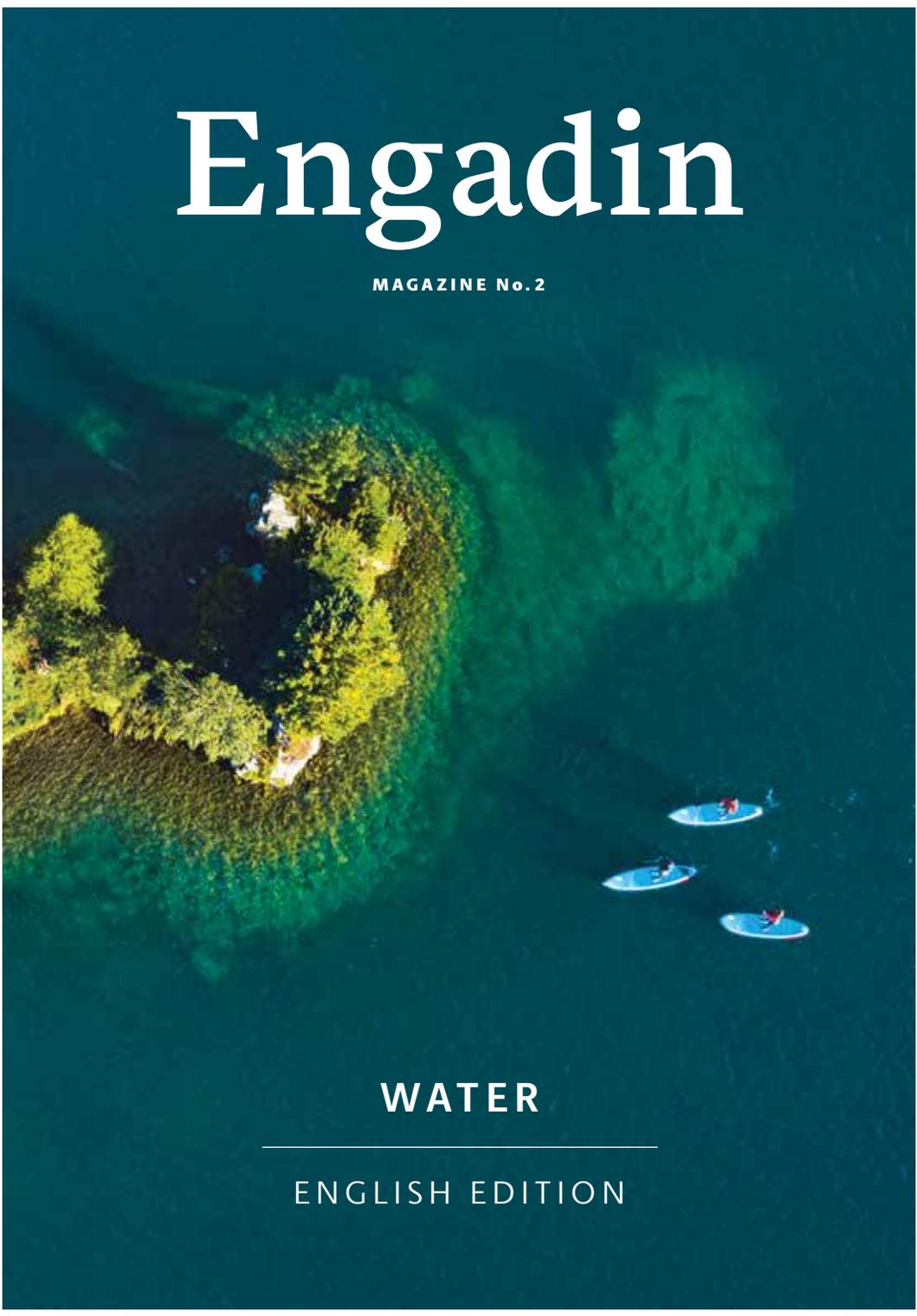


Engadin

MAGAZINE No. 2

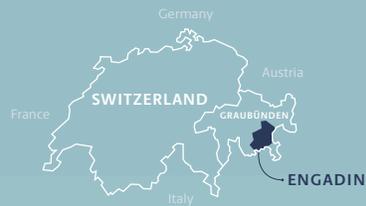
SUMMER — 2020 ENGLISH

An aerial photograph of a lake with three people on paddleboards. The water is a deep, dark blue-green, and the surrounding forest is a vibrant green. The paddleboards are small, light-colored circles on the water's surface. The overall scene is serene and scenic.

WATER

ENGLISH EDITION

Engadin Summer 2020

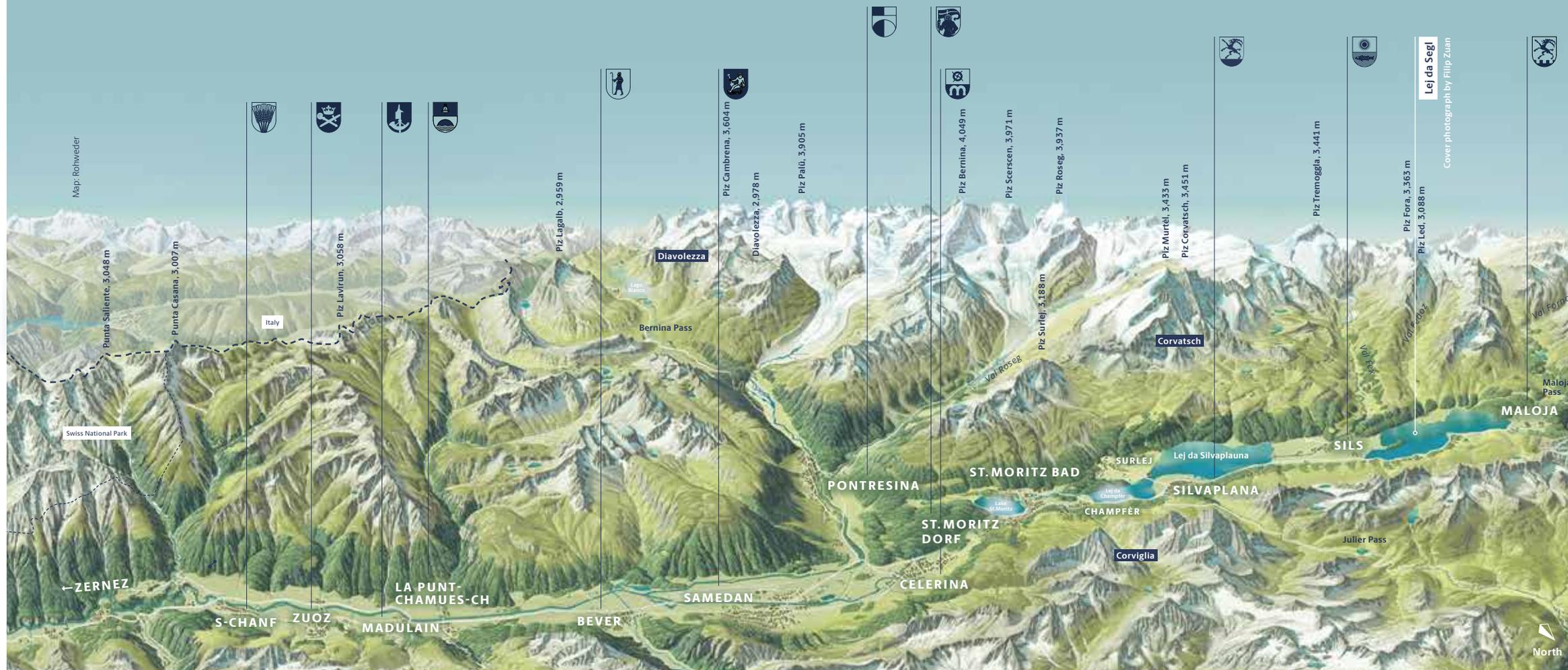


Dear guests,

Perhaps even Lao Tzu visited the Engadin. Some of his best-loved words of wisdom – “Nothing in the world is as soft and yielding as water, yet it overcomes what is hard and strong” – seem to have been inspired by this magical place. Here, the cheerful bubbling of the streams and the gentle ripples on the lakes have such a soothing effect on the soul that all the tensions and stresses of everyday life dissolve after a few days.

See for yourself: treat yourself to a break here with invigorating activities, relaxing wellness, effervescent culture and refreshing cuisine.

The people of the Engadin



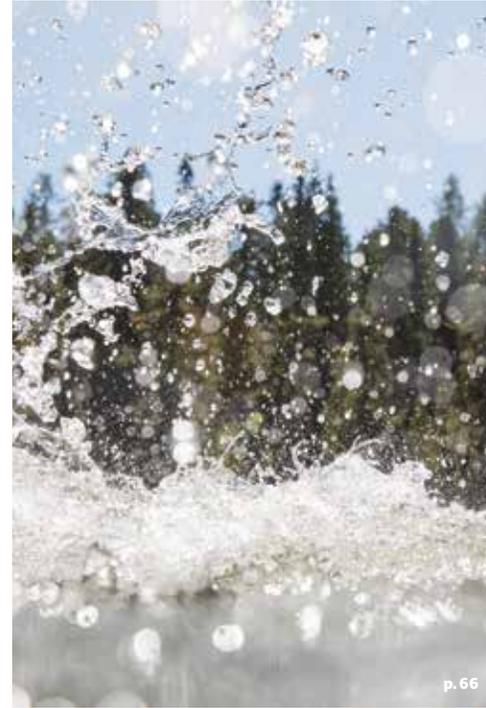
Lej da Segl
Cover photograph by Filip Zuan



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Photo Schwimmun: Jean-Marie Queyve / Photo Wellness: Hotel Castell / Photo Culinaria: stockadobe.com / all others: Filip Zuan

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The Engadin at its most magical.



Wind, water and
sunshine: the joys of
sailing on Lake Sils.

© 2014 Sils



Photo: Filip Zelen

Play of colours by Chastè:
where land, river and
lake meet.



Photo: Filip Zeman

At one with water and nature: swimming in the Lāgh da Cavloc.



Tight lines: anglers have a good chance of a fine catch on Lake Sils.

Bild: Filip Zuan

Ova profunda

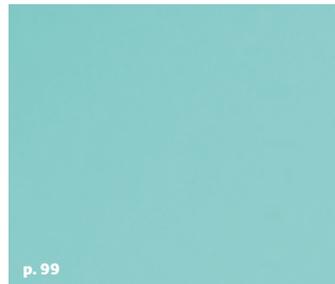
The water world of the Engadin



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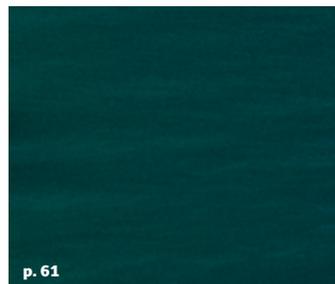
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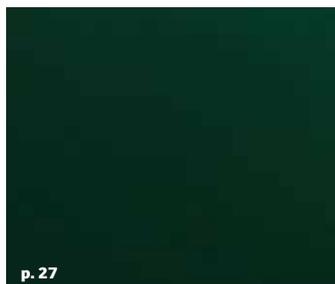
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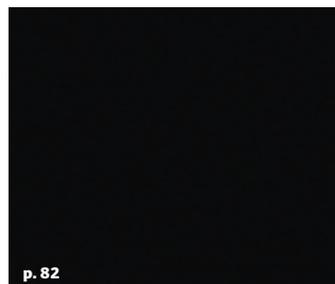
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Palette of natural colours

A sequence of lakes adorns the Upper Engadin like a string of gems in all shades of blue and green. This region, known as the Engadin lake plateau, owes its current topography to the various ice ages and the glaciers. As the mighty rivers of ice carved their way through the valley, they created countless lake basins from what is now Maloja to S-chanf. However, many filled with boulders and scree as the glaciers retreated from the valley.



Waterfall with a history

Surlej – The waterfall near Surlej is one of the region's highlights, a real eye-catcher. However, its origins lie in tragic events. Surlej has had a turbulent history: on two occasions, in 1793 and 1868, the nearby river "Ova da Surlej" flooded and almost completely destroyed the village. In 1873, locals decided to dam the river and divert its waters through a tunnel from which they would cascade towards Lake Silvaplana, creating the waterfall that visitors see today. The measures worked: since then, Surlej has been spared happily from flooding. engadin.ch/waterfall-surlej



Other waterfalls

Arpiglia waterfall

A walk of 20 minutes from Resgia in Zuoz.

Inn waterfall

About 40 minutes' walk from the Maloja Pass.

Photo: right: stock.adobe.com (2)



Highest known swimming lake
Located at an altitude of 1,864 m, the **Lej Nair** is the highest known swimming lake in the whole of the Upper Engadin.



Highest boat service
Lake Sils is home to Europe's highest scheduled boat service.



Highest hot tub
Europe's highest hot tub is located up on the **Diavolezza**, at an altitude of 3,000 m – and offers glorious mountain views.



Longest-running data
Sils has been home to a weather station since 1863; this has produced some of the longest-running meteorological data in the Alps.

Morteratsch Glacier: dramatic walk

Morteratsch – The Morteratsch Glacier theme trail offers a fascinating insight into the secrets of this mighty river of ice. A walk of about 50 minutes leads from Morteratsch railway station to the tongue of the third-longest glacier in the Eastern Alps. Along the way, 16 information panels explore the processes involved in the glacier's steady retreat. engadin.ch/glacier-walk



Unique bird

The white-throated dipper, which visitors may spot in the Engadin, is the only songbird that can swim well and dive skilfully, even in fast-flowing mountain rivers. According to the Swiss Ornithological Institute, the dipper is able to do this thanks to its heavy, marrow-filled bones, its short, rounded wings and its thick, down-rich plumage. When underwater, the bird's eyes are protected by a semi-transparent nictitating membrane, and the ear hole covered by a fold of skin.

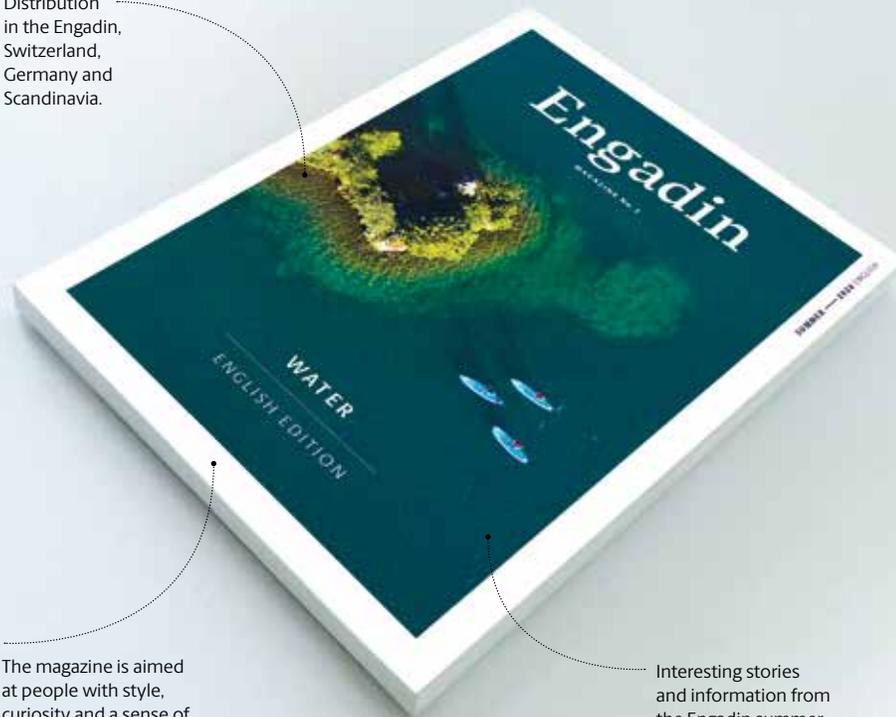
From the Lunghin Pass to the oceans

Hikers at the Lunghin Pass straddle a geographical oddity: this is Europe's only three-way watershed. A raindrop falling here may end up flowing either into the Mediterranean Sea, the Black Sea or the North Sea.

Advertising in the Engadin

Tell guests in the valley about your products and services with an advertisement in the new Engadin magazine.

Distribution in the Engadin, Switzerland, Germany and Scandinavia.



The magazine is aimed at people with style, curiosity and a sense of adventure.

Interesting stories and information from the Engadin summer and winter, twice a year.

Contact: Gammeter Media AG, Via Surpunt 54, 7500 St. Moritz
werbemarkt@gammetermedia.ch, T. 081 837 90 00

Photo: Gian Giovanoli



Music on the water

Sils – Open-air concerts have long been a popular summer attraction; when the musicians play on a floating stage facing an audience seated along the shore of an idyllic lake, the experience promises to be unforgettable. Visitors can enjoy such performances at Lake Sils, during the “Wasserzeichen” concert series. These take place every summer at a tranquil bay on the Chastè peninsula; in this delightful setting, amplifiers and special effects are superfluous. During summer 2020, concerts take place on 15, 22 and 29 July, starting at 5 pm.

engadin.ch/music-on-the-water

Small hole, big picture

Bernina Pass – The aperture of the “pinhole” in the camera obscura at the Bernina Pass may have a diameter of just 20 millimetres, but the image it creates stretches for 7 metres, with a total surface area of 40 square metres. Recently opened in the top floor of a silo used by the authorities to store salt and gravel for road maintenance, the camera obscura offers a fresh and thought-provoking new view of the Bernina region. It is open to the public exclusively during guided tours, which last about 30 minutes.



110

fountains are scattered around the towns and villages of the Engadin. All but 10 are drinking fountains; the remainder are mostly decorative fountains that it is difficult to drink from or which have no drinking water.

Six lakes in one go

The Water Trail up on the Corvatsch takes in no fewer than six lakes, including the Lejin Cristal and the Lejin S-chaglia. Starting at the Furtschellas cable car middle station, the walk takes about two and a half hours.

engadin.ch/six-lakes

Top 5: Summer bucket list

Five things that everyone should experience in the Engadin summer:

- Gaze at the sky through the roof of James Turrell's “Skyspace Piz Utèr”.
- Enjoy an ice cream as you watch the colourful water sports on Lake Silvaplana.
- Take a dip in a refreshing mountain lake, for example the Lâgh da Cavloc.
- Admire the view from Muottas Muragl early in the morning.
- Immerse yourself in music at a Festival da Jazz gig in the Tais forest.

An underwater photograph of a swimmer in a red and black triathlon suit, swimming towards the surface. The water is clear and blue, with light rays filtering through. The swimmer's arms are extended forward, and their legs are visible below. The overall mood is serene and focused.

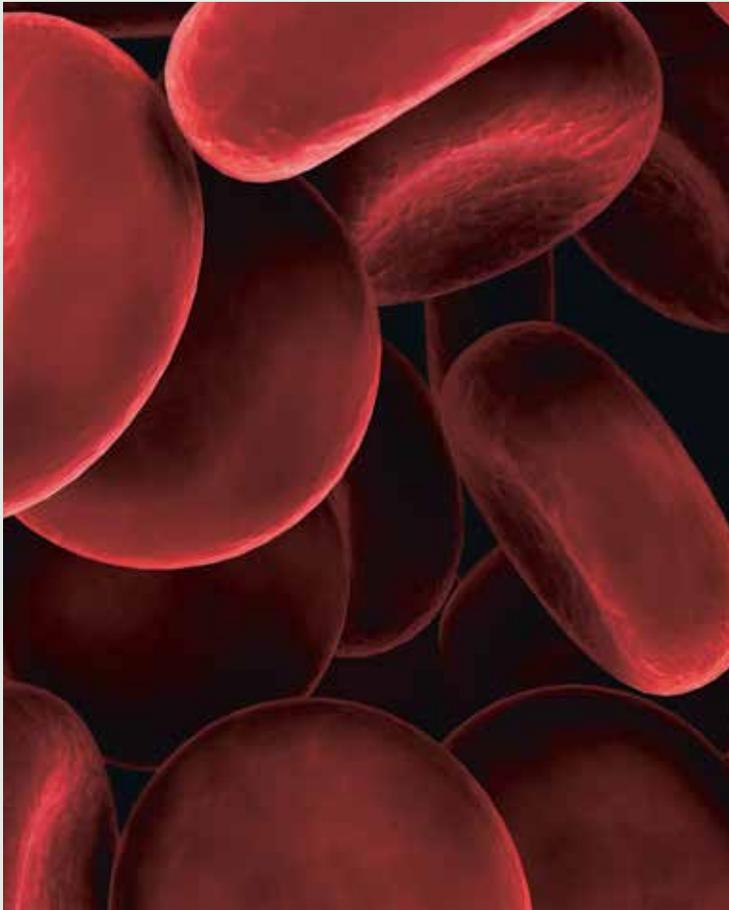
Swimrun

**“If you want to reach the source,
you must swim against the current.”**

HERMANN HESSE (1877–1962)



Oxygen in the blood



Red blood cells carry oxygen from the lungs to the tissues.

Photo: stockadobe.com

Getting into shape: For many professional sportspeople as well as amateurs, high-altitude training in St. Moritz is a regular fixture in the calendar. Every year, 1,000 to 2,000 top athletes train at the town's Swiss Olympic Training Base.

Oxygen boost: The dry, bracing climate at an altitude of 1,856 m and the above-average number of sunny days per year provide ideal conditions for enthusiasts to work on their fitness, push their limits and achieve personal bests. The lower levels of oxygen in the high mountains improve stamina and ultimately boost performance at lower altitudes.

Challenge accepted: The Engadin offers plenty of opportunities to put one's body and fitness to the test. Activity enthusiasts who wish to compete against others can sign up for any of a large number of events including the Engadiner Sommerlauf (Engadin Summer Run), the Bernina Ultraks and the Engadin Ultra Trail, new for summer 2020. The latter offers a choice of three courses with distances of 16 km, 23 km and 52.5 km.

Swimming and running: Certain events are still not so well known among the wider public, including the "Ötillö". Competitors run in wetsuits from lake to lake, and swim across the lakes in their running shoes. The people of the Engadin are already accustomed to the sight of this latest breed of activity enthusiast, however, as you can read on the following pages.

Lake to lake

Swimrun is young, slightly crazy and booming. The activity involves running in a wet suit and swimming in trainers.

Text FRANCO FURGER

Photographs PIERRE MANGEZ & JEAN-MARIE GUEYE



Ten minutes to go till the start.”

The race director addresses the assembled competitors through a megaphone: about 200 men and women are bustling excitedly around the starting area. They squeeze into wet suits, pull on swimming caps and look up to the mountains, where the morning sun is shining between the peaks and lighting up the lush green forest around Maloja.

The neoprene-clad figures on the meadow look like penguins, ready to leap into the cold water. But where exactly is the water here? The idyllic mountain lake of Läg da Cavloc, which competitors in the “Ötillö Swimrun Engadin” will soon jump into, lies 3 ½ kilometres away. All in all, the racers will have to run a total of 39.6 km of trail as well as swim 5.8 km. Running and swimming stages alternate along the route, with a total of eight swimming sections in four lakes. All without any breaks along the way: this is probably the toughest test of endurance that the Engadin has to offer.

Why do people take on such an ordeal? “Because Swimrun is an unbelievably

intense way of experiencing nature,” explains Michael Lemmel, race director and organiser of this somewhat crazy but highly professional event. “You run through fragrant forest, jump straight into a cold mountain lake, and after the swim carry straight on running. It’s fun and also quite strenuous.”

More fun in pairs

In contrast to other endurance contests, Swimrun involves teams of two. In all, 60 men’s teams, 12 women’s teams and 26 mixed teams are at the start in Maloja. Throughout the race, the two members of each team may never be more than 10 metres apart, and during the swim sections they must be joined by a rope. One reason is safety: two team members can help each other, for example if one gets cramp. In the swimming sections, especially, it is important to pay careful attention to each other, says Michael.

It is also simply more fun tackling such a challenge as a twosome. “In a team, the shared experience of nature takes centre stage, rather than the competitive aspect,” he says. “That’s what Swimrun is all about.” The competitors at the

starting area confirm this: taking part is what counts, the journey is the goal, and getting as far as Silvaplana is their ambition. The first racers are expected to arrive after 5 ½ hours; the finish line closes after 9 ½ hours.

Michael, who is a head taller than most of the competitors, acts as a calming influence at the heart of the increasingly edgy Swimrunners. “Tackle it gently, do not underestimate the altitude and the steep climbs, and enjoy this unique alpine landscape,” he says through his megaphone. He then gives the starting signal: 200 people in wet suits and colourful caps race off, running along footpaths up the valley. A few hikers watch the scene and clap. “The first year, people gave us funny looks,” Michael says, “but now they know us and know what Swimrun is.”

It all began with a crazy bet

Swimrun’s story began in late summer 2002 on the Baltic coast of Sweden. Four friends were sitting together in a hotel bar drinking a beer. They wondered whether it would be possible to go from the island of Utö to Sandhamn, where one of the four ran a hotel, purely by



“You run through fragrant forest, jump straight into a cold mountain lake, and after the swim carry straight on running.”

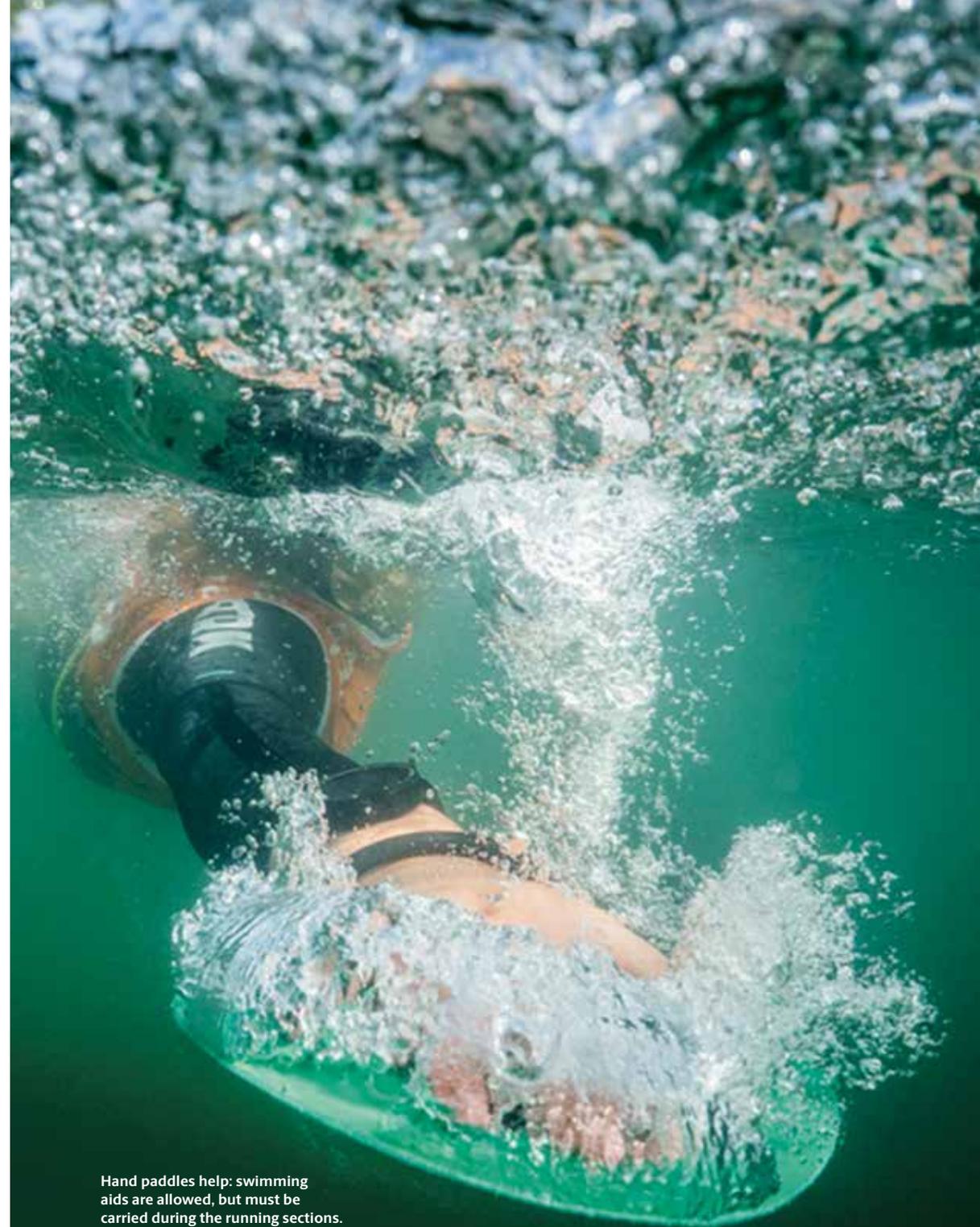
MICHAEL LEMMEL *race organiser*

Photo: Filip Zuan





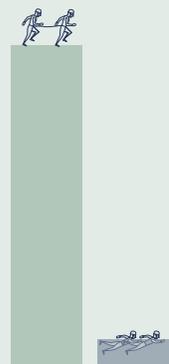
Better together: Swimrun athletes compete in teams of two.



Hand paddles help: swimming aids are allowed, but must be carried during the running sections.

The Ötillö in numbers

Running and swimming at intervals, over and over again: Ötillö Swimrun is a test of mental as well as physical stamina. Figures for the event say it all...



45.4 km

is the overall distance of the Engadin Ötillö. This includes 39.6 km of trail running and 5.8 km of swimming across lakes.

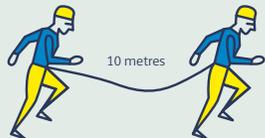


Sprint Race
Anyone who does not want to tackle the full route or who wishes to compete alone can enter the Sprint Race (12.6 km running / 2.6 km swimming).

Experience Race
The third category, the Experience Race, is the shortest (5.6 km running / 1.3 km swimming). This can likewise be tackled individually or as a team.



Thrilling challenge: the route demands heroic efforts by competitors.



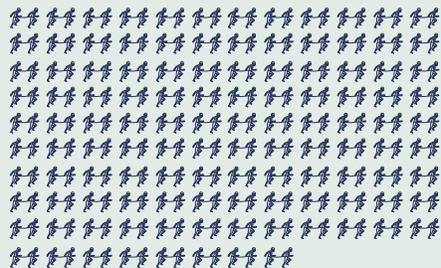
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remains the current record time for the Ötillö Engadin. This was set by Jonas and Lars Ekman from Sweden in 2017. Teams that do not arrive at the finish within 9½ hours are not ranked.



11-14 degrees
is the temperature of the water in summer in Lake Silvaplana, Lake Sils and Lake Champfèr.

196 participants (50 women & 146 men) from 17 countries took part in the main Ötillö Engadin race in 2019.



“On the Swedish coast, we swim from island to island. In the Engadin mountains, we run from lake to lake.”

MICHAEL LEMMEL *race organiser*

swimming and running, without assistance: a distance of about 75 kilometres, no mean feat.

The same evening they decided on the route, which leads over 26 islands, and set the rules: competitors would have refreshments at three restaurants along the course, and the losers of the race would pay the bills. The next morning, they set off in teams of two; it took them more than 24 hours to complete the route. Swimrun was born.

Two of the four friends, Michael Lemmel and Mats Skott, developed the personal challenge into a professionally run contest. They named the event “Ötillö”, which is Swedish for “Island to Island”, and realised they had captured the spirit of the times.

The pair subsequently decided to turn Ötillö into a world championship, adding qualifying races at other locations. The Engadin, with its high mountains, lush forests and sparkling

lakes, scattered along the valley like pearls on a necklace, is the most sought-after destination. “On the Swedish coast, we swim from island to island,” Michael says. “In the Engadin mountains, we run from lake to lake.”

The first Engadin Swimrun took place in 2014. The organisers were lucky: the weather was perfect, pictures of the event went around the world and sparked international excitement for Swimrunning.

Addition of shorter courses

The popularity of Swimrun really took off with the introduction of additional shorter distances. Ötillö Engadin also features a Sprint Race (12.6 km running / 2.6 km swimming) and an Experience Race (5.6 km running / 1.3 km swimming). Fanny Josefine and Patrik Widell, who travel the world as a sports-loving influencer couple, entered the Sprint Race and have come second. “A year ago we took part in our first Swimrun, even though I could barely swim,” Fanny says.



Above: champagne shower for the winning men's team of Joakim Brunzel and Johan Carlsson (left); Fanny Josefine and Patrik Widell thrilled at their achievement (right). Below: strong emotions after crossing the finish line.

"It's really cool it's now going so well." She is a former kick-boxer, known for her super-tough workout videos. "Maybe it's to do with the mountains," she adds. "It's like being in a fairy tale, running and swimming through this landscape."

The athletic Swedish couple want to go further: "Our goal is the Ötillö world championship." That's why at the event area in Silvaplana, they observe carefully the state of the long-distance competitors as they cross the finish line. Some have struggled with hypothermia, others have suffered sprains, and quite a few are running with a stoop or limping. All of them, however, have a smile of satisfaction on their face.

Winners drink from the lakes

80 of the 98 teams that entered the race have reached the finish within the set time. The winning team comes, unsurprisingly, from Sweden. "We have been training a lot in trail running," say Joakim Brunzel and Johan Carlsson, "that really paid off." And maybe

their refreshments trick helped: "The water here is so clean and fresh that we drank from the lakes as we swam." For Michael, too, who has been up since 5 am, a long day is coming to an end. "Like every year, this has been an incredible race. I'm already looking forward to next year."

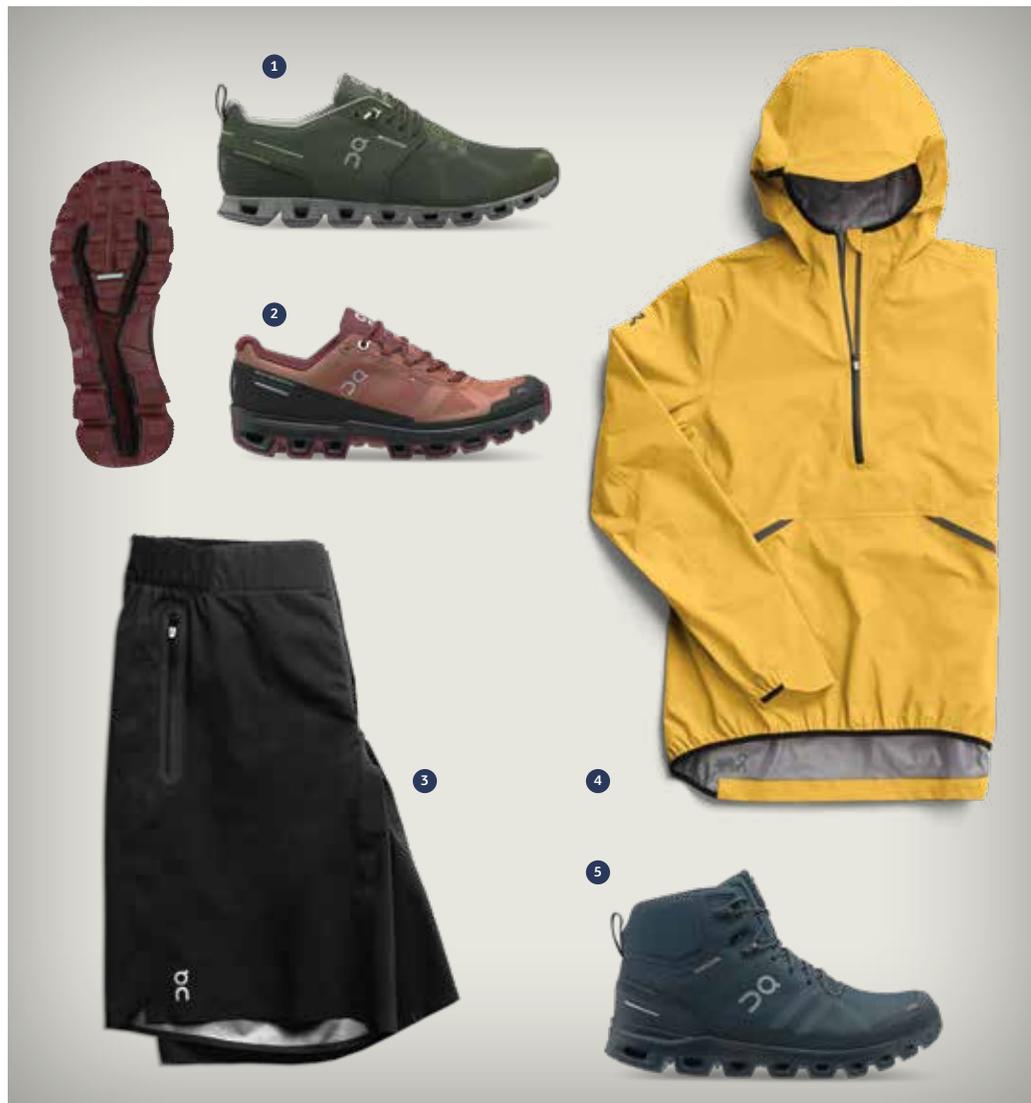


Ötillö Swimrun

The next Ötillö Swimrun Engadin takes place on 4 and 5 July 2020. To tackle the challenge, register online. engadin.ch/swim-run

Waterproof

Stay dry with On



From head to toe

After sunshine comes the rain: weather can change quickly in the mountains. With the waterproof shoes and clothing from On, you are prepared for all eventualities.

on-running.com

1 Cloud Waterproof

100% waterproof and windproof, signature speed-lacing system and easier than ever to put on: the Cloud Waterproof can handle any surface.

2 Cloudventure Waterproof

Light off-road shoe for extreme conditions. The Missiongrip sole ensures superb cushioning and grip. Windproof and waterproof thanks to hard-wearing uppers.

3 Waterproof Shorts

Waterproof and breathable, the shorts offer protection from rain yet are pleasant and comfortable to wear.

4 Waterproof Anorak

The three-layer membrane keeps you dry and is breathable. Made from eco-friendly materials.

5 Cloudrock Waterproof

Hiking boot for traction, pace and protection in tough terrain and all weather conditions. With specially developed Speedboard, optimal cushioning and Missiongrip sole.



Haven of dreams

A mountain cabin in the middle of nowhere, surrounded by nature, offering a haven of tranquillity: the dream of many nature lovers. On has made this dream come true with its On Mountain Hut, erected last summer between the Piz Lunghin and the Lunghin Pass. This temporary accommodation houses two people, functions self-sufficiently and is built of natural materials; when dismantled, it leaves no waste behind. Electricity is generated by solar panels; nothing is superfluous. This summer, the On Mountain Hut returns once again to the Engadin. The exact location is still a secret, but will be revealed soon.



Further information
on-running.com

Ideal trail running region

The terrain and conditions in the Engadin are perfect for trail running. Enthusiasts find countless trails of all levels of difficulty leading through thick forest, across bare mountain slopes and into secluded side valleys. See a selection of route suggestions here:

engadin.ch/trail-running

Other races in the Engadin

Engadin Summer Run

St. Moritz – The “Engadin Summer Run”, which attracted more than 2,600 participants last year, is taking place for the 41st time in 2020. For a more convivial experience of the 25-kilometre race, runners can enter in teams of three.

engadin.ch/summer-run

Ultraks

42.2

kilometres is the length of the toughest Ultraks course: the “Bernina Gletscher Marathon”, with 2,600 vertical metres of ascent. The highest point lies 2,980 m above sea level.

engadin.ch/bernina-ultraks

Orienteering

Celerina – The association CO Engiadina (Club d'Orientaziun Engiadina) organises orienteering events several times a year in the Engadin. These include the “Bündner OL Weekend”, which is taking place for the 50th time in 2020.

Engadin Ultra Trail

Samedan – The new Engadin Ultra Trail offers participants a choice of three courses of 16, 23 or 52.5 kilometres leading through the lower part of the Upper Engadin. Runners start in Zuoz, La Punt Chamuesch or Samedan; all finish at the Promulins Arena in Samedan.

engadin.ch/ultra-trail

Wellness

**“There must be quite a few things
that a hot bath won’t cure,
but I don’t know many of them.”**

SYLVIA PLATH (1932–1963)
AMERICAN WRITER



In the beginning was water



Water emerges from the St Maurice springs.

Photo: Filip Zuan

Summer tourism: Visitors have been coming to the Engadin from far and wide for more than a thousand years. For a long time, they came only during the warm summer days, when they could happily linger outside for hours. But as soon as the first larch trees turned fiery yellow, the visitors packed their bags and left, before the winter could arrive and cover the valley in a layer of fresh snow.

Water tourism: The original reason for many people to visit is explained by a prehistorical artefact: a wooden structure built to hold spring water, dated to 1411 BC. The votive offerings found by the springs show that people already lived in the Engadin before Rome was founded, and that the residents at the time believed the spring water had the power to heal.

Therapeutic tourism: By 1519, the therapeutic spring water from St. Moritz was famous. Pope Leo X is said to have stayed for several days during a pilgrimage to the former church of St Maurice in St. Moritz, of which only the leaning tower still stands. During this time, he regularly held processions to the springs and promised absolution to all who emulated him. These powerful words also attracted the attention of the most famous physician of the day, Paracelsus: he investigated the springs and declared that their acidic, iron-rich waters had healing properties. He recommended that visitors bathe in the water and also drink it with wine from the Valtellina – which prompted other physicians, scholars and also sick people to under-

take a journey to the Engadin. Not so long ago, however, facilities were far from the standard we enjoy today. The farming village of St. Moritz had only one place for paying guests to stay, the 12-bed Pension Faller, and the springs lay in an uninhabited swamp area, sheltered only by a primitive wooden shack that served as a spring house. Only in 1832 was the area around the mineral springs, today's district of St. Moritz-Bad, drained in order to build modest spa rooms.

Spa tourism: Thanks to this first spa building, the tradition of taking the waters in the Engadin soon blossomed, so that the existing structure could be rebuilt as a splendid spa hotel in period style. This boasted 50 beds, a spa lobby, a pump room and a hall with wooden tubs in which visitors could bathe in the therapeutic water. In a separate luxury wing, these were even made of copper. Beyond the hotel, too, the distinguished guests benefited from new services. They enjoyed mid-day concerts, for example, and the bumpy road was made into a promenade with shops fitted out in Western saloon style. All this attracted even more visitors to the Engadin, and in 1864 the spa hotel already had to be extended again. The result: the luxurious "Grand Hotel des Bains" (today part of the Kempinski group) with more than 130 guest rooms and a dining room for 300 people.

Winter tourism: With business booming at the spa hotel, hoteliers and entrepreneurs in the village of St. Moritz up on the slopes soon reacted to the growing

visitor numbers. In 1855 the industrious and innovative Johannes Badrutt took over the Pension Faller and extended it to create the Grand Hotel Kulm, laying the foundation stone of his family's subsequent hotel empire. In 1860, he also opened the hotel in winter, and in 1864, following his famous bet, he brought the first foreign winter guests to the Alps.

Grand Hotel tourism: Spurred on by the dramatic success of St. Moritz, other Grand Hotels soon opened their elegant doors elsewhere in the Engadin, too. Such as at the far south-western end of the Engadin lakes, where Count Camille de Renesse built the Hotel Kursaal Maloja in 1884. This palatial structure with five storeys, 300 rooms and 450 beds was not destined for good fortune, however: after cholera broke out in Italy, the borders remained closed and the beds empty. Following many lean years, the Maloja Palace today offers 50 suites with views of the Engadin lakes.

Other hotels had more luck. The Grand Hotel Kronenhof & Bellavista opened in Pontresina in 1898; the Waldhaus in Sils followed in 1908. In 1912, the hotelier and wine dealer Hermann Gilli saw his chance and opened the Hotel Castell as a spa hotel high above the village of Zuoz. It boasted modern treatment rooms and the first electrically heated open-air pool in the canton of Graubünden. On the following pages, we would like to tell you more about this unusual hotel.

Ready to spa?

**At the Hotel Castell,
the boundaries
between holidays,
wellness, nature
and art are blurred.**

**At the former quarry beside
the hotel, guests find
tranquillity and new energy.**

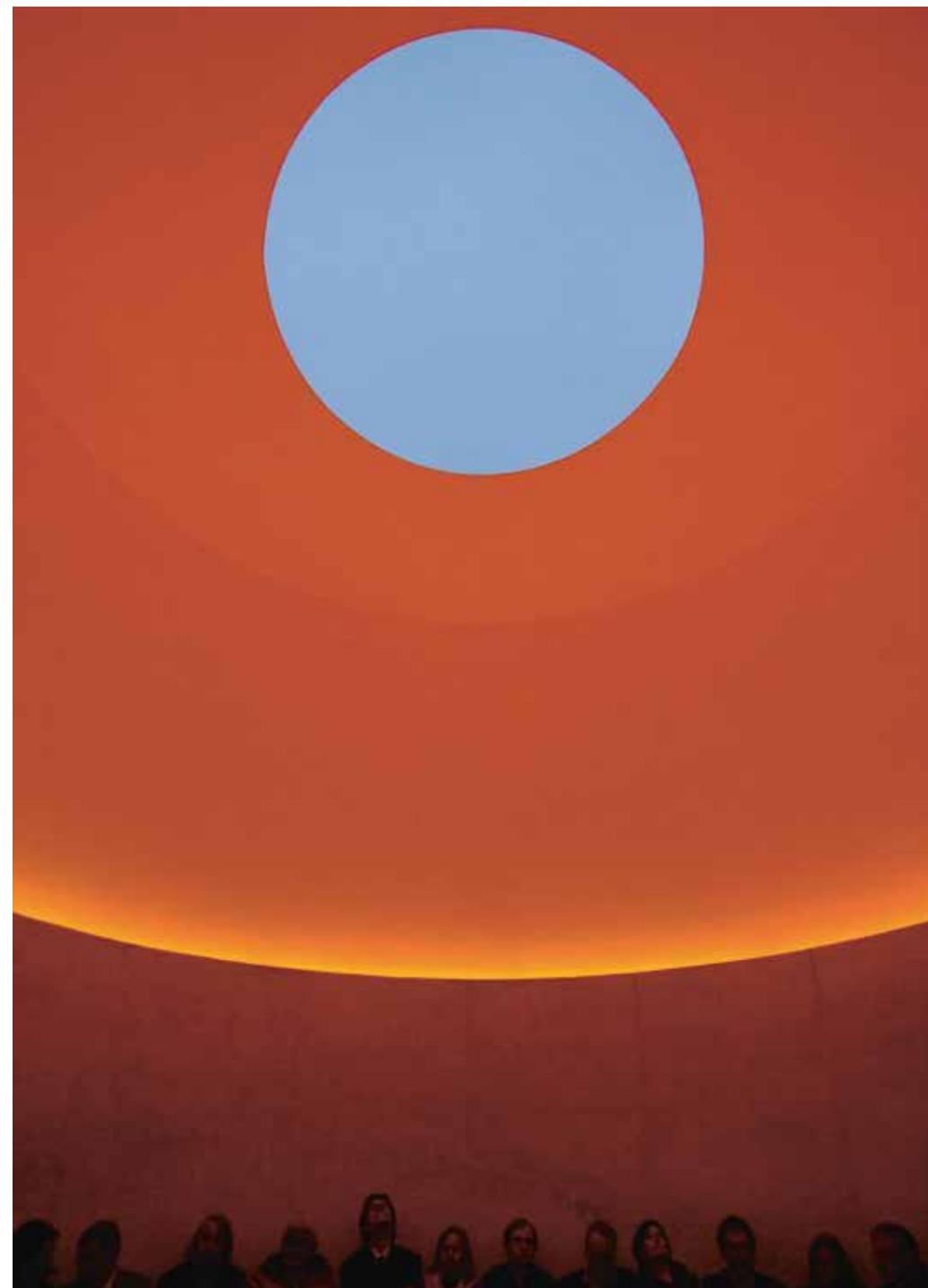
***Text* GRETTA BOTT
Photographs HOTEL CASTELL**

While other guests are enjoying an aperitif in the bar of the Hotel Castell, a couple in white bathrobes are eagerly hurrying along the wooden gangway to the sauna. This lies a little way away from the imposing hotel, out in the open, and promises peaceful relaxation for all the senses. It stands at the foot of a former quarry, whose plain rocks store up warmth during the day and provide a sheltering backdrop. Formerly, the hotel's so-called rock swimming pool stood here, the first heated outdoor pool in the canton of Graubünden. When the spa hotel opened at the beginning of the last century, the pool – along with gymnastics, diet cures, electrotherapy and hydrotherapy – was a powerful draw for guests considering a stay in the health resort of Zuoz, known for its bracing mountain air.

The two sauna-goers enjoy blissful tranquillity, out of view of the other hotel guests and surrounded by nature. The only sounds are the cheerful gurgling of a stream and the soft rustling of the larch trees, whose fragrant scent is carried over the by wind. The last rays of sunshine are glinting through the larch needles and long shadows are spreading across the valley, while the proud mountains all around glow in the gold of sunset. A sauna session at this magical place, full of special energy, is an unforgettable experience for body and soul.

Between the two World Wars the Castell experienced a golden age, and famous writers such as Stefan Zweig and Arthur Schnitzler numbered among its illustrious guests. But there was another side to the hotel, too. As far back as the 1920s, the local “Zuozingher” were also welcome to bathe here, which in those days was far from usual: at most Grand Hotels, the costly facilities were reserved for paying guests. Charming gestures such as this created a strong bond between the village and its spa hotel, a link that survives to this day. Almost every resident of Zuoz has experienced a birthday, wedding or christening at the Castell, and can tell stories of legendary evenings among its walls.

The “Skyspace Piz Utèr” by James Turrell opens up a view to the sky, clouds and stars.





The steamy air in the hammam glows red, pink and gold.

Today, more than 100 years after it was founded, the Castell is still a spa hotel. But instead of electrotherapy and hydrotherapy, the guests enjoy “The Fine Art of Relaxing”. The slogan can be understood in various ways, because the Castell is not just a wellness hotel but a total work of art. The main shareholder, Ruedi Bechtler, is a perceptive and enthusiastic collector of contemporary art who has invited well-known artists from Switzerland and abroad to come here and let their imagination run free. Today, visitors find many original works of art that create a dialogue with the hotel’s historical architecture, conjuring all kinds of reactions. There’s a display case full of lobsters and sushi by the well-known Swiss artists Mickry 3, for example, and a cryptic commentary in fluorescent lighting by David Shrigley.

Certain artists have even collaborated on architectural features of the hotel itself: such as Pipilotti Rist, who created the hotel’s centre-piece, the Red Bar in the middle of the restaurant, or Tadashi Kawamata, who built the wooden walkway to the sauna. Others have taken art beyond the boundaries of the hotel: such as James Turrell, who erected the “Skyspace Piz Utèr” on the slope in front of the hotel, a chapel that celebrates light, tranquillity and the majestic Piz Utèr. At Roman Signer’s “Water Window”, observers look through a sheet of cascading water to see the scenery shift back and forth, adopting ever-changing forms.

Guests can also ponder such artistic inventiveness as they enjoy a wellness treat: the hammam, with its remarkable palette of pinks and reds, offers an original and uplifting setting in which to unwind after an active day in the fresh air. Just like back in the 1920s, famous international artists sit and sweat here alongside locals, who have popped in to treat themselves to a break from daily routine.



Hamam at the Hotel Castell

Oriental mystique in the wild mountain setting of the Engadin.

hotelcastell.ch

Pachific

The active way to relaxation



Trees have an uplifting effect on body and soul: the Engadin is ideal for "forest bathing", a practice originally from Japan.

Photo left: Filip Zuan / Photo right: Filip Zuan / Fabian Cattien



High-altitude harmony

The elements of fire, earth, air and water in interplay with the natural landscapes of the Engadin: in balance, they provide ideal conditions for rewarding yoga practice. The Samedan yoga studio Alpine Yoga aims to play its part as a centre for "high-altitude harmony". The classes take place whenever possible in a natural setting – namely outdoors in nature. alpineyoga.com



Other yoga activities

Yoga on a stand-up paddle board

Wednesdays from 8.30–10 am on Lake Silvaplana. engadin.ch/yoga

Riding and yoga

Relaxation on horseback and on the yoga mat. engadin.ch/yoga

Yoga with goats

Energising yoga experience with five goats. minigeiss-dinigeiss.ch/english

At one with nature

Celerina – Try hiking without shoes: you can't get any closer to nature! Walking barefoot boosts circulation and stimulates the whole cardiovascular system. The three Celerina barefoot trails starting in San Gian offer the chance to experience the benefits in a glorious natural setting. engadin.ch/barefoot-trails



1st trail:

To Punt dals Bouvs and back to San Gian: about 45 minutes' walk.

2nd trail:

To Choma Suot and back to the starting point: about 1½ to 2 hours.

3rd trail:

Through the forest to the idyllic Lake Staz and back: a walk of about 2 hours.

Inn-style hydrotherapy

Zuoz – Cold feet can also be a good thing – for example in hydrotherapy. A barefoot walk through the cold water of a hydrotherapy trail stimulates circulation and strengthens the veins. Switzerland is home to several such "Kneipp" hydrotherapy venues, but enthusiasts can enjoy the benefits in just about any river. So why not use the Engadin's "house river", the Inn, as your own personal hydrotherapy facility?



Therapeutic peat

Celerina – Nestling in the Staz forest and framed by dramatic mountains, Lake Staz is one of the best-loved swimming lakes in the Engadin. A dip in the clear water of this beautiful moorland lake is wonderfully refreshing – and healthy, too. Active substances in the peat have an inhibiting effect on skin inflammations and are rich in minerals: no wonder peat is used as a natural remedy.

Culture instead of chlorine

Once, students swam laps here; today, actors and musicians perform on stage.

The Zuoz Globe, which opened in December 2011, is located in the former swimming pool of the Lyceum Alpinum.

lyceum-alpinum.ch/en/activities/theatre-zuoz-globe

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Bliss out in style

With its lakes and mountains, the entire Engadin is one vast oasis of wellness. All the more reason why some gentle relaxation at one of the region's many spas provides the perfect conclusion to an active day out in nature.

1 Waldhaus Spa

Sils – A temple of tranquillity, in which the borders between indoors and outdoors are mysteriously blurred. waldhaus-sils.ch

2 Arenas Resort Schweizerhof

Sils – A 33 °C saltwater pool, heated outdoor pool and a light-filled winter garden promise pure relaxation. arenasresorts.com/sils-maria

3 Palace Wellness

St. Moritz – Wellness paradise with views of Lake St. Moritz and the Swiss Alps. badruttpalace.com

4 Ovaverva

St. Moritz – The top-floor spa features Kneipp and steam baths, bio and Finnish saunas, a whirlpool bath and magnificent views – along with a separate women's spa area. engadin.ch/ovaverva-pool-spa

5 Vita Pura

Celerina – Active relaxation and blissful tranquillity thanks to a wide variety of spa facilities and treatments. crestapalace.ch

6 Kronenhof Spa

Pontresina – The spacious spa (more than 2,000 sq.m) offers a new dimension in relaxation and wellness. kronenhof.com

7 Saratz Day Spa

Pontresina – Reinterpretation of the hammam and rebirth of the classic bathing experience. saratz.ch



8 Bellavita pools & spa

Pontresina – This attractive pool and spa complex, complete with indoor and outdoor pools, saunas and steam baths, celebrates its 50th anniversary in 2020. engadin.ch/bellavita-pool-spa

9 Diavolezza hot tub

Pontresina – Relax at 3,000 metres above sea level, surrounded by sparkling summits. engadin.ch/hot-tub

10 Mineral Baths & Spa

Samedan – A colourful labyrinth of pools and steam rooms spread over three storeys. engadin.ch/mineral-baths



Further information
Find more wellness suggestions and tips at: engadin.ch/wellbeing



Map: Rohwedder/Photo: Hotel Saratz

Water sports

I float upon the waters,
In a happy trance,
I see the wind and waves play,
And watch their cheerful dance.

THEODOR FONTANE (1819-1898)
FROM THE POEM "AUF DEM SEE" ("ON THE LAKE")





A longing for water



Inviting: a refreshing dip in pure mountain water.

Homecoming: Even before we have set foot on this earth, we have already been floating for 40 weeks. No wonder that most of us long for a dip or a swim our whole lives long, and that the sight of water has a soothing effect on us. As creatures born of water, we

have a deeply rooted and strong emotional connection to the liquid element. Its embrace is a homecoming.

Water is good for you: Water not only soothes, it also refreshes and uplifts us. When we go for a swim, we feel light and liberated. The density of water almost equals that of the human body, allowing us to experience a feeling of weightlessness. The German writer Goethe was well aware of the beneficial effects of water. Even in winter, he would go for a swim in the river at night and was convinced that the practice helped avoid depression and improved self-discipline. On a hot, sunny day, many would happily agree with Goethe: a leap into a cool mountain lake, the subsequent rush of adrenalin and the tingling feeling in the skin trigger feelings of euphoria in most people. A bracing dip also boosts the burning of fat and helps prevent muscles going stiff after exercise: facts that could encourage even those who wouldn't dream of trying a cold shower to take the plunge.

With passion: Where there is also a steady wind – as is generally the case with the Engadin lakes – action-loving water sports enthusiasts will not be far away. Various competitions – such as the Sailing Champions League and the traditional Engadinwind, the world's oldest windsurfing event – take place here. These gatherings routinely attract the world's top kitesurfers, windsurfers and sailors to the valley. Local water sports enthusiasts tell us on the following pages what it is about the Engadin lakes that makes them so happy.

Photo: Filip Zuan

In their element

The Engadin lakes are a paradise for water sports enthusiasts of all tastes. Four of them talk about their passion.

Text ANNA HERBST
Photographs FILIP ZUAN



Swimming SEMIRA BONTOGNALI

The element of water fascinates this native of the Engadin. As a former triathlete, she has swum far and wide, but best of all she enjoys diving into the Engadin lakes – always in a wetsuit, because even on the hottest summer days, the water is cold in this high valley. She adds: “The setting here is amazing. Every time I come up to take a breath, I see the mountain peaks.”



Sailing CLAUDIO PITTIN

Surrounded by wild mountains, Lake Sils is Claudio Pittin's playground. The powerful Maloja wind has been carrying him across the water almost his whole life: as a child he enjoyed windsurfing, and as a young man he fell in love with sailing. "We are always a team of five on the boat. All have to give of their best, that way we can achieve something together."





Fresh wind, billowing sails: a yacht speeds across Lake Sils.



Stand-up paddling SARAH MISSIAEN

The best time to go stand-up paddling is early in the morning, when the lake is still and its glassy surface reflects the surrounding mountains perfectly. For the windsurf instructor Sarah Missiaen, stand-up paddling offers a relaxing contrast to high-energy windsurfing. The paddle board also takes her to places otherwise difficult to reach – such as the small islands on Lake Sils.





***Kitesurfing* ANDREA GAFFURI**

The interplay between wind, water and kite especially thrills Andrea Gaffuri, along with the endless variety of kitesurfing. She also enjoys the lifestyle, which brings together people who share the same passion. Andrea has surfed at many locations worldwide, but when asked which she enjoys best of all, she answers without hesitation: the Engadin mountains.

Liquid playground

Activities in, on and under the water



Go like the wind

Silvaplana – Thanks to the steady winds, Lake Silvaplana has long been a popular spot for windsurfing enthusiasts from all over the world. The “Windsurfing Silvaplana” school boasts an international team of multilingual instructors; novices can explore the sport from scratch, while experienced enthusiasts can take advantage of the expert tuition to improve their skills further. “Windsurfing Silvaplana” also rents out SuP boards and paddles along with canoes. engadin.ch/windsurfing-silvaplana



Further activities: Stand-up paddling
Naish SuP: group classes and private tuition.
engadin.ch/stand-up-paddling

Sailing

St. Moritz Sailing Club: founded in 1941, variety of tuition on offer. scstm.ch
Sail and Sports: sailing school on Lake Sils. engadin.ch/sail-sports

Kitesurfing

Swiss Kitesurf: kitesurf and stand-up paddle tuition.
engadin.ch/kite-sailing-school



Swimming rules

Be swim fit

Never enter the water under the influence of alcohol or drugs. Never swim with a full or totally empty stomach.

Keep your cool

Never jump in the water when you are hot. The body needs time to adjust.

Set limits

Never swim out far alone. Even the best-trained swimmers can experience cramp or faintness.

Look before you leap

Do not jump or dive into murky or unknown water.

See safety tips from the Swiss Lifesaving Society at: engadin.ch/swimming-in-open-waters

Learn to sail

St. Moritz – As far back as the late-1930s, the Zurich Yacht Club took advantage of the dependable Maloja wind to use the Engadin as an alternative venue for its regattas. Soon after, in 1941, the St. Moritz Sailing Club was founded; novices can also learn to sail here. scstm.ch

Vamos a la playa

Lej Marsch – The Lej Marsch near St. Moritz may be surrounded by mountains, but summer vibes and beach style set the tone: the lake even boasts its own sandy beach. engadin.ch/lake-lej-marsch



Respect the lakes

The unique beauty of the Engadin lakes must be preserved for future generations. The “Pro Lej da Segl” association campaigns on behalf of the region and appeals to visitors to play their part and respect the marked nature reserves.

Engadin lake parade

A leisurely swim, perhaps? Or how about a spot of windsurfing, braving the Maloja wind? The various Engadin lakes promise a refreshing dip in summer along with endless options for water sports enthusiasts.

1 Lej Gravatscha

Samedan – Visitors find several barbecue picnic sites along the shores of the Lej Gravatscha, in a largely natural setting. engadin.ch/lake-gravatscha

2 Lej da Staz

Celerina – The Lej da Staz boasts Europe's highest swimming beach. engadin.ch/lake-staz

3 Lake St. Moritz

St. Moritz – In summer, the ideal spot for a leisurely stroll – but water sports enthusiasts are in their element here, too. engadin.ch/lake-st-moritz

4 Lej Marsch

St. Moritz – Pretty swimming lake with barbecue site for all the family. engadin.ch/lake-lej-marsch

5 Lej Nair

St. Moritz – Half an hour's walk from the Lej Marsch. Thanks to the moorland lake's dark colour, the water becomes pleasantly warm in summer. engadin.ch/lake-lej-nair

6 Lake Champfèr and Lej Suot

Champfèr – If you want to swim here, you need a thick skin: even in summer, the water temperature reaches only 11 to 14 degrees. engadin.ch/lake-champfèr

7 Lake Silvaplana

Silvaplana – Thanks to the Maloja wind, the ideal lake for all windsurfers and kitesurfers – but also a paradise for other water sports. engadin.ch/lake-silvaplana



8 Lake Sils

Sils – The philosopher Nietzsche, like many visitors, found inspiration on Lake Sils. Summer attractions include various water sports and Europe's highest scheduled boat service. engadin.ch/lake-sils



Further information

Swimming in the mountain lakes is not supervised; visitors enter the water at their own risk. engadin.ch/bathing-lakes

Permitted water sports Swimming Diving Kite- and windsurfing Sailing Stand-up paddling Rowing





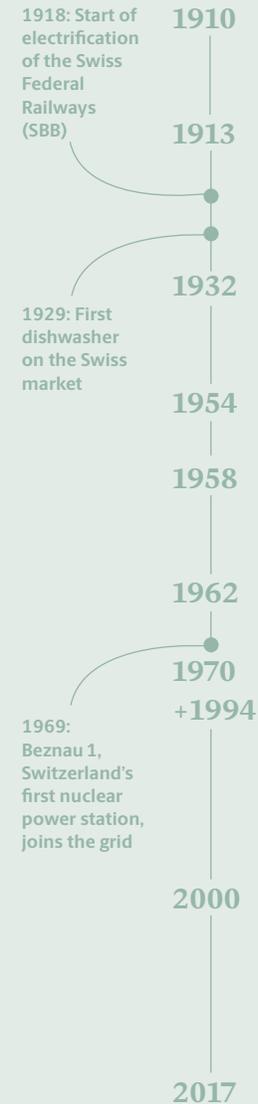
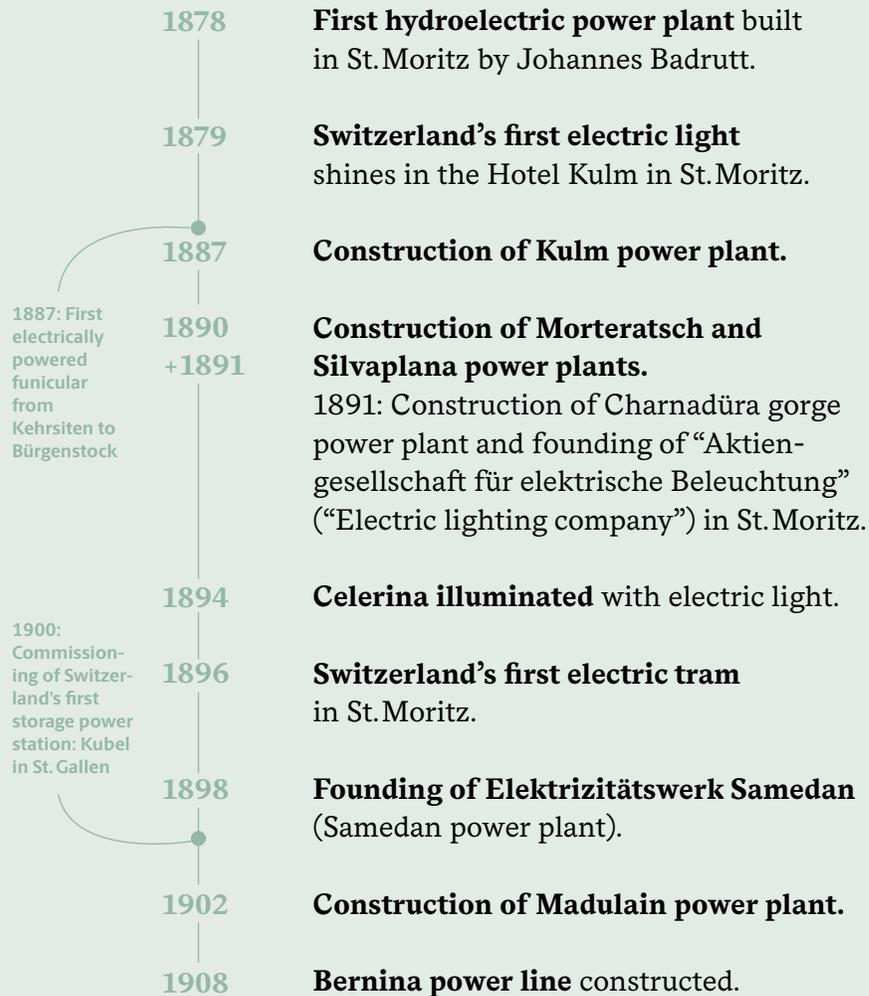
Cultura

**Imagine a carpet of water,
and as the pattern of the carpet,
the history of humankind.**

CHRISTIAN MORGENSTERN (1871–1914)



H₂O power



Let there be light!

The pioneers of electricity use in the Engadin enabled Switzerland to become a key player in European hydropower.

Text **KARL GRAUHANS**

It seems that the people of the Engadin have long had a fondness for light and brightness. Not just because of their famously sunny climate: they were also the first in Switzerland to turn night to day.

They had the St.Moritz hotelier Johannes Badrutt to thank for this marvel. He had travelled from St.Moritz to Paris in 1878 for the world exhibition, and had witnessed the closing festivities during which hundreds of electric lamps – so-called Yablochkov candles – illuminated the exhibition grounds of the “ville lumière”. He was so fascinated that he brought one of these wonderful lamps home. Back in St.Moritz, he installed a water turbine in the river behind his Hotel Kulm, and laid cables to carry the electricity to the hotel dining room. As a result, dinner was served by electric light for the first time on 18 July 1879 – to the delight of guests, who could admire the ornately decorated tables and beautifully served dishes like never

Impressive testament to the success of Engadin hydropower: the Lago Bianco dam.

Photo: Repower



The ladies at the table were enthusiastic: while the familiar gas lighting produced a sickly green tint, under the new electric lamps their cheeks shone bright and rosy.

OBSERVATIONS AT THE FIRST ELECTRIFICATION OF THE HOTEL KULM. FROM THE BOOK "ELEKTRISIERT" ("ELECTRIFIED") BY STEVEN SCHNEIDER.

Left: around 1890, the carbon filament lamp cost three francs – the daily wage of an unskilled worker.

Guests at the Hotel Kulm soon appreciated the benefits of electric light.



before. A blessing compared with the pungent paraffin lamps that had previously been used and which could now at long last be taken out of service.

Power for the tram

The artificial illumination of the hotel dining room signalled the start of the electrification of the Engadin. After all, the power from the river offered plenty of other applications that would serve the rapidly growing numbers of visitors to the Engadin: hotel lifts, telephones, funiculars and much more. All required electricity generated from water, so in the years following Badrutt's first experiment, many small power plants were built along the Inn and its tributaries over a short space of time to provide power for locals and visitors alike.

The new amenities may have brought great benefits to visitors, but hydropower did not bring success and wealth to all. Padruot Roedel and Tomaso Picenoni, for example, invested a hefty 11,000 Swiss francs in 1886 when they bought a concession from the municipality of Silvaplana to use the waters of the Ova da Vallun in the hope of supplying the whole region with electricity. However, their water pipeline from the Julier valley was badly designed and failed to produce the desired energy. Likewise, the electric tram that ran



The Albigna dam in the Val Bregaglia is an impressive 115 metres tall and 759 metres long.

Photo: Andrea Baruffi, Getty



The full journey took eight minutes. A ride cost 20 cents single and 30 cents return; later, fares were halved for locals.

ST. MORITZ'S TRAM SERVED VISITORS FOR 36 YEARS.

Left: metal filament lamps have been available since 1904.

The only relic of St. Moritz's tram era is the shelter with bench at the "English church" stop.



between St. Moritz Bad and St. Moritz Dorf from 1896 was a flop and had to cease operation in 1932 in heavy debt. The tramline, which was only 1,700 m long, failed to attract enough tourists to use it.

Mighty legacy

Despite such setbacks, Engadin hydropower was and is a success story, which not only brought countless amenities but also created many electricity producers. "St. Moritz Energie", for example, generates electricity where the Inn flows out of Lake St. Moritz; "Repower" has plants along the Inn; the "Elektrizitätswerk Samedan" operates four small hydroelectric plants within the municipality; and "Engadiner Kraftwerke" produces so much electricity at various facilities between S-chanf and Martina that it can supply not only the Engadin but also illuminate light bulbs in Zurich, Italy and Austria. The dams of the Lago di Livigno, the Lago Bianco and the Läggh da l'Albigna are testaments to this success story and offer impressive sites to visit.



A good read

The full story of the region's hydropower appears in the book "Die weisse Kohle von St. Moritz und Celerina" ("The white coal of St. Moritz and Celerina"), published for the 100th anniversary of St. Moritz Energie.

stmoritz-energie.ch

THIS IS OUR SECRET ENERGY STORAGE



© ENGADIN St. Moritz
swiss-image.ch/Christof-Sanderegger

Heating on the basis of cold water

The district heating system in St. Moritz Bad uses the lake of St. Moritz as a natural source of power for heating. Despite the extraction of heat from the water, the lake's ecosystem remains intact. As such this energy cycle is recognised as true pioneering work.

www.stmoritz-energie.ch



Small drops, big impact

How does water make electricity? After all, water appears electrically neutral, and when you dive into a lake or a river, you do not risk an electric shock...



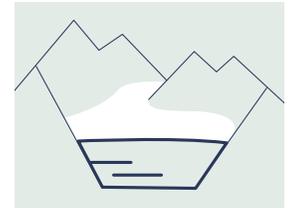
The secret of Swiss hydropower begins with the high mountains in which the clouds form. When masses of moisture-laden air cross the Alps, they are forced to climb to higher, cooler levels; as a result, some of the moisture condenses, because colder air cannot store so much water.

The water, which falls from the sky as fluffy snow or refreshing rain, is gathered in reservoirs and channelled into rivers, where the cumulated energy can be harvested.

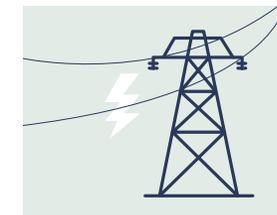


This takes place by means of turbines that use the water flow to turn a shaft. The process is in fact tapping gravitational energy: after all, it is the gravitational attraction of the earth that causes the water to flow downhill.

Thanks to the high mountains and the large vertical drops, Switzerland can generate electricity from the same water several times as it flows towards the country's borders on its journey to the sea.



The next step is rather more complicated. It basically consists of using the mechanical energy of the turning shaft to drive a generator; inside, the movement of a magnet past a wound copper wire alters the atomic structure of the copper and induces an electrical current in the wire.



The electricity produced can either be utilised locally or carried great distances by means of conductive materials. As a result, the electricity can be used in households a long way from the water turbines that generated it.

If the electricity is not required, the turbine can be disconnected. Alternatively, the electricity can be used to pump water up to a reservoir. This water can then

be released to drive turbines and produce electricity when the need is high – for example in the evenings, when many people are switching on appliances at home and cooking dinner, or at around 9 in the morning, when cable cars and funiculars start operation.



Bursting with energy

Feel the power



The lake that saves energy

A couple of years ago, a new lake appeared above St. Moritz at an altitude of 2,640 m. The Lej Alv was created for the Alpine World Ski Championships of 2017, and enables storage of 400,000 cubic metres of water – equivalent to more than 2.6 million

bathtubs. Artificial snowmaking for the Corviglia pistes is now faster, as the water no longer has to be pumped up from Lake St. Moritz. The new arrangement saves electricity equivalent to the consumption of 400 households. engadin.ch/lake-lej- Alv

The Lej Alv is a popular excursion destination in summer.

Photo left: Filip Zuan/Photo right: Adrian Michael via Wikimedia Commons/ St. Moritz Energie/ Repower



Explore a dam

Albigna – The Albigna dam rises a dramatic 115 metres above the valley floor at an altitude of 2,100 metres. Visitors can explore this impressive structure on a two-hour guided tour (German and Italian). A cable car carries participants to the foot of the dam, from which they explore the galleries. Visitors must have a head for heights and be in good physical shape for safety reasons.

bregaglia.ch/en



Sitting on power

Bike stands with locking facilities, free Wi-Fi hotspot, charging station for laptops, e-bikes, mobile phones and tablets: the “energy benches” of the Engadin are real all-rounders. Two dozen are available for visitors and locals to use at various locations. Incidentally: you can of course use them simply to sit down and relax for a while! engadin.ch/energy

Art along the wall

Salecina – You can see the nine columns in rainbow colours that line the crest of the dam of the Orden retention basin from a long way off. A tenth column stands in the nearby hamlet of Salecina. Each column is six metres tall, with a diameter of 40 centimetres; together, they add a dramatic touch to the local landscape. The columns were erected by the artist Gottfried Honegger in summer 1997 for the 25th anniversary of the construction of the retention dam and of the Salecina holiday and training centre in nearby Maloja-Orden. engadin.ch/culur-art



Light effects

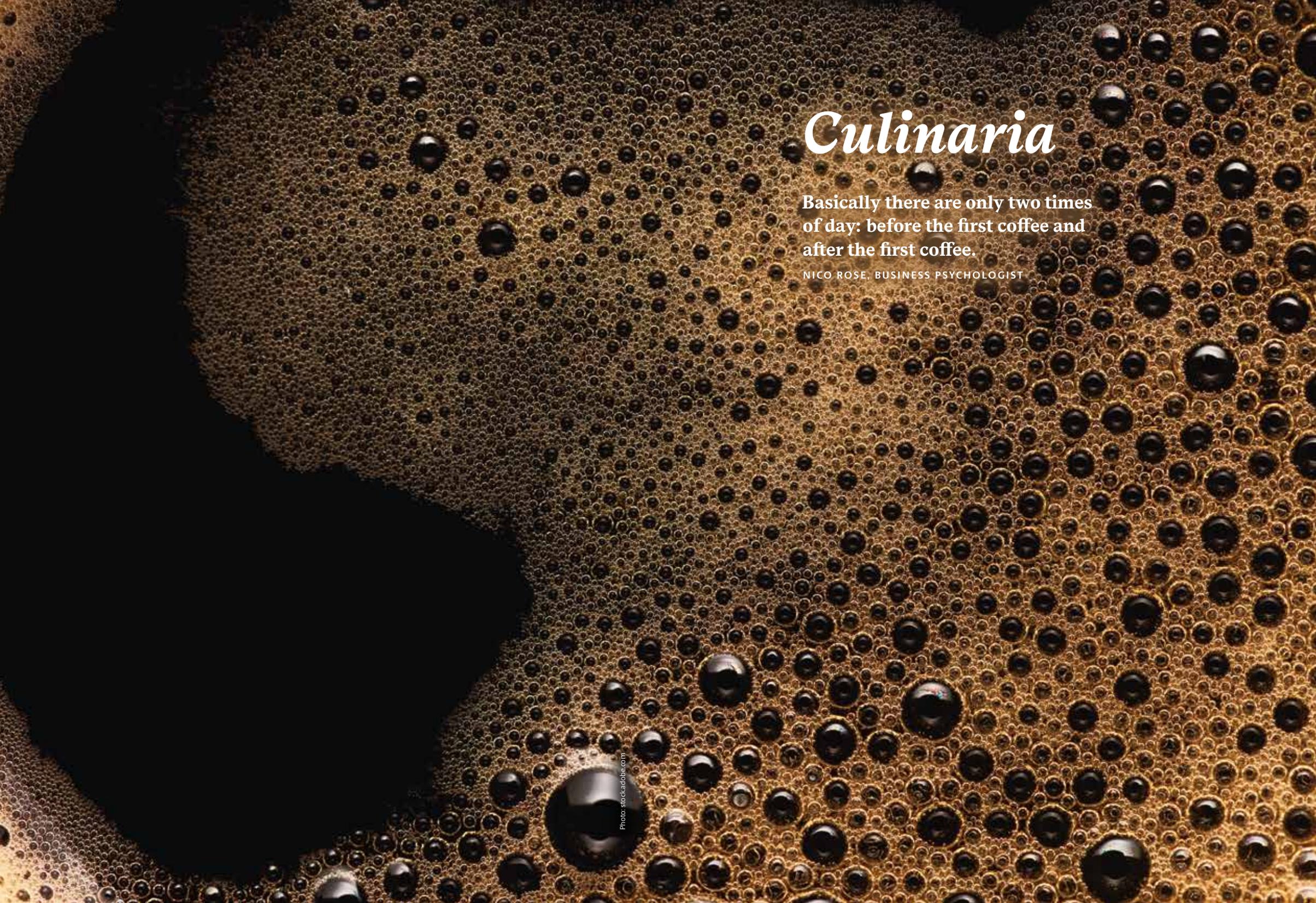
Celerina – Light in different colours emerges mysteriously from the historical Islas power station and the substation (right in picture), creating a special atmosphere. The power company St. Moritz Energie created the installation after renovation of the substation in 2018. stmoritz-energie.ch

17 gigawatt hours of electricity (= 17 million kWh) are generated every year by the Islas power station, covering most of St. Moritz's energy requirements. A Swiss household of two people consumes an average of about 3,500 kWh.

Free power station tour

Anyone who has wondered what exactly happens in a hydroelectric power station will enjoy a visit to the Löbbia hydropower plant, which offers free guided tours. These take place in German and Italian and last about an hour; no booking required.

bregaglia.ch/en/guided-tours-of-the-loebbia-hydroelectric-plant



Culinaria

**Basically there are only two times
of day: before the first coffee and
after the first coffee.**

NICO ROSE, BUSINESS PSYCHOLOGIST



The smugglers' paradise



Smugglers in Graubünden around 1959.

Photo: Archivio fotografico Luigi Ciasep/SSVP

Dangerous: Smugglers in the Engadin needed a strong nerve: they could elude the authorities only by crossing remote alpine passes and skirting dangerous mountain summits. These routes were tough enough by day, but the smugglers preferred to travel by night, swallowed up in the darkness yet heavily loaded. Each step carried a risk: behind every corner a border guard could be waiting, and at the foot of the steep slopes lurked death.

Traditional: Despite the dangers, local communities experienced a long tradition of smuggling between southern valleys of Graubünden and neighbouring regions of Italy. Activity increased considerably during the World Wars when the Swiss, suffering from food shortages, exchanged salt and cigarettes for Italian ham, rice and other consumer goods such as shoes. For some regions, smuggling remained of such economic importance beyond the War that it continued until the 1990s with the tacit collusion of Swiss border guards.

Informative: Visitors to the Engadin can explore this fascinating heritage. A family-friendly smugglers' theme trail marked "Capel – Percorso dei contrabbandieri" leads from Maloja to a pretty nearby lake, the Läggh da Bitabergh, without the hazards of the old smuggler's trails. Along the way, 17 information panels explore the smugglers' tough life.

Luxurious: One item of contraband in great demand in neighbouring Italy was coffee: a product that Daniel Badilatti from Cafè Badilatti knows better than anyone, as you can read on the following pages.

The aroma of fresh coffee

The heart of the Alps is an unusual location for a coffee roasting plant. Yet the Zuoz company Badilatti has been filling the valley with the delicious aroma of freshly roasted coffee for generations.

The company Café Badilatti roasts 220 tons of coffee every year in Zuoz.

Text MARTIN HOCH
Photographs FILIP ZUAN

Daniel Badilatti is a local, born and bred, yet a citizen of the world.

Neatly trimmed moustache, plain spectacles, sparkling eyes: Daniel Badilatti is a dynamic character full of youthful energy. Yet he is already 69 years old, and can look back on an eventful career – and on a company history with a difference. We visited him to find out how the Badilattis came up with the idea of producing the finest coffee in the heart of the Engadin, using 220 tons of coffee beans every year.

Daniel Badilatti sits in his office in the commercial district of Zuoz. It was from here that he directed the fortunes of his company in recent years. On his desk stands a coffee cup, decorated with the brown-and-gold company logo: an Engadin ibex on a stylised mountain. The brown represents the coffee beans, and the gold reflects the fact that “coffee is a noble drink,” as the boss says. He is a local, born and bred, yet a citizen of the world: a frequent traveller, he wants to know exactly where and how his coffee beans are growing. He even set up four cooperatives in Indonesia with his local business partner, thereby creating 2,000 jobs. In turn, the local Batak people who look after his coffee shrubs and respectfully call him “Pak Daniel” – Mr Daniel – have presented him with a magnificent piece of cloth. It hangs in his office and is a reminder

throughout the year of the rolling hills south of Lake Toba on the island of Sumatra, with their hot, humid days and cool nights.

Giuseppe – priest or man of the world?

The company was founded by Daniel’s grandfather, Giuseppe Badilatti. He grew up in Poschiavo, but at a young age was sent by his parents to the seminary in Einsiedeln to train to become a priest. But monastic life did not suit the young man of the world, and he soon moved to Italy. He ended up in cosmopolitan Rome, where he found work with the Bondolfi family, who initiated him into the secrets of coffee roasting. Giuseppe Badilatti enjoyed the Eternal City to the full, with its light and shadows – until, in the years before the First World War, the authorities withdrew foreigners’ residence permits. He returned to Switzerland and in 1912 settled down in Zuoz, where he found an optimistic mood and an economy set to boom: the Bever–Scuol railway line was about to open, and tourism in the Engadin would soon take off. He bought a food shop and provided the hungry construction workers with calories.

All seemed to go swimmingly – until war finally broke out and tourism came to a standstill, along with the wider economy.

Giacomo – the coffee roaster

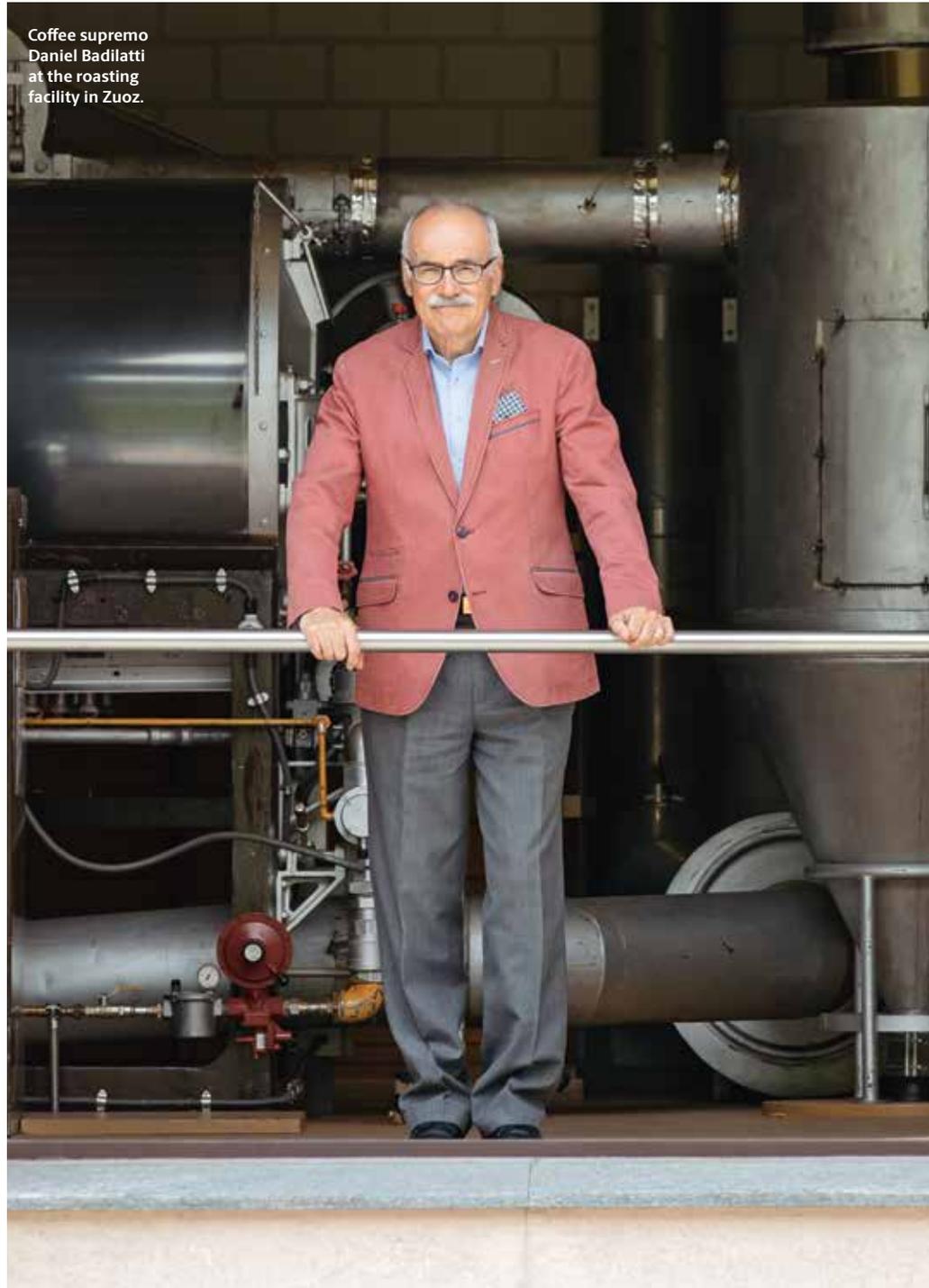
In time Giuseppe’s son, Giacomo Badilatti, took over the company, and so began the story of “Cafè Badilatti”. Inspired by his father, he learned the art of coffee roasting and added a new line of business to the shop. Thanks to the good tips, he was soon producing outstanding roasted coffee beans, delivering to a rapidly growing clientele in the Engadin and in neighbouring valleys to the south. Demand was also great among Italians, because local coffee was heavily taxed by the Italian government. As a result, he could steadily grow his business – until Italy abolished coffee duty and the lira collapsed.

“My grandfather forked out more for the stock than he did for the house he bought with it.”

DANIEL BADILATTI

Daniel – the coffee farmer

It was Daniel Badilatti who finally ensured the company’s solid standing. Because of competition from discounters and major distributors – not to mention George Clooney and



Coffee supremo
Daniel Badilatti
at the roasting
facility in Zuoz.



Giuseppe, Daniel's grandfather



Giacomo, Daniel's father

his Nespresso capsules – Café Badilatti needed to reposition. “I focused on our strengths and the fact that we are a family business, rooted in the region,” Daniel says. Together with Hans Peter Danuser, director of the St. Moritz tourist office at the time, he created the idea of a “St. Moritz coffee” for export. The two men were convinced that combining an intense coffee experience with the strong St. Moritz brand would be a success, offering customers worldwide unique moments of pleasure. And so it proved: soon, the luxury coffee was selling as far afield as Russia, China and the United Arab Emirates, leading to a powerful globalisation of Café Badilatti.

Today, only 20% of turnover is generated in the Engadin, although the plant in Zuoz is still responsible for most of the added value. This is unusual, because Badilatti has a geographical disadvantage with respect to its rivals. While most major roasting facilities are located close to ports – for example in Genova, Bremen and Antwerp – Badilatti transports the green coffee beans for hundreds of extra kilometres to the high Engadin valley, adding about 100,000 francs to the company's costs every year. But the location also has its advantages. At an altitude of 1,700 metres above sea level, the boiling point of water is lower. As a result, the roasting process takes longer, which improves the coffee's digestibility.

A bean for every coffee

With an average of more than three cups a day per person, Switzerland is a land of coffee drinkers. Cafè Badilatti offers a variety of blends for all styles of coffee, including the Engadin's favourite, known locally as the "Kaffee Crème".

Espresso



Espresso macchiato

Another classic from Italy. A splash ("macchia" in Italian) of frothy milk adds a smooth touch of sweetness.



milk froth
Espresso

Ristretto

For connoisseurs. With strong and sustained after-effect.



Lungo

Milder variant of the espresso, brewed with a greater quantity of water.



Kaffee Crème

The local name for the most popular Swiss coffee; also known as "Schümli".



coffee cream
long espresso

Cappuccino



milk froth
milk
espresso

Americano

During the Second World War, American soldiers found the European espresso too strong, so they diluted it with hot water to make the americano.



water
double espresso

Caffè latte

Also known as café au lait, and in German-speaking regions as Milchkaffee or Schale.



milk froth
milk
diluted espresso

Flat white

From Australia and New Zealand.



milk
espresso

Latte macchiato

Originally intended as a coffee drink for children, as the caffeine content is very low.



milk froth
espresso
milk

Espresso Bar ALL'ITALIANA



Roast: dark
Strength: full-bodied, strong
Areas of origin: Asia, Central America, South America

Blend of Monsooned Malabar and Robusta Kaapi Royale from India with Arabicas from Brazil and Nicaragua. Ideal for espresso and ristretto.

Engiadina THE VERSATILE COFFEE



Roast: medium
Strength: strong
Areas of origin: Asia, Central America, South America

90% Arabica and 10% Asian Robusta beans give a blend for coffee drinkers who enjoy switching between espresso and Kaffee Crème.

Bernina THE NOBLE COFFEE



Roast: light
Strength: mild
Areas of origin: Brazil, Central America

Pure Arabica coffee. Thanks to slow and gentle roasting, a rather mild flavour with low acidity. Suitable for Kaffee Crème and caffè latte.

Albana THE ALL-ROUNDER



Roast: dark
Strength: full-bodied, medium
Areas of origin: Asia, South America, Central America

Arabicas from Central America and Brazil with Robustas from Asia. The medium roast gives this coffee an especially aromatic flavour.



Where to drink Badilatti

Romantik Hotel Muottas Muragl

The views of the Upper Engadin lake plateau are simply unrivalled – just like Badilatti's coffee.

mountains.ch

Gasthaus Spinas

To go with the coffee, guests can choose between treats such as Kaiserschmarrn shredded pancakes, seasonal fruit cakes or Engadin walnut cake.

spinasbever.ch

Laagers Café

The Hotel-Garni Laager has its own café and bakery that makes exquisite cakes and chocolates, too: all delicious with a fine coffee.

laagers.ch

Kochendörfer's Restaurant

Come for a coffee and a slice of the venue's famous Engadin walnut cake – and you will soon be back to enjoy a full meal in style.

albris.ch

Grond Café, Sils-Maria

After a walk along the lakes, a visit to the Grond Café in pretty Sils-Maria is a must. The perfect match for coffee: a delicious Silser Kugel ("Sils ball") of chocolate, marzipan and meringue.

grond-engadin.ch



At an altitude of 1,700 m the roasting process takes longer, because of the lower boiling point.

Livio & Aligi – the future

Last year, Daniel's two sons, Livio and Aligi Badilatti, joined him on the board of the company, assuring the continuity of the family business into the fourth generation. The new director is Sabina Clösters, who has been working at Badilatti for many years. With this team in place, Daniel is optimistic about the future: "More and more people will want to celebrate the pleasures of fine coffee," he says. The increasing demand for local products, especially from small family businesses, suits Café Badilatti well. Daniel likes to

remind the next generation of coffee roasters of the Badilatti family's recipe for success so far: "If you keep your ears and eyes open, the future will be good."



Discover Badilatti coffee

Café Badilatti's in-house coffee museum, "Caferama", tells the story of coffee, following its trail from plantation to coffee cup. Opening times in summer (mid-June to end of October), Monday to Friday, 3–6 pm. A free guided tour of the plant takes place every Thursday at 4 pm.

cafe-badilatti.ch

Coffee and cake

graubündenVIVA brings together the finest flavours of Graubünden



For an experience of the full flavour of the Engadin, nothing beats a cup of Badilatti coffee with a slice of Engadin walnut cake. And for that, nowhere is better than the Lager bakery in Samedan. This is regarded as the birthplace of the cake, whose recipe is said to have been brought from southern France at the beginning of the 20th century by the pâtissier Fausto Pult.

Café Badilatti is a proud partner of the graubündenVIVA scheme, which celebrates the best food and drink from the region and helps locals and visitors alike access the full wealth and variety of Graubünden gastronomy. The highlight of the multi-year programme of events is the "Feast of the Senses" running from May 2019 to October 2020 throughout the region. Between May and July 2020, it comes to the Engadin and the southern valleys of the canton of Graubünden. At a mouth-watering event in Zernez on 4 July, for example, producers and restaurateurs from the Engadin and the Val Müstair place the spotlight on mountain cereals. For other specialities and delicacies from the region, we recommend the travel guide from graubündenVIVA, which features gourmet weekend trips through the canton; one leads into the Engadin and into the southern valleys of Graubünden.

Order the travel guide free of charge from: contact@graubuendenviva.ch

Further information: graubuendenviva.ch

Recipe for Engadin walnut cake

Pastry:



300 g



150 g



150 g



1 egg



1 pinch



180 degrees, 50–60 min

Filling:



2 dl



250 g



300 g

Taste of perfection

Treats to suit every palate



Maurizio makes Moritz

A good ice cream always goes down well. That's the theory of Maurizio Napoletano from the restaurant La Piruetta in Celerina: he conjures exquisite ice cream in his laboratory in Samedan, using milk from the valley and focusing on local natural ingredients. Because of the proximity to

St. Moritz, he chose the name Moritz ice cream. Badrutt's Palace also serves superb home-made ice cream by Chef Pâtissier Stefan Gerber. In Zuoz, the Hotel Klarer makes its own ice cream, too. lapiruetta.ch/en/moritz-ice-creams, badruttspalace.com, klarer-zuoz.ch

Sweet dreams: ice cream from the kitchens of Badrutt's Palace Hotel.

Photo left: Pia Cürnbühler / Photo right: Waldhaus am See / Graubünden Viva / Gaudenz Danuser

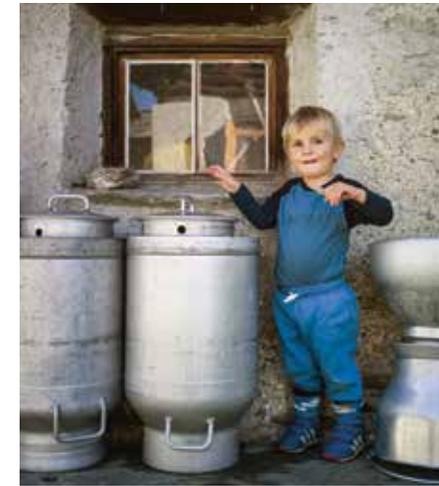
A village tour in several courses

Celerina – Exploring gives you an appetite! Just as well that visitors in Celerina can discover the village's highlights during a guided gastronomic tour. Over the course of four hours, participants learn all about Celerina, its people and history, and along the way enjoy the individual courses of an Engadin meal at different restaurants. engadin.ch/culinary-village-tour



Smooth St. Moritzer

St. Moritz – The Hotel Waldhaus am See has won a place in Guinness World Records thanks to a bar with the world's largest selection of whiskies, dubbed "Devil's Place". Guests can choose from 2,500 varieties, including the "St. Moritzer Single Malt". The owners of the Waldhaus, Claudio and Nico Bernasconi, bottled the whisky in 2018 after it had matured in barrels for 15 years. engadin.ch/bar-devils-place



Secrets of goat's cheese

Maloja – The Cadurisch family has lived in Isola by Lake Sils for decades, supplying fine dairy produce from goat's milk as well as goat meat. Their best-known speciality is the Mascarpin goat's cheese. Enthusiasts can learn all about the farm and the 100-odd goats that live there on a guided tour. Visitors see the goats as they come down from the alpine pastures to Isola, and later watch again as they are milked. The tour of the cheese dairy afterwards includes a tasting.



Other dairy producers in the valley

Sennerei Pontresina
35 years of local tradition.
engadin.ch/sennerei-pontresina

Lataria Engadinaisa, Bever
One of Europe's highest dairies.
engadin.ch/lataria-bever

Eating by the water

The perfect accompaniment to one of our local delicacies? A view of one of the Engadin lakes. Enjoy this irresistible combination at any of a variety of restaurants, including the Lagrev (in Isola), Beach Club (Sils), Mulets and PappaLou (both in Silvaplana), Lej da Staz (Celerina) and Pier 34 (St. Moritz).

Barbecue picnics

Mirror-like ponds, tranquil lakes, cascading rivers: water, still or flowing, has a wonderfully relaxing effect on mind and body. All the more so when you have made a physical effort to get there, building an appetite along the way. Happily, the Engadin offers plenty of idyllic waterside locations for a picnic or barbecue. Some can be reached in just a few minutes with a pushchair or by wheelchair – such as the barbecue picnic sites by the Lej Marsch near St. Moritz. The local authority provides free wood for burning. engadin.ch/bbq-sites

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GaultMillau points are currently shared among Engadin restaurants; one venue also boasts a Michelin star.



Cool and pure

Pontresina – A cold beer on a hot day is bliss; it tastes even better when made nearby. The Engadiner Bier brewery in Pontresina has been producing a mouth-watering range of local beers since 2008. The brewers avoid the use of additives such as stabilisers and preservatives to ensure the smoothest possible flavour – and a heavenly drinking experience. engadin.ch/beer



Nature

You tumble down from mountain springs,
A stream that soon will river be,
You're fresh and clear, you have no choice,
For you must somehow reach the sea.

HORST REHMANN, GERMAN JOURNALIST
FROM THE POEM "WASSER" ("WATER")



Arteries of life



An intricate web of rivers and lakes: the Engadin is one vast water reservoir.

Map: swisstopo

Water network: Streams and rivers feed every corner of the Engadin, like arteries in the human body. Among them lie larger bodies of water: the lakes. Together they form a filigree water network, full of life.

Water reservoir: Switzerland is often called the reservoir of Europe. Five percent of the continent's reserves of fresh water are found here. Thanks to them, we are blessed with a genuine luxury: drinking water. The Engadin, too, can count on such supplies. The municipality of Samedan, for example, meets more than 85 per cent of its summer water requirements with spring water from the Val Champagna and the Proschimun region; the rest comes from groundwater. In winter, Samedan covers 75 per cent of its needs with groundwater, and 25 per cent with spring water.

Water world: The rivers and lakes play a central role in the Engadin's history and in day-to-day life. Especially the river that runs through and defines the valley, the Inn: thanks to it, Engadin water feeds not only the whole region but ten countries on its way to the Black Sea. In the German town of Passau, the Inn flows into the Danube, adding an average of 738 cubic metres of water per second.

Water source: The Inn rises as a narrow trickle, innocently beginning its long journey on the slopes above Lake Lunghin. Presumably it is unaware how much life it will give along the way. Our story on the following pages takes us here, to the source of the Inn.

The young Inn and the sea

Lake Lunghin, source of the river Inn, is one of the most magical places in the Alps. In wet weather, the whole landscape comes alive.

Text ANGELIKA OVERATH

Water, water, everywhere... We had set off from the car park by Maloja under a cloudy sky to tackle the steep climb: a path of tight bends, narrow as if for goats, with steps made of flat stones. The weather worsened; fog appeared and it started to drizzle. The forecast had said it should clear up around midday. The drizzle turned to light rain. There's no such thing as bad weather, just bad clothing, we told ourselves bravely (or foolishly), and tightened our hoods. We continued through the white noise; little streams started to appear, crossing our trail. Suddenly, the whole landscape seemed to be flowing. The green under our feet became mossy; walking turned to wading.

We wiped the rain from our faces. And then it really did start brightening up. Soon we could see what we had so far only heard as a friendly but distant greeting: there it was, the young Inn. We edged gingerly across a wet wooden footbridge. Below us, the clear ice-blue water swirled around the ice-grey stones. We carried on uphill to where we thought the lake should be. The fog had thickened again; we could see cotton-wool whiteness and above the cotton-wool whiteness, cliffs. And then the fog lifted and we could see the lake before us, black as ink. Towards the shore, the water formed a paler strip of transparent indigo, which here and there shimmered into light turquoise. From a concrete weir, spanned by

The bold young Inn plunges to the depths near Pila.

Photo: Filip Zuan

a bridge, water cascaded to form a stream flowing down towards Lake Sils. We followed it with our gaze: a bold beginning.

The Inn rises at Lake Lunghin, known in Romansh as the Lägħ dal Lunghin: the clearest lake you could imagine, locals say. Maps say that the Inn rises above Lake Lunghin (46° 24' 56" N, 9° 40' 0" E, altitude of source: 2,564 m above sea level), and show a very thin line among several thinner green lines. A trickle of a source. Poets say that the Inn rises in the mind. For them, the Inn is a basso continuo in Romansh, a sound that carries away the bitter scent of the alders along the river banks, a singing that reflects the sparkle of the leaping trout, a murmuring, a gushing, a calling with dancing butterflies, a paddling for bare feet, a great thundering that flows through their valley.

The Engadin, one of the highest inhabited valleys in Europe, is the domain of a living river, the garden of the youthful Inn. Once, the poets feared that their river might silt up following construction of the power stations. It did not turn out so bad. The Inn changed, and in sections was tamed. But the river is still beautiful. Even if the Inn, especially in the gorges of the Lower Engadin, does not roar as it once did, before engineers used it to generate electricity. Yet this is a sustainable, eco-friendly way of generating electricity. At the time, the poets had argued for nuclear power instead.

We did not climb higher up to the Lunghin Pass, or up to the Piz Lunghin. That would need good weather and a sure foot. This high realm of the Inn is one of the most magical regions in the Alps. It is also home to one of Europe's most important watersheds. To the north, water flows into the Julia, which in turn joins the Albula and then the Rhine, eventually reaching the North Sea. To the west, the waters of the Maira flow into the Po and finally the Adriatic. To the east, water flows into the Inn and eventually the Danube, to travel all the way to the Black Sea.

The sun had come out and was bathing the Engadin lakes way below us in a blue light. We decided to walk back via Grevasalvas. For a while, the path meandered playfully among rivulets and streams, in which the reflection of the sky shimmered in watery tones of blue.

Photo: chrisaliv, Wikimedia Commons



For local people,
the source of the Inn:
the Lägħ dal Lunghin.



Even giant boulders, as here near Flin, cannot halt the course of the Inn.

Photo: Filip Zuan



A bridge links the two parts of La Punt Chamues-ch, divided by the Inn.

Photo: Fabian Cattien

The people of the Engadin, they say, are homesick even when they are at home. Perhaps that is because of the Inn, which connects them to the sea. For poets and those of a wistful disposition, the Engadin is by the sea, as Rut Plouda writes:

“And below, the Inn with its water, and the child, who runs across the covered wooden bridge and stops by one of the peepholes. And the bridge starts to move, becomes ever faster, and is carried by the water of the Inn towards the big bend in the river, and beyond the bend, that’s the sea.”

There are people who say that it is the Inn, not the Danube, that flows into the Black Sea. Because in Passau, where the Inn and the Danube meet, the mighty blue river from the Alps all but swallows up the brown waters flowing in from the Black Forest. Those who argue this way then hear in the Engadin that at Samedan the Inn is fed by the Flaz, which carries more water at that point. You could therefore argue that it is the Flaz that flows all the way to Passau and takes on the Danube there. But the Flaz, which is fed by the Bernina and Roseg streams before flowing into the Inn, is a twisting, branching river without a clear single direction of flow. The Inn, however, once it has cascaded down to Lake Sils, follows a sure course straight down the valley. 823 glaciers will feed it before it joins the Danube after 517 kilometres.

After nearly four hours, more in rain than sunshine, we feel we are in a magical realm somewhere between land and water. Grevasalvas now lies behind us. After Blaunca and a short uphill section, the paths turn to river beds. Our shoes have kept our feet dry so far – but now it does not matter. At Pila we stand in front of the waterfalls of the still very young Inn. A clear cascading sound; pure bright silver against the dark silver of the cliffs. Suddenly, it’s warm again. We wish our river a good journey.

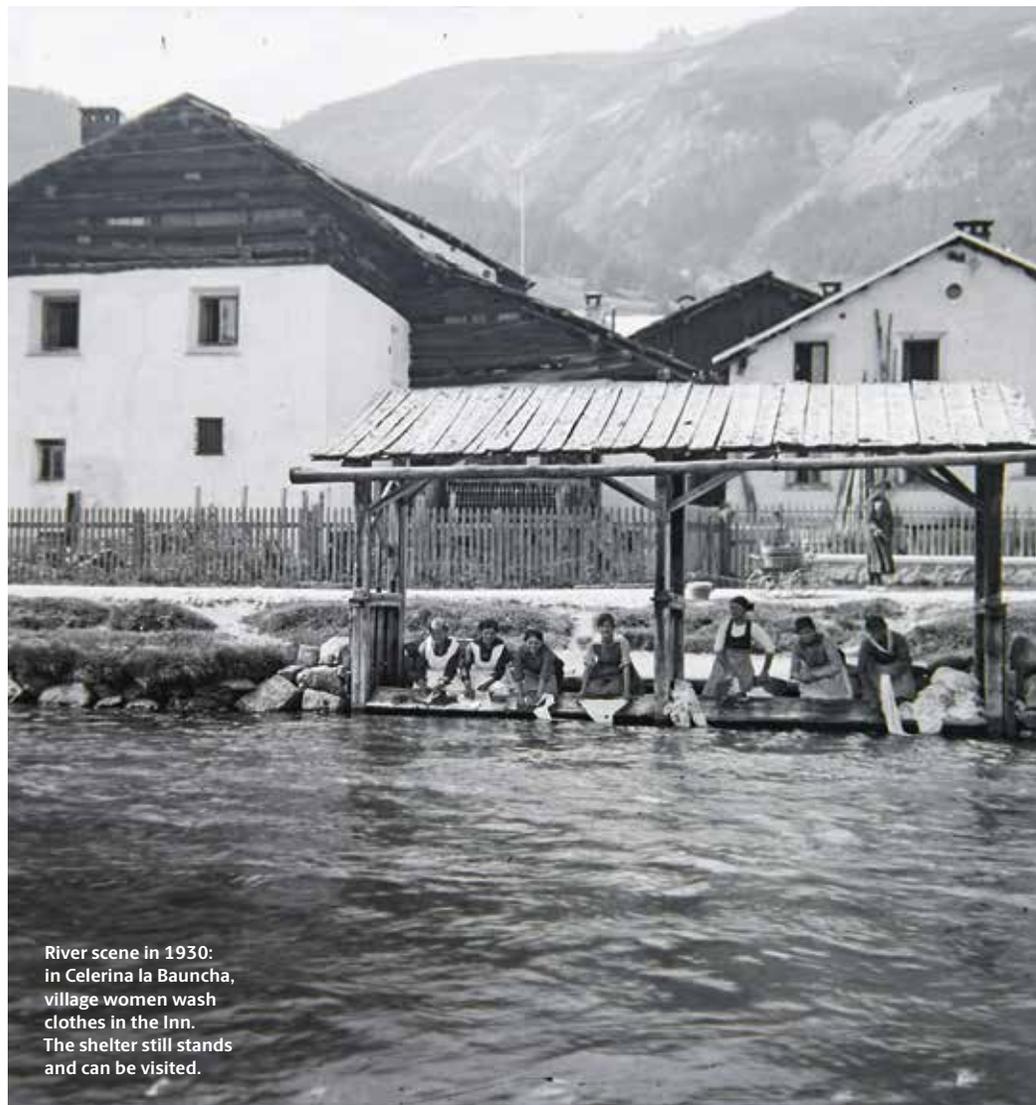


Spectacular mountain pass hike

The roughly five-hour hike from Maloja to Bivio promises superb views as well as geographical curiosities. It leads past the source of the Inn, by the Läch dal Lunghin, up to the Lunghin Pass, site of Europe’s only three-way watershed. engadin.ch/panoramic-hikes

Garden of the Inn

Go with the flow



River scene in 1930: in Celerina la Bauncha, village women wash clothes in the Inn. The shelter still stands and can be visited.

Photo left: Gustav Sommer, Kulturarchiv Oberengadin/Photo right: Julien Bellot, Filip Zuan, Fabian Cattien

Lord of the bridges

Zuoz – In 1901, the Swiss engineer Robert Maillart built the arched bridge in Zuoz using reinforced concrete. This was one of his first constructions, with which he revolutionised bridge-building. His design solved one of the greatest problems facing engineers: how a bridge with a shallow arch could be made to carry great weight. Maillart was responsible for the construction of many bridges during the 20th century.



Kayaking on the Inn

S-chanf – Wild stretches of river, thrilling rapids, rocks and boulders of all sizes for an extra challenge: kayaking promises non-stop action. The sport requires not only considerable muscular strength in the arms but also excellent coordination. Various sections of the Inn are popular with canoeists – including, in the Engadin, the descent from S-chanf to Chinuos-chel, a good 4.5 kilometres. engadin.ch/water-sports



Fly fishing

It takes a skilful casting technique to be successful at fly fishing. But once this is mastered, enthusiasts are spoilt for choice in the Engadin. From the river Inn down in the main valley to the many mountain lakes, anglers find countless delightful spots by the water. The obligatory angling permit issued by the Graubünden Hunting and Fishing Authority gives the option and permission to fish in all 460 lakes and rivers of Graubünden. engadin.ch/fishing



Buy an angling permit online

Information and purchase from the Graubünden Hunting and Fishing Authority. gr.ch

From when to when

The angling season runs from the beginning of June to mid-October.

Flooding tamed

The Flaz has given Samedan plenty of headaches over the years: time and again, the river flooded. Between 2002 and 2006, the course of the Flaz was moved to the south-east over a stretch of four kilometres. Since then, all has been quiet.

Return of river wildlife

For a good 200 years, beavers had disappeared from the Inn, along with the dams they built along streams and rivers. But that changed in 2016. In Samedan, beavers are once again felling trees, creating ponds and building their lodges. Today, about 20 to 30 beavers live in Graubünden. Other long-absent animals are returning, too: in September 2017, an otter triggered a camera trap near Samedan intended for the beavers. A year later, the adults already had pups.

Scratched art

An attentive observer strolling through an Engadin village soon notices ornate figures such as dolphins or mermaids, or patterns such as rosettes, on house facades. These delightful works of art are made by scratching patterns into the plaster while it is still wet: an old technique from Italy known as sgraffito. The sgraffito artist Steivan Liun Könz, son of the “Schellenursli” author Selina Chönz, has his own



thoughts on the subject. “The dolphins that you see on the Engadin farmhouses as sgraffiti surely come from the Black Sea,” he says. “They swam up via the Danube and Inn to the Engadin, as far as Maloja. And there they now wait for wet nights and rainy days to be able to slide down into the Val Bregaglia, on their way to the Adriatic.”

S



SPORTS AND FASHION – TRADITION AND QUALITY

GIOVANOLI SPORT & MODA • SILS • WWW.GIOVANOLI-SILS.CH

Cycling along the Inn

The famous Inn Cycle Trail begins in Maloja, and leads along the Inn via Innsbruck in Austria to Passau in Germany. Its route, totalling more than 500 kilometres, is full of nature, history and culture. The different stages can be cycled in all manner of ways.

1st stage: Maloja – Zernez – Lavin – Guarda

Onto the saddle and off into adventure: the first stage of the Inn Cycle Trail begins in Maloja and leads via Zernez and Lavin to Guarda.

2nd stage: Guarda – Martina

The “Schellenursli” house in Guarda and the castle ruins of Ramosch are among the treasures along this section.

3rd stage: Martina – Landeck

During this stage, cyclists cross the border into Austria. Highlights include Siegmundskron castle in Ried.

4th stage: Landeck – Telfs – Innsbruck

Enjoy Landeck castle, a cultural tour in Telfs, and Innsbruck’s famous “Golden Roof” monument.

5th stage: Innsbruck – Strass im Zillertal – Kufstein

From Innsbruck, the trail continues along the left bank of the river towards Kufstein.

6th stage: Kufstein – Flintsbach – Rosenheim – Wasserburg

Rosenheim, with its harbour on the Inn, was already an important transport hub in ancient Roman times.

7th stage: Wasserburg – Mühldorf – Markt – Simbach am Inn

Altötting has a shrine famous for its Black Madonna statue; Simbach am Inn is home to the 500-year-old parish church of the Assumption.

8th stage: Simbach am Inn – Ering – Bad Füssing – Schärding – Passau

With the finish in sight, the cycling is gentle and carefree. Options along the final kilometres include a river cruise on the Inn at Schärding.



Pinboard

A gallery of ideas for splendid holidays in the Engadin.

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The Engadin in Europe.

How to reach the Engadin



Landwasser viaduct near Filisur

By train

The red Bernina Express follows a spectacular route through the mountains on its way to the Engadin, twisting along narrow valleys, slipping through countless tunnels and gliding across bridges and viaducts that are masterpieces of engineering. The ride from Landquart (via Davos) or Chur (via Thusis) is a two-hour adventure to rival any journey in the world. In 2008, the Albula and Bernina lines became a UNESCO World Heritage Site.

Further information

See travel times, stops and journey durations for the Bernina Express at engadin.ch/get-here



Pass road near Maloja

By car

Motorists can look forward to a dramatic drive to the Engadin. The various pass roads – via the Ofen Pass, Julier Pass, Maloja Pass, Albula Pass or Flüela Pass – promise plenty of twists and turns along with superb views. Alternatively motorists can skip the pass roads by using the car transporter rail service from the Prättigau (Selfranga) through the Vereina tunnel to the Engadin (Sagliains). The ride takes just 18 minutes; at busy times, a shuttle departs every 30 minutes.

Further information

See details of current traffic conditions in the Engadin and info on car shuttle waiting times at engadin.ch/get-here

The resorts

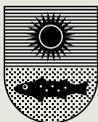


Silvaplana: heart of the Lakes Region



Maloja

Maloja may not lie directly by the water, but it offers a base for walks to refreshing, deep-blue mountain lakes. One idyllic hike, for example, leads to the Lāgh da Bitabergh, the Lāgh da Cavloc and back to Maloja.



Sils

Nestling between Lake Sils and Lake Silvaplana, the village enjoys a dream setting for all who love the water. The choice of activities is wide, from high-adrenalin water sports to gentle swims.



Silvaplana

With the Corvatsch as its local mountain and Lake Silvaplana offering top-class water sports, Silvaplana has everything for an exciting summer holiday. Over the years, the village has become a popular international destination for sailing, windsurf and kitesurf enthusiasts.



Pontresina: heaven for activity enthusiasts



St. Moritz

St. Moritz's lake may be best known as a venue for snow polo in winter, but it offers an even wider range of activities in summer. How about joining a sailing course, or a spot of stand-up paddling? A trip in a canoe is a delightful way to explore the lake's tranquil waters.



Celerina

A gondola brings visitors swiftly from Celerina up to the Corviglia, a mountain full of charm: highlights include the pretty lake of Lej Alv above the Marguns summit station. Down in the valley, the idyllic Lej da Staz is perfect for swimming.



Pontresina

The dramatic Bernina massif, wild rivers and the high-altitude Alpine setting have long drawn hikers, mountain bikers and trail runners to Pontresina. The ultimate thrill: an ascent of the snow-capped Piz Bernina.



La Punt: village of patrician houses (above: Chesa Merleda) and the Inn



Samedan

The picturesque capital of the Upper Engadin has a special relationship with water. Highlights include the multi-storey Mineral Baths & Spa and the Samedan Water Trail with the theme “Life in and on the water”.



Bever

Bever is known as a village of fairy-tale charm – not least because of the idyllic Fairy-Tale Trail through the Val Bever. This blends stories by local women writers with an enchanting experience of nature. Here, tranquillity and relaxation are guaranteed!



La Punt Chamues-ch

A municipality in two parts, divided by the Inn. In summer, visitors can cycle along the river banks, go inline skating or enjoy a barbecue picnic at many dedicated sites. Close by, the enchanting valley of the chamois, the Val Chamuera, is waiting to be explored.



S-chanf: sporty village on the banks of the Inn



Madulain

Madulain is the starting point for a wide variety of walks and horseback rides. Options for an exciting family outing include the ruins of Guardaval, the largest castle in the Upper Engadin.



Zuoz

Attractions include an inline skating route, a wide choice of footpaths and mountain bike trails, and an 18-hole golf course with challenging water features.



S-chanf

Nature lovers are in for a treat here. The Val Trupchun, with its abundant wildlife, is a gem – as is the well-preserved historical heart of the village of S-chanf.

More info?

In the guides to the municipalities or online at engadin.ch/en/resorts

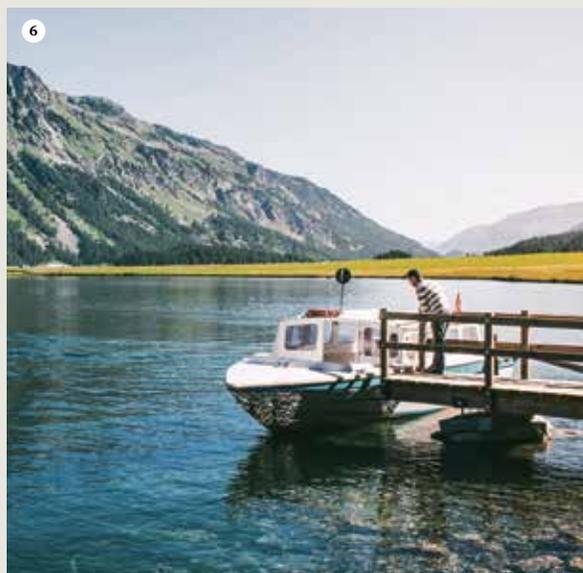


Photo 1: swiss-image.ch, Markus Greber / Photo 4: Engadin River Ranch, Mia Kaenders / Photo 6: Gian Giovanelli

Even more summer activities

1 *Exhilarating mountain descent*

One of the most enjoyable and exciting ways of exploring the Engadin is on two wheels. Highlights include the “Piz Nair Sunrise” deal. After admiring the sunrise at 3,000 m, thrill seekers hurtle all the way down to the valley by mountain bike. To accompany the sunrise, riders enjoy a delicious breakfast buffet at the summit restaurant. engadin.ch/sunrise-piz-nair

2 *Golf*

From outsmarting the wind to choosing the right club, many skills go into a game of golf. Engadin has a choice of five beautiful venues in Zuoz, Madulain, St. Moritz, Samedan and Sils-Baselgia – from 9-hole to championship course. engadin.ch/golf-engadin

Raining? So what!

Rain makes an appearance even on the best holidays. Just as well that the Engadin has plenty to offer on such occasions. How about a wellness day in one of the hotel spas open to non-residents? Or for a foretaste of winter, visit the world’s highest virtual reality cinema up on the Diavolezza. engadin.ch/indoor-activities

3 *A new dimension in hiking*

580 kilometres of paths await walkers in the Engadin, enabling hikes of all levels of difficulty. One of the classic routes brings nature lovers from the Corvatsch cable car middle station (Murtèl) down to St. Moritz, and takes about four hours. The itinerary leads via the Lej da la Fuorcla through moorland to the Lej dals Chöds; further down, the Lej Marsch swimming lake offers a refreshing dip. engadin.ch/hiking

4 *On horseback*

Riding on horseback through the Engadin mountains provides a chance to slow down to the pace of nature and enjoy the landscape to the full. The Engadin River Ranch offers everything from short rides to full-day outings; the horses’ calm temperament and experience ensure that beginners are catered for as well as experts. engadin.ch/river-ranch-engadin

5 *High thrills*

Mountaineers and rock climbers of every level of ability and experience find electrifying challenges throughout the Engadin. Towering pinnacles, granite cliffs, equipped ascents, bouldering sites and many 3,000-metre peaks provide endless choice. engadin.ch/mountaineering

6 *Leisurely lake cruise*

Europe’s highest scheduled boat service operates at an altitude of 1,800 metres. Captain Franco Giani has been at the helm on Lake Sils for more than 50 years. The MS Segl Maria can accommodate up to 30 passengers, and sails the 40-minute route from Sils Maria via the Chastè peninsula, Plaun da Lej and Isola to Maloja and back three to four times a day. Private boat tours are available on request at lunchtime and in the evenings. engadin.ch/lake-sils-boat-service

More info?
[Online at engadin.ch/en](http://engadin.ch/en)



Selected family activities

1 Petting zoo

Furtschellas – Stroke a rabbit's soft coat, come eye-to-eye with a playful dwarf goat: children quickly make friends with the animals that live for the summer at the small petting zoo by the Furtschellas cable car summit station. engadin.ch/petting-zoo

2 Pump tracks

Pontresina – Mountain biking demands a wide range of skills, with every ride posing new challenges – not least because of the ever-changing surfaces. A pump track provides an ideal opportunity to improve your technique. The Engadin offers two options: in Pontresina and St. Moritz. engadin.ch/pumptrack-pontresina

3 Theme trails

The Ibx Promenade in Pontresina, the Barefoot Trail in Celerina, the forest theme trail from La Punt to Madulain, the La Senda nature trail: various imaginative theme trails in the Engadin invite visitors to explore fascinating subjects in a glorious natural setting. The combination of fun and exercise promises adventure for all the family. engadin.ch/theme-trails

Horse-drawn carriage rides

Val Fex – A horse-drawn carriage ride into the Val Fex is a trip back in time as well as into pristine nature. Two 2-horse carriages stand ready on Sils Maria's village square to take guests up past the Hotel Waldhaus and into the picturesque valley. The Val Bever and the Val Roseg also offer scenic rides. engadin.ch/sleigh-rides

Scooter fun

Marguns to Celerina – Many different trails lead down the mountain; one offers an exhilarating descent by freewheel scooter, from the Marguns gondola summit station (2,273 m) to Celerina. engadin.ch/scooter

Climbing

Indoor climbing hall

S-chanf – Visitors of all ages have fun climbing and bouldering at this attractive venue; the views of the surrounding mountains provide inspiration and motivation! All necessary equipment can be rented on site. engadin.ch/serlas-parc-climbins

4 Adventure rope park

Pontresina – Clamber from treetop to treetop, negotiate wobbly bridges and zip wires, tackle tricky obstacles: Pontresina's adventure rope park promises high thrills. No previous experience is required; safety equipment is provided, along with instruction by experts. engadin.ch/rope-park-pontresina

5 Watch cheese being made

Pontresina – Visitors of all ages enjoy watching cheese being made at the alpine cheese dairy in Morteratsch – and then tasting the delicious cheese afterwards. The viewing sessions take place daily from mid-June to the end of September, 9–11 am and 1–3 pm. engadin.ch/sennerei-pontresina

More info?

[Online at engadin.ch/family-activities](http://engadin.ch/family-activities)



Photo: Galerie Tschudi

Selected cultural attractions

1 **Galerie Tschudi**

Zuoz – The Chesa Madalena in the historical heart of the village of Zuoz has been home to the Galerie Tschudi since 2012: an original venue for contemporary art. galerie-tschudi.ch

Camerata Pontresina

Pontresina – The Camerata Pontresina chamber concerts are legendary: they were first staged in 1910 in the heart of the Tais forest, just as they are more than a century later. Audiences enjoy salon music played to the highest standards – and a trip in time back to the heyday of the Belle Époque. pontresina.ch/en/summer/camerata-pontresina

Kultur Pur

Pontresina – The new “Pure Culture” deal offers four cultural day trips that may be booked individually or as part of a package including accommodation. Each explores a different region: the Lower Engadin, La Plaiv, the Upper Engadin lakes region and the Val Bregaglia. alpinlodging.ch/en

Atelier Segantini / Segantini Museum

Maloja / St. Moritz – Giovanni Segantini’s studio was renovated in 1986 by the architect Bruno Giacometti and opened to the public as a memorial and small museum in honour of the artist who transformed Alpine painting. Admirers can also visit the Segantini Museum in St. Moritz. segantini.org, segantini-museum.ch/en

SAC library / Museum Alpin

Pontresina – The Alpine Museum displays fascinating collections of minerals, stuffed animals, pictures and artefacts relating to mountaineering

and hunting. Temporary exhibitions regularly explore mountain themes. The same building also houses the library of the Bernina section of the Swiss Alpine Club (SAC).

engadin.ch/museum-alpin-pontresina

Art Public Plaiv

Plaiv – Roman Signer and Pipilotti Rist are just two of the artists from Art Public Plaiv, a project that presents contemporary art to a wide public in the region of La Plaiv. The 10 open-air works of art open up a creative dialogue with their settings and with the region’s economic and cultural life.

Vias d’Art

Pontresina – The 10th edition of “Kunstwege | Vias d’art Pontresina” opens on 27 June 2020. The exhibition is intended not just as decoration or entertainment, but to encourage public discussion as well as exchange between Graubünden artists and representatives from other regions – in 2020, French-speaking Switzerland. The Via Maistra serves as a bustling backdrop. cultura-pontresina.ch/en

Free village tours

The same is true anywhere in the world: when you explore with a local, you learn a lot more. An ideal opportunity to do this is on any of the free guided village tours offered by the different resorts in the Engadin. engadin.ch/village-tours

More info?

**In the Engadin culture guide,
available from tourist information offices,
or at engadin.ch/arts-culture**



Photo 1: Morteratsch glacier restaurant / Photo 2: Restaurant Murtaröl / Photo 3: Bo's Co / Photo 4: Chesa Stüva Colani / Photo 5: Bo's Co / Photo 6: Gian Giovanoli

Selected restaurants

1 **Morteratsch glacier restaurant**

Pontresina – Located right beside the Rhaetian Railway's Bernina Line – a World Heritage Site, no less – and close to the Morteratsch Glacier, this restaurant serves fresh, authentic and local alpine cuisine in three pine-panelled dining rooms. morteratsch.ch

2 **Restaurant Murtaröl**

Plaun da Lej – The venue may appear modest, but the Restaurant Murtaröl is actually one of Switzerland's best-known fish restaurants. Fresh fish is delivered daily from Milan's fish market. The idyllic location on Lake Sils is another plus. plaundalej.ch

3 **Bo's Co**

Celerina – This attractive venue reopened in December 2019 as a wonderful blend of town cafe and restaurant serving modern cuisine in the heart of Celerina. engadin.ch/bo-s-co-restaurant

Gasthaus Krone

La Punt Chamues-ch – The Krone is one of the landmarks of La Punt Chamues-ch. The "Swiss stone pine chef" Andreas Martin conjures a 4-course menu of savoury and sweet dishes featuring the tree's wood, needles and pine nuts. krone-la-punt.ch

4 **Chesa Stüva Colani**

Madulain – In a stylish and elegant setting, chef Paolo Casanova serves delicious cuisine showcasing local products and exquisite fish, all of outstanding quality. The unconventional menu features dishes such as home-made parsley pasta with sea urchin,

seaweed, shiso leaves and fermented tomato emulsion. For 2020, the Restaurant Chesa Stüva Colani was awarded 15 GaultMillau points. hotelchesacolani.com

5 **Unterer Schafberg**

Pontresina – Home-made barley soup, cold platters with cured meat and cheese, home-made rhubarb cake: local cuisine tastes even more delicious when enjoyed as a well-deserved treat along a bracing hike. The mountain restaurant high above Pontresina lies beside a panoramic trail with magnificent views across the valley, and boasts an idyllic sun terrace. engadin.ch/schafberg

Alp Muntatsch

Samedan – A sunny alpine pasture high above Samedan promises guests pure nature and blissful tranquillity. The restaurant serves simple cuisine with products from the farm. Open from 15 June to 20 September 2020, throughout the day in sunny weather. engadin.ch/alp-muntatsch-restaurant

6 **Restaurant 3303**

Silvaplana – The highest restaurant in Graubünden, located at an altitude of 3,303 m, serves delicious variations on the theme of the local speciality, polenta. Breathtaking views are included in the price! corvatsch.ch

More info?
Online at engadin.ch/culinary



Photo 1: Luzi Seiler / Photo 2: Camping Maloja / Photo 3-4: Gian Giovanoli / Photo 5: Alpenhotel Quadratscha

Selected accommodation

1 **Parkhotel Margna**

Sils – Built in the 19th Century as an aristocratic residence, the Margna offers guests a garden, three restaurants, a golf course and spa in which to relax after invigorating hikes. The choice of cuisine in the various restaurants – including the Grillroom, Stüva and Murütsch – is equally impressive. margna.ch

Hotel Restaurant Roseg Gletscher

Pontresina – The “Roseg Glacier” hotel, with its welcoming restaurant, enjoys an idyllic location deep in the Val Roseg. The glorious views of the dramatic Bernina massif are unrivalled: this oasis of tranquillity guarantees total relaxation. roseg-gletscher.ch

2 **Plan Curtinac campsite**

Maloja – Charming natural campsite in a forest clearing with views across Lake Sils. Choice of demarcated spaces for caravans and camper vans plus an open area for tents. In the evening, enjoy delicious pizzas baked in a stone oven. camping-maloja.ch

3 **Waldhaus Sils**

Sils – This venerable member of Swiss Historic Hotels framed by forest high above Lake Sils is an architectural and cultural gem. It even has its own museum. waldhaus-sils.ch

Hotel Crusch Alva

Zuoz – Built around the year 1500, the Hotel Crusch Alva (Romansh for “White Cross”) has long been a much-loved Zuoz landmark. Thanks to its central

location, guests enjoy a delightful view over the historical village square and the surrounding mountains. The hotel is even honoured with a scale copy at the Swissminiatur park in Melide, Ticino. cruschalva.ch

4 **Conrad’s Mountain Lodge**

Silvaplana – Wood and stone are the dominant elements at Conrad’s Mountain Lodge; warm colours add to guests’ feeling of wellbeing. The hotel makes an ideal base for a wide range of outdoor activities. cm-lodge.com

Parkhütte Varusch

S-chanf – The Varusch Chalet stands at the entrance to the Swiss National Park, surrounded by nature. Guests can reach the site on foot in about 45 minutes from the Prasüras car park. Accommodation for up to 35 guests ranges from dormitories to double rooms. varusch.ch

5 **Alpenhotel Quadratscha**

Samedan – Comfortable rooms, a library, an indoor pool and a wellness area with Finnish sauna, steam bath and herbal sauna: the Quadratscha “alpine hotel” offers everything for a relaxing stay. That includes the delicious dinners in the cosy pine-panelled dining room: a real treat. quadratscha.ch

More info?

All hotels, holiday homes, campsites and Swiss Alpine Club (SAC) huts online at engadin.ch/en



1

Photo: Pontresina Tourismus, Romano Salis

Selected shopping tips

1 Laret market

Pontresina – A colourful range of stalls, a convivial atmosphere and a lively entertainment programme: the Laret market is popular with locals and visitors alike. Popular buys include Engadin delicacies, jewellery and hand-made toys. Concerts in various musical styles take place at the Schlosshotel, Grand Hotel Kronenhof, Hotel Post, Hotel Schweizerhof and on the square in front of the conference centre. pontresina.ch/en/pontresina/shopping/laret-market

In Lain Holzmanufaktur

S-chanf – In Lain tailor-makes furniture from solid timber at its workshops in S-chanf in the heart of the Engadin; customers discuss ideas and receive professional advice at the sales shop in Zuoz. The company is known for its fine natural materials, traditional craft skills, uncompromising precision and superb quality. An Engadin family runs the company, headed by Gian Bernard and Brigitta Cadonau. engadin.ch/inlain-factory

Butia Florin

Samedan – Furniture from the shop's own workshop, pottery from the region, wooden toys and much more. Skilled joiners can also tailor-make items according to clients' individual wishes. engadin.ch/furniture-florin

Fexer Lädeli

Val Fex – The "Fexer shop" run by Roger and Martina Rominger sells all kinds of delicious and useful Fexer products straight from the Val Fex. Popular buys include organic lamb entrecôte, lambskins, hay brandy and Engadin walnut cake. engadin.ch/fexer

Guxx Schmuckstücke studio

Pontresina – The Guxx jewellery shop additionally serves as Verena Hausammann's studio, in which she primarily makes one-off items from materials including silver, pearls, stones, wood and leather. She also tailor-makes jewellery according to customers' individual wishes. engadin.ch/guxx

Lhasa artistic candles

St. Moritz – Alberto Krämer Badoni conjures candles of all kinds by hand in his laboratory. He has created a wide range of beautiful designs, but will also follow the wishes of clients to create individual works. engadin.ch/lhasa-candles

Witra concept store

Samedan – Looking for a special gift or an attractive souvenir to take home? The Witra concept store is the place. Highlights include accessories for the home, lamps, children's clothing, leather bags, jewellery, chic cashmere jumpers, scarves, hats, silk blouses and much more. engadin.ch/witra

More info?

[Online at engadin.ch/shopping-opportunities](https://engadin.ch/shopping-opportunities)



Photo 3: fotoswiss.com, cattaneo / Photo 4: Ultraks Trail Runs / Photo 5: Madalina Walther, Photo 6: Rosario Liberti

Events Summer—2020

More info? engadin.ch/en/events

June

11–14 June

Silser Hesse-Tage

The “Sils Hesse Days” devoted to Hermann Hesse take place at the Waldhaus Sils, where the much-loved writer often stayed.

engadin.ch/hesse-days

21 June to 27 September

1 Camerata Pontresina

Free chamber music concerts in the heart of the Tais forest.

pontresina.ch/en/summer/camerata-pontresina

26–28 June

2 The Engadine Amateur Championship

Golf championship for amateurs with a handicap no higher than 11.0.

engadin.ch/the-amateur-championship

28 June to 04 July

Brass Week

Brass music at its best in Samedan.

brassweek.com

July

02 July to 02 August

3 Festival da Jazz

Jazz gigs at a variety of unusual and attractive locations; expect virtuoso performances and a unique atmosphere.

festivaldajazz.ch

03–04 July

4 Bernina Ultraks

Trail running in a spectacular setting.

engadin.ch/bernina-ultraks

04–05 July

Ötillö Swimrun

Swimming/running race.

engadin.ch/swim-run → page 22

06 July to 16 August

Engadiner Ferienspass

“Engadin Holiday Fun”: activity programme for kids aged 5 to 16.

engadin.ch/holiday-fun

07–09 July

International Swiss Senior Amateur Championship

Contest for senior amateur golf players with a handicap no higher than 12.0.

engadin.ch/swiss-seniors-amateur-championship

10–12 July

5 Vaude Engadin Bike Giro

Mountain bike stage race open to all.

engadin.ch/bikegiro

10–12 July

6 25th British Classic Car Meeting

Celebration of British automobile elegance.

bccm-stmoritz.ch/en

17–18 July

Engadin Ultra Trail

Various races and side events for trail runners of all tastes and abilities.

engadin.ch/ultra-trail



Photo 1: Stefanie Koehler, Tavolata St. Moritz 2018 / Photo 2: Sailing Energy, SCL 2019 / Photo 3: Bernina Gran Turismo / Photo 4: Emanuela Cauli / Photo 5: Bernina Gran Turismo / Photo 6: Wikimedia Commons

Calendar highlights: culture, sport and cuisine.

18 July

Musicals night

Participants in the Musical Campus 3303 present an open-air gala concert on Silvaplana village square.

musicalcampus3303.ch

25 July to 08 August

Engadin Festival

Classical music with Khatia Buniatishvili, Avi Avital, Ksenija Sidorova, Maurice Steger, Grigory Sokolov and others.

engadin.ch/festival

24–26 July

1 Tavolata St. Moritz

Food festival with a table 400 m long.

engadin.ch/tavolata-stmoritz

August

06–09 August

Concours Hippique Zuoz

Equestrian competition in all categories.

engadin.ch/concours-hippique-zuoz

15–18 August

2 Sailing Champions League

International clubs compete in a series of regattas on Lake St. Moritz.

sailing-championsleague.com

16 August

3 Engadiner Sommerlauf

“Summer race” for individual runners or teams of 3.

engadin.ch/summer-run

21–23 August

Passione Engadina

Rally with historical vehicles.

engadin.ch/passione-engadina

28–30 August

4 Engadinwind

Kitesurf, windsurf and sailing contest.

engadin.ch/engadinwind-event

September / October

17–20 September

5 Bernina Gran Turismo

Car race up at the Bernina Pass.

engadin.ch/bernina-grand-tourismo

20–27 September

Resonanzen Sils

International culture festival.

waldhaus-sils.ch/en

30 September to 03 October

6 Sils Nietzsche Colloquium

40th-anniversary conference focuses on the theme “Revaluation or devaluation of values? –Nietzsche’s critique of his age and its relevance today.”

engadin.ch/kolloquium

16–18 October

Stubete am See

Festival for new Swiss folk music. 30 concerts in different locations.

engadin.ch/stubete



Preview Winter—20/21

The winter season in the Engadin starts in mid-December.

Winter is coming

The white season creeps up gently, sending the colourful autumn ahead as a distraction. Winter usually then appears from one day to the next, transforming the landscape into a wonderland of cold beauty and soothing stillness.

Snowy charm

With the snow comes tranquillity. The white expanses reflect the moonlight in a different way to the green meadows, and make the shadows of people, animals and trees dance magically. By day, too, the Engadin is a winter paradise full of charm, bewitching visitors attracted by the superb winter sports and the prospect of blissful relaxation. Find out more in the winter edition.

Photo: Fabian Gattlen

The Val Roseg is still bathed in the glowing colours of autumn; soon it will adopt the sparkling whiteness of the already snow-capped mountains.



Photo: Adam Bizoza

No, this is not Iceland or Canada. The Engadin, too, is home to pristine wilderness of haunting beauty – such as in the Albula valley.



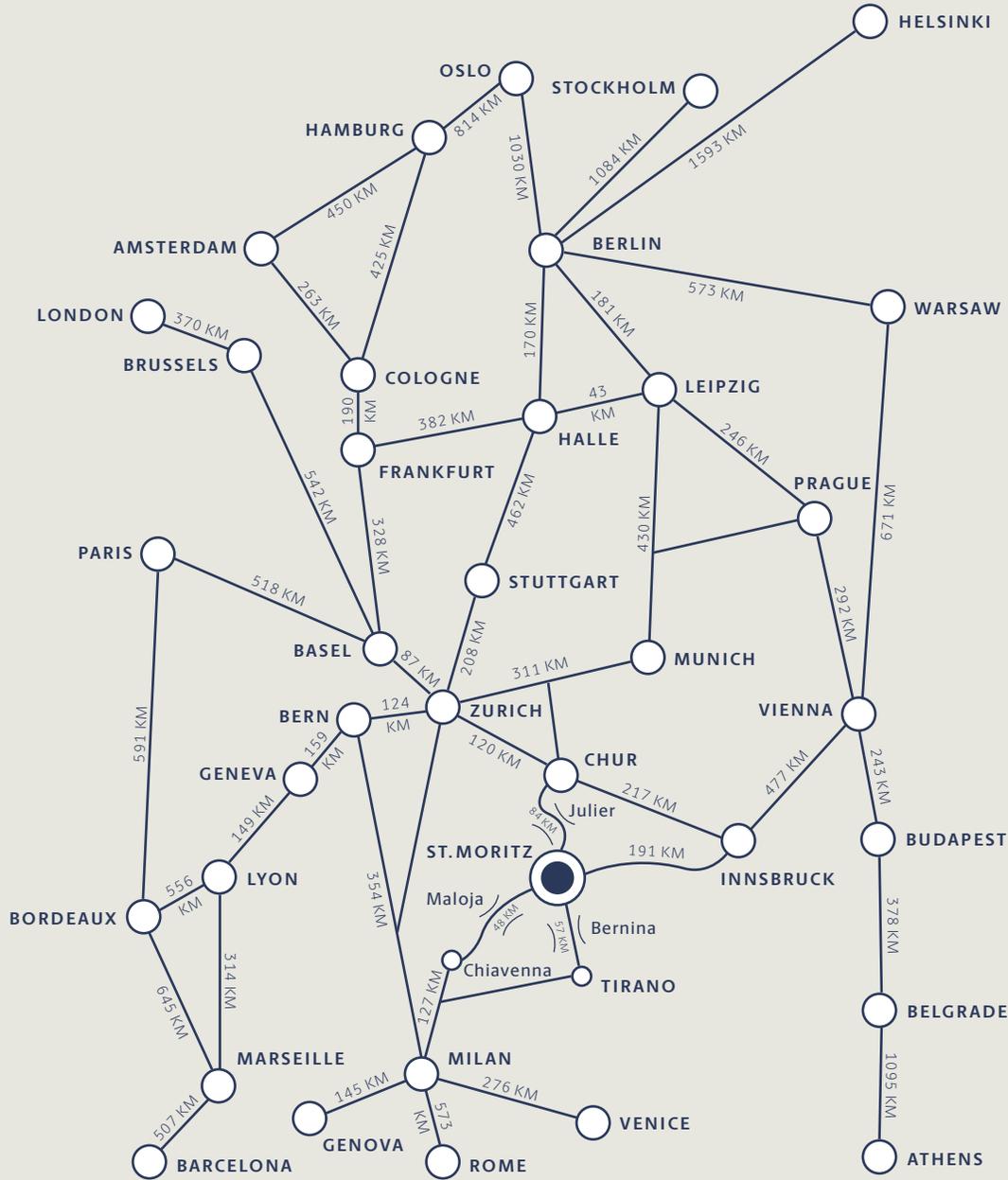
Photo: KeyStroke, Westend61, Stefan Schurr

Like a magical cloak,
snow transforms
St. Moritz.



Photo: Keystone-Lauf, Max Gahr

This illustration is inspired by an old travel guide from 1931. St. Moritz lies about 200 km from Zurich Airport. The journey by road from other European cities is rather longer, but well worth the drive.



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