HIKING SUGGESTIONS IN ENGADIN ST. MORITZ

Be inspired by us

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Allegra dear hikers
The high valley of the Engadin with its wonderfully varied network of trails – 580 kilometres (360 miles) in all – is heaven for hiking. The contrasts that characterise this region are bewitching: gently sloping hills draped with lush alpine meadows stand close by mighty glaciers, towering snow-capped peaks and sparkling lakes. The best way to explore this unspoilt landscape is on foot – whether hiking along one of the breathtaking panoramic trails or one of the fascinating theme trails, on a walk along the sparkling lakes, or on a multi-day trek. Those preferring a more ambitious mountain hike can make for one of the four areas served by the mountain railways and cableways: Corviglia/Piz Nair, Corvatsch/Furtschellas, Diavolezza and Muottas Muragl/Alp Languard. These all offer thrilling high-altitude trails with spectacular views. The trails are clearly signposted and classified according to the guidelines of the BAW (the Graubünden footpaths organisation). We wish you inspiring days in Engadin St. Moritz. Your tourism organization Engadin St. Moritz.

1 Maloja – Casaccia – Soglio (walking time approx. 6 ½ h – medium)
This panoramic walk begins beside the Sporthotel Maloja (1,815m/5,955ft) with wonderful views down into the Val Bregaglia. After descending from Maloja to Casaccia, you initially walk through open meadows and forest down to Roticcio. You soon reach Durbegia, where there is a little restaurant. The views of the Bondasca massif become ever more impressive, and accompany you to Soglio (1,090m/3,576ft). Option of return by PostBus.

2 Maloja – Lägh da Cavloc – Lägh da Bitabergh – Maloja (walking time approx. 4 h – easy)
Round walk from Maloja (1,815m/5,955ft) through fragrant forests of larch and Swiss stone pine to the picturesque Lägh da Cavloc (1,907m/6,257ft), on to the Lägh da Bitabergh (1,854m/6,083ft) and across the impressive Orden dam back to the starting point.

3 Sils – Marmoré – Lej Sgrischus – Val Fex – Sils (walking time approx. 5 to 6 h – medium)
From the Nietzsche House (1,809m/5,935ft) you zig-zag through meadows and forest up to the Marmoré viewpoint (2,020m/6,624ft), which offers magnificent views of the lakes, the Val Fex and its glaciers. Climb the trail over Alp Munt to reach the Lej Sgrischus (2,618m/8,589ft) and, half an hour further on, the Piz Chüern (2,689m/8,822ft). The descent follows the marked path with its abundant alpine flora down to the Val Fex. From Curtins you have the option of returning to Sils in a horse-drawn carriage (reservation required, T +41 81 826 58 86). The footpath through the Fex gorge to Sils is also recommended.

4 Sils – Lej da la Tsheppa – Silvaplana – Sils (walking time approx. 5 ½ h – medium)
This mountain walk begins with a steep zig-zag climb through wild and romantic terrain to lake Tscheppa (2,616m/8,583ft), high above lake Silvaplana. The reward for your exertions: superb views of the lake-strewn Upper Engadin, and perhaps the chance to spot wild deer. The descent, with captivating views over St. Moritz and as far as the Swiss National Park, leads past many small lakes and down to the foot of the Julier Pass. You then follow the Via Engiadina easily through the fragrant forests of Swiss stone pine back to the starting point (1,863m/6,112ft).

5 Giovanni Segantini Trail (walking time approx. ½ h – easy)
This path above the Segantini Museum in St. Moritz leads from the Hotel Soldanella towards the Suvretta House; along the way, six information panels tell walkers about the life and work of the artist Segantini.
6 Via Engiadina from St. Moritz to Maloja (walking time approx. 6 h to Maloja (to Sils approx. 4 h) – medium)
One stretch of the Via Engiadina, the high trail through the Engadin, leads from the top station of the Signal cable car above St. Moritz Bad to Maloja, without significant gradient. On the path across green meadows and through pleasantly fragrant forests you can see down to the dark-blue lakes of the Upper Engadin, as well as across to the steep granite walls of the Val Bregaglia. The Via Engiadina leads past the famous hamlet of Grevasalvas, location for the film “Heidi”.

7 Piz Nair – Suvretta Pass – Bever (walking time approx. 5 h – medium)
From the top station of the Piz Nair cable car (3,022m/9,916ft) you descend northwards over what in winter are broad ski slopes into an expansive hollow. Just before the lake of Lej Suvretta you branch right, and in just a few minutes reach the Suvretta Pass. From here, a beautiful path and bike trail follows the course of the Ova da Suvretta, descending gently to Spinas (of the Rhätische Railway). From here a lane leads to Bever (1,706m/5,597ft).

8 Pontresina – Muottas da Schlarigna – St. Moritz (walking time approx. 3 ½ h – medium)
This route leads westwards from Pontresina railway station (1,785m/5,856ft) up to the plateau of Alp Staz; from here a path climbs quite steeply through the old forest of larch and Swiss stone pine to Muottas da Schlarigna (2,305m/7,562ft). The reward for your exertions is a magnificent panoramic view over Pontresina. The descent follows a gently falling path down the slope to St. Moritz Bad (1,774m/5,820ft).

9 Val Roseg – Fuorcla Surlej – St. Moritz (walking time approx. 6 h – medium, good fitness required)
Walk or take a horse-drawn carriage through the forest to the Hotel Restaurant Roseg Gletscher (1,999m/6,558ft). From here, walk along a stony mountain path to the mountain hut of Fuorcla Surlej (2,755m/9,039ft), enjoying magnificent views of the glacier-covered Bernina massif with the Piz Bernina and the Piz Roseg. From the Fuorcla, the route leads high above the deep-blue Upper Engadin mountain lakes, across meadows, past alpine rose blossom and bilberry bushes, down to the Restaurant Hahnensee and on to St. Moritz Bad (1,774m/5,820ft).
Variants: From the Restaurant Roseg Gletscher climb to the Coaz Swiss Alpine Club hut, and head via the Fuorcla Surlej to the mid station of Corvatsch Murtel (6 h).
From the Hahnensee descend in the direction of Surlej/Silvaplana, or take the cable car from the mid station of Corvatsch Murtel to Surlej.

10 Pontresina – Chamanna Tschieriwa – Pontresina (walking time approx. 7 ½ h – medium, good fitness required)
From Pontresina, follow the gushing Roseg stream gently uphill into the delightful Val Roseg (protected alpine zone). At the bridge leading to the Hotel Restaurant Roseg Gletscher, the path branches away left, leading over the glacial moraines to the foot of the Piz Tschieriwa and the Tschierwa Swiss Alpine Club hut (2,583m/8,474ft), framed by the ice giants of the Piz Bernina, the Piz Scerscen and the Piz Roseg.
Tip: You can travel from Pontresina to the Hotel Restaurant Roseg Gletscher (1,999m/6,558ft), or vice versa, by horse-drawn carriage (reservation required T +41 78 944 75 55).

11 Morteratsch – Chamanna Boval – Morteratsch (walking time approx. 4 ½ h – medium)
From the Rhätische Railway station Morteratsch (1,896m/6,220ft) a path leads up the valley, on the right-hand (western) side of the river, to the viewpoint of Chiunetta (2,083m/6,834ft). It then continues along the Morteratsch glacier moraine, finally leading over a rocky knoll to the Boval Swiss Alpine Club hut (2,610m/8,563ft), located in one of the grandest settings in the Alps. Descend along the same path.

12 Diavolezza – Morteratsch glacier hike (walking time approx. 5 h – difficult, sure-footedness required)
Qualified mountain guides walk you from the Diavolezza through a bewitching world of ice and rock, past gigantic icefalls and glacier mills to Morteratsch. Registration required until 5.00pm from the previous day at the Mountaineering School in Pontresina (T +41 81 842 82 82). Minimum number of participants: 6 adults. Price per person CHF 60.–, children aged 8-14 CHF 40.–, please do not bring dogs along.

13 Bernina Hospice – Alp Grüm – Cavaglia (walking time approx. 3 h – easy)
From the Bernina Hospice (2,253m/7,392ft) a level trail leads along the Lago Bianco to Alp Grüm (2,210m/7,251ft). Enjoy magnificent views into the Valposchiavo and on the Palü Glacier. A path zig-zags down to Cavaglia (1,693m/5,554ft) and further till Poschiavo (1,021m/3,350ft).
Tip: Visit the fascinating glacier mills in Cavaglia.
Variant: Detour via the Sausal Mason restaurant, with the typical little stone houses called ‘crot’ (also known as ‘trulli’).
14 Alp Languard – Piz Languard – Paradis hut – Alp Languard (walking time approx. 5 h – medium to difficult, sure-footedness required)

From the top of the Alp Languard chair lift (2,330m/7,644ft) walk over open slopes past freshwater springs to a branch in the path at Grasta Languard. From here, a stony path zig-zags up steeply to the Georgy hut (3,124m/10,249ft). Those wishing to enjoy the full panoramic view of the Bernina, Ortler, Silvretta and Kesch massifs can climb higher up the rocky slabs, making use of fixed ropes, to the viewpoint of Piz Languard (3,260m/10,696ft). On the way back to Alp Languard it is worth making a detour to the Paradis hut (2,540m/8,333ft – cake heaven!). Don’t forget your binoculars: the Piz Albis area is home to the biggest ibex colony in Switzerland.

Tip: Experience sunrise up on Piz Languard, spending the night in the Georgy hut T +41 78 670 95 79.

15 Muottas Muragl – Alp Languard (walking time approx. 2 ½ h – easy)

From the top station of the Muottas Muragl funicular (2,453m/8,048ft) an almost level high trail leads past the Restaurant Munt da la Bës-chà to the top station of the Alp Languard chair lift (2,330m/7,644ft), with its restaurant and magnificent views of the Bernina massif. Buy the round ticket for walkers ‘Muottas Muragl-Alp Languard’

Variant: Muottas Muragl – Segantini hut (2,730m/8,957ft; the painter Giovanni Segantini worked here) – Alp Languard.

Three narrow sections with fixed safety ropes, walking time approx. 3½ h – medium.

16 Muottas Muragl – Fuorcla Muragl – La Punt (walking time approx. 6 h – medium, sure-footedness required)

From the top station of the Muottas Muragl funicular (2,453m/8,048ft) follow the left-hand upper trail to the lake of Lej Muragl. The stony path then climbs steeply up the Fuorcla Muragl (2,880m/9,485ft) and steeply back down into the Val Prùina as far as Acla Veglia. It continues descending gently through the charming Val Chamuera, following a gushing stream through fragrant forests of Swiss stone pine and larch until La Punt Chamues-ch (1,708m/5,604ft).

17 Samedan nature trail “La Senda” (walking time approx. 2 h – easy)

The sunny slopes above Samedan are home to the charming La Senda nature trail. Discover fascinating facts about nature and admire the beautiful view. The trail is marked with stones. You can join the path at various locations, and leave it at any time. “At every info point the cuckoo calls” – you can download information and stories about the La Senda nature trail directly, as you go along, using the app from the Swiss National Park. You can download the app at: www.bio-divers.ch. You can Rent a Smartphone at the Tourist Information for CHF 5.– or buy a booklet for CHF 5.–.

18 Via Engiadina: from Samedan to Samedan (walking time approx. 4 h – medium)

Starting point is the Muntarütisch shooting range (1,722m/5,681ft). The yellow signposts marked “Via Engiadina” lead up to Alp Muntatsch (2,186m/7,172ft), where you can taste delicious local produce during the summer months. Along the high trail via Alp Munt (2,233m/7,326ft) to Alp Clavadatsch (2,200m/7,218ft) you encounter marmots and many other mountain residents, as well as an abundance of flowers. The descent from Clavadatsch leads down to Cristolais (1,842m/6,043ft) and from here along an easy track to Samedan.

19 Samedan – Cho d’Valletta (walking time approx. 4 ½ h – medium)

This route leads from the church of San Petar (1,795m/5,889ft) along the trail via Peidra Grossa – Alp Munt up to Marginin (2,420m/7,940ft). Marginin lies at the intersection for many variants (towards Fuorcla Valletta and via the Chamanna Saluver to Corviglia and descending with the funicular to St. Moritz). From here the trail makes an easy ascent to Cho d’Valletta (2,693m/8,819ft), and superb panoramic views of the mountains and down into the Val Bever. The path then leads gently downhill through alpine pastures, always along the ridge, until it reaches Alp Muntatsch (2,186m/7,172ft). From here, take the alpine track (Via Engiadina) to Büglets, and branch off onto the pretty path down to Selvas Plauñas (1,848m/6,063ft). Take the ancient cattle droving trail down to Samedan.

20 Samedan water trail (walking time approx. 2 ½ h – easy)

This trail on the theme “Life in and on the water” comprises 12 information panels at 6 locations in the beautiful natural landscape between the river Inn, the river Flaz and Lake Gravatscha, near Samedan. The pictures of animals, plants and landscapes and the texts give a insight into the renaturalisation of watercourses and the rich habitats. The panels also tell the story of the flood protection project here that won the Swiss Water Protection Award 2005.

21 Via Segantini from Bever to Zuoz (walking time approx. 4 ½ h – easy)

From the old part of the village of Bever, the path climbs before heading north-east at an altitude of approx 1,800m (5,910ft) to La Punt. Here you follow a short stretch of the Albula Pass road. At a signpost marked “Via Segantini”, follow the almost level path through thick forest, past the castle ruins of Guardaval above Madulain, through flower-filled pastures and alpine meadows to Zuoz (unspoilt Engadin village).
22 Zuoz – Chamanna d’Es-cha – La Punt (walking time approx. 5 ½ h – easy)
From the village square in Zuoz (1,716m/5,630ft) climb right, high above the meadows to Alp Es-cha Dadour. From here, you initially climb gently before gaining height quickly as you zig-zag up a steep path to the Es-cha Swiss Alpine Club hut (2,594m/8,510ft), where you are rewarded with magnificent views as far as the Bernina massif. Begin the descent to La Punt by following a relatively level path to the Gualdauna saddle, and then walking through lush alpine meadows down to the Albula Pass road and on to La Punt.
Variants: Es-cha hut – Gualdauna saddle – Alp Es-cha Dadains – Madulain
Albula Pass – Gualdauna saddle – Es-cha hut – Zuoz, Madulain or La Punt
Tip: Other variants hike thanks to the AlbulaBus (La Punt – Bergün and back, stopping at different stations) schedule at the tourist information available. Booking compulsory until 1 hour before departure.

23 Preda – Lai da Palpuogna – Albula Pass – La Punt (walking time approx. 6 h – medium)
First take the train to Preda. From Preda station (1,789m/5,869ft) climb in the direction of the Albula Pass through beautiful mountain forests to the emerald-green waters of the Lai da Palpuogna, a beautiful spot to linger. Follow the mountain stream up to Alp Weissenstein / Crap Alv, and then climb on the left side of the small lakes up to Iglis Plans. At an altitude of 2,178m (7,146ft) the route joins the old Albula Pass mule trail; follow this through the rocky landscape of the Val digi Diavul up to the hospice (2,312m/7,585ft). The climb through the exceptional landscape up to the pass is well worth the effort, and is rewarded with a gentle descent across alpine meadows to La Punt. At Alp Porllesies you cross a bridge over the mountain stream, before continuing to La Punt.
Variants: From Crap Alv climb up to Fuorcla Crap Alv (2,466m/8,091ft), passing the beautiful Crap Alv Laiets. From the Fourcla Crap Alv you have an impressive view of the Val Bever, which you descend via Spinas to reach Bever.
Tip: Other variants hike thanks to the AlbulaBus (La Punt – Bergün and back, stopping at different stations) schedule at the tourist information available. Booking compulsory until 1 hour before departure.

24 Zuoz – Munt Seja – Lej da Prastinaun – Alp Arpiglia – Zuoz (walking time approx. 5 ½ h – medium)
From Resgia (1,689m/5,541ft) across the river from Zuoz, climb through thick and then more open forest up to the magnificent viewpoint of Munt Seja (2,342m/7,684ft). Following the trail – at first practically at the same level, later climbing gently – cross over a small saddle to reach a solitary little mountain lake, the Lej da Prastinaun (2,430m/7,972ft). Head down, crossing alpine meadows and the Ova d’Arpiglia stream to reach Alp Arpiglia (2,129m/6,985ft), where you join the lane accessing the alp back to the starting point.

25 Swiss National Park: S-chanf – Val Trupchun (walking time approx. 4 h – medium)
Ride to S-chanf to enter Switzerland’s only National Park and the Val Trupchun. The trail will lead you through a dense forest to Alp Trupchun, the grazing area for local ibex and deer. Continue slightly downward over alpine fields and along the river to the Varusch cabin, and from there, back to the parking of ‘Prasüras’.
Tip: Guided tours to observe the wildlife, applications at the national park center T +41 81 851 41 41.

26 S-chanf – Cinnuoch-chel – Brail – Zernez (walking time approx. 4 ½ h – easy)
Beginning above S-chanf (1,662m/5,453ft), this walk follows the Via Engiadina to Zernez (1,485m/4,872ft). The pleasant path leads above the river Inn to the picturesque villages of Chapella, Cinnuoch-chel and Brail, and offers wonderful opportunities to admire the stylish old Engadin village houses. The path continues through delightful alpine meadows to Zernez (and the National Park Visitor Centre).

27 Swiss National Park: Ofen Pass (walking time approx. 4 ½ h – medium)
From Zernez take the Ofen Pass road to Punt la Drossa, car park 5 (1,794m/5,886ft – PostBus stop). A trail through the forest leads to Alp la Schera and on through alpine meadows up to the Munt la Schera, from which you can see the Lago di Livigno. A gently descending path leads over lush meadows to Buffalora on the Ofen Pass road (PostBus stop).

Equipment
Good walking boots, sunglasses, sun cream, weather protection; possibly lunch, binoculars and map

For further information www.engadin.stmoritz.ch Subject to alteration, May 2015

Your Tourist Information team wishes you a wonderful time on our scenic footpaths!