinking coffee cups, whirring electric toothbrushes and revving engines – a new day begins in the Engadin. This all goes unnoticed by Daniel Blättler, who headed uphill from Maloja two hours earlier. Just before arriving at his destination, the Lägh dal Lunghin, his early morning efforts are rewarded with the majestic panorama spread before him. Mystical wisps of mist drift over the lake plateau far below, the first rays of sunlight caress the towering mountains, and next to him, his dog Nelly wags her tail happily. And everything is wrapped in a soothing silence. Early morning is Daniel Blättler's favourite time to pack his rod and go fishing. He revels in the peace and quiet, and says, "the world just keeps growing too noisy for me." While he enjoys being with people, he needs these escapes from everyday life. The Engadin offers countless places to get away and still be in my homeland. "It's my way of leaving the hustle and bustle of everyday life behind for a little while." At that moment, the Lägh dal Lunghin shines with a mirror-like smoothness reflecting the barren mountain landscape. The world up here is not merely acoustically still.

Nevertheless, silence does not mean the absence of noise. Those who immerse themselves in silence have their senses sharpened. The still gentle morning wind whispers softly through the ears, a murmur of water from the stream leading from the lake can be heard and then a soft, rhythmic vibration in the air. Its source is a 27-metre-long fishing line that Daniel Blättler makes dance gracefully over the lake. The idyllic image of the fly fisherman has been familiar at least since the 1992 film, "A River Runs Through it", with Brad Pitt as Paul Maclean.

Outwitting the fish

Why does one actually whisk a line across the water when fly fishing? Blättler explains: Fly fishing is intended to imitate the insects that fish eat, such as dry flies that move on the surface of the water. The fisherman aims to cast the imitated food as close to the fish as possible, but once it reaches the target, the fly should not sink, but remain visible to the fish on the water surface. This means that one cannot use lead as a weight to cast the line far out into the lake. Instead, a line that is a little thicker and therefore heavier is used to carry the fly out into the lake.

The fly fisherman rhythmically whisks his rod and line back and forth just above the surface of the water.

Flies, nymphs and larvae – Daniel Blättler hand-ties his own lures.

Daniel Blättler is a silent hunter. He does not swing his pole randomly, but first studies the surroundings. This enables him to see the shades of blue that indicate the structures under the water surface, which is important because fish like to stay on the edges of sloping ledges or behind stones. It is also important to know nature when choosing bait – depending on the season, you use a larva, nymph or fly and you should know which fish are snapping at which prey. "The hunter must adapt to nature," says Blättler. It is the outwitting of the fish that fascinates him, a passion that gripped him at the age of twelve when he was visiting an aunt in America. Back then, he stood on a jetty for the first time with a line and plastic float and caught a fish. "That's when the spark ignited," he recalls. It lit a fire that burns inside him to this day. However, something has changed over the years. "It is meanwhile no longer important to me whether I catch a fish or not." He says it is nature and the tranquillity that draws him to the waters again and again. Sure, there are moments when the fish bite and trigger a hunting frenzy in you, but there are also unspectacular times. He thinks about everyday life, about his plans, about the universe. Then comes the phase when there is simply nothing. A thought-free moment. "You fish and you are." This state becomes meditative. "Then I'm in the zone, immersed in a moment of total relaxation." Though it often happens on its own, every now and then he consciously strives for it. He also likes to be alone when fly fishing. "Because it's not loneliness, it's switching-off, time I spend with myself." He tries to leave his watch at home whenever possible. But when he does not, he always sets an alarm clock for himself. He laughs, saying that otherwise he would lose track of time completely. "That's real fishing for me."

Silvaplana
It is important to comply with local fishing laws and to have a fishing licence, which can be purchased online. **engadin.ch/fishing**

Shush ...
Listen to the noisy silence of fly fishing.

Dive in

Tranquillity reigns in the valley

The high-moor lake Lej Nair along the Bernina Pass road is stocked with brown trout.

With a rod in the backpack

With its abundance of water, the Engadin offers many excellent fishing grounds, from its verdant valley floors up to the towering alpine heights. The trout-rich mountain lakes on the Bernina Pass, the Lej Nair and the Lej Pitschen in Pontresina or the Inn between Lake St. Moritz and the confluence of the Flazbach are just a few of the quiet places where ambitious fishermen and amateur anglers go to find their bliss. engadin.ch/fishing

Oases of peace for body & soul

1 Yoga by the lake
Celerina – Bathe in the tranquillity of nature with Ursina Badilatti while doing yoga on the Lej da Staz. Mats are rolled out here every Thursday from July to August.

2 Mindful into the week
"Smile, breathe and go slowly" – under this motto, the mindfulness and breathing coach Georgia Hauser leads a stroll through nature to a morning dip in the cool waters of Lej Nair every Monday morning.

3 Sauna in stone
Zuoz – The Hotel Castell in Zuoz is home to the rock sauna, designed by Japanese artist Tadashi Kawamata. A sublime oasis of peace complimented by a view that makes it all the more beautiful.

4 Canoeing into tranquillity
Sils – Whether on your own or on a guided tour, in the early morning hours or at sunset – your cares float away in a canoe on Lake Sils.

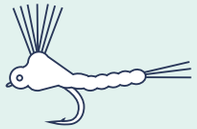
Serving fresh fish

Antonio Walther's Ristorante Murtaröl in Plaun da Lej is anything but quiet. This is where Engadin mingles with the world. The fresh fish served in the restaurant are the only things that stay mum. Everything tastes delicious here, be it fish, freshly caught in Engadin's lakes, or equally fresh seafood coming directly from Milan's fish market. And if you like things a bit quieter, book a room in the Hotel Cristallina next door. The early morning hours when the lake is still calm and the air is fresh are truly something to be experienced.
engadin.ch/murtarol

Fresh fish to go
In the "La Boutique du Poisson" next door to the Murtaröl restaurant, you can buy fish and seafood to take home. You can even choose your own oysters fresh from the aquarium.

Well-baited is half caught

Lures of all kinds for fly fishing can be found at Engadinfisch in Silvaplana.
engadin.ch/fishing-supplies

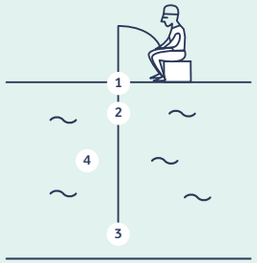


1 ***Dry fly***
Floats on the water surface.

2 ***Wet fly***
Floats just below the water surface.

3 ***Nymph***
Sinks to the bottom and is moved by the current.

4 ***Streamer***
Can be used at different depths.



Sustainable fishing

Many hooks, lures and rods contain lead, which dissolves in the water during fishing. The Swiss company Toppies has developed a lead- and toxin-free range for sport fishing that is in no way inferior to conventional products and is harmless to humans and nature. toppies.ch

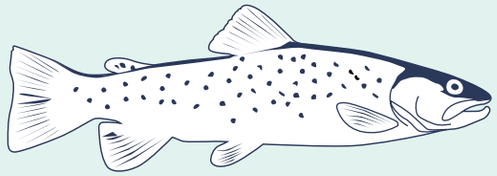
A piece of the Engadin in the middle of Zurich

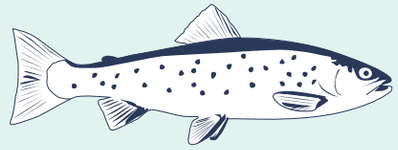
This rock in the Upper Engadin has a twin down in the valley. Using up-cycled materials from their product development, On turned the place where their brand was born into an art installation – a contemporary homage to their alpine origins and their mission of sustainable design. The original stone can be found next to the Lägh dal Lunghin, and the audio-visual interpretation of it in the new On Flagship Store in Zurich. on-running.com

The sound of On's origin
Sounds of nature directly from the surroundings of the original rock at Lägh dal Lunghin.

Fish of the Upper Engadin

The fishing grounds in the Engadin are renowned for beautifully coloured brown trout and char, with grayling and rudd also among the native fish found here.



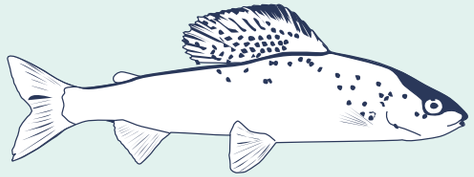


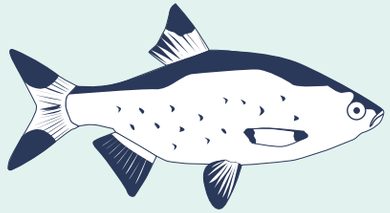
1 BROWN TROUT AND LAKE TROUT

Similar in appearance, it is easy to confuse lake trout and Arctic char. The distinguishing feature is that lake trout are more marbled and have a deeper notch on the tail fin. The palate and tongue are white. They are mainly found in the valley lakes, especially Lake Silvaplana and the Inn.

2 ARCTIC CHAR (MOST COMMONLY LAKE CHAR AND NAMAYCUSH OR CANADIAN LAKE TROUT)

Besides the weaker marbling, the straight caudal fin of the char differs from the trout, as does the grey pigmented palate. Its fighting nature makes it popular with sport anglers.





3 GRAYLING

The grayling prefers cool, fast-flowing waters and are considered tricky to catch. They are also extremely demanding when it comes to water quality.

4 RUDD

With its bright red fins, the rudd is one of the most beautiful native fish species. It prefers the shallow banks of valley lakes with a muddy, sandy bottom.

Musica

“Music is a vehicle for sadness – but also for joy. When you succeed in bringing the two together, magic happens.”

PAUL MCCARTNEY

Photo: Adobe Stock / Ivanko Brnjakovic

“The Engadin sounds like wind chimes”

The native Engadin singer-songwriter Martina Linn once embarked on a musical journey far away to the Southern USA, a journey that changed her musical direction, and ultimately led her back to her roots.

Text **KARIN DEHMER**
Photo **TABEA HÜBERLI**

Martina, what does the Engadin sound like to you?
Martina Linn: To me, the Engadin sounds like the wind chimes of the house where the late Evi Engels lived in La Punt. You could hear several wind chimes from there when I was a child, all ringing with different sounds, in minor and major tones. These two sounds are the Engadin for me: both the melancholy minor and the sunny, bright major.

Where do you retreat to in the Engadin when you seek quiet?
Actually, I prefer not to say. With today’s Instagram culture, a place like that can quickly become less quiet. However, between us, it's Alp Prünella, reached along a beautiful hiking trail from La Punt Chamues-ch. You are wrapped in peace and quiet when you arrive in this extraordinarily beautiful place.

What do you do when you are there?
Mostly I just let nature in and have its way with me. I journal what’s on my mind in the notebook I always have along.

Natural elements like the sun and rain play a big role in your songs. Stones, flowers, seasons. Can it be said that your music is influenced by nature?
Yes, very much. When I started studying singing at the Academy of Art and Design in central Basel, the first thing I did was go to the director of studies and ask: “Where is the closest patch of green from here?” Even when I’m working in the studio or on the road, it’s essential to me to be able to constantly take breaks in nature. That’s what I miss about Engadin, being able to walk out the door and immediately be in nature.

Photo: Tabea Hüberli

Martina Linn’s new album celebrates her native Rhaeto-Romanic language.

“Melodies come naturally to me. I hear them everywhere.”

Your career started as a child with yodelling. That is not exactly typical Engadin culture.
That’s right. Our neighbour came from the Valais and she is a yodeller. One day she knocked on our door and told us there was a yodelling choir for children in Samedan. I gave it a try and liked it so much that I asked two friends to join too. We ended up yodelling together for several years, then later formed a trio and I accompanied us on the guitar.

Yodelling and guitar?
Yes (laughs). That is how I learned to accompany my singing with a guitar. It’s quite a challenge and I’m glad to have managed it so early.

When did you know that you wanted to be a professional singer?
I was inspired to do so by a teacher at grammar school. He came to me one day and said he would allow me to take one afternoon off a week to go to singing lessons in Zurich. He was convinced of my talent. I would not have thought of studying singing or going to jazz school without his inspiration. I am grateful to that teacher to this day.

After three albums in the Southern Americana sound, your new album to be released in 2023 will have a whole new sound. What happened?
When I left the Engadin as a young woman to attend jazz school in Lucerne, I wanted to put my roots behind me. I was drawn to the Southern USA, physically and musically. I had this notion that I was just a Southern girl who had been born in the wrong place (laughs).

And that longing is gone now?
Yes. You could say that the Corona period brought me closer to myself and showed me where I belong musically.

And where do you belong? What does the new Martina Linn sound like?
My sound has changed. I make indie folk music today, but perhaps the most significant shift was my decision to sing Rhaeto-Romanic songs now; something that had never occurred to me before. Just before the Corona lockdown, Martina Shuler, director of the Chesa Planta in Samedan, invited me to set poems by Artur Caflisch to music. She has always encouraged me to sing in Romansh. This experience made me fall in love with my native language all over again. Actually, it’s amazing that it took me so long to discover it. Today, I am passionate about my Engadin roots. I consider it a privilege to be able to say, “I am from Engadin.”

What is it like to sing in Rhaeto-Romanic after all these years singing in English?
I have come to realise that Rhaeto-Romanic has always been a part of me After recording a Rhaeto-Romanic album together with Samuel Baur from Bern in the Stalla d’Immez in Santa Maria, and having studied this beautiful language in depth, I feel it is now time to truly embrace it.

What generally comes easier to you, lyrics or melodies?
Clearly melodies. They come naturally to me and I hear them everywhere. I can just sit at my desk with my guitar on my lap and the melodies flow. Or I find two pieces of wood in the forest and improvise a beat with them. There is a melody in that too.

Engadin is known for its many large and small music festivals. Do you have a favourite?
The Chapella open-air festival, which also happens to be one of the world’s smallest. You can see the stage from your tent. I spontaneously invited a guitarist friend I know from Los Angeles to Chapella. The beauty of the place blew him away.

Unplugged!
Listen and watch Martina Linn perform one of her new songs.

The music plays here

The Engadin has inspired authors, musicians and painters in their artistic creations for well over a century. It is only natural that the valley has established a high-calibre concert and music and festival culture that is second to none.

Jazz up close and personal at the legendary Dracula Club in St. Moritz.

Photo: Festival da Jazz, Hen

engadin.ch/top-events

Year after year, summer and winter, your favourite concerts.

Jazz

Brass Week

Samedan
1 – 9 July 2023

Brass instruments rule the soundscape for a week in Samedan. Courses and training opportunities for musicians with renowned instructors are offered along with a wide range of concerts at various venues.

Festival da Jazz

In and around St. Moritz
7 – 31 July 2023

Jazz meets the mountains: for three weeks, national and international music greats will be playing great music and offering up-close stage experiences in a unique atmosphere.

Classical music

engadin.ch/top-events
Year after year, summer and winter, your favourite concerts.

Salon Orchestra Sils

Sils
4 January – 5 April and
June – September 2023

Chamber music and recitals with internationally renowned artists on Wednesdays and Sundays.

Zuoz Globe Reads

Zuoz
24 March 2023

Poems and songs in various languages recited at the traditional recitation evening at the Lyceum Alpinum Zuoz.

Camerata Pontresina

Pontresina
June – September 2023,
daily morning concerts

On Wednesdays and Sundays, chamber music and recitals with leading international artists.

Salon Orchestra St. Moritz

St. Moritz
June – September 2023

Morning concerts 10:30 – 11:30 daily at the Reformed Village Church of St. Moritz. Free admission.

Watermark Concerts

Sils
June – September 2023

The unforgettable concerts on the lake raft on the Chastè Peninsula are a treat for all the senses.

Engadin Festival

Various locations
29 July – 11 August 2023

This tradition-steeped festival for classical and chamber music will take place for the 82nd time in 2023.

Amis San Luzi

Zuoz
August

Young musical talents from the valley perform in the Zuoz church of San Luzi.

Piano recital

St. Moritz
17 August 2023

Piano recital with Concours Géza Anda winner Varvara, in the Brigitte & Henri B. Meier Concert Hall at the Hotel Laudinellas.

Zuoz Globe Reads

Sils
17 – 23 September 2023

At the international cultural festival of the Hotel Waldhaus, you can immerse yourself in world-class chamber music, discussions, films and cultural walks.

Pop / Rock / Folk

Zuoz Globe Sounds

Zuoz
15 April 2023

"The Alpine Rovers" Irish folk band invites you to a cross-over concert along with the local band "Why Oscar". Begins at 20:00.

Back to the Roots Open Air

Samedan, Chesa Planta
19 July*, 26 July and 9 August 2023*****

*with Adrian Krüger / Chiara and Band
**with Andrea Bignasca
***with Gigi Moto

Concerts begin at 19:30.

Not dal Musical

Silvaplana
14 July 2023

Open-air musical performance in the village square. Free admission.

Live music

Pontresina
1 August 2023

Guests at the 1st August celebrations on Via Maistra can look forward to a concert with a star-studded line-up.

Guardaval Sounds

Madulain
End of July 2023

An open-air concert afternoon featuring acts from the national "Musik-Zirkus".

Chapella Open-Air

Cinuos-chel
4–6 August 2023

One of the most secluded open-air festivals in Switzerland takes place amidst a spectacular mountain panorama. A direct view of the stage from your tent is included.

The Chappella Open Air is an insider tip for Swiss summer music festival fans.

Folk music & tradition

Chalandamarz

1 March 2023

Songs resound and cowbells ring out, along with the laughter of children as they welcome spring wherever the age-old tradition of “Chalandamarz” is celebrated in Engadin.

Stubete

Samedan
11 February 2023

Folk evening as part of the “Back to the Roots” concert series.

Grisons evening

Pontresina, Sporthotel
June – September 2023

Regular folk music evenings in the “Sportstübli”.

Imsüras Alpine Festival

Celerina
2 July 2023

Festive start to the alpine summer with musical entertainment, a church service and refreshments.

Sunday aperitif on the Alp

Celerina, Alp Laret
9 July 2023

Enjoy a summer day on the Alp with food, drink and musical entertainment. Sign up at the Tourist Information at Celerina.

South Tyrolean evening

Spinas, Gasthaus Spinas
Every 2nd Friday of the month

Treat yourself to culinary delicacies from South Tyrol, then dance and sway to local folk music.

Hanneli-Musig

Samedan
6 October 2023

“Back to the Roots” is the name of the year-round concert series in Samedan, featuring a variety of music styles, with a vibrant mix of danceable folk music.

Stubete am See

Sils
20 – 22 October 2023

Swiss folk music ensembles perform on various small hotel stages, at public concerts, even on walks surrounded by nature.

Year after year, summer and winter, your favourite concerts. engadin.ch/top-events

Mix of styles

music@celerina

Celerina
Every Wednesday from 4 January – 5 April and mid-June to mid-October

A weekly concert in a wide range of styles at various venues throughout the village.

Silvaplaya

Silvaplana
27 – 29 May 2023

Celebrate the shared opening of the summer season at Camping Silvaplana, Windsurfing Silvaplana, Kite Surf Silvaplana, Restaurant Mulets, Restaurant Pappaloù and Hotel Albana. Enjoy the music and sports on offer and be sure to treat yourself to culinary delights on the lakeside.

An Evening Stroll, Via Maistra

Pontresina
29 June – 31 August 2023

The promenade is transformed into a summer street party on Thursday evenings with open-air concerts large and small.

Village square concerts

Silvaplana
28 July, 4 & 11 August 2023

Enjoy open-air concerts, live theatre and cinema performances in the village square.

The Singer King

Zuoz
2 August 2023

Experience this a cappella ensemble with six singers from Great Britain.

Pedestrian Zone Concerts

St. Moritz
August 2023

Guests can look forward to a weekly concert throughout August in the Plazza Mauritius.

Country Fest

Zuoz
Autumn 2023

Rhaeto-Romanic Sounds

Samedan, Chesa Planta
August 2023

A weekend dedicated to local and Rhaeto-Romanic musicians of various genres against the backdrop of the magnificent Chesa Planta.

Terratrembel

Pontresina
November 2023

The Giuventüna Pontresina music festival in the Rondo. Young and young-at-heart friends of electro beats meet here.

Gospel concert

Samedan
26 December 2023

Christmas gospel rings out as part of the “Back to the Roots” concert series.

Courses

Singing and performance

St. Moritz, Hotel Laudinella
29 May – 2 June 2023

Individual and group lessons for amateurs and professionals in the genres of classical, chanson, pop and jazz.

Music with recorders

St. Moritz, Hotel Laudinella
1 – 7 July 2023

A course aimed at promoting playing in ensembles in small and large groups. For recorders from sopranino to sub-bass.

Alphorn

St. Moritz, Hotel Laudinella
8 – 15 July 2023

For advanced alphorn players who are interested in accompanying an organ.

Brass instruments

Samedan
1 – 9 July 2023

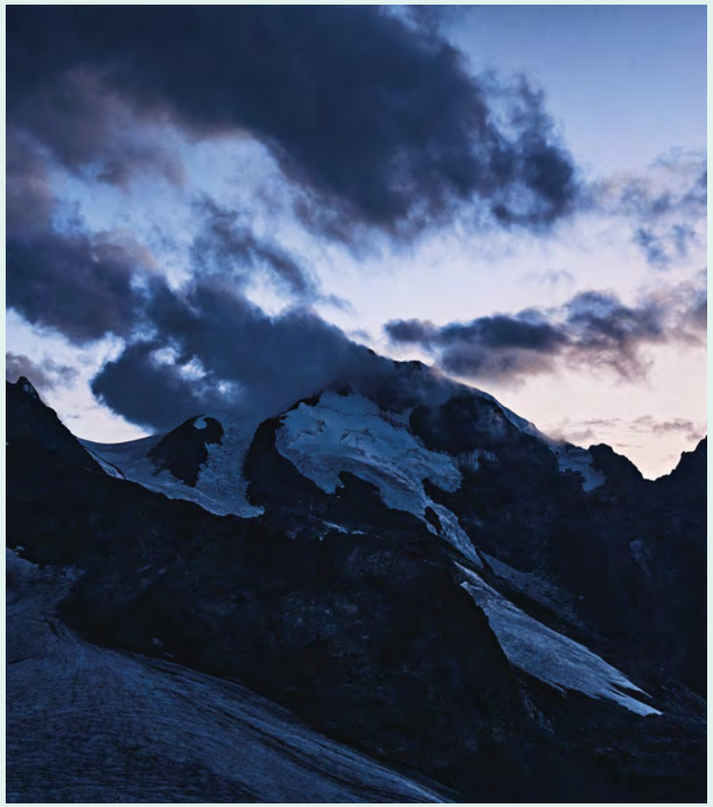
Brass Week will feature various courses and training opportunities for musicians with world-class lecturers.

Alpinissem

"At night one is what one is supposed to be; not what one has become."

ERICH MARIA REMARQUE (1898-1970)

Restful nights



Dawn over Piz Bernina (4,049 m.a.s.l.)

The world becomes a different place at night: Photosynthesis stops, the composition of the atmosphere changes and temperatures drop. The wind eases and a secret animal world awakens. This is when we, as humans, go to bed hoping for restful sleep, which can be a long time coming.

Outdoors: As early as the 1950s, researchers discovered that the sleep rhythm changes dramatically for people who spend most of their time in artificially lit rooms and that their day-night rhythm gets out of sync. Sleeping outdoors, eliminating non-natural light sources, triggers a hormonal process that synchronises the inner clock with the natural day-night rhythm. Interestingly, when we sleep outdoors, we need about an hour less sleep to be as refreshed as if we slept indoors.

View of distant galaxies: Thanks to the low levels of light pollution in the Engadin, the starscape is especially visible from the valley. The Milky Way seems close enough to touch in the cloudless night sky, while Saturn and Jupiter are visible to the naked eye. Engadin is at level two of nine on the Bortle scale for classifying light pollution in the night sky. Level one corresponds to the darkness in the desert and level nine to the light pollution in a city centre like Zurich.

Sleep on the rock face: The floating sleeping platforms known as portaledges were invented by climbers in the early 1960s in Yosemite National Park in the USA. The Pontresina mountaineering school offers two different climbing tours – one for beginners and one for experienced climbers – with an overnight stay at dizzying heights.

The portaledge on mountain guide Marcel's back weighs around 20 kilos.

A night above the abyss

Below her yawns a 250-metre drop, above her a twinkling starry sky: mountaineer Lea sleeps on a sheer rock face for the first time, and reports about her night at the limit.

Text **FELIX PAL**
Photo **COLIN FREI**

There is only the murmur of the glacial stream from the glacier; nothing else. Lea lies on the west face of Piz Trovat, where her life hangs on a rigid frame made of aluminium bars, with a piece of fabric stretched between them. Above her is a tarpaulin. She and mountain guide Marcel are tucked in for the night in a portaledge, which is simply a tool for bivouacking on rock faces.

Lea is an experienced climber and mountain explorer. She loves the mountains, but has never spent the night on a rock face. That is, until now. She sets off from Diavolezza with mountain guide Marcel and hikes to the summit of the 3,146-metre-high Piz Trovat. They penetrate further and further into the barren, rugged, rocky landscape, which is reminiscent of photographs taken on Mars. The high-alpine hike takes a little less than an hour. After the steep final ascent, a first reward: a spectacular panoramic view. Towering above it all is the breath-taking Bernina massif with the freshly snow-covered Piz Palü and Piz Bernina at 4,049 metres. Below them is the Pers Glacier. This is Engadin at full throttle, capturing all its wildness and beauty in one view.

The floating bed is attached to the rock with a few expert moves.

This is where the via ferrata Piz Trovat II climbing route begins, a challenge for experts, located in very (K5) to extremely (K6) difficult terrain, one that is familiar to Lea and Marcel. They secure themselves to the wire rope with their climbing harnesses – the Gstältli – and their carabiners. They skilfully climb down the wall backwards, effortlessly mastering the biceps wall and longer overhanging section. Marcel does the whole thing carrying his 20-kilogram portaledge on his back, making him appear alien with his oversized backpack in the mountains of Engadin. He eventually stops descending and calmly begins to set up the portaledge. Perched on the vertical rock face, he assembles the aluminium poles, stretches the fabric and throws the tent over the frame. Each move is perfectly choreographed, each knot precisely tied. Marcel is intensely focused, there is little talking while Lea helps and prepares herself inwardly for the night ahead. Even though she spends a lot of time in the mountains, a night on the rock face is something special for her. “I’m most curious about the sounds of the night and I wonder how much sleep I’ll get,” says Lea. She is not nervous, but curious.

Silent spectacle

The camp is set up for the night, just a few square metres perched on a vertical wall. Above the portaledge there are 90 metres of rock face, below 250, metres. Lea and Marcel make themselves as comfortable as a portaledge affords. Marcel unpacks a gas cooker and makes some coffee. The aroma spreads along the rock face. But that’s merely the beginning; the experienced mountain cook prepares chicken tikka masala and chilli sin carne for Lea. While it is not gourmet cuisine, the food tastes particularly good in this exposed location. Veils of clouds wrap around the peaks, the light changes and soon the sun disappears.

An eagle soars nearly silently along the rock face and close to the night camp. Jackdaws circle, making their croaking calls. It is getting cold on the wall, with temperatures dropping into single digits. Lea and Marcel zip up their sleeping bags tighter. It is dark now, with their headlamps the only sources of light for far and wide.

Hanging night camp above the Pers Glacier. In the background (from left to right) Piz Palü, Bellavista, Crast Agüzza.

Peaceful night: only the murmur of the glacial stream down in the valley can be heard.

They switch them off now and then and stick their heads out of the tent to look up. A natural spectacle has begun above them, which makes it clear why the portaledge experience is so magical. There are stars everywhere, seeming to shine more brightly than ever in the clear night sky. Lea and Marcel reverently take it all in. With their lamps off they are wrapped in total darkness, but not silence. The glacial stream is their constant companion throughout the night, rushing down into the valley just 400 metres away from the portaledge. At one point, the crack of a glacier breaking off in the distance can be heard, then the crashing of a falling stone. Otherwise, the stream plays a solo, erasing all sense of time.

Awe-inspiring spread of colours

As dawn approaches, Lea sits up and unzips the tent. Her view is immediately dominated by the Bernina massif, which is beginning to take on a bluish hue. Below her spreads the gorge above which she has spent the night. A new day is dawning. Blue slowly turns to orange, and suddenly the sun's rays bathe the mountains in a yellow glow in an amazing palette of colours. The peaks, rock faces and glaciers look completely different than they had in the evening light. Peace reigns here, the kind of peace you only find in the mountains. Lea says, "When you're sitting there on that rock face, surrounded by mountains, you feel enormously small – the elements are overwhelmingly powerful." You simply cannot get much closer to nature than this. These are moments you wish you could capture forever. After a cup of coffee and a simple breakfast, the equipment is quickly packed away and stowed on Marcel's back, then the two climb back up the rock face. They are taking the memory of this extraordinary experience with them. Back down in the valley Lea describes it as a night she would like to repeat. She cannot say how much she slept, but she seems quite relaxed and rested.

Portaledge adventure with the Pontresina mountaineering school:
The tour on Piz Trovat described here requires mountaineering and climbing experience. You also need to be comfortable with heights. While a similar overnight experience is offered on Alp Languard for beginners and inexperienced climbers, being comfortable with heights is also a must here. **engadin.ch/sport-arena**

More is more

Active by day, relaxed by night

Photo: Parc Alpin

Parc Alpin

This extraordinary rope park awaits climbers young and old in a larch forest at the entrance to the beautiful Val Trupchun. It offers five different routes with various levels of difficulty. Suitable for children 4 years old and above. **engadin.ch/rope-parc-alpin**

Climbing paradise

If you prefer not to spend the night on a rock face, Engadin also offers routes for beginners and experienced sport climbers:

Piz Trovat

Pontresina – "The most beautiful test of courage in the Engadin" is what the two via ferratas (protected climbing route) Piz Torvat have been called. They offer a breath-taking view of the glacial world of Piz Palü

Fornohütte

Maloja – The SAC Fornohütte can be reached in around four hours from Maloja. The climbing garden near the hut is just the right thing for beginners and families.

Lagalb

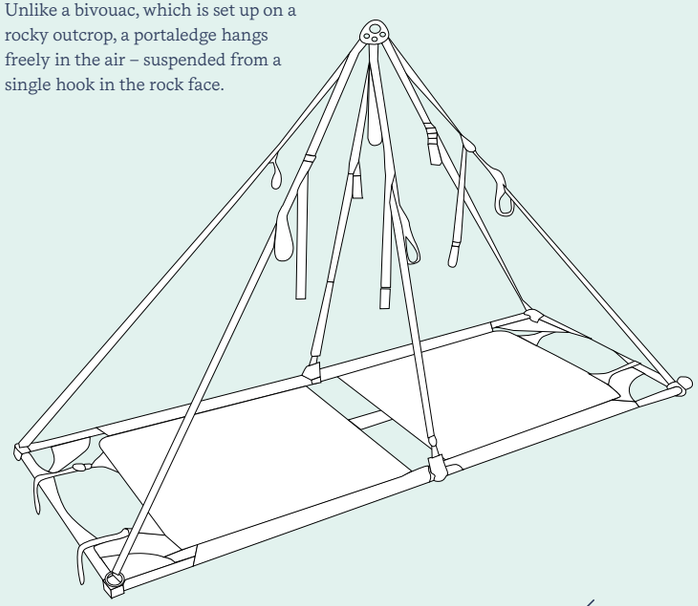
Pontresina – The climbing garden Piz Alv on Lagalb is one of the largest and most varied in the Engadin. As an added bonuses ibexes often watch from afar.

Plaun da Lej

Maloja – Take care not to be too distracted by the view while climbing. The upper section of this climbing garden offers an extraordinary view of the Silsersee, Maloja and the Piz da la Margna.

Safe? Sure!

Unlike a bivouac, which is set up on a rocky outcrop, a portaledge hangs freely in the air – suspended from a single hook in the rock face.



Night-time sounds

Traffic noise, the party next door, too much on your mind? Immerse yourself in a night's rest in Engadin.

Starry cuisine

There are more than just stars in the night sky in the Engadin. Throughout the villages are 26 top restaurants with a total of 7 Michelin stars awaiting hungry guests.

Where sportsmen kick back

Celerina – *The All In One Hotel Inn Lodge is a hotel for unfussy adventurers. The simple, urban design of the rooms provides the ideal starting and ending point for bike tours, hikes and other outdoor activities.* **engadin.ch/all-in-one-hotel-inn-lodge**

Pontresina
piz bernina engadin
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Indoor climbing wall

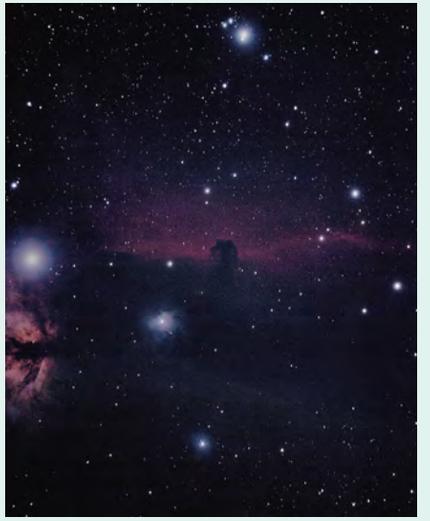
S-chanf – A wide range of climbing and bouldering activities for all levels can be found at Serlas Parc, as well as the world's first "Flexclimb": climbers can customise their routes with adjustable climbing holds and interactive control via a touchscreen.

Outdoor climbing wall

Maloja – The Orden climbing wall is open to the public at all times at your own risk and with your own equipment. Various routes are available.

Firmly on the ground

For those not drawn to the vertical: eleven mountain bike routes or single trails lead from and through Pontresina alone. Bikes and equipment can be rented at the bike centre near the railway station.



Watching the stars

Samedan – Observe the night sky with the Engadin Astronomy Friends: offering monthly lectures for laymen and amateur astronomers on space, astronomy and space travel, as well as guided tours of the Academia observatory.
engadinerastrofreunde.ch

400

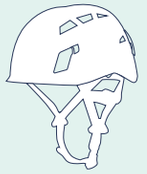
kilometres of riding pleasure in total can be found cycling the combined bike trails of the Engadin. Enthusiastic athletes and hobby bikers can choose from a variety of tours through forests and valleys, to mountain lakes and glaciers. engadin.ch/bike

Packing list

This equipment is worth buying for more frequent climbing excursions:

Climbing shoes
The tight climbing shoes take some getting used to, though models for beginners are cut to be extra comfortable.

Climbing harness
The harness should ideally sit at belly button height. The leg loops should be neither too wide nor too tight.



Climbing helmet
The helmet should always fit the circumference of your head and be adjustable so that it does not wobble when unbuckled.

Engadin Summer Run

The traditional Engadin Summer Run will take place for the 44th time on the 20th of August. The 25-kilometre course starts in Sils, runs along the lakes and through the Stazerwald before ending in St. Moritz. stmoritzrunningfestival.ch

Cultura

«Scha tuot chantess ün listess tun quaunt sula füss muond, ta chanzun.»

"HOW EERIE THE MUSIC OF THE WORLD WOULD BE IF EVERYONE SANG THE SAME NOTE."

ARTUR CAFLISCH (1893 – 1971)

Photo: Fundaziun de Planta

La melodia dal rumauntsch*

In Graubünden back in the 5th century, the vernacular Latin of the ruling Romans mixed with the language of the local Raeti. This was the birth of Switzerland's most melodious national language.

Cumander las festas
– To set the tone –
(literally: To command the festivities)

Masder orgels e tschüvlarots
– Throw everything into one pot –
(literally: Mix organs and pipes)

Vè our culla pomma!
– Out with it! –
(literally: Out with the berries!)

Ster cun la buoch'avierta
– To be speechless –
(literally: Stand there with your mouth open)

Nu dir ne tun ne sun
– As quiet as a mouse –
(literally: To make neither sound nor tone)

Chatter l'America
– Good luck –
(literally: Find America)

Hest pers la laungia?
– Cat got your tongue? –
(literally: Have you lost your tongue?)

Suter zieva la gïa da qualchün
– To dance to someone's tune –
(literally: To dance to someone's fiddle)

Discuorrast rumauntsch?
Listen to these sayings in the original Rhaeto-Romanic.

*This is what Rhaeto-Romanic sounds like

Il cour da la lingua*

The Chesa Planta Samedan has been the guardian, repository and centre of the Rhaeto-Romanic language for 80 years. Four truly special women have made this possible. Take a journey through the history of a unique institution.

Text **STEPHANIE ELMER**
Photo **FUNDAZIUN DE PLANTA**

Farmhouse and stately home

The Chesa Planta Samedan stands tall, proud and stately, with the heart of the Romansh language pulsating within. It functions as a cultural centre, an archive, living museum and library – housing one of the largest and most valuable collections of books and manuscripts in Rhaeto-Romanic. However, the Chesa Planta is much more. It is also a kaleidoscope, replete with history and stories, some quiet, others boisterous, some well-known while others await to be experienced. The journey into the valley's past begins here, one that offers insight into events great and minor in the turmoil of world history and in the Engadin, and ultimately back to four women, without whose commitment the Chesa Planta would not be open to everyone today.

We lean against the thick, heavy walls and listen to the stories about the von Planta and von Salis families who were ranking among the most influential in Graubünden for centuries. These two ancient noble families were successful in business, active in politics, in the church and in the military. They left countless architectural footprints throughout the canton, among them enchanting stately homes and Belle Époque palaces. The history of the two families comes together at the Chesa Planta. Originally built by the von Salis

***The heart of the language**

The heart of the Rhaeto-Romanic language in the Upper Engadin: the Chesa Planta in Samedan.

The refined culture of the 18th and 19th centuries can be experienced during a guided tour of the Chesa Planta living museum.

A rare glimpse into the private library of the von Salis and von Planta families.

family in the late 16th century as a manor house, it became their ancestral home. The manor was extended on its south side with a late Baroque addition around 200 years later. It remained in the possession of the von Salis family for centuries until 1817, when the von Planta family purchased it. This grand dame has since been known as Chesa Planta.

About a century and a half later, the Chesa Planta was caught up in the turmoil of the Second World War, despite being far from the battlefields. In October 1943, American fighter planes were on a mission to destroy an aircraft factory in Germany. A thick blanket of cloud obscured the sky making visibility poor, so that twelve bombs were accidentally dropped over Samedan. One also hit the forecourt of the Chesa Planta, shattering windows, destroying interior walls, even damaging some of the valuable tiled stoves. The house was carefully restored with reparation payments from faraway America and funds from other sympathetic sources.

"Aunt Ebe" and her nieces

Chesa Planta tells another story from the same period. One that is somewhat quieter than the detonations of bombs, less visible than the structural changes. It is the story of four women who are responsible for the unique experience of the Chesa Planta as we know it today. Their life stories span nearly an entire century.

Elisabeth von Planta was born in 1855. At the age of 26 she married Rudolf von Planta, who would later inherit the Chesa Planta in 1903. Elisabeth and her husband travelled widely, had homes in Italy, Chur and Zurich. They spent the summer months in the Chesa Planta in Engadin. However, their road was not always smooth. They had three children, each of which died at the age of two.

Elisabeth is described as "active and strong", a woman who devotedly looked after the Chesa Planta, the garden and the associated farm operation. She was called "Aunt Ebe" by her three nieces Marie, Nina and Lily. The three of them are said to have had great admiration for their aunt, a strong woman who did not let the blows of fate get her down. They visited her often, travelling from Tänikon in Thurgau, where they grew up on the von Planta family's monastic estate, to spend their holidays together in the mountains. With no descendants,

Aunt "Ebe's" nieces and their mother. From left: Marie, mother Bertha, Lily and Nina.

Three sisters with a feeling for language

Marie Bertha von Planta was born in 1889. Hers was an adventurous life with a touch of melancholy. Marie spent a lot of time travelling through Portugal, Italy and Austria. It is said that she was known as "La Baronesse" in the south, which she loved. In her later years she lived exclusively in hotels, and is described as headstrong and generous, yet also as someone who could not find her place in society, and who retreated into a dream world anchored in the past.

Her younger sister, **Nina Magdalena von Gugelberg**, was born in 1890. At a time when social opportunities for women were strictly limited, Nina did not let this hold her back. She rode horses and embarked on adventures and travels. While skiing in Lenzerheide, she met her husband, whose family owned Salenegg Castle near Maienfeld. Being mistress of the castle did not curb her thirst for adventure nor her courage to go new, unconventional ways. She did not shy away from lending a hand in the castle's own vineyard, and went on to modernise it, guiding it through the turmoil of the Second World War. She loved cars and drove a BMW with the number plate "GR 6", one of the first issued in the canton. At that time, driving a car in Graubünden was occasionally forbidden, and was certainly daring, particularly for a woman.

The youngest of the three sisters was **Anna Elisabeth Lily Vischer**, born in 1892. Lily was well-read, loved languages and spoke fluent French and English. She often attended lectures at the universities of Zurich and Geneva. She had a passion for music and is said to have sung beautifully up to a ripe old age. She brought this passion for culture with her when she helped found the Chesa Planta Samedan Foundation. She moved to Basel after she married, where her "Zurich manners" were not well received everywhere. However, she was eventually able to win over the uptight Basel society with her charming personality.

A misguided US bomb destroyed the forecourt in 1943.

Elisabeth and her husband decided to bequeath the house to their three nieces on Rudolf's death, with the clause that Elisabeth could spend the rest of her days there. This proved to be decisive for Chesa Planta as we know it today.

The Fundaziun de Planta

None of the three sisters intended to live in Samedan permanently, yet they were also unwilling to consider selling the house. Although the three women never lived full time in the Engadin, their connection to the Chesa Planta, the Romansh culture, and the sound of the language were powerful influences in their lives. Perhaps this is where they developed the strong roots that empowered them to boldly move forward, take new paths and travel to foreign lands. Together with their "Aunt Ebe", the sisters decided to create a foundation for Romansh culture and language in the Chesa Planta in 1943 – notwithstanding the bombs that fell on Samedan that same year. This incident did not deter them. Their legacy has become a veritable treasure trove over the decades.

Language courses, living museum, library, contemporary exhibitions and much more: chesaplanta.ch

Favella bella

Cultura rumauntscha illa val*

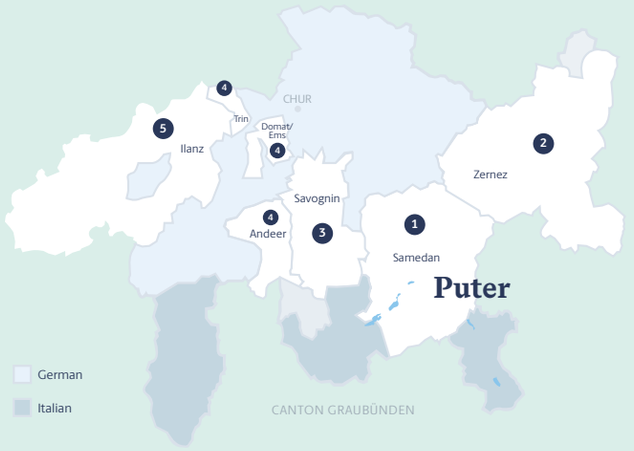
The Chesa Planta Samedan celebrates its anniversary

In 2023, the Chesa Planta in Samedan will celebrate two anniversaries: the “Fundaziun de Planta” foundation for the preservation of the Rhaeto-Romanic language was founded 80 years ago, and the foundation’s popular language courses and cultural weeks will be 50 years old. To mark this double anniversary, along with its annual cultural programme, the Chesa Planta is staging a special exhibition on the Romansh Puter dialect and on the historical development of reading glasses. “Horizons – visions” is also the theme of the 2023 summer cultural programme.

*Romanic cultural heritage in the valley

The complete anniversary programme:
chesaplanta.ch

Photo: Fundaziun de Planta



The five Romansh dialects
Rhaeto-Romanic was recognised by the Swiss as the fourth national language in February 1938, winning 91.6 percent of the votes in a national referendum. Today, around 60,000 people speak Romansh. Five different dialects are spoken in the canton of Graubünden, with pronunciation differing from region to region.

1. Puter (Upper Engadin)
2. Vallader (Lower Engadin, school language in Val Müstair)
3. Surmiran (Oberhalbstein and Albula Valley)
4. Sutsilvan (the Hinterrhein region)
5. Sursilvan (Vorderrheintal and its side valleys)

Hot off the press No. 1

Melodia da la gïa, Valentina Parolini, Chasa Editura Rumantscha (2022)
The mother of maverick Giancarl has disappeared without a trace. Inspector Fadri Stupan and his assistant pursue every lead. A book for younger readers.

Hot off the press No. 2

Fin al sain da not – reminiscenzas da l’infanzia, Uniun dals Grischs (2022)
Authors from different generations talk about their childhoods in their villages. A potpourri of tales of life in the Upper Engadin through the ages.

Learn Rhaeto-Romanic here:

Holiday or intensive courses as well as language and culture weeks
Language lessons in small classes at various levels, supplemented by lectures, excursions, singing and other events.
engadin.ch /learn-romansh

Evening classes
Samedan – The Academia Engiadina offers weekly evening courses at various levels.
engadin.ch /learn-romansh

Online
The Lia Rumantscha teaches all five dialects and Rumantsch Grischun in weekly online courses.
engadin.ch /learn-romansh

Lia Rumantscha

The Lia Rumantscha has supported, promoted and coordinated the preservation of the Romansh language and culture since 1919 as the umbrella organisation for the Rhaeto-Romanic language associations and on behalf of the federal government and the canton. liarumantscha.ch

Culture and traditions

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

Engadin

*booking.***engadin***.ch*

Experience Shop

Engadin. *What mountains, what lakes, what light.*

A wide variety of world-class events in the fields of music, art, literature, and so much more...

Celebrating the language

Samedan – The Chesa Planta Samedan is using its anniversary year as an opportunity to draw attention to the Romansh language and culture. During the summer season, visitors are invited to immerse themselves in local theatre and literature as well as the Romansh music scene. **chesaplanta.ch**

Reader's paradise

St. Moritz – Bookworms will find a large selection of modern and historical works about the Engadin as well as fiction in various languages at Schuler Wega Bücher in the centre of town.

Romansh – A little language guide for everyday life
By Philipp Walther and Domenica Messmer, Uniun dals Grischas (1983). A handy little dictionary that fits in every handbag or backpack.

The maistra160 library

Pontresina – The library in the brand-new Hotel maistra160 is a pet project of hotel owner Bettina Plattner-Gerber. Browsing through a wide range of literature about the Engadin, hotel guests will find inspiration for their stay. To be found is a wide range of books that have been written in the valley or by local authors, along with current fiction. The maistra160 opens its doors in summer 2023; the unsigned painting pictured above can be seen in the library. **maistra160.ch**

Look, read, listen

La Tuor
Samedan – The medieval tower in the heart of the village houses changing exhibitions on crafts, design, architecture and settlement construction. **engadin.ch/latuor**

Museum Engiadinais
St. Moritz – The museum's permanent exhibitions include an installation on the Rhaeto-Romanic language as well as five centuries of Engadin domestic culture. **engadin.ch/engadiner-museum**

Biblioteca Engiadinaisa
Sils – Over 22,000 media for adults and children can be found in the library collection in Rhaeto-Romanic, German, French, Italian, English and Portuguese. **engadin.ch/engadin-library**

Uniun dals Grischas
Celerina – The Rhaeto-Romanic language association Uniun dals Grischs maintains, among other things, a bookshop with Rhaeto-Romanic media in the Chesin Manella. **engadin.ch/chesinmanella**

Poesia rumauntscha

The Engadin musician Martina Linn (see interview on page 52) recites the poem "November" by the Rhaeto-Romanic lyricist Artur Caflisch. It poignantly captures the metamorphosis of nature in autumn.

Tongue twisters in Rhaeto-Romanic

"Tschinch chatscheders giaun a chatscha da tschinch chamuotschs"
– Five hunters go hunting for five chamois –

Natüra

“The voice of nature, she has not deceived me.”

ALBERT LORTZING (1801-1851)
GERMAN COMPOSER AND SINGER

Photo: Martina Bisaz

Animal Kingdom

The Swiss National Park offers a protected habitat where wild animals can find abundant food and shelter. In this safe environment, they calmly accept being watched by two-legged friends. A family hike through the Val Trupchun offers a great opportunity to do just that.

Zernez

Prasüras car park

S-chanf

Zuoz

Varusch Hut

Meeting point for guided excursions

Piz Murtiröl

Piz dals Buochs

Alp Trupchun

Rest areas

Val Trupchun loop trail: 580 m ↑↓ 4 h 13,75 km

Call of the wild

While it may be an energy-sapping affair for the deer, it is a tremendous natural spectacle for people: exploring the Swiss National Park during the rutting season.

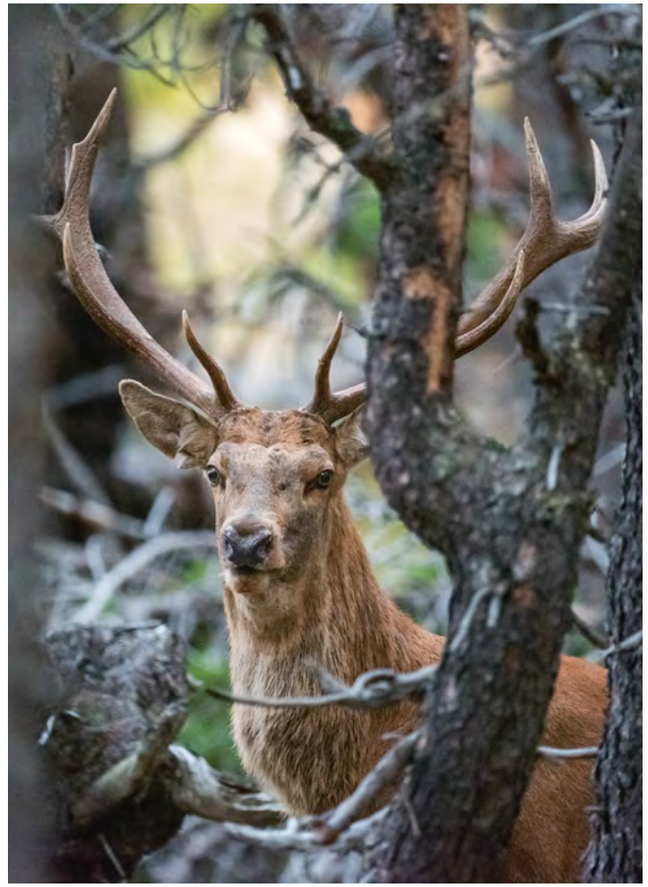
Text **KARIN DEHMER**
Photo **FILIP ZUAN**

Deer in the Swiss National Park spend the summer months at altitudes of up to 3,000 metres.

Photo right: Schweizerischer Nationalpark, Hans Lozza

King of the forests

While other animals are preparing for winter, laying on fat to get through the cold days or stocking up on food in their nests, the most strenuous time of the year begins for male red deer: the rut. They attract the attention of females with their loud roars, while their impressive displays serve to scare off possible rivals and to avoid an exhausting fight.

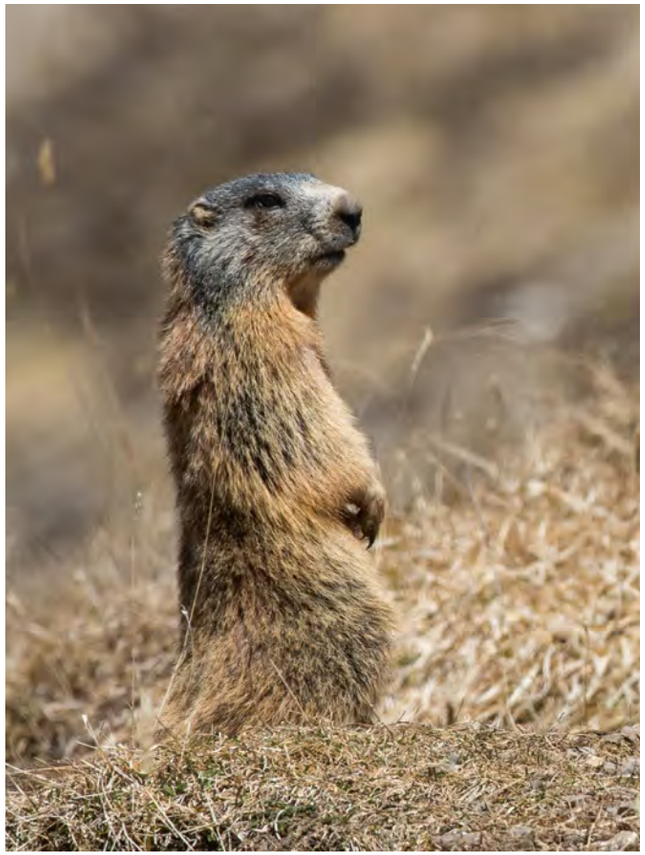


Stags call out during mating season with a long, throaty roar. They do this so loud and long that they are often hoarse by season's end.

Height	95 – 150 cm
Weight	F: 80 – 130 kg / M: 110 – 220 kg
Life expectancy	15 – 20 years
Number of deer in the Swiss National Park	1,500 – 2,000

Swallowed up by the ground

Marmots retreat into their padded winter burrows at the end of September, but do not sleep solidly through the winter. They wake from hibernation every two weeks and raise their body temperature from 4 to 38 degrees for 36 hours, in a natural process that protects them from freezing to death. They leave their burrows between the end of March and mid-April after around 13 such cycles. They often first have to dig their way through a blanket of snow to reach the light.



Marmots warn each other of danger with their distinctive whistles. You can see and hear "Mungga" – as they are known in the local dialect – between April and September.

- 18 cm (shoulder height)
- 4 kg
- 10 – 12 years
- approx. 1,000

Where the marmots come to play from April to September: on the Trupchun Alp.

Photo left: Schweizerischer Nationalpark, Hans Lozza / Photo right: Fabian Gattlen

Chamois enjoy a varied landscape of rock, forest and pastures. These hardy animals even spend winters at higher altitudes.

Photo right: Schweizerischer Nationalpark, Hans Lozza

Intrepid climbers

Chamois are known for their amazing climbing skills. Their preferred habitat is up high at around 3,500 metres. The combination of the hard shell and leathery soft core of their hooves enables them to gracefully conquer awe-inspiring heights and slippery rock faces. This practical combination provided inspiration for the first climbing shoes.

You are lucky indeed if you hear the call of a chamois as they call out with a whistle only rarely when in danger.

- 70 – 85 cm
- F: 25 – 35 kg / M: 30 – 45 kg
- 17 – 22 years
- 1,200 – 1,500

Illegal actions with good intentions

The ibex disappeared from Graubünden around 1650. Its lack of shyness and a popular misconception of the healing properties of various ibex preparations proved to be its undoing. At the beginning of the 20th century, the Swiss government secretly hired Italian poachers to cross the border and steal a few ibex fawns, risking their lives as poaching was punishable by the death penalty in Italy. A breeding programme was established and the first ibex were reintroduced to the Swiss National Park in June 1920.

Generally silent animals, like the chamois, ibex also emit whistles when in danger, though males also click their tongues during the mating season.

- 65 – 100 cm
- F: 40 – 60 kg / M: 65 – 115 kg
- 15 – 22 years
- 200 – 300

The ibex prefers steep, rocky terrain at high altitudes. They move down to lower-lying south-facing slopes in winter.

Photo left: Schweizerischer Nationalpark, Hans Lozza

Bearded vultures are found in the wild Val Müschauns, a side valley of the Val Trupchun.

Photos: Schweizerischer Nationalpark, Hans Lozza

Welcome back

The mighty bearded vulture had a bad reputation and became known as a “lamb vulture”. It was believed that they stole young lambs, nor shy away from young children. This was a myth. The truth is that the peaceful bearded vulture lives on carrion and bones, and its claws are unsuitable for catching live prey. Nevertheless, intensive hunting had driven the bearded vulture completely from the Alps by the beginning of the 20th century. Then in 1991, the Swiss National Park became one of the first reintroduction sites in the alpine region, a true success story as the bearded vulture has since reproduced extremely successfully.

It is highly unlikely that you will hear a bearded vulture calling. It mainly uses its voice only when looking after its young.

- Wingspan: up to 3 m
- 5 – 7 kg
- 30 – 40 years
- 10 – 15

Family adventures

See, hear, discover

Children interested in wildlife get their fill in the unspoilt nature of the national park.

Photo: Nico Schärer

Playgrounds galore

Early risers, tireless hikers, lazy walkers: a visit to a playground is right for everyone.

Eulalia

Zuoz – All sorts of fun can be found on the ropeway, water pump, sand boxes, owl swing and merry-go-round, all hand-crafted from wood.

Muottas Muragl

Samedan – A good time is guaranteed in an enormous climbing castle with slides, stairs and a climbing tower amidst a spectacular alpine panorama.

Furtschellas

Sils – Pull off your hiking boots and walk barefoot in the sand at the playground near the mountain lift station.

Parkplatz Prasüras

S-chanf – Just after the entrance to the National Park, a barefoot trail and a flight with the Tyrolean ropeway get you in the mood to launch your exploration of nature.

Alp Languard

Pontresina – This themed playground is dedicated to the ibex. Large wooden horns invite you to swing and balance.

More playgrounds
engadin.ch/playground

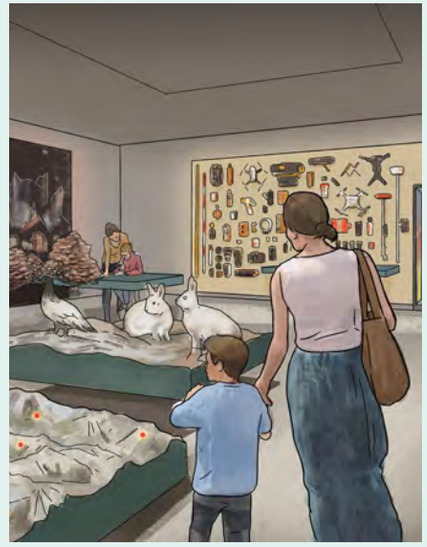


Image: Schweizerischer Nationalpark

"Sound off" in the new National Park Centre

The National Park Centre in Zernez present a whole new look when it reopens on 3 June 2023, and what's more, it will also make sounds! Visitors will experience the sounds heard in the Swiss National Park throughout the seasons. The wind whistling round your ears, the far-off call of the pine grouse, the roars of deer and an avalanche thundering down the mountain in winter.
engadin.ch/national-parc-centre

Bird song can be heard here

Pontresina – The Alpine Museum exhibits a collection of 133 species of birds that are native to the Upper Engadin, naturally with their songs and calls. engadin.ch/museumalpin

150,000

red wood ants live in a single colony. Thirty-five different species of ants can be found in the National Park. Extraordinarily, birds are known to voluntarily spread their wings over an anthill to be sprayed with formic acid by the ants, which rids them of pests.

Saratz Family Hotel

Pontresina – Kids truly get their fill at the award-winning Saratz Family Hotel. There they will find a play paradise, teen corner, trampoline, pool and an extra sausage at dinner.
engadin.ch/saratz

"Ciao Chao" family restaurant

Samedan – With an indoor playroom and outdoor playground: the Ciao Chao restaurant caters for the whole family with delicious pizza, pasta and Asian street food.
engadin.ch/ciaochao

Drifting, jumping, sliding, shredding

Silvaplana – *You no longer need snow and a half pipe to practise snowboard tricks: this new freestyle facility offers action-hungry skiers and snowboarders a place to train on a dry slope, a surf wave, a skimboarding facility, various trampolines and pump tracks. Great fun for all ages.*
engadin.ch/en/freestyle-summer

Pinboard

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

Mountain biking

1 *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/three-flowers

Pass-Piz-Lake trail safari

Bernina Pass – While you might spot a marmot or two along the way on this safari, you are also sure to enjoy the diverse terrain in magnificent surroundings. You will find lakes both large and small glistening on the Bernina Pass, the awesome flowing Morteratsch glacier, hear the ringing of the bell at the church in San Gian near Celerina, while Piz Nair beckons with its expansive views over the valley. You can experience all this and more on a 42-kilometre route that challenges even expert bikers. **engadin.ch/pass-piz-lake-trail-safari**

Piz Nair – Fuorcla Valletta – Samedan

St. Moritz – Many trails lead down from Piz Nair at 3057 m.a.s.l. – one of them climbs over the Fuorcla Schlattain and Fuorcla Valletta passes to Samedan. It is quite a demanding route, especially with the push and carry passages shortly before Valletta. The effort is nevertheless rewarding with a stunning descent and a delicious Kaiserschmarrn at Alp Muntatsch. **engadin.ch/piz-nair-fuorcla-valletta**

Flow Trail Safari

Corviglia – Speed from wave to wave and dare a little more with each one: the Flow Trail Safari is truly an adventure, even for less experienced bikers. The trail starts on the easier Marmotta Flow Trail leading to Marguns. From here, the chairlift takes you to Corviglia for the second descent, the WM Flow Trail. The adventure ends with the Foppettas Flow Trail in Champfèr. What a ride!
engadin.ch/flow-trail-safari-blue

More info?
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. **engadin.ch/trail-database**

1 *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**

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 and the emerald-green Lake Palpuogna. **engadin.ch/via-albula-bernina**

More info?
engadin.ch/hiking

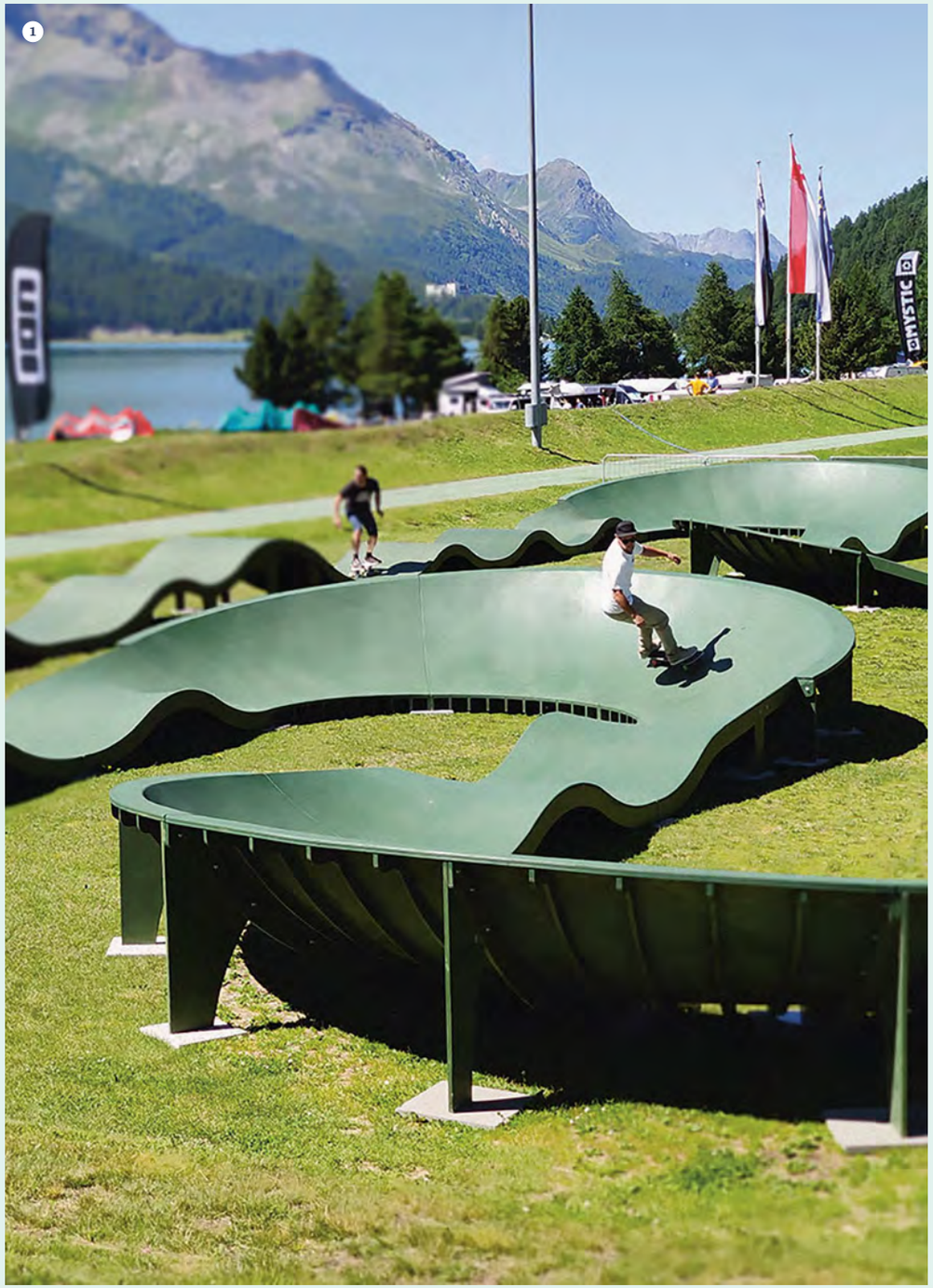


Photo: Fresk Silvaplana

Families

Discgolf

Samedan – Disc golf entails hitting various baskets with a Frisbee in as few throws as possible. The course begins at the Muntarütsch shooting range in idyllic surroundings. **engadin.ch/disc-golf**

Little fires everywhere

Whether swimming at the lake, along the Inn River, in the high alpine meadows or under shady larches, barbecue fans will find secluded grill places throughout the valley, many of them supplied with firewood. **engadin.ch/barbecue-sites**

1 *Pump tracks & skills parks*

The region's skills parks and on pump tracks offer a great way to have fun while practicing riding techniques for your bike tour. Obstacles, waves and curves are waiting to be mastered by young riding talent and established pros alike.
engadin.ch/pumptracks-skills-parks

Theme trails

"Hiking is boring" was yesterday: children forget their tired hiking legs on one of the region's countless analogue and digital theme trails: nature trails, crime trail, paths along water, the Olympic Bob Run, literature or animal trails, and more. There is a fun hiking trail to suit everyone. If your shoe pinches, then take it off along the barefoot trail. **engadin.ch/theme-trails**

More info?
engadin.ch/family

Water sports

1 ***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/sailing**

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**

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**

Events

Vanora Engadinwind by Dakine

Silvaplana – The international windsurfing and kitesurfing elite will compete on Lake Silvaplana at the oldest windsurfing event in the world from 13-18 June 2023. **engadin.ch/engadin-wind**

More info?
engadin.ch/water-sports

Golf

Zuoz golf course

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

Kulm golf course in St. Moritz

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

Hotel Margna golf course

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

Golf unlimited in the Engadin

All the golf anyone could desire… That's the joy of the "Golf Unlimited" package, whereby golfers staying at least three nights at a participating hotel can play as much golf as they like at the Engadin's Samedan and Zuoz-Madulain golf courses. At many hotels, rides on public transport and on cable cars and chairlifts are also included. **engadin.ch/unlimited-golf**

1 ***Samedan golf course***

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

More info?
engadin.ch/golf

Running

1 *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

La Punt trail running parcourse

La Punt – Train your balance, speed and coordination on the parcourse in La Punt. Hone your running technique over a variety of surfaces. The course is just one kilometre long, a perfect way to prepare for the diverse Engadin trails.
engadin.ch/trailrunningparcours

Introduction to trail running

Experienced mountain and desert ultrarunner, Roberto Rivola, knows where to find the most beautiful trail running routes in the Engadin. He shares many intriguing insights in a one-hour presentation, along with valuable tips to improve yourself. engadin.ch/introduction-in-trailrunning

Running with the forest

Immerse yourself while jogging through the forests of Engadin with sports scientist and ultrarunner Anne-Marie Flammersfeld. The leisurely pace allows you to observe and discover nature and notice how your body and psyche react positively to it.
engadin.ch/run-with-the-forest

Experience Shop

Events

St. Moritz Running Festival & Engadin Summer Run

St. Moritz – Running enthusiasts should keep the weekend of 11 – 13 August free for the St. Moritz Running Festival. The renowned Engadin Summer Run will also take place on 13 August.
stmoritzrunningfestival.ch

More info?
engadin.ch/trail-running

Photo: stock.adobe.com

Excursions

1 *Soglio*

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

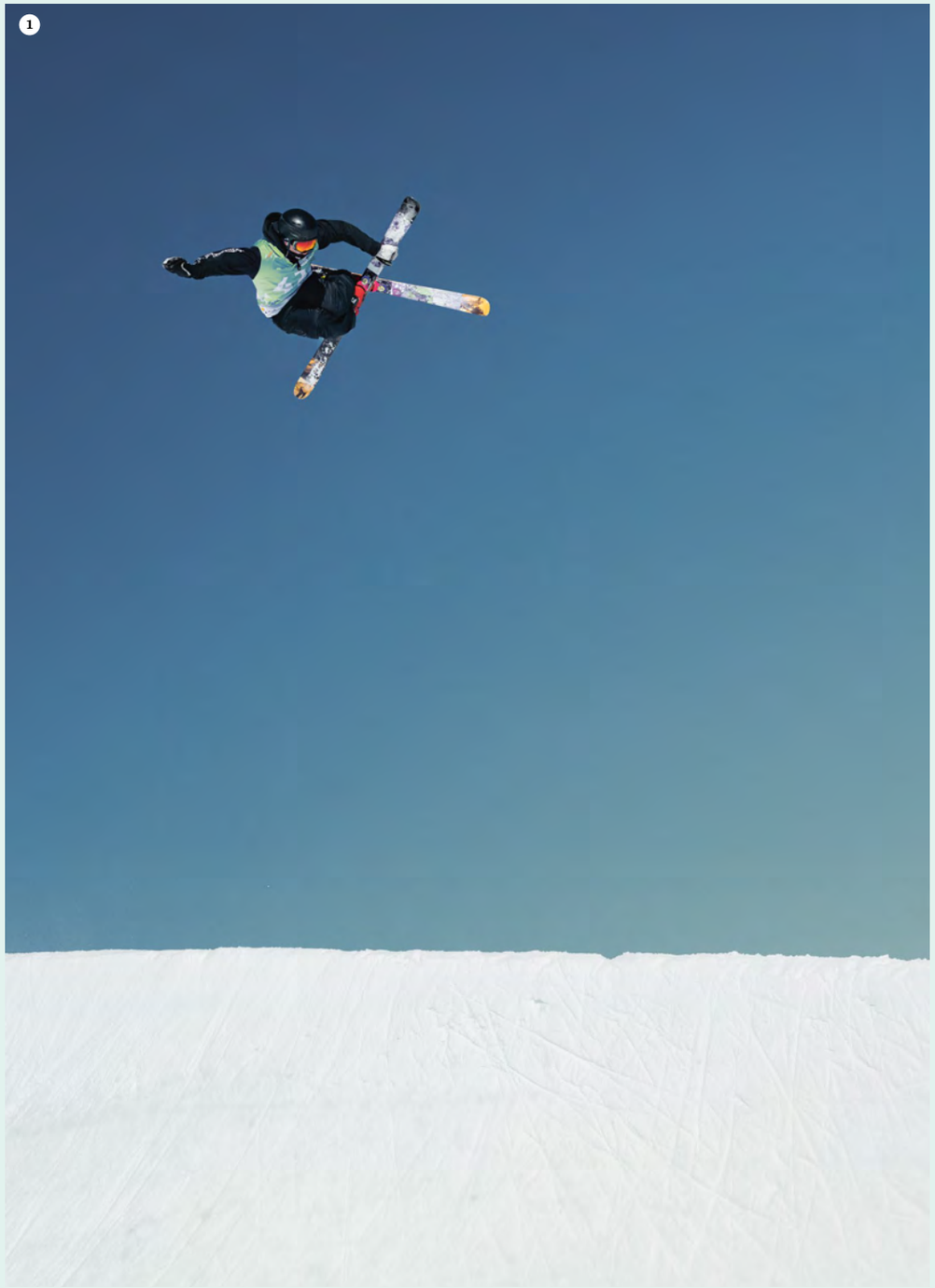
Virtual Glacier World

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. **engadin.ch/vr-experience**

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. Part of the route runs along the Albula line, a UNESCO World Heritage Site. 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**

More info?
engadin.ch/excursions



Skiing & snowboarding

Down the White Carpet

The thought of immaculately prepared but deserted pistes is enough to get even the most laid-back skier or snowboarder out of bed early. Many lifts in the region already start at 7:45 am: no hint of a queue anywhere. At the summit, as the first rays of sunshine light up the slopes, early risers enjoy their personal White Carpet: a glorious run down perfect pistes. There's no better way to start the day! **engadin.ch/en/white-carpet**

Snow Safari

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

1 *Down the Diavolezza's glaciers*

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

Ski school

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

Snow-Deal

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

Sleep + Ski

While it is worth spending at least one night in Engadin, the Sleep + Ski offer makes it all the more worthwhile. Ski passes are available for the entire duration of your stay in a participating accommodation for just CHF 45 per person and day. **engadin.ch/en/sleep-ski**

Events

Audi FIS Ski World Cup

St. Moritz – The world's best female skiers will be competing for valuable World Cup points on Corviglia, St. Moritz's local mountain, from 16 – 18 December 2023. **engadin.ch/ski-world-cup**

Freeski & Snowboard World Cup Corvatsch

Silvaplana – The world's best freeskiers and slopestyle snowboarders will meet for the (end-of-season and) FIS World Cup finals in the Corvatsch Park from 23 – 26 March 2023 in Silvaplana.
engadin.ch/freeski-world-cup-corvatsch

More info?
engadin.ch/ski-snowboard

Cross-country skiing

Over 240 km of trails

Early in the morning or under the afternoon sun, in Engadin, the daily cross-country ski tour becomes a special experience. With over 240 kilometres of trails, both beginners and professionals will find a route to suit them. **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 Champfèr measures 12 kilometres, and forms part of the famous Engadin Skimarathon route. **engadin.ch/cross-country-skiing**

Events

Engadin Skimarathon

The largest cross-country skiing event in Switzerland has taken athletes from Maloja to S-chanf for over 50 years. The Marathon Village in Pontresina is a fun place to stroll around during the marathon week from 4-12 March 2023.
engadin.ch/marathon-week

La Diagonela

The original route of the “Engadin La Diagonela” classic technique cross-country race can also be completed before or after the race. The route is 55 kilometres long and runs from Pontresina to Zuoz.
engadin.ch/ladiagonela

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

Carriages & equestrian sports

1 *Horse-drawn sleigh rides*

What could be more charming and romantic than a cosy ride in a horse-drawn sleigh through the snowy Engadin? Snugly wrapped in blankets, passengers explore the wide plateau of frozen lakes or the idyllic side valleys, admiring the sparkling scenery as it glides gently by. Along certain routes, the horse-drawn sleighs offer an "omnibus" service, running according to a timetable; passengers may also book sleighs for private rides, with a wide choice of itineraries. **engadin.ch/romantic-escapes**

Snowpolo World Cup

St. Moritz – Equestrian sport and luxury lifestyle will meet on the frozen Lake of St. Moritz against a magnificent natural backdrop from 27-29 January 2023. **engadin.ch/snow-polo**

White Turf

The world's only horse race on a frozen lake will once again delight guests from all over the world from 4-19 February 2023. **engadin.ch/whiteturf**

More info?
engadin.ch/horse-drawn-carriage-val-fex

Tobogganing & family

1 *Tobogganing for families*

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

Muottas Muragl

Samedan – On three winter hiking trails, an easy snowshoe trail or from the toboggan run down to Punt Muragl, you get the breath-taking view for free. **engadin.ch/muottas-muragl/winter-idyll**

More info?
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**

Black ice

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

Madulain-Zuoz ice path

Madulain/Zuoz – 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**

Events

IBSF World Championships & Olympic Bob Run

St. Moritz/Celerina – From 26 – 29 January and 3 – 5 February 2023, the world championships in bobsleigh and skeleton will be held on the world's oldest bobsled track. Before and after the World Cup circus, adrenaline junkies can take a private plunge down the track. **engadin.ch/bob-run**, **wm2023.ch**

Cresta Run

St. Moritz – The natural, 1.2-kilometre-long skeleton run is newly built and iced every winter. The run is open to both brave beginners for an icy ride, and professionals who compete in various races and events throughout the season. **engadin.ch/crestarun**

The ICE

St. Moritz – This unique winter vintage race will take place on 25 February 2023 on the racecourse on frozen Lake St. Moritz. **engadin.ch/theice**

More info?
engadin.ch/ice

1

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

Freeriding & 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

Freeride heaven

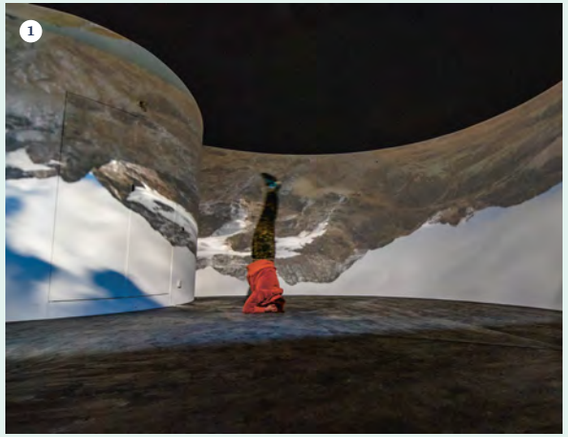
Diavolezza-Lagalb – The Diavolezza-Lagalb region is heaven for anyone who loves the thrill of riding untracked powder snow. The best way to discover the finest off-piste terrain in safety is to explore in the company of one of the experienced mountain guides from Go Vertical: these specialists know the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

Experience Shop

Avalanche awareness courses

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

More info?
engadin.ch/winter-dreams



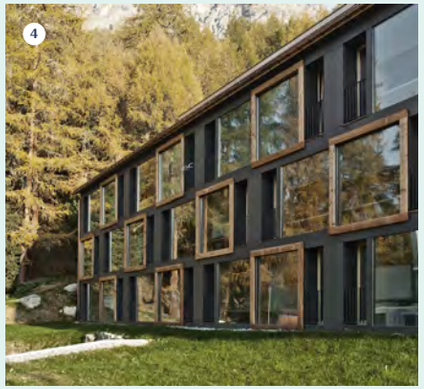


Photo 3: Andrea Furger / Photo 4: zvg / Photo 5: Engadin St. Moritz

Cultural attractions

1 *Camera obscura*

On the Bernina Pass you will find a strange silo with a small hole in the side wall containing a fascinating world hidden inside, a camera obscura. When light shines through the small hole onto the concave inner wall it reflects an image of the landscape. **engadin.ch/bernina-glaciers**

2 *La Tuor*

Samedan – The 800-year-old watchtower is now open to the public as a museum and displays cultural creations from Engadin; from art, music, architecture and crafts, to design. **engadin.ch/latuor**

3 *Guardaval Ruin*

Madulain – Although what was once the largest castle in the Upper Engadin now stands guard over the valley only as a ruin, a fresh breeze of music blows through its walls from time to time. The small "Guardaval Sounds" festival takes place here every July. The castle was built in 1250 by the diocese of Chur, and if you are hiking the Via Engiadina, you can visit it from La Punt Chamues-ch or Zuoz via "Plaun Grand". **engadin.ch/guardaval-ruins**

Galleria Maurizio

Maloja – As an architect, Renato Maurizio has designed many houses, but his alpine artworks on paper have long been known only to his desk drawer. Now the exquisite drawings he has made over the years on his walks are on display in the gallery. **studiomaurizio.ch**

4 *Open Doors*

For one weekend at the end of June, more than 60 Engadin architectural gems open their doors and welcome architecture lovers. On an individually arranged tour, you can catch a glimpse of an otherwise private world and listen to the stories that the walls have to tell. **engadin.ch/architectural-gems**

Events

SunIce Festival

St. Moritz – After last year's great success, the SunIce techno and electro beats festival will take place for the second time from 30 March – 2 April 2023. International DJs will heat things up at night, and those who still have energy in their bones during the day can combine their festival weekend with quad biking, paragliding or skiing.
engadin.ch/sunice-festival

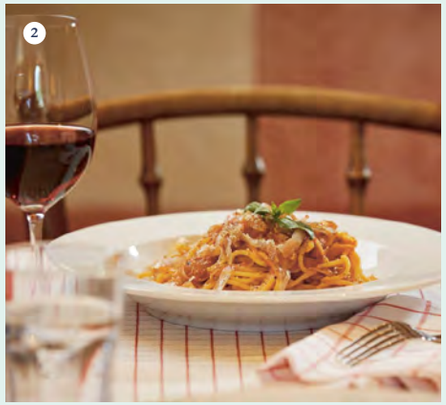
Origen Festival Cultural

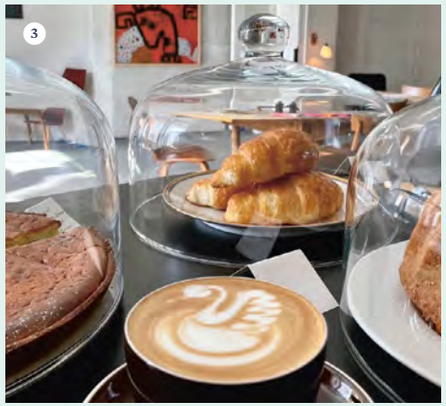
Origen stands for one of the most idiosyncratic cultural institutions in the Alpine region. The productions do not need four walls or a fixed theatre to tell stories; Origen takes place in churches, in village squares, in classrooms – and until the end of August 2023 in the red wooden tower on the Julier Pass.
engadin.ch/origen-festival

5 *Festival da Jazz*

St. Moritz – From the legendary Dracula Club up to the heights of Muottas Muragl: the impressive line-up has delighted visitors for many years with an eclectic mix of music and in enchanting locations.
festivaldajazz.ch

More info?
engadin.ch/arts-culture





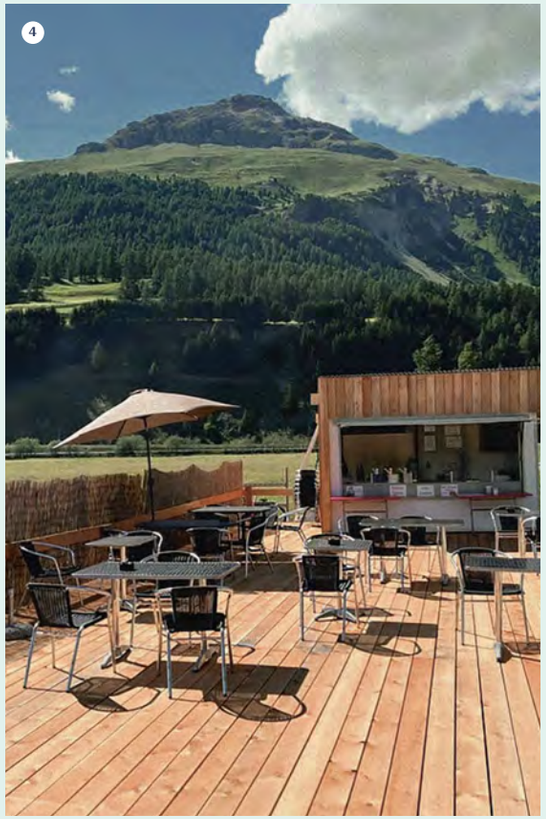


Photo 1: Kulm Country Club

Restaurants

1 *Kulm Country Club*

St. Moritz – A place James Bond would love. In the historic ice pavilion in Kulm Park, completely redesigned by star architect Lord Foster, the Country Club welcomes connoisseurs of dignified ambience and gourmet food with 13 Gault Millau points. **engadin.ch/kulm-country**

2 *La Trattoria*

Pontresina – The elegant "La Stüva" in the Hotel Walther became the no less exquisite "La Trattoria" in 2019. The redesign by interior designer Virginia Maissen provides an "Italianità" flair and the perfect setting for enjoying delicious homemade pasta creations and traditional Italian dishes. **engadin.ch/latrattoria**

3 *Kunst-Café*

Samedan – With its design classics, the Art Café is a must for all fans of vintage furniture. Authentic coffee and tea culture can be found here. This offshoot of the Piz Linard inn in Lavin also serves soups, paninis and other delicacies for snacking from midday onwards. **engadin.ch/art-gallery-cafe**

Beach Club

Sils – This is where those who love water sports satisfy their hunger for surfing, kitesurfing and more. You can find the Beach Club Sils along the northern shore of Lake Silvaplana. Fill up on delicious pizza, pasta, salads and other homemade specialities. And if you still have the energy, have more fun in the playground or on the beach volleyball court. **engadin.ch/beachclub-sils**

4 *Ochsenbrugg-Beizli*

Celerina – When the weather is good, the open-air Beizli serves snacks and drinks directly along the hiking trail between Celerina and Samedan in a sunny location near the Ochsenbrücke bridge. **engadin.ch/ochsebrugg**

More info?
engadin.ch/culinary

Photo 1: Grand Hotel Kronenhof / Photo 2: Hotel Maloja Kulm

Accommodation

Chesa Staila

La Punt – A small, fine, 4-star bed & breakfast in a sunny location in central La Punt. Lovingly furnished rooms, a cosy bar and various romantic seating areas on the veranda or in the garden await guests. **engadin.ch/staila**

1 *Grand Hotel Kronenhof*

Pontresina – The listed Art Nouveau building is a feast for the eyes for all those who appreciate 19th century hotel architecture. Whether under the dome in the light-flooded entrance area, in the magnificent former "Grand Restaurant", or in the Belle Époque bar, the elegance of past times mixes with contemporary luxury.
engadin.ch/hotel-kronenhof

2 *Hotel Maloja Kulm*

Maloja – The Hotel Kulm looks back on a rich history from where it sits atop the Maloja Pass. As early as 1500, there were simple lodgings with an integrated stable on this spot. Today, guests can stay in comfortable modern rooms or perhaps one of the quaint sleeping chambers furnished with antique furniture. **engadin.ch/maloja-kulm-hotel**

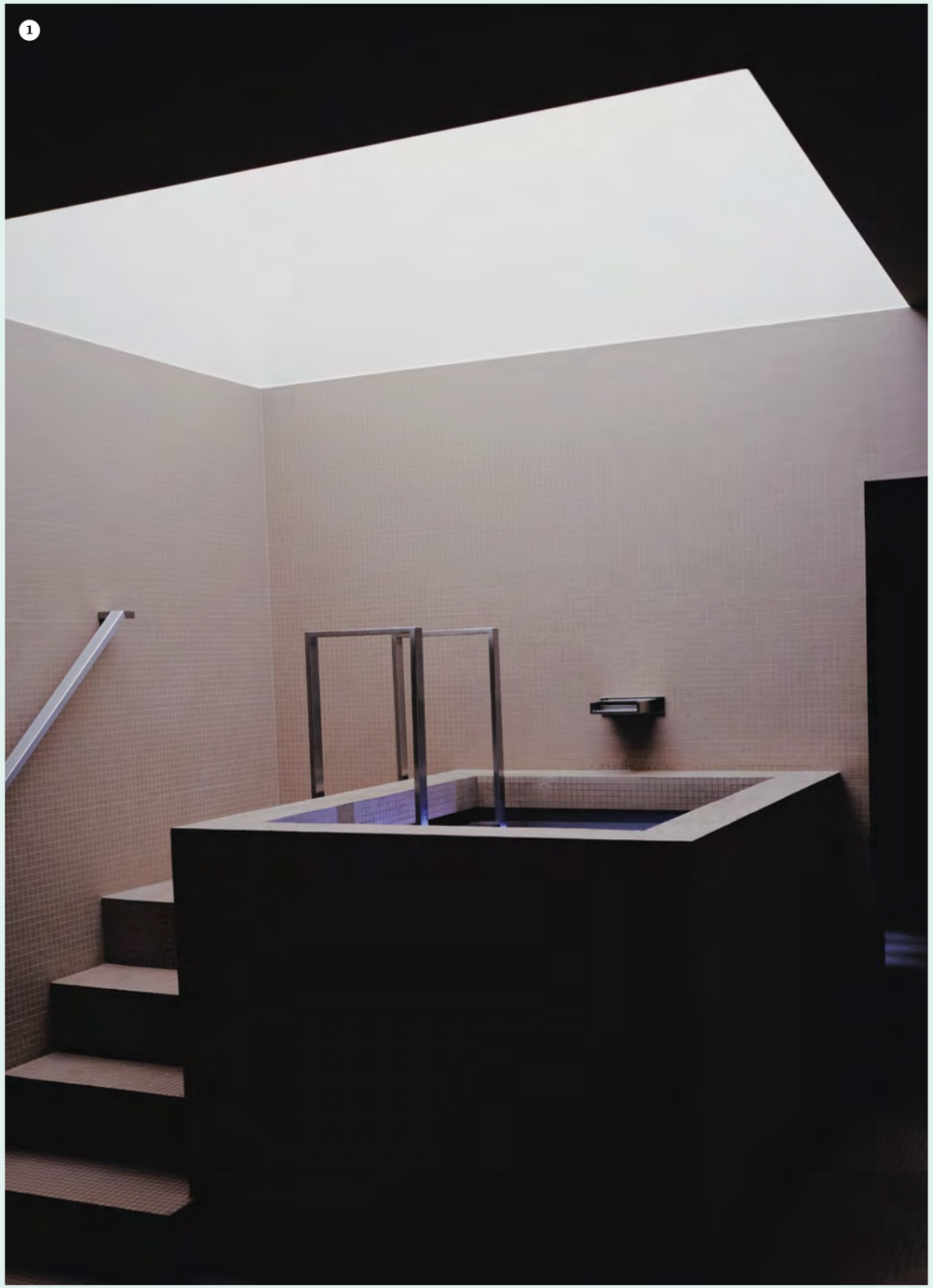
Chesa Randolina

Sils – Stay in this former Engadin farmhouse on Lake Sils. You can relax in guest rooms furnished with Swiss stone pine or on the sun terrace, all with magnificent views of the mountains. The Stüvetta restaurant offers daily menus, Graubünden specialities, fondues, raclette and much more.
engadin.ch/hotel-chesa-randolina

Hotelino Petit Chalet

Celerina – To enter the inn above the village centre almost feels like you are visiting friends. Guests can expect exclusive comfort combined with relaxed cosiness. **engadin.ch/hotelino-petit-chalet**

More info?
engadin.ch/accommodations



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.
engadin.ch/ovaverva-pool

Bellavita pool complex in Pontresina

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

Mineral baths at Samedan

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

MTZ Heilbad St. Moritz

St. Moritz – From treating minor or more serious injuries to preventing injury or simply offering guests a spot of pampering: the MTZ Heilbad in St. Moritz is the perfect spot for boosting health in every way. Here, the latest medical expertise meets traditional spa culture for all-round wellbeing. The wide range of services and facilities on offer includes medical wellness, physiotherapy, mineral baths, moor mud body packs and massages.
engadin.ch/medical-therapy

Day spas in the Engadin

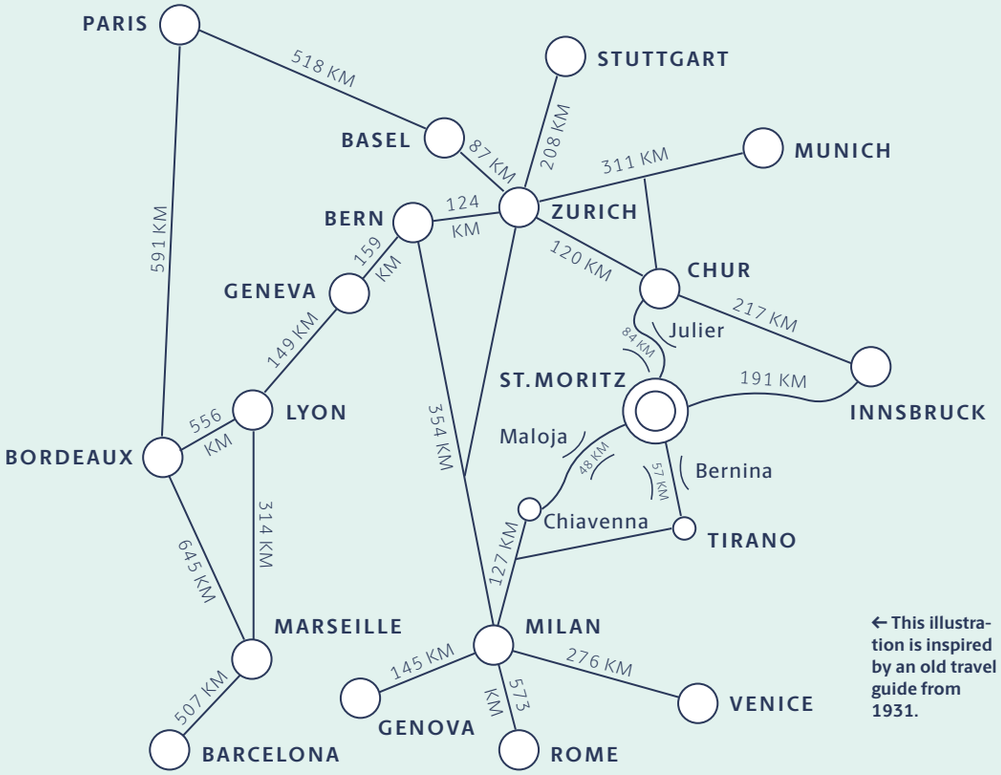
The spas in the following Engadin hotels welcome non-residents as well as hotel guests to enjoy the facilities to the full:

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

engadin.ch/en/wellness

More info?
engadin.ch/en/wellness

How to reach the Engadin



← This illustration is inspired by an old travel guide from 1931.

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**

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**

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