



Mineral water trails

LISCHANA

NATURAL MINERAL SPRING

NAME

The Lischana spring is named after the valley where it originates, Val Lischana. Lischana is derived from a personal name that no longer exists today.

TYPE OF SPRING

Naturally carbonated mineral water with sodium, magnesium, hydrogen carbonate, sulphate and iron

MAIN COMPONENTS

Sodium Na ⁺	1680 mg/l
Potassium K ⁺	71 mg/l
Calcium Ca ²⁺	310 mg/l
Magnesium Mg ²⁺	652 mg/l
Iron Fe ²⁺	17 mg/l
Chloride Cl ⁻	192 mg/l
Hydrogen carbonate HCO ₃ ⁻	6340 mg/l
Sulphate SO ₄ ²⁻	1660 mg/l

PARTICULARITIES

The highly mineralised water of the Lischana spring contains lots of iron and magnesium, which is why the spring is very popular among athletes.

Magnesium is needed to maintain normal bones and teeth. In its dissolved form, it contributes to the normal functioning of muscles and the nervous system and reduces fatigue.

The average daily requirement for an adult is 375 milligrams.

A first catchment was made in 1930, and after temporarily drying-up, the spring was re-contained in 1981 at a depth of 57 metres.

The water of the Lischana spring has an arsenic content that exceeds the maximum level for arsenic in drinking water. The water is treated by means of a filter system that reduces the arsenic content below this limit so that it meets the legal requirements for drinking water and can be consumed without any concern.

«This water was indeed a different thing from ordinary nourishment. It was good for the heart, like a present.»

Antoine de Saint-Exupéry (1900 – 1944)