

## Wheelchair-accessible hikes

Compiled in collaboration with Pro Infirmis and BAW

### Allegra dear holiday guest!

Further information can be obtained from PRO INFIRMIS: Advisory Centre, PRO INFIRMIS; Via Nouva 1, 7503 Samedan, T +41 58 775 17 59, [www.proinfirmis.ch](http://www.proinfirmis.ch)  
Please note that the hiking suggestions are suitable for persons in wheelchair with a companion or with Swiss Trac.

We wish you inspiring days in Engadin St. Moritz  
Your tourism organization Engadin St. Moritz.

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Maloja  
Sils  
Silvaplana  
St. Moritz  
Pontresina  
Celerina  
Samedan  
Bever  
La Punt Chamues-ch  
Madulain  
Zuoz  
S-chanf

### 1 Maloja – Isola

Delightful hike along Lake Sils to the tiny village of Isola, with areas of meadows and woodland, as well as magnificent panoramic views.

#### Departure point

Maloja, road towards the campsite, along the lake until you reach a “no vehicles” sign and a car park.

#### Route

Maloja 1801 m – Plan Cuncheta campsite – Plan Brüsciabräga 1819 m – Isola 1812 m.

#### Terrain and obstacles

500 m asphalt surface, otherwise compacted gravel surface with individual loose gravel stones over 3 cm in diameter.

#### Distance, altitude difference, gradients

There and back approx. 6 km, altitude difference total of 70 m, short inclines and declines of 5 - 16 %.



## 2 Chantarella – Heidi hut - St. Moritz

At the beginning of this tour there are three short, steep ascents, otherwise the route is flat or goes slightly downhill. Spectacular views, Swiss stone pine forests with an abundance of wildlife and a rich variety of flora.

### Starting point

Chantarella funicular (not wheelchair accessible) or Salastrains (vehicle access with a permit issued by the local police).

### Route

Chantarella 2005 m – Heidi Hut 2046 m – Oberalpina 1963 m – Suvretta 1894 m – God Laret – St. Moritz-Dorf 1820 m.

Alternative route: Starting point at Salastrains, then there are no steep sections, local police will issue vehicle access permits to wheelchair users.

### Terrain and obstacles

Finely gravelled path, partly with gravel stones over 3 cm in diameter, and approx. 50 - 150 m asphalt surface.

### Distance, altitude difference, gradients

Approx. 1 km, in the first section short inclines with steep gradients of up to 20 %.

Wheelchair-accessible WC at the Serletta multi-storey car park, as well as at the railway station.



## 3. Around Lake St. Moritz

Not just mountain hikers or sports enthusiasts enjoy visiting St. Moritz in summer. Many people in wheelchairs are also often to be seen here, particularly around Lake St. Moritz.

### Starting point

The starting point for an excursion around Lake St. Moritz is the railway station, which is situated directly next to the lake. Alternatively, you can take an Engadin Bus to the "Katholische Kirche" (Catholic Church) stop and start from there. Getting in and out of the buses is not a problem, but it is important to note that there is only room for one or two wheelchairs in each bus.

### Route

On the opposite side of the road from the bus stop is a wheelchair-accessible WC (with Eurokey), as well as two designated parking spaces for wheelchair users who arrive by car. If you allow two hours for the 4.3 kilometer route, you will also have plenty of time to stop off for a break or two along the way – for example, on the sun terrace of the Sailing Club restaurant or on any of the numerous benches. The path partly comprises asphalt roads and partly well prepared, firm natural surfaces. The lake is not secured with fences or railings; therefore risky turning maneuvers should be dispensed with.

### Terrain and obstacles

The path around the lake is mostly flat; however by the bridges there are short inclines of up to 11%.



#### 4 San Gian – Lake Staz

Forest hike through high moorlands to Lake Staz, home to the highest abundance of reed beds in Europe.

**Starting point**

Celerina, San Gian car park.

**Route**

San Gian 1717 m – bridge over the ring road – cross over the railway tracks of the Bernina line – Choma sur 1820 m – Lake Staz 1811 m.

**Terrain and obstacles**

Narrow, finely gravelled road, 8 cm wide wooden gutters across the trail.

**Distance, altitude difference, gradients**

Approx. 2.8 km, altitude difference 100 m, moderate gradients 4 %, short inclines of max. 9 %.

Wheelchair-accessible WC at the Cross Country Ski Centre, Celerina.

Restaurant Stazersee, WC (door 67 cm, 90x140 cm), T +41 81 833 60 50



#### 5 Pontresina – Val Roseg

Gently undulating hike through the picturesque Val Roseg to the Hotel Restaurant Roseg Gletscher. The route leads along the river, through fragrant Swiss stone pine and larch forests. Observant hikers should be able to spot birds, squirrels or even game at close quarters.

**Starting point**

Pontresina railway station (parking available).

**Route**

From Pontresina railway station (1800 m), across the railway line and on to the Hotel Restaurant Roseg Gletscher (1990 m).

**Terrain and obstacles**

The natural surface path is very well maintained and there are no obstacles worth mentioning. Various gutters measuring approx. 8 cm wide. In the first third of the trail, two sections with moderate gradients need to be negotiated.

Horse-drawn carriages operate along the same route to the Hotel Restaurant Roseg Gletscher (prior reservation required). T +41 78 944 75 55

**Distance, altitude difference**

From Pontresina 7 km, altitude difference 200 m.

Restaurant Roseg Gletscher with a beautiful sun terrace, à la carte and self-service restaurants, extensive dessert buffet. No wheelchair accessible WC. T +41 81 842 64 45

Due to the length of this trail (7 km), it is recommended that this hike is only undertaken in dry weather.



## 6 Pontresina – Morteratsch

Leisurely hike through the idyllic Tais Forest, along the glacial Bernina stream, to the Morteratsch Alpine cheese show dairy, and then on to the Hotel Restaurant Morteratsch and Morteratsch railway station. There begins the Glacier Trail to the Morteratsch glacier.

### Starting point

Surovas railway station (parking at Mulin multi-storey car park)

### Route

Along the hiking trail to the right above Surovas railway station, across the Alp Veglia to the Hotel Restaurant Morteratsch. Then follow the trail to the tongue of the glacier (signed).

### Terrain and obstacles

Firm hiking path from Surovas to Morteratsch and on to the tongue of the glacier, some gutters measuring approx. 8 cm wide. Various benches along the route.

### Distance

From Pontresina railway station up to the Hotel-Restaurant Morteratsch approx. 5.5 km, from Pontresina to the glacier tongue approx. 8 km.

Restaurant Morteratsch with large sun terrace, WCs are accessible to wheelchair users. T +41 81 842 63 13



## 7 Pontresina – Bever

The route from Pontresina along the river Flaz to Bever is a particular treat for the eyes. Surrounded by the imposing Engadin mountains and the wide, flower-strewn valley, you are constantly accompanied by the sounds of quietly babbling water.

### Starting point

Pontresina railway station (parking available)

### Route

From Pontresina railway station, follow the RhB railway tracks to Punt Muragl, then continue along the rerouted Flaz stream by Samedan Airport to Lake Gravatscha and finally to Bever.

### Terrain and obstacles

Gravel path with 9% declines and 6% inclines.

### Distance

From Pontresina railway station to Bever railway station it is 10 km.

Wheelchair-accessible WC at Pontresina railway station

Restaurant 21 at the end of the airfield, T +41 81 852 15 55, as well as an attractive wheelchair-accessible barbecue site by the lake.



## 8 Lake Gravatscha / Lej da Gravatscha

Easily negotiable hike along the lake with sections of forest and meadow. This valley hike can also be continued in the direction of Bever and La Punt. The Lej da Gravatscha is a small artificial lake formed from a flooded gravel pit and the previous arm of the River Inn.

The lake is a wonderful nesting ground and resting place for birds. It is home to an enormous diversity of bird species and has the highest breeding density in Switzerland. Also a wealth of amphibians and fish. Attractive wheelchair-accessible barbecue site with superb views of the lake and mountains.

### Starting point

Car park at the end of the airfield of Samedan Airport or the Isellas car park just outside Bever.

### Route

Follow the signs to La Punt, or go in the opposite direction towards Samedan.

### Terrain and obstacles

Finely gravelled road; an additional person is required to open a pasture gate. The 15 m long climb to the little bridge towards Bever is bumpy and has a 14 % gradient.

### Distance

1.6 km from one car park to the next.

### Altitude difference, gradients

Altitude difference 6 m, inclines/declines 3 – 8 %

Wheelchair-accessible WC at Samedan railway station/Promulins retirement home  
Restaurant 21 at the end of the airfield, T +41 81 852 15 55



## 9 Val Bever to Spinas

Beautiful, gently rising valley hike through the Val Bever with a short ascent to cross over the railway line.

### Starting point

Car park (charges apply) at Bever railway station.

### Route

From Bever railway station, go towards the village to after the railway underpass, then left as far as the next crossroads and then left again, always following the narrow road, until you reach the Berggasthaus Spinas. It is well worth taking a short detour through the picturesque village of Bever with its traditional Engadin houses.

### Terrain and obstacles

Finely gravelled road with 9 cm wide gutters running crossways.

### Distance, altitude difference, gradients

4 km, altitude difference 100 m, climb to the railway underpass 8- 12 %.

WC is not accessible to wheelchair users.

Berggasthaus Spinas, only the garden area is suitable for wheelchairs, T +41 81 851 16 16



## 10 Susauna, the gateway to the Scaletta pass

A natural surface path leads through beautiful meadows to the ancient pass and farming hamlet of Susauna. Historically important escape route during times of plague. Old trading route from the Valtellina valley to Davos.

### Starting point

La Resgia, Chapella, parking next to the old sawmill.

### Route

Chapella 1640 m – Susauna 1682 m – Chapella 1640 m.

Alternative route: In one direction, follow the narrow asphalt road on the right side of the valley; however, this road does have a small amount of traffic.

### Terrain and obstacles

Finely gravelled natural road, partly with stones over 3 cm in diameter, asphalt-surfaced sections, some 8 cm wide gutters running across the trail.

### Distance, altitude difference, gradients

3.5 km, altitude difference 42 m, inclines and declines 3 - 5 %.

No wheelchair-accessible WC.



## 11 From Chapella to Cinuos-chel

Short hike along the old valley road, with views of the ruggedly romantic pasture landscape and the natural course of the river Inn. Excellent opportunity for taking photographs of the Rhaetian Railway!

### Starting point

La Resgia, Chapella with parking by the old sawmill.

### Route

La Resgia 1640 m – Cinuos-chel RhB railway station 1628 m, along the old valley road.

### Terrain and obstacles

Gravelled path with some stones larger than 3 cm in diameter, unsupervised crossing by the railway station.

### Distance, altitude difference, gradients

1.8 km, altitude difference 12 m, inclines and declines up to 8 %.

No wheelchair-accessible WC.

Restaurant only in Cinuos-chel, not suitable for wheelchair users.



Subject to change!

We wish you enriching walks in our beautiful natural surroundings!

Key:



Parking



Accessible toilet



Restaurant



Bus



Train