

## WALKING TRAILS SUITABLE FOR PUSHCHAIRS

Be inspired by us:

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### Allegra dear holiday guest

The Engadin in general has developed into a popular family destination in summer, offering unlimited action and fun for children – and peace and relaxation for their parents. What's more, such adventure can be found just around the corner – in countless playgrounds, at picnic areas or by bathing lakes. Or it leads through ruggedly romantic landscape.

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

### 1 Maloja – Isola

Level of difficulty: easy

Length: approx. 3 km

Altitude difference: 20 m

Delightful hike along Lake Sils to the tiny village of Isola, with its meadows and woodlands and its magnificent panoramic views. There is a car park directly by the lake (take the road towards the camp site). In Isola, the Restaurant Lagrev is the perfect place to stop for a rest. If you wander through the picturesque, traditional hamlets, you can see or hear the goats that are kept there. Along the lake shore there are numerous little bays that are great for playing in. If you wish, you can return to Maloja by boat ([www.engadin.stmoritz.ch/boat-trip](http://www.engadin.stmoritz.ch/boat-trip)), which crosses Lake Sils and has a landing stage in Isola.

Restaurant: Restaurant Lagrev, Isola, [www.lagrev.ch](http://www.lagrev.ch)

### 2 Maloja – Lej da Cavloc

Level of difficulty: medium

Length: approx. 3 km

Altitude difference: 100 m

A broad path leads from the car park by the Orden dam up to the Lej da Cavloc. Next to the lake there are wonderful barbecue areas, offering plenty of opportunity for children's imagination to take flight. You can treat yourself to culinary delight at the small mountain restaurant directly by the lake.

Restaurant: Restaurant Cavloccio, [www.engadin.stmoritz.ch/cavloccio-en](http://www.engadin.stmoritz.ch/cavloccio-en)

### 3 Sils – Val Fex

Level of difficulty: medium

Length: approx. 5 km

Altitude difference: 160 m

The path begins at the village square, and after ascending steeply up to the Hotel Waldhaus, it descends again more gently into the Val Fex. Behind the Hotel Fex, you can continue towards Plaun Vadret or simply rest in the meadow and delight in the beautiful mountain scenery. You might see some Highland cattle or Alpacas grazing in the meadows. From the Hotel Fex, it is possible to return to Sils by horse-drawn carriage (prior reservation required: T +41 81 826 52 86, [www.engadin.stmoritz.ch/horse-drawn-carriage-val-fex](http://www.engadin.stmoritz.ch/horse-drawn-carriage-val-fex)).

Restaurants: Restaurant Hotel Fex, [www.hotelfex.ch](http://www.hotelfex.ch)

Restaurant Sonne, Fex Crasta, [www.hotel-sonne-fex.ch](http://www.hotel-sonne-fex.ch)

Pensiun Crasta, Fex Crasta, [www.engadin.stmoritz.ch/pensiun-crasta-en](http://www.engadin.stmoritz.ch/pensiun-crasta-en)

Chesa Pool, Fex Platta, [www.pensiun-chesapool.ch](http://www.pensiun-chesapool.ch)

### 4 Sils - Surlej

Level of difficulty: easy

Length: approx. 6 km

Altitude difference: 10 m

This trail leads from Sils to the Furtschellas cable car and continues along the lake, past various barbecue sites and sandy bays, to Silvaplana. It is also used by cyclists. When the Maloja wind blows up, the kitesurfers' colourful kites can be seen dancing across Lake Silvaplana.

### 5 Surlej – Lej Nair – Lej Marsch

Level of difficulty: medium      Length: approx. 3 km      Altitude difference: 60 m

You will find parking spaces next to the Surlej bridge or in the lowest car park of the Corvatsch cable car. The path leads through the woods towards St. Moritz and to the mystical Lej Nair. At this little moor lake, two barbecue areas and various benches invite visitors to stop and linger for a while. Alternatively, you can take a leisurely stroll along the walkway around the lake (not suitable for pushchairs); with a little luck, you might spot a dragonfly or two. The path continues over a few tree roots down to the Lej Marsch. This lake is particularly popular for bathing and features a number of barbecue sites. Those who do not want to walk all the way back to Surlej can make their way past the Olympic ski jump and down to the main road, where the bus will take them from the "Campingplatz" (campsite) bus stop back to Surlej.

Restaurants: Restaurant Ul Cüsch, Olympic ski jump  
 Restaurant next to the tennis courts  
 Kiosk at the St. Moritz campsite

### 6 Heidi's Flower Trail – Heidi Hut – St. Moritz

Level of difficulty: easy      Length: approx. 5 km      Altitude difference: 180 m

Flower lovers will go into raptures along this kilometre-long theme trail from Chantarella towards St. Moritz. Some 200 different Alpine plants, many of them protected species, are laid out in beautiful, numbered islands of flowers. A brochure (free from the Tourist Information office) provides all the necessary information, and the wonderful scenery a perfect backdrop. The path continues past the Heidi Hut to the Oberalpina and on to Suvretta. From here, the route runs above the road, past the Segantini Museum, and back to St. Moritz.

Restaurant: Restaurant Salastrains (with playground), [www.salastrains.ch](http://www.salastrains.ch)

### 7 Schellenursli Trail

Level of difficulty: easy      Length: approx. 0.6 km      Altitude difference: 120 m

The tale of Schellenursli ("A Bell for Ursli") remains one of Switzerland's most popular children's stories. The custom it describes is known throughout the Engadin: every year, during the traditional "Chalandamarz", children ring large cow bells to drive away the winter. The Schellenursli Trail leads through unspoilt landscape from Salastrains to the Heidi Hut and then on to St. Moritz Dorf. The story is brought to life by means of pictures and wood carvings.

Restaurant: Restaurant Salastrains (with playground), [www.salastrains.ch](http://www.salastrains.ch)

### 8 around lake St. Moritz

Level of difficulty: easy      Length: approx. 4 km      Altitude difference: 5 m

Enjoy a gentle stroll around Lake St. Moritz, watch the ducks and perhaps even feed them with dried bread. Various benches en route invite passers-by to stop and linger.

Restaurants: Restaurant Meierei, [www.hotel-meierei.ch](http://www.hotel-meierei.ch)  
 Segelclub, [www.7500.ch](http://www.7500.ch)

### 9 St. Moritz – Meierei – Lej da Staz – Celerina / Pontresina

Level of difficulty: easy      Length: approx. 5 km      Altitude difference: 60m to Celerina

Starting at St. Moritz railway station, the trail leads along the lake and up past the Meierei to the picturesque Lej da Staz. Lining the lake shore are wonderful barbecue sites and picnic areas, while retro-style changing cabins and a jetty invite visitors to take a dip. At the Restaurant Lej da Staz, there is even a small playground. From Lake Staz, you can continue your walk as far as Celerina or Pontresina, and then return to St. Moritz either with the Rhaetian Railway or by bus.

Restaurants: Restaurant Meierei, [www.hotel-meierei.ch](http://www.hotel-meierei.ch)  
 Restaurant Lej da Staz, [www.lejdistaz.ch](http://www.lejdistaz.ch)

### 10 Celerina – Cristolais – Samedan

Level of difficulty: medium      Length: approx. 4 km      Altitude difference: 120 m

From Celerina railway station, a wide road leads up through beautiful flower-strewn meadows to Cristolais, before descending via San Peter's Church to Samedan. Numerous benches offer ample opportunity to rest and enjoy the fabulous scenery.

### 11 Celerina – San Gian – Celerina / Samedan

Level of difficulty: easy      Length: approx. 4 km      Altitude difference: 5 m

This circular hike leads from Celerina to the Church of San Gian (start of the Barefoot Trail, [www.engadin.stmoritz.ch/barfusstrails-celerina](http://www.engadin.stmoritz.ch/barfusstrails-celerina)), and past the football pitch towards Punt Muragl. When it reaches the road, the path branches off to the left and follows a route back along the flower-strewn bank of the old Flaz stream. At the bridge, you can choose whether to return to Celerina or continue to Samedan.

### 12 Pontresina – Val Roseg

Level of difficulty: medium      Length: approx. 7 km      Altitude difference: 200 m

From Pontresina railway station, the wide path leads through fragrant forests, along a rushing stream, into the picturesque Val Roseg and to the Restaurant Roseg Gletscher, where the youngest guests can have fun in the small playground. The birds and squirrels are particularly tame in this valley, and in winter they will even eat out of your hand. Anyone preferring to travel in style can enjoy a ride in a horse-drawn carriage (prior reservation required: T +41 78 944 75 55, [www.engadin.stmoritz.ch/horse-drawn-carriage-val-roseg](http://www.engadin.stmoritz.ch/horse-drawn-carriage-val-roseg)) from Pontresina to Restaurant Roseg Gletscher and back.

Restaurant: Restaurant Roseg Gletscher, [www.roseg-gletscher.ch](http://www.roseg-gletscher.ch)

### 13 Pontresina – Morteratsch

Level of difficulty: easy      Length: approx. 5 km      Altitude difference: 70 m

This leisurely hike takes you through the idyllic Tais Forest and along the glacial Bernina stream and the Bernina railway line to the Alpine cheese show dairy, the Restaurant Morteratsch and Morteratsch railway station. Behind the Hotel Morteratsch, various goats and two mini-pigs can be seen playing around in their pen, while the Alpine cheese show dairy is home to rabbits. Both the restaurant and the show dairy also have a small playground.

Restaurants: Restaurant Morteratsch, [www.morteratsch.ch](http://www.morteratsch.ch)  
 Alp Schaukäserei, [www.alp-schaukaeserei.ch](http://www.alp-schaukaeserei.ch)

### 14 Pontresina – Ricola Herb Garden – Tais Forest

Level of difficulty: easy      Length: approx. 1.5 km      Altitude difference: 20 m

Behind Rusellas car park, situated between the railway station and the village of Pontresina, is the Ricola Herb Garden, where the 13 herbs used to make every Ricola sweet are grown. Admission to the garden is free. The path continues for a short distance into the Val Roseg before branching off to the left towards the open-air Tais concert ground. Here, between mid-June and mid-September, the Camerata Pontresina performs rousing salon music every morning between 11.00 and 12.00 am, providing the weather is fine. After the concert, the site is a great place for children to play. In addition, the birds and squirrels are particularly tame here.

### 15 Samedan – Bever / Lake Gravatscha

Level of difficulty: easy      Length: approx. 1 km      Altitude difference: 5 m

The wide path leads either from the car park at the eastern end of Samedan Airport or from Isellas car park near Bever to Lake Gravatscha, home to countless water birds. Along the shore, various benches, barbecue sites and fragrant meadows invite visitors to relax. Plane enthusiasts can also watch the aircraft taking off and landing at the airport.

Restaurant: Restaurant 21, at the end of the airport next to the car park, [www.restaurant21.ch](http://www.restaurant21.ch)

### 16 Val Bever – Spinass

Level of difficulty: easy      Length: approx. 4 km      Altitude difference: 100 m

Starting at Bever railway station, the path first leads along the road, then after the railway underpass heads off to the left into the Val Bever. After following the railway track for approximately 4 kilometres, you reach the Gasthaus Spinass, where you will find a children's playground and a small herd of sheep. You can return to Bever by train, by horse-drawn carriage or on foot.

On the other side of the river, the Fairy-Tale Trail between Bever and Spinass has six stopping points, where delightful stories written by Engadin authors can be read from large books.

Restaurant: Gasthaus Spinass, [www.spinass-bever.ch](http://www.spinass-bever.ch)

### 17 Bever – La Punt

Level of difficulty: easy      Length: approx. 6 km      Altitude difference: 10 m

From Isellas car park near Bever, you can opt to take either the higher route past the farmhouse and through the woods, or the path over the dam and along the small stream to La Punt. At the idyllic pond just before La Punt, there is a playground complete with barbecue site.

### 18 La Punt – Zuoz

Level of difficulty: medium      Length: approx. 5 km      Altitude difference: 40 m

This path leads past the Church of San Andrea to the start of the forest nature trail (some sections are, however, not suitable for pushchairs). Remaining on the lower path, you follow a route across meadows and through forests, behind the golf course and down to Zuoz. You can also walk along the asphalt inline skating path from La Punt to Zuoz.

Restaurant: Restaurant Sur En, Zuoz, [www.engadin.stmoritz.ch/restaurant-sur-en](http://www.engadin.stmoritz.ch/restaurant-sur-en)

### 19 La Punt – “Pylon Path” – La Punt

Level of difficulty: medium      Length: approx. 5 km      Altitude difference: 130 m

Departing from the village square, you follow the Chamuera river into the Val Chamuera. At the weir, the trail branches off to the left and ascends to the vantage point overlooking La Punt. The route leads alongside the electricity pylons down to the golf course and back to La Punt.

### 20 S-chanf – Varusch Park Hut

Level of difficulty: easy      Length: approx. 4 km      Altitude difference: 100 m

Departing from either S-chanf or Prasüras car park, a wide road takes you to the Varusch Park Hut at the entrance of the National Park. Younger guests can let off steam at the small playground or on the meadows, while adults take time to observe the wildlife.

Restaurants: Restaurant by Prasüras car park, [www.engadin.stmoritz.ch/prasuera-en](http://www.engadin.stmoritz.ch/prasuera-en)  
 Varusch Park Hut, [www.hotelengiadina.ch](http://www.hotelengiadina.ch)

### 21 Chapella – Susauna

Level of difficulty: easy      Length: approx. 4 km      Altitude difference: 50 m

A natural path leads past the old sawmill to the ancient pass and farming hamlet of Susauna. You can walk a good way into the Val Susauna and stop in a meadow to take in the spectacular scenery.

### 22 Zernez – Susch

Level of difficulty: easy      Length: approx. 7 km      Altitude difference: 50 m

Below the Protestant church, a wide hiking trail follows a leisurely, flat route along the rushing River Inn to Susch. Approximately halfway along the trail, in a clearing in the woods, is a barbecue site, which invites walkers to stop and rest.

### 23 Zernez – Brail

Level of difficulty: medium      Length: approx. 7 km      Altitude difference: 150 m

At the Cul campsite, a wide, sun-blessed path leads over the Inn bridge and up through lush meadows to Brail.

### Please note:

Sturdy, all-terrain children's pushchairs are recommended for all the trails described below.

Our “Erlebnisse für Familien” brochure can be obtained at any of Engadin St. Moritz's Tourist Information offices. On our website [www.engadin.stmoritz.ch](http://www.engadin.stmoritz.ch) you will find a list of barbecue sites, children playgrounds and an interactive hiking map.

The Engadin St. Moritz team would be pleased to help in any way it can. We look forward to your visit!