



Sendas d'aua minerala Mineral water trails

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Base Map

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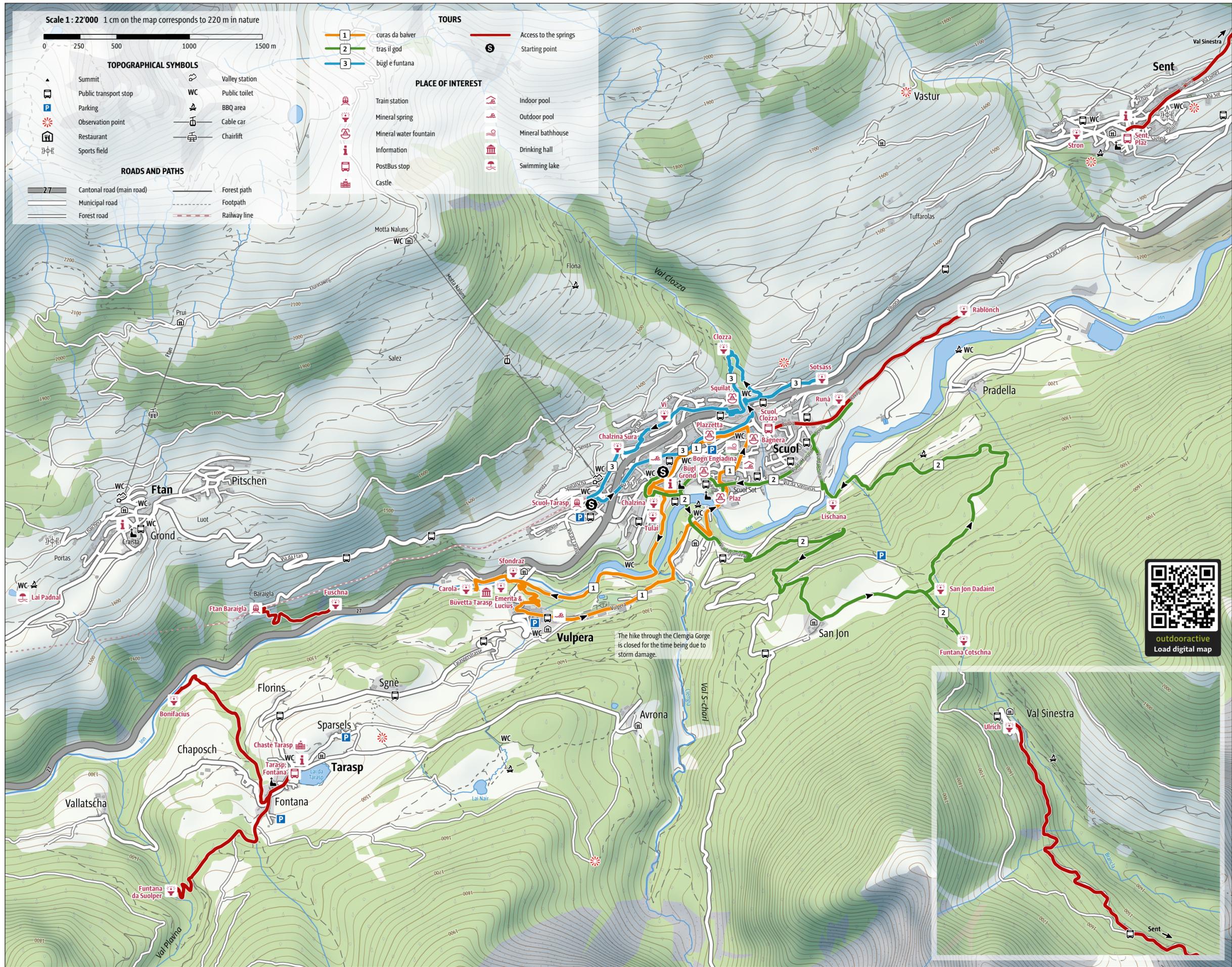
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Mineral water trails online



scuol-zernez.com/en/mineralwater



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Allegra e bainvgnü aint il paradis da las funtanas – Welcome to the paradise of springs: «miraculaua Scuol»!

The area around Scuol has more than 20 natural mineral springs with various water types. This variety is what makes the village a little paradise of springs. When hiking from spring to spring through the enchanting landscape, you can learn more about the history of this world-famous spa destination and the health-giving components of its mineral water. There are many idyllic spring taps and village fountains in the area that invite you to sample this precious commodity to your heart's content. You will want to bring a cup or bottle with you to fill up.

Three tours of the mineral springs and fountains are available. Bilingual boards (in Romansh and German) will inform you about the name, type, important water components and characteristics of each spring. Short literary quotations from works of poetry and prose from various centuries are also provided on the routes. This allows you to fully appreciate the water and the springs in their poetic and symbolic context. The content on these information boards can be found in English at scuol-zernez.com/en/mineralwater. Alternatively, a printed version is available from the Scuol visitor information centre.

Signage

The mineral water trails are signposted with white signs that have a green sticker featuring the «miraculaua Scuol» droplet. Mineral springs that are not part of any of the three tours, or that are located at a dead end (i.e. you would have to go back the same way after reaching them), are signposted with brown signposts. Springs that are not on a mineral water trail are marked on the map starting from the nearest public transport stop (with the name). The map shows how best to reach the spring. These springs are also signposted with brown signposts.



General rules and advice

The mineral springs are delicate natural areas. We therefore ask you to be considerate of this when you visit. Do not leave the paths and do not taste or fill any containers with water from untapped springs. Grazcha fich – Thank you!

The mineral springs of Lower Engadin

Over 20 springs are located either side of the river in an area just six kilometres long in the region of Tarasp – Ftan – Scuol – Sent. They laid the foundation for Lower Engadin's successful culture of spa tourism. The springs are the result of a tectonic window in Lower Engadin between the towns of Garsun and Pfunds. In addition to the mineral springs, there are also places in the local area where pure carbon dioxide gas (CO₂) escapes. These are known as mofettes.

How is mineral water formed?

Meteoric water (rain and meltwater) can penetrate underground through fissures, cracks, pores and karst openings. The route the groundwater takes determines whether the water reaches the surface as «ordinary» drinking water or as «highly mineralised» mineral water. The spring usually emerges at the lowest point where erosion has exposed the rock – usually near the bottom of a valley. The mineral water of Lower Engadin comes from Graubünden shale. Therefore, its degree of mineralisation depends on the following factors:

- how long the water spent in the rock underground
- the depth the water penetrated to
- the pressure and temperature conditions resulting from this depth

If, at great depths, groundwater or fissure water meets carbon dioxide gas rising due to the activity of magma or carbon dioxide gas produced by rock metamorphism, it becomes enriched with it, producing naturally carbonated water. The water dissolves various elements from the ground, such as sodium, calcium, magnesium, potassium, iron, chloride or sulphate, depending on the rock through which it flows. It usually takes many years or decades for the water to become mineral water. The mineral springs in the area around Scuol come to the surface as cold springs (5 – 11°C). The water in the Carola, Vi, Sotsass and Lischana springs spends about five years underground. Meanwhile, the water in the Lucius, Emerita, Sfondraz and Bonifacius springs needs about 25 years to «mature».

Tufas

The precipitation of minerals from the water as it emerges at the surface creates tufas, which have a stone-like appearance. Their colour can vary greatly depending on the minerals present.



1 curas da baiver

🕒 2 h 15 min
↔️ 7,3 km

↗️ 184 m
↙️ 184 m

Technique ★★★★★
Stamina ★★★★★

easy

On the trail of the water cures – featuring former drinking halls and hotels from the Belle Époque.

The mineral water trail «curas da baiver» starts at Scuol visitor information centre and follows the paths that visitors took over a hundred years ago when doing a water cure. Right at the beginning of the old spa route to Nairs you can see the first information boards about the Chalzina and Tulai springs. The path then goes down to the river Inn and crosses to the other side. Café Büvetta Sfondraz – once a drinking hall – can be found by the next upriver bridge. If the cafe is open, you can try the water from the Sfondraz spring. Going past the nearly 150-year-old drinking hall «Büvetta Tarasp» on the opposite side and crossing another bridge, you will come to Chasa Carola in Nairs and the Carola spring. Due to a risk of falling rocks on the slope behind the Büvetta, the Lucius and Emerita springs (both of which have strong mineral concentrations) are inaccessible until further notice. Next, you will go back to the turning that leads to Vulpera and up the hiking trail. There, you will be able to see some grand old hotels and the spa gardens of Hotel Waldhaus, which burnt down. The route over the river Clemgia to Gurlaina, then over the lower lying bridge will take you to the old village area of Scuol Sot. You can then drink the Sotsass mineral water at the Plaz and Bagnera fountains. Going via the Stradun road, you will then come to the Plazzetta fountain in the part of the village known as Scuol Sura, which has water from the Vi spring. The tour ends at the starting point.



2 tras il god

🕒 3 h 30 min
↔️ 10,6 km

↗️ 411 m
↙️ 411 m

Technique ★★★★★
Stamina ★★★☆☆

moderate

A special staircase in the forest, a huge tufa formed by a spring and a natural sports drink – all in one tour.

The mineral water trail «tras il god» goes through the forest up to San Jon. This circular route starts at Scuol visitor information centre. It goes to the Gurlaina Bridge and then up to an altitude of about 250 metres to the San Jon Stables. After a short break, it's onwards and upwards a few more metres in altitude to the fountain of Funtana Cotschna, where you can quench your thirst with mildly mineralised water. If you look over the stream behind this towards the rock face, you will see the mineral spring's waterfall. After that, you will backtrack a little and then turn right to go through some sparse forest. There, you will find the San Jon Dadaint spring, which is made up of several small pools and has formed a tufa in the shape of a staircase. Going past this spring will take you to the lowest point of the trail – to the Lischana spring. This magnesium-rich spring is very popular with athletes and it flows at the touch of a button. The path leads up the river Inn to the PostBus stop Scuol, Serras, at which point you take the road to the right. After about 400 metres, you can see the huge tufa formed by the Runà spring across the meadow on the left, near a farm. The path leads back to the bus stop, and from there it goes through the old part of the village, Scuol Sot. At the Plaz and Bügl Grond fountains, you can taste the mineral waters of Sotsass and Chalzina/Tulai. The route then ends back where it began.



3 bügl e funtana

🕒 1 h 45 min
↔️ 5,2 km

↗️ 148 m
↙️ 148 m

Technique ★★★★★
Stamina ★★★★★

easy

A pleasant hike through Scuol to fountains and mineral springs, with immersion in nature at the Clozza Gorge.

The mineral water trail «bügl e funtana», which leads to springs with their own fountains, starts at the Scuol-Tarasp railway station, from which it heads east. In the old part of the village of Scuol, above the Stradun, you will find the village fountain Plazzetta, where you can taste your first mineral water of the tour. After tasting the water of the Vi spring, you will continue on the cobblestones to the Clozza stream. The mineral water trail then crosses the stream and goes up to and past the hospital. About 400 metres later, you will come across the Sotsass spring and its pretty little square. From there, the mineral water trail goes back to the hospital and then goes upwards. It leads into the Clozza Gorge and in between rocks, where the path is partly exposed. When you reach the stream below, you will find a fixture with a lid. The Clozza spring is under there. Feel free to open the lid and press the light switch. You can taste the water further down at the «Squirrel Fountain» (Bügl da Squilat). Once you have fortified yourself with the Clozza spring water, you will continue on past the retirement home to the Vi spring in the new part of the village of Scuol. This spring, whose water contains iron, is located near Quartierstrasse (the district road). The route then goes back to the train station. Just before the station, you can see the Chalzina Sura spring in its natural state.



Scuol fountain tour

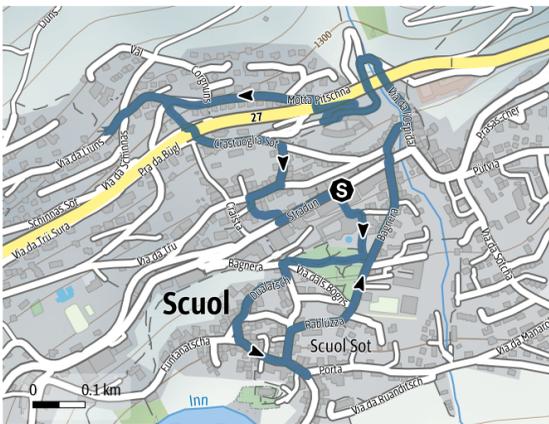
🕒 1 h 00 min
↔️ 3,1 km

↗️ 119 m
↙️ 119 m

Technique ★★★★★
Stamina ★★★★★

easy

The Scuol fountain tour takes in five village fountains from which you can taste natural mineral water straight from the tap. The water basins, which are sometimes separate, have been beautifully coloured by the deposit of minerals.



Please note

Büvetta Tarasp
The tapped mineral springs Lucius and Emerita in the former drinking hall «Büvetta Tarasp» in Nairs cannot be visited at present. The reason for this is the risk of falling rocks behind the drinking hall. The association «Pro Büvetta Tarasp» is dedicated to protecting and preserving the Büvetta. Up-to-date information on the renovation of the Büvetta can be found at pro-buevetta-tarasp.ch and on the Facebook page «Büvetta Tarasp» (in German).

Stron spring

Unfortunately, the Stron spring is no longer flowing at the Stron village fountain in Sent. In order to show that the area of the hamlet of Sent has also been shaped by the springs, information is still provided about the village fountain with its separate basin for the mineral water. This also helps demonstrate how sensitive the springs are: new ones appear, but long-standing ones can also disappear, and this can be triggered by natural or human influences.

Wheelchair access

The three tours are not wheelchair accessible, but some individual village fountains and mineral springs can be accessed in a wheelchair. For more information regarding this, please refer to the overview of the springs at scuol-zernez.com/en/mineralwater.

«tras il god» by bike

The mineral water trail «tras il god» is well suited to mountain biking (an easier ascent is available on the road to San Jon). The exception to this is the section before the San Jon Dadaint spring. At this point, we ask that visitors leave their bikes and proceed to the spring on foot, then continue the tour on the lower path. Thank you for your consideration.

Access in winter

Not all of the mineral springs can be accessed in winter. To find out which springs are accessible when, you can check the overview of all of the springs at scuol-zernez.com/en/mineralwater.

Water experiences

The mineral water trails are not the only way to learn about the springs. Our water experiences allow you to experience mineral water in a completely different way and learn even more interesting facts.

Water therapy consultations

Discover your personal mineral spring through integrative kinesiology – for greater vitality and well-being. For information and registration, contact: Sabina Streiter, Qualified Integrative Kinesiologist, p. +41 81 860 30 92, xinli-training.ch

Guided tours

Learn exciting facts during a guided hike to the springs or on the Scuol village tour. For information and registration, contact: Gäste-Information Scuol (visitor information centre), p. +41 81 861 88 00, scuol-zernez.com/en

Bogn Engiadina

Here, you can bathe in the pure mineral water of four different springs and you can drink water from the Sotsass and Vi springs in the entrance area and in the sauna area. Information: Bogn Engiadina, p. +41 81 861 26 00, bognengiadina.ch/en



Climate-themed audio tour: myclimate audio adventure

Learn about Scuol's mineral springs, local history and environmental protection during this interactive audio experience. For information and to hire audio guides, contact: Gäste-Information Scuol (visitor information centre), p. +41 81 861 88 00, scuol-zernez.com/audioadventure

Aua Forta – Water Days Engadin Scuol

Each year, the «Water Days» are held to celebrate the area's water through a series of events called «Aua Forta», centred around the UN World Water Day on 22 March. Information in German: aua-forta.ch

Types of spring and water components

The «healing springs» that were first documented in 1369 and were highly praised by Paracelsus in 1533 can be divided into nine categories based on their main components.

Types of spring	Springs
Naturally carbonated mineral water with calcium, hydrogen carbonate (and iron)	Chalzina, Chalzina Sura, Clozza, Fuschna, Rablönch, Runà, Sotsass, Tulai, Vi
Water w/ calcium, sodium, hydrogen carbonate, chloride & sulphate	Funtana da Suolper
Nat. carb. min. water w/ calcium, magnesium & hydrogen carbonate	Stron
Water w/ calcium, magnesium, hydrogen carbonate & sulphate	San Jon Dadaint
Water w/ calcium, magnesium, sulphate & hydrogen carbonate	Funtana Cotschna
Nat. carb. min. water w/ calcium, sodium, hydrogen carbonate & iron	Bonifacius
Nat. carb. min. water w/ sodium, calcium, hydrogen carbonate, chloride (arsenic & iron)	Carola, Sfondraz, Ulrich
Nat. carb. min. water w/ sodium, hydrogen carbonate, chloride & iron	Emerita, Lucius
Nat. carb. min. water w/ sodium, magnesium, hydrogen carbonate, sulphate & iron	Lischana

Applications

The information provided on the information boards about the use of the water as drinking water is deliberately kept very general because any targeted medical application (especially for the highly mineralised mineral waters) requires individual medical supervision.

The Rablönch and Ulrich springs

The Ulrich spring in Val Sinestra was used for water cures and bathing cures. However, it should now be noted that the arsenic content of the water is many times over the limit value for arsenic in drinking water. This means that the Ulrich spring does not provide potable water and its water should not be drunk. The water in the Rablönch spring has an arsenic content that is just over the maximum permissible value for arsenic in drinking water that is in place today. Therefore, this water can no longer be officially provided as potable water. If you choose to drink it, you do so at your own responsibility.

Grazcha fich to our supporters

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Fundaziun pro aua minerala

The mineral water trails were redesigned in cooperation with Fundaziun pro aua minerala. The foundation is dedicated to preserving and promoting the mineral water springs and it supports efforts to make knowledge about the springs and their history accessible to the general public. Contact: mineralquellen-scuol.ch