



# Mineral water trails

## SFONDRAZ

NATURAL MINERAL SPRING

### NAME

The name Sfondraz is derived from the Romansh verb *sfuondrar*, meaning *to sink in, sink down*, and refers to the well-known slope instabilities in the area.

### TYPE OF SPRING

Naturally carbonated mineral water with sodium, calcium, hydrogen carbonate, chloride and iron

### MAIN COMPONENTS

Sodium Na <sup>+</sup>	1310 mg/l
Potassium K <sup>+</sup>	75 mg/l
Calcium Ca <sup>2+</sup>	592 mg/l
Magnesium Mg <sup>2+</sup>	102 mg/l
Iron Fe <sup>2+</sup>	8 mg/l
Chloride Cl <sup>-</sup>	846 mg/l
Hydrogen carbonate HCO <sub>3</sub> <sup>-</sup>	3740 mg/l
Sulphate SO <sub>4</sub> <sup>2-</sup>	693 mg/l

### PARTICULARITIES

The highly mineralised water of the Sfondraz spring contains particularly high levels of chloride. In dissolved form, chloride contributes to normal digestion by forming stomach acid.

The Sfondraz spring was used for bathing purposes in the Nairs spa and therefore called the *New Bathing Spring* when it was discovered. In 1966 a separate drinking hall, the *Büvetta Sfondraz*, was built for the spring. However, it was not worth the effort for long, and the drinking hall was closed again in the 1980s. In 2004, the building found a new purpose and has been used as a garden café ever since. When it is open, the water from the Sfondraz spring can still be tasted today.

The mineral water supposedly comes from the other side of the valley and is said to flow under the Inn. The deposits of the overflow to the Inn form an orange-reddish tufa.

«*It never rests, by day or night,  
but is always intent on wandering, the water.*»

Wilhelm Müller (1794 – 1827)