

Bellas vacanzas – Enjoy your holidays!

Welcome to the national park region



Zernez – Susch – Lavin – Guarda – Ardez – Ftan – Tarasp – Scuol – Sent – Ramosch – Tschlin

Welcome to the national park region



Exquisite views of Piz Tschütta.
© Andrea Badrutt, Chur

The national park region spans over 15 villages. It is a vast expanse with only sparse development and land use. There are about 7000 inhabitants here, spread across almost 1000 square kilometres.

Of course, this complex landscape with its innumerable side valleys and distinctive 3000-metre-plus peaks is not the easiest place to build a settlement or use commercially. What's more, with less than 8 inhabitants per square kilometre, it's clear that even outside Switzerland's only national park, there will be unspoiled nature all around. As early as 100 years ago, the national park's first rangers realised that nature does not always have to be green and idyllic. Naturally, the alpine coniferous forests, colourful mountain meadows and seemingly endless animal and plant species catch the eye. But aside from the flora and fauna,

the alpine mountain world is mainly defined by rock and water. This varied topography was first forged by wind, weather and time.

Nature within walking distance

Despite – or perhaps because of – its size and varied landscape, in the holiday region of Engadin Scuol Zernez, unspoiled nature is always within walking distance. Some much-loved examples of this include the lake plateaus of Macun or Rims, deep gorges like Val d'Uina, areas rich in wildlife such as S-charl, Cluozza and the Ofen Pass, God da Tamangur (the highest Swiss stone pine forest in Europe) and breathtaking landscapes like Val Sinestra or Val Plavna.



The power of water

The mountain springs, picturesque lakes and the river that shares its name with the area – the Inn (which is the “En” in the Romance language) – make Lower Engadin what it is. Around Scuol there are about 20 mineral water springs, some with very strongly mineralised water. These springs helped to make the region world-famous 150 years ago and they are still at the heart of the holiday experience here today.

Aua Forta – Water Days Engadin Scuol

Each year, the “Wassertage”, or Water Days, are held to celebrate the area’s water through a series of events centred around the UN World Water Day on 22 March.

Experiencing nature beyond the park borders

Nature doesn’t just stop at the border of the national park. You can discover the unspoiled natural and cultural landscapes all around the park on excursions with animal protection advocates and natural scientists, on individual tours (multi-day tours are also available), on the occasion of meadow championships, in selected nature reserves, or on GEO Biodiversity Days. The visitor programme provides many different guided excursions and nature experiences in the “Holiday Tips” brochure.

Discover nature



The Swiss National Park

Established in 1914, the Swiss National Park is the oldest and best protected national park in the Alps. It is home to untouched landscapes and a unique variety of plants and animals. Here, natural processes are free to unfold beyond the influence of humans. With clearly signposted hiking trails, experiences for all ages and a visitor centre in Zernze, you have everything you could wish for:

- 170 km² of protected nature
- 80 km of signposted hiking trails
- Various ways to access on foot and by public transport
- Guided excursions
- Interactive exhibition in the visitor centre
- Visitor centre open year-round

Brochures and additional information can be found at the visitor information centres and at: nationalpark.ch/en



Selected experiences of nature

Every summer, the “Holiday Tips – Summer Experiences” brochure provides information about various excursions that showcase the natural treasures of the national park. There are around 40 nature experiences to choose from. These include guided hikes in Val Sinestra, which won “Landscape of the Year 2011”, guided tours with ornithologists and reptile experts, botanical hikes, water experiences, forest excursions, WWF adventure days and wildlife observation trips.

The information about both the summer and winter experiences is compiled in the “Holiday Tips” brochure, which can be found at the visitor centres.

Nature in all its colours

Autumn: Nature puts on a show to remember

Deep blue skies, golden larches and white, snow-capped peaks: Engadin dazzles in autumn. When the days become shorter and the colours of the conifer forests and mixed woodland change, nature comes into its full glory. Mild temperatures entice visitors to go on meandering hikes or bike tours, or simply stroll through the picturesque national park region. The “Alpabzug” festivals when cattle returns to the valleys, cultural events, autumn markets and wildlife watching provide a sense of spectacle. You can even go to see the deer rut in the national park. Autumn is also the perfect time to watch wildlife that is mainly active at twilight because these species move to lower altitudes for the winter. And last but not least, autumn is a treat for the palate. Delicious mushroom and game dishes and alpine cheese add a tasty flourish to this colourful and soothing season.



Winter: light, shadow and discoveries

Like a striking sgraffito painting, winter in Engadin is alive with a beautiful interplay of light and shadow. Sun-kissed villages are peppered throughout the soft, sweeping landscape, high above the Inn river, while dark green forests hide among the shadows of the majestic Lower Engadin Dolomite mountain range. The sparkling river flows past historic relics such as Tarasp Castle and forms magical winter scenes made from water, snow and ice.

You can let this winter wonderland get under your skin by taking one of the many guided tours recommended in the “holiday tips”. With a diverse mix of guides – from nature conservationists to farmers and from craftsmen to butchers, biologists and sgraffito artists – you are sure to find the experts who can help you discover your favourite places and experience them to the fullest.



History that defines and tradition that lives

On the way to Lai Nair with views of Tarasp Castle and the hamlets of Sparsels and Fontana.
© Andrea Badrutt, Chur

Lower Engadin: three municipalities comprising 15 villages in the multilingual region of Graubünden, joined by mountain passes and waterways, separated here and there by mountains and valleys, and united by language and the challenges of everyday life in a mountain region. It is a region defined by a living culture that is in harmony with the rhythm of the seasons.

Bainvgnüts illa rumantschia valladra!

The sun comes up in the morning and goes down in the evening – in summer the days are long and warm, and in winter they are short and cold. Nothing special about that, really. And yet, it is this simple rhythm that has always shaped the thinking, actions and economies of the local population. The traditional architecture, lifestyles and cuisine of the people of Engadin are testament to this. The customs of the region are also

based on the rhythm of the seasons and they celebrate the coexistence of people and nature.

Similarities and differences

Just as nature shapes everyday life, the region's topography shapes the character of the local people. There are innumerable mountains and valleys spread throughout Lower Engadin. They connect and separate people in equal measure, which is why the people of Engadin see themselves in light of both how they differ from their neighbours and how they are the same. This is also how a certain local pride has come to be forged over the centuries. There is an awareness of the distinct identity and strong, independent character of each individual community.



Experience exquisite variety

Experiencing the local customs, visiting museums, taking village tours and going on excursions to the most important historical relics will help you develop an eye for the diversity of this region, which extends down to the smallest details. Moreover, all of these elements also tell the most thrilling stories of Engadin.

Practically every village has its own cultural highlights throughout the year and all of these are compiled in the seasonal holiday tips brochures and in the information magazine ALLEGRA.

Cultural highlights and experiences

Lower Engadin simply begs to be explored and experienced. Here is a selection of the experiences it offers:

Language and way of life

- Numerous local museums
- Guided tours through villages, in some cases including protected historic sites
- Schellen-Ursli ("A Bell for Ursli") in Guarda and Chalandamarz parades around 1 March
- Stamparia/Museum of Printing in Strada
- Hand-made Engadin sgraffito
- The cultural landscape of Scuol-Tarasp
- Per giassas e straglias: learn Romansh while you walk
- Café Rumantsch in Scuol and Ftan
- From spring to spring in Scuol

Cuisine and specialties

- A visit to the confectioner's
- Brewery visit and tasting
- Cheesery tour with tasting
- From milk to cheese – a visit to the Alpine hut
- Bacharia Alpina – the Alpine butchery

Historical highlights

- Art and castle tour in Tarasp
- The Alpine mill in Ftan – Muglin da Ftan
- A cultural tour of the incredible Altfinstermünz fortress
- The church paintings of Lavin
- The old silver mines of S-charl
- Auals, or irrigation channels – the waterways and their importance

Discover history



Yesterday, today, tomorrow: Tarasp Castle

Built in 1040, the majestic Tarasp Castle is the emblem of the Lower Engadin region and the jewel in its crown. Tarasp belonged to Austria at the beginning of the 19th century. Around the turn of the 20th century, the ruined castle was purchased and painstakingly renovated by K.A. Lingner, a German businessman who frequented spa resorts in the area and was

the inventor of Odol mouthwash. On 30 March 2016, the world-famous Engadin artist Not Vital became the new owner of Tarasp Castle. His vision is to turn the castle, which is already open to the public, into a national and international cultural attraction featuring contemporary art and a sculpture park. Castle tours are held regularly – in summer there are several each day. Regular organ concerts bring the mighty 3000-pipe wooden organ to life, reverberating through the walls and making a lasting impression on audiences.



Cultural history, distilled: Museum d'Engiadina Bassa

The historical house “Chà Gronda” on the Plaz, or square, of the historical lower village (Scul Sot) alone is worth a visit. This building, which was constructed around 1700, provides an insight into traditional Engadin houses and into the original, simple Engadin way of life. Furthermore, the museum features an exhibition about prehistoric archaeological findings in Lower Engadin, as well as a priceless library with works of Romansh literature, from the first translations of the bible through to present day publications.

Each year, the museum puts on a new special exhibition on a topic that is relevant to the region.

Culture brought to life

Relics of Lower Engadin's past

Do some historical sightseeing and hear exciting stories about the life and work of the people here over the centuries. The medieval mining tunnels in S-charl, the Altfinsternmünz fortress or the old mill in Ftan are all great options. In addition, key features of the village tours include fortress ruins, churches and castles, such as the Chastè Planta-Wildenberg in Zernez.



Chi chi sa rumantsch ...

... sa daplù – If you can speak Romansh, you can more. So say the Romansh people. Switzerland's melodic, independent fourth national language is still part of everyday life in Lower Engadin. Visitors can find out what lies behind this and how the Vallader dialect gives its users an edge through the various Romansh language courses and the related activities recommended in the holiday tips.



A wide variety of museums

The language, lifestyle and architecture of the inhabitants of the valley are truly fascinating. This is why many local museums focus on the traditional Engadin house and the hard everyday life of the past. Various other exhibitions focus specifically on topics such as printing, the well-known fictional character "Schellen-Ursli", mining, biodiversity and nature, but also on contemporary modern art and much more.



Develop a Romansh palate

Engadin cuisine is at the core of the local culture. Traditional dishes such as Plain in Pigna, Pizzocals, or Gerstensuppe can be found on almost every menu and in cooking courses. Traditional food tasting tours are also very popular. You can visit Alpine cheeseries, confectioners (who make pear bread, nut cake etc.), and of course butchers (who make dried meat and salsiz).



Rest and rejuvenation in Romansh: Bogn Engiadina Scuol



Bathe in mineral water with a view of the Lower Engadin Dolomites.
© Bogn Engiadina, Johannes Fredheim

The 20-plus mineral springs in Lower Engadin are the cornerstone of the area's bathing culture. The mineral springs of Scuol and Tarasp were first mentioned in official records in 1369. Some village fountains in Scuol offer these bubbling treasures non-stop and free of charge. In addition to the salt water bath and the cold water pools, all pools of the Bogn Engiadina contain the water of the springs Vi, Sotsass, Chalzina and Tulai.

Thanks to its mineral bath "Bogn Engiadina", Scuol has occupied the top spot for bathing in the Alps for over 25 years. Here, you can bathe in pure mineral water in the midst of the wondrous Lower Engadin mountains. There are five indoor and outdoor pools to choose from with massage jets, bubble jets, waterfalls, a whirlpool and a salt water pool.

A wide range of spa services and therapies complements the bathing experience and provides an added sense of well-being. The sunbathing lawn and the Könz relaxation room, featuring a fireplace, invite you to switch off and let your thoughts wander. The Romansh bathing ritual, which is available to be booked separately, is a whole world of experiences in and of itself.

A spacious sauna landscape

Entering this modern sauna landscape feels like arriving in paradise. You can choose from a steam room, a Finnish sauna, a fireplace sauna and a warm sauna. There is also a separate sauna for ladies. Those who prefer their bathing cold or wet should definitely try the ice fountain, the plunge pool, the waterfall wall, the shower grotto and the cold water pool.



In between saunas you can enjoy panoramic views from our chill-out cabin, relax on the sunbathing lawn, or take a stroll and sample mineral water from a variety of local springs. The entrance fee covers access to both the bathing area and sauna area.

Opening hours and prices can be found in a separate brochure and online at: bognengiadina.ch/en

National park region and health region

The national park region and health region was established as part of the blooming of the spa tourism sector 150 years ago. The region is specialised in gluten-free, lactose-free and wheelchair accessible holidays.

Gluten-free and lactose-free holidays

Over 30 hotels and restaurants here cater to visitors who have celiac disease, are sensitive to gluten, or are lactose intolerant. So whether you choose to dine at the hotel or at a mountain restaurant, you're sure to find a suitable dish.

Wheelchair accessible holidays

Our holiday region is committed to provide 100% wheelchair accessible holidays. This starts from the moment you arrive, and you will find that our entire range of services on site lives up to this promise. The Rollibuch, or wheelchair accessibility book, contains all the relevant information you need for a wheelchair-accessible holiday.

Hikes that engulf all the senses



Welcome a brand new day with a hike to Munt d'Ardez.
© Andrea Badrutt, Chur

Whether you go for a multi-day trek, a single-day tour or a short walk, the national park's immensely rich biodiversity, its varied landscapes, its astounding panoramic views and its clearly and consistently marked routes make it a destination to remember.

Conquer a mountain ridge bordering the national park, then relax by the cool mountain lake. Enjoy the view of Tarasp Castle in the Lower Engadin mountain landscape or be amazed by the climbing skills of the chamois. The smell of mountain pine fills the air, dew nestles in the petals of Alpine roses. Hear the local baker greeting customers in Romansh and feel the mountain's fresh summer breeze on your skin.

The PostBus, the Rhätische Bahn railway and the cable cars transport hikers from the Engadin villages to the hiking trails or directly to the national park. They are also available to bring hikers closer to the numerous mountain chalets or take them to the Bogn Engiadina mineral bath-house to relax. Organised luggage transport, seamless signage and specialised hiking guides will help you enjoy this moment unencumbered, so you can concentrate on the natural delights.

Tip: as part of the "Engadin Scuol Mobil" scheme, over a dozen hotels offer free daily travel on the cable cars, the Rhätische Bahn railway and the PostBus.



The hiking country of Lower Engadin

- 300 hiking trails in and around the Swiss National Park
- Over 1000km of hiking trails
- Elevations from 1200 m to 3400 m-plus
- Multi-day tour "Via Engiadina" available to book as a package including luggage transport
- 13 themed trails
- About 20 Alpine guest houses, mountain restaurants and SAC cabins
- Countless mountain streams and lakes
- Themed hikes recommended in the "holiday tips" brochure

Planning your hike

There are more than 1000 km of sign-posted hiking trails going through the Graubünden high mountain valley. The uniform signage used on all hiking routes makes navigation easy. However, the best way to plan your route is using the interactive map "Outdooractive", which can be found at:

maps.engadin.com/en

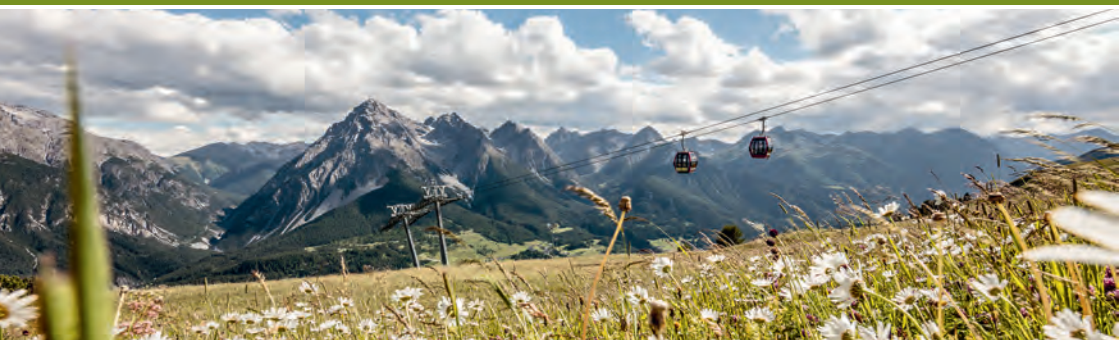
The Outdooractive app

The interactive map is also available as a free app that covers all tours, whether hiking, mountain biking, snowshoeing or cross-country skiing. It allows you to check the tour description and altitude profile for all tours. Thanks to integrated GPS navigation, you will always be able to find your way. The Outdooractive app is available for both Android and iOS.

Sommer map

In addition to the topographical maps and hiking maps, the summer map of the Engadin Scuol Zernez holiday region provides a handy overview of the most important hiking and biking trails, themed trails, walking trails and other attractions around the holiday region. This map can be obtained free of charge at the local visitor information centre or online.

Have an active summer



Motta Naluns in summer

Get on the mountain quicker and stay out longer. When the last of the snow has melted and the benches along the hiking trails have been adjusted to the correct height again, the cable cars start running on their summer schedule. The “Scuol-Motta Naluns” cable car and the “Ftan-Pruì” chairlift transport guests up the mountain quickly and comfortably, allowing them to reach the hiking and mountain

biking paradise of Motta Naluns or get back down into the valley with ease.

Regular events on the mountain, a large playground, a walking bike course, three mountain restaurants, the Flurina trail and the scooter trail for young and old mean that there is plenty to do for everyone.

Details about entire range of services as well as operating times and tariffs are listed in a separate brochure and online at: bergbahnen-scuol.ch.



Go as far as your feet will take you.

Those who don't just like hiking, but love it, usually want to hike without limits. The organised luggage transport on the multi-staged hike – Via Engiadina – makes this possible.

The Via Engiadina will take you to villages such as Guarda, Ardez, Sent and Tschlin. It offers varied day hikes and panoramic views of the Lower Engadin Dolomites.

Unforgettable summer experiences for all ages

Rope adventure park

At this rope adventure park in Sur En, both children and adults can safely make their way through a variety of exciting rope courses under expert supervision. It combines exercise and coordination with a healthy dose of fun. Just a few metres from the camp site, in the woods, there are eight different courses set at heights ranging from 1 to 14 metres above the forest floor. This means there is a challenge to suit everyone.



Scooters

Fun for everyone – take the cable car to the Motta Naluns mountain station and then ride back down into the valley on a rental scooter. The route is 10 km long and goes through Prui and the Engadin village Ftan before ending in Scuol. The scooters are equipped with disc brakes and broad tyres – perfect for the unpaved road – and helmets are included in the rental price.



Themed trails and walking experiences

The Schellen-Ursli trail in Guarda and the Warzenbeisser trail in Tschlin are just two examples of what's on offer in the national park region. They provide exciting views and impressions together with interesting background information on Lower Engadin flora and fauna as well as on the stories and history of the area. For more information, check the free materials and maps available at the visitor information centres.



Other summer activities

Summer in Lower Engadin means activities for all. With so much on offer – fun with kayaks or dinghies on the river Inn, horse trekking, indoor and outdoor swimming pools, a 9-hole golf course, playgrounds and barbecue areas, sports facilities and much more – you are sure to have an action-packed, fulfilling summer holiday.



Holiday with the mountain biking specialists

Mountain biking from Prui towards Alp Laret.
© Andrea Badrutt, Chur

Experience remote, fairytale villages, fresh mineral water from village fountains and tangy cheese from the rugged Alps. Mountain bikers will be as enchanted by the plunging gorges and old smuggling routes as they are by the unspoiled nature around the national park. The biker-friendly, well connected train and PostBus network comprising around 500 km connects the natural beauty spots and offers a variety of itineraries.

The topography is absolutely perfect for long tours. Around the Swiss National Park, the natural and cultural landscape reveals itself to bikers in all its richness. This richness can be seen on the legendary National Bike Marathon track, on the way through the mountainside villages of Engadin, en route through historical sites or

on the trans-alpine route through Val Sinestra and the spectacular gorge at Val d'Uina. The high-altitude tours here are full of amazing sights and sounds. Every so often, you will hear a Romansh greeting coming from a house facade decorated with sgraffito and richly mineralised mineral water bubbles in the fountains of Scuol. En route, cooling mountain lakes and Alpine guest houses offer relaxation, while suspension bridges await adventurous bikers.

The best way to get a good overview of what is available and plan your individual route is to use the interactive map that can be found on maps.engadin.com/en and the associated mobile app "Outdooractive".



Facts and figures about Lower Engadin's mountain biking country at a glance

- 500 km of marked biking trails across an area of 942 km²
- An easy-to-use, high-quality route planning tool: maps.engadin.com/en
- Cable cars equipped to take mountain bikes
- Public transport: 85 stops and both the PostBus and the Rhätische Bahn railway are equipped to take mountain bikes
- Individual package offer for bikes and e-bikes, including luggage transport:
 - National Park Bike Tour
 - Uina Bernina Bike Tour
- Bike shops / bike hire / biking schools
- Around a dozen designated, specialised biking hotels

Selected natural and cultural sightseeing recommendations for bikers

- Tamangur Swiss stone pine forest and onwards via Costainas to Val Müstair (Alpine Bike Route no. 1)
- Rock path "il Quar" at Val d'Uina or suspension bridges Zuort – Sinestra (Route 443)
- Engadin villages along old mule tracks (Route 442 or 444)
- Alp Laret, Alp Champatsch, Alp Laisch and others with an alpine feeling (e.g. Route 442)
- Refreshment en route (for example from the Lai Nair mountain lake, village fountains, and village fountains with mineral water)
- Historical highlights such as the ruins of Steinsberg Castle, the Chanoua ruins at Ardez or Tarasp Castle

National Park Bike Marathon

The National Park Bike Marathon is the apex of the biking experience in the holiday region of Engadin Samnaun Val Müstair. Every year on the last Saturday of August since 2001, the race has attracted around 2000 athletes, mountain biking enthusiasts and hobbyists to the Swiss National Park. The unspoiled, unmistakable landscape has to be the biggest added highlight of this major event, which is part of the national marathon series and is run as a climate-neutral event. The courses on offer are varied and challenging. There are four different distances, with categories for those at the top of the sport as well as the team categories "Young and Old" and "Stafetta" ("Relay"). With so much variety, this is the biggest bike event in Grisons.

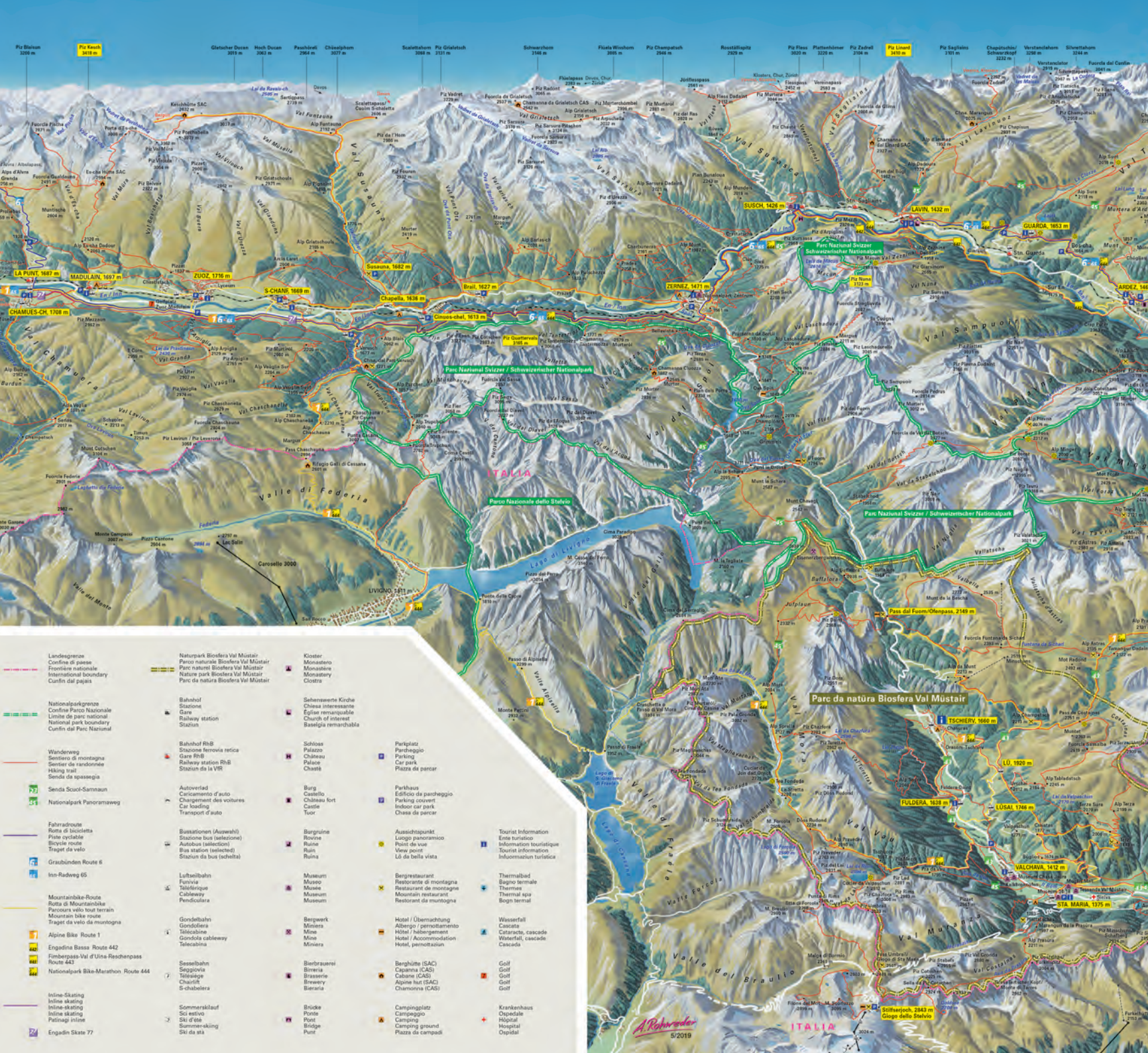
bike-marathon.com

The Romansh language

Romansh is the fourth official national language in Switzerland. Around 35'000 residents of the canton of Graubünden speak Romansh in various dialects, the official vernaculars. The former independence and isolation of the Graubünden valleys led to the development of five vernaculars: Sursilvan (Vorderrhein), Sutsilvan (Hinterrhein), Surmiran (Oberhalbstein, Albula), Puter (Upper Engadin) and the Vallader dialect spoken in Lower Engadin and Val Müstair (where the Jauer dialect variant is spoken).

Getting to know Lower Engadin – the Vallader dialect

The Romansh language is spoken, lived and actively fostered in Lower Engadin. As a major part of the regional culture, Romansh is not only used in songs and books, but also everywhere in the streets and schools. There is even a law stating that the signage on shops and businesses must be in Romansh, for instance. School children are taught exclusively in Romansh until grade three. After that, German is the first foreign language introduced, followed by French and English (from grade five) or Italian. In addition to everyday usage, the Romansh language (Rumantsch Grischun and/or individual vernaculars) is officially used as the language of instruction in schools and is taught as a subject. It also appears on local signage and in regional media and publications.



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| Lendegrenze
Confine di paese
Frontiera nazionale
International boundary
Confins dal pais | Nationalparkgrenze
Confine Parco Nazionale
Limite de parc national
National park boundary
Confins dal Parc National | Wanderweg
Sentiero di montagna
Sentier de randonnée
Hiking trail
Senda da spassagia | Senda Scuol-Samnaun
Nationalpark Panoramaweg | Fahrstrasse
Rotta di bicicletta
Piste cyclable
Bicycle route
Tragel da velo | Grubadun Route 6
In-Radweg 65 | Mountainbike-Route
Rotta di Mountainbike
Parcours vélo tout terrain
Mountain bike route
Tragel da velo da montagna | Alpine Bike Route 1
Engelina Bassa Route 442
Fimberpass-Vai d'Ulin-Reschenpass
Route 443
Nationalpark Bike-Marathon Route 444 | Infile-Skating
Infile-skating
Infile skating
Patinage infile
Engadin Skate 77 | Naturpark Biosfera Val Mustair
Parco naturale Biosfera Val Mustair
Parc naturel Biosfera Val Mustair
Nature park Biosfera Val Mustair
Parc da natura Biosfera Val Mustair | Bahnhof
Stazione
Gare
Railway station
Stazion | Bahnhof Rhl
Stazione ferroviaria
Gare Rhl
Railway station Rhl
Stazion da la VR | Autoverlad
Caricamento d'auto
Changement des voitures
Car loading
Transport d'auto | Bustationen (Aemwhl)
Rovine
Autobus (selection)
Bus station (selected)
Stazion da bus (schelta) | Leilubahn
Funicul
Téléférique
Cableway
Penducular | Gondelbahn
Gondoliera
Télécabine
Gondola cableway
Telecabina | Sesselbahn
Seggiovia
Télésiège
Chairlift
S-dubliera | Sommerlauf
Sci estivo
Ski d'été
Summer-skiing
Ski da stà | Brücke
Ponte
Pont
Bridge
Punt | Campingplatz
Campground
Camping
Camping ground
Piazza da campadi | Kloster
Monasterio
Monastère
Monastery
Cloître | Sehenswerte Kirche
Chiesa interessante
Eglise remarquable
Church of interest
Baselgia remarcabile | Schloss
Palazzo
Château
Palace
Chastè | Burg
Castello
Château fort
Castle
Tur | Aussichtspunkt
Luogo panoramico
Point de vue
View point
Lò da bella vista | Bergrestaurant
Ristorante di montagna
Restaurant de montagne
Mountain restaurant
Ristorant da montagna | Hotel / Übernachtung
Albergo / pernottamento
Hôtel / hebergement
Hotel / Accommodation
Hotel, pernottation | Berggüte (SAC)
Casanna (CAS)
Casanna (CAS)
Alpine hut (SAC)
Quannona (CAS) | Berggüte (SAC)
Casanna (CAS)
Casanna (CAS)
Alpine hut (SAC)
Quannona (CAS) | Wasserfall
Cascata
Cataracte
Cascade
Cascada | Golf
Golf
Golf
Golf
Golf | Krankenhaus
Ospedale
Hôpital
Hospital
Ospital |
|--|---|---|---|---|----------------------------------|--|---|---|---|---|--|--|---|---|--|---|--|---|--|--|---|---|---|---|--|--|--|--|--|--------------------------------------|---|



On the go with a racing bike

Learn and experience the Romansh language

- Hello – **allegra**
- Goodbye – **a revair**
- Good morning – **bun di**
- Good evening – **buna saira**
- Good night – **buna not**
- Enjoy your holidays – **bellas vacanzas**
- Thank you – **grazcha fich**
- Please – **per plaschair**
- Have a good trip – **bun viadi**
- The bath – **il bogn**
- The flat – **l'abitaziun**
- The house – **la chasa**
- The butcher's shop – **la bacharia**
- The bakery – **la furnaria**
- The bank – **la banca**
- The shop – **la butia**
- The post office – **la posta**
- The hospital – **l'ospidal**
- The restaurant – **l'ustaria**
- The street – **la via**
- No – **na**
- Yes – **schi/hai**
- Excuse me – **s-chüsa**
- Monday – **lündeschdi**
- Tuesday – **mardi**
- Wednesday – **marcurdi**
- Thursday – **giövgia**
- Friday – **venderdi**
- Saturday – **sonda**
- Sunday – **dumengia**

Learn Romansh

Lia Rumantscha

The umbrella organisation for the promotion of the Romansh language and culture, including the online shop for Romansh literature and music.

liarumantscha.ch

Pledari Grond

A large online dictionary for Rumantsch Grischun and individual vernaculars.

pledarigrond.ch/vallader



Passes, such as the Flüela Pass, are particularly tempting prospects for a bike tour.
© Henning Angerer

Lower Engadin, the neighbouring side valleys and the many pass roads are so inviting. So why not experience the incredible cycling and racing bike tours in this tri-border region? Once you have climbed the steep pass, you will soon feel the fresh mountain air in your face again as you descend into the valley or you can explore the original Engadin villages as part of a tour.

With so many valleys and passes, any keen cyclist will come away feeling that their trip was worthwhile. On your bike, you can pass through original, Romansh-style Engadin mountainside villages

such as Guarda or Sent, past historical sites such as the almost 1000-year-old Tarasp Castle, through the Biosfera Nature Park in Val Müstair or through the spectacular mountain route to the only duty-free shopping haven in Switzerland, Samnaun.

In the Engadin Samnaun Val Müstair holiday region, passes such as the Umbrail, Stelvio, Reschen, Flüela and Ofen passes call out to your wheels, your legs, and your senses in equal measure.



Engadin Bike Marathon

The Engadin Bike Marathon is one of Switzerland's largest and most idyllic bike marathons. The event is part of the Swiss Cycling Top Tour. Only races of exemplary quality with great views and exquisite landscapes qualify to be part of this. Professional athletes can test themselves on the long course (214 km) or the short course (97 km). Every year at the start of July, 1500 cyclists ride through the Forcla di Livigno, Ofen, Bernina, Flüela and Albula passes as part of the marathon.

rad-marathon.ch

Overview of the mountain passes

Flüela Pass

2383 m high, 26 km long, connects Susch with Davos

Ofen Pass

2149 m high, 36 km long, connects Zernez with Val Müstair

Reschen Pass / Norbertshöhe

1504 m high, 45 km long, connects Martina, Nauders and Val Müstair

Stelvio Pass

2757 m high, 27.5 km long; connects Val Müstair, Veltlin and Vinschgau

Umbrail Pass

2501 m high, 13.4 km long, connects Val Müstair with Bormio

Winter sports for the whole family



A skier on the Prui slope in the ski region of Scuol. In the background, you can see Val S-charl and the local Lower Engadin mountains. © Andrea Badrutt, Chur

The Scuol ski region is nestled among the Lower Engadin mountains on a southern slope with a view of the Lower Engadin Dolomites. A total of 26 slopes make their way down from the highest mountain, which is 2780 m above sea level (Champatsch) to Scuol (which is 1250 m above sea level) providing something for everyone. The ski region also has a sledge run and airboard run, winter hiking trails, cosy mountain restaurants and much more.

One of the highlights here is the “Traumpiste”, or dream run, at the very eastern side of the ski region, which meanders down from Salaniva Mountain to Sent. However, this is by no means the only run that provides bags of fun; 25 other, varied runs await the winter sports enthusiast, and all of them are located on the southern

slope, which ensures that you will have a warm experience and a healthy glow, even in the middle of winter. At the Scuol Snow Park, you can watch the acrobatic feats of the pros. If you want to try a jump yourself, you're in for a lot of air time! The jumps remain hard due to being in shade, whereas the landing areas become softer due to the sun. What's more, the panoramic view here makes Scuol stand out from other parks. The ski region also has a sledge run and an airboard run from Prui to Ftan.



We cater for our smaller visitors too. Your little ones will never have a dull moment. Our day care centre is there to give you a break and the Nalunsin kid's area right at the Motta Naluns mountain station will keep them entertained.

Tip: various hotels offer the ski pass together with a pass for the local bus and the ski bus, plus overnight accommodation as a package called "Skipass Inklusive" ("Inclusive Ski Pass").

Motta Naluns – key figures

- 70 kilometres of slopes at elevations ranging from 1250 m or more (Scuol) to 2783 m or more (Champatsch)
- 26 ski slopes
- 12 blue, 10 red and 4 black slopes → A skiing experience for every level of ability
- 1 of the black slopes is named after Olympic Champion Nevin Galmarini from Ardez
- 2 chairlifts to the ski region of Motta Naluns (Ftan and Scuol)
- 12 downhill runs throughout the ski region
- 3 skiing and snowboarding schools
- 6 mountain restaurants to spoil you with Graubünden specialities and all the things that make a day of skiing perfect
- 3 après-ski bars are waiting to welcome you at the end of your day's skiing
- 1 snow park provides flowing runs, plenty of air time, and lots of chilled-out vibes along with support from the experienced Shape Crew
- Winter hiking trails and the Flurina trail from Motta Naluns to Ftan
- 1 sledge run and 1 airboard slope from Prui to Ftan
- Specialist winter sports shops within walking distance of the skiing area

The operating times and tariffs for the Scuol ski region are listed at: bergbahnen-scuol.ch

Enjoy the gentle pleasures of winter away from the slopes



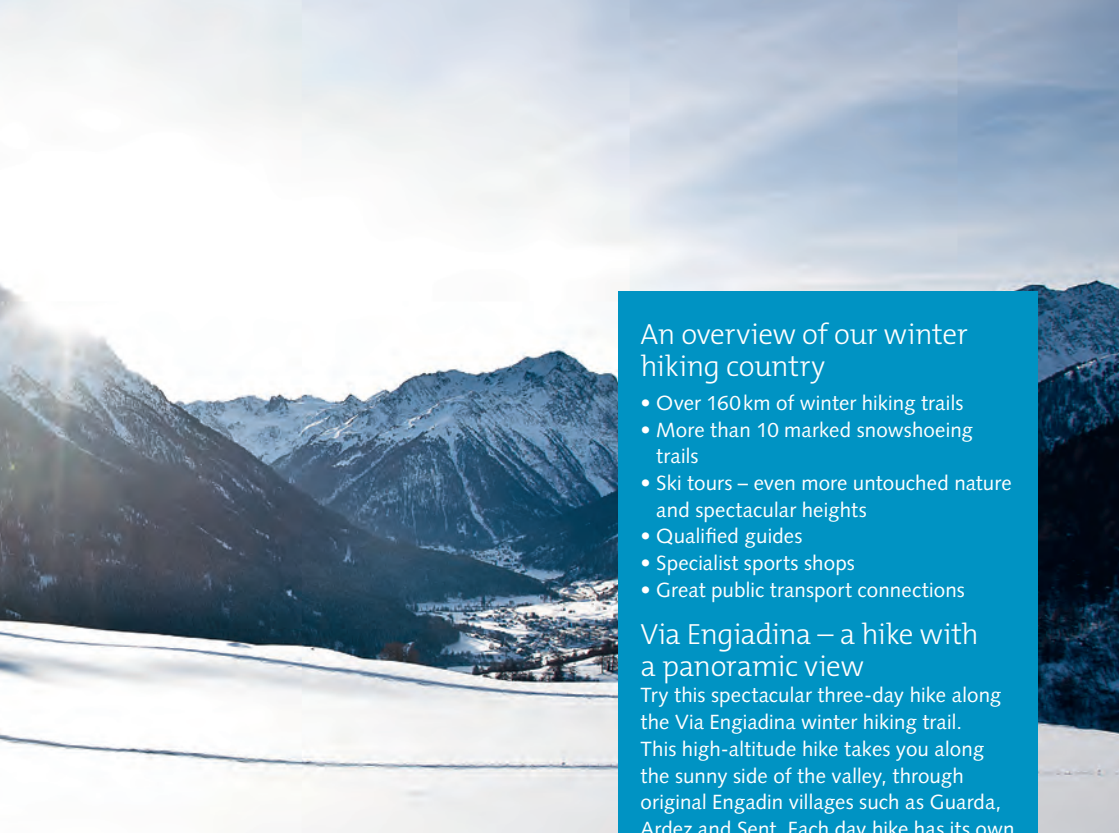
Showshoeing tour on a plateau above Guarda.
© Andrea Badrutt, Chur

A wide range of mountain restaurants, seamless signage and access by train, bus and cable car make it so easy to enjoy a winter hike through the unspoiled nature of the national park region.

If you want to get really active, you can take a tour lasting several days, such as the Via Engiadina, make the most of the local biodiversity, or spontaneously switch to the other side of the valley. You can hike in the silence of the snow-covered landscape, far away from the slopes. Here and there, the hiking routes overlap with the cross-country skiing network, but there is plenty of room for everyone – both the winter hiker and the cross-country skier.

When winter hiking, you will also pass sun-drenched Engadin villages far above the river Inn, which tempt you to take a break. There are also some beautiful winter hiking trails along the river Inn. The natural landscape by the river, enchantingly dusted with ice, will make you feel like you are entering another world. These gentle winter hikes make Lower Engadin seem like a wintry fairytale.

There are also more than 10 marked snowshoeing trails where you can find inner peace in the stillness of nature. Your non-slip footwear will take you through remote sections of forest and to paths with exquisite panoramic views. You might even have the chance to make the first footprints in virgin snow.



If you are looking for alpine seclusion, look no further than a tour where you put skins on your skis and glide in the company of experienced guides. An unforgettable deep snow adventure.

Safety first: Beyond secured pistes and paths, you are responsible for your own safety. This means you need proper training and appropriate equipment, including emergency equipment in case of avalanches. Before you go on any tour, get informed about the weather and the risk of avalanches.

All of the winter tours can also be found online on the “Outdooractive” interactive map available at: maps.engadin.com/en and on the Outdooractive app.

An overview of our winter hiking country

- Over 160km of winter hiking trails
- More than 10 marked snowshoeing trails
- Ski tours – even more untouched nature and spectacular heights
- Qualified guides
- Specialist sports shops
- Great public transport connections

Via Engiadina – a hike with a panoramic view

Try this spectacular three-day hike along the Via Engiadina winter hiking trail. This high-altitude hike takes you along the sunny side of the valley, through original Engadin villages such as Guarda, Ardez and Sent. Each day hike has its own unique charms and you can also look forward to majestic, panoramic views of the Lower Engadin Dolomites. Available to book as a four-day package including luggage

Your host or your nearest visitor information centre will be able to give you the winter hiking map that will show you the winter hiking trails, the snowshoeing trails, the cross-country skiing tracks, and the sledge runs.

Breathtaking cross-country skiing tracks



Two cross-country skiers on the “Loipa Dario Cologna” (Dario Cologna Cross-Country Track) in Ftan. © Dominik Täuber

The extensive area of Lower Engadin is perfect for cross-country skiers with high endurance levels and those who want to develop such endurance. There is something for people of all skill levels and of course the breathtaking nature of the national park region is always guaranteed.

Lower Engadin offers a variety of landscapes and a wide range of technical difficulty levels. Valley trails twist and turn through unspoiled nature, through sparkling winter landscapes and past picturesque mountain villages. They all have starting and finishing points that are easy to reach by public transport. Examples include the valley trail from Martina to Scuol around Zernez, which connects to the well-known Engadin Ski Marathon track or the valley trail between Zernez and

Giarsun. As for the high-altitude cross-country skiing tracks, what's special about them – apart from guaranteed snow – is the breathtaking view. Not for nothing did Dario Cologna, Olympic Champion and many times World Champion, come back to the demanding training course at the Hochalpinen Institut in Ftan where he previously trained in order to prepare for competitions.

And if even all this variety still isn't enough for you, we would recommend checking out the night tracks when it gets late.



- 12 cross-country skiing tracks of between 1 and 25 km
- Artificially-lit circular cross-country skiing tracks in Ardez, Ftan, Scuol and Zernez
- Specialist sports shops
- Cross-country skiing specialists providing advice, lessons and accessories

Cross-country skiing events in Lower Engadin

Zernez is Engadin's cross-country skiing paradise. Right here, there are two major cross-country races to get the pulse racing. There is the folk cross-country race (Volkslanglauf) with distances of 1.5 km and 15 km and there is the Maloja-Zernez cross-country race with a distance of 60 km.

The traditional "Passlung" race from Martina to Scuol is another event suitable for every cross-country enthusiast. The route runs 22 km along the river Inn through the magnificent mountain vistas of Lower Engadin.

Have an active winter



Sledging and airboarding

In Lower Engadin, every village has one or more sledge runs. This means that the area has a total of thirteen sledge runs and 40km of prepared routes. You can reach the start and end points of the sledge run from Tschlin to Strada using the PostBus. In Vastur above Sent, a local mountain restaurant offers local specialities and a free sledge to take you back down (with purchase). The 3.5km snowy

sledge run from Prui to Ftan is particularly special. It's at the "Ftan-Pru" cable car, just a few steps away from Bergrestaurant Prui. You should also try going down this sledge run with an airboard instead of a sledge – it's well worth it!

Tip: to try out Engadin's longest sledge run, head for the Alp Murtera Dadaint run, which goes to Ardez via Munt.



Experiences on the ice

There are natural ice rinks available for ice skating and ice hockey in many of the villages of Lower Engadin. In Zernez, there are even regular ice hockey tournaments. This means that there is no lack of beautiful, icy experiences to fill a cold winter's day. The hamlet Sur En near Sent even becomes a true fairytale landscape towards the end of the year. There is an ice climbing tower, an ice field for curling, a 3 km ice track forming an ice skating circuit through the forest, as well as a new work of art made of ice every year. All of this makes Sur En the ice capital of the region. Furthermore, to help you keep your strength up, there are two restaurants nearby.

Winter fun for old and young

Schellen-Ursli and Chalandamarz

"High up in the mountains, far from here, there lives a little boy just like you." – this is how the story of Schellen-Ursli begins.

It is a children's book written by Selina Chönz that was first published in 1945. The story is about the winter tradition of Chalandamarz (a March parade) and the simple way of life in the Swiss Alps. It is set in Guarda. The book was illustrated by the artist Alois Carigiet.

Released in October 2015, the Schellen-Ursli film, directed by Xavier Koller, had great success in Swiss cinemas. In Guarda, you can have the Schellen-Ursli experience by trying the themed walk and visiting the Schellen-Ursli museum.

The Chalandamarz festival takes place every year around 1 March. Guests are welcome to attend the celebrations, at which people dress in cheerful, colourful costumes that vary slightly from village to village.



A cosy winter experience

What could be more cosy or romantic than being pulled through the snow by horses in shaggy winter coats? You will be wrapped up warm in blankets, only your nose is exposed to the elements. Picture this: the sledge glides through snow-dusted forests on quiet runners and in the silence of the winter, all you can hear is the horses snorting, the calm voice of the coachman and the bells on the harness. It might sound like a dream, but in San Jon, this dream

comes true. Now all you need to do to make this day out in nature complete is go inside into the warmth and eat some fondue.

Those who like to get in the saddle themselves will be spoiled by the enchanting views that you can see throughout the fairytale winter landscape around San Jon.

Introducing some very special regions



Scuol and S-charl

A cable car connects the train station to the hiking, biking and winter sports area of Motta Naluns. There are also regular trains and buses, with routes that go via Scuol village centre. The busiest street is called Stradun ("main street" in Romansh) and it's filled with boutiques, hotels and restaurants. But Scuol's real treasures are hiding in plain sight: they are the sturdy Engadin houses lining the squares and narrow lanes in the older parts of the village. Mineral water flows constantly from the right tap on every village fountain. It also fills the large swimming pool at the Bogn Engiadina bathhouse. 13 kilometres from Scuol, you will find rugged S-charl. There, Mot Madlain, the site of a former lead and silver mine – with its Mining and Bear Museum and its bear-themed hiking trail – tells the stories of the region today alongside stories of a bygone era. In autumn, you can hear a truly autumnal sound – the bellowing of the rutting stags in Val Mingèr. Then, as you dine on local dishes in S-charl, you can look forward to visiting the "God da Tamangur" Swiss stone pine forest the next day.



Sent and Sur En

Sent's most famous residents have achieved success on the international stage, yet sooner or later, they all return home. The village's history and architecture speak volumes about its significant period of emigration. Nevertheless, Sent, which was once the largest village in Lower Engadin, remains a prime example of Romansh culture. You can see, hear, feel, and even taste this everywhere. Purveyors of hand-crafted cheeses, meats and confectionery dominate the lively lanes. The landscape between Val Sinestra and Val d'Uina is adored by hikers and mountain bikers alike. On the other side of the valley of the river Inn is the hamlet of Sur En, which belongs to Sent, and has a 4-star campsite. Experience its magical forests at the rope course park, along the sculpture walk, on the Puntins-Ots adventure trail or on the archery field. In winter, Sur En – with its 3 km ice path and its ice sculptures – transforms into an ice paradise.



Tarasp-Vulpera

Tarasp is located on the “other”, right side of the valley, at the foot of Piz Pisoc. It consists of ten separate settlements, making this scattered village distinctly “other” as well, unlike any other in Lower Engadin. Not only that, its architecture, landscape and religious beliefs are also different to those of its neighbours. The castle, which was built in 1040 and now belongs to the world-famous Engadin artist Not Vital, dominates the image of Lower

Engadin and the history of this former Austrian enclave just as much as the region’s most powerful healing mineral water springs. The immediate proximity to the distinctive 3000-metre-high mountains, access to the national park, the picturesque Lai Nair, or Lake Nair, and the impressive Val Plavna are other great reasons to visit the “other” side of the valley.

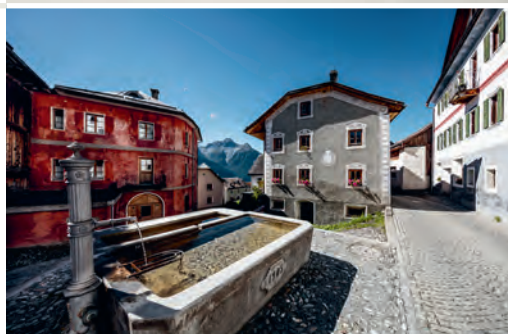
Ramosch and Vnà

In Ramosch, the Romansh church and the ruins of Tschanüff Castle are reminders of the historical importance of this sun-kissed village along the former Roman road. Between Val d’Assa and Val Sinestra, you can see an award-winning landscape. Above Ramosch lies the village of Vnà. It has 60 inhabitants and seems far removed from the rest of the world, yet it is still very well connected. The nearby hamlets of Griosch and Zuort in Val Sinestra are ideal getaways for enjoying a little rest and relaxation.



Tschlin – Strada – Martina

The air here smells of hay and freshly brewed beer. Tschlin sits high above Engadin, idyllic and alive. The hamlets here epitomise harmonious coexistence between people, animals and nature. The area near the state border is particularly fertile and its fertility is what gives Engadin its name. In Romansh, “Engadin” means the “garden of the river Inn” (Inn-Garden). Lush landscapes and organic farms in the hamlets from San Niclà to Martina confirm that the area was well named.





Zernez and Brail

Zernez is not only of interest because it is located right next to Switzerland's only national park; it also showcases Engadin's unique lifestyle and has great infrastructure for tourism. Everything you need for an unforgettable holiday is right there: a family-friendly pool and spa complex, a sports centre featuring an athletics track and playing field, mini golf course, skate park, natural and artificial ice skating rinks, as

well as cross-country skiing facilities. The large camping ground is also very popular among the village's regular visitors. Zernez is located at the beginning of the Ofen Pass and is a travel hub between Upper Engadin and Lower Engadin. Brail is a small but nonetheless important hamlet very close to Zernez. It has around 100 inhabitants. The village's main tourist attraction apart from the refurbished church is the In Lain Hotel Cadonau, which has three restaurants.



Susch

The distinctive central towers and the Rohan fortress adorn this Alpine village of the Flüela pass that flourished in the age of stagecoaches and pack trains. The opening of the Vereina Tunnel in 1999 made Susch a key transport hub. This gem by the Inn river is made even more precious by the Clinica Holistica and the new Susch Museum. Susch continues to celebrate its roots and the Romansh culture, for instance through sgraffito courses.



Lavin

Distinctive mountain peaks and swallows darting through the deep blue sky are reflected in the windows of the Palazzo-style houses here, reminiscent of a piazza in old Milan. Perfectly situated just after the national park's "Lais da Macun" trail, this village of 213 people is just the place to relax. The village's reconstruction after the great fire of 1869 brought with it various Italian influences – and not only in terms of architecture: Italianità Engiadinaisa!

You can find out more about the villages in the local brochures.



Guarda

High above the Inn river, far from the valley road and railway line, lies the sun-kissed settlement of Guarda. Just 200 people live in this fascinating village that attracts visitors like a dazzling jewel. Guarda was the inspiration for Selina Chönz and Alois Carigiet's world-renowned children's book "Schellen-Ursli" ("A Bell for Ursli"), which they published back in 1945. In 2015, the boy with the shaggy black hair and too-short trousers, the pointy

hat and beaming smile came to Swiss cinemas – and was a complete success. In 1975, Guarda received the Wakker Prize for the preservation of its architectural heritage. For centuries it has been a magnet for people from big cities with big ideas who are captivated by the village's Romansch culture and traditions. The locals are passionate about authentic craftsmanship and they invite visitors to experience their way of life with all five senses.

Ardez

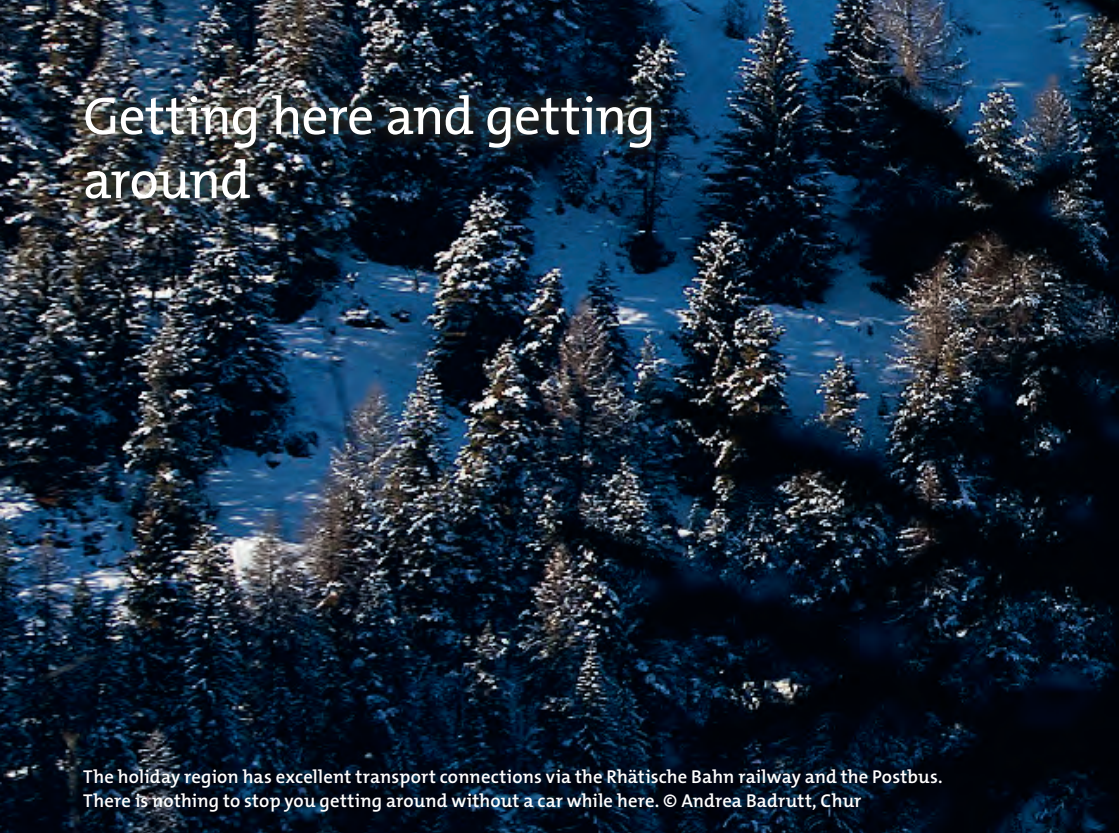
Even from a distance, the ruins of Steinsberg Castle capture your imagination as you head towards the beautiful Romansch village of Ardez. Everyday life in the village is shaped by the diversity of local agriculture. No matter whether you walk down into the village from the mountain lakes of Piz Cotschen, come from Val Tasna via Chanoua to the WWF-protected "emerald region", or hike up from the Inn river gorge after visiting Sur-En or Tarasp: it's definitely worth a visit!



Ftan

In Ftan, you can hear snippets of Romansch from the farmers, cheesemakers, bakers and craftsmen in the village, while cow bells tinkle on the sunny mountainside. Val Tasna, the guesthouse at Alp Laret, and the summits of Piz Minschuns and Piz Clünas make great day trips. In winter, the chairlift goes to the start of the mountain forest, allowing quick, direct access to the ski region of Motta Naluns. The mountain bike park and swimming lake provide yet more options for making the most of your holiday in Ftan.





Getting here and getting around

The holiday region has excellent transport connections via the Rhätische Bahn railway and the Postbus. There is nothing to stop you getting around without a car while here. © Andrea Badrutt, Chur

Leave the car at home thanks to door-to-door luggage transport and regular public transport in all settlements, providing year-round, unimpeded mobility.

The holiday region of Engadin Scuol Zernez has excellent public transport links in the form of the Rhätische Bahn railway and the PostBus, allowing you to get around easily without a car. Public transport is the key to making the most of the offers available. Guest itineraries are carefully tailored to fit with public transport timetables and package deals focus on providing carefree travel. The transport hub of Scuol–Tarasp won the “FLUX – goldener Verkehrsknoten” (“FLUX Golden Travel Hub”) award in 2014. Public transport is actively promoted in the region and the various service providers are constantly improving their transport links.

Arriving by public transport

Since the opening of the Vereina tunnel, it has been possible to travel here easily by train and bus. Yet another reason to visit the national park region, if any was needed. Lower Engadin's main settlement of Scuol is easy to reach by public transport. For instance, it takes 2 h 38 min from Zurich, 2 h 49 min from St. Gallen and 3 h 43 min from Bern.

Domicil da vacanze – luggage transport to your accommodation

In 2012, a luggage service was established for those arriving by public transport. Luggage is delivered directly to the visitor's holiday accommodation or hotel in the holiday region and is also picked up from there again at the end of the stay.



This service comes at no additional cost – you only have to pay the usual luggage fees. The service is implemented through a partnership between Tourismus Engadin Scuol Samnaun Val Müstair AG (TESSVM) and the Rhätische Bahn Railway (RhB). At your station of origin, simply mark your luggage with “Scuol domicil” when you hand it in.

Facts and figures about public transport

- Around 90 public transport stops throughout the holiday region
- A prizewinning public transport network (FLUX award)
- Experiences that are tailored to fit seamlessly with public transport timetables
- “Domicil da vacanzas” – luggage transport to your accommodation
- Hiking and biking with luggage transport included
- Public transport included: Engadin Scuol Mobil

Share your experience on social media
with the hashtag #engadinized



Book your accommodation in Lower Engadin

The web page scuol-zernez.com/en provides a list of available accommodation in Lower Engadin. Hotel rooms and holiday homes can be booked online. If you like, you can choose to book your accommodation as climate-neutral accommodation thanks to "Cause We Care". "Cause we care" is part of our contribution to protecting the environment and supporting sustainability in tourism, which we do in cooperation with myclimate.

Winter hiking on the high route from Motta Naluns to Prui.
© Andrea Badrutt, Chur

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Title image Above Ftan with views over the hamlet and the other side of the valley with Tarasp Castle and Piz Pisoc (3173 m above sea level).

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