



 **LIFECYCLE
ADVENTURES**

Engadin Valley

SWITZERLAND

Planning

About the Area

Overnight Towns

On Tour FAQ



Use this Guidebook
with the On-Tour App
(see inside cover)

Inside this book

Planning Your Tour

- ➔ Where to stay before tour
- ➔ Getting there
- ➔ Things to book
- ➔ What to pack

About the Area

- ➔ Routes & highlights
- ➔ Geography & history
- ➔ Food & drink
- ➔ Essentials

Overnight Towns

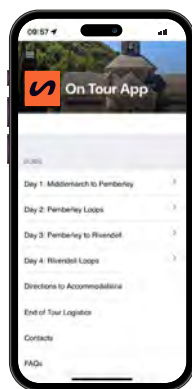
- ➔ Overviews
- ➔ Restaurants & bars
- ➔ Sights & activities
- ➔ Town plans

On Tour

- ➔ Using the On-Tour App
- ➔ Navigating the routes
- ➔ Our services
- ➔ Safety & enjoyment

On-Tour App for smartphones

You will be sent a link to download your On-Tour App a few weeks before the start of your tour.



The app includes everything you need to explore each day during your tour including:

- ➔ Ride options
- ➔ Places for lunch
- ➔ Points of interest
- ➔ Directions to accommodations
- ➔ End of tour logistics
- ➔ Contacts
- ➔ FAQs

See the *Using the On-Tour App* section of this guidebook for more details about this app.



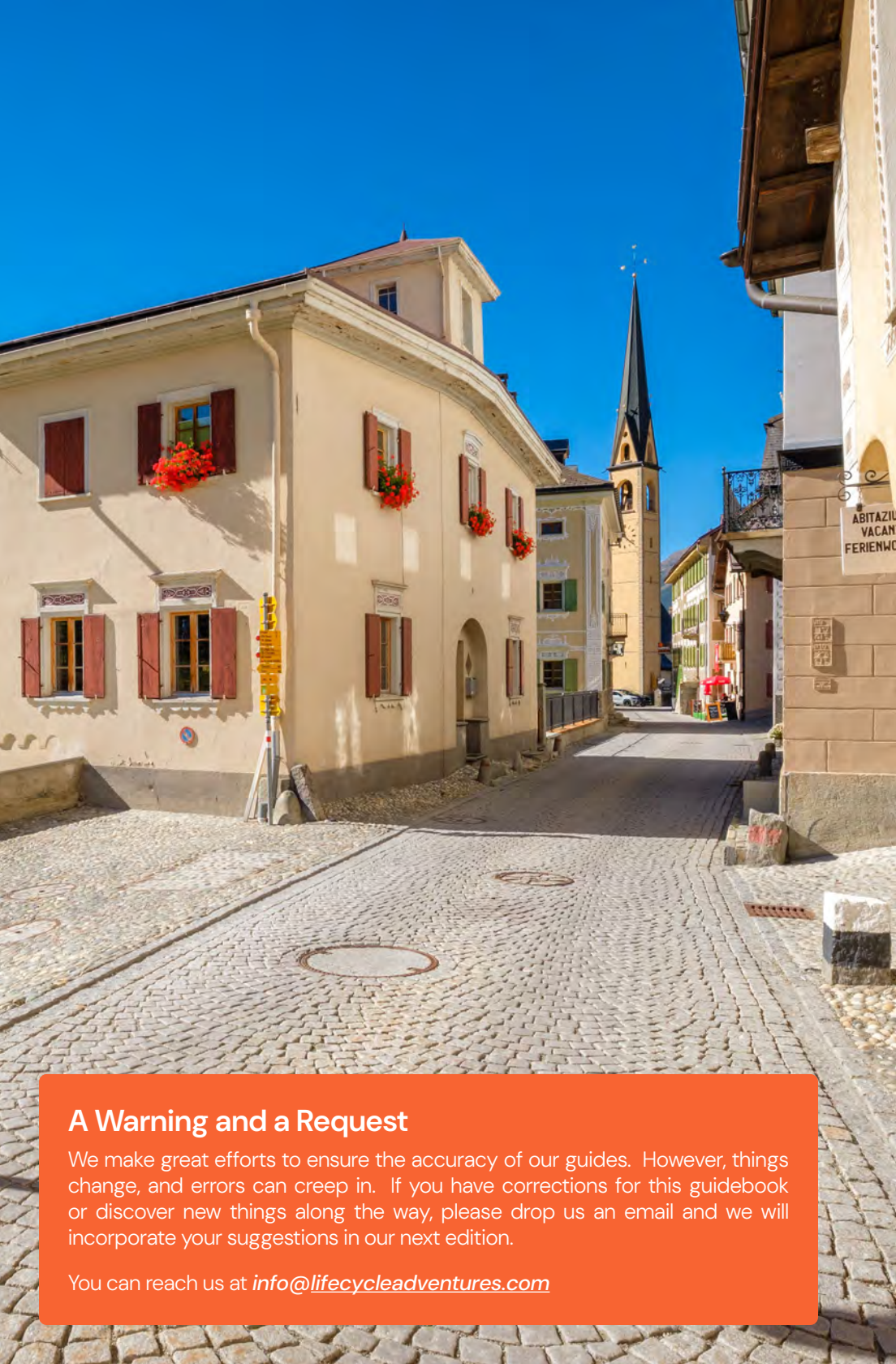
 **LIFECYCLE
ADVENTURES**

Engadin Valley

SWITZERLAND

Written & Researched by

Victoria Craig & Gregory Craig



A Warning and a Request

We make great efforts to ensure the accuracy of our guides. However, things change, and errors can creep in. If you have corrections for this guidebook or discover new things along the way, please drop us an email and we will incorporate your suggestions in our next edition.

You can reach us at info@lifecycleadventures.com

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Lakefront View of St. Moritz

GETTING THERE

Arriving into Switzerland

Tours typically start in St. Moritz with guests flying into Zurich and taking the train to start their tour in St. Moritz.

Flights to Zurich

Zurich Airport (ZRH) is Switzerland's largest airport, with direct flights from most major European cities, including London, Paris, Amsterdam, Frankfurt, and Rome, as well as several non-stop flights from North America cities, including Atlanta, Boston, Chicago, Denver, New York, Miami, Montreal, Los Angeles, San Francisco, Seattle, Toronto, Vancouver, and Washington DC.

Zurich Airport to Zurich

There is a train from Zurich Airport to the center of Zurich that costs less than 10 CHF and takes about 15 minutes. Taxis take about the same time and cost around 80 CHF.

Zurich to St. Moritz by Train

From Zurich, the journey to the Engadin is scenic and straightforward. You take a direct train from Zurich Hb to Chur, Switzerland's oldest city. From Chur, you take the iconic Rhaetian Railway (RhB), a narrow-gauge mountain train that climbs through dramatic alpine landscapes to St. Moritz. The journey from Zurich to St. Moritz takes approximately 3½ to 4 hours. If you are traveling directly from the

Zurich airport you will need to first take a train from the airport to Zurich Hb – see above.

Zurich to St. Moritz by Private Transfer

Private transfers by car or minivan are also available for this leg of your journey. The journey typically takes 2½ to 3 hours. Please ask if you are interested in booking one of these transfers.

Arriving Via Italy

Guests may also choose to fly into Milan, Italy.

Flights to Milan

Milan Malpensa Airport (MXP) is the largest airport in northern Italy, located 30 miles northwest of Milan. The airport has direct flights from most major European cities as well as several non-stop flights from North America cities, including New York, Atlanta, Chicago, Toronto, and Montreal.

Milan to St. Moritz by Train

In theory you can reach St. Moritz from Milan by train in about 5 hours. You leave from Milano Centrale and change in Tirano. From Tirano you take the Bernina Express – a UNESCO World Heritage railway that traverses the Alps and has outstanding views. It is a long but spectacular journey but do not assume you can use this service until you have booked it as the Bernina Express often books out and the Milan to Tirano route is currently being upgraded.

Milan to S. Moritz by Private Transfer

Private transfers by car or minivan are also available from Milan (or Milan Malpensa Airport) to St. Moritz. The journey typically takes less than 3 hours. Please ask if you are interested in booking one of these transfers.

Helicopter Transfers

To arrive in style, St. Moritz Helicopters offer helicopter transfers from Zurich and Milan airports: <https://www.stmoritz-helicopter.com/>

Booking Travel in Switzerland

The following sites are helpful when booking travel within Switzerland:

- Rome to Rio: <https://www.rome2rio.com/>
- The Train Line: <https://www.thetrainline.com/en-us>
- Local train company: <https://www.sbb.ch/en>

WHERE TO STAY BEFORE YOUR TOUR

Guests typically stay in St. Moritz before and/or after their tour. We have had good feedback for the following hotels and B&Bs.

Badrutt's Palace Hotel St. Moritz

📍 Via Serlas 27, 7500 St. Moritz
☎ +41 818 371 000
🌐 <https://badruttspalace.com/en/summer/>

Art Boutique Hotel Monopol

📍 Via Maistra 17, 7500 St Moritz
☎ +41 818 370 404
🌐 <https://www.monopol.ch/#>

Hauser Hotel St. Moritz

📍 Via Traunter plazzas 7, 7500 St. Moritz
☎ +41 818 375 050
🌐 <https://hotelhauser.ch/>

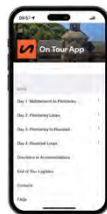
DOWNLOADS FOR YOUR PHONE

We recommend you download the following to your phone before you travel:

- On-Tour App (**essential**)
- eBook of this guidebook
- Google Maps for the area
- WhatsApp
- eSIM data plan

Downloading the On-Tour App

A few weeks before the start of your tour, we will send you an email with a link to download your On-Tour App. We recommend you download the app and familiarize yourself with its contents before you leave home. See the On Tour section of this guidebook for more details about this app.



Download an eBook of this Guidebook

We recommend downloading the eBook version of this guidebook. This will allow you to reference the guidebook from your phone or tablet as well as giving you the ability to zoom in on maps and click on website links and telephone numbers.

Scan this code with your phone/tablet's camera. Then follow the instructions below, depending on your device.



On an iPhone or an iPad

- Open the PDF using the above QR code (this can take more than a minute depending on your WiFi)
- Tap Share (there can be a few seconds delay after tapping share)
- Tap Books

The PDF then opens automatically and saves into the Books app. Access it via the Library section of the Books app.

On Google Smartphones or Tablets

Set Settings

- On your device, open Google Play Books
- At the top right, tap your profile picture
- Tap Play Books settings
- Check the box next to Enable PDF uploading

Download the Book

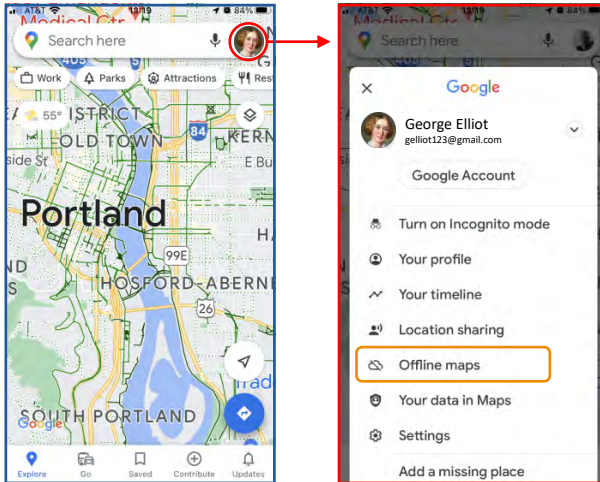
- Download the PDF file to your device using the above QR code
- Open your Downloads or Files app
- Find the file
- Tap More and then Open With and then Play Books or Upload to Play Books.
- To find uploaded files in the Play Books app, tap Library and then Uploads.

Downloading Google Maps

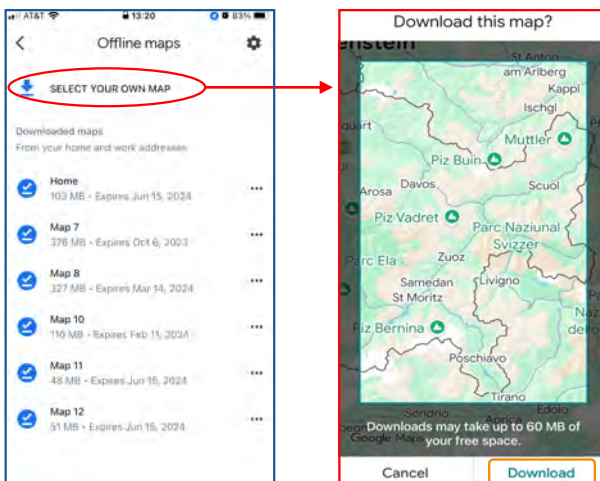
The On-Tour App includes many links to Google Maps. We recommend downloading the maps for this area in Google Maps before leaving home. You will need to be signed into your Google account to use this feature. Instructions are as follows.

In the Google Maps app:

- Tap on your profile picture (or letter) in the top right-hand corner
- Select Offline maps



- In Offline maps, zoom the maps to Switzerland to include the cities of St. Moritz and Scuol. Then click "Download".



WhatsApp

Most of our guides like to use WhatsApp for staying in contact with you during your tour. If you have downloaded the app and set up an account, that would be helpful. If not, don't worry, we can also use texts and phone calls.

Phone Plans

Having access to cellular data while on tour will make it easier to navigate your routes and access information via our On-Tour App (though with a little forethought you can manage without).

If travelling abroad, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology so it is best to check before leaving home.

THINGS TO BOOK BEFORE YOU TRAVEL

Transfers from Zurich Airport

Typically, we collect and drop off guests at their hotel in downtown St. Moritz. We can also collect or drop off guests at Zurich Airport for which there is an extra charge. These transfers are only available on the first and last days of the tour and are subject to availability.

Activities

If you want to add any of the following activities to your tour, we recommend booking them in advance. This is especially true during high season: late June to August.

The Engadin Valley is a paradise for outdoor enthusiasts. Adventurers can enjoy sailing, paragliding, horseback riding, and high ropes courses like the popular Seilpark in Pontresina. Another option is golf on high-altitude courses with stunning natural surroundings. Sightseeing helicopter tours are also popular.

Kite surfing, wing foiling, and Stand-Up Paddle

Kitesailing Silvaplana

This is one of the best-known kitesurfing and wind sports schools in the Engadin. The lake's reliable afternoon winds and open setting make it one of Europe's best inland locations for kitesurfing, attracting both beginners and experienced riders.

The school offers lessons for all levels, from first-time introductions to advanced coaching, as well as equipment rental and supervised practice sessions. Instruction takes place directly on the lakeshore with experienced, multilingual instructors. Courses are typically structured in short sessions; prices start from CHF 80 for an hour and includes the whole kit set up.

This company also rents stand up paddle boards. A two-hour rental is CHF 30; a day rental is CHF 40.

This company usually opens from late-May until early-October.

 Sportzentrum Mulets, 7513 Silvaplana

 +41 81 828 97 67

 <https://www.kitesailing.ch/en/>

White-water rafting

Engadin Adventure

There is excellent rafting on the Inn River between Scuol and the Garsun Gorge, with trips ranging from beginner-friendly sections to more advanced whitewater. For a three-hour excursion, prices start from CHF 118. There are also full-day excursions (including BBQ lunch) starting at CHF 248. Book and pay online. Rafting equipment, transport, and guide are included in the price.

 Via da Ftan 495 Talstation, 7550 Scuol

 +41 81 861 1419

 <https://www.engadin-adventure.ch/>

Engadin Outdoor Center

Guided rafting trips range from scenic stretches suitable for beginners to more dynamic Class III–IV rapids with technical waves and narrow canyon walls.

Canioning excursions explore side gorges and mountain streams, combining hiking, natural water slides, small jumps, and controlled rappels through sculpted rock formations. All equipment and safety instruction are provided, and outings are led by certified guides. Advance booking is recommended during peak summer weeks. Prices start from CHF 109 for a three-hour experience (one hour on the river).

Please note that this excursion is based in Zuoz, approximately 18 km to the north of both Pontresina and St Moritz. It is possible to cycle there or take a train or taxi.

 Somvih 31, 7524 Zuoz

 +41 76 748 86 68

 <https://engadinoutdoorcenter.ch/en/>

Paragliding

Paragliding Engadin

A spectacular way to see the Engadin lakes and peaks from above. Usually, this excursion will require a taxi or train to Samedan or the meeting point. From there you take a cable car to the take off point. When booking, explain your travel situation and the guides will suggest the best routing. Flights are weather-dependent, so booking ahead helps secure a slot. Prices start from CHF 230 per person.

 Giandains 4, 7504 Pontresina (office)

 +41 81 842 66 66

 <https://www.paragliding-engadin.ch/>

Horseback Riding

Reitstall, Restaurant, Saloon – San Jon

San Jon is a traditional Engadin riding stable located about 4 km south of Scuol, offering guided horse-riding experiences for both beginners and experienced riders. Two-hour rides take place on forest tracks and open trails through the Lower Engadin landscape, with prices from around CHF 65 per person. The site also includes a restaurant and western-style saloon serving regional dishes.

 San Jon, 550B, 7550 Scuol

 +41 818 641 062

 <https://sanjon.ch/>

High Ropes Courses

Seilpark in Pontresina

Located in forest just outside Pontresina, this treetop adventure park offers a series of elevated rope courses and zip lines set among the pines. Multiple routes of varying difficulty allow participants to test balance, coordination, and nerve, with progressively more challenging elements including rope bridges, suspended platforms, and longer zip sections. Allow 2–3 hours and advance booking recommended in high season, and closures possible during storms. Price for adults CHF 40 per person.

 Cuntschet, 7504 Pontresina

 +41 81 515 27 45

 <https://govertical.ch/seilpark-pontresina/>

Golf

High-altitude golf is a long-standing Engadin tradition, played against a backdrop of lakes, forests, and snow-dusted peaks. The thin mountain air allows the ball to travel slightly farther, adding a distinctive element to play. Tee times should be reserved during peak summer weeks.

Both courses accept green-fee players, subject to availability. Advance booking is recommended in high season and handicap proof is generally required.

Engadine Golf Club (Samedan)

Founded in 1893, Engadine Golf Club is one of the oldest golf clubs in Switzerland and features two 18-hole championship courses in Samedan and Zuoz-Madulain. The Samedan course, set on the valley floor at approximately 1,700 meters above sea level, is relatively flat and walkable but demands precision with its water features, tree-lined fairways, and well-protected greens. Surrounded by wide alpine views and open skies, the setting is expansive and scenic rather than dramatic, making it an enjoyable yet technically engaging round. Practice facilities, a clubhouse restaurant, and rental equipment are available.

 A l'En 14, 7503 Samedan

 +41 81 851 04 66

 <https://www.engadin-golf.ch/en>

Kulm Golf St. Moritz (St. Moritz Golf Club)

Located in the heart of St. Moritz, Kulm Golf Course is a compact 9-hole course set on gently rolling terrain near Lake St. Moritz. Established in 1891, it is considered the oldest golf course in Switzerland and retains a traditional parkland feel. While shorter than championship layouts, the course requires careful shot placement and rewards accuracy over power.

 Via Maistra 44, 7500 St Moritz

 +41 81 836 82 36

 <https://www.stmoritz-golfclub.ch/en>

Scenic Train Rides

The Bernina Express

This route forms part of the UNESCO World Heritage-listed Rhaetian Railway. The route runs from St. Moritz through Pontresina and across the Bernina Pass to the Italian town of Tirano. Highlights include panoramic views, 55 tunnels, 196 bridges, and sights ranging from glaciers to palm trees. The journey takes approximately 2¼ hours each way (4 ½ hours return). Return tickets cost between 50 CHF and 115 CHF depending on your chosen stopping point and class of travel.

 +41 81 288 65 65

 <https://www.rhb.ch/en/>

The Glacier Express

A panoramic train linking St. Moritz and Zermatt through the Swiss Alps. The full journey takes about eight hours (one way), crossing 291 bridges, passing through 91 tunnels, and reaching the 2,033-meter Oberalp Pass. Large panoramic windows provide views of deep valleys, alpine meadows, and glacier-fed rivers and excellent food is available on board. A practical way to include the Glacier Express in your tour is to join the train in Chur during your transfer from (or to) Zurich. You take a

direct train from Zurich Hb to Chur. In Chur, you then connect to the Glacier Express for the final leg of the trip into St. Moritz. Alternatively, a round trip between St. Moritz and Chur takes about 4½ hours. Reservations are required and prices start from CHF 213 per person for the entire route between Zermatt and St. Moritz. For a reservation from Chur to St. Moritz prices start from CHF 98.

 +41 81 288 65 65

 <https://glacierexpress.ch/en>

Other Tours

Helicopter Tours – HeliBernina AG (Samedan)

A classic Engadin splurge: short scenic flights over glaciers and the Bernina massif. Group flights are available daily for 4 to 5 people. There are three standard routes to choose from, each with a minimum of four passengers per flight. If there are fewer than four of you, ask to be added to their sightseeing flight list and they will try to combine you with other passengers. If you book the flight exclusively, you can choose your own route. Book ahead in peak summer weeks. Price is CHF 170 per person for a minimum of four people per flight.

 Piazza Aviatica 8, 7503 Samedan (located at Engadin Airport)

 +41 81 851 18 18

 <https://www.helibernina.ch/home>

Restaurants

In high season, you may want to book your dinners in advance – especially if you plan to eat at the higher-end establishments. You can find details of the restaurants in the *Overnight Towns* section of this guidebook.

Restaurants that typically require reservations include the following:

In Sils Maria

- Hotel Waldhaus (GIGERS and Arvenstube)
- Hotel Edelweiss (Arvenstube)

In Pontresina

- Gourmet Restaurant Kronenstübli
- Gondolezza at Hotel Steinbock

In Scuol

- Restaurant Allegra – Hotel Belvedere
- Restaurant Astras (Hotel Astras)
- Pizzeria Allegra

WHAT TO PACK

What We Provide ... so you don't need to

We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount to attach your phone to your handlebars
- ☐ Energy bars for each day

For guests renting one of our bikes, we also provide:

- ☐ Helmets (though we recommend you bring your own due to fit and knowledge of previous use)
- ☐ A hand pump, a spare tube, and equipment to change a flat tire
- ☐ A lightweight combination bike lock
- ☐ Rack bags or panniers are available on request¹. NOTE: some bikes, including those with carbon seat posts, cannot be fitted with rack bags or panniers. If they are not available, we recommend bringing a small backpack
- ☐ Rear lights are available on request¹
- ☐ Battery bank to recharge your phone en route is available on request¹ (subject to availability)

What You Should Bring

To help you prepare for the trip, below is a list of gear to consider bringing in addition to the usual clothes you would pack for any trip.

Gear For on the Bike

- ☐ Breathable brightly colored cycle jerseys or tops
- ☐ Hi-vis rain jacket and waterproof pants/trousers
- ☐ Cycling gloves. Consider long-fingered gloves for colder temperatures.
- ☐ Cycling shoes or stiff-soled, closed-toed shoes
- ☐ Helmet (see *What We Provide*, above)
- ☐ Fleece or warm sweater
- ☐ Padded cycling shorts (and possibly some chamois cream)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Bandana (optional but good for protecting head or back of neck from the sun)
- ☐ Leg warmers and arm warmers (handy for changing temperatures)

¹ Items available "on request" should be requested via email or the Booking Form at least two weeks before the start of your tour.

Other Essentials

- ☐ Emergency contact details and first aid kit
- ☐ Cell phone and charger
- ☐ Battery bank to recharge your phone en route (if you have one)
- ☐ Favorite or needed medication
- ☐ Insect repellent
- ☐ Medical & travel insurance

Good Things to Have

- ☐ Sandals or flip flops to pack in your day bag if wearing cycling shoes
- ☐ Rear light for daytime use
- ☐ Small backpack (see *What We Provide*, above)

If You are Renting One of Our Bikes

If you are renting one of our bikes, we would strongly suggest you consider bringing the following.

- ☐ Your own pedals if you typically ride with clipless pedals
- ☐ Your own saddle. The rental bikes have generic saddles and many riders prefer to use a saddle with which they are familiar. This is particularly true if you normally ride with a female specific saddle

If You are Bringing Your Own Bike

- ☐ Bar bag or seat-post bag
- ☐ Bike lock
- ☐ Spare inner tube and puncture repair key
- ☐ Hand pump
- ☐ Tools & spares for your make of bike
- ☐ Lubricant & solvent for maintaining chain

If you are bringing your own bike, we would also recommend that you have your bike tuned by a bike store before you travel. If something about your bike's set-up has been bothering you, your trip is a great excuse for sorting it out.

If shipping your bike to us before your tour, please be sure the bike is cleaned before being packed.



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View of the Upper Engadin Valley from the Mouttas Muragl Bahn funicular

INTRODUCTION

The Engadin Valley is one of Switzerland's most striking alpine regions, stretching high along the upper reaches of the River Inn and framed by some of the country's most dramatic peaks. At elevations well above 1,700 meters (5,600 feet), the valley combines crisp mountain air, abundant sunshine, and a remarkable sense of space. Wide valley floors, shimmering lakes, and forests of larch and pine create an alpine landscape that is sometimes expansive and sometimes quite intimate.

Classic Engadin villages – including St. Moritz, Sils-Maria, Pontresina, and Scuol – are scattered along the valley floor, each blending Swiss tradition with refined hospitality. The region retains a strong cultural identity, expressed through Romansh language, sgraffito-decorated houses, and long-standing mountain customs. Despite its remote feel, the valley has long attracted artists, philosophers, and travelers seeking clarity and inspiration. Friedrich Nietzsche, Alberto Giacometti, and Thomas Mann all found creative refuge here.

In summer, the Engadin becomes a high-altitude playground. Snow retreats to the peaks, alpine meadows bloom, and an extensive network of bike paths and mountain trails opens the landscape for exploration. Cycling routes follow rivers, lakeshores, and historic valleys, offering everything from gentle gravel paths to sustained alpine climbs with panoramic views in every direction.

ROUTES & HIGHLIGHTS

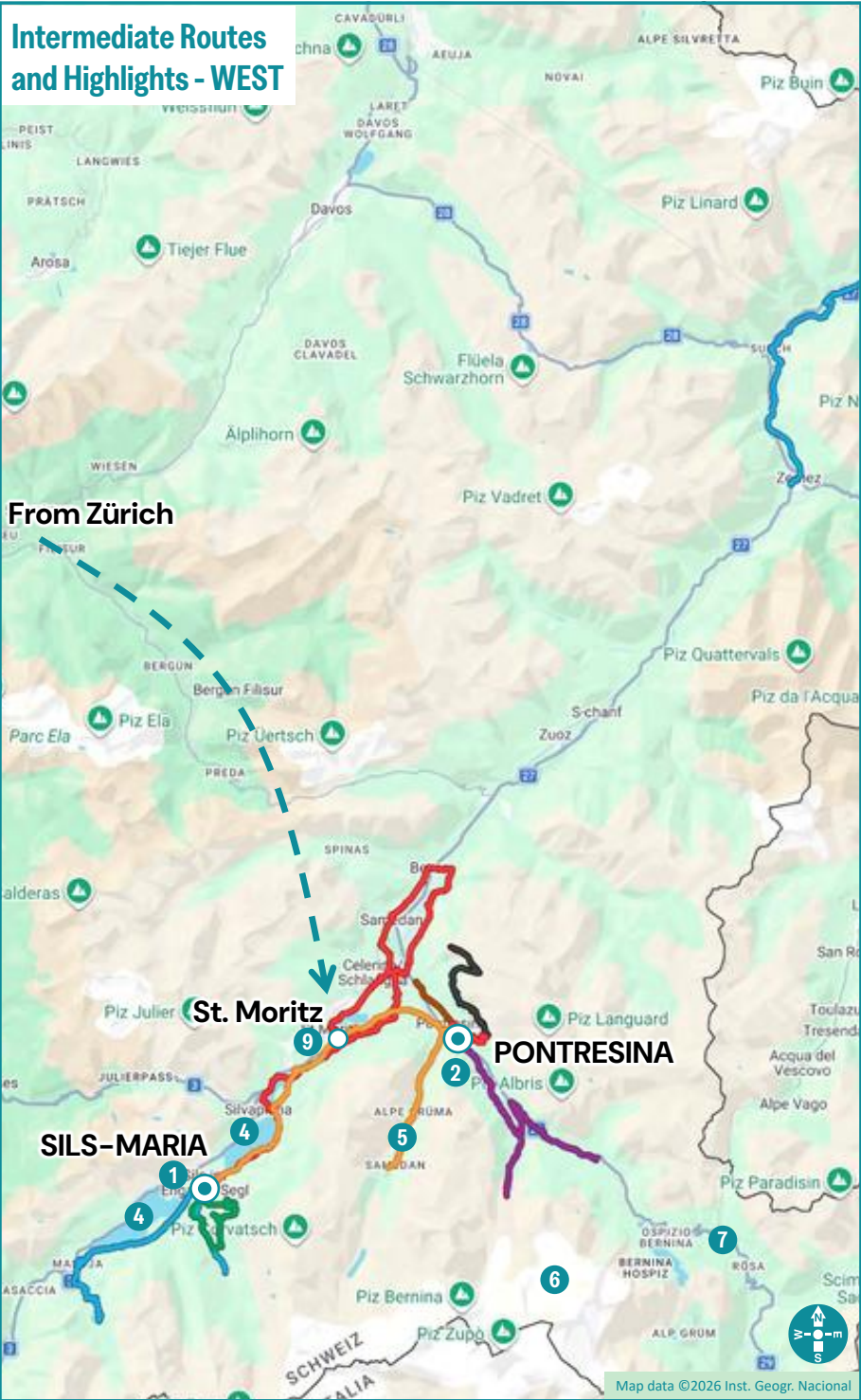
The map on the following pages shows the *intermediate* routes and the overnight towns (marked ). Easier and harder routes are also available. The map also shows some of the highlights in the area.

Each tour is customized to you, and your tour may not include all these routes and overnight towns. Typically, Scuol is only included on longer tours. Your customized routes are provided in the *On-Tour App* that accompanies this guidebook. The app includes:

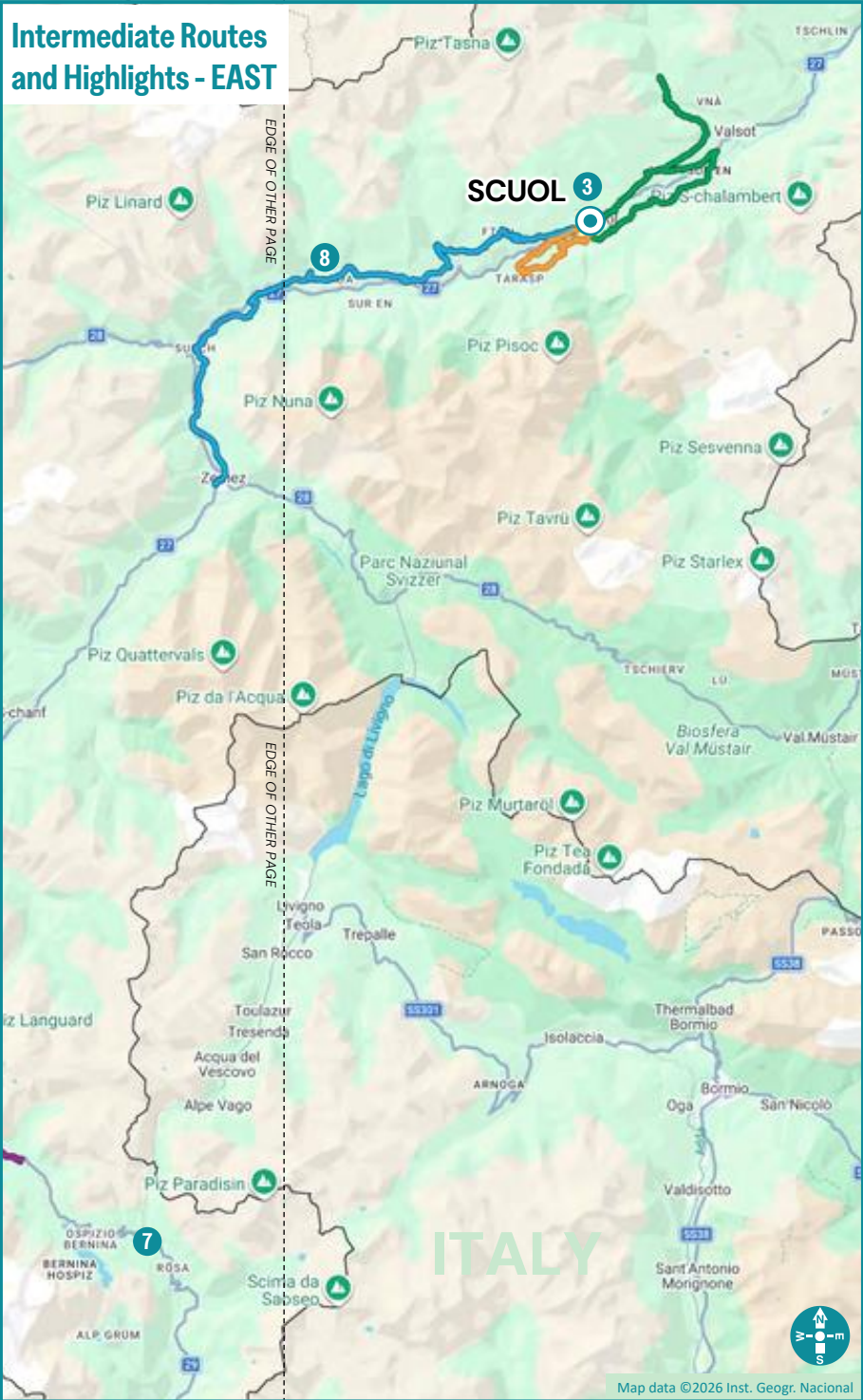
- Detailed maps
- Leisure, intermediate, and Challenge route options¹
- Places to have lunch along the routes
- Points of interest along the routes

¹ Not all days have all levels of riding.

Intermediate Routes and Highlights - WEST



Intermediate Routes
and Highlights - EAST



1 Sils-Maria

A serene lakeside village long associated with artists and philosophers – Friedrich Nietzsche was a regular. Surrounded by wide alpine plains and shimmering lakes, the town offers peaceful walking paths and classic Engadin architecture.



2 Pontresina

A traditional mountain village set beneath the dramatic Bernina Range. Known for its proximity to glaciers and high-alpine valleys, Pontresina combines understated elegance with direct access to some of the Engadin's most striking scenery.



3 Scuol

The cultural heart of the Lower Engadin, Scuol is distinguished by its Romansh heritage, mineral springs, and beautifully painted historic houses.



4 Lake Sils & Lake Silvaplana

Two expansive alpine lakes that define the Upper Engadin landscape. Lake Sils offers calm waters and wide horizons, while Lake Silvaplana is famous for its steady Maloja wind and vibrant windsurfing scene.



5 Val Roseg

A broad glacial valley accessible by bike or foot from Pontresina. Following the Roseg River toward the glacier, this route offers open meadows, forest tracks, and classic mountain panoramas.



6 Morteratsch Glacier

One of the largest glaciers in the Eastern Alps. A marked trail leads visitors toward the glacier tongue, with interpretive signs illustrating its steady retreat over the past century.



7 Bernina Railway (UNESCO World Heritage Site)

The red RhB trains traverse dramatic alpine terrain between St. Moritz and Tirano in Italy. The route crosses high passes, stone viaducts, and sweeping mountain landscapes.



8 Guarda Village

A beautifully preserved Engadin village perched above the valley. Famous for its decorated façades and its connection to the Swiss children's story Schellen-Ursli.



9 St. Moritz

One of the world's most famous alpine resorts and the birthplace of winter tourism. Host of two Winter Olympic Games (1928 and 1948), St. Moritz blends high-end boutiques and grand hotels with dramatic lake and mountain scenery.



- Engadin Architecture

Distinctive stone houses with sgraffito decoration, arched gateways, and thick walls built to withstand harsh winters. These homes reflect centuries of migration, trade, and alpine adaptation.



- Alpine Cuisine

Regional specialties such as capuns, maluns, Bündnerfleisch, and Engadiner Nusstorte showcase the valley's mountain traditions and long culinary heritage.



- High-Altitude Cycling

Wide valley floors, dedicated bike paths, and routes that follow rivers and lakes make the Engadin one of Switzerland's most rewarding and accessible alpine cycling destinations – with most riding away from the main roads.



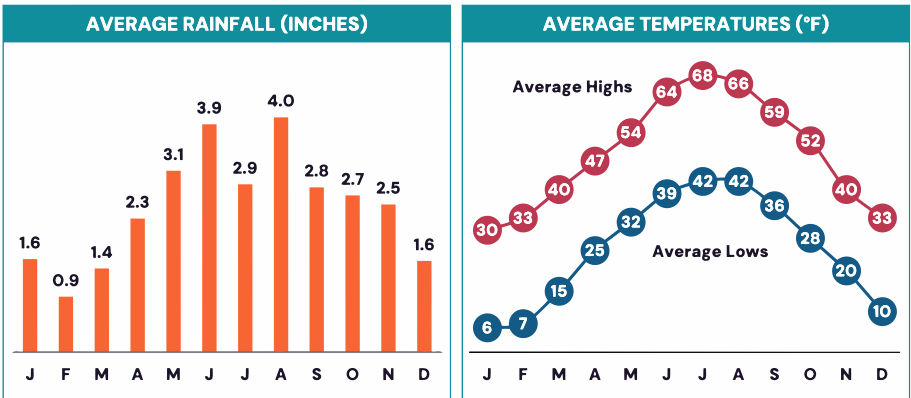
CLIMATE & GEOGRAPHY

The Engadin Valley enjoys a high-alpine climate with cool, crisp summers, cold winters, and plenty of sunshine – the region is known for having some of the highest rates of sunshine in Switzerland. Rainfall is moderate, with summer thunderstorms occasionally sweeping through the valley, especially in July and August.

The best time to visit for cycling is from late June to early September, when daytime temperatures are comfortably mild. Even in summer, the air remains refreshingly cool, thanks to the valley’s elevation of over 5,500 feet.

Spring arrives late in the Engadin, and it can still snow until early June. Fall, particularly September, can be a stunning time to visit, with golden larch forests and crisp, clear days. In mid to late fall there is an increasing chance of early snow, which means the cycling season is over by the end of September.

The charts below display the precipitation (in inches) and the monthly average temperatures (in Fahrenheit) for St. Moritz, the start and end town for our tours in the Engadin Valley.



Data Source: www.timeanddate.com

HISTORY

In Three Sentences

Human settlement in the Engadin dates back to the Bronze Age, and despite its high altitude the valley was never isolated: Roman rule incorporated it into the province of Raetia, leaving a lasting linguistic legacy in Romansh, while medieval alliances here formed part of the Free State of the Three Leagues, establishing a strong tradition of local autonomy. Over centuries the area was shaped by alpine farming, outward migration, and distinctive stone architecture. In the 19th century, the region evolved into a pioneering tourist destination as well as a refuge for artists and philosophers.

Key Dates

Pre-history	Archaeological evidence shows human settlement in the Engadin Valley dating back to the Bronze Age, with early inhabitants drawn to alpine pastures, water sources, and strategic mountain routes.
15 BCE	The Romans incorporate the region into the province of Raetia, building roads over Alpine passes and integrating the valley into wider trade networks. Latin influence eventually gives rise to the Romansh language still spoken today.
1st–4th centuries CE	Roman influence shapes settlement patterns and trade. Vulgar Latin evolves locally into what later becomes the Romansh language.
6th–8th centuries	After the fall of Rome, the region passes through Ostrogothic and then Frankish control, gradually integrating into the Carolingian Empire.
9th–12th centuries	The Engadin comes under the influence of the Bishop of Chur and local noble families. Romanesque churches built during this period still survive in parts of the valley.
1367	The Engadin joins the League of God's House, one of the alliances that later form the Free State of the Three Leagues.
1395–1471	The Three Leagues consolidate into a federation governing much of present-day Graubünden, establishing strong traditions of communal self-rule.
1499	Following the Swabian War, the Three Leagues become closely aligned with the Old Swiss Confederacy, strengthening political independence from Habsburg control.
16 th century	The Protestant Reformation spreads through much of the Engadin, influencing religious and cultural life in the valley.

17th–18th centuries	Economic hardship leads many Engadiners to emigrate seasonally, particularly to Italy and Austria, where they work as confectioners, café owners, and merchants. Wealth earned abroad funds the construction of large Engadin houses decorated with sgraffito.
1803	With the Act of Mediation under Napoleon, the former Three Leagues become the Swiss canton of Graubünden, formally joining the Swiss Confederation.
1864	Johannes Badrutt of St. Moritz famously wagers that British summer guests should return in winter, helping to launch Alpine winter tourism.
1889	The Albula railway reaches the Upper Engadin, dramatically improving access and accelerating tourism growth.
Late 19th century	Artists and intellectuals are drawn to the region. Friedrich Nietzsche spends multiple summers in Sils-Maria (1881–1888), deeply influencing his philosophy.
1928 & 1948	St. Moritz hosts the Winter Olympic Games twice, cementing the Engadin’s international reputation as a premier Alpine resort.
1938	Romansh is officially recognized as a national language of Switzerland, reinforcing the cultural importance of the Engadin.
Late 20th century	Strict planning regulations help preserve historic architecture and alpine landscapes while tourism infrastructure continues to develop.
Today	The Engadin balances tradition and modernity: Romansh culture, historic villages, and alpine farming coexist with world-class tourism, cycling, hiking, and winter sports.

FOOD & DRINK

Engadin Food



Mountain dining: melted Swiss cheese, potatoes, and fresh salad

Overview

Food in the Engadin is shaped by altitude, climate, and tradition. Long winters, short growing seasons, and alpine farming have produced a cuisine that is practical and sustaining. Ingredients are local and seasonal – potatoes, barley, dairy, dried meats – and recipes often reflect centuries of mountain life. At the same time, the region's history of outward migration and tourism has introduced outside influences, creating a balance between rustic Alpine fare and refined Swiss hospitality.

Capuns

Perhaps the best-known Engadin dish, capuns are small dumplings made from a spätzle-like dough mixed with herbs and sometimes bits of dried meat, wrapped in Swiss chard leaves and gently simmered in broth. They are typically finished with cream and grated cheese. Originally a peasant dish designed to use leftovers, capuns are now a staple of regional menus.



Maluns

Maluns are a traditional potato dish consisting of grated, boiled potatoes slowly pan-fried in butter until they form small golden crumbs. Maluns were historically eaten by farming families as a filling, inexpensive meal. Now often served in mountain huts with the traditional apple purée and Alpine cheese or with cured meats or dried sausage.



Engadin Barley Soup (Bündner Gerstensuppe)

Barley soup is one of the most common starters in the region. Made with pearl barley, root vegetables, and often small pieces of dried meat, it reflects the valley's agricultural traditions. Variations exist throughout Graubünden, but the Engadin version is particularly associated with cold-weather sustenance.



Bündnerfleisch & Alpine Meats

The dry mountain air of Graubünden makes it ideal for curing meats. Bündnerfleisch – air-dried beef – is the region's most famous product, typically served thinly sliced with rye bread and butter. Other cured meats include salsiz (a dried sausage) and speck. These products reflect the practical need to preserve food through long winters.



Alpine Cheese & Dairy

High-altitude pastures produce rich summer milk used to make regional cheeses. Engadin cheeses range from semi-hard mountain varieties to softer, younger cheeses. Cheese fondue and raclette are widely available, particularly in traditional stübli-style dining rooms.



Engadiner Nusstorte

The valley's most famous dessert is the Engadiner Nusstorte, a rich pastry filled with caramelized walnuts and honey or sugar. Originally created in the 19th century by Engadin emigrants who had worked abroad as confectioners, the tart became a symbol of regional baking tradition. Nearly every bakery in the valley produces its own version.



Mountain Restaurants (Alp Restaurants & Berghäuser)

A defining part of dining in the Engadin is eating in a mountain hut or alp restaurant. These establishments serve simple, hearty meals – soups, cheese, rösti, sausages – often with panoramic views. Many are seasonal and accessible by foot or bike.



FUN FACTS (AND OTHER THINGS OF INTEREST)

Romansh Language

Romansh is one of Switzerland's four national languages and is still widely spoken in the Engadin, particularly in the Lower Engadin around Scuol. It evolved from the Latin introduced by the Romans over 2,000 years ago and is one of the last surviving Romance languages north of the Alps. Street signs, menus, and local greetings often appear in Romansh, and the language remains a strong marker of regional identity. Despite its small number of speakers, Romansh is officially recognized at the federal level, reflecting its cultural importance.

Sgraffito Houses

The distinctive houses of the Engadin are easily recognized by their thick stone walls and decorative sgraffito façades. Sgraffito is a technique in which patterns, dates, mottos, and symbols are scratched into layers of plaster, creating intricate designs. Many houses date from the 16th and 17th centuries and were financed by Engadin families who worked abroad as merchants and confectioners. These buildings were constructed to withstand long alpine winters, with small windows and inward-facing courtyards for protection against the cold.



Chalandamarz

Celebrated each year on March 1st, Chalandamarz marks the symbolic end of winter in the Engadin. Children dressed in traditional blue smocks and red caps parade through villages ringing large cowbells and cracking whips to “drive out winter.” The tradition is especially strong in the Lower Engadin and was popularized throughout Switzerland by the children’s book *Schellen-Ursli*, set in nearby Guarda.

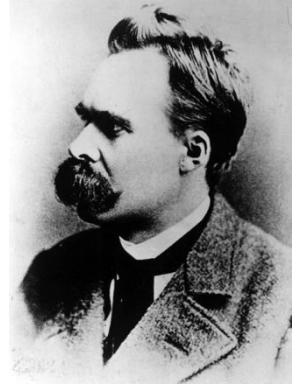


The Maloja Wind

Lake Silvaplana is famous for its steady afternoon wind, known locally as the Maloja Wind. Caused by temperature differences between the Upper Engadin and lower valleys to the south, the wind builds predictably during summer afternoons, making the lake one of Europe’s premier inland windsurfing and kitesurfing destinations. Mornings are typically calm, while in the afternoons the lake fills with sails and kites.

A Valley of Artists

The Engadin has long attracted writers, painters, and philosophers drawn to its light and altitude. Friedrich Nietzsche spent several summers in Sils-Maria and described the area as one of the most beautiful places on earth. Artist Alberto Giacometti was born nearby in the Val Bregaglia, and the region's stark landscapes influenced his work. The clarity of light at high elevation continues to draw creative visitors today.



Mineral Springs of Scuol

Scuol is home to more than 20 mineral springs, many naturally carbonated and rich in minerals. For centuries, visitors traveled here for “drinking cures” and therapeutic bathing. Several public fountains in Scuol's old town still flow with mineral water, each with a slightly different taste and composition.

Twice an Olympic Host

St. Moritz, at the heart of the Upper Engadin, is one of the very few places in the world to have hosted the Winter Olympic Games twice – in 1928 and 1948. The 1948 Games were the first Winter Olympics held after World War II and were nicknamed the “Games of Renewal.”



Engadin Confectioners Abroad

In the 17th and 18th centuries, many Engadin men left the valley to work abroad – particularly in Italy, Austria, and even France – as café owners and confectioners. They became known for their pastry skills and often returned home with wealth, funding the construction of the large, decorated houses seen today. The famous Engadiner Nusstorte owes much to this tradition of outward migration and sweet-making expertise.

The World's Highest Shipping Company

Lake Sils operates a small scheduled boat service during summer – making it one of the highest navigable lakes in Europe with regular passenger traffic. A single licensed motor vessel is permitted to operate across the lake, a charming contrast to the grand steamers found on lower Swiss lakes.

Where Winter Tourism Was Born



Legend has it that in 1864, hotelier Johannes Badrutt of St. Moritz wagered with British summer guests that they should return in winter – promising sunshine and covering their travel costs if they were disappointed. They returned, loved it, and Alpine winter tourism was born.

The Engadin Marathon

Each March, thousands of skiers compete in the Engadin Ski Marathon, one of the world's largest cross-country ski races. The course runs across frozen lakes and valley floors, transforming the same landscapes you cycle in summer into a vast winter track.



ESSENTIALS

Hotel Services

Will hotels do laundry?

Yes, most hotels will do your laundry. Generally, it is better if you can put your clothes in on a day when you are spending two nights at an accommodation.

Please ask us if there is a question you have about a particular place you are staying.

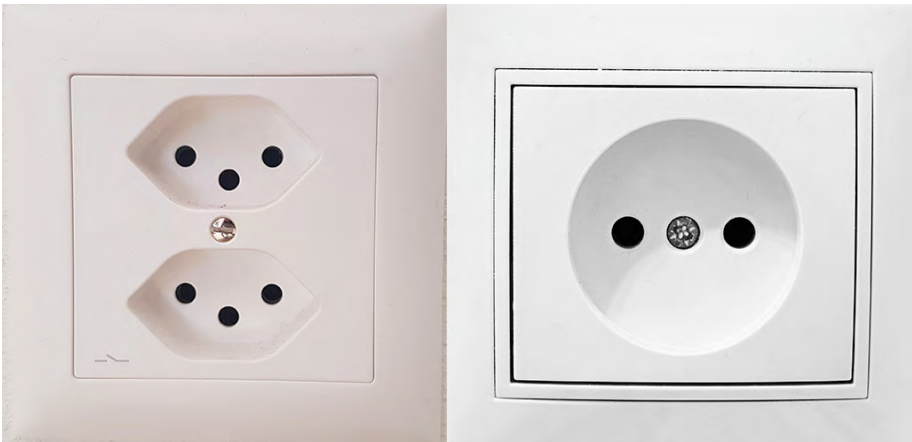
Internet Access

Wi-Fi is common in hotels and restaurants (you might need to ask for the code) and is often free in tourist offices and other public places.

Can I use my charger and hair dryer in Switzerland?

Standard sockets in Switzerland supply electricity at 230 volts alternating at a 50 cycles per second (vs. the US where 110 volts, alternating at 60 cycles per second is standard). To use your North American appliances in Switzerland you will need to check they are rated for use with 230 volts. Many phone charges and PC chargers are rated for use at 230 volts however most North American hairdryers are not.

The sockets are also different from the US sockets and a little different from the rest of Europe. The main socket type is Type J, but you will also see some Type C.



Type J Socket (left) and Type C Socket (right)

It is safest to travel with a Type J adapter, though you can often use a Type C converter in both socket types providing your two-prong plug does not need to be earthed and fits inside the hexagonal recess.

Money

What is the Currency in Switzerland?

The currency of Switzerland is the Swiss Franc (CHF).

Are credit cards widely accepted?

Yes, Visa and Mastercard are widely accepted throughout Switzerland, including in restaurants, hotels, and most shops. American Express is less commonly accepted outside larger hotels and businesses. While very small establishments or mountain huts may prefer cash, Switzerland is largely cashless and even small purchases can usually be made by card.

Ask your credit card company about foreign transaction fees before you travel. These can vary from zero to over 3%. NOTE: Credit card companies may decline your card if you have not notified them that you are travelling abroad.

Are there ATMs in all the overnight towns?

Yes, there is a good network of ATMs in the region, usually called “cash machines”. The coverage is similar to the United States and Canada with several ATM machine in each of the overnight towns we use as well as in many of the towns en route.

Typically, your bank will charge a fixed fee per transaction (around \$2) plus a variable fee of around 3%.

How many Swiss Francs should I bring/carry?

Switzerland is largely cashless, and most restaurants, hotels, shops, and cafés accept Visa and Mastercard, even for small purchases. However, it is sensible to carry CHF 100–200 in cash for mountain huts, small village shops, or the occasional establishment that prefers cash. Taxis usually accept card payments.

Communications

Is English widely spoken?

Yes, English is widely spoken throughout Switzerland, particularly in hotels, restaurants, tourist services, and transport hubs. In the Engadin, staff in hospitality settings almost always speak English, along with German and Italian. In smaller shops or more rural settings, English proficiency may be more limited, but communication is rarely difficult. Swiss residents are accustomed to multilingual interaction and are generally helpful and patient with visitors.

Will my cell phone work in Switzerland?

If travelling from the United States or Canada, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Should I buy a Swiss SIM card?

For longer trips – or if you need to make a lot of calls while abroad – this can be worthwhile. For shorter trips, where you will not be using the phone very much, it makes less sense – just go with an international package offered by your US or Canadian operator. If you are planning to buy a Swiss SIM card, make sure your phone is unlocked before you travel, or you will also need to purchase a local phone (around \$30 for a basic model).

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology so it is best to check before leaving home.

How will you communicate with me during my trip?

At the start of your trip, your guide will ask you how you want us to keep in touch. For most people this is by phone. Due to inconsistent coverage in the countryside and smaller towns, SMS texts or WhatsApp messages are often the most secure way for guide and guest to stay in touch. For this reason, we strongly recommend you have a cellphone plan that allows you to communicate via phone. See *Will My cellphone work in Switzerland*, above.

Exploring

How is the traffic on the roads in Switzerland?

Nearly all of our routes in the Engadin follow separate, well-maintained bike paths or gravel cycling routes, often set well away from main roads. The region has an extensive network of designated cycling infrastructure along the valley floor, lakeshores, and river corridors, allowing riders to enjoy the scenery without regular interaction with vehicle traffic.

Where roads are used, they are typically quiet secondary roads with limited traffic. However, main alpine roads — particularly those connecting larger towns — can carry fast-moving vehicles, and Swiss drivers tend to travel at speed outside built-up areas. For this reason, we generally do not recommend riding on main roads unless specifically routed, and most days can be completed almost entirely on dedicated paths.

Signage throughout the Engadin is clear and consistent, with marked cycling routes and directional signs. You will most often share space with other cyclists, walkers, and occasional farm vehicles rather than cars.

Which routes can I ride with an eBike?

Typically, you can ride all routes on an eBike but your eBike range may be insufficient for some harder routes. A lot depends on your riding style, the model of bike, and the topography of the route. Your guide will help you calibrate which routes are practical for you to ride on your eBike.

Is the guidebook in miles or kilometers?

Our guidebooks use kilometers. Kilometers are what the locals use and what are on the road signs. If you are bringing your own bike, we strongly recommend that you set your computer to measure in kilometers.

The good news is that there are 1.6 kilometers to the mile so what would be a 30-mile ride in the United States is a much more impressive 50-kilometer ride in Switzerland!

What general guidebook would you recommend?

This guidebook (with accompanying On-Tour App) is designed to help you navigate and enjoy your tour. Our objective is to tell you what you will see en route and help you understand your route options. As such, our guide does not have a detailed description of every potential sight you might visit en route – though we do try to list the major ones.

For a more general guidebook to the area, we would suggest the *Rough Guide to Switzerland* or *Lonely Planet Switzerland*. For deeper insight into Swiss culture, architecture, and history, the *Michelin Green Guide Switzerland* provides well-researched context and practical recommendations.

What map would you recommend?

Switzerland produces some of the best maps in the world. The official *Swisstopo* maps (available in both paper and digital formats) are exceptionally detailed and reliable, particularly for hiking and mountain terrain. For general road travel, Michelin Switzerland maps are clear and easy to use.

For cycling and walking, regional tourist offices sell detailed local maps of the Engadin and Graubünden, including clearly marked bike routes and hiking trails. However, maps are optional as you can easily manage with just your On-Tour App.

Local Customs

What are local dress codes?

Swiss people tend to be neat and practical rather than formal. In the Engadin, you will see plenty of outdoor clothing — hiking shoes, light jackets, and athletic wear are common during the day, particularly in summer. Visitors are not expected to dress formally in most settings. They are also used to having tourists from all parts of the world visit their towns and cities. It is quite acceptable and common to ride in Lycra or sportswear in Switzerland. Obviously, if you stop for lunch, this is what you will be wearing, and restaurants will have no issue with it.

In the more upscale restaurants, people tend to dress a little more formally for dinner. This does not need to mean a jacket and tie, but you will probably feel more comfortable if you avoid shorts and T-shirts at the dinner table.

During the day, you will see plenty of people in shorts, T-shirts, and summery tops. However, it is considered respectful to be a little more modest if visiting a church, for example, by covering shoulders and men removing hats.

What are typical opening hours?

As a very general rule, you can expect to see the following opening times:

- Museums, & monuments: 10:00 AM to 5:00 PM; many are closed on Mondays
- Churches: Open during daylight hours, though access may be limited outside service times
- Shops: Typically, 8:30 AM or 9:00 AM to 6:30 PM Monday to Friday; shorter hours on Saturdays (often closing by 5:00 PM). Many shops are closed on Sundays however supermarkets are usually open part of the day.
- Restaurants for lunch: 11:30 AM to 2:00 PM
- Restaurants for dinner: 6:00 PM to 9:00 PM or 10:00 PM
- Other businesses: 8:00 AM or 9:00 AM to 5:00 PM Monday to Friday

In smaller towns, many restaurants close one or two days per week.

Some seasonal establishments (particularly mountain restaurants) operate only from June to September.

When should I leave a tip?

Tipping in Switzerland is far less pervasive than in the United States; the Swiss do tip, but modestly. Typically, a service charge is included in the price of the meal so a significant tip is not required — though a few Swiss Francs would be appreciated.

In the larger hotels, if someone has helped you with your bags it is common to tip a couple of Swiss Francs. In restaurants round up, or 5% to 10%. Taxi drivers are usually tipped 5% or 10%.

Safety and Annoyances

What number do I call in an emergency?

If you need emergency assistance, call 112. The operator will speak English.

The operator can often detect the location of the caller, but you should also be prepared to use your Ride with GPS app to help identify where you are.

Do we need to worry about theft or other crimes?

Petty theft from luggage, pockets, and launderettes is common in Zurich, Geneva and the larger cities. However, the countryside in the Engadin Valley is notably safe. That said, it is good practice to be discreet with your valuables – leave them in the hotel safe where possible – and **always lock up your bike if you cannot see it.**

Medical Services and Pharmacies

Your hotel's front desk is the best source of information about medical services and pharmacies. However, please call us if we can be of any help. There are pharmacies in all the overnight towns.

How do I contact my embassy?

Embassy of the United States of America

 Sulgeneckstrasse 19, 3007 Bern, Switzerland

 Telephone: +41 31 357 70 11

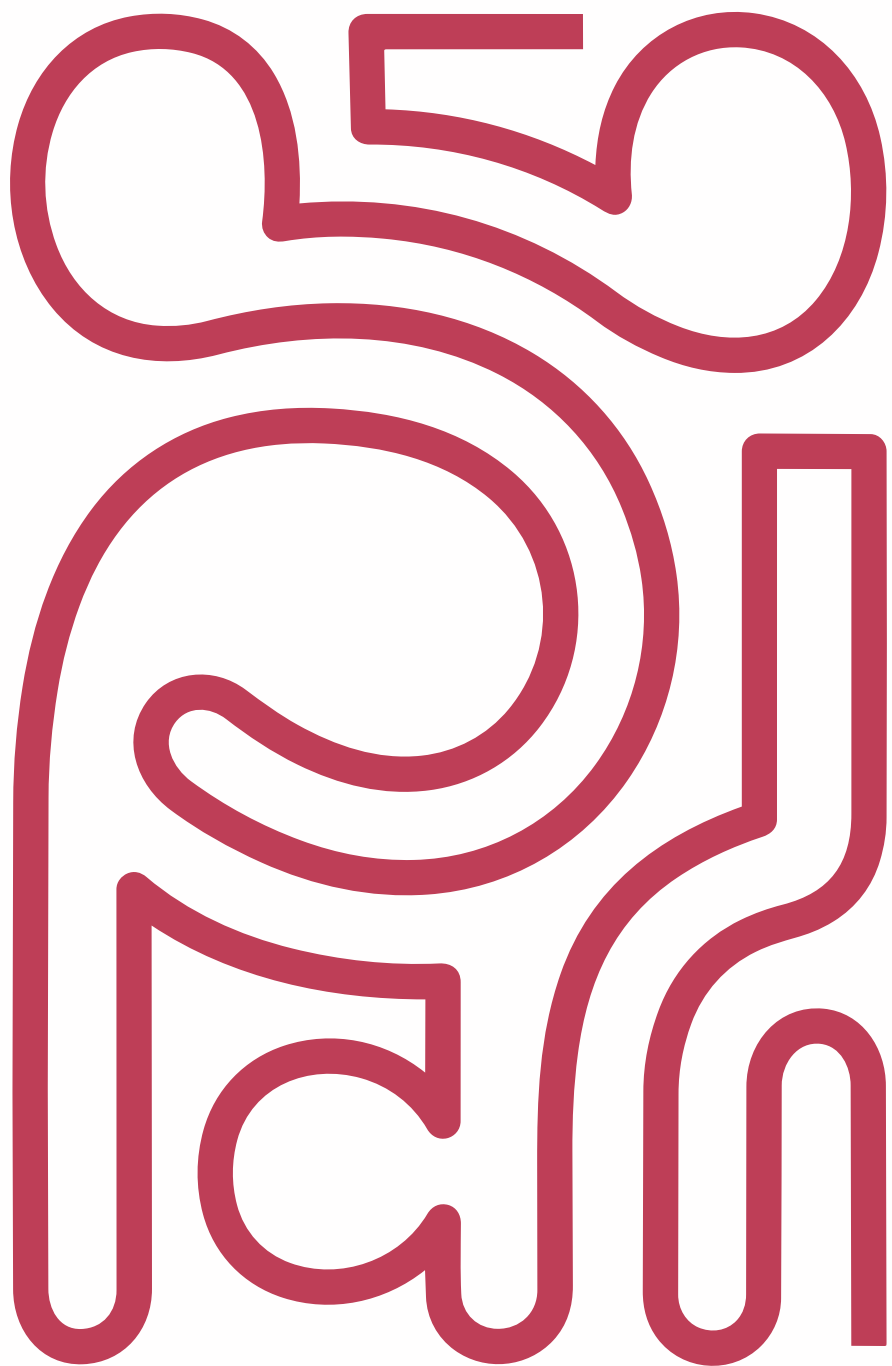
 <https://ch.usembassy.gov/>

Embassy of Canada

 Kirchenfeldstrasse 88, 3005 Bern, Switzerland

 Telephone: +41 31 357 32 00

 <https://www.international.gc.ca/country-pays/switzerland-suisse/index.aspx?lang=eng>



OVERNIGHT TOWNS

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The house in Sils Maria where Friedrich Nietzsche spent many summers

SILS-MARIA

Overview

Sils-Maria, at 1,800 meters (5,900 feet) above sea level, sits at the western end of the Upper Engadin between Lake Sils and Lake Silvaplana, in one of the most open and light-filled parts of the valley. Broad plains, reflective lakes, and a dramatic ring of peaks define the surrounding landscape, creating a sense of space that is rare in the Alps. The village itself is compact and traditional, characterized by stone-built Engadin houses decorated with sgraffito patterns that reflect centuries-old craftsmanship and local pride in architectural heritage.

The history of Sils stretches back to early alpine settlement, when farming, fishing, and seasonal livestock grazing shaped village life. Its location near important mountain passes meant that Sils was long connected to trans-Alpine travel and trade, even while remaining small and largely self-contained. Two historic village centers – Sils-Maria and the older hamlet of Sils Baselgia – reflect this long development and remain clearly visible today.

In the second half of the 19th century, Sils-Maria emerged as a summer retreat, attracting visitors who found nearby St. Moritz increasingly busy. Writers, philosophers, and artists were drawn by the clarity of the light, the high-altitude air, and the village's quiet rhythm. Most famously, Friedrich Nietzsche spent several summers here, developing ideas that would later shape his most important works.

Other cultural figures followed, establishing Sils-Maria's reputation as a place of reflection and creativity.

Today, Sils-Maria retains this calm, contemplative character. Lakeside paths, open meadows, and quiet side valleys radiate outward from the village, making it an ideal base for walking and cycling. Evenings are peaceful, centered around a small number of restaurants and gentle lakeside strolls. Sils-Maria feels deeply alpine, culturally rooted, and perfectly scaled for slowing down at the start of an Engadin journey.

Restaurants and Bars

Sils-Maria offers a small but high-quality selection of eateries, ranging from elegant hotel dining rooms serving refined Swiss and European cuisine to relaxed, traditional restaurants focused on regional Engadin dishes such as capuns and fondue.

Hotel Waldhaus Sils

If you are staying at Hotel Waldhaus Sils, they have multiple dining options – all of them very good. In addition to their two primary restaurants, Arvenstube (their main Restaurant) and GIGERs, they serve aperitifs, lighter snacks, and drinks in the Waldhaus. Some special experiences like Chef's Table (intimate tasting menu in the kitchen) may also be available but typically require advance booking through the hotel's restaurant reservation line.

Reservations for all their restaurants can be made on their website. GIGERs is open Wednesday to Sunday from 12:00 PM – 3:00 PM and from 6:30 PM – 10:30 PM. Closed Monday and Tuesday. Arvenstube is open daily from 11:00 AM – 8:30 PM.

 Fexerstrasse 3, 7514 Sils im Engadin/Segl

 +41 818 385 200

 <https://www.waldhaus-sils.ch/en/home-summer>

Restaurant Alpenrose

A traditional Engadin restaurant serving hearty regional dishes alongside classic Swiss fare. The atmosphere is informal and welcoming, making it a popular choice for a relaxed dinner after a day outdoors. The restaurant boasts "Friedrich Nietzsche, the great philosopher, used to eat his meals almost daily at the Stüva Alpenrose." Open Wednesday to Sunday from 12:00 PM – 3:00 PM and from 6:30 PM – 10:30 PM. Closed Monday and Tuesday.

 Via da Marias 135, 7514 Sils-Segl Maria

 +41 818 338 008

 <https://www.restaurant-alpenrose-sils.ch/>

Pizzeria Ristorante Riccardo's Sils

Riccardo's has restaurants in Sils-Maria, Pontresina, and in St. Moritz. They are a casual and reliable option offering wood-fired pizzas, pasta dishes, and Italian

classics. Good for an easygoing meal and popular with both locals and visitors. Reservations recommended in high season. Open daily from 5:30 PM – 10:00 PM. Located in Hotel Cervo Sils.

 V Via Cumünevels 5, 7514 Sils–Segl Maria

 +41 818 265 050

 <https://riccardosstmoritz.com/>

Hotel Edelweiss

If you are staying at Hotel Edelweiss, they also have popular restaurants: the Grand Restaurant, the Arvenstube Restaurant, the hotel bar, and a sun terrace. Reservations can be made by phone or email at or info@hotel-edelweiss.ch. Options are open throughout the day, every day in high season.

 Via da Marias 63, 7514 Sils im Engadin/Segl

 +41 818 384 242

 <https://www.hotel-edelweiss.ch/>

Sights and Activities

Sils Maria as a town

Much of the appeal of Sils Maria lies in unhurried walks through the village, along lakeside paths, and into the surrounding meadows and forests.

Nietzsche House (Museum)

Friedrich Nietzsche rented a modest room in this house during seven summers between 1881 and 1888. It was here, during daily walks (he exercised for between five–seven hours a day) around Lake Sils and the Chastè peninsula, that he developed key ideas later expressed in *Thus Spoke Zarathustra*. The house now serves as a small museum and cultural center, with exhibitions on Nietzsche’s life, philosophy, and connection to the Engadin. Entry price is 10 CHF per person. Open Tuesday to Sunday from 3:00 PM – 6:00 PM. Closed on Monday.

 Via da Marias 67, 7514 Sils im Engadin/Segl

 +41 818 265 369

 <https://nietzschehaus.ch/en/>

Val Fex

Accessible directly from Sils–Maria, Val Fex is a broad, open side valley stretching south from Sils–Maria toward the Italian border. Traditionally used for alpine farming, it remains largely unchanged, with historic stone farmhouses, open pastures, and wide views framed by high peaks. The main valley road is largely car–free, making it especially well suited to cycling and walking. There are several mountain inns in Val Fex, some of which have been operating for over 150 years.

If your itinerary includes a Sils–Maria hike, both the INT and CHLG routes include walking through this valley.

Lake Sils (Silsensee)

"All lake, all midday, all unending time" Nietzsche wrote in a poem he penned on the shores of Lake Sils.

Lake Sils is the westernmost and largest of the Upper Engadin lakes and lies directly beside Sils-Maria. Fed by glacial meltwater and the River Inn, the lake sits at an elevation of approximately 1,800 meters (5,900 feet) and is known for its clear water, wide horizons, and open, windswept character. In the early morning and evening, the lake often becomes mirror-still, reflecting the surrounding peaks and changing sky.

Flat, well-maintained paths follow much of the shoreline, making Lake Sils especially well-suited to gentle cycling and walking. These routes connect Sils-Maria with neighboring hamlets with expansive views across the water toward alpine meadows and high mountain ridges. Access to the lake is easy from the village, and several quiet spots along the shore invite swimming, picnics, or simple lakeside pauses.

Boating

During the summer months, a small scheduled boat service – claiming to be Europe's highest scheduled boat service – operates across the lake. A single motor vessel – the *Segl-Maria* – has permission to navigate the full length of Lake Sils. It travels between Sils Maria and Maloja on the southwestern lakeshore, completing the crossing in approximately 40 minutes and operating four to five times per day.

The boat makes stops at Chastè peninsula, Plaun da Lej, and Isola, allowing passengers to combine the cruise with walking routes. The vessel carries up to 30 passengers. Reservations are not required for small groups. Check the schedule online in advance, or ask your hotel to do so, as it is a 25-minute walk to the pier (Sils Maria Bootshaus) from the village. The boat runs daily from mid-June to mid-October, from 10:30 AM – 5:00 PM. Cash only.

 46.424010945295144, 9.754355841808934 (Sils Maria Bootshaus)

 +41 79 424 32 27

 <https://www.engadin.ch/en/guide/activities/more-activities/silsensee-scheduled-boat-service>

Swimming

Lake Sils typically offers calmer wind conditions than Lake Silvaplana and is better for swimming, while Lake Silvaplana is better for kitesurfing.

Lake Silvaplana (Silvaplanersee)

Lake Silvaplana lies slightly east of Sils-Maria and Lake Sils and occupies a broad, open section of the Upper Engadin valley. Known for its reliable afternoon winds, the lake has become one of Europe's most important inland destinations for sailing, kitesurfing, and windsurfing.

The surrounding landscape is wide and expansive, with long sightlines across the valley floor and dramatic views toward the Bernina Range. A network of flat paths encircles much of the lake, linking Silvaplana, Surlej, and neighboring villages. These routes are popular with cyclists and walkers seeking easy terrain paired with constant mountain views.

Mornings tend to be calmer, while afternoons bring steady thermal winds that animate the lake surface with sails and kites. The consistent Maloja wind is caused by temperature differences between the Upper Engadin and lower valleys to the south, creating a daily thermal airflow that peaks in the afternoon during summer months.

Equipment rental shops and schools operate along the northern shore near Silvaplana and Surlej.

Kitesailing Silvaplana

This school offers lessons for all levels, from first-time introductions to advanced coaching, as well as equipment rental and supervised practice sessions. Instruction takes place directly on the lakeshore, with experienced, multilingual instructors and a strong focus on safety. Courses are typically structured in short sessions, making it easy to fit kitesurfing around cycling or hiking days.

This company usually opens from late-May until early-October.

 Sportzentrum Mulets, 7513 Silvaplana

 +41 81 828 97 67

 <https://www.kitesailing.ch/en/>

Sils Museum

A small local museum dedicated to the history, culture, and everyday life of Sils and the Upper Engadin. Housed in a traditional Engadin building, the museum explores how people have lived and worked in this high-alpine environment, with displays covering farming, alpine customs, architecture, and village life across the centuries. Exhibits include historical photographs, household objects, tools, and models that illustrate seasonal life in the Engadin, from summer grazing to long winter months. Particular attention is given to traditional Engadin houses, including construction techniques and the use of sgraffito decoration, helping visitors better understand the village streetscape seen today. Entry fee is CHF 10 per person. Open Tuesday to Sunday from 4:00 PM – 6:00 PM. Closed on Monday.

 Via da Marias 110, 7514 Sils im Engadin/Segl

 +41 797 766 729

 <https://silsmuseum.ch/das-museum/>

Spa Visits

Waldhaus Sils

The Waldhaus has an extensive on-site spa and wellness area, spread over about 1,500 m², with facilities that typically include saunas, steam rooms, relaxation pools, indoor pool, outdoor whirlpool, Kneipp pool, and a range of treatments and massages. Opening hours for specific services vary; the indoor pool is open from 9:00 AM – 4:30 PM, and the spa is open from 10:30 AM – 8:00 PM.

For guests staying at the hotel, access to the spa and pool is included. For external guests, reservations are not needed for the indoor pool but reservations for the spa are essential.

 Fexerstrasse 3, 7514 Sils im Engadin/Segl

 +41 818 385 200

 <https://www.waldhaus-sils.ch/en/waldhaus-spa>

Hotel Edelweiss

The Edelweiss has a wellness area that typically includes sauna, steam bath, hot tubs and relaxation spaces associated with its hotel wellness facilities. This space is part of the wider hotel offering but is smaller than a full luxury spa. They also offer weekly changing yoga and stretching workouts, each approximately 25 minutes long. Participation is free for hotel guests.

Opening hours: Wellness area daily from 8:00 AM – 7:30 PM, Sauna zone from 1:00 PM. Non-hotel guests are also welcome by appointment only.

 Via da Marias 63, 7514 Sils im Engadin/Segl

 +41 818 384 242

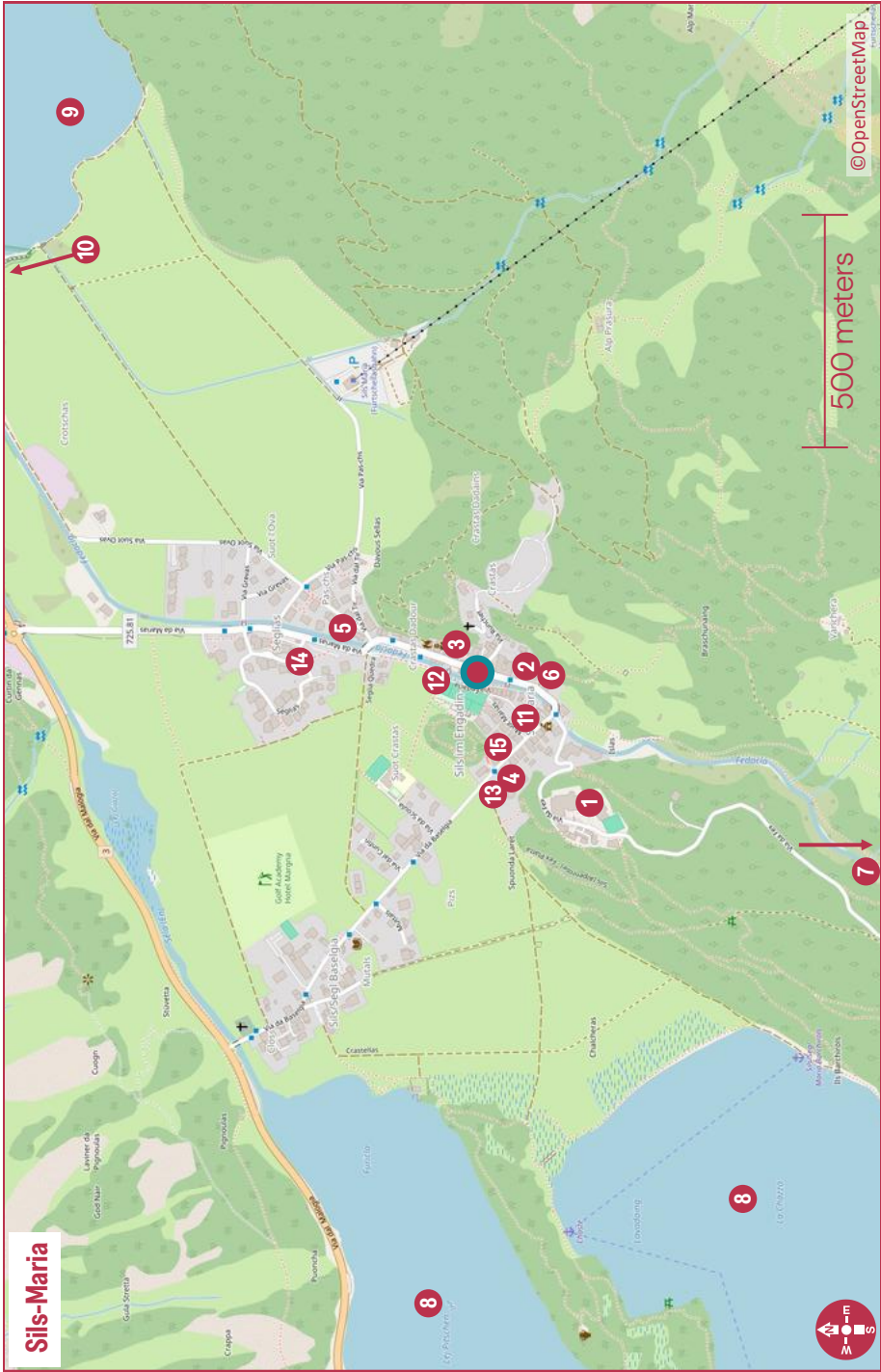
 <https://www.hotel-edelweiss.ch/>

Festivals

Sils-Maria does host festivals and recurring cultural events, though they are small-scale and culture-focused rather than large public festivals, which fits the village's quiet, reflective character.

- Nietzsche-related festivals and events typically take place in mid-summer to early autumn (July–September), with lectures, readings, and concerts centered around the Nietzsche House and village venues.
- Sils Cultural Summer programmes generally run from June through September, featuring small-scale classical concerts, literary evenings, and cultural talks.
- Local seasonal and community events are most common in summer (July–August), when the village population is at its highest.

Town Plan



Key

Hotels

1. Hotel Waldhaus Sils
2. Hotel Edelweiss
3. Hotel Seraina

Restaurants & Bars

1. Hotel Waldhaus Sils
2. Hotel Edelweiss
4. Restaurant Alpenrose
5. Pizzeria Ristorante Riccardo's Sils

Points of Interest

6. Nietzsche House
7. Val Fex

8. Lake Sils (Silsersee)
9. Lake Silvaplana (Silvaplanersee)
10. Kitesailing Silvaplana
11. Sils Museum

1. Hotel Waldhaus Sils (Spa)
2. Hotel Edelweiss (Spa)

Other Locations

12. Tourist Information
13. Taxi Guido
14. Volg (Supermarket)
15. Grond Engadin (Bakery)

 Route Start / End

Other Useful Information

Tourist Information

Sils Tourist Information (Sils Touristen Information). Staff at Swiss tourist offices typically speak exceptional English and are a great source of local knowledge, town maps, and local hikes. Their website also features a lot of the local walks and hikes, with incomparable details and routing.

 Via da Marias 38, 7514 Sils im Engadin/Segl

 +41 818 385 050

 <https://www.sils.ch/en>

Taxi

Taxi services are available in Sils-Maria by advance booking, with most operators based in nearby Upper Engadin towns such as St. Moritz.

Taxi Guido (based in Sils-Maria)

 +41 797 182 003

 No website

Taxi/ Limousine Swiss Express (based in St Moritz)

 +41 792 609 000

 <https://www.taxigse-stmoritz.ch/>

Grocery Stores

There are a small supermarket and a bakery in the town.

Volg

Located to the north of the town, you will find everything you need for a picnic here. Open daily from 7:00 AM – 7:00 PM.

 Seglias 46, 7514 Sils im Engadin/Segl

 +41 818 265 272

 <https://www.volg.ch/>

Grond Engadin

A great bakery and café selling breads, sandwiches, and sweet pastries. Open daily from 7:00 AM – 6:30 PM.

 Via da Marias 134, 7514 Sils–Segl Maria

 +41 818 265 213

 <https://www.grond-engadin.ch/>



View across the valley to the Hotel Steinbock in Pontresina

PONTRESINA

Overview

Pontresina lies at the foot of the Bernina Range, surrounded by glaciers, high passes, and some of the most dramatic alpine scenery in the Engadin. Long associated with mountaineering and glacier exploration, the village developed in the 19th century as a base for early alpinists and scientific expeditions drawn to nearby ice fields such as Morteratsch and Roseg. This legacy gives Pontresina a strong outdoor identity that continues to shape the town today.

Unlike neighboring St. Moritz, Pontresina has retained a quieter, more traditional character. Its main street is lined with classic Engadin houses, built of thick stone with decorative sgraffito façades, alongside elegant Belle Époque hotels that reflect the area's early tourism history. Development here has been restrained, and the village feels orderly, welcoming, and refreshingly understated. Forested slopes rise directly behind the town, reinforcing the close relationship between settlement and landscape.

The setting is immersive and dramatic. Glaciers and snowfields dominate the skyline, while the Flaz River runs through the village, its sound a constant presence. Shaded forest paths and riverside walks begin at the edge of the village. Cooler temperatures and crisp mountain air add to the sense of being firmly rooted in a high-alpine environment.

Restaurants and Bars

Pontresina has an excellent dining scene for a village of its size, with options ranging from refined hotel restaurants to traditional Engadin stübli and relaxed pizzerias. Many restaurants focus on regional Alpine cuisine using seasonal ingredients, with terraces that are particularly appealing on summer evenings.

Gourmet Restaurant Kronenstübli

Set within the grand Grand Hotel Kronenhof, the Kronenstübli is Pontresina's most polished dining experience. The menu blends classic Alpine flavors with contemporary technique, using high-quality regional ingredients presented with finesse. Expect beautifully executed dishes, attentive service, and an old-world dining room that feels quietly luxurious rather than formal. Dress code is smart-casual. Reservations are highly recommended and can be done online. Open Tuesday to Saturday from 7:00 PM – 9:30 PM. Closed on Sunday and Monday.

 Via Maistra 130, 7504 Pontresina

 +41 818 303 030

 <https://www.kronenhof.com/de/kulinarik-events/restaurants/kronenstuebli/>

Gianottis Wilderei

A long-standing favorite with locals and visitors alike, Gianottis is the place for comforting Engadin dishes served without fuss. Think pizzoccheri, rösti, and hearty meat dishes in a warm wood-paneled dining room. Portions are generous and the atmosphere relaxed. Open daily from 9:00 AM – 12:00 AM.

 Via Maistra 140, 7504 Pontresina

 +41 818 427 090

 <https://www.gianottis.ch/>

Bun di – Café und Restaurant

A relaxed café and restaurant serving breakfast, light lunches, pastries, and simple regional dishes. Popular for coffee stops and informal meals. Its terrace seating is especially lovely on warm evenings. Open daily from 7:30 AM – 11:00 PM.

 Via Da Mulin 28, 7504 Pontresina

 +41 818 428 040

 <https://www.bun-di.restaurant/en>

Hotel Walther / Hotel Steinbock

These adjoining hotels have five restaurant options between them including choices from a casual bar menu in their lobby, an Italian, and a formal fine-dining restaurant. The two restaurants below are highly recommended.

Gondolezza

A one-of-a-kind eatery set inside a decommissioned cable-car gondola where guests enjoy first-class fondue and raclette with selected mountain-style accompaniments, surrounded by original handles, handrails and the old control unit

that add to its alpine charm. In warmer months they have a sunny outdoor terrace with garden and mountain views. Reservations highly recommended. Open Wednesday to Monday from 2:00 PM – 10:00 PM. Closed Tuesday.

 Hotel Steinbock, Via Maistra 219, 7504 Pontresina

 +41 818 393 626

 <https://www.gondolezza.ch/>

Colani Stübli

As part of Pontresina's oldest inn, this restaurant is a cosy, traditionally styled dining room serving fresh, seasonal Grisons specialties and beloved classics in a warm, wood-filled atmosphere. Reservations recommended.

 Hotel Steinbock, Via Maistra 219, 7504 Pontresina

 +41 818 393 626

 <https://www.kronenhof.com/de/kulinarik-events/restaurants/kronenstuebli/>

Sights and Activities

A Pontresina Stroll

The village unfolds along a single main street beneath dramatic peaks, with forest trails and glacial valleys beginning almost at its doorstep. Its character is shaped by mountain heritage rather than monuments, with inviting shopfronts, shaded river paths, and restaurants that reflect its long-standing role as a base for alpine exploration.

Reformierte Kirche Santa Maria Pontresina (church)

A 12th-century Romanesque church located slightly above the village center. Known for its simple architecture and historic fresco fragments. Usually open Monday, Wednesday, and Friday from 3:30 PM – 5:30 PM.

 Via Garsun 58, 7504 Pontresina

Bellavista Tower (Burgturm Spaniola)

Ruins of a medieval tower overlooking the village. A short uphill walk leads to the site, which provides wide views across Pontresina and the surrounding valley.

 7504 Pontresina (located very close to the church, above)

Val Roseg

A broad, glacial valley beginning at the edge of Pontresina. A wide gravel track follows the Roseg River through forests and open alpine meadows toward the Roseg Glacier. Suitable for walking and cycling, with a mountain restaurant stop at the end of the road.

 Via Da God, 7504 Pontresina (a starting point)

Paragliding Engadin

A spectacular way to see the Engadin lakes and peaks from above. Usually, this excursion will require a taxi or train to Samedan or the meeting point. From there it can be a cable car to the take off point. When booking, explain your travel situation and the guides will suggest the best routing. Flights are weather-dependent, so booking ahead helps secure a slot. Prices start from CHF 230 per person.

 Giandains 4, 7504 Pontresina (office)

 +41 81 842 66 66

 <https://www.paragliding-engadin.ch/>

High Ropes Course – Seilpark in Pontresina

Located in forest just outside Pontresina, this treetop adventure park offers a series of elevated rope courses and zip lines set among the pines. Multiple routes of varying difficulty allow participants to test balance, coordination, and nerve, with progressively more challenging elements including rope bridges, suspended platforms, and longer zip sections. Allow 2–3 hours and advance booking recommended in high season, and closures possible during storms. Price for adults CHF 40 per person.

 Cuntschet, 7504 Pontresina

 +41 81 515 27 45

 <https://govertical.ch/seilpark-pontresina/>

White-water rafting – Engadin Outdoor Center

Guided rafting trips range from scenic stretches suitable for beginners to more dynamic Class III–IV rapids with technical waves and narrow canyon walls.

Canyoning excursions explore side gorges and mountain streams, combining hiking, natural water slides, small jumps, and controlled rappels through sculpted rock formations. All equipment and safety instruction are provided, and outings are led by certified guides. Advance booking is recommended during peak summer weeks. Prices start from CHF 109 for a three-hour experience (one hour on the river).

Please note that this excursion is based in Zuoz, approximately 18 km to the north of Pontresina. It is possible to cycle there, take a train or taxi.

 Somvih 31, 7524 Zuoz

 +41 76 748 86 68

 <https://engadinoutdoorcenter.ch/en/>

Spa Visits

Bellavita Erlebnisbad und Spa

A modern public wellness complex that provides a relaxed alternative to hotel spas. Facilities include a large indoor swimming pool, an outdoor pool with mountain views, a sauna area, steam baths, and relaxation zones, as well as massage and

wellness treatments. The spa is open daily from 11:00 AM – 9:00 PM (Monday morning, afternoon and Thursday evening for women only). Spa entry is 30 CHF per person.

 Via Maistra 178, 7504 Pontresina

 +41 818 370 037

 <https://www.bellavita-pontresina.ch/de>

Hotel Walther

The wellness area includes an indoor pool, Finnish sauna, bio sauna, steam bath, and a relaxation room designed for quiet recovery rather than high-energy spa culture. A range of massages and beauty treatments is available, focusing on relaxation and muscle recovery.

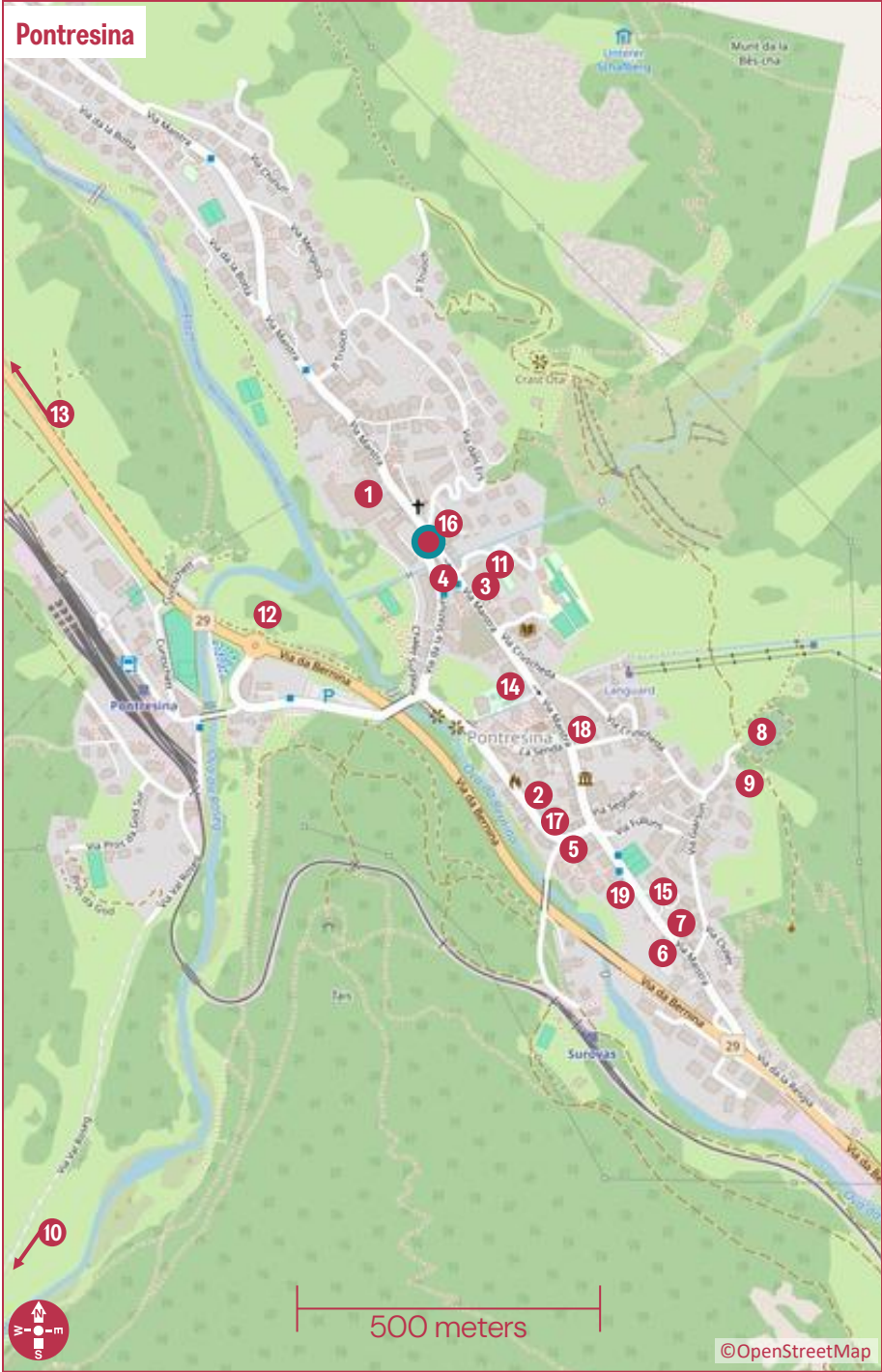
For guests staying at the hotel, access to the spa and pool is included. For external guests, it is not possible to use the spa, but massage appointments are. Reservations in advance are recommended.

 Via Maistra 215, 7504 Pontresina

 +41 818 393 636

 <https://www.hotelwalther.ch/en/>

Town Plan



Key

Hotels

1. Grand Hotel Kronenhof
2. Garni Chesa Mulin
3. Sporthotel

Restaurants & Bars

1. Gourmet Restaurant Kronenstübli
4. Gianottis Wilderei
5. Bun di – Café und Restaurant
6. Gondolezza
7. Colani Stübli

Points of Interest

8. Reformierte Kirche Santa Maria Pontresina (church)
9. Bellavista Tower (Burgturm Spaniola)

10. Val Roseg
11. Paragliding Engadin
12. Seilpark in Pontresina
13. Engadin Outdoor Center
14. Bellavita Erlebnisbad und Spa
15. Hotel Walther (Spa)

Other Locations

16. Tourist Information
17. Coop Supermarkt Pontresina
18. Spezialitätengeschäft Riccardo Laudenbacher (gourmet grocery store)
19. Bäckerei & Konditorei Kochendörfer (bakery)

 Route Start / End

Other Useful Information

Pontresina Tourist Information

Staff at Swiss tourist offices typically speak exceptional English and are a great source of local knowledge, town maps, and local hikes.

 Via Maistra 133, 7504 Pontresina

 +41 818 388 300

 <https://www.pontresina.ch/en>

Taxi

Taxi services are available in Sils-Maria by advance booking, with most operators based in nearby Upper Engadin towns such as St. Moritz.

Taxi Guido (based in Sils-Maria)

 +41 797 182 003

 No website

Taxi/ Limousine Swiss Express (based in St Moritz)

 +41 792 609 000

 <https://www.taxigse-stmoritz.ch/>

Grocery Stores

There is a small supermarket, some independent grocery stores and bakeries in the town.

Coop Supermarkt Pontresina

A supermarket located to the south of the town with a wide selection. Open Monday to Saturday from 8:00 AM – 7:00 PM (6:00 PM on Saturday), and Sunday from 9:00 AM – 6:00 PM.

 Via Da Mulin 17, 7504 Pontresina

 +41 818 388 010

 https://www.coop.ch/de/standorte/coop-supermarkt-pontresina/1468_POS

Spezialitätengeschäft Riccardo Laudenbacher (gourmet grocery store)

A well-regarded gourmet grocery store, known for its carefully curated selection of regional Engadin products, Swiss specialties, fine cheeses, chocolates, all with high-quality ingredients.

 Via Maistra 193, 7504 Pontresina

 +41 818 543 050

 <https://www.laudenbacher.ch/en/>

Bäckerei & Konditorei Kochendörfer (bakery)

A long-established Pontresina bakery known for its excellent breads, pastries, and cakes. Open daily from 7:30 AM – 6:30 PM (6:00 PM on Saturday and Sunday).

 Via Maistra 228, 7504 Pontresina (located in Hotel Albris)

 +41 818 388 040

 <https://www.albris.ch/baeckerei-konditorei/>



The hamlet of Tarasp on the outskirts of Scuol

SCUOL

Overview

Scuol sits in the Lower Engadin near the Austrian border, where the valley narrows and the landscape becomes more rugged and dramatic. The town is strongly rooted in Romansh culture, and this heritage is immediately visible in its language, architecture, and daily life. Painted facades, arched gateways, and thick-walled houses define the historic old town, which rises above the River Inn on a sunny slope.

Compared to the Upper Engadin, Scuol feels greener, more traditional, and lower (at 1,250 meters / 4,100 feet). The mountains close in, the terrain becomes steeper, and the rhythms of village life feel more closely tied to the land. In short, less polished and more authentic.

For centuries, Scuol has been known for its mineral springs, and the presence of water – both river and thermal – remains central to the town's identity.

Scuol's old town invites slow exploration, with narrow streets, viewpoints, and small squares revealing different perspectives over the valley. Beyond the town, quieter roads and deeper side valleys offer a sense of remoteness that contrasts with the openness of the Upper Engadin. As an overnight stop, Scuol provides a strong sense of place and a fitting conclusion to an Engadin journey – culturally distinct, visually striking, and deeply connected to its alpine surroundings.

Restaurants and Bars

Scuol has a varied dining scene, from refined hotel restaurants serving seasonal Engadin cuisine to relaxed pizzerias and Italian trattorias. There are several reliable options in town, most of them are located along the main street, including two that we recommend both called Allegra. Allegra is a traditional greeting in the Romansh language (spoken in parts of the Engadin, including Scuol). It means “welcome,” “hello,” or “be joyful.”

Restaurant Allegra – Hotel Belvedere

Refined regional cuisine in an elegant yet relaxed alpine setting. The menu highlights seasonal Engadin ingredients, blending traditional recipes with contemporary technique, and is complemented by a strong wine list featuring Swiss and international selections. The restaurant has large windows and terrace seating that opens to the mountains. Reservations are recommended during high season. Open daily from 11:30 AM – 9:30 PM.

 Stradun 330, 7550 Scuol, Switzerland (located in Hotel Belvedere)

 +41 818 610 606

 <https://www.belvedere-hotelfamilie.ch/de/unsere-hotels/belvedere/>

Pizzeria Allegra

Also named Allegra. A more casual companion to the above, this lively spot serves wood-fired pizzas alongside Swiss and Italian classics including a superb homemade tiramisu. It's a dependable option for an easy evening meal, with terrace seating in summer. Reservations recommended. Open Monday to Saturday from 9:00 AM – 10:00 PM, and Sunday from 11:00 AM – 10:00 PM.

 Stradun 404, 7550 Scuol

 +41 818 640 147

 <https://pizzeria-allegra.menu-world.com/>

Restaurant Astras

Located within Hotel Astras, this welcoming restaurant focuses on regional Engadin dishes and well-prepared Swiss favorites in a traditional alpine dining room. The atmosphere is warm and unfussy. Reservations recommended for dinner. Open all day but they specify their lunch menu is available from 11:30 AM – 2:00 PM, and dinner is from 5:30 PM – 9:30 PM.

 Stradun 325, 7550 Scuol

 +41 818 641 125

 <https://www.astras.ch/en/culinary-delights/restaurant-stueblis/>

Hotel Restaurant Bellaval

Set in a quiet part of Scuol, Restaurant Bellaval serves seasonal Swiss cooking with a regional focus, in a cosy, wood-accented dining space. The menu leans toward classic alpine comfort dishes, and in warmer months guests can enjoy meals on the

terrace with mountain views. Open daily from 11:30 AM – 2:00 PM and from 6:00 PM – 9:30 PM.

 Via da Ftan 494, 7550 Scuol

 +41 818 641 481

 <https://www.bellaval-scuol.ch/en/>

Restaurant / Bar La Terrassa

A relaxed Italian-leaning restaurant known for pasta, pizza, and Mediterranean dishes served in a bright, informal atmosphere. As the name suggests, the summer terrace is a highlight. Open Monday to Friday from 11:30 AM – 2:00 PM and Monday to Saturday from 5:00 PM – 11:30 PM. Closed for lunch on Saturday and all day Sunday.

 Stradun 400, 7550 Scuol

 +41 818 641 177

 No website

Sights and Activities

Scuol as a town

Scuol is famous for its mineral springs and historic old town, which rises above the River Inn. There are relatively few formal sights in Scuol – much of its appeal lies in wandering through the town, pausing at its mineral fountains, and exploring the surrounding alpine landscape on foot or by bike.

Bogn Engiadina Scuol – Spa

A modern thermal bath complex fed by the region's naturally carbonated mineral springs, which have been used for therapeutic purposes for centuries. The facility combines traditional spa culture with contemporary design and has both indoor and outdoor pools, whirlpools, steam baths, and various saunas. Several pools are filled with mineral water drawn directly from local springs, each with slightly different properties. The spa also includes relaxation areas with panoramic windows overlooking the Lower Engadin landscape.

Wellness massages are available daily. Appointments can be made online, by phone, or email. The spa is open daily from 8:00 AM – 9:45 PM.

 Via dals Bogns 323, 7550 Scuol

 +41 818 612 600

 <https://www.bognengiadina.ch/de>

Scuol Old Town (Scuol Sot)

Scuol Sot, the historic lower part of town, is the most atmospheric area of Scuol and best explored on foot. It is made up of narrow lanes that wind between thick-walled Engadin houses decorated with colorful façades, sgraffito ornamentation, and arched gateways. Many buildings display Romansh inscriptions, reflecting the strong cultural identity of the Lower Engadin.

There are public mineral fountains scattered throughout the old town, each drawing from a different spring and said to offer water with distinct taste and mineral composition. The small squares and viewpoints give sweeping views over the River Inn and the surrounding mountains.

Unterengadiner Museum

Housed in the historic Chasa Planta, a 17th-century Engadin patrician house located in Scuol's old town (Scuol Sot). The simple museum offers an in-depth look at life in the Lower Engadin from the 16th to 19th centuries, with original furnished rooms, painted ceilings, wood-paneled parlors, and traditional kitchens preserved largely as they would have appeared centuries ago. Cost of entry CHF 7 per person. Open Tuesday to Friday and Sunday from 4:00 PM – 6:00 PM.

 Plaz 66 B, 7550 Scuol

 +41 79 438 36 64

 <https://www.museumscuol.ch/>

Horseback Riding

Reitstall, Restaurant, Saloon – San Jon

San Jon is a traditional Engadin riding stable located about 4 km south of Scuol, offering guided horse-riding experiences for both beginners and experienced riders. Two-hour rides take place on forest tracks and open trails through the Lower Engadin landscape, with prices from around CHF 65 per person. The site also includes a restaurant and western-style saloon serving regional dishes.

 San Jon, 550B, 7550 Scuol

 +41 818 641 062

 <https://sanjon.ch/>

White-water Rafting – Inn River

Engadin Adventure (Rafting on the Inn)

There is excellent rafting on the Inn River between Scuol and the Garsun Gorge, with trips ranging from beginner-friendly sections to more advanced whitewater. For a three-hour excursion, prices start from CHF 118. There are also full-day excursions (including BBQ lunch) starting at CHF 248. Book and pay online. Rafting equipment, transport, and guide are included in the price.

 Via da Ftan 495 Talstation, 7550 Scuol

 +41 81 861 1419

 <https://www.engadin-adventure.ch/>

Festivals

Chalandamarz (1 March)

This is the most famous and distinctive celebration in the Lower Engadin. Held annually on March 1st, Chalandamarz marks the symbolic end of winter. Schoolchildren dressed in traditional blue work smocks and red caps walk through

the village ringing large cowbells, singing Romansh songs, and cracking whips to “drive out winter.”

The festival was made nationally famous by the children’s book *Schellen-Ursli*, set in nearby Guarda. In Scuol, the celebration includes parades, music, and community gatherings and remains one of the most authentic expressions of Engadin identity.

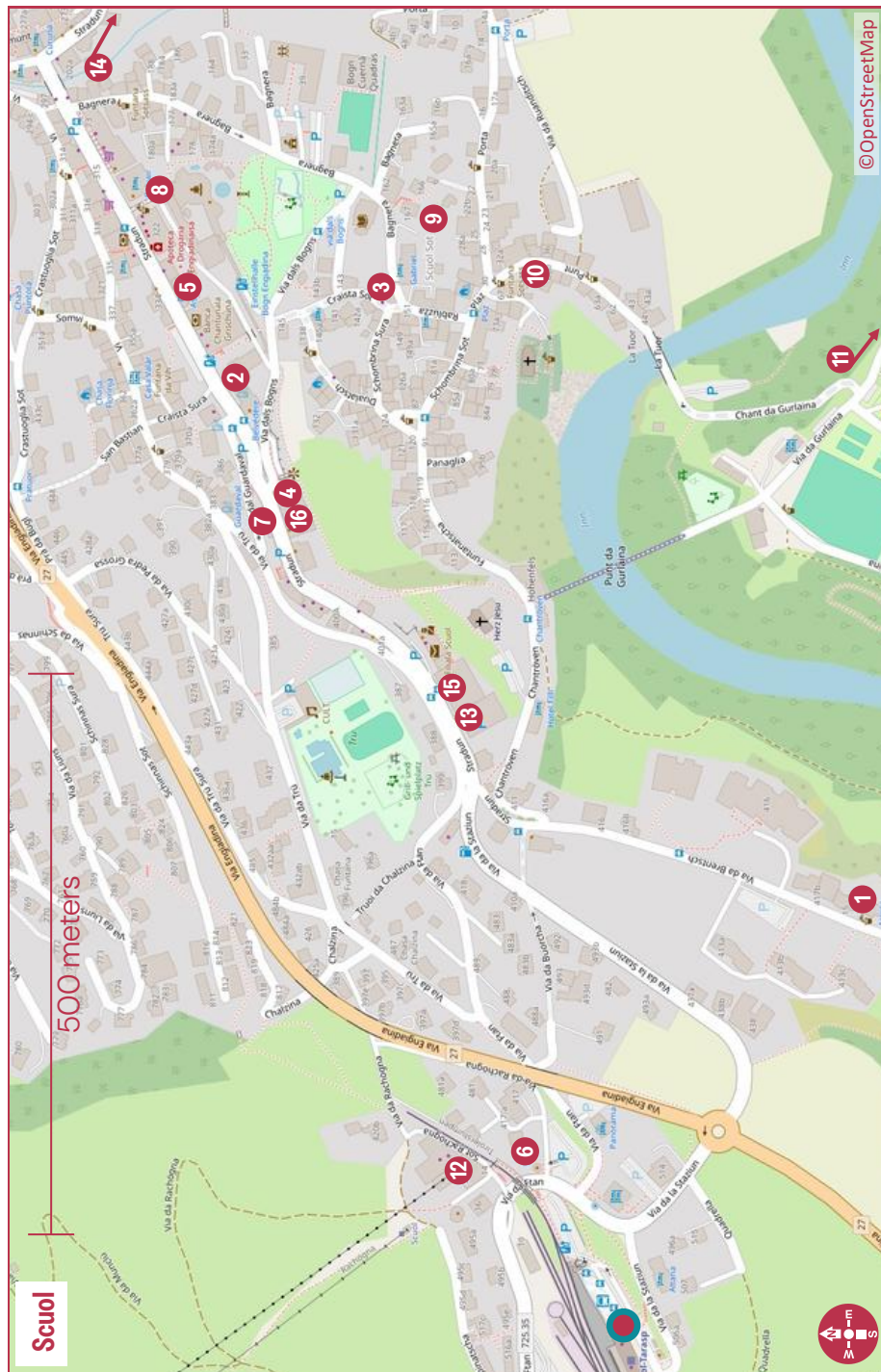
National Day (1 August)

Swiss National Day is celebrated with village gatherings, speeches, music, and evening bonfires in the surrounding hills.

Autumn Alpine Cattle Return (Alpabzug)

Typically held in September, this traditional event marks the return of cows from summer pastures. Decorated livestock are led back through the village, often accompanied by music and local celebration.

Town Plan



Key

Hotels

1. Hotel Arnica–Scuol
2. Hotel Belvédère
3. Hotel Conrad

Restaurants & Bars

2. Restaurant Allegra
4. Pizzeria Allegra
5. Restaurant Astras
6. Hotel Restaurant Bellaval
7. Restaurant / Bar La Terrassa

Points of Interest

8. Bogn Engiadina Scuol – Spa

9. Scuol Old Town

10. Unterengadiner Museum
11. Reitstall, Restaurant, Saloon – San Jon (Horseback Riding)
12. Engadin Adventure (Rafting on the Inn)

Other Locations

13. Tourist Information
14. ABA–Taxi Scuol
15. Coop
16. Arena Regional Cheese Shop

 Route Start / End

Other Useful Information

Tourist Information

Gäste–Information Scuol. Staff at Swiss tourist offices typically speak exceptional English and are a great source of local knowledge, town maps, and local hikes.

 Stradun 403/A, 7550 Scuol

 +41 818 618 800

 <https://www.engadin.com/en>

Taxi

Taxi services are available by advance booking, with most operators based in nearby Upper Engadin towns such as St. Moritz.

ABA–Taxi Scuol (based in Scuol)

 +41 818 648 080

 <https://www.local.ch/en/d/scuol/7550/aba-taxi-scuol-KalvO4ngCCLHIMQWCoEsEQ>

Taxi/ Limousine Swiss Express (based in St Moritz)

 +41 792 609 000

 <https://www.taxigse-stmoritz.ch/>

Grocery Stores

There are a number of small supermarkets including the following.

Coop

A supermarket located to the west of the town with a wide selection. Open Monday to Saturday from 8:00 AM – 7:00 PM, and Sunday from 9:00 AM – 6:00 PM.

 Stradun 403A, 7550 Scuol

 +41 814 035 070

 https://www.coop.ch/de/standorte/coop-supermarkt-scuol/3368_POS

Arena Regional Cheese Shop

Can be difficult to see from the road as it actually hides at the back of a small supermarket within a small shopping complex, this is known as the best cheese shop in Scuol. Open Monday to Friday from 8:00 AM – 12:30 PM and 2:00 PM – 6:30 PM, and Saturday from 8:00 AM – 6:00 PM. Closed on Sunday.

 Stradun 404, 7550 Scuol

 +41 818 610 105

 <https://www.arenaregional.ch/>



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LIFECYCLE ADVENTURES SERVICES

Self-Guided Tours

If I need help, how fast will you get to me?

Once we receive your call, our target is to get to you within 90 minutes. However, if our route to you is on slow roads or our guides are completing another job it may take us longer to reach you. When you call, we will give you an estimated time of arrival.

If you are experiencing an emergency, please call 112 (Europe) or 911 (North America) – or ask a passerby to do so.

How do I arrange to shorten my day's riding?

If you are riding from hotel to hotel, we would be pleased to transfer you partway along the route to reduce the number of miles you need to travel. The more notice you give us the better able we are to meet your schedule. We need at least 24 hours' notice to accommodate these transfers.

As our guides are supporting a number of guests at any one time, we ask that you be flexible about this transfer time, but we will accommodate you as close to your ideal time as practical.

In Holland and the Engadin Valley our support services are managed slightly differently. In these areas, if you choose to not ride on any day, or want to shorten your route, we will advise on how to do this using local trains and then refund you the cost of your tickets.

What time do I need to leave my luggage on transfer days?

We ask that you leave your luggage with the front desk by 9:30 AM; making sure that a LifeCycle Adventures luggage label is attached to each bag. If this is not going to be possible, please let us know.

What time will my luggage arrive at the next hotel?

We plan to have your luggage at the next hotel by 4:00 PM. We will alert you if this will not be the case.

When can I check into my room?

As a rule, check-in time at hotels is between 3:00 PM and 6:00 PM. If you expect to arrive outside of these hours, please call ahead to the hotel, or call us, to make special arrangements. You will find contact details for your accommodation in the *Directions to Accommodations* section of the On Tour App.

What are the arrangements for the final day?

If you are riding on your final day, please leave your luggage with the front desk of your hotel. We will collect your bags before meeting you at the end of your ride (or at your hotel depending on your route choice).

Your guide will be waiting for you with your luggage as detailed in the *End of Tour Logistics* section of the On Tour App.

Please talk to your guide 24 hours in advance if you wish to make changes to these arrangements. Note that your guide is balancing multiple commitments in any one day so it is typically not possible to change your pickup location or collection time on the final day.

Can you help us with reservations?

This Guidebook has activity and eating suggestions for your overnight towns. The On Tour App has lunch suggestions and points of interest along your route. See these listings for details as to how to make reservations.

In non-English-speaking areas, we are very happy to help with restaurant or activity reservations – both before you arrive and while you are on your tour. Any reservations we have made on your behalf will be detailed in the *Meal & Activity Reservations* section of the On Tour App under the relevant day.

Where we make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. See the *Terms and Conditions* in your Itinerary for further details of these charges.

What do you suggest by way of gratuities?

Your guides take pride in going the extra mile to ensure you have an exceptional experience. Should you wish to recognize their above-and-beyond efforts, a gratuity to your guide would be most welcome. \$15 to \$30 per person per day is common in the industry.

Private Guided Tours

Service Levels

For Private Guided tours, you have a guide(s) and a van(s) dedicated to your group. Typically, the guide and van are available from 8:30 AM to 4:30 PM. The guide will communicate with you during the tour about rider support, luggage arrangements, check-in times, and end-of-tour transfers.

What do you suggest by way of gratuities?

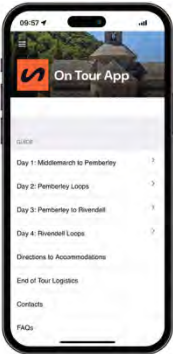
For Private Guided tours, a gratuity of \$25 to \$35 per person per day is common in the industry.

USING THE ON-TOUR APP

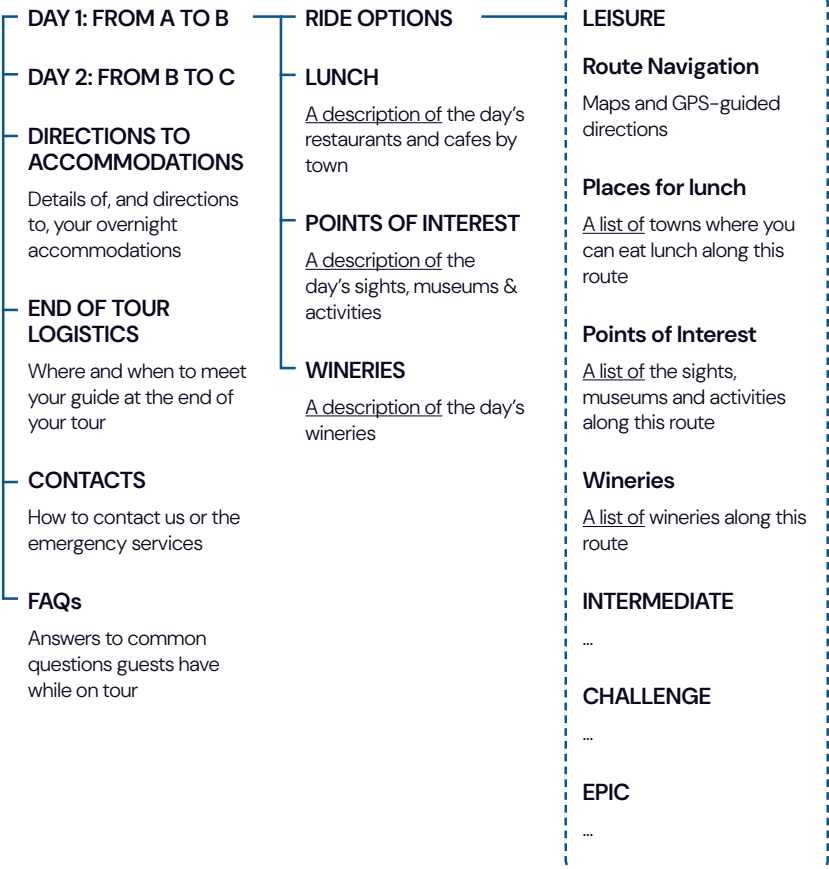
We have partnered with Ride with GPS (RWGPS) to create an app that has details about your routes, directions to your accommodations, and other useful information for your tour.

A link to download the app will be sent to you about thirty days before the start of your tour. We would encourage **all people on the tour to download the app before you travel** and familiarize yourself with the contents.

The app downloads to your phone and can be used with your data plan turned off. The diagram below is a quick reference for how the app is organized.



App Contents



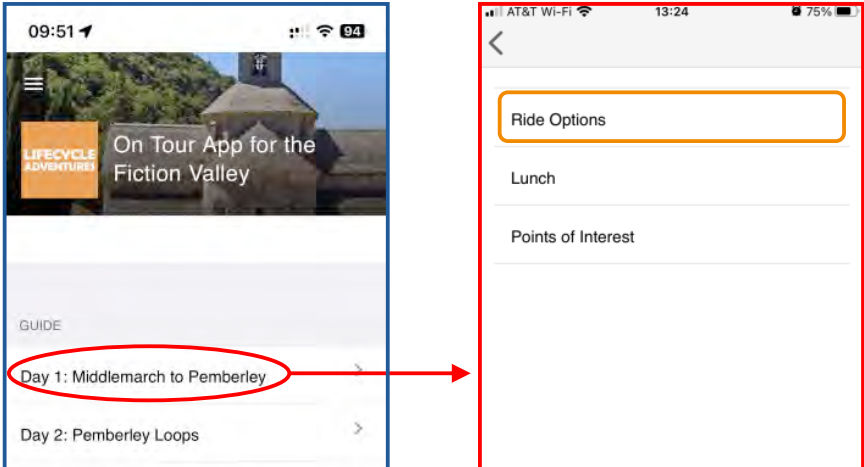
If you are taking a tablet with you on tour, **download the app to both your phone and your tablet**. The phone is great while out riding and the tablet is easier to use when back at your hotel.

The app helps you answer the following question while on tour.

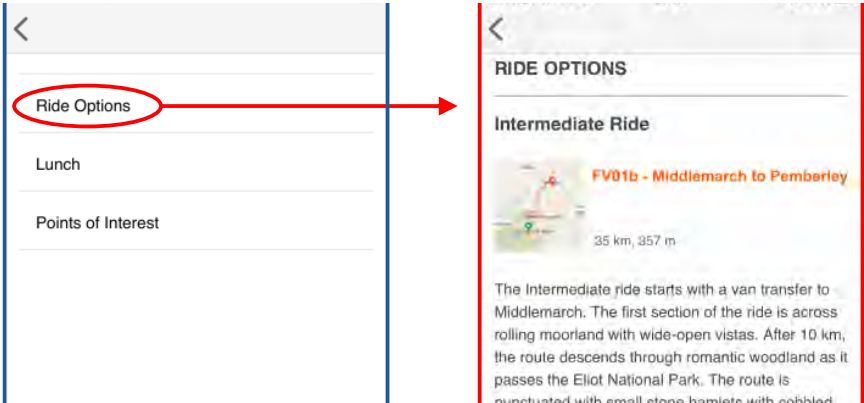
- For each day:
 - o **Which route** is best for me (leisure, intermediate, challenge or epic)?
 - o For my route, where is the **best place for lunch**?
 - o What **points of interest** are there along my chosen route?
 - o How do I **navigate my chosen route**?
- How do I navigate to my **overnight accommodation**?
- Where and when will I meet my guide at the **end of my tour**?
- How do I **contact my guide**, emergency services, and other key support?
- Answers to other **frequently asked questions** while on tour.

The On Tour App is designed to be intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to use the app to answer the questions listed above.

For each day, which route is best for me?



Select the relevant day on the main menu and then choose ride options. Clicking on the ride options will bring you to a description for each of the ride options. Typically these are Leisure, Intermediate, Challenge, and Epic.

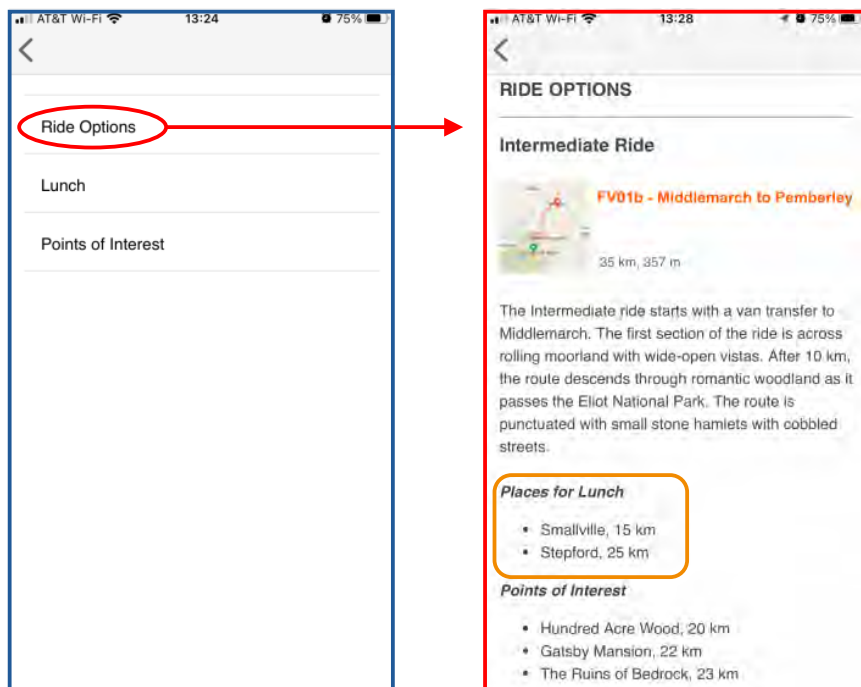


You can then choose your ride based on the description:

- Key stats – distance and climbing
- A brief overview
- A list of towns or villages where you can find lunch
- A list of places of interest along the route
- Wineries along the route (not all areas)

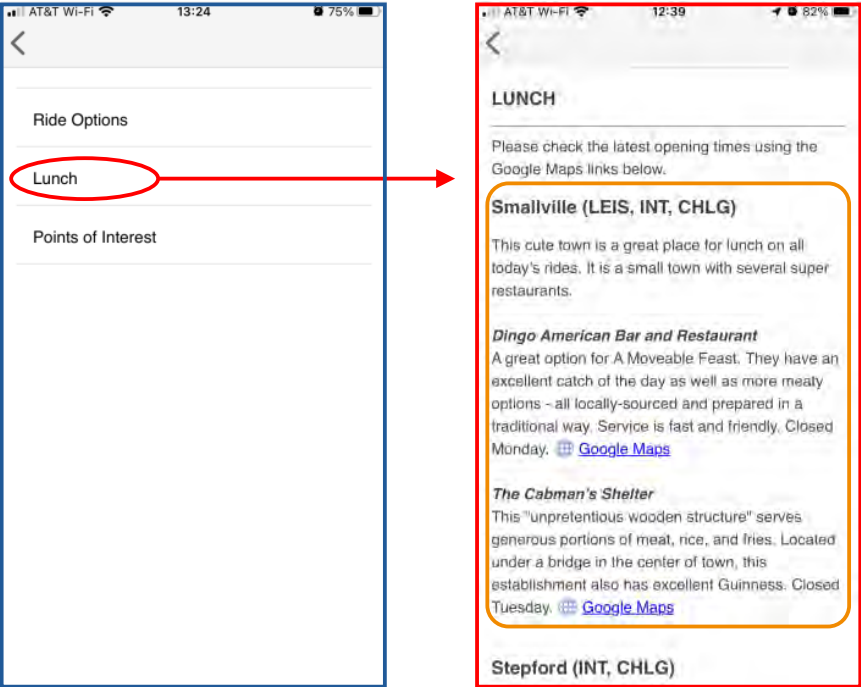
For my route, where is the best place for lunch?

This is a two-step process. First go to Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), choose which town you want to eat in. Here you are going to choose Smallville, which is 15 km into your route.

Then GO BACK to the previous menu and select *Lunch*.



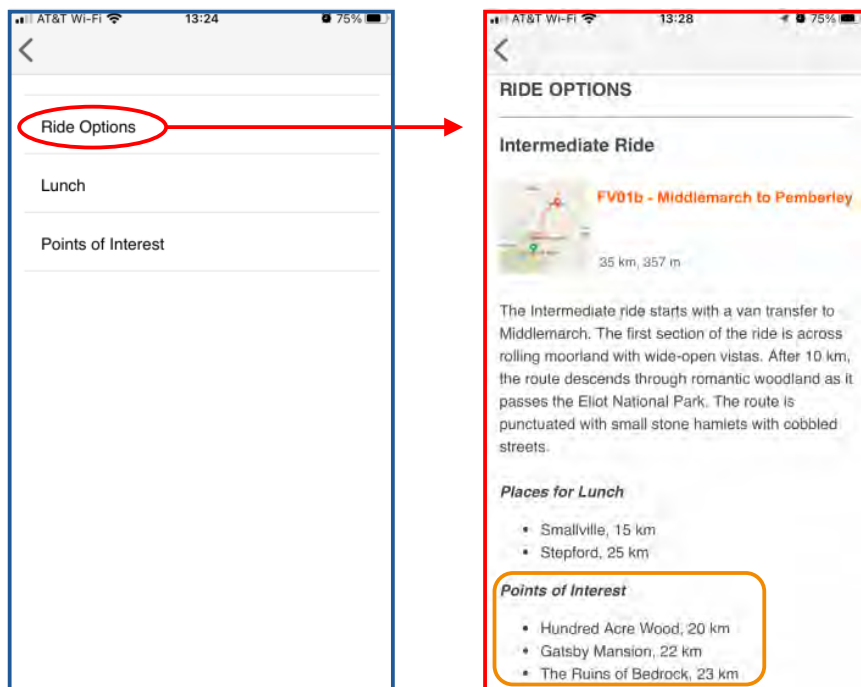
Having selected *Lunch*, you will see a list of all the places on today's routes organized by town. In this example, you are choosing to stop in Smallville and the Cabman's Shelter sounds perfect! (The abbreviations in parentheses tell you that Smallville is on the Leisure, Intermediate and Challenge rides.)

Restaurants are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below.

You can use the *Google Maps* link to check opening times and to confirm the location of the restaurant.

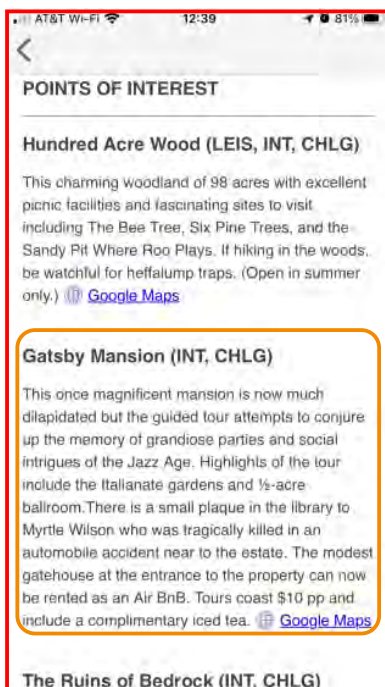
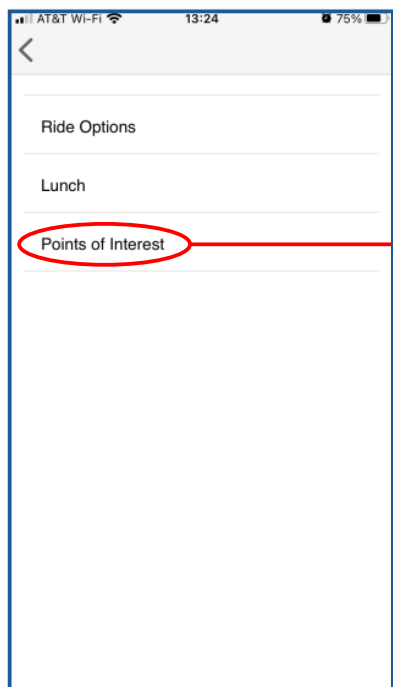
What points of interest are there along my chosen route?

This is a two-step process. First, go the Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), see the list of Points of Interest that are on this route. In this example, The Gatsby Mansion, at 22 km) has caught your attention.

Then GO BACK to the previous menu and select Points of Interest.



Having selected *Points of Interest*, you can then read about the places you might want to visit along this route. In this example, you can learn all about the Gatsby Mansion. (The abbreviations in parentheses tell you that the Gatsby Mansion is on the Intermediate and Challenge rides.)

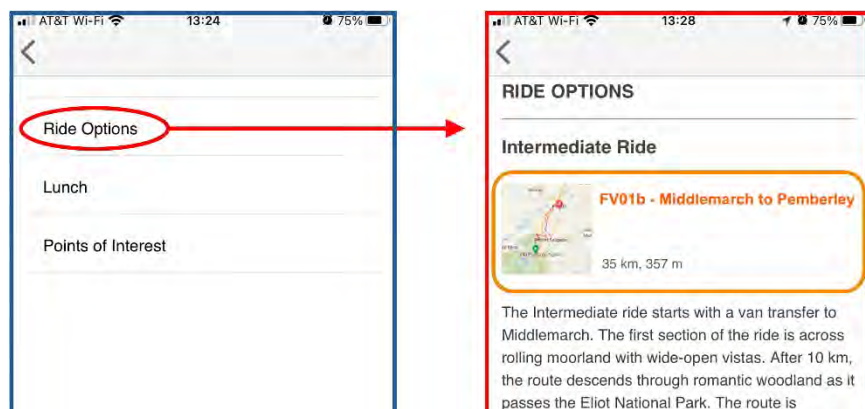
Points of Interest are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below. We also list Viewpoints here. Viewpoints

are marked with a  on your routes.

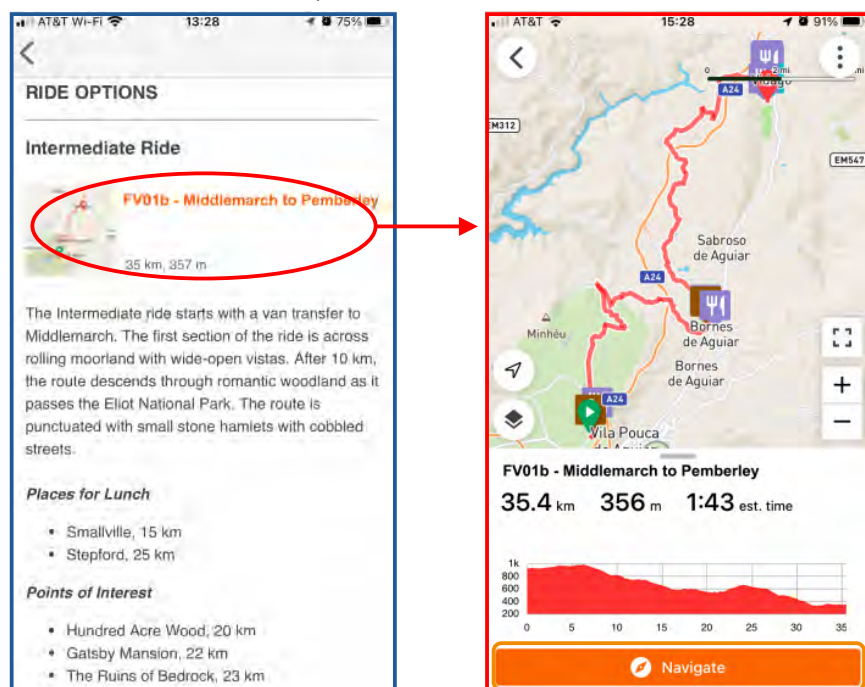
You can use the *Google Maps* link to check opening times and to confirm the location of the sites.

How do I navigate my chosen route?

Within *Ride Options* for your chosen day.



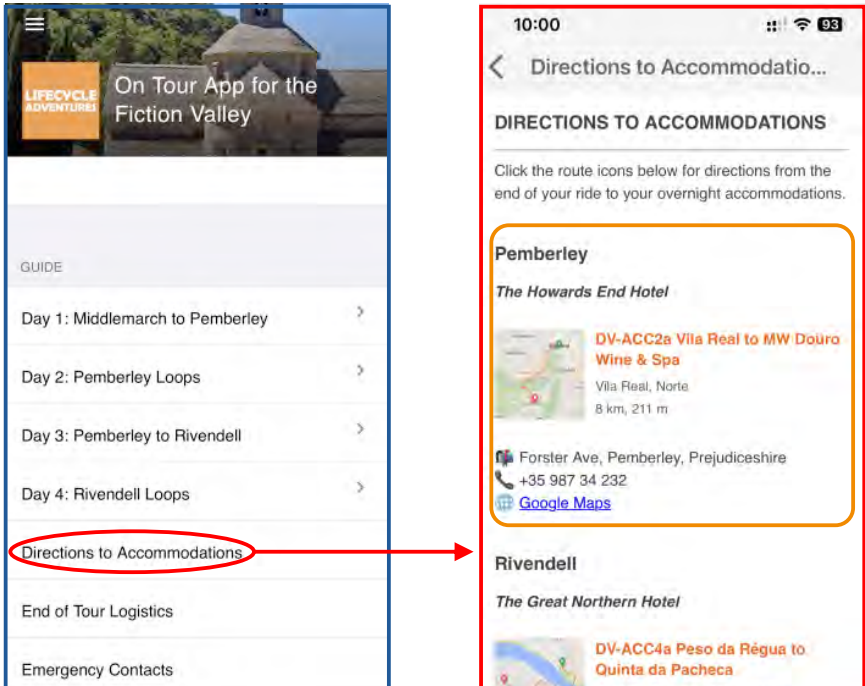
Tap on the map for the ride you have chosen. This takes you to route navigation within Ride with GPS. (Here you have chosen the Intermediate ride to Pemberley.)



Tap on *Navigate* to start directions for the route. See the *Navigating the Routes* section below for more details about the features available when navigating in Ride with GPS.

How do I navigate to my overnight accommodation?

Select *Directions to Accommodations* on the main menu.



For the relevant overnight town (in this case you have just arrived in Pemberley), click on the map and this will take you into RWGPS navigation that will direct you to your hotel.

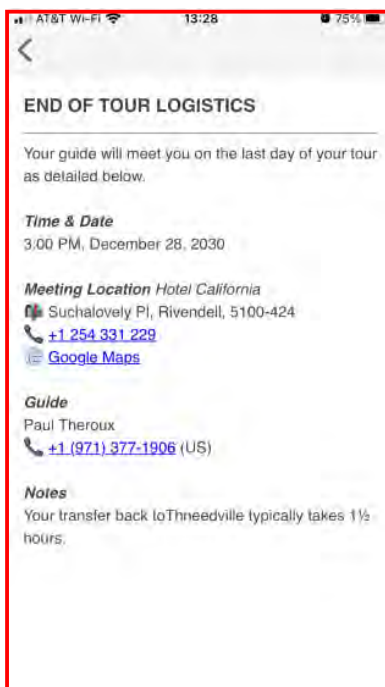
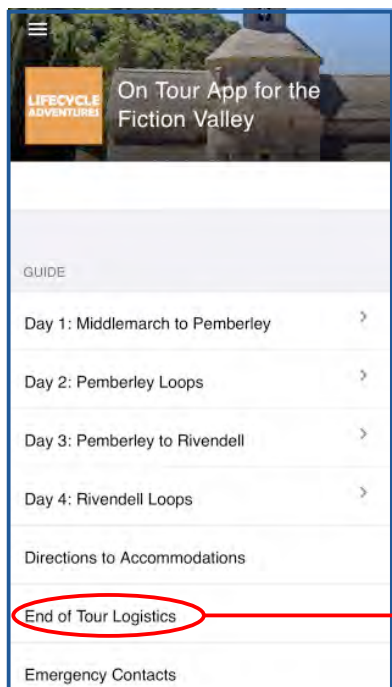
Accommodations are shown on your route with the following icon



You can also find the hotel using the *Google Maps* link.

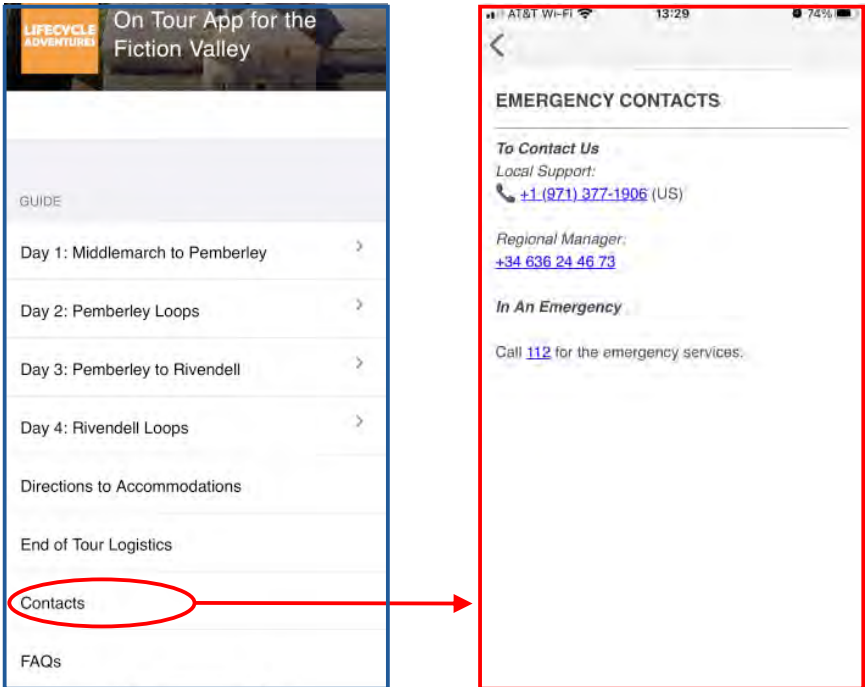
Where and when will I meet my guide at the end of my tour?

Select *End of Tour Logistics* from the main menu.



How do I contact my guide or the emergency services?

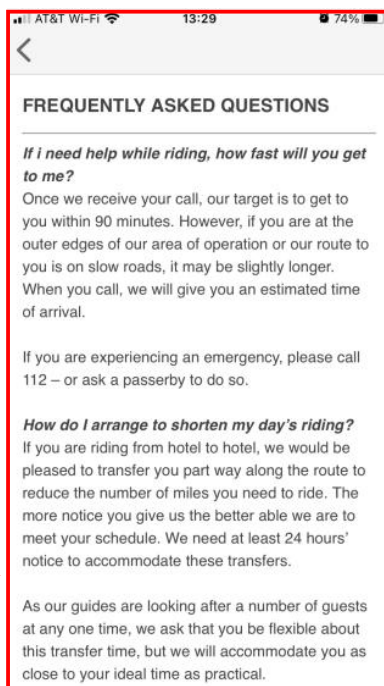
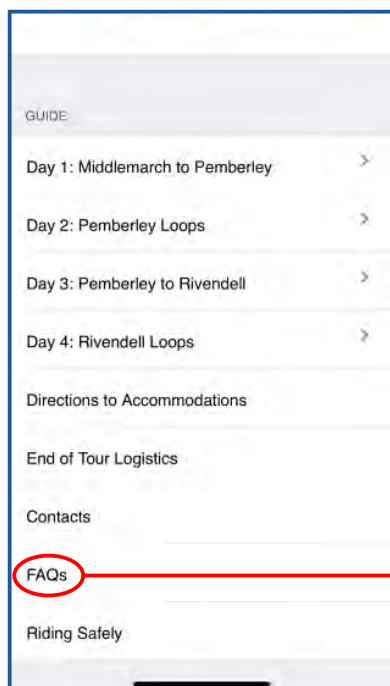
Select *Contacts* on the main menu.



You will see how to contact your guide, our regional manager, and the emergency services.

Answers to other frequently asked questions while on tour

Select *FAQs* on the main menu.

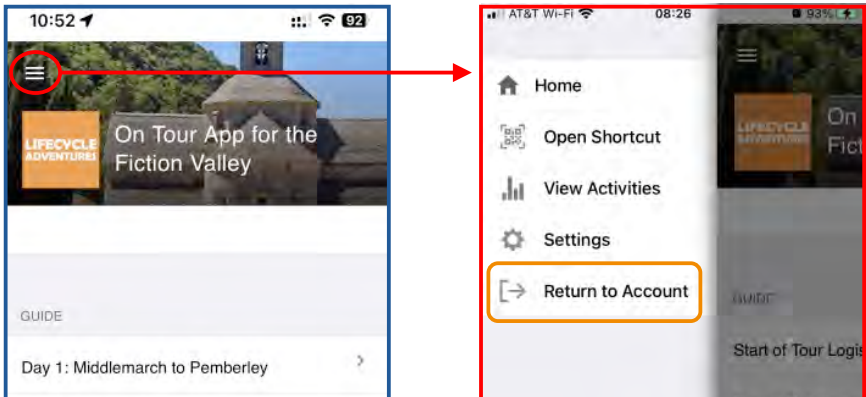


You will then see a list of questions with answers for some of the more common questions guests have while on tour.

There are also tips for *Riding Safely* on the main menu.

How do I get to the main RWGPS menu?

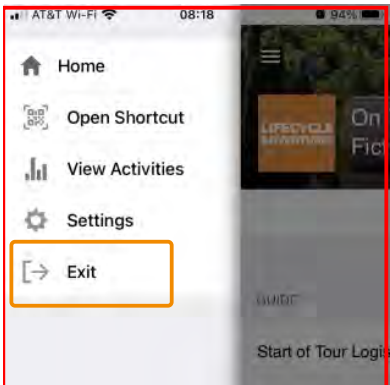
Tap the three horizontal lines at the top left-hand corner of the app.



You will then see options to:

- Open another RWGPS experience (Open Shortcut),
- View your rides (View Activities),
- Change your settings, or
- Exit the On Tour App and go to the main RWGPS page.

Note that if you do not have a RWGPS account, the last option will be to *Exit* to the main RWGPS home page rather than Returning to Account.



We do not recommend selecting *Exit* as you will need to reload the app by rescanning the QR code we sent you.

NAVIGATING THE ROUTES

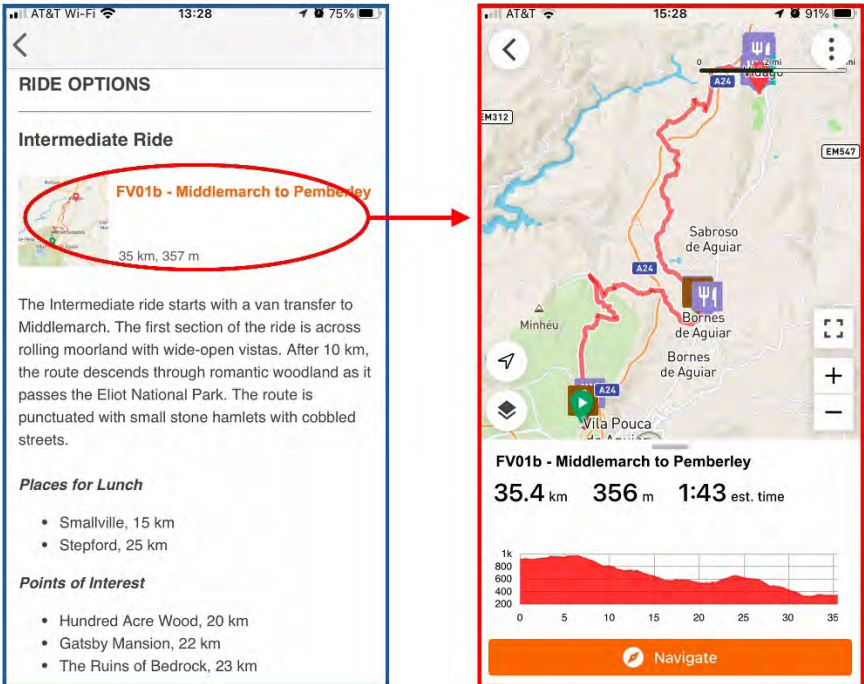
This section describes how to get the most of the RWGPS navigation. Specifically, it answers the questions:

- How do I start directions for my route?
- How do I get to the start of the route?
- How do I find restaurants and points of interest?
- How do I pause my route (e.g. when I go to lunch)?
- What do I do if I go off course?
- What do I do when I get to my destination?
- Where can I see my ride?
- Other top tips
- What settings do you recommend / can I change?

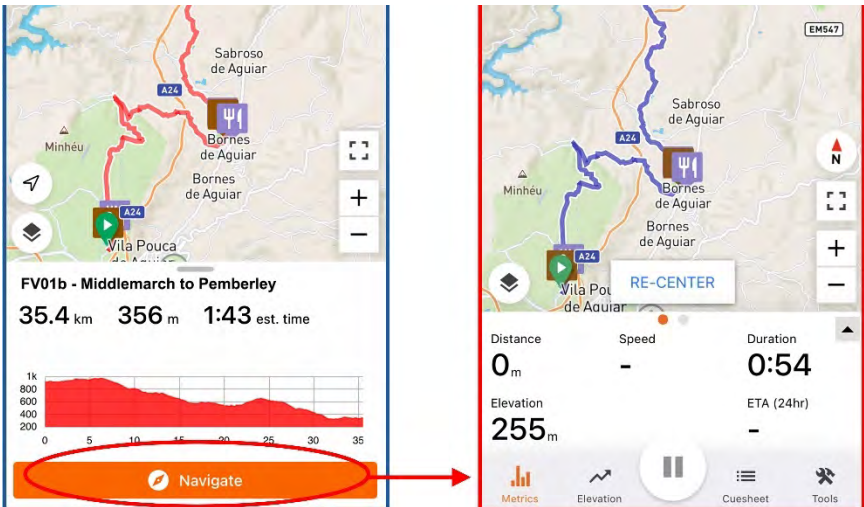
Ride with GPS navigation is intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to answer the questions listed above.

How do I start directions for my route?

In Ride Options for the relevant day, tap on the route map of your chosen ride (here you have chosen the Intermediate route).



You then tap navigate to start your turn-by-turn directions.



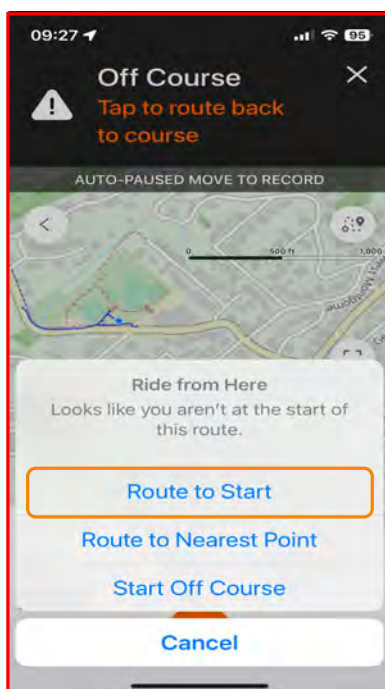
You will get both audible and screen-prompt cues for your ride.

How do I get to the start of the route?

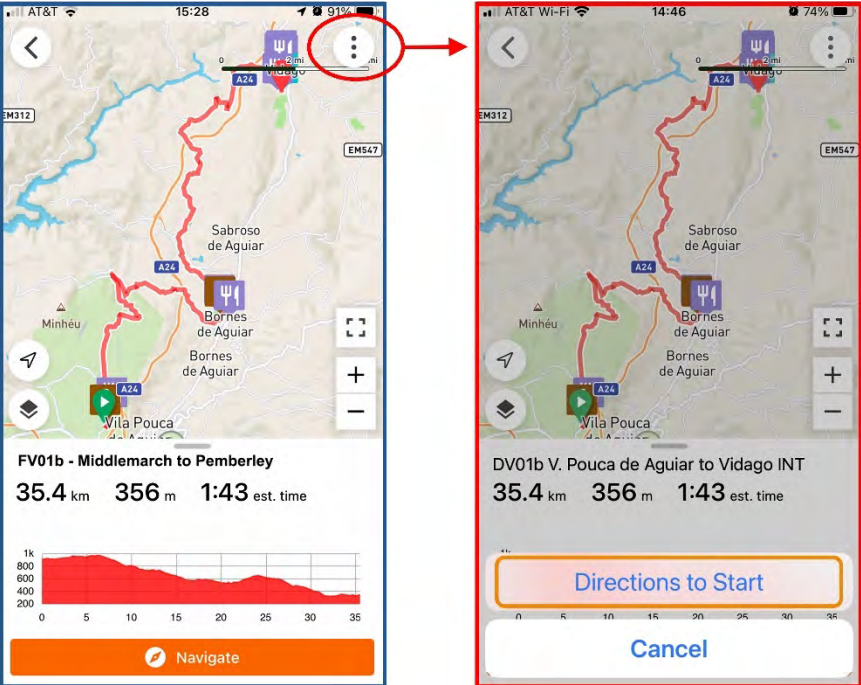
Typically, your route starts close to where your ride ended the night before. Open your selected route and tap **Navigate**. If you are not at the start of the ride, you will be presented with three options:

- **Route to Start** (RWGPS will calculate a route to the start of your ride)
- **Route to Nearest Point** (RWGPS will calculate a route to intercept your ride, sometimes cutting off the start of the ride)
- **Start Off Course** (you navigate yourself to the start of the ride)

Be careful when using *Route to Nearest Point* on a loop ride as the nearest point may be towards the end of the ride!



If you are not presented with the options above, exit navigation and tap the three-dot menu circle and select *Directions to Start*. Your phone will then launch your mapping app (e.g. Google Maps or Apple Maps) and load a route to the start point. You can typically select *Cycle* as a mode of transport (not available in all areas).



We recommend you load the directions in your hotel while on Wi-Fi if you want to avoid using your phone's data plan.

How do I find restaurants and other things of interest?

Restaurants, points of interest, viewpoints, wineries, and accommodations are shown on your route with the following icons.



... Accommodation



... Restaurant



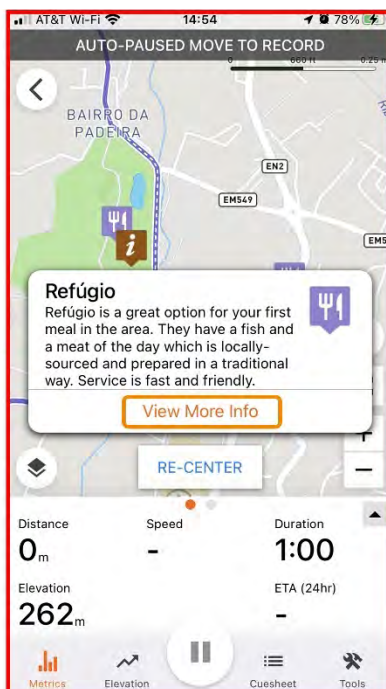
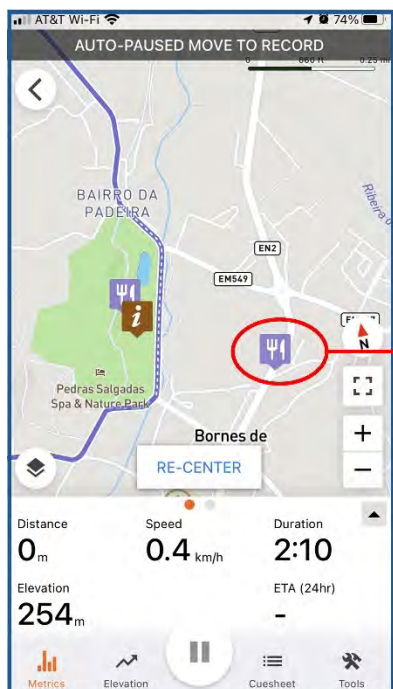
... Point of interest



... Viewpoint



... Winery (not all areas)

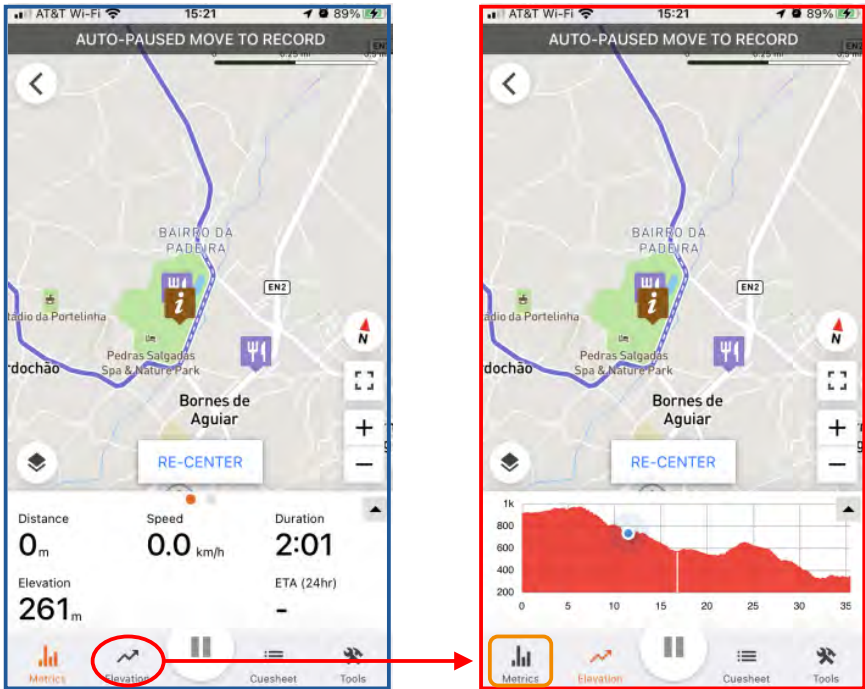


To learn more, tap the icon. This will bring up a short description. Tapping *View More Info* will expand the text and show a link to Google Maps.

You can also learn more about these places in the main On Tour App under the Lunch, Points of Interest, and Wineries sections for each day.

How do I see how much I have left to climb?

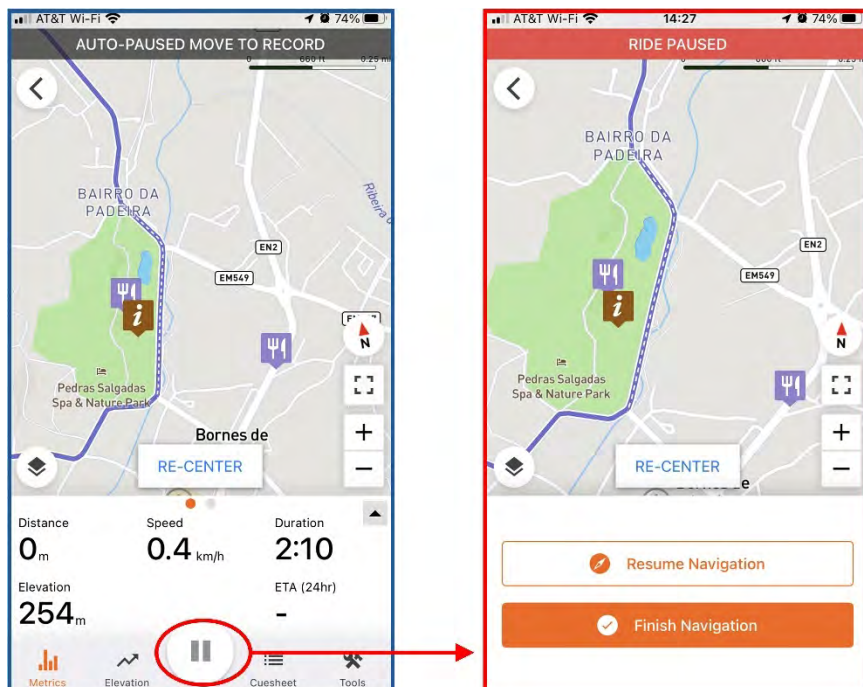
To see where you are on a hill, tap the *Elevation* icon.



To return to the key statistics view, tap the *Metrics* icon.

How do I pause my route (e.g., when I go to lunch)?

Press and hold the *Pause* button.

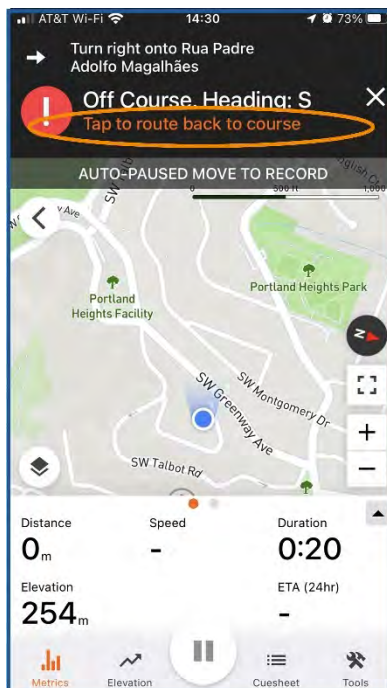


When you are ready to restart your ride, just return to the app and press *Resume Navigation*.

What do I do if I go off course?

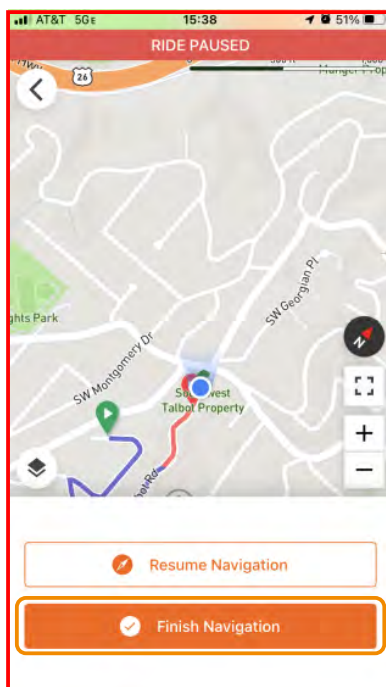
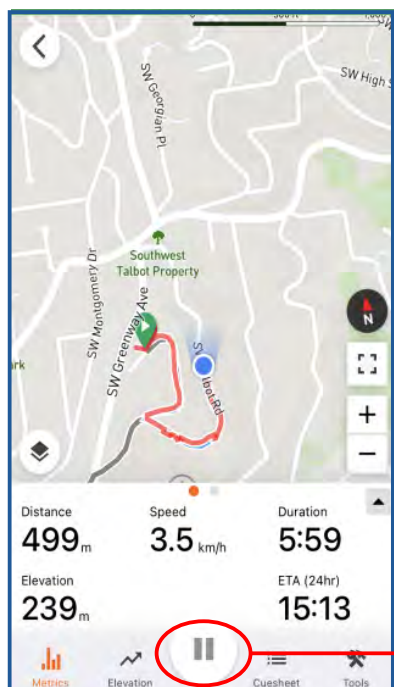
If you find yourself off the main route (e.g. if you have taken a wrong turn or visited a restaurant for lunch), the app will alert you with an audible alert and a cue card stating that you are *Off Course*. To get back to the course, press *Tap to route back to course*. RWGPS will then direct you back to the route. Note that this feature can have complications:

- This feature does not work reliably without cellular data (i.e.. does not always work if you are in Airplane Mode). In these circumstances, use the map to guide yourself back to the route.
- Typically, you are directed to the closest point of your route. If you are a long way off course, the app may direct you to backtrack the way that you went off course rather than further along the route. We suggest you zoom out on the map to check you are being guided along a route you want to follow.
- If you are on an in-and-out ride, double check that you are being directed in the direction you want along the route.
- If you choose not to receive directions back to your route, the app will continue to notify you every two minutes that you are off course. If you intentionally go off course and no longer want these alerts, you can stop them by tapping the X in the corner of the cue card. You could also tap and hold the pause button to temporarily pause your ride.

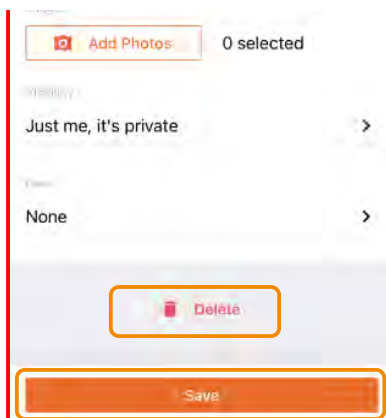
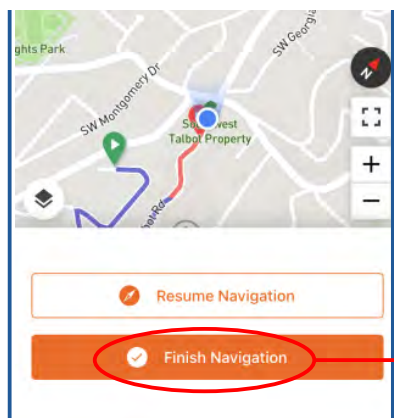


What do I do when I get to my destination?

When you finish a route, you'll get one final chime notification and you will see on the map that you have reached the end of the ride (shown by a red icon). Then tap-and-hold the pause button.

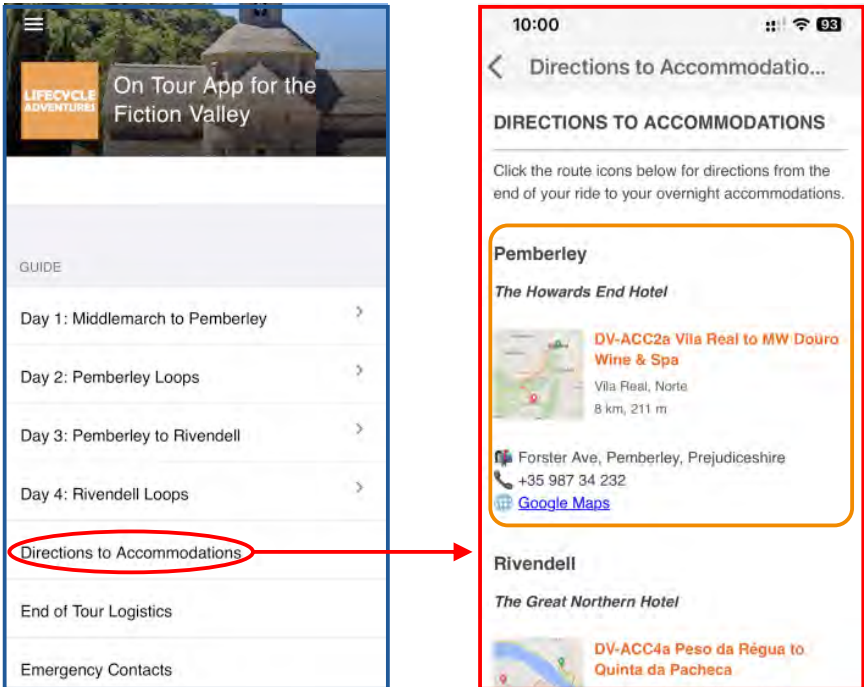


Follow the prompt to either save or delete the ride.



Tap **Save** if you want to be able to review your statistics for the ride at a later date. Tap **Delete** (and then **OK**) if you do not want to save your ride. Note that you may need to scroll down to find the *Delete* button.

After saving (or deleting) the ride, you will be returned to the main menu of the app. Scroll down and tap *Directions to Accommodations*.



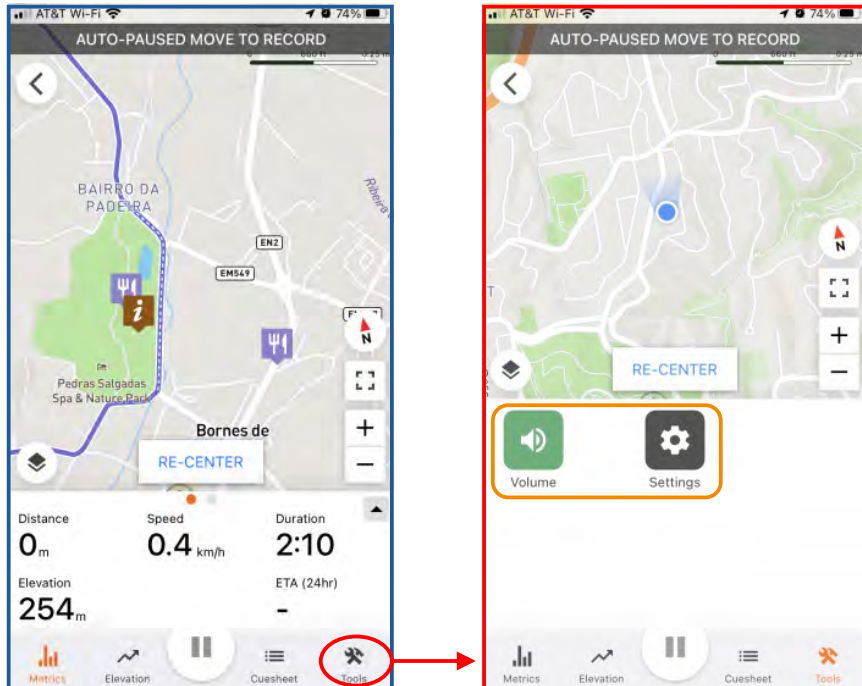
Select the map under the hotel for the town you are in (in this case you have just arrived in Pemberley and are staying in the Howards End Hotel). You will then be taken to RWGPS directions to get you from the end of the ride to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

Tools when navigating

Tapping the Tools when navigating will allow you to select Volume or Settings.



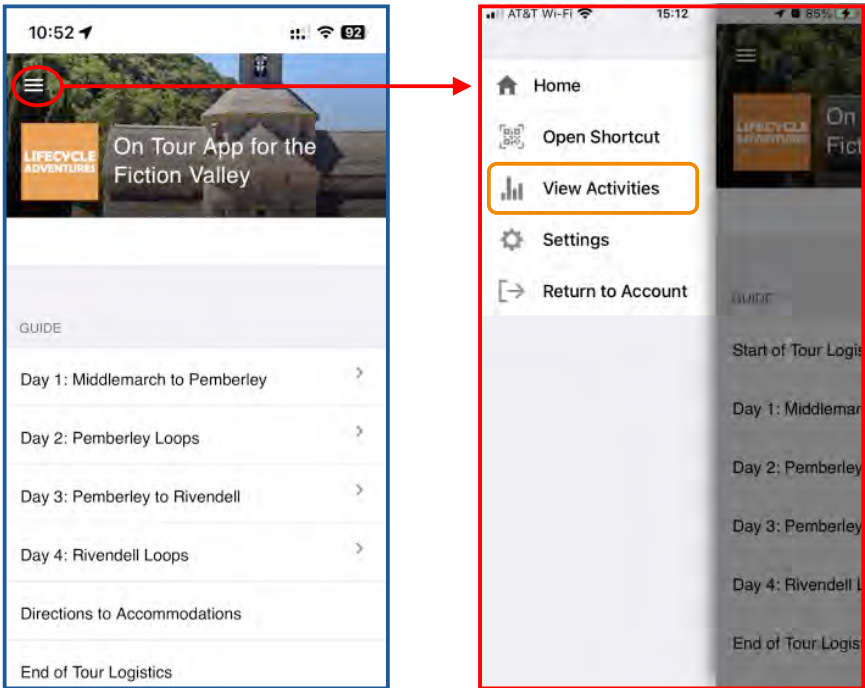
Volume allows you to turn off audible alerts or adjust the volume.

Settings allows you to change various settings. Examples of what can be changed includes:

- Get alerts earlier.
- Under Handlebar Mode: keep the screen on while navigating. Note, this will rundown your battery faster.
- Under Handlebar Mode: lock the navigation view in your preferred orientation.

Where can I see my rides?

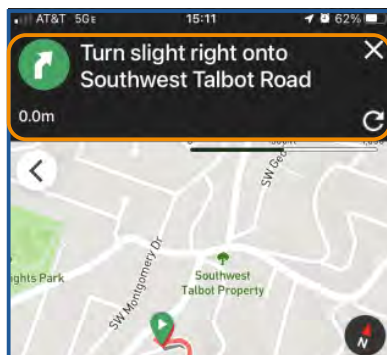
Select menu (three lines in top lefthand corner) then *View Activities* to see your saved rides.



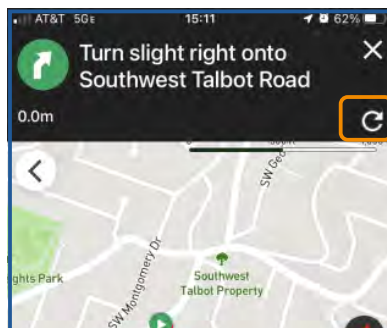
You can select a ride and review the route you took as well as the ride data such as ride time and average speed.

Other top tips

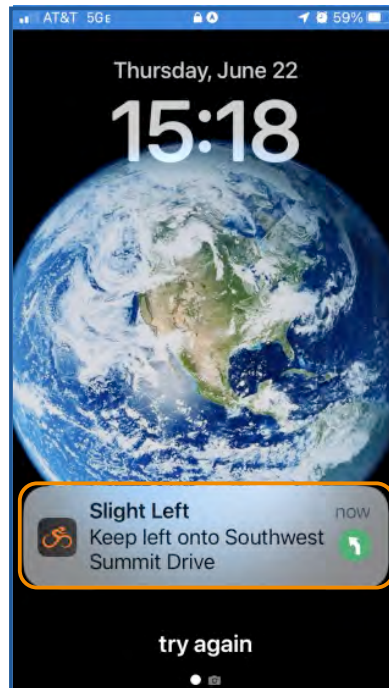
- You must be recording a ride to use navigation. After you are finished riding you may opt to delete the ride or save it.
- The app may take a moment to find your exact position. Once your location is found, your location will show on the map as a blue dot, and navigation will begin.
- When you are within 10–15 seconds from your first turn, you'll get your first turn notification at the top of your screen.



- If you missed the voice announcement, you can replay it by pressing the replay icon in the bottom right corner of the notification.



- The cue can be dismissed by swiping it, or it will go away automatically after you have passed the cue.
- While navigating a route with the screen locked, the app can flash the cues over the lock screen with text and voice for upcoming cue. For this function to work, you need to allow Ride with GPS to send push notifications to your phone. This means that for the most part you can ride with your phone screen locked (preserving battery life). You will still have voice and on-screen navigation prompts.



- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on.
- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We strongly recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone.

TROUBLESHOOTING THE APP

This section describes how to get resolve the following issues and questions:

- The App Will Not Download to My Phone or Tablet
- How do I get to the On Tour App from the main RWGPS menu?
- The On Tour App is freezing
- The app is causing me to exceed my data plan (or drain my battery)

The App Will Not Download to My Phone or Tablet

About thirty days before the start of your tour, we will send you a QR code and instructions to download the app. Simply scan that QR code with your camera and follow the instructions.

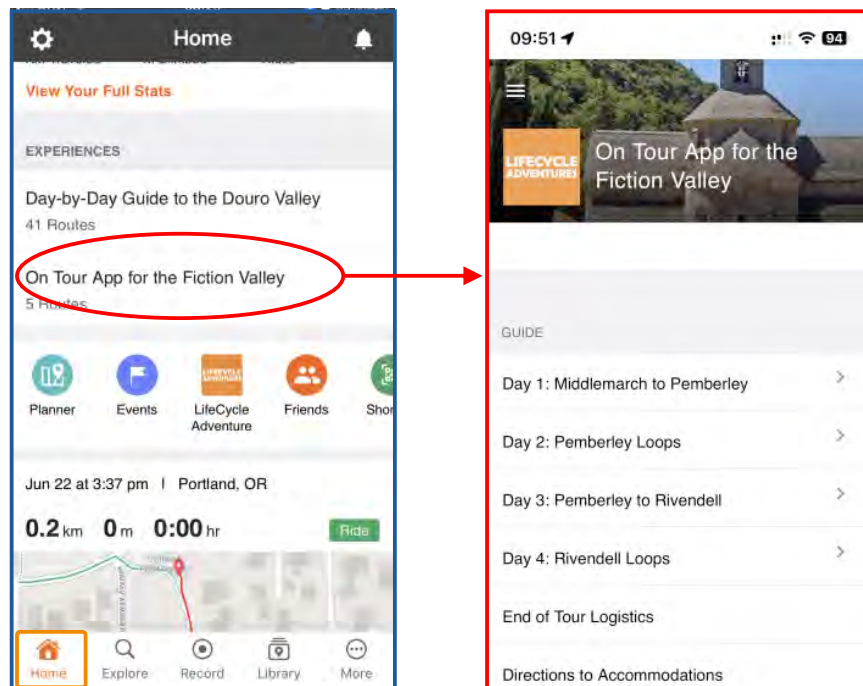
If this does not work, contact us and we can send you a *Use Code* as an alternative way to download the app. This sometimes works better if you are already a RWGPS user.

How do I get to the On Tour App from the main RWGPS menu?

If you have exited the app, and want to get back to the On Tour App.

If you have a RWGPS account

You will see the On Tour App listed under your *Experiences* on your home menu.



If you do not have a RWGPS account

If you select *Exit* after tapping the three menu lines at the top right-hand corner of the app, you will be returned to a generic RWGPS home screen. To get back into the app from here, you will need to tap *Open Shortcut* from the home menu and type in the Shortcut Code we sent you (or scan the QR image we sent you).

The On Tour App is freezing

If the On Tour App has frozen or become unpredictable, try turning your device off and on. If this does not work, reload the app by scanning the QR code we sent you. Note that the On Tour App is relatively large and requires a lot of bandwidth. Ideally, it is best downloaded when you have access to Wi-Fi.

The app is causing me to exceed my data plan (or drain my battery)

The app downloads to your phone and can be used with your data plan turned off.

- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on and draining your battery.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- General Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone. If only one of the phones is used to navigate, and you then have problems with that phone (or you run out of battery), you have a backup phone ready to go.

SAFETY & ENJOYMENT

Riding Safely

Rules of the Road

We have a few simple rules we ask you to follow:

1. Always wear a cycle helmet fastened securely while cycling.
2. Wear highly-visibility clothing and/or a fluorescent safety triangle.
3. Do not ride at night or in the dim light of dawn or dusk.
4. Ride in single file and with the direction of traffic.
5. When riding, stay as close as is safe to the right-hand side (left in Ireland) of the road while avoiding grit or broken pavement.
6. Carry identification, emergency contact, and your medical/travel insurance.

Daily Bike Checks

Your rental bikes are checked and tuned before every trip. However, it is useful to do some regular checks just to keep things running smoothly. If you're in any doubt or have any concerns, give us a call and we'll have a guide come out to you.

1. Brakes. Do both brake levers engage the brakes smoothly?
2. Handlebars & stem. Check alignment. If there is lateral movement or rocking when the front brake is engaged, the headset may need adjusting.
3. Gear changing. Do all gears engage/change smoothly?
4. Chain. If you've been riding in rain or on wet roads, you may want to wipe off your chain and apply a little lube the night before. In the morning, run a clean rag over the chain to remove any excess oil.
5. Wheels & tires. Inflate front & back tires to the correct tire pressure (written on the side of the tire). Check wheels for wobbles, spokes for breakages and tires for wear. Ensure the quick-release mechanisms are secure.
6. Frame. Check for cracks and alignment in the frame especially if you accidentally dropped the bike.

Riding Efficiently

Tips for When Riding

As well as having a safe tour, we are keen for you to enjoy cycling and leave with a real sense of accomplishment. This is likely to include riding within your limits and not exhausting yourself before lunch. Here are some thoughts on how to stay happy on your bike.

1. *Eat before you are hungry.* Even moderate cycling burns around 300 calories per hour so eat snacks such as power bars as needed – giving

your body enough time to process the food before the fuel gauge reaches empty.

2. *Drink before you are thirsty.* As you sweat, you will lose both water and essential salts. You will not notice the effects until it is too late. Drink plenty of water before you start to ride and then take regular sips while riding. A good target is to drink either water or sports drink every 30 minutes.
3. *Ride at a pace that feels comfortable.* Even when climbing hills, ride at a pace that allows you to keep a conversation going without being out of breath. This means changing down to a low gear, keeping your cadence high and taking things easy.
4. The sun can get very intense, especially in the middle of the day so *keep your shirt on and use a high factor sunscreen.* Be aware of being burned through the gaps in your cycle helmet. A bandana under the helmet can make all the difference.
5. *Relax and change your hand position regularly.* This helps avoid shoulder cricks or back aches. Drop handlebars are better for being able to do this than straight handlebars.
6. *Check your bike.* A sticking brake or skipping gear stops you relaxing and can be dangerous. If you are unsure, talk to your guide, who will be happy to help you check things out if you have a concern.
7. *Smile, you are on vacation!*

Seat Height Adjustment

Seat height adjustment is more craft than science. The most important thing is that you feel safe and confident on the bike. However, getting your saddle to the right height will also help you stay comfortable on longer rides, avoid saddle sores, and conserve your energy while you pedal.

Bike fitters can spend hours getting your fit just right, but here are some simple rules of thumb.

- While seated on your bike, prop yourself up against a wall.
- Position the pedals so the pedal cranks are vertical (one pedal at 12 o'clock and one pedal at 6 o'clock).
- Place your feet on the pedals and move your foot so that your heel is on the pedal at 6 o'clock.
- When your seat is at the correct height, your leg (of the foot at 6 o'clock) should be straight but your knee shouldn't be locked.

If your seat is too low, it will make it harder to pedal and you may get knee pain at the front of the knee. Too high and your hips will go from side to side which will make you tend to ride in too high a gear and you may develop pain at the back of your knees.

Avoiding Saddle Sores

Saddle sores are the great unmentioned subject of cycling. However, if you have not been riding much recently and start doing a lot of miles on a bike, you may well become just a little too familiar with them.

To prevent sores, it's helpful to know what they are. A saddle sore is a skin ailment on the buttocks due to, or exacerbated by, riding on a bicycle saddle. It often develops in three stages: skin abrasion, folliculitis (inflammation of the hair follicles) and, finally, abscess. If it's not obvious from the definition, it is better to stop the sores in the early stages than try and treat it in the final stage.

The best cure of all is to not get them in the first place. Gradually build up your riding mileage and get used to your bike seat. Some training rides before you go on tour will help. Other good preventative measures include:

- Reducing the friction due to bobbing or swinging motion while pedaling, by setting the appropriate saddle height – see above.
- If you have a favorite saddle, bring it along and we will fit it to your rental bike.
- Wear good-quality cycling shorts, with a high-quality chamois insert.
- Use petroleum jelly, chamois cream, or lubricating gel on the chamois to further reduce friction.
- Do not sit around in damp bike shorts after your ride and thoroughly wash and dry the affected area.

There are pharmacies in all the main towns you'll stay in if you need medical treatment. Our primary message would be, if you think you have them, don't ignore them.

FIXING A FLAT

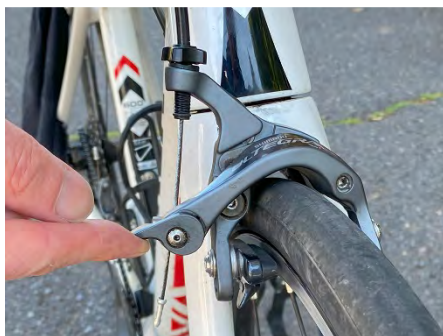
To make this basic repair, you will need tire levers, a pump (or CO₂ canister), and a spare tube (or patch kit). If you have a thru axle (see below) you will also need a hex wrench (Allen key). Before working on your bike, ensure you are well away from the road and in no danger from the traffic.

There are five basic steps to fixing a flat.

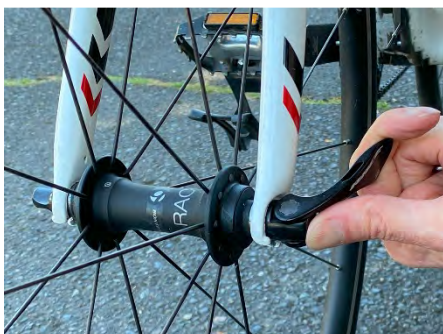
1. Remove the wheel
2. Deflate and remove the tube
3. Remove what caused the flat
4. Replace tube and inflate
5. Refit the wheel

Remove the Wheel

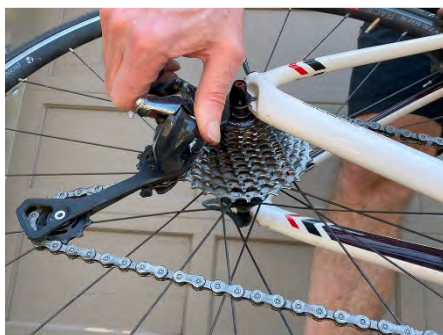
If you have rim brakes, release the brakes. How you do this depends on the type of brakes. Two examples are shown below.



If you are **removing the front wheel**, open the quick-release lever and unscrew the nut on the other side of the skewer. The wheel should then drop out of the fork.



If you are **removing the rear wheel**, put the chain on the smallest cog of the rear cassette. Open the quick release lever. You will then need to push the derailleur back to allow space for the wheel to get past the chain as you pull the wheel out.



If you have disc brakes, avoid touching the rotors or the disc pads. The rotors can be hot and grease or other contaminants on these parts will make the brakes ineffective. Also avoid squeezing the brake levers when the wheel is removed as this will close the pads and make it very difficult to reinsert the disk when refitting the wheel.



If you have a thru axle (pictured above on RHS) on either a front or rear wheel, you will need to unscrew and remove the axle using a hex wrench before you can remove the wheel. Avoid getting any dirt on the axle after it is removed.

Deflate and Remove the Tube

Having removed the wheel, fully deflate the tube. If you have a thick Schrader valve, press down on the small pin at the center of the valve. If you have a thin Presta valve, loosen the small valve at the top of the valve stem and press down.



Unseat the tire from the rim. Place a tire lever under the bead of the tire and lever it over the edge of the wheel (avoid doing this near to the valve). Repeat this procedure with a second tire lever. Slide the second tire lever around the rim to free the tire. Pull the valve stem out of the wheel and remove the rest of the tube.



Remove What Caused the Flat

Inspect the tire for the cause of the flat. Remove any thorns or pieces of glass that could puncture the new tube. *Carefully*, run your fingers around the inside of the tire to check for sharp debris.

Replace and Inflate the Tube

Put a little air into the replacement tube – just enough to give it some shape – and insert the valve into the wheel.



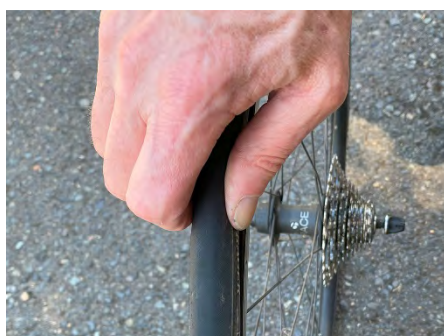
Carefully put the rest of the tube inside the tire. Beginning at the valve, push the tire bead back inside the rim of the wheel. Continue around the rim in both directions.



If the tire is tight, pinch both sides of the tire bead into the center of the rim – this will make it easier for the tire to clear the rim. If necessary, use tire levers to force the final part of the tire bead over the wheel rim – being careful not to pinch the tube and cause another flat.



Inflate the tube. As you inflate the tube, check regularly that the tube isn't caught in the rim and that there is no bulging. When the tube is a little inflated, go around the wheel pinching the tire to the center of the rim to help release where the tube might be trapped. Inflate the tube to the recommended pressure printed on the tire.



If you don't have a pump with a pressure gauge, inflate until the tire is hard to depress with your fingers and check your tire pressure as soon as you have access to a pump with a gauge.

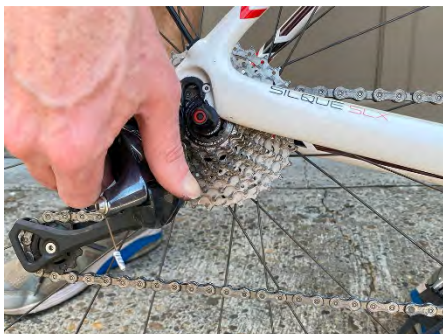
Refit the Wheel

Refitting the wheel is the reverse of removing it.

If you are **refitting the front wheel**, open the quick-release lever and place the wheel in the dropouts. Tighten the nut opposite the lever and close the lever to tighten onto the frame. If you have overtightened the nut, it will not be possible to close the lever. If the lever closes too easily, tighten the nut more and try again.

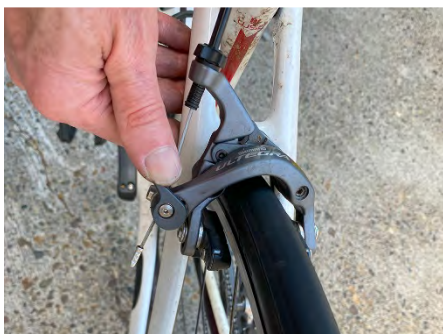


If you are **refitting the rear wheel**, align the wheel so the chain is on the smallest cog of the cassette. Pull back the derailleur to allow space for the wheel to drop into the dropouts. Close the lever and check it is tight and not touching the frame. If the lever closes too easily, tighten the nut and try again.



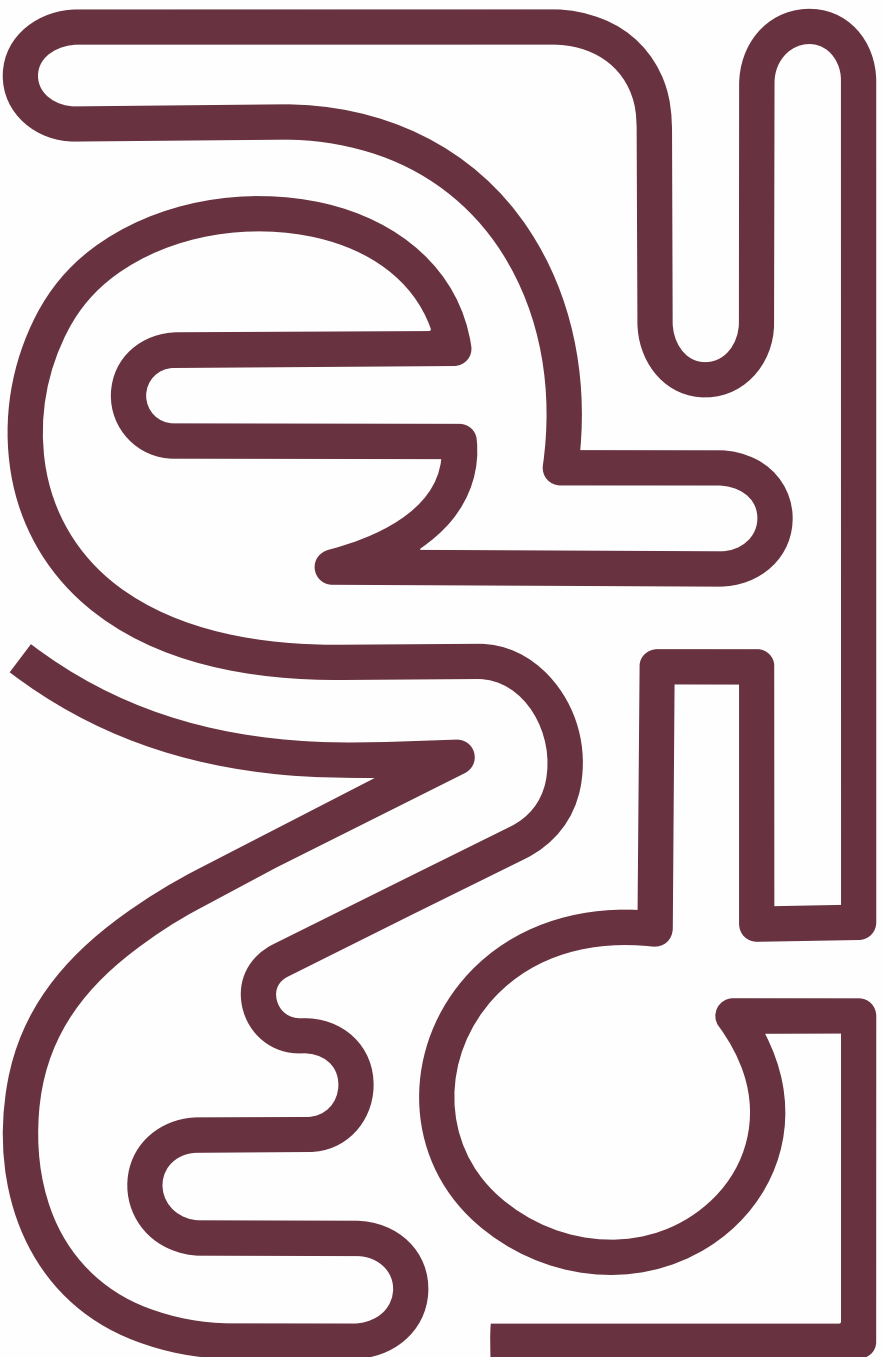
If you have a thru axle (pictured above on RHS) on either a front or a rear wheel, place the wheel in the dropouts, as described above. Then reinsert the axle. If you cannot insert the axle or it fails to engage on the thread smoothly as you turn it clockwise, remove the wheel and reinsert it, checking the alignment. Tighten the axle using a hex wrench.

If you have rim brakes, reconnect the brakes and check they are functioning OK.



Video

For a more dynamic description of fixing a flat, check out the following video:
https://youtu.be/qLO_HOOKEjs.



APPENDICES

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Appendix 2 – Quiz Answers	120

APPENDIX 1 – QUIZ QUESTIONS

For a little fun, here is a quiz to test what you have learned in this guidebook. For those who just want to relax on vacation or who want to test their riding partners, skip ahead to the answers at the end of the section.

Planning Your Tour

1. *What is the most useful tool to help you navigate your tour?*

- ☐ A piece of string and a loadstone
- ☐ LifeCycle Adventures On-Tour App
- ☐ Garmin GMR xHD2 Open Array Radar
- ☐ All of the above

2. *The LifeCycle Adventures On-Tour App can be downloaded to:*

- ☐ Your smartphone
- ☐ Your tablet
- ☐ All of the above

3. *It can be helpful to download Google Maps for the area for use offline:*

- ☐ True
- ☐ False

4. *Companies that provide cheap data plans via eSIMs are:*

- ☐ Snowman and Pharoh
- ☐ Nomad and Airalo
- ☐ Roman and Hairglo
- ☐ None of the above

5. *Things to consider booking before you travel include:*

- ☐ Train tickets
- ☐ Helicopter transfers
- ☐ Kitesurfing lessons
- ☐ High-end restaurants
- ☐ All of the above

6. *Useful things to pack include:*

- ☐ Floor pump
- ☐ Your bike helmet
- ☐ Kitchen sink
- ☐ DeWalt 20V brushless cordless 2-inch magnetic drill press
- ☐ All of the above

7. *We provide the following equipment:*

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount for your phone
- ☐ All of the above

About the Area

8. Which river flows along the Engadin Valley?

- ☐ The Inn
- ☐ The Out
- ☐ The Shakeitallabout
- ☐ The Rhein
- ☐ There is no river in the valley

9. Val Roseg is:

- ☐ A 1970s folk singer
- ☐ Wife of Joe Roseg
- ☐ A broad glacial valley
- ☐ A 1950s, Swiss movie starlet
- ☐ None of the above

10. How many winter Olympics have been hosted by St. Moritz?

- ☐ Zero
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ All of them

11. What are local capuns typically served wrapped in?

- ☐ Newspaper
- ☐ Foil
- ☐ Swiss chard
- ☐ Pages of Nietzsche's *Thus Spoke Zarathustra*

12. What are maluns?

- ☐ An enemy that appears in the Sonic the Hedgehog series
- ☐ A rubber outer shoe used by the Swiss once the snow begins to melt
- ☐ A traditional potato dish often served with apple puree and Alpine cheese
- ☐ Morning prayers often heard sung in Swiss churches

13. What is the Engadin Marathon?

- ☐ A capuns eating competition
- ☐ Europe's highest running race
- ☐ A cross-country ski race
- ☐ A delicious nut-filled snack

14. What are the official languages of Switzerland?

- ☐ German and French
- ☐ German, French, and Italian
- ☐ German, French, Italian, and Romansh
- ☐ German, French, Italian, Romansh, and English

15. Embassies in Switzerland are in which city?

- ☐ Zurich
- ☐ Bern
- ☐ Geneva
- ☐ St. Moritz
- ☐ Berlin

Overnight Towns

16. On which lake will you find Europe's highest scheduled boat service?

- ☐ Lake Titicaca
- ☐ Lake Geneva
- ☐ Lake Sils
- ☐ Lake Silvaplana

17. In which Engadin Valley town did Friedrich Nietzsche spend several summers?

- ☐ St Moritz
- ☐ Sils-Maria
- ☐ Pontresina
- ☐ Scuol
- ☐ Friedrichsberg
- ☐ Nietzschestadt

18. In Pontresina, you can:

- ☐ Go to the spa
- ☐ Go paragliding
- ☐ Visit a high ropes course
- ☐ Go whitewater rafting
- ☐ All of the above

19. The staff at the tourist information centers in the overnight towns:

- ☐ Speak only Romansh
- ☐ Know little about the area
- ☐ Have no maps for walking
- ☐ Speak excellent English

20. What are the altitudes of Sils-Maria and Scuol?

- ☐ 1,800 meters (5,900 feet) and 1,250 meters (4,100 feet)
- ☐ 8,848 meters (29,000 feet) and 375 meters (1,230 feet)
- ☐ 1,700 meters (5,575 feet) and 1,250 meters (4,100 feet)
- ☐ Non of the above

21. *In Scuol, many houses have etched decorations known as:*

- ☐ Graffiti
- ☐ Staccato
- ☐ Allegretto
- ☐ Sgraffito
- ☐ Scruffytoe

22. *Allegra in Romansh most commonly means:*

- ☐ Cheerful
- ☐ Hello or welcome
- ☐ A slow and boxy automobile
- ☐ Carefree
- ☐ All of the above

On Tour

23. *List all the works of fiction mentioned or alluded to in the section Using the On-Tour App*

APPENDIX 2 – QUIZ ANSWERS

Planning Your Tour

1. LifeCycle Adventures On-Tour App
2. All of the above
3. True
4. Nomad and Airalo
5. All of the above
6. Your bike helmet (we provide a floor pump)
7. All of the above

About the Area

8. The River Inn
9. A broad glacial valley
10. 2
11. Swiss chard
12. A traditional potato dish often served with apple pure and Alpine cheese
13. A cross-country ski race
14. German, French, Italian, and Romansh
15. Bern

Overnight Towns

16. Lake Sils
17. Sils-Maria
18. All of the above
19. Speak excellent English
20. 1,800 meters (5,900 feet) and 1,250 meters (4,100 feet)
21. Sgraffito
22. Hello or welcome

On Tour (Qu. 23)

- Middlemarch by George Eliot
- Pride and Prejudice by Jane Austen (Pemberley)
- Smallville (Superman), TV series
- Stepford Wives, movie
- Winnie-the-Pooh, by A.A. Milne (Hundred Acre Wood)
- The Great Gatsby by F. Scott Fitzgerald (Gatsby Mansion)
- The Flintstones, TV series (The Ruins of Bedrock)
- A Moveable Feast, by Ernest Hemingway (Dingo American Bar)
- Ulysses by James Joyce (the Cabman's Shelter)
- Hotel California by The Eagles
- Lord of the Rings by J. R. R. Tolkien (Rivendell)
- Twin Peaks, TV series (The Great Northern Hotel)

Your Score

There were 23 questions in total. How did you do?

- 10 well done.
- 15 brilliant!
- 20 genius!!
- 23 really!?

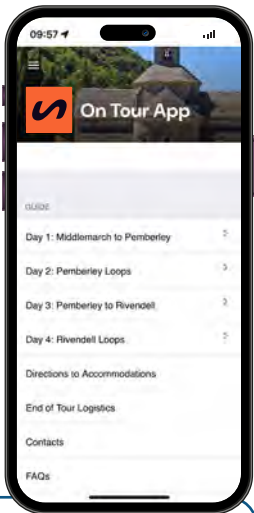
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On-Tour App

We have partnered with *Ride with GPS* to create an app that has all the details you need to explore each day.

You will receive a link to the app a few weeks before the start of your tour. Please download the app before you travel and familiarize yourself with the contents.

Here is a quick overview of how the app is organized.



App Contents

DAY 1: FROM A TO B

DAY 2: FROM B TO C

DIRECTIONS TO ACCOMMODATIONS

Details of, and directions to, your overnight accommodations

END OF TOUR LOGISTICS

Where and when to meet your guide at the end of your tour

CONTACTS

How to contact us or the emergency services

FAQs

Answers to common questions guests have while on tour

RIDE OPTIONS

LUNCH

A description of the day's restaurants and cafes by town

POINTS OF INTEREST

A description of the day's sights, museums & activities

WINERIES

A description of the day's wineries

LEISURE

Route Navigation

Maps and GPS-guided directions

Places for lunch

A list of towns where you can eat lunch along this route

Points of Interest

A list of the sights, museums and activities along this route

Wineries

A list of wineries along this route

INTERMEDIATE

...

CHALLENGE

...

EPIC

...

Explore the world by bike, on your own terms.

NORTH AMERICA

Santa Barbara, California

Big Island, Hawaii

Mount Hood, Oregon

Willamette Valley,
Oregon

San Juan Islands,
Washington

EUROPE

Istrian Peninsula, Croatia

Denmark & Sweden

Loire Valley, France

Provence, France

Gascony & the Pyrenees,
France

Southwest Ireland

Puglia, Italy

Tuscany, Italy

Holland, Netherlands

Douro Valley, Portugal

Catalonia, Spain

Engadin Valley, Switzerland



**SCAN TO DOWNLOAD THE eBook
VERSION OF THIS GUIDEBOOK**

(See page 8 for details.)

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