

# Engadin

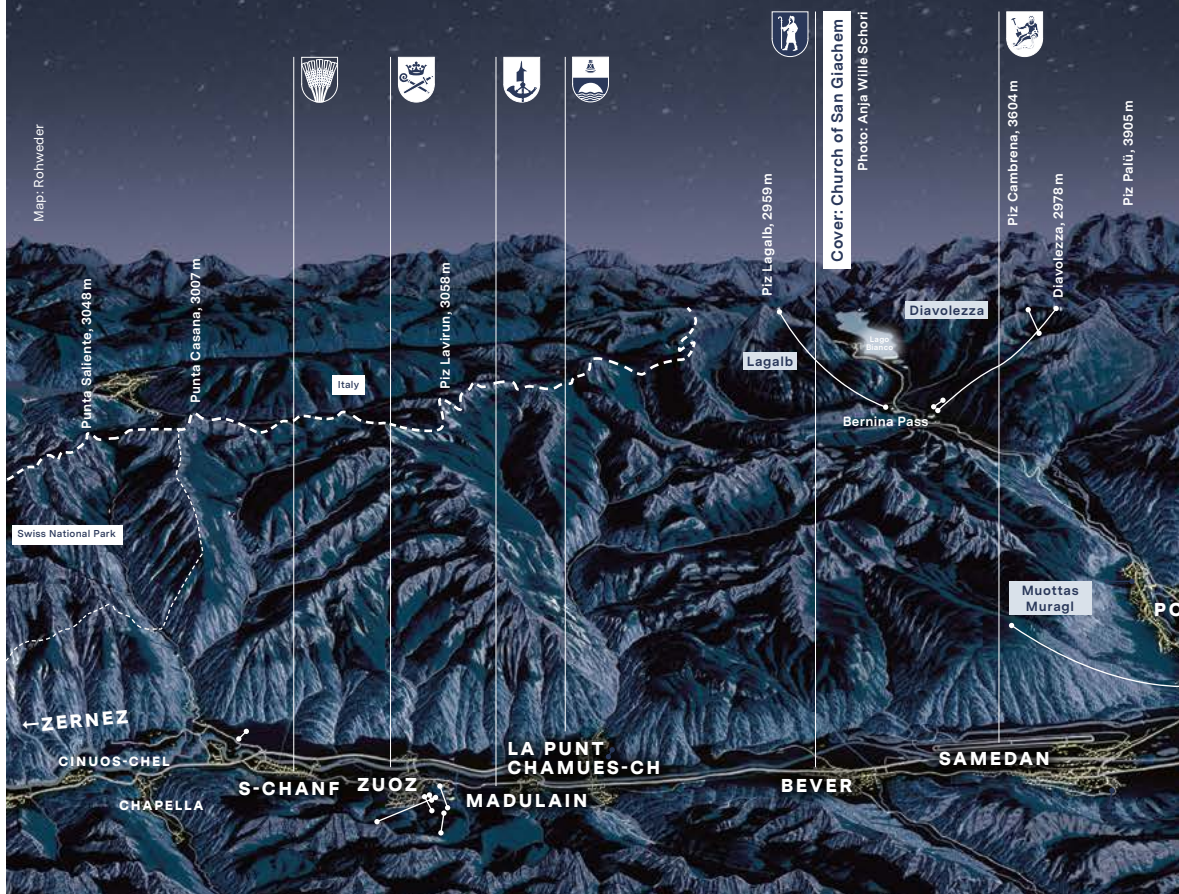
MAGAZINE No.13

TIME

WINTER ENGLISH



# Engadin Winter — 25/26





*What could be better than forgetting all about time for a moment and watching a snowflake as it dances happily through the air and sinks to the ground? When did you last stop and think about your favourite ways to spend your time? It takes time for Alpine cheese to mature into a tasty treat. It takes time for the front of a house to weather to perfection. And it takes time to explore the whole of the Engadin region on skis. Tell time to stand still as you relax in one of our local steam rooms. And watch it turn back as you step into the traditional lobbies of our grand hotels.*

*Wishing you all the best from the Engadin*









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Photo 18, 38, 54, 82: Anja Wille Schori / 100: Sternwarte Viadalat

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# 12 Hours

## TAKE THE TIME

When do you  
find yourself  
feeling  
impatient?

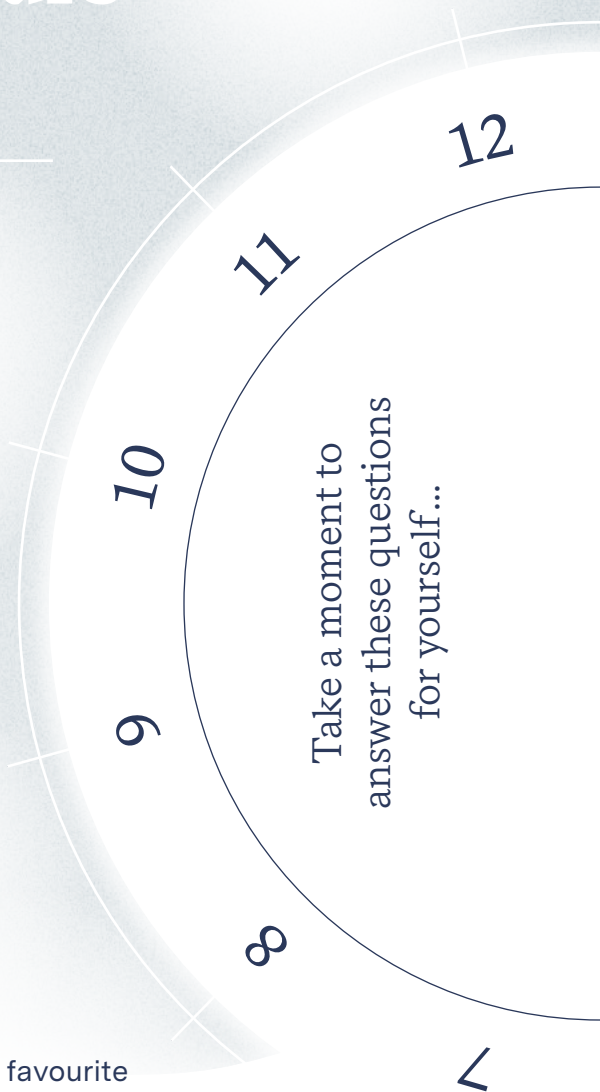
What's the biggest  
change you've  
seen in yourself  
over the past five  
years?

When you were  
a child, with whom  
did you spend  
the most time?  
What's that person  
doing now?

Do you have any  
tricks to make  
time slow down or  
speed up?

What's your favourite  
time of year?

Describe a moment when you  
thought: "I wish this magical  
moment could last longer".





Which moment  
from today  
would you like  
to relive?

Which two people  
would you like to spend  
more time with?

Who dedicates  
the most time  
to you?

Which period of  
history would you  
like to go back to?

Would you rather  
have more time  
or more money?

When was the last time you  
were alone for a while? What effect  
did that have on you?

...and then ask them  
to someone you enjoy  
spending time with.

**→ Want more questions?**

You can find them in the book *FRAGEN (QUESTIONS)* by Mikael Krogerus and Roman Tschäppeler (published by Kein&Aber) or on their app "SAQ – Seldomly Asked Questions" which gives you a new question every time you shake your phone.

**“Winter here means  
splendour, sunshine,  
clarity, light,  
cheerfulness and purity.”**

*Author Stefan Zweig on  
winter in the Engadin*



An enchanting winter  
day at Lake Sils.



Mystical atmosphere  
on the snow-covered  
golf course in Samedan.









Sunny days in La Punt.

Photo left: Anja Wille Schori / Photo right: Fabian Gattlen





Engadin winter  
forest in Val Roseg.

Susauna near S-chanf  
disappears behind  
a curtain of snow.







Starry winter night  
above the church of  
San Gian in Celerina.





**“Time we take for ourselves  
is time that gives us  
something in return.”**

*Ernst Ferstl, Austrian writer*







# *Christmas Time*

**“I think Christmas is the  
best thing I know. I wish it  
were Christmas more often.”**

ASTRID LINDGREN (1907–2002),  
SWEDISH AUTHOR



Photo: Anja Wille Schori

Thousands of little lights twinkle on the Christmas tree at Hotel Saratz.



The Christmas tree at the Grand Hotel Kronenhof is decorated beautifully for the occasion.









Pretty hand-painted baubles hang from the branches of the Christmas tree at Hotel Maistra 160.

Photo: Anja Wille Schori



Christmas tradition is given a tropical twist in the art nouveau hall at the Cresta Palace Hotel.







Did you know that the highest whisky distillery in the world is located on the mountain of Corvatsch?

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Shimmering gold against  
a backdrop of bright  
winter weather: the  
Christmas tree at the  
Parkhotel Margna.









# A Hotel Christmas

**When fluffy snowflakes are dancing in the cold winter breeze, visitors are heading happily towards Val Fex on horse-drawn sleighs, and a steady stream of new arrivals are checking in at Hotel Waldhaus in Sils Maria, you know Christmas is just around the corner. It's a magical time of year – for guests and hosts alike.**

*Text* MARTIN HOCH

*Photo* ANJA WILLE SCHORI

**“I** don’t think I’ll be much help with that story,” says the voice at the other end of the phone. Maria Dietrich, the nona and mother at Hotel Waldhaus in Sils Maria, continues: “You know, we hotelier families focus on our guests over the holidays.”

The proposed story – with the hook “How does a family of hoteliers celebrate Christmas?” – could have been covered in half our phone conversation. But Maria Dietrich followed up with a kind invitation to stay with them at Christmas. And it ended up being a festive visit full of surprises.

← A festive welcome awaits guests as soon as they arrive at Hotel Waldhaus Sils.



Maria Dietrich is the nona and mother of the hotelier family at Hotel Waldhaus.



### **Dream destination**

With the highest point of the Julier Pass in my rear-view mirror, the famous Engadin light in front of me, and the snow-covered mountains all around me, I've almost reached my destination – Hotel Waldhaus in Sils Maria. And at last I'm here. I've been waiting for this moment. As I enter through the revolving door, I'm reminded that this hotel has been “a family affair since 1908”. I make myself comfy in a rather lovely armchair in the lobby, right next to the giant Christmas tree that has been decorated in a charming traditional style. Natural light floods into the beating heart of the hotel.

This is a place that many guests would choose as their favourite spot. But Maria Dietrich has an even deeper connection with it: it's where she welcomes her guests, but it's also her home. I ask her if she grew up here at the hotel. She tells me that she's the only member of the family who was actually born right here – in the early 1950s. “When we were kids, we used to race through the hotel corridors with laundry baskets on wheels during the off-season. That was so much fun!” Later, between 1977 and 2010, she and her husband Felix Dietrich ran the family hotel, representing the fourth generation. And now? It's the turn of the fifth generation, with her sons Claudio and Patrick Dietrich in charge.

### **Modest memories**

“Does that mean you never celebrated Christmas together as a family? Because you were always too busy running the hotel?” Maria Dietrich pauses briefly before answering, placing her hands in her lap. “Oh, no. We did celebrate together,” she says quietly. She just doesn't seem to want to chat about it. Or make a big thing of it. You see, Maria Dietrich may have lived in this palace of a hotel that towers majestically over Sils Maria her whole life and welcomed fascinating people here from all

A rare moment of  
calm and quiet in the  
hotel lobby one  
morning in the run-up  
to Christmas. →

over the world. But she hasn't let it go to her head. Everything about her is modest and humble – her words, her appearance, her clothes, her behaviour, and her attitude to life. This makes it all the more special when she starts digging up her memories and describing her past to me.

### **Family festivities**

“I believed in the Christkind for a long time.” The traditional gift-giver always paid the hotelier family a flying visit on the evening of 24 December. After dinner, her father would return his attention to the guests. Her mother would tell her and her siblings to get some sleep in their bedroom. “Of course, we never did anything of the sort,” she says with a cheeky grin. Meanwhile, their mother decorated the Christmas tree and laid out the presents in their private living space. “Later in the evening, a bell would chime. All the preparations had been taken care of and all the candles on the tree were lit.” As she recalls that moment, I can tell that her eyes would have lit up more brightly than all the candles put together.

Something she remembers less fondly is midnight mass at the village church. Down in Sils Maria. “It was so warm and festive and cosy inside here that I couldn't think of anything worse than going back out into the cold.”

This isn't something they've had to worry about for a while, though. Not since the family brought the church to the hotel. Here's a secret you only find out about when you explore the “back of house”, as they call it in the hotel business. There's a plain door one storey beneath the big lobby. It doesn't look like much, but the hotel's very own chapel is waiting on the other side of it.







The Hotel Waldhaus family gathers in front of the Christmas tree.



### **Tree tradition**

“Guests can visit the chapel too. So we have to make sure that everything is always neat and tidy behind the scenes,” says Anna. It’s not unusual to bump into Anna down here because her treasure trove is close to the chapel. This treasure trove of hers is a room measuring about eight metres squared. It’s filled from top to bottom with boxes and decorative bits and bobs. This makes sense once you realise that Anna’s job at the hotel is to make sure that everything looks lovely. She’s responsible for putting pretty flowers on the tables and creating fragrant arrangements in the guest bedrooms to brighten everyone’s day. And she decorates all the trees at Christmas, including any requested by guests in the suites. “The Nordmann fir in the lobby is 5.5 metres tall,” she says. The order is placed with their trusted supplier in August. “Towards the end of summer, you can already tell which trees have the most beautiful shape.”

### **Secret celebrations**

The chapel in the basement still has a special place in the Dietrich family’s festivities at this time of year. It’s where their own celebrations always start. “We sing a few songs down here and listen to the Christmas story. And then we all head to our dining room together.” So do they eat in the hotel restaurant or in their private living space? “Neither. We’ve always had a dining room back of house and that’s where we eat lunch every day with any members of the family who are at the hotel. We celebrate birthdays and weddings there, too. And, of course, Christmas, when we indulge in festive food.”

# 720 Hours

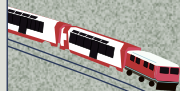
## CHRISTMAS TIME



### 29 November

#### **La Punt Chamues-ch Christmas Market**

Grab a mug of mulled wine and take a leisurely stroll around the festive stalls. You could even make a start on your Christmas shopping. A visit to the Christmas market in La Punt Chamues-ch is the perfect way to get into the Christmas spirit.



### 1 December

#### **Advent Windows in Bever**

The people of Bever create a sprinkling of Christmas magic in their windows throughout December. Another beautifully decorated Advent window lights up every evening, turning the whole village into a life-size Advent calendar.

### 6 December

#### **St. Nicholas Window in Silvaplana**

A new Advent window is also lit up every day in Silvaplana. On St. Nicholas Day, it's the turn of the tourist information on Piazza del Mastrel. Santa Claus himself makes an appearance – much to the children's delight – and there are drinks for the grown-ups.

### 3 December



#### **St. Moritz Christmas Market**



### 5 December



#### **Celerina Christmas Market**

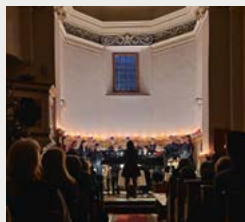


## 13 December



**Zuoz Christmas Market**

## 13 December



**La Punt Advent Concert**

## 13 December

### **Choir Concert in Sils Maria**

“Messe de Minuit pour Noël” was written by Marc-Antoine Charpentier in 1694 – and it’s still sung to this day. Want to hear it for yourself? Head to the Open Church in Sils Maria at 5.30 pm for a Sils Choir Week event.

## 6 December



**St. Nicholas Market in Samedan**

## 6 December

### **Christmas Tree Switch-On in St. Moritz**

Every year on 6 December, the countdown starts just before 6.00 pm at Badrutt’s Palace Hotel in St. Moritz. The magical lights on the huge Christmas tree and down the Via Serlas shopping street are switched on at just the right moment.

## 11 December



**Pontresina Christmas Market**



Being outdoors brings joy.

Designed and developed  
in Switzerland.





## 21 December

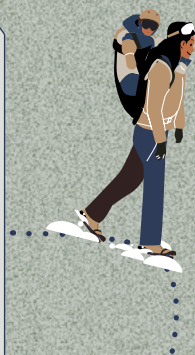


**Sils Christmas Market**

## 24 December

### **Chaunt da Nadel in Samedan**

Members of the Giuventüna group sing Romansh Christmas carols from the 18th century on the village squares of Samedan for Chaunt da Nadel. Mulled wine and Bütschellas (sweet bread rolls) are served after the singing.



## 24 December

### **Chanter suot las fnestras in Celerina**

Chanter suot las fnestras is a Christmas tradition in Celerina. Children sing at Bügl da Crasta at 5.00 pm and at Cuort Tschat at 5.30 pm. It's the adults' turn to start singing songs by Gian Battista Fritschun at 8.00 pm.



## 27 December

### **Festive Forest Evening in Cinuos-chel**

Join the festive Christmas gathering in the woods at 5 pm on 27 December. Barley soup, mulled wine, and punch are on the menu. Sign up for the event at Hotel Veduta by 4 pm on 23 December.



## 27 December

### **Christmas Concert in Silvaplana**

The La Cumbricula choir, a mixed vocal ensemble of around 20 singers in the Upper Engadin, is hosting a Christmas concert at the late Gothic Church of Santa Maria in Silvaplana.

## 27 December



**“Maloja-Lauf”  
Christmas Cross-Country Skiing Race**

# *Against Time*

**“Life is not about chasing  
time – it’s about being at  
one with it.”**

HENRY DAVID THOREAU (1817–1862),  
AMERICAN ESSAYIST









Ursina Badilatti practises  
yoga outside in a stunning  
snowy setting.



# A Change of Pace

**By combining yoga and cross-country skiing, former professional cross-country skier Ursina Badilatti manages to strike a balance between fast-paced adrenaline and deliberately slow breathwork. She runs courses that help people enjoy their experience on the trails by preparing their body and mind on the yoga mat first.**

*Text* KARIN DEHMER

*Photo* ANJA WILLE SCHORI

**U**rsina Badilatti, who was born in Valposchiavo and now lives in Bever, experienced a fundamental shift in her attitude to time 10 years ago. The cross-country skier and winner of multiple Swiss championships had been living with a stopwatch in her mind ever since she discovered her passion for the sport at the age of 14. She was on a constant mission to be better, stronger, and faster. Her parents, trainers, and teammates cheered Ursina on, celebrated her wins, and wanted her to be happy. And Ursina was happy – most of the time, at least – moving at speed on her two narrow boards, experiencing the adrenaline rush and fighting for breath with the time always ticking in the back of her mind. Until enough was enough.

When Ursina retired from professional skiing in 2015, she took some time out. She left the sunny, snow-covered Engadin high valley she had come to call home behind her and moved to Berlin. Ursina actively craved the contrast of the big city and it ended up being there that she learned to slow down. She took her first yoga classes, explored the German capital, and did more and more yoga. She managed to move on surprisingly quickly from the life of peak physical perfor-

mance and endless ambition she had been living for so many years. That inner stopwatch came to a standstill. The voices in her head that used to drive her and limit her at the same time? They went silent. Ursina felt herself become softer, more flexible, and more forgiving of herself and her body.

“I was so ready for it by that point. I’d been more than ready to give up the tough life as a professional athlete for a long time,” says Ursina with a smile. After training to become a yoga instructor and spending years in Berlin, she found a whole new approach to her original sport. “My first time back on the trails was a revelation,” she says. “I stood and glided with open joints, feeling centred, free, and lighter than ever before.”

Cross-country skiers, like so many other athletes, often have shortened muscles and poor posture because they’re tense and hunched over. It’s hard to compensate for these physical issues with standard stretches, but Ursina firmly believes that regular yoga does help. She naturally wanted to try combining her new passion with the sport she’d excelled at for so many years.

If you’d Googled courses combining cross-country skiing and yoga a few years ago, you’d have been lucky to have found a handful of options in Switzerland. And the only course with a single instructor covering both activities was run by none other than Ursina Badilatti. She started off with a skiing and yoga retreat at Hotel Waldhaus Sils in 2018. Other instructors have since discovered that the combination of careful balance work, core training, and breathing techniques can seriously improve performance out on the trails. But Ursina is still one of the very few people who are qualified to teach both elements. And there are so many benefits to her approach: “I can often tell what someone is going to struggle with on the trail while they’re still on their yoga mat. Equally, if someone is finding it difficult to balance on their skis, we can work on that with yoga and help them build trust in their own body.”





Pause, slow down, and find yourself – there is plenty of opportunity to do so during a break from the trail.



Feel the adrenaline rush as you get going and pick up the pace.



### **Yoga class at Hotel Maistra 160**

Ursina is not afraid to make eye contact with strangers. She welcomes every individual who comes to her yoga class and asks their name. She creates a connection – even with hotel guests whom she might only meet once. “Valentin, try to stretch your back leg out a little further.” She gives live advice during her class, having effortlessly remembered the names of all 15 people there. She teaches in the style of Forrest Yoga, which is known for its focus on the stomach and core muscles, breathing techniques, and long sequences of standing poses. All of those aspects are essential for cross-country skiing, but they’re not exactly easygoing. Luckily, Ursina is thoughtful and considerate, meeting people where they are and adapting the intensity so it’s conducive to relaxation for each individual.

Does Ursina sometimes wish she’d found the sense of calm she draws from yoga and meditation earlier in her life? “Yes. I would have been very different as an athlete. I’d have listened to myself much more and I’d have been stronger mentally.” But she’s not actually all that keen on this question. She’s a firm believer that she is where she is today and doing what she’s doing because of her background and past experiences. “The same is true for all of us.”

Ursina believes in giving people time and space. That’s her motto in both her personal and professional life. She lives by it with her two small children. Perhaps her daughter doesn’t want to put on her shoes and coat as fast as her mum expects her to. In that case, Ursina just waits. If there’s a delay in sending out a newsletter with the latest offers, she doesn’t overthink it and instead tells herself that the right moment will come. This skill is a gift, Ursina!

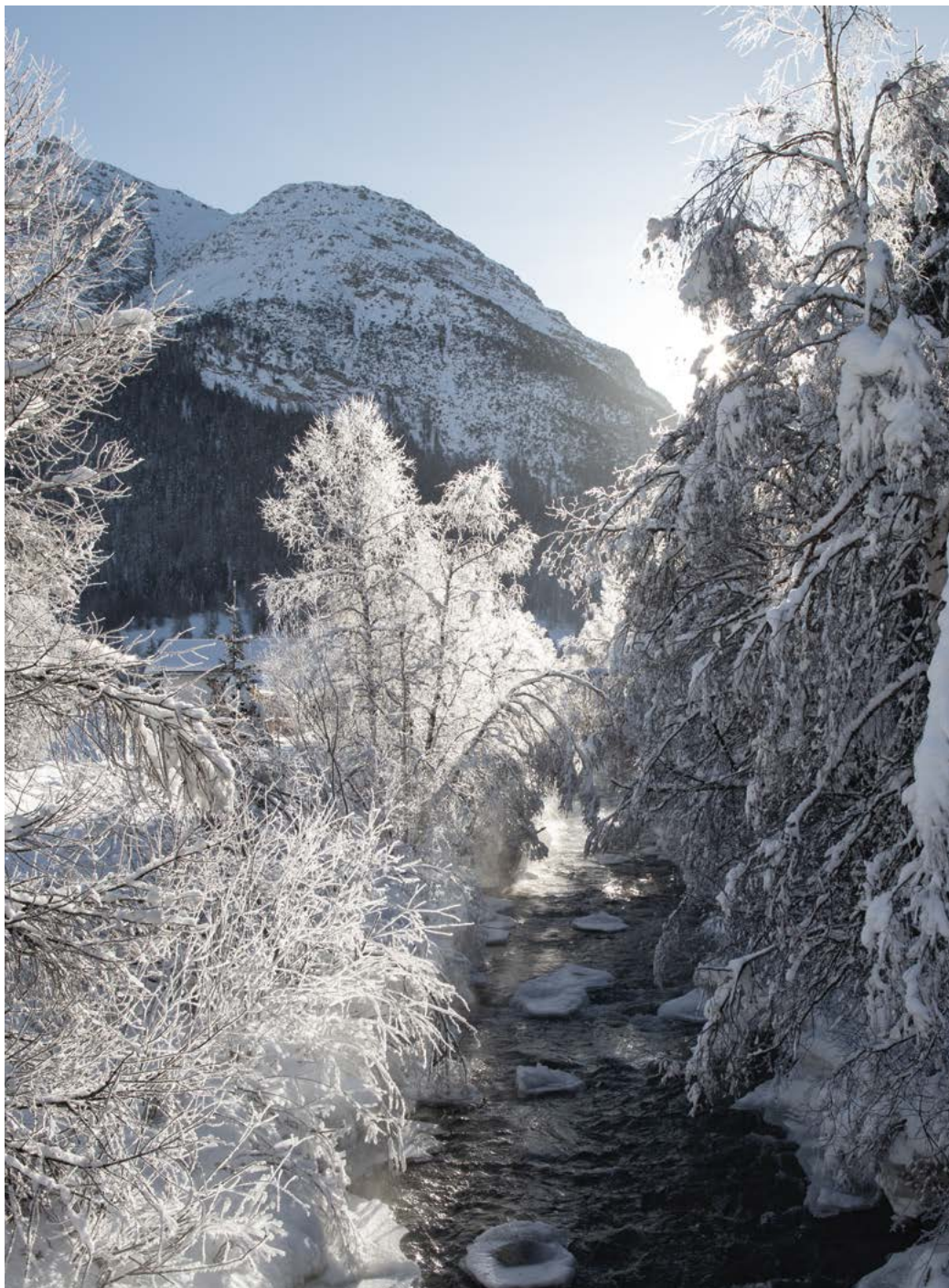
“No, no, it’s not a gift,” she argues. “It’s the result of hard work. Work on and with myself.” As she says this, she maintains eye contact for a split second longer than other people would. “We find this kind of





There are cross-country  
trails as far as the eye can  
see all across the Engadin.





Ursina Badilatti: "It takes courage to consciously slow down in this fast-paced world."



behaviour difficult because it goes against what society expects and because we're constantly wanting to live up to people's expectations. It takes courage and energy to give yourself permission to slow down in this fast-paced world of ours."

### **Cross-country skiing session in Bever**

The next morning kicks off at 9.00 am on the perfectly prepared cross-country ski trail in Bever. There's nobody else in sight. The trail twists and turns softly as far as the eye can see. The air is crystal clear. Clouds hover around the mountain tops, flecked with sunshine in the style of a mosaic. During the preliminary lap, Ursina picks up on the weaknesses in no time. But she's quick to point out the strengths, too. When she's giving instructions, she always lifts up her sunglasses. Eye contact. She's looking for detailed answers to every question. What changes do you notice? Why does the ski glide more smoothly to the left than the right? Ursina empowers people to think consciously about unconscious movements. And just like that, there's an overall change for the better. And nobody is happier about it than Coach Ursina.

Ursina finds it difficult these days to focus on her own performance like she used to in her life as a professional athlete. She's just not interested in how fast she's going and how far she's been. And she's not at all bothered by the smartwatch her husband gave her recently. She does compete still – but only once a year in the Engadin Women's Race. In fact, she still holds the record for the fastest time on the original route. All of a sudden, there's a smile on her face. "As soon as I put on my competition number, I can feel something change. Something buried deep down inside of me rushes back up to the surface." Is that down to the adrenaline rush? "Maybe... I don't know exactly. It's a part of me that'll probably stay with me forever even though I don't give it any airtime anymore."

# 72 Hours

## AGAINST TIME



### 9 am

#### Attempt a marathon

If you love a challenge, why not follow the route of the Engadin Ski Marathon? Starting in Maloja, glide over frozen lakes and through the high valley region all the way to S-chanf. You can rise to this challenge – or part of it, at least – from the end of January.



## 24 h

### 8 pm

#### Enjoy the evening

Head to the Cuntschett night trail in Pontresina or the night trail behind the Grand Hotel des Bains Kempinski in St. Moritz for one last ski adventure before bedtime. Both of these options are available between 5 pm and 9 pm.



### 5 pm

#### Check in

Bever Lodge is a dream come true for active adventurers because it has the Engadin's network of trails covering 240 kilometres on its doorstep as well as a waxing station and workshop. Plus, guests can buy their trail passes from the reception desk.



**3 pm****Shop for souvenirs**

Treat yourself to a little something to remind you of your wonderful trip to the Engadin. Via Maistra in Pontresina has plenty of shops and boutiques for you to explore – and lots of foodie options to help you keep your energy levels up.

**11 am****Eat and ski in style**

Combine fine dining with sporting activity on the gourmet cross-country trail. Tuck into your starter at Chesa Rosatsch in Celerina before skiing to Ristorante Pugliese Mùsella for your main course and then Restaurant Sur En in Zuoz for your dessert.

**4 pm****Relax at the spa in Samedan**

Your body wants to relax after all that exertion. If your Hotel Spa doesn't meet your needs, head to Samedan for a truly impressive wellness experience across five floors at the Mineralbad & Spa. Your tired muscles will thank you for it.

**7.30 pm****Indulge in fine dining**

All that relaxing is enough to make you hungry. Restaurant Donatz in Samedan, which has been awarded 14 Gault Millau points, is the perfect place to refuel after a busy day of skiing adventures and spa indulgence.

# 48 h

**12 noon****Have a Hugo with lunch**

Stop for lunch at Gasthaus Spinas at the southern end of the Albula Tunnel. Enjoy a game on the 100-year-old bowling alley before heading back to Bever. It's up to you if you ski there or take the train. Just make sure you order yourself a Hugo cocktail – it was invented by none other than the proprietor of this very establishment!

**10.30 am****Arrive and get going!**

Head straight for the trail as soon as you arrive in Bever, starting in the Isellas part of the village and following the Beverinbach stream and Albula line until you reach Gasthaus Spinas.



Against Time



VISIT PLAZZA DA SCOULA 10, 7500 ST. MORITZ

THERE'S MORE OUT THERE |  odlo



# Inspired to keep going?

Here are some more tips to help you plan out your own perfect day on cross-country skis.

→ [engadin.ch/cross-country-skiing](http://engadin.ch/cross-country-skiing)



## Explore Val Roseg

The Val Roseg cross-country trail takes you alongside and even across the Ova da Roseg river. You keep climbing steadily until you arrive at the Restaurant Roseg Gletscher, where a delightful dessert buffet awaits. You have the option to ski back to the start or make the return journey in a horse-drawn carriage.



## Travel with four-legged friends

Are you keen to bring your canine companion along on your skiing adventures? No problem! Head for the dog-friendly trails in Plaiv and Samedan, and enjoy exploring the snowy scenery together.



## Venture into Val Fex

Sils is another popular place for cross-country skiers. One – challenging – trail takes you into Val Fex. By the time you reach Hotel Fex, you'll have more than earned a break in the sun on one of the terraces. If your legs are too tired to ski all the way back, hop on board the horse-drawn bus.



## Practise your skills

Experienced Nordic skiers can perfect their technique at the Cross-Country Skills Park in Samedan. It's just behind the Samedan Cross-Country Skiing Centre and entry is free.

## Stay in style

Modern rooms, elegant interior design, stunning spa facilities, and more are waiting for you at the Parkhotel Margna in Sils. Check out the winter experiences and activities to make your stay extra special.

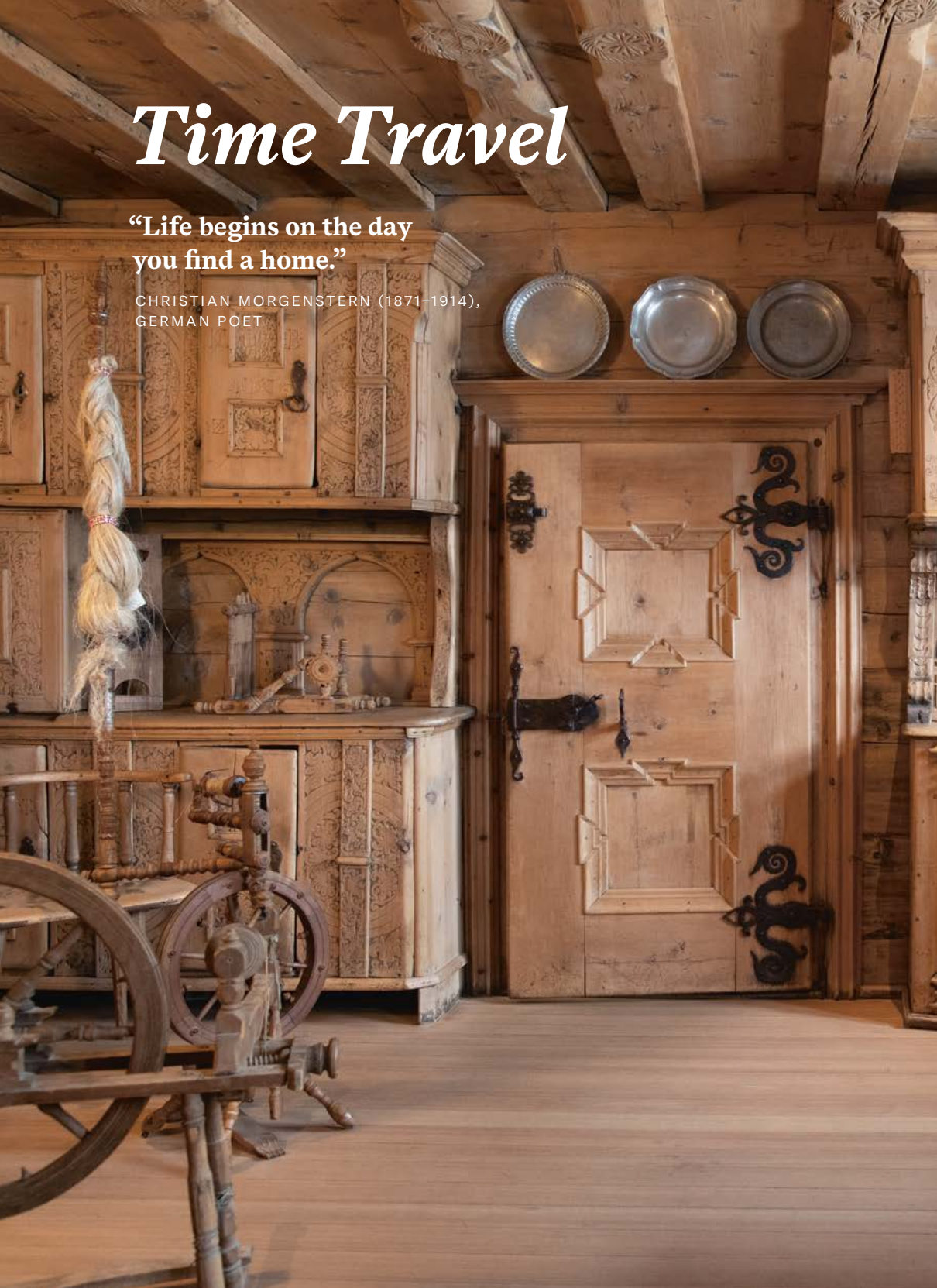




# *Time Travel*

“Life begins on the day  
you find a home.”

CHRISTIAN MORGENSTERN (1871–1914),  
GERMAN POET







MUSEUM ENGIADIN AIS  
FUNDA ET EDIFICATA TRAS  
RIET CHIA MPELL DA SUSCH NEL  
AN: MCMV. NICOL MARTMANIN  
E SEIS CUMPOGNS SUN STATS ILS LAISTERS





# Cosy Space

**The living room – or “Stüva” in Romansh – is the beating heart of a traditional Engadin house. Riet Campell fell in love with these traditional spaces back at the start of the 20th century. And that was the spark that led to the creation of the Museum Engiadinais, which is still telling the story of everyday Engadin culture to this day.**

*Text* STEPHANIE ELMER

*Photo* ANJA WILLE SCHORI

**I**t's a dark evening. And freezing cold. A house with light flickering in its window stands out in the sea of white snow. A family is sitting together on the other side of the window, warming up by the ceramic tile stove. Maybe they're telling each other stories. Or maybe they're not saying a word so they can soak up the silence.

The living room is the beating heart of a traditional Engadin house. It's called the “Stüva” in Romansh. Now that's a word that somehow seems to capture the cosy feeling of being inside a warm living room. One thing's for sure – the Stüva tells the story of a traditional winter in the Engadin. This room was designed to be used during the coldest months of the year. During the summer, people would have been working out in the fields. Their routine for the day would have been dictated by daylight and it would have been based outside. But life moved inside in the winter. And the living room was the warmest room in the house thanks to the stove, which was heated from the kitchen or “Chadafo” – black with smoke and soot. People

← Open the door and step into the past at the Museum Engiadinais in St. Moritz.

had already worked out just how much culture there was in an Engadin living room at the turn of the 20th century. This matches up with the first chapter in the story of the cultural heritage protection movement in the area. This movement was driven by objections to new hotels and cable cars being built as tourism began to flourish. There was a fear that traditional buildings would be replaced and nature would be destroyed. In other words, cultural heritage protection was about holding on to what was already in the area and preserving tradition.

There's a good chance that was also what motivated Riet Campell, who would go on to create the Museum Engiadinais, to start buying and collecting traditional Stüvas. In his memoir, "Alchünas regordanzas our da mia vita" (Some memories from my life), which he wrote for his children and grandchildren in the 1930s, he wrote: "When the Rhaetian Railway opened up a new means of transport, there was a surge in people looking for antiques, especially larger items that had been difficult to transport before. Antiques dealers moved in droves from house to house. It was looking as though everything that was available would be taken away from the area within a few short years."

Riet Campell's biography reads like an adventure story set in the late 19th and early 20th century. He was born in Susch in 1866. Following in his father's footsteps, he trained as a brewer in Munich. He took over the family brewery and also tried his hand at other things, including timber trade. With business going well, Riet Campell made plans to invest his wealth in Celerina by building a house in the old Engadin style. He wanted the inside to be traditional too, so he collected all kinds of antique furniture over time – sideboards, cabinets, chests, and chairs. Old tin items. And even entire Stüvas. He hired the famous architect Nicolaus Hartmann Senior to draw





Detail of one of the rooms on display.



The Stüvas on display provide an important insight into the traditional houses of times gone by.



up the plans. As it turned out, Hartmann's plans didn't match Campell's vision and the house ended up being built in a modern style for the time. But Campell wouldn't let go of his dream to build a traditional house. Now he wanted it to be more than just a home for his collection. He wanted to turn it into a museum that he could open to the public: "This museum will show locals and visitors how our old houses (from the last 400 years) were built and what they looked like on the inside." To put his plan into action, Campell bought a plot of land in St. Moritz and brought in Nicolaus Hartmann Junior, who was also an architect and a close friend. The year was 1905. The Museum Engiadinais opened its doors just one year later – in July 1906. "It was warmly welcomed by loyal locals and art aficionados. And the press was nothing but supportive of the museum. I was happy that the project had been a success and I held out hope that I'd be able to keep it running as a private museum," said Riet Campell.

The honeymoon period didn't last long, however: "I thought I could charge people CHF 2 each to enter in a high-end resort town like St. Moritz. People could visit for a reduced rate of CHF 1 on a Sunday morning. School groups could come and explore for free. Although the museum was highly regarded, especially by those in the know, there wasn't as much interest as I'd anticipated." Riet Campell had to admit that he couldn't keep the house open as a private museum. The "Engadin Museum Preservation Society" was established to take over the museum and keep it open for the purpose of protecting cultural heritage. But the lack of funds was making the handover difficult. At this point, Riet Campell placed an advert for his museum in the newspaper. And guess who responded? None other than Franz Ferdinand, the Austrian Archduke whose assassination in Sarajevo in 1914 went down in history as the trigger of World War I. Franz Ferdinand didn't want to simply buy the museum – he wanted to



MUSEUM ENGADINENSIS  
FUND. ET EDIFIC. A. THAS  
P. R. O. H. A. U. S. S. I. I. R.  
A. S. P. E. C. T. U. S. A. R. C. H. I. T. E. C. T. U. R. I.  
E. S. S. E. S. C. L. U. P. T. I. S. S. U. S. T. A. T. I. S. S. I. M. I. S.





← Riet Campell's legacy:  
the Museum Engiadinais  
opened its doors in 1906.

move the whole collection to Austria. But moving the Museum Engiadinais to a different country was a step too far for the Engadin Museum Preservation Society. Instead, the members of the society quickly organised a large-scale raffle to raise money. They intended to use the proceeds to fund the museum handover.

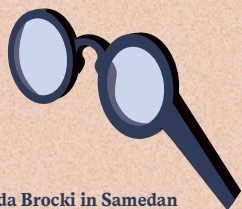
Tickets cost CHF 1 each and were sold in batches of five and ten. The star prize? An entire villa, designed and sponsored by Nicolaus Hartmann Junior. They managed to raise CHF 212,000 with the raffle. Once this total had been topped up with contributions from the government, the canton, and private donors, they had enough money to take on the museum. It did end up taking longer than expected for the museum to be transferred to a public foundation and the Engadin Museum Preservation Society to be disbanded – largely due to the chaos caused by World War I. It finally happened in 1920. And the Museum Engiadinais is still home to the traditional Engadin rooms set up by Riet Campell and Nicolaus Hartmann Junior to this day. The museum offers so much more than an opportunity to look around other people's homes. Visitors also gain insights into the social conditions of the time since they're reflected in the design choices. The simplest Stüvas didn't have any wood panelling. Elaborate carvings were a show of wealth. And when oil paints became popular, farmers started painting the wood to give their Stüvas a more modern look. And perhaps freshen them up a bit. Remember that they would have probably smelled like the damp farming gear left drying by the stove. The windows were kept as small as possible, with the aim of letting in enough light while making sure no heat could escape. After all, the winter evenings could be long and cold in the Engadin. Some things never change.

# 36 Hours

## TIME TRAVEL



Punt Muragl station



### Crapenda Brocki in Samedan

If you're interested in items from the past, you're bound to enjoy browsing the thrift store Crapenda Brocki in Samedan. Some origins are obvious, but you might have to use your imagination too.

10 am

2 pm

5 pm

7 pm

10 pm



### Architectural tour of Samedan

Time travel can be easier than you think sometimes. While you're in Samedan, you only need to bring your smartphone and keep your eyes peeled. The SmarTrail architectural tour starts and ends at the train station, covering 2.6 kilometres in between. Explore the architecture of the village from the Middle Ages to the present day.

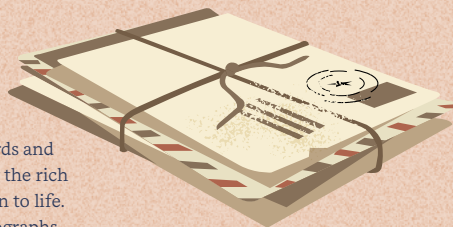
### Dorta Restaurant in Zuoz

The building might date all the way back to the 11th century, but the ingredients are fresher than fresh. When you enjoy a meal at Dorta Restaurant in Zuoz, you dine in one of the oldest farm-houses in the historical heart of the village. The restaurant will reopen in summer 2026.

### Cultural archive guided tour in Zuoz

The Upper Engadin Cultural Archive in the Chesa Planta in Zuoz is home to records and documents that bring the rich history of the Engadin to life. You can look at photographs and negatives, letters and books, plans and postcards. If you're keen to explore the archive in more depth, join a guided tour on a Thursday.

[engadin.ch/cultural-archive](https://engadin.ch/cultural-archive)





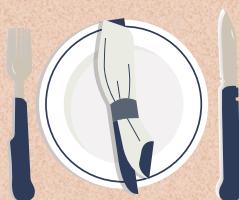
### Swiss Historic Hotel Crusch Alva in Zuoz

The Hotel Crusch Alva in Zuoz has been welcoming guests for over 500 years, with famous faces even including the likes of Albert Einstein. And it was originally used as a court house. You can read more about that in the hotel history book published by Swiss Historic Hotels and Transhelvetica.



### Dinner at Hotel Saratz in Pontresina

Make the most of your last two or three hours by indulging in a delicious dinner in an art nouveau setting at Hotel Saratz.



### Museum Engiadinais in St. Moritz

Travel back in time and see what life used to be like in the Engadin by exploring local living rooms of the past at the Museum Engiadinais. [engadin.ch/en/museum-engiadinais](http://engadin.ch/en/museum-engiadinais)

11 am

4 pm

1 pm

7 pm

### Drinks at Kulm Hotel in St. Moritz

If you're interested in the history of tourism in the Engadin, you have to pay a visit to Kulm Hotel. This is where hotel pioneer Johannes Badrutt is said to have made the legendary bet that kicked off winter tourism in the region. Treat yourself to drinks and snacks at the Kulm Country Club Bar while you're there.



### Museum Alpin in Pontresina

Explore the history of alpinism inside the Chesa Delnon, a traditional Engadin house in Pontresina. Start your journey through time in the early days of mountaineering and end up in the modern era of alpinism, learning about major milestones like the first ascent of the Bernina massif along the way. You'll also find out about flora and fauna, geology, and Alpine culture.



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# Inspired to keep going?

Here are some more tips to help you plan out your own perfect day in the Upper Engadin:

## Swiss Historic Hotel Fex

Prefer to stay in a quiet spot surrounded by nature? Check into the Swiss Historic Hotel Fex, which can only be reached by the hotel's shuttle bus or on foot. This mountain hotel dating back to the early days of alpine tourism was dismantled around the turn of the 20th century and physically moved from its original location in St. Moritz-Bad to the Fex Valley.



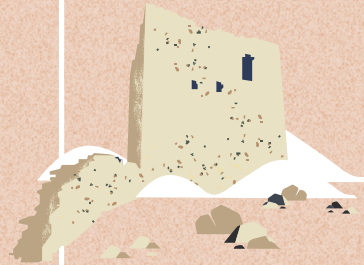
## Schlitteda, a winter tradition

The traditional Schlitteda sleigh ride takes place in the villages of Pontresina, Champfèr, St. Moritz, Bever, and Samedan around the end of January or beginning of February. Starting at 9 am, young men take their sweethearts on a romantic horse-drawn sleigh ride through the high valley region in traditional dress.



## Historical tour of Pontresina

Every Wednesday at 2.30 pm (3.30 pm from February), you can learn about the history of Pontresina and its traditional Engadin houses, culture, and language on a free guided tour. Follow it up with an informative talk about the frescos inside the Church of St. Mary.



## Chesa Adam da Chamues-ch and Guardaval Castle

The Chesa Adam da Chamues-ch in La Punt is another historical highlight. This 16th-century building featuring sgraffito decorative elements was the former home of freedom fighter Adam da Chamues-ch, who rebelled against the bailiffs of Guardaval Castle. Speaking of the castle, you can visit the ruins in Madulain.







# *Time to Mature*

**“Everything ends well for  
those who can wait.”**

LEO TOLSTOI (1828–1910),  
RUSSIAN WRITER

LATTERIA

MILCH & MILCHPRODUKTE

Latteria

Alimentari / Prodotti tipici Locali  
Lebensmittel / Spezialitäten

335

Uscita / Ausgang

Entrata / Eingang

337







# A Taste of Home

**The Latteria Maloja is located at the point where the Upper Engadin meets Val Bregaglia. The shop's signature product comes into its own during the winter season – the house fondue mix. This fondue is so popular that it has made its way across the country.**

*Text* STEPHANIE ELMER

*Photo* ANJA WILLE SCHORI

**A**n athlete walks into the shop. “I just need a quick treat,” he says and grabs a couple of bananas. “I’ve seen him in here before... He’s definitely already been in once,” says Laura Zarucchi. “Some people make the journey all the way from Samedan to Maloja just so they can shop here,” Marco Zarucchi says later, unable to hide how proud it makes him.

Laura and Marco Zarucchi have been running the Latteria in Maloja for around a decade – but it all came about by chance, really. Laura had been working at the little shop for a few years when her boss at the time decided to give up the lease out of the blue. Marco encouraged his wife to take over the shop. He stands by what he said back then – “a village without a shop is like a village without a school”. A shop is the lifeblood of a village – a hub that brings the community together. But Laura wanted to sleep on it before making her final decision. A shop also comes with responsibility. Then, on a Saturday at the end of October, the day had come for customers of

Home comforts and the whole wide world await at the Latteria Maloja.









The selection of cheeses in Laura Zarucchi's Alpine treasure trove is famous far and wide.



the little village shop to meet up for one last goodbye raclette before it closed its doors for the final time. But when one door closes, another one opens ... At the very last minute, Marco and Laura decided they would run the shop after all.

And so the village didn't have to say goodbye to the Latteria, the tiny treasure trove right in the middle of Maloja. Inside the shop, there's a strong sense of local nostalgia with a hint of wanderlust. Soy sauce sits on the shelf opposite pesteda, the precious Alpine herb seasoning mix from Valposchiavo that every family has their own secret recipe for. Coffee from the Engadin roasting house isn't far from the washing powder. Then you have preserves made in the village, fruit, and dried fig leaves for seasoning alongside chocolate and instant soup. And cosmetics from Val Bregaglia. Woolly jumpers and socks are piled up in a see-through sack. It's a colourful hodgepodge of everyday products and regional specialities. "When someone in the local area asks us if we can stock their products in our shop, we're always open to giving it a go," says Laura. The air-conditioning hums away in the background as she speaks. The word has well and truly spread. "Lots of locals who are visiting other parts of Switzerland come into the shop to buy gifts to take with them. And tourists head here so they can pick up souvenirs from the Upper Engadin and Val Bregaglia to take home with them." The local stars of the Latteria are on display in the counter – cheeses from the Latteria Bregaglia. This cheese dairy is run as a cooperative, so cows from different farms spend the summer grazing on the mountain pastures of Val Maroz, Cad'Starnam, Alp di Petpreir, and Löbbia. The delicious Alpine milk is processed in Vicosoprano and the cheese makes its way from there to the Latteria Maloja, among other places, at different levels of ripeness. Customers can buy the cheese as it comes or enjoy it in Laura's special fondue mix. So what's the recipe? She smiles but stays silent. And then simply says, "People all over Switzerland enjoy our house fondue mix."

# Journey from

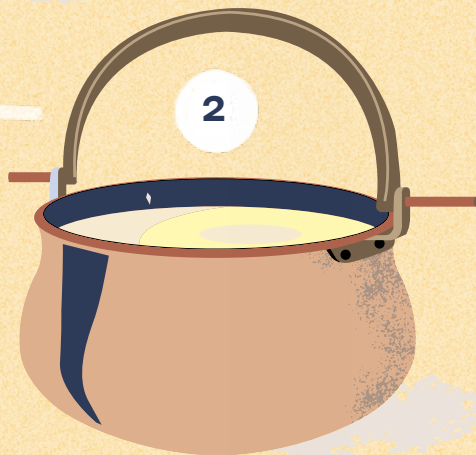
## THE ART OF CHEESEMAKING



### White gold

You need good-quality milk to make exceptional cheese. Raw, unpasteurised milk is used in the Alps. And cheese dairies often work with thermised milk too.

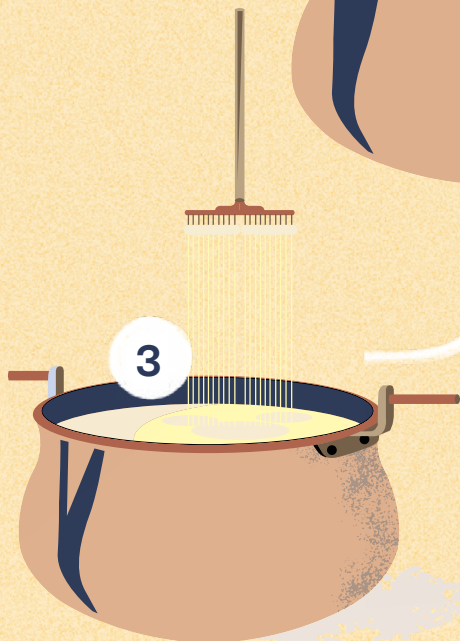
**Shiny pot**  
The milk is poured into a *copper pot* and heated while being stirred.



### Lactic acid fermentation

Lactic acid bacteria are added to the pot. They turn lactose into lactic acid and give every cheese its distinctive taste when it matures later.

**Milk coagulation**  
Rennet, an enzyme found in the stomachs of calves, is also added to coagulate the milk.



### Artistic cutting

Once the milk has thickened, it is cut up into curds using a *cheese harp*.

### Perfect size

The smaller the curds, the more liquid is released and the harder the cheese will be.



# Milk to Cheese

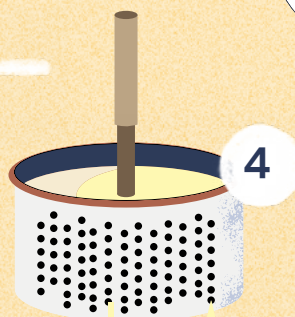


## Moulding moment

The curds are pressed in moulds to drain the liquid.

## Soft cheese

Cottage cheese and whey cheese aren't processed past this point – unlike hard cheeses.



## Wonderful whey

Whey is left behind. It is high in protein and used to feed pigs.

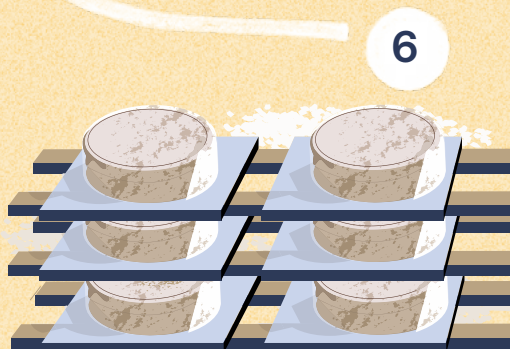


## Super salt

The rind starts to form in brine, which also adds to the cheese's flavour.

## Art of ageing

Ageing cheese is an art. And different techniques are available. White or blue moulds can be used to create certain types of cheeses. The strong flavours that come from applying red mould to hard cheese have quite a reputation. Using spent grain from the beer brewing process creates an aromatic taste, while elderberry juice gives cheese a deliciously nuanced flavour profile.





# 24 Hours

## TO MATURE



### **1 hour at the Lataria Engiadinaisa in Bever**

“Engiadina pura” products are made at 1,706 metres above sea level at the Lataria Engiadinaisa (LESA) in Bever. Make sure you try the organic stone pine cheese that picked up a gold medal at the World Cheese Awards in 2021/2022.

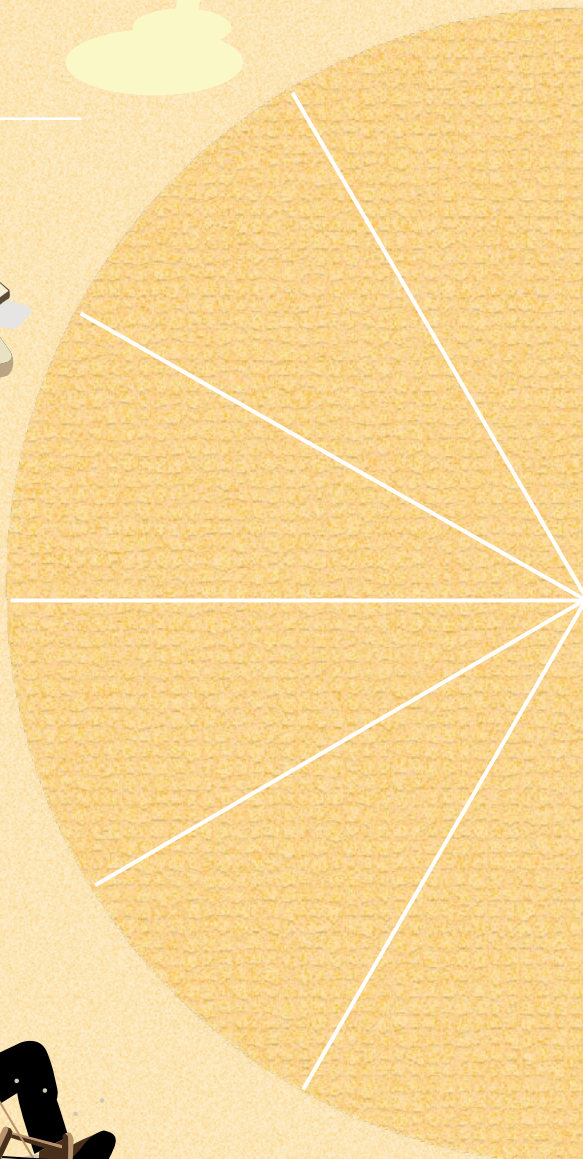


### **1.5 hours at Bo's Co in Celerina**

No doubt you'll need a coffee break after your first cheese stop. The breakfast menu at Bo's Co in Celerina is impressive, with everything from sweet Hot Berry Pancakes to savoury Eggs Benedict with cottage cheese.

### **5.5 hours on Muottas Muragl**

Admire the spectacular view of the lakes from Muottas Muragl. If you're feeling peckish before or after your winter walk or snowshoe adventure, order yourself a cheese board. You'll be fuelled up ready for a speedy sledge ride.





### ***1 hour at the Sennerei dairy in Pontresina***

Cheese lovers are always in their element at the Sennerei dairy shop in Pontresina. And that may be because there are over 20 raclette varieties to choose from. If you can't wait until you get home to try them, you can hire a raclette oven there and then. Dig in!



### ***1 hour at the Maistra Bar in Pontresina***

Head to the Maistra Bar at the modern Hotel Maistra 160 in Pontresina for drinks before dinner. Raise a glass of something local like a draught beer brewed in Bernina, an Iva Spritz made with the popular alpine floral liqueur, or a Stone Pine Negroni.



### ***3 hours for dinner***

After a busy afternoon in the winter sun, you'll be ready to follow up those drinks with dinner. Gondolezza in Pontresina is the place to go when you're feeling hungry. Tuck into raclette and fondue in a disused cable car cabin.

### ***11 hours at Hotel Steinbock in Pontresina***

Ready for a good night's sleep? Sweet dreams await at Hotel Steinbock, which is just across the road from Gondolezza. Guests at Pontresina's oldest guest house are also welcome to use the spa facilities at Hotel Walther, the four-star luxury hotel next door.





# THE PEAKS OF REFRESHMENT.



[engadinerbier.ch](http://engadinerbier.ch)





# Inspired to keep going?

Here are some more tips to help you plan your own perfect culinary adventures in the Upper Engadin:

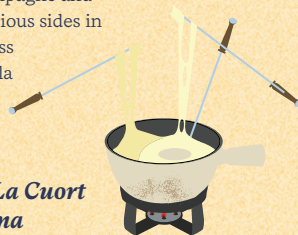


## ***1 hour at the Latteria Maloja***

The shelves at the Latteria Maloja are stocked with alpine and mountain cheeses along with a special selection of other local produce that will have your mouth watering.

## ***2.5 hours at La Stalla in Zuoz***

Hoping for even more cheesy goodness for lunch? Indulge in a classic half-and-half fondue mixed with champagne and served with delicious sides in an authentic Swiss setting at La Stalla in Zuoz.



## ***3 hours at La Cuort in Pontresina***

La Cuort is a cosy fondue and raclette parlour with just 16 seats at Hotel Saratz in Pontresina. Cheese varieties from the Sennerei dairy in Pontresina are served in the rustic vault, and wine tasting sessions are available for groups of 10 or more.

## ***1.5 hours at Batterdögl in Sils***

If you're full of cheese and looking to turn your focus away from food for a while, head to the new Batterdögl concept store in Sils and browse the local handicrafts on the shelves. You're bound to find a stylish souvenir to take home with you.









A dark, atmospheric photograph of a stone-walled interior. Two large, vertical, dark pipes or columns run from the floor to the ceiling. The walls are made of rough, textured stone blocks. A small, circular opening is visible in the wall between the pipes. On the floor, which is also made of stone, there is a small, shallow metal bowl. The lighting is dramatic, with a bright light source on the left creating a strong highlight on the left pipe and casting deep shadows elsewhere.

# *Timeout*

**“Peace attracts life and  
disquiet drives it away.”**

GOTTFRIED KELLER (1819–1890),  
SWISS WRITER

A close-up, low-angle portrait of architect Gion A. Caminada. He is looking upwards and to the right with a thoughtful expression. His hair is grey and slightly messy. He is wearing a dark, textured jacket over a dark shirt. His right hand is raised, with fingers slightly spread, as if gesturing during a conversation. The background is a plain, light-colored wall.

# Pure Alchemy

The spa at Hotel Maistra 160 is a treat for anyone who is fascinated by extraordinary materials. A vision in water, steam, and stone, this modern, minimalist space is as surprising as it is captivating. This is the work of acclaimed architect Gion A. Caminada. In this interview, he reveals which senses are awakened during a break at the Maistra Spa.

*Text* CLAUDIUS WIRZ

*Photo* ANJA WILLE SCHORI



**T**he grand opening of Hotel Maistra 160 in Pontresina was a major event at the end of 2023. That was partly down to the fact that it was the first big new hotel to open in the village for a long while. But the signature contemporary style of Grisons architect Gion A. Caminada also had a lot to do with all the excitement.

The professor emeritus at ETH Zurich is known far and wide for his iconic designs, which include the mortuary building in Vrin and the new Gasthaus Hergiswald hotel building near Lucerne. Last year, he was the recipient of the first lifetime achievement award, which celebrates prominent figures in the Swiss architecture scene for their life's work.

We interviewed Gion A. Caminada in the hotel's library. Caminada was fully engaged in the conversation and immediately started chatting as if we were friends.

**Gion, when we were talking before the interview, you mentioned a wonderful motto that you keep in mind for your work: I live with the house and the house lives with me. Are you a spiritual person?**

To be honest, not really. But I'm intrigued by the idea of transcendence and breaking through the current world view. You know, mythology and science never used

to be separate concepts – they were one and the same. That's absolutely fascinating. Along the same lines, I don't believe we can separate nature and culture either. This is becoming more and more clear. Say, for example, the water flowing down here is dirty (he points to the Ova da Bernina river below the hotel), the dirty water isn't the only problem. I'm part of the problem too because I'm presumably the cause of the dirty water.

I've worked on a number of sacred spaces like the mortuary building in Vrin and the boarding school for girls at Disentis Monastery. These places are deeply spiritual by nature. When I was in Kyoto, we visited the grave of Andy Hug (editor's note: a famous Swiss karate champion and kickboxer who lived in Japan). A Japanese professor who came with us had brought a cup of coffee along to the grave and said he was sure that Andy would have loved a coffee. Now, I could have just laughed at him, but actually this had a real impact on me. I'd known Andy Hug as a person, but the Japanese professor didn't know him at all. And yet he'd made the effort to put himself in his shoes and connect with him. There's nothing esoteric about this attitude and it has nothing to do with going back to nature. I see it as adding value, almost like bringing more to life.

**You trained to be a carpenter when you were younger. How much do you still feel like a carpenter deep down?**

Lots of factors shape who we are. The fact I was born a farmer's son had an impact on me too. If I'm being honest, I didn't like being a carpenter. But I did enjoy working with my hands and getting a feel for the material. It's an interesting question, for sure. For trainee carpenters these days, getting to grips with the machinery is more important than learning about the properties of the material. That feel for the material has become less of a priority in the training programmes.

**Looking around this hotel, it's obvious that you like playing with materials. I can't help but want to touch everything.**

Thank you. Do you know what the green stones are in this terrazzo floor? This is the gemstone jade. The two designers Christian Aubry and Lucrezia Zanetti found it in a pile of rubble in the Valposchiavo. Completely by chance. I'd definitely have to call those two masters of chance. It's such an incredible feeling when you find materials like this. One thing that always fascinated me as a carpenter was alchemy. Alchemists always want to turn everything into gold. That same feeling motivates me when I'm working with materials.

I always want to make them more beautiful. Beauty is only part of it, though. When it comes to materials, it's just as important to be guided by their properties when deciding how and where to use them.

A farmer in Vrin once said to me that a stable can also look beautiful as long as it's functional first and foremost. These are the kinds of experiences that shape you and stay with you forever. I take something away from every encounter. I always gain something from being curious. This concept is at the heart of transdisciplinary discourse, which we encourage right here at the hotel in our series of talks called "Maistra spricht" (Maistra talks). The aim here is to withhold your own opinions and listen to other points of view first. There's a word for this in Greek philosophy – epoché. It's all about suspending judgement and instead looking, observing, listening. Allowing the space and time for other perspectives. Bringing together different disciplines or genres and creating something new in its own right. That's exactly what we wanted to achieve here at the hotel. Combining different materials involves more than just making them work together. Each element should bring something special of its own to the overall impression, with all the elements working in relation to each other. Even today, I picked up on the way we adapted the wood to the stone pillar at the bar,





Gion A. Caminada stands in the spa's open-roof cloister.



A close-up look at the gleaming blue-black steam room with basalt elements designed by artist Reto Müller.



cutting it so it fits with perfect precision. This could be different if we're working with the concept of autonomy. These kinds of insights, which often come after the fact, are important.

**Your spa architecture was a hot topic of conversation from the moment the hotel opened.**

You were also critical. You pointed out things that confused or unsettled you when we were talking before.

**Yes, exactly, like the atmosphere in the outdoor pool area, which to me seems quite cold. And then you said something fascinating. You said it's important to feel a sense of confusion – like suddenly noticing a blemish or imperfection on your skin.**

The concept of the blemish comes from the German philosopher Hans Blumenberg. He sees a jarring blemish, something that breaks from the norm or the idea of perfection, as a positive. If something isn't perfectly perfect, it's more real. But the imperfection has to appear in just the right place to have this positive effect.

**How did the spa come to be what it is today? What was the brief from the developers?**

The brief was wide open. For me, this was a prime example of ideas being refined during the process. Should you start with

an idea or allow it to form as you go? As I see it, you always need a spark of an idea before you start on a design. But that idea doesn't have to be set in stone. You need to know where you're heading but still feel as though anything is possible. A good idea gives you enough scope to take any number of detours before you reach your destination. We discussed principles every step of the way, whether we were talking about a space or a material. What's the concept behind it? What's at the heart of it? I can't think of many other occasions when I've had as much freedom as I had with this project. But you have to be able to cope with that much freedom. When anything is possible, we look to impose our own limitations so we can stay on track. If we're too strict with those limitations, the end result is going to be restricted to our initial thoughts and ideas. We can't go beyond them, so we miss out.

Let me give you one example from the brief. The developers were set on having an outdoor pool. We had lengthy discussions about what an outdoor pool might look like in Pontresina. It didn't take us long to come to the conclusion that it couldn't be an enclosed outdoor pool because those already exist elsewhere in Pontresina. At some point, we landed on the idea of the covered outdoor pool and ran with that. The lay of the land and the context obviously need to be taken into account in decisions like this. What is

actually possible? What are our options? Next came the request for the sauna and then the steam room and it all rolled from there. It's impossible for me to work out who came up with any individual idea at this point. But it's not important anyway. That's why I keep talking about what "we" did. The working relationship with Bettina and Richard Plattner throughout the project development was excellent. We also drew on metaphors and past projects to help us find our way. That's how we came up with the monastery-inspired cloister design for the spa. Working with metaphors isn't about just reproducing something. It's a more subtle process of capturing and bringing to life the essence.

### **How did you end up with the unusual black steam room?**

We honestly didn't start off with black in mind. Christian Kathriner, an artist from Lucerne, designed the art in the corridors. He recommended Reto Müller, an artist who works with basalt. Basalt is a stone that melts at around 1,200°C and can then be poured into a mould. And that's how the wall surfaces came about. The textures and colours are different depending on the underlying material. It's the metal in the steam room that gives the basalt that blue-black finish. So the colour was actually a consequence rather than an

intention. I found the material and the potential for transformation absolutely fascinating.

We knew we needed to bring something into the middle of the steam room design. Just picture the scene. We're both in the steam room and we've never met before. I'm sitting on one bench and you're sitting on the bench opposite me. How does this play out? We don't know each other, so we feel awkward and end up staring at the floor. We wanted to avoid this situation, so we added the pillars between the benches to break up the space.

### **Aren't the pillars a structural feature?**

No, not at all. They're only there to keep the form of interaction open. They form the initial connection between us. It's all about exploring proximity and distance. As we get to know each other better with time, the pillars get in our way and we can move around.

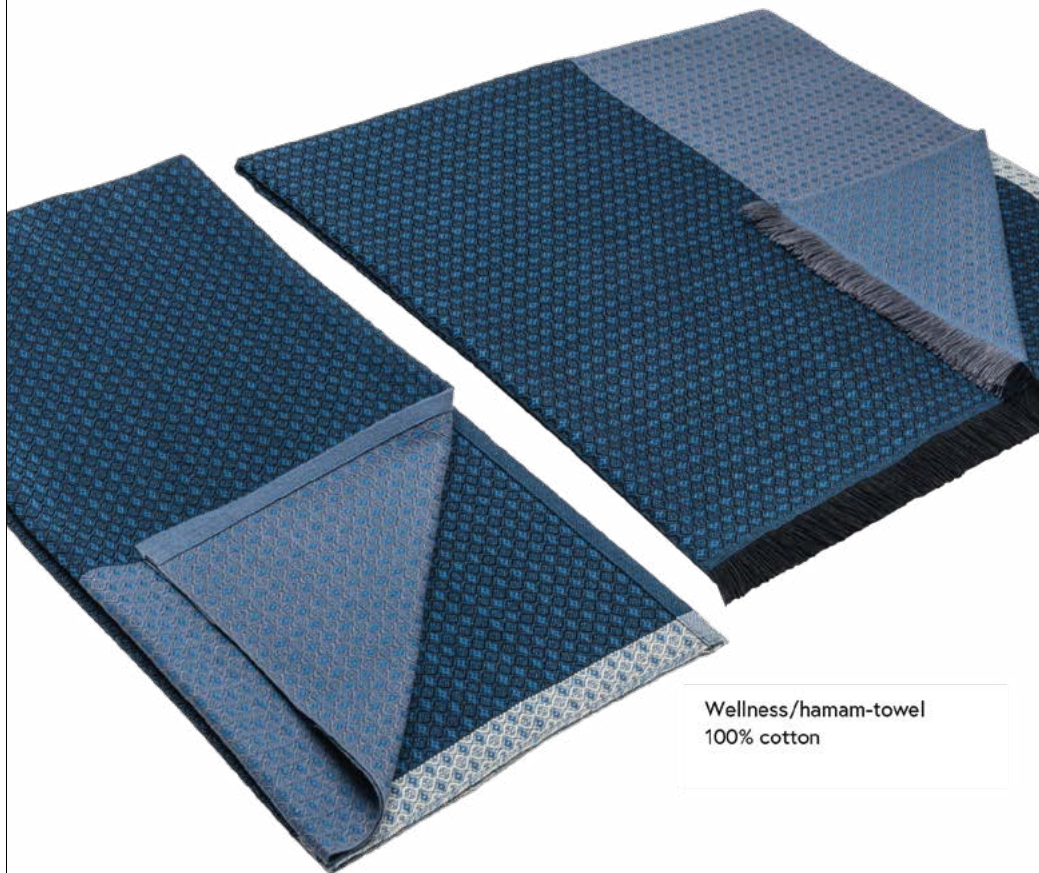
### **Do you always try to imagine people's reactions to a space?**

This anthropological view is so important in my work. People need to pick up on a certain sense of freedom and not feel restricted. When you walk into a room, you need to believe that you have options that are in your control. This was certainly the case with the mortuary building I





The materials used in the spa reception area ooze a sense of calm and tranquillity.



Wellness/hamam-towel  
100% cotton

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designed in Vrin. The coffin sits right in the middle of the room there. The design of these buildings often means that you walk through the door and you're immediately in the room with the coffin. When you go in, you don't have any other choice but to take a seat. I wanted to avoid that situation this time, so I made sure the entrance and exit were visually shielded from the room. So now you can go in and see who's already in there. If you spot someone you don't like, you have the option to slip out again without anyone noticing. These are human considerations. The architecture does not set out to tell people exactly what to do. This was an important consideration at the Maistra Spa too. The space had to be structured in such a way that people could choose to interact with others or stay out of the way and keep themselves to themselves. Architecture shouldn't dictate events. It should set the scene to allow events to unfold.

**Where is the Engadin at the Maistra Hotel and in the spa specifically? In the materials? Or in the air that blows through the cloister?**

For me, the Engadin can be interpreted broadly, but the context is what matters most. What is the underlying force, or "la forza", as we say in Romansh? It's important for me to capture what makes

a place special in every project I work on. And to emphasise anything in the design that has the potential to add to the identity or improve the experience. Special characteristics could include specific weather conditions, a typical material, or an unusual concept of space or structure. Strong spaces are created through repetition but also by intertwining something new with the familiar. I'm interested in what gets added to the implicit continuity that's taken for granted. Taking something that already exists as the starting point for finding something new beyond it is a solid strategy, culturally speaking. The greatest challenge behind architecture that's aiming to strengthen the context is bringing together the everyday essentials and the special sparks.

**So, what elements of the Engadin are in the spa?**

Hmm... It would be arrogant of me to say that it's this and that. Architecture that evokes an emotional response is always built on aspects of the place but also goes beyond them. A place is always a discovery too. Places are created.



**Day Spa Hotel Maistra 160**

With the booking of a wellness package, the spa facilities are also open to non-resident guests: [maistra160.ch](https://maistra160.ch)

# 48 Hours

## TIMEOUT



9 am

### Morning walk

Check into Hotel Castell in Zuoz and head straight outside to enjoy the Engadin light and mountain air. You could set off on a walk to the Alp Es-cha Dadour and come back via Madulain. Looking for a more leisurely stroll? Try walking to S-chanf and back again, stopping for coffee or lunch at Hotel Klarer in Zuoz.



6 pm

### Dinner at the Krone

Is your stomach rumbling after all that deep relaxation? Indulge in fine dining at the Krone in La Punt, a regional restaurant awarded 16 points by Gault & Millau. Chef James Baron and his team serve seasonal ingredients in delicious dishes.



2 pm

### 2 Hamмам at Hotel Castell

After all that exercise in the morning, spend the afternoon relaxing and unwinding. You'll leave the hammam at Hotel Castell in Zuoz without a care in the world.



8 pm

### Evening yoga in Bever

If a busy day of walking, relaxing, and eating hasn't tired you out, you can visit professional masseuse and yoga instructor Evi Dietrich in Bever for an evening yoga session on a Wednesday.





## 11 am

### 1 Wellness at Vita Pura Spa

Ready to warm up after your ice-cold dip? You don't have to be staying at Cresta Palace in Celerina to book a session at the Vita Pura Spa. The wellness area spans more than 1,200 m<sup>2</sup> and there are so many relaxing massages and treatments on offer that you'll be spoiled for choice.



## 5 pm

### Yoga and dinner at Hotel Maistra 160

If you're ready to work on your balance after indulging in a selection of delicious treats, join Ursina Badilatti or her colleague at Hotel Maistra 160 in Pontresina for a yoga session at 5 pm every Monday. Or book a private lesson if you prefer. Treat yourself to creative cuisine at Restaurant Maistra afterwards.



## 9 am

### Ice bath in Lake Sils

Start your day feeling fresh with an ice-cold dip. If you're feeling brave, an ice bath at Plaun da Lej is a cool way to boost your immune system, improve your circulation, sharpen your senses, and increase your mental resilience. Just remember that ice baths aren't suitable for everyone. Make sure you read all about the risks and prepare properly before taking the plunge.



## 3 pm

### Afternoon tea at the Grand Hotel Kronenhof

Afternoon tea has become a popular pastime in the Engadin. The Grand Hotel Kronenhof in Pontresina has put a local spin on the British tradition, serving up barley soup, nut tart, and other regional specialities.



## 9 am

### Carriage ride

The best way to admire the stunning scenery of the Engadin is to set off on a carriage ride. Horse-drawn bus adventures await in Val Fex and Val Roseg, or you can travel from Bever to Spinas. You also have the option of booking a private trip. Reach out to Carole and Andreas Dennler, the owners of a horse-riding centre in Zuoz.

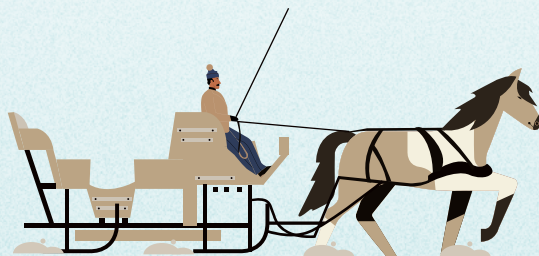








Photo: Anja Wille Schori

4 The spa at Hotel Waldhaus Sils is the perfect place to pause for a moment of reflection.



2 Colours leave fascinating impressions at the hammam at Hotel Castell in Zuoz.



# Inspired to keep going?

Here are some more tips to help you plan out your own perfect visit to the Upper Engadin:

## So many spas

When you're in the Engadin, you won't struggle to find a hotel spa where you can enjoy mindful moments and indulge in some me time. Check out these options even if you're not staying at the hotel:

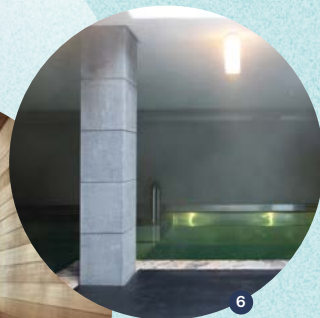
→ [engadin.ch/en/wellness](https://engadin.ch/en/wellness)

- 1 Cresta Palace, Celerina
- 2 Castell, Zuoz
- 3 Parkhotel Margna, Sils
- 4 Waldhaus, Sils
- 5 Saratz, Pontresina
- 6 Maistra 160, Pontresina
- 7 Grand Hotel Kronenhof, Pontresina



## Jacuzzi at 3,000 metres

Prefer to have a breathtaking backdrop for full relaxation? The mountains are sure to improve your wellness experience. The open-air jacuzzi on the sun terrace at the Berghaus Diavolezza bubbles away at almost 3,000 metres above sea level. You need to book in advance – why not turn it into an overnight stay?



## Afternoon tea at Suvretta House

For a traditional afternoon tea that comes with scones and clotted cream, order the "Full English Suvretta House Afternoon Tea" at Suvretta House in St. Moritz. Families will be happy to hear that there's also a children's afternoon tea on the menu. And the cream tea is ideal if you're looking for a lighter option.



# *Speed of Light*

**“The speed of light is the  
pace at which the universe  
reveals its secrets.”**

STEPHEN HAWKING (1942–2018),  
BRITISH ASTROPHYSICIST







Observatory director Jürg Kurt  
looks through a telescope at  
the Engadin sky.



# Time for the Stars

**You can't help but draw your gaze away from the stunning scenery and look up at the stars at the Viadalat Observatory in Samedan. And you can see a new side to the sky above the Engadin during the "AstroStunde" sessions here. But only if the weather's on your side.**

*Text* CLAUDIA WALDER

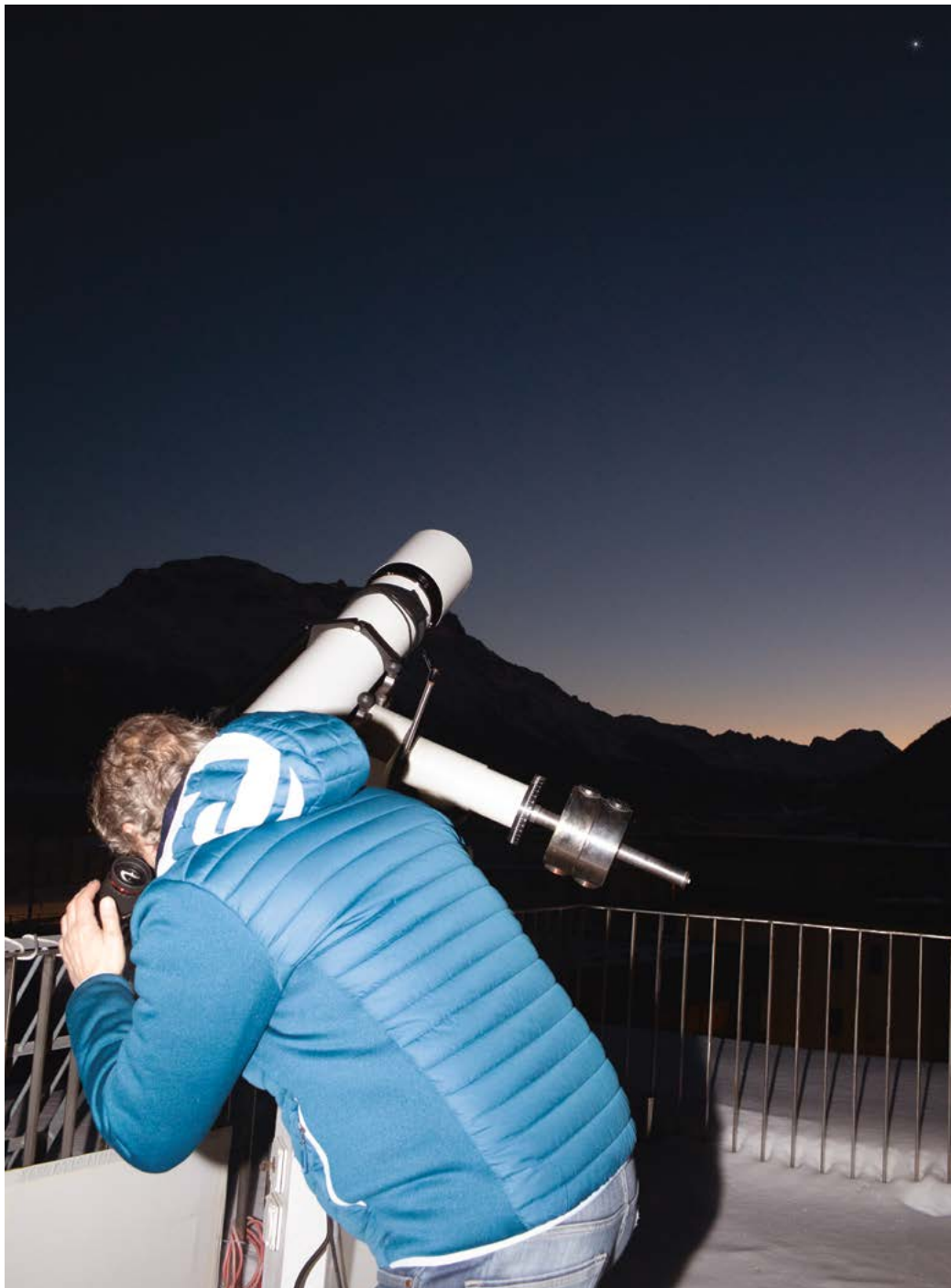
*Photo* ANJA WILLE SCHORI

**E**ach twist and turn brings us closer to the Engadin sky. Is it beautifully blue without a cloud in sight? Not today. Clouds hang heavy over the Julier Pass and the flakes falling from the sky are an unwelcome sight for the lorry drivers who can't continue their journey. Winter sports fans love the snow, but it just makes life more difficult for carriers. It's also not great news for keen astronomers who head to the Academia Engiadina in Samedan for one of the "AstroStunde" sessions. There, on the roof terrace of the Chesa Cotschna, two time machines are waiting for Jürg Kurt, director of the school's own observatory, to take them out of safe storage and point them at the sky. The time machines are actually two huge telescopes – a refractor and a reflector – that allow you to look back

in time when you gaze up at the starry sky. Did you realise that you're actually looking at the past when you look up at the stars? How old our view of a star or galaxy is depends on how far away it is. That distance is measured in light years. And every light year is equal to 9.46 trillion kilometres – that's the exact distance light can travel in a vacuum in a year. With some stars and galaxies, the light is travelling for millions of years before we can see it and, in turn, the star. So that's how far back in time you can look.

This evening, though, the sensitive telescopes are staying safely tucked away in their purpose-built storage units, which look a bit like two garden sheds. The telescopes come from the former Engadin Astronomy Association, which used to run a traditional observatory dome at the Berghotel Randolins in St. Moritz. When the astronomy association lost access to their original space (which is now a hotel room) in 2011, the Academia Engiadina offered them the roof of the new Chesa Cotschna as an alternative. When the association accepted the offer, two telescopes were transported to Samedan and physics teacher Jürg Kurt started running the observatory as the link between the school and the association. However, due to ongoing problems with succession planning within the association, the Academia Engiadina took full control of the observatory in 2023. Jürg has been heading up the institution ever since, supported by a small team that looks after the equipment and is passionate about exploring the wonders of the universe with interested members of the public. They do this through the "Astro-Stunde" sessions as well as lectures and events with highly regarded researchers, astronauts, and astronomers who all come to the





The Viadalat Observatory has two telescopes on the roof of the Chesa Cotschna in Samedan.



The Cygnus Wall – a bright ridge within the North America Nebula (NGC 7000) – is about 2,600 light years away from us.



Engadin to share their insights and experiences with a fascinated audience. But there's no chance of gazing back in time on a snowy day, when thick white clouds hang over the valley and cover up the slopes and an icy wind freezes up the protective structures keeping the telescopes safe. The weather doesn't stop Jürg from welcoming visitors and astronomy students with an easy smile, though. The first stop is a warm classroom. That's where all the "AstroStunde" sessions, which are usually held fortnightly, start off with a short introduction to the topic and a fascinating presentation on the session's theme. There isn't always such a long-range focus. The slides and photos don't necessarily show far-away galaxies and stars. Sometimes, the group (which can be a small group when the weather is less than ideal) concentrates on planets in our solar system or the moon or phenomena in Earth's atmosphere. And sometimes, they stay even closer to home and look at life on Earth. After all, astronomy isn't always about what's at the other end of a telescope. "Our perception of time, for instance, is directly related to astronomical movements," says Jürg. At the most basic level, our life is guided by the distinction between day and night. And this cycle of day and night is based on positioning, movement within our solar system, Earth's rotation on its axis, and the speed of that rotation. The seasons are linked too. They're caused by the orbit of Earth around the sun, by the tilt of Earth's axis relative to the orbital plane, and by the angle of solar radiation, the light from "our" star that reaches our planet after around eight minutes. "We're talking about astronomical conditions here," says the physics teacher. The word "month" even hints at the unit of time's celestial origins since it takes its root from the word "moon". Even though the concept

Light pollution is still relatively low in most parts of the Engadin. →

of a calendar month is different now, a month in astronomical terms still refers to the time it takes for our moon to orbit Earth once, covering the full lunar cycle from one full moon to the next.

The full moon is something else that divides winter sports enthusiasts and keen astronomers in the Engadin. Its bright shining light is a hit with anyone out on a skiing, sledging, or hiking adventure at night. And yet stargazers prefer the dark, clear nights when there's a new moon (unless they're trying to look at the moon specifically, of course). After all, the darker the sky at night, the more we can see of it. "This is a common compromise that observatories have to deal with," says Jürg. "You either want to be based somewhere that's easily accessible to visitors but that's likely to have more light pollution. Or you settle somewhere way off the beaten track so it's plenty dark enough but harder to get to." The Viadala Observatory went for the first option because they want to reach as many people as possible with their educational efforts and bring the universe down to earth for students, school groups, tourists, and anyone else who's interested. Even though Jürg wishes the sky were darker at the observatory, the current situation could be a lot worse. The light pollution in the Engadin is nothing compared to the levels in big towns and cities. Not to mention that the atmosphere is thinner at high altitude, which is good news for anyone looking up at the sky. On a clear night here, you can even spot the Milky Way as a band of light stretching across the starry sky. It's a special sight to behold – and one that's no longer visible in many other places in Switzerland. It's rather fitting that it gave the Academia Engiadina's observatory its name too – "via da lat" is the Romansh name for the Milky Way.







# 12 Hours

## AT THE SPEED OF LIGHT



### Laagers in Samedan

*If you're going to stay up all night staring at the stars, you'll need to fuel up first. Head to Laagers, a bakery in Samedan where you can grab a coffee and a sweet or savoury snack.*

5.30 pm

6.45 pm



### Astronomy lesson in Samedan

*Marvel at the universe through a telescope on the roof of the Academia Engiadina at one of the astronomy events organised by the Viadalat Observatory (named after the Milky Way).*

7.30 pm

### Moondial on Muottas Muragl

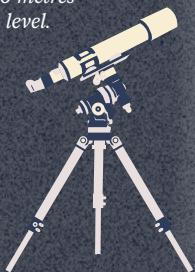
*Take the funicular railway up to enjoy the panoramic view from Muottas Muragl. There's lots to see up there even at night. That includes the most precise sundial in the world – the "Sine Sole Sileo" – which becomes a moondial during the winter season.*





### Piz Nair Sunrise

*It's definitely worth setting an early alarm on Piz Nair Sunrise days. Early birds head up on the mountain railway before the official opening time and tuck into a breakfast buffet while watching the sunrise at over 3,000 metres above sea level.*



### Observatory by Randolins, St. Moritz

*The Berghotel Randolins in St. Moritz used to be home to the telescopes that are still loved so dearly by astronomy fans in the Engadin. But the old observatory has been turned into a hotel room now. Time to snuggle up, open up the dome, and count the stars in the sky.*

5.30 am

12 pm

10 pm

8 pm

### Glüna Plaina on the Diavolezza

*Struggling to sleep on a bright full moon night? Head back to the trail! When the weather's on your side, you can use a Glüna Plaina night ski pass on the Diavolezza. Or how about staying up late and hitting the longest illuminated slope in Switzerland from Friday evening until early the next morning during a Corvatsch Snow Night?*

### Full moon walk on Muottas Muragl

*Make the most of Muottas Muragl before you head to bed on a night with a full moon. Set off on a guided full moon walk and stroll through the snow as it glistens in the light of the moon and billions of stars.*







Engadin

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# White Carpet

The famous slopes in the Engadin's ski resorts are prepared to perfection with pinpoint precision night after night.



In the morning, they look pretty as a picture ready for the first skiers to make their marks in the crisp snow. Those immaculate grooves were left behind in the dead of night. The white carpet in the Engadin ski resorts is legendary. But there's so much more to the gorgeously groomed slopes than meets the eye. They might look effortless, but they're actually the result of hard work taken care of while the skiers are fast asleep in their beds. And there's a whole team of experts behind them. Thomas Freitag is one of the specialists who drive the snow

groomers at Engadin St. Moritz Mountains. He's been doing this job for over 20 years – with a steady hand, technical precision, and genuine passion for his work. State-of-the-art technology helps him to prepare the snow efficiently, with extra only being added where absolutely necessary so resources aren't wasted. Thomas drives up and down the slopes – in a blizzard, through sleet, or on a clear night with a starry sky – so snowsports lovers can wake up to a wonderful white carpet bathed in the first light of the day.





# *Pinboard*

Highlights from winter and summer  
for idyllic holidays in the Engadin.





Photo: Andrea Furger



# Ski & snowboard

## Fun times ahead

A total of 87 perfectly prepared slopes covering 350 kilometres await in nine ski resorts with guaranteed snow. Welcome to a white winter wonderland!

## Down the White Carpet

The thought of immaculately prepared but deserted pistes is enough to get even the most laid-back skier or snowboarder out of bed early. Many lifts in the region already open at 7.45 am. At the summit, as the first rays of sunshine light up the slopes, early risers enjoy their personal White Carpet: a glorious run down perfect pistes. There's no better way to start the day! [engadin.ch/enjoy-white-carpet](https://engadin.ch/enjoy-white-carpet)

## Corvatsch Park

Even before it became home to the most modern halfpipe in the world, Corvatsch Park was one of the best freestyle spots in the Alpine region. But now it's even better since the exciting new attraction opened in February 2024. [engadin.ch/corvatsch-snowpark](https://engadin.ch/corvatsch-snowpark)

## Sleep + Ski

Visitors who spend at least one night in the Engadin can ski at a special discounted rate thanks to the "Sleep + Ski" deal. A lift pass, including use of public transport, costs just CHF 47 per person per day for the entire duration of guests' stay at participating accommodation. [engadin.ch/sleep-and-ski](https://engadin.ch/sleep-and-ski)



## Ski school

Learning to ski is fun – especially when it is with the help of a professional instructor. The Engadin's ski areas have various ski schools at which visitors of all ages can enjoy their first experience on skis or a snowboard,



hone their skills or, after a longer break from the snow, regain confidence for a safe return to the pistes. [engadin.ch/skischools](https://engadin.ch/skischools)

## Events

### Audi FIS Ski World Cup St. Moritz

**St. Moritz** – The world's fastest female skiers battle for precious World Cup points on St. Moritz's local mountain, the Corviglia. [skiweltcup-stmoritz.ch/en](https://skiweltcup-stmoritz.ch/en)

### FIS Freeski & Snowboard World Cup Corvatsch

The best freestyle athletes in the world come together at Corvatsch Park. [corvatsch.ch](https://corvatsch.ch)

### 1 Diavolezza Glacier Race

The traditional Diavolezza Glacier Race was reintroduced as an annual event in March 2024.

The fast-paced eight-kilometre route covers the Pers Glacier and Morteratsch Glacier. Don't miss this exciting winter sports experience! [glacier-race.ch](https://glacier-race.ch)

### Snow-Deal

Book early for the best deal! The region's lift company operates a dynamic pricing system that allows visitors who plan ahead to enjoy an early-booking discount when they buy their lift pass. [engadin.ch/en/snow-deal](https://engadin.ch/en/snow-deal)



More info?

[engadin.ch/ski-and-snowboard](https://engadin.ch/ski-and-snowboard)





# Cross-country skiing

## 1 Over 240 kilometres of trails

Cross-country skiing is always an exciting adventure in the sun-soaked Engadin. And, with over 240 kilometres of trails, there's something for complete beginners and seasoned skiers alike.

### Trails in the side valleys

Soak up the peace and quiet as you ski on the cross-country trails in the tranquil side valleys of Val Roseg, Val Bever, Val Fex, and Val Morteratsch. [engadin.ch/cross-country-skiing](https://engadin.ch/cross-country-skiing)

### Adventures with four-legged friends

Dogs enjoy active adventures in the snow just as much as their owners. You can take your canine companion with you on the dog-friendly trail between Samedan and Bever. Take your pick from skating and classic tracks. [engadin.ch/dog-trails](https://engadin.ch/dog-trails)

### Trail pass this way

If you're hoping to keep your cross-country skiing plans flexible while you're in the Upper Engadin, your best option is to buy trail passes from the Experience Shop online. That way, you can wake up in the morning and decide where you feel like heading that day. [engadin.ch/cross-country-passes](https://engadin.ch/cross-country-passes)

## Events

### Engadin Skimarathon

The second-largest cross-country skiing event in the world is much more than just a phenomenal race. On top of the women's race and night race, there's also a whole week of concerts, workshops, and more in the Marathon Village. [engadin-skimarathon.ch/en](https://engadin-skimarathon.ch/en)

### La Diagonela

The classic cross-country race from Pontresina to Zuoz is every bit as good as the big Engadin Ski Marathon. [ladiagonela.ch](https://ladiagonela.ch)

### Zuozzer Cross-Country Skiing Days

The Cross-Country Skiing Days take place in Zuoz in mid-December. The ideal start to the cross-country skiing season for experts and those who would like to try out the sport. [engadin.ch/xc-days-zuoz](https://engadin.ch/xc-days-zuoz)

More info?  
[engadin.ch/cross-country-skiing](https://engadin.ch/cross-country-skiing)









# Winter hiking & sleigh rides



## 1 Adventures on foot

Slow down the pace on one of the many winter hiking trails through snowy woods, over frozen lakes, and down into idyllic side valleys.

### Horse-drawn carriage rides

It doesn't get much more romantic than a horse-drawn carriage ride through the Engadin. Wrap up warm and get cosy before setting off to explore idyllic side valleys or frozen lakes. Just sit back and admire the captivating scenery along the way. We recommend going for a winter hike one way and hopping into



a horse-drawn carriage for the journey back.

[engadin.ch/horse-carriages](http://engadin.ch/horse-carriages)

### Along the Inn

**Samedan** – An enchanting winter hiking trail follows the twists and turns of the restored Inn River between Samedan and La Punt. You'll be walking through the snowy scenery for around two hours.

[engadin.ch/innauen-winter-hike](http://engadin.ch/innauen-winter-hike)

More info?  
[engadin.ch/winter-hiking](http://engadin.ch/winter-hiking)





# Tobogganing & family



## ***Toboggan runs***

As soon as the first snow has settled, a number of mountain passes and hiking trails are ready for tobogganing. You'll come across short downhill stretches and leisurely routes but also challenging toboggan runs. Enjoy a fun adventure on the toboggan run between Alp Es-cha Dadour and Madulain. And speed down the fast-paced route on Muottas Muragl – a firm favourite with thrill-seekers. [engadin.ch/tobogganing](https://engadin.ch/tobogganing)

## ***Winter walks with a pushchair***

Families with young children love the flat trails between Sils, Silvaplana, and St. Moritz; in good snow conditions, these are also pushchair-accessible. The four-kilometre trail through

the Val Bever is also ideal for a gentle walk: starting at Bever railway station, the route leads along the Beverin river, across snow-covered meadows, and through enchanting forests. [engadin.ch/children-winter-hikes](https://engadin.ch/children-winter-hikes)

## ***Bob run for kids***

Children can feel like proper grown-up bobsledders as they race round three corners on the 100-metre bob run near the Olympia Bob Run. [engadin.ch/children-bob-run](https://engadin.ch/children-bob-run)

More info?

[engadin.ch/families-winter](https://engadin.ch/families-winter)



[booking.engadin.ch](https://booking.engadin.ch)

Pinboard



# Freeride & snowshoeing

## 1 Off piste

The Upper Engadin is a dream come true for ski tourers and snowshoers. Complete beginners and experienced pros can take their pick from a wide range of routes and descents.

### *Morteratsch snowshoe trail*

**Pontresina** – Family fun awaits on the trail from the train station in Morteratsch to the end of the Morteratsch Glacier tongue. You can expect your adventure to last around 90 minutes.

[engadin.ch/snowshoeing](http://engadin.ch/snowshoeing)

### *Avalanche awareness courses*

Anyone who ventures off-piste will benefit from one of the avalanche awareness courses run by the Pontresina Mountaineering School. This basic training for all ski tourers and freeriders focuses on preventing avalanches, but also offers practice in what to do in an emergency.

[engadin.ch/mountaineering-school](http://engadin.ch/mountaineering-school)

### *Snow tour bus*

The snow tour bus is a project from the Swiss Alpine Club (SAC). One of its routes leads from Silvaplana to the Julier Pass and back again. Two ski touring areas await around Piz Julier and Piz Grevasalvas, with runs down into the Upper Engadin.

More info?  
[engadin.ch/ski-touring](http://engadin.ch/ski-touring)



Photo: Filip Zuan





### ***Far from the pistes: tips for extra safety***

*The freedoms of a freeride outing also carry certain dangers. However, by following various rules, participants can reduce risk. Riders should study the latest weather and avalanche reports before every trip, for example; they should venture into open terrain only in company and never alone; tackle steep slopes one by one; and carry the necessary equipment at all times.*





Photo: Filip Zuan



# Activities on ice

## Sports on ice

With skating, hockey, and curling on offer, visitors to the Engadin have plenty of opportunities to take to the seriously smooth ice. There are 17 incredible ice rinks in the region. Some are beautifully natural and others have been prepared to perfection. You can usually rent all the equipment you need while you're there.

### 1 Black ice

The lakes in the Engadin freeze when the temperatures drop low enough. And then Lake St. Moritz and Lej da Staz become the most popular ice rinks around. If it doesn't snow during the days when the lakes are frozen over, a magical natural phenomenon occurs. The frozen surface remains transparent and looks mysteriously black as it shimmers in the sun. There are only around two chances to admire the rare black ice in every decade. [engadin.ch/black-ice](https://engadin.ch/black-ice)

## Ice trail

**Madulain/Zuoz** – If you're in the mood for a romantic stroll, set off on the pretty ice trail through the floodplains of the Inn River between Madulain and Zuoz. [engadin.ch/ice-path](https://engadin.ch/ice-path)

## Ice climbing & canyoning

**Pontresina** – Enrol with the Pontresina Mountaineering School for an epic ravine adventure featuring icy rock faces and frozen waterfalls. Not suitable for children under the age of 12. [engadin.ch/mountaineering-school](https://engadin.ch/mountaineering-school)

## Ice baths

**Sils** – Ice baths work wonders on your immune system, sharpen your senses, and make you feel happy thanks to all the endorphins. Take the plunge into icy water at Plaun da Lej in Lake Sils or in Lake St. Moritz – near the Eisarena Ludains ice rink. You won't regret the freezing cold shock! [engadin.ch/ice-bathing](https://engadin.ch/ice-bathing)

## Olympic bobsleigh run

**St. Moritz** – The last natural ice track in the world provides the course for national and international races every winter. Tourists can zoom down the run on a taxi ride, ably assisted by a professional pilot and brakeperson. [engadin.ch/bob-run](https://engadin.ch/bob-run)

## Cresta Run

**St. Moritz** – The natural ice bob run is built from scratch and iced over every winter so that brave beginners and powerful pros can race down it at super speed. [engadin.ch/cresta-run](https://engadin.ch/cresta-run)



More info?  
[engadin.ch/ice-sports](https://engadin.ch/ice-sports)





# Hiking

## Hiking trails

Sun-soaked stretches with a view? Fun-themed routes? Or magnificent mountain tours? You can walk your own way to happiness in the Engadin.

## Themed routes

Whether you're looking for a historical village tour, culinary hikes, puzzle trails for kids, or educational nature trails, you can always walk your way in the Engadin. And you can be sure to learn lots en route. [engadin.ch/themed-hikes](https://engadin.ch/themed-hikes)

### 1 Senda Segantini

Follow in the footsteps of Giovanni Segantini on this route divided into several sections, passing the artist's workshops and other places with ties to him. [engadin.ch/senda-segantini-hike](https://engadin.ch/senda-segantini-hike)

## Val Trupchun

**S-chanf** – Nature lovers are in heaven here: the Val Trupchun, a side valley of the Inn, has one of the highest concentrations of wild deer in Europe. It also forms the western gateway to the Swiss National Park. [engadin.ch/trupchun/en](https://engadin.ch/trupchun/en)

More info?  
[engadin.ch/hiking](https://engadin.ch/hiking)



Photo: Filip Zuan











Photo: Dan Pettucci



# Running

## 1 Trail running

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.

### Trail meetings

If you need the motivation of a group to get you running, you could always join in with the weekly trail meetings in Samedan, St. Moritz or Maloja. The groups run for 30 to 90 minutes, with varied routes and fun times guaranteed. [engadin.ch/trail-meet](https://engadin.ch/trail-meet)

### Trailrun Sils

**Sils** – This loop takes trail runners alongside Lake Sils and up to the stunning Lâgh da Lunghin. The way back overlaps with a stretch of the Via Engadina, a manageable single-track dirt trail. [engadin.ch/sils-trailrun](https://engadin.ch/sils-trailrun)

### Senda Muottas da Schlarigna

**Pontresina** – Set off from the train station in Pontresina and head up through an old Swiss stone pine forest to Muottas da Schlarigna, where your efforts will be rewarded with a magnificent mountain view. [engadin.ch/pine-trail](https://engadin.ch/pine-trail)

### Trail running course

**La Punt** – This short trail (1 km) with eight information boards is ideal for beginners or more experienced runners looking for an easy run. Work on your balance, speed, and coordination while trying out different terrains. [engadin.ch/trail-running-parcours](https://engadin.ch/trail-running-parcours)

### Trailtrophy

Collect trophies for trying out trails in the Engadin between June and October. There are options for all abilities, ranging from beginner (5–15 km) to advanced level (15+ km). [engadin.ch/trail-trophy](https://engadin.ch/trail-trophy)

## Events

### Bernina Ultraks

**Pontresina** – Bernina Ultraks is an incredible trail running event with different races and courses for runners of all abilities. The main event is the Glaciers Marathon, which covers a distance of 42.2 kilometres across various terrains and requires runners to master 2,600 metres in altitude against the glacier and mountain backdrop. [bernina.ultraks.com/en](https://bernina.ultraks.com/en)

### Engadin Ultra Trail

On one weekend in July, these four trail runs cover varied routes between Zuoz and Samedan. [engadinultra.ch](https://engadinultra.ch)

### St. Moritz Running Festival & Engadiner Sommerlauf

Keen runners should ensure they keep the weekend of the St. Moritz Running Festival free in August. This is also the occasion for the much-loved Engadiner Sommerlauf. [stmoritzrunningfestival.ch](https://stmoritzrunningfestival.ch)

More info?  
[engadin.ch/trailrunning](https://engadin.ch/trailrunning)





# Bike

## In the flow

With signposted routes covering over 400 kilometres and bike transport facilities all the way up to the highest mountain peaks and into the most remote corners of the region, you can always bike with the flow in the Engadin.

### 1 Top to Bottom 2.0

**Pontresina** – The Top to Bottom 2.0 Tour has mountain bike trails heading in two directions. We can say this much for certain – you'll be reaching new heights up on the Bernina Pass and breaking your PB down into the valley. [engadin.ch/top-2-bottom](https://engadin.ch/top-2-bottom)

### Inn Cycle Path

The Inn Cycle Path follows the river from its source in Maloja until it meets the Danube in Passau in Germany. Bring your gravel bike for the first two stretches on the route – starting at the source and passing the Upper Engadin lakes. [engadin.ch/inn-cycle-path](https://engadin.ch/inn-cycle-path)

### kulTOUR

Imagine admiring the scenery as you cycle at your leisure and learn more about the historical villages of the Engadin and their cultural highlights. Now turn that daydream into reality on a free kulTOUR app-guided adventure. The two available routes start in St. Moritz and Samedan. [engadin.ch/en/kultour](https://engadin.ch/en/kultour)

### Culinary e-bike tour

This leisurely e-bike tour starts in Celerina and involves plenty of stops to indulge in delicious food and drink along the way. [engadin.ch/culinary-e-bike-tour](https://engadin.ch/culinary-e-bike-tour)



## Events

### Swiss Epic

**La Punt** – The SPAR Swiss Epic mountain bike race is scheduled to take place in La Punt and Davos over five days in August 2026. Cycling duos will put their skill and endurance to the test on challenging stretches. [engadin.ch/swiss-epic](https://engadin.ch/swiss-epic)

### National Park Bike Marathon

The bike marathon is a fantastic opportunity to explore the Swiss National Park on two wheels, with routes suitable for children, beginners, families, and pros. [bike-marathon.com](https://bike-marathon.com)

More info?  
[engadin.ch/en/bike](https://engadin.ch/en/bike)







Photo: Filip Zuan





Photo: Filip Zuan



# Water sports

## **Surf capital of the Alps**

The Maloja wind makes the Engadin lakes the natural top spot for surfing and sailing in the Alps.

## **Sailing on Lake Sils**

**Sils** – Sailing enthusiasts can look forward to thrilling conditions with strong winds on Lake Sils – almost every day in summer thanks to the good wind conditions here. About midday, the reliable Maloja wind usually starts blowing, the reason why the Engadin enjoys a worldwide reputation as an outstanding destination for water sports. Should this wind fail to appear for once, sailors can set their sails for a strong north wind instead. [engadin.ch/sailing](https://engadin.ch/sailing)

## **Kitesurfing & windsurfing on Lake Silvaplana**

**Silvaplana** – The kites and windsurf sails that dance over the water at Lake Silvaplana create an unrivalled display of colour. Silvaplana is heaven for all who love playing with the wind – in this case, the famous Maloja wind, which rises reliably every day around noon to blow steadily and powerfully across the lake. Once the wind has set in, it is never long before the first kitesurfers and windsurfers are out on the water, performing their acrobatic manoeuvres.

## **Mountain lakes**

In addition to the large Engadin lakes, there are also many small mountain lakes higher up, whose crystal-clear, ice-cold waters attract only toughened swimmers. Anyone else will at most dip their feet in to cool off, or just enjoy the idyllic views. Swimming in the mountain lakes is not supervised and takes place at bathers' own risk. [engadin.ch/bathing-lakes](https://engadin.ch/bathing-lakes)

## **1 SUP/Yoga on SUP**

**St. Moritz/Sils/Silvaplana** – Stand-up paddleboarding is a great way to destress while giving the body a full-on workout. You can hire stand-up paddleboards at Lake St. Moritz, Lake Silvaplana, and Lake Sils. You can even try out paddleboard yoga and pilates every Wednesday morning at the windsurfing school in Silvaplana. [engadin.ch/stand-up-paddling](https://engadin.ch/stand-up-paddling)

## Events

### **Öttilö Swimrun**

**Silvaplana** – Competitors will once again be testing their endurance in this intense swimrun race in July 2026. As if it weren't challenging enough, they also have to carry all the mandatory equipment with them at all times. [engadin.ch/en/oettiloe](https://engadin.ch/en/oettiloe)

### **VANORA Engadinwind**

**Silvaplana** – The world's best windsurfers and kitesurfers will be heading to Lake Silvaplana to compete at VANORA Engadinwind, the longest-standing windsurfing event in the world. [engadin.ch/engadin-wind](https://engadin.ch/engadin-wind)

More info?  
[engadin.ch/water-sports](https://engadin.ch/water-sports)





# Families



## 1 Family fun

Thanks to a variety of stimulating and relaxing activities, both young and old feel at home in the Engadin. Maloja, Silvaplana, Celerina, Madulain, Bever, Zuoz, S-chanf, La Punt Chamues-ch and Pontresina offer a particularly wide range of activities for families.

### ***Bernina Glaciers experience***

The Bernina Glaciers experience is a fantastic way to explore the glaciers between Pontresina and the Valposchiavo. With themed hikes, adventure playgrounds, glacial mills, and more, there's plenty of fun for the whole family. [engadin.ch/berninaglaciars](http://engadin.ch/berninaglaciars)

### ***Nature trail***

**La Punt** – Be at one with nature on forest paths, dirt tracks, and meadow stretches. Spot 34 different types

of plants along the way – they're all labelled to help you learn. [engadin.ch/forest-trail](http://engadin.ch/forest-trail)

### ***Alpine adventure with Mevina and Neves***

**Celerina** – Kids can learn all about life in the Alps on this themed route, following the animals' path up into the mountains in spring and back down into the valley in autumn. And there are plenty of fun adventures to enjoy along the way.

[engadin.ch/themed-trail-marguns](http://engadin.ch/themed-trail-marguns)

More info?  
[engadin.ch/family](http://engadin.ch/family)





# Golf



## Unlimited golf

The “Golf Unlimited” offer allows golfers to play the sport to their heart’s content at the Samedan and Zuoz-Madulain golf courses if they’re staying for more than two nights at one of the participating Engadin Golf Hotels. Many of the hotels include mountain railways and public transport in the offer too. [engadin.ch/unlimited-golf](https://engadin.ch/unlimited-golf)



## Kulm golf course in St. Moritz

**St. Moritz** – Beautifully set in the Alpine landscape by the Kulm Hotel St. Moritz, this 9-hole course promises plenty of variety.

## Hotel Margna golf course

**Sils** – The Margna “parkhotel” has its own 4-hole golf course with driving range (15 tees).

## Samedan golf course

**Samedan** – The 18-hole championship course, with partially covered driving range and innovative technical aids such as RoboGolfPro and Trackman, surpasses all expectations.

## 2 Zuoz golf course

**Zuoz** – The scenic 18-hole Zuoz-Madulain course promises a delightful game with holes to suit every level.

More info?  
[engadin.ch/golfing](https://engadin.ch/golfing)









# Excursions



Photo: Schweiz Tourismus

## *Journey of discovery*

The central location of the Engadin and its excellent transport links open the door to exciting day trips to the north and south.

## *Cavaglia Glacier Garden*

**Valposchiavo** – Families can make magical memories to last a lifetime at the Cavaglia Glacier Garden. Nature is just waiting to be explored in all its glory, with bizarre glacier mills, the glacier garden, and a pathway crossing the Cavaglia Gorge among the highlights. [ggc.swiss/en](http://ggc.swiss/en)

## *TrenInn*

With a “TrenInn” ticket, you can hop on and off the train to explore Engadin culture and solve puzzles along the way. If you collect enough points, you could even win a prize. [engadin.ch/treninn-experience](http://engadin.ch/treninn-experience)

## **1 Soglio**

**Soglio** – Hop on the PostBus and enjoy the twists and turns on the Maloja Pass. Stunning Soglio is nestled on a sunny mountain terrace, with historical highlights including houses from the 16th and 17th centuries and a church from the 14th century.

More info?  
[engadin.ch/excursions](http://engadin.ch/excursions)



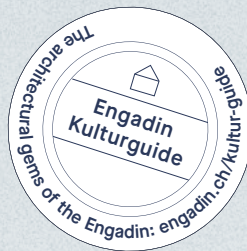




Photo 1: Kevin Mürner / Photo 2: Giancarlo Cattaneo



# Cultural attractions



## Cultural highlights

Unique architecture, exceptional museums, and a jam-packed calendar of concerts and events guarantee rich cultural experiences all year round.

## Guided village tours

Villages in the Engadin are steeped in history and filled with cultural and architectural highlights and historical tourist hotspots. A range of guided tours allows you to discover each of the villages. You can even make use of a virtual travel guide – in various villages across the valley.

[engadin.ch/village-tours](http://engadin.ch/village-tours)

## Sils Museum

**Sils** – The Sils Museum celebrates the cultural history of the village and pays homage to local painter Andreas Robbi. [silsmuseum.ch](http://silsmuseum.ch)

## Chesa Planta in Zuoz

**Zuoz** – The Chesa Planta is an important old building that dates back to the Early Middle Ages. And it has been home to the Upper Engadin Cultural Archive since 2024, following a full renovation that was careful to preserve historical details. You can book a guided tour of the archive or visit the current exhibitions between 2 pm and 5.00 pm on Tuesday to Friday. [kulturarchiv.ch](http://kulturarchiv.ch)

## Events

### Engadin Art Talks

**Zuoz** – International artists, talented architects, and renowned researchers come together in Zuoz at the end of January to enter into fascinating discussions against the tranquil mountain backdrop – much to the delight of the audience.

[engadin-art-talks.ch](http://engadin-art-talks.ch)

### 1 SunIce Festival

**St. Moritz** – SunIce, the world-class techno and EDM festival, is taking place from 19 to 22 March 2026. [sunicefestival.ch](http://sunicefestival.ch)

### 2 Festival da Jazz

**St. Moritz** – Calling all jazz fans! Big jazz names from around the world perform concerts in unusual venues every summer, including the legendary Dracula Club, Lej da Staz, and the wooden church in St. Moritz-Bad. [festivaladajazz.ch/en](http://festivaladajazz.ch/en)

### Camerata Pontresina

**Pontresina** – Camerata musicians perform free open-air concerts in a fabulous forest setting in the Taiswald every morning in the summer. [engadin.ch/camerata-pontresina](http://engadin.ch/camerata-pontresina)

### Open Doors Engadin

Around 80 private homes, hotels, workshops, and infrastructure buildings with interesting architecture around the Engadin and Val Bregaglia open their doors to the public every year in June. You can also join specific guided tours. [opendoors-engadin.org](http://opendoors-engadin.org)

### Silser Chorwochen

**Sils** – The Sils Choir Weeks have been filling the gorgeous location with wonderful music for over a decade. Vocal training and work on the choir's sound are covered in the wide variety of courses that usually end with a concert in the little village church. [silser-chorwochen.ch](http://silser-chorwochen.ch)

More info?  
[engadin.ch/culture](http://engadin.ch/culture)









# Accommodation

## ***A good night's sleep***

With 130 hotels and over 2,000 holiday homes to choose from, you're sure to find somewhere to stay that suits your budget and lifestyle. Maybe you're looking for a traditional touch of Belle Époque luxury? Or perhaps modern urban living is more your style?

### ***Chesa Dimena***

**La Punt** – Enjoy a warm welcome and a good night's sleep in a simple, cosy room at the B & B Chesa Dimena close to the trail. You can book to eat breakfast here even if you're not staying the night. [chesadimena.ch](https://chesadimena.ch)

### **1 *Romantik Hotel Muottas Muragl***

**Samedan** – Once all the day-trippers have headed back into the valley with the sunset, guests staying at the hotel on Muottas Muragl are in for a treat. Admire the serene view of the Upper Engadin lake plateau from the panorama restaurant and from one of the 16 rooms with a stunning Swiss stone pine interior. [muottasmuragl.ch](https://muottasmuragl.ch)

### ***Hotel Saluver***

**Celerina** – This classic Engadin hotel has modern rooms with a simple style and a bus stop right outside the front door. Hop on board and arrive at the Marguns mountain railway in a matter of minutes. The restaurant is known for its special fish dishes. [engadin.ch/en/saluver](https://engadin.ch/en/saluver)

### ***Hotel Albris***

**Pontresina** – Hotel Albris in the centre of Pontresina boasts spacious rooms in Swiss stone pine and views of the mountains and snowy

woods. It even has its own bakery – Bäckerei und Konditorei Kochendörfer – which is where the famous Engadin Torte was first created in 1896. [albris.ch](https://albris.ch)

### ***Sunstar***

**Pontresina** – Individuality meets design at the Sunstar Hotel, where every room has its own little kitchen. You also have the option of cooking with other guests in the shared kitchen. And you can choose where to eat your breakfast – in the social area or in the privacy of your room. [pontresina.sunstar.ch](https://pontresina.sunstar.ch)

### ***Hotel Edelweiss***

**Sils** – Hotel Edelweiss has been welcoming guests since 1876. Diners can enjoy a five-course meal in the listed art nouveau hall at the glorious Grand Restaurant every evening. Yoga and tempting treatments are also on offer in the wellness area. [hotel-edelweiss.ch](https://hotel-edelweiss.ch)

More info?  
[engadin.ch/accommodations](https://engadin.ch/accommodations)









# Restaurants

## ***Fine dining***

With three language regions and all kinds of cultural influences coming together, the Engadin serves up exciting and delicious culinary delights.

### ***La Stalla***

**Zuoz** – La Stalla serves up Italian dishes and Swiss specialities in a traditional setting made mostly of wood. [lastalla-zuoz.ch](http://lastalla-zuoz.ch)

### ***Fö e Flamma dal Barun***

**La Punt** – All eyes are on the huge wood-fired oven at this new restaurant headed up by James Baron, the innovative chef in charge at the Krone. Deliciously crispy treats are baked fresh every day and best enjoyed with a coffee. Traditional Alpine ingredients are given simple yet creative new twists day in, day out. [dal-barun.ch](http://dal-barun.ch)

### **③ Piste 21**

**Samedan** – This is the perfect place to refuel and warm up when you're taking a break from cross-country skiing during the day. Head here for a pizza or grilled meat dish in the evening. And if you like planes, sit by the window and watch as the private jets take off from Samedan Airport. [restaurant21.ch](http://restaurant21.ch)

### **① Pitschna Scena**

**Pontresina** – This stylish eatery serving exquisite food in a laid-back atmosphere is one of the restaurants at Hotel Saratz. [engadin.ch/en/pitschna-scena](http://engadin.ch/en/pitschna-scena)

### ***Peppino's***

**St. Moritz** – Pop into Peppino's to enjoy traditional Italian cuisine and Swiss dishes right next to the Olympic ski jump. [peppinos.ch](http://peppinos.ch)

### **② Conrad's Mountain Lodge**

**Silvaplana** – The restaurant at this unpretentious hotel is known for its breakfast buffet and gourmet pizzas. [cm-lodge.com](http://cm-lodge.com)

More info?  
[engadin.ch/culinary](http://engadin.ch/culinary)





Photo: Anja Wille Schori



# Wellness

## ***Ready for relaxation***

You won't struggle to find a perfectly peaceful place to treat yourself to some me time in the Engadin. If anything, you'll struggle to narrow down your spa options.

## ***Bellavita pool complex in Pontresina***

**Pontresina** – The Black Hole water slide at the Pontresina indoor pool is an exhilarating 75 metres long: just one descent is enough to have swimmers of all ages hooked! Adults enjoy working out in the 25-metre sports pool or relaxing in the pleasantly warm outdoor pool and in the attractive sauna section. [engadin.ch/en/bellavita](http://engadin.ch/en/bellavita)

## ***Mineral baths & spa in Samedan***

**Samedan** – Guests seeking pure relaxation find a bathing ritual of mystical beauty in the historical village heart of Samedan. The mineral baths are a work of art sculpted from colour, light, and water, extending over five storeys. One of the many highlights is the rooftop pool, from which visitors enjoy an uplifting view of the surrounding mountains. [engadin.ch/mineral-bath](http://engadin.ch/mineral-bath)

## ***MTZ Heilbad St. Moritz***

**St. Moritz** – From treating minor or more serious injuries to preventing injury or simply offering guests a spot of pampering: the MTZ Heilbad in St. Moritz is the perfect spot for boosting health in every way. Here, the latest medical expertise meets traditional spa culture for all-round wellbeing.

The wide range of services and facilities on offer includes medical wellness, physiotherapy, mineral baths, moor mud body packs, and massages. [engadin.ch/therapy-centre](http://engadin.ch/therapy-centre)

## ***Day spas in the Engadin***

The spas in the following Engadin hotels welcome non-residents as well as hotel guests to enjoy the facilities to the full:

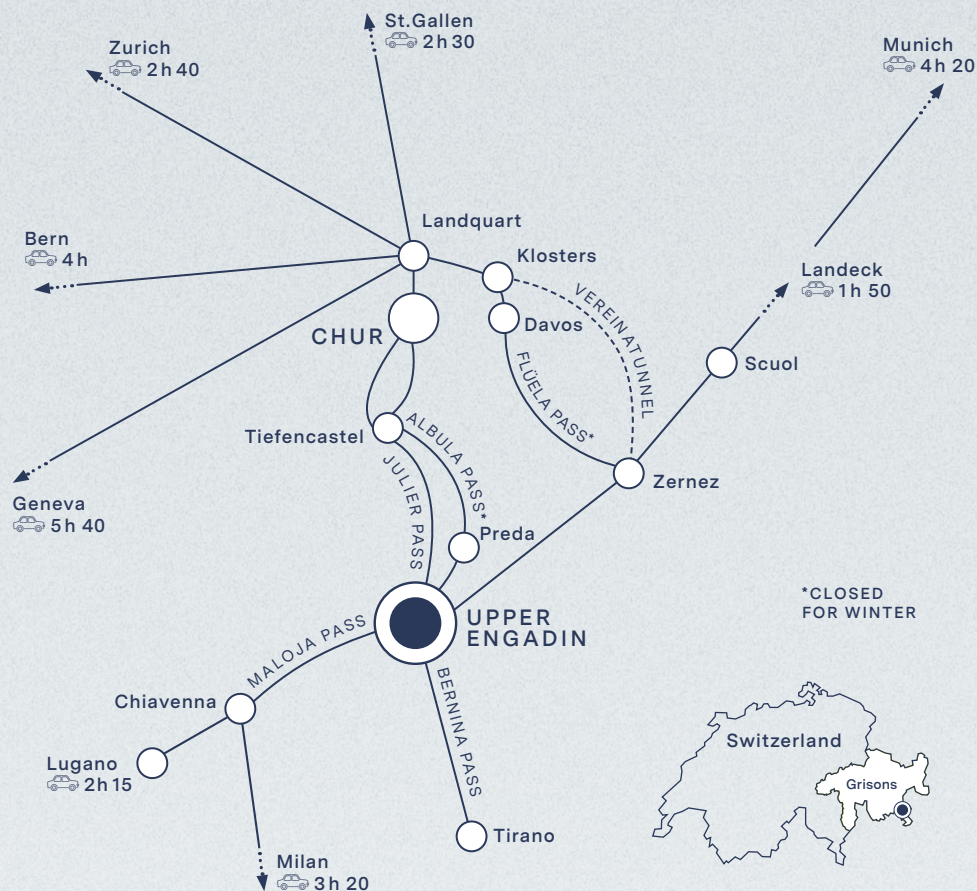
- ➊ → **Saratz Day Spa**, Pontresina
- **Palace Wellness**, St. Moritz
- **Kempinski The SPA**, St. Moritz
- **Kulm Spa**, St. Moritz
- **Grand Hotel Kronenhof**, Pontresina
- **Hamam at the Hotel Castell**, Zuoz
- **Arenas Resort Schweizerhof**, Sils
- **Nira Alpina**, Silvaplana Surlej
- **Waldhaus Spa**, Sils
- **Cresta Palace Vita Pura Spa**, Celerina
- **Hotel Maistra Spa**, Pontresina
- **Parkhotel Margna Spa “la Funtauna”**, Sils

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





# Travelling to the Engadin



As a UNESCO World Heritage Site and a pioneering piece of railway history, the 120-year-old Albula Railway promises an incredible train journey with unforgettable views. And it has been better than ever since the new tunnel opened in 2024.



## Further information

Check departure and journey times for the Rhaetian Railway at [engadin.ch/get-here](https://engadin.ch/get-here)



The times above indicate how long it takes to get from the starting point to the Engadin. Prepare for an exciting experience when driving over various passes. If you're not keen on twists and turns, it might be a good idea to take the car transporter through the Vereina Tunnel.



## Further information

Current reports on the traffic situation in the Engadin and info on car shuttle waiting times at [engadin.ch/get-here](https://engadin.ch/get-here)



From Chiavenna (in Italy) or Lugano, you can get to St. Moritz on the PostBus and enjoy the twists, turns, and views along the way. Another PostBus route runs from Chur via Savognin and the Julier Pass.



## Further information

Check departure and journey times for the PostBus at [engadin.ch/get-here](https://engadin.ch/get-here)



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