

## Recommended equipment

### Clothes

- 1 pair trousers, shorts
- 1 rain mantle or poncho
- 1 comfortable suit for the accommodation
- T-shirt - 1 pullover - 1 anorak
- Cap, socks
- 1 hiking boots

### Diverse

- A small rucksack for the daily tour, to put flask, K-Way, pullover into
- Camera
- Sun cream - sunglasses
- A pocket knife for the picnic
- Thermos bottle or flask
- Change of underwear
- Toiletries
- A warm mountain jacket or an anorak
- A small first-aid kit
- Toilet paper
- Bathing costume
- Telescopic walking or ski sticks
- Half-price or full-year ticket
- Picnic for the first day's lunch

Take what you think is necessary (in a reasonable quantity) and do not forget the good mood... It would be a pity.

## Hiking and Spa without backpack Start on July 9th, 2012

Unterengadin is the most eastern part of Switzerland. This region is especially including the Samnaun, a valley which left bank is already part of Austria and the Val Mustair, which goes to Italy.

In this region are a certain number of well-known places. One can mention the Swiss National Park, among the first national parks created in Europe. One has also to mention the spa of Scuol, the castle Tarasp and the Silvretta, a mountain top on the border between Switzerland and Austria.

The mountains, here, have a very different look than elsewhere. Therefore it will be a true change of scene to hike in this region.

Moreover, the spa will make us forget the tiredness of the day.



Destination Montagne

1233 Bernex

Phone.: +41 22 757 67 57

Fax: + 41 22 757 67 58

Mobile: +41 79 629 02 62

E-Mail: [lehmann.charles@destination-montagne.ch](mailto:lehmann.charles@destination-montagne.ch)

<http://www.destination-montagne.ch>

**Day 1 Scuol – Lai Nair - Tarasp**

The first touch with a region is very important. For this first outing, I propose to climb to the idyllic Lai Nair (the dark lake). This lake located in a peat bog displays a unique landscape. One says that it is a site of power.

(250m, 4h, hotel)

**Day 2 Il Fuorn (Süsom Givè) – Fuorcla Funt S-Charl – Tamangur – S-Charl**

This easy tour will lead us through sceneries of uncommon beauty and of exceptional wilderness.

We will cross God Tamangur, the legendary Swiss stone pine woods, in which certain exemplars have an estimated age of 800 years.

One says that Romansch language will survive as long as this forest will exist.

(300m, 6h, hotel)

**Day 3 Motta Naluns – Lai da Minschun - Piz Minschun – Motta Naluns**

Piz Minschun is an important top located above Scuol. Climbing this top would be a real challenge starting from Scuol. Fortunately, we will take the cable car to gain a few meters of altitude.

(950m, 7h, hotel)

**Day 4 Zernez – Chamanna Cluozza - Zernez**

One can not imagine going to Lower Engadin and not doing, even only a few steps, in the National Park.

This wish will be fulfilled since we will start from Zernez reach the Cluozza hut.

(1000m, 7h, hotel)

**Day 5 La Via Engiadina between Ardez and Lavin**

Via Engiadina is a long hiking path starting from Val Bregaglia and reaching lower Engadin, while running along the Inn river. Ten days are required to perform it completely.

Here, we will walk a small section.

(600m, 4h)

**Price:** CHF 1000.-, € 833.30 (adult) / CHF 900.-, € 750.- (child, student, retiree)

This price includes everything except:

Transportation charges from the place of residence to the appointment's place and back. Transportation by the organiser (minibus) from Bernex to Scuol: CHF 95.-  
Beverages, personal expenses.

Picnic for the first day's lunch.

The cancellation fees insurance: CHF 29.- (optional, must be requested at enrolment).

**Level: 5 days**

This Trekking takes place on paths without particular difficulties. Without backpack means that the tours are made with a small rucksack with the gear for one day. The remainder will be left at the lodging.

**Accommodation and meals:** Hotel with half-board. Picnic is taken in the rucksack. Beverages are not included.

**Topographic maps:**  
CN 1:25 000 no. 1179 Samnaun  
CN 1:25 000 no. 1198 Silvretta  
CN 1:25 000 no. 1199 Scuol  
CN 1:25 000 no. 1218 Zernez  
CN 1:25 000 no. 1219 S-Charl

**Registration deadline:** June 24th, 2012

**Appointment**

1:30 PM at RhB train station in Scuol-Tarasp

**If you come by train**

Via Zürich, Landquart and Klosters.

Timetable on the Internet: <http://www.cff.ch>

**If you come by car**

Motorway to Zürich, then Landquart and Klosters. Cross the Flüela pass to reach Scuol. Possibility to freight the car onto the train between Klosters-Selfranga and Saglains.

**End**

At about 12:00 AM - 1:00 PM in Scuol

**If you wish to come the day before or to extend your stay**

Hotel Flüela, Susch +41 81 862 29 72

Hotel Altana, Scuol +41 81 861 11 11

Villa Engiadina, Vulpera +41 81 861 22 44