

Gäste-Information Samnaun

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Samnaun - boundless ski paradise

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One of the longest winter seasons in the Alps

The Silvretta Ski-Arena Samnaun/Ischgl - one of the best skiing areas in the Alps

The ski area is one of the best in the Alps: the Silvretta Ski Arena Samnaun/Ischgl was once again voted the best ski area in the Alps by over 30,000 users at the Snowplaza Award 2019. Samnaun stands for the wide choice of 239 kilometres of pistes for experts and connoisseurs, 45 modern transport facilities and guaranteed snow from the end of November to the beginning of May: 80 percent of the pistes are above 2,000 metres above sea level; 95 percent of the pistes can be snowed in. In the 2019/20 winter season, two new latest-generation chairlifts with heated seats and weather protection hood were opened. In the next few years new investments of around 100 million Swiss francs are planned in Samnaun in order to be prepared for the future.

The winter season in Samnaun lasts about 160 days. On average around 13,000 snow sports enthusiasts enjoy themselves in the area every day. Thanks to the basic currency, the Euro, the prices are considerably lower than in other comparable ski resorts: the day ticket costs CHF 60.00 (as of winter season 2019/20), per kilometre of piste only CHF 0.25, the Café Crème is served from CHF 3.70.

The family-run Samnaun accommodations welcome the guests with traditional hospitality, one feels at home. A large part of the Samnaun visitors are regular guests who return to Samnaun again and again.

Weitere Informationen:

Silvretta Ski-Arena Samnaun/Ischgl: <https://www.samnaun.ch/en/ski-snowboard/international-ski-resort-samnaunischgl>

Rates ski passes Silvretta Ski Arena Samnaun/Ischgl, CHF/EUR:
<https://www.samnaun.ch/en/operating-times-prices>

Test winner 2019 Skiresort.de - the best ski areas worldwide:
<https://www.skiresort.de/testsieger/2019/beste-skigebiete/>

Test report from Skiresort.de Samnaun/Ischgl:
<https://www.skiresort.de/skigebiet/ischglsamnaun-silvretta-arena/testbericht/>

Investments Railways Samnaun/Ischgl winter season 2019/20:
<https://www.samnaun.ch/en/ski-snowboard/innovations-int-ski-arena-samnaunischgl>

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20th "ClauWau" - World Championship of Santa Claus celebrates grand finale.

The "ClauWau", the world championship of the Santa Clauses, has a long tradition in Samnaun: On 28 November 2020, for the 20th time, Santa Clauses from home and abroad come to the cross-border ski area Samnaun/Ischgl. They are looking for the competition: who will be the winner in chimney climbing, gift transport and snow shovelling? By the way, "Chläusle" has long since ceased to be a purely male discipline. Numerous women's teams also go to the start wearing red. Whether winners or losers - in the evening everyone celebrates together with a well-known music star at the open air concert in the middle of Samnaun village. Stars such as pop-rock musician Marc Sway (2019) or Pegasus (2018) have in the past provided the right atmosphere to ring in the winter and Christmas season in a fitting manner. Because not only every Chlaus knows: Samnaun/Ischgl is a first-rate ski mecca.

The "ClauWau" incidentally refers to a Samnaun custom on the eve of St. Nicholas' Day: the children of each village - dressed as Chläuse and Schmutzlis and equipped with cowbells - visit each family in their village. In the houses they sing songs and recite poems. In return they receive money and sweets.

Further information:

"ClauWau", the 20th World Santa Claus Championship: <https://www.samnaun.ch/de/top-events/clauwau-weltmeisterschaft-nikolaeuse>

"Show in the snow" - the spring snow festival in Samnaun

The Samnaun ski season lasts until well into spring and is a pleasure for snow sport fans: perfect pistes in the morning and in the afternoon a lot of sunshine on the panorama terrace, this is how you can describe the attitude to life of spring skiing. As a highlight towards the end of the winter season, top-class events are celebrated, such as the 32nd International Spring Snow Festival on the Alp Trida on 24 and 25 April 2021: Saturday is humorous with the first edition of "Comedy in the Snow", featuring OROPAX among others; Sunday, on the other hand, is musical with a concert by an internationally renowned star. The concerts in the middle of the Silvretta Ski Arena Samnaun/Ischgl have long become a tradition: Helene Fischer, Anastacia and Co. have each rocked in front of up to 25,000 fans in recent years.

Further information:

32. spring snow festival in Samnaun/Ischgl: <https://www.samnaun.ch/en/clauwau-weltmeisterschaft-nikolaeuse>

Synchronous in the snow: European Formation Championship in Samnaun

Europe meets in the Silvretta Ski-Arena Samnaun/Ischgl when synchronicity, rhythm and technique on the snow are the order of the day. The European Formation Championships will be held here for the 6th time from 22nd to 25th April 2021. All winter long the teams from Europe have time to practice symmetry and show elements before they present these numerous snow sports fans on the slopes. Men, women, children - everyone can compete in formation skiing; but of course the main competitors are of course ski schools and ski clubs. An international jury evaluates the four formations and awards the European Championship title in three categories. All teams rehearse the compulsory figure given. Both technical and show elements are evaluated in the freestyle rides. The participants are not only very good skiers, it also takes a lot of practice for the spectacular formations.

The skill of the local ski instructors who represent Samnaun in this competition can be admired on selected dates from December to March at the ski show on the Musella slope.



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**Further information:**

6th European Formation Championship in Samnaun/Ischgl

<https://www.samnaun.ch/en/top-events/european-formation-skiing-championships>Skishow Samnaun: <https://www.samnaun.ch/de/top-events/ski-show-samnaun>**Guests in Samnaun: happy and satisfied**

Hardly any other place in Switzerland has such satisfied guests as Samnaun. Hospitality is very important here: the customer is king - or rather a good friend. Several Samnaun hotels were among the friendliest in Switzerland in 2017 and 2018 and were awarded the "Prix Bienvenu" by Switzerland Tourism. According to the largest guest survey in the country with over 20,000 participants, the Tourism Monitor Switzerland, hospitality in Samnaun is twice as often named as the main reason for travelling in comparison to the entire Swiss mountain region. It is estimated that guests are recognized - an important point, because Samnaun has an exceptionally high proportion of regular guests. The very good price-performance ratio, the excellent gastronomy or duty-free shopping also contribute to the well-being of Samnaun's guests.

Further information:SonntagsZeitung report, study by the University of Economics and Tourism in Sierre (2015): <http://dok.sonntagszeitung.ch/2015/samnaun/>Switzerland Tourism, Prix Bienvenu: <https://www.stnet.ch/de/marketing/prix-bienvenu.html>

Switzerland Tourism, Tourism Monitor Switzerland, guest survey:

<https://www.stnet.ch/de/dienstleistungen/tourismus-monitor-schweiz.html>**Duty-free****Perhaps the highest customs office in Europe - crossing borders on skis**

The national border between Switzerland and Austria runs right through the middle of the Silvretta Ski Arena Samnaun/Ischgl. The customs office is located directly on the piste at 2756 m above sea level - it is probably the highest customs office in Europe. Via the two duty-free runs, as the valley runs are called in Samnaun, you can reach the approximately 40 duty-free shops in Samnaun valley directly. Up to 5000 winter sports enthusiasts who make the valley run from Ischgl to Samnaun are registered daily in the duty-free paradise Samnaun in the winter high season. Those who comply with the customs regulations need not fear the control of customs officer Patrick Wolf and his team.

"Smuggling" can also be done in the ski resort in a playful and completely legal way: Across the whole ski resort there are three different "smuggling rounds" - that's the name of the tracking raffle with attractive prizes.

Further information:Duty free shopping in Samnaun: <https://www.samnaun.ch/en/duty-free-shopping/duty-free-shopping-experience-samnaun>Customs regulations Samnaun: <https://www.samnaun.ch/en/duty-free-shopping/customs-regulations>Smugglers' Club: <https://www.samnaun.ch/en/ski-snowboard/smuggler-runs>YouTube movie customs office: <https://www.youtube.com/watch?v=LoFvfzo9NI>

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362 days of shopping in a duty-free paradise

For historical reasons - Samnaun was only accessible via Austria until 1912 - Samnaun is the only duty-free area in Switzerland. In the duty-free paradise at 1800 m above sea level there is no cool airport atmosphere but an impressive mountain backdrop and fresh mountain air. Guests pay up to 40 percent less than elsewhere for certain brand products, such as high-quality whisky, trendy running shoes or exclusive perfumes. The duty-free experience has changed in recent years: Whereas in the past the focus was more on bargains, today it is above all the high quality of the products, top service and a wide selection that are appreciated by connoisseurs. Hundreds of high-quality brands are available in around 40 shops - 362 days a year. The shops in Samnaun are open daily from 9.00 to 18.30, the opening hours of the individual shops may vary.

Further information:

Duty free shopping in Samnaun: <https://www.samnaun.ch/en/duty-free-shopping/duty-free-shopping-experience-samnaun>

Customs regulations Samnaun: <https://www.samnaun.ch/en/duty-free-shopping/customs-regulations>

History duty free Samnaun: <https://www.samnaun.ch/en/duty-free-shopping/history-samnaun>

Shops in Samnaun at a glance:

<https://www.samnaun.ch/en/search/m/attractions/cat/shopping>

Cuisine

Milk pipeline from the alp directly to the alpine dairy

The alpine period in Samnaun is short but intensive. From June to September there is high activity on Alp Bella, one of the highest cow Alps in Europe. At three o'clock in the morning the day starts for the shepherds on the alp. 75 cows are fetched from the pasture and milked. The fresh milk reaches the alpine dairy in Samnaun-Laret directly via the milk pipeline. This saves time and the strenuous transport over the good 8 kilometre long alpine road down into the valley. In summer around 1000 litres of milk flow daily through the only about 1 cm thick tube. In the valley the milk is then processed into Samnaun mountain cheese, butter and yoghurt. In 1960 30 farmers founded the alpine dairy as a cooperative - even today you can watch in the show cheese dairy how the fresh milk is first stirred creamy and then matured for up to 12 months to the aromatic mountain cheese. When the hungry hiker orders a snack board with cheese on Alp Bella, the cycle closes again.

Further information:

To the whole story "A summer on the alp with family Lantschner":

<https://www.samnaun.ch/de/aktivitaeten-erlebnisse/alp-bella-familie-lantscher>

Samnaun alpine dairy: <https://www.sennereisamnaun.ch>

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People and personalities

The perfume professional of the Alps - Mathias Leipold

Top brands are represented in the duty-free shopping paradise of Samnaun. But also special rarities. In order to track them down, Mathias Leipold - head salesman of ZEGG Haute Parfumerie Arcada - travels several times a year to the perfume capital of Grasse in Provence. His goal: to track down the real, authentic and handmade fragrances from the small studios in the winding alleys. He has the right nose for the "perfect match" of personality and matching fragrance. "If the fragrance is well chosen, it smells like a second skin, very cuddly", says Mathias Leipold. At ZEGG Haute Parfumerie, more than 30 special and rare haute perfumery brands are waiting for the right skin. The most exclusive brands are only available in a few places in the world - but definitely in Samnaun.

Further information:

ZEGG Haute Parfumerie Arcada: <https://www.samnaun.ch/en/explore-regions/samnaun/haute-parfumerie-arcada>

Martin Valsecchi - 200% dedicated to tourism

The work of Martin Valsecchi is as varied as the seasons in Samnaun. Always on the move, always in nature - always working for tourism. In winter he runs the first Swiss ski and snowboard school in Samnaun, organises the instructors and leads tours. As event manager he ensures the smooth running of the ski show on Monday evenings with formation runs of the ski schools on the Musella slope. When the snow melts, the native Samnauner exchanges the skis for hiking boots and leads guests, for example, on a demanding tour to Muttler or accompanies them on a relaxed march to Fuorcla Curschiglias. In autumn Valsecchi is mostly on the move at the Grübelekopf near the Alp Bella and keeps a lookout for wild animals. Like his father and grandfather, he is also a hunter and is involved in the hunting club as an actuary.

Further information:

The whole "A year on the road with Martin Valsecchi" story: <https://www.samnaun.ch/en/martin-valsecchi>

Johnson Carnot - the winter maker of Samnaun

500 HP powerful machines and hundreds of thousands of cubic meters of snow are his profession, satisfied winter sportsmen his only goal. As piste manager and snow master Johnson Carnot is responsible for the perfect winter in the Samnaun ski area. This includes, among other things: transforming the slopes into a perfect carpet every night with the Pistenbully, helping the winter with 150 snow cannons on the Samnaun side of the ski area or taming dangerous masses of snow on the slopes above the slopes together with the piste rescue by avalanche blasting. The Samnaun prehistoric rock is not so easy to bring out of its calm. The fourfold grandfather knows the rhythm exactly: railway operation and piste preparation alternate, after each snowfall blasting and clearing is carried out, machines are used intensively, then maintained. Perhaps it's also the fantastic sunrises and sunsets in the most beautiful lighting mood that give Carnot the necessary composure in the demanding everyday work environment.



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**Further information:**

Whole story "A day with the Winter Maker of Samnaun":

<https://www.samnaun.ch/en/ski-snowboard/day-snow-maker-johnson-carnot>
Patrick Heis - Biker and hotelier with bite

Patrick Heis only discovered the Samnauner Berge for himself late. Up to the age of 35 the hotelier and chef de cuisine of the Hotel Des Alpes only had time for his parents' hotel business - until it was no longer possible and the body complained. 125 kg weighed on him. Today the Samnauner gets his energy directly from the mountain. When biking he always starts from the bottom of the valley, mostly 1000 metres high, in order to clear his head for the intensive work in the kitchen. He prefers to cycle to the Paliner Kopf, where Switzerland borders on Austria and offers a majestic view. Heis still hosts his guests with passion - 12 and more hours a day. But at lunchtime he swings himself onto his hardtail bike for two hours and climbs one or more peaks. Patrick Heis has bite, on the mountain and in the kitchen.

Further information:

Whole story "Experiencing limits with Patrick Heis":

<https://www.samnaun.ch/de/aktivitaeten-erlebnisse/uphill-biker-patrick-heis>
Martin Hangl - first Samnaun skiing world champion

Martin Hangl, skiing was in a sense born into his cradle. His mother Caroline Hangl-Prinz was the first woman in Samnaun to receive the ski instructor's licence. The Hangl skiing era was crowned by Martin in 1989 in Vail/Colorado: there he won the world championship title in Super-G. During his active time (1981 to 1991) Hangl raced in all World Cup disciplines, climbed the podium eight times, three of them as winner. After several injuries he left ski racing and entered his parents' ski business in Samnaun. Endurance and perseverance from top-class sport were also very useful in his training as a ski instructor and ski school director. Equipped with new management knowledge Hangl started out in the family business and took over the management of Sport und Mode Hangl. In 2002 the Hangl family founded the first Swiss ski and snowboard school in Samnaun, with Martin Hangl as managing director.

Further information:

Swiss Ski & Snowboard School Samnaun "Coronation as World Champion":

<https://www.snowsports-samnaun.ch/kroenung-als-weltmeister.html>

Article Southeastern Switzerland "The ex-world champion is also happy as a business man" (2011): <https://www.suedostschweiz.ch/zeitung/der-ex-weltmeister-ist-auch-als-gesch%C3%A4ftsmann-gl%C3%BCcklich-1>

Full Story: <https://www.samnaun.ch/de/unterwegs/martin-hangl>

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Christian Heis - the Samnauner Sake-Sommelier

"Astro Whisky & More" is the name of Christian Heis' business in Samnaun. The qualified sommelier is very close to the mountains. Down in the valley he advises Samnaun guests on drinks, the method of production and the living conditions of the "botanicals". Whether whisky, wine, gin or rum - with him one finds high-proof quality at low prices, thanks to the duty-free. The regional hoteliers also send their staff to Heis for training. Up on the mountain, he expands the boundaries of good taste during "food pairing" at the annual "Gipfelgenuss". When Heis is looking for the right drop to accompany his dish, he wants to surprise his guests. As one of only three Swiss sake sommeliers, he has studied the Japanese, wine-like brewing drink in detail and can produce it almost blind. Christian Heis lives his passion: For once, he has burned his life motto "Give your soul mountains" not into the bottle but onto the skin.

Further information:

Astro Whisky & Mehr von Christian Heis:

<https://maps.engadin.com/de/punkt/spirituosen/astro-whisky-more/23901801>

6th Samnauner Gipfelgenuss - Festival of culinary delights (July 2020):

<https://www.samnaun.ch/en/samnaun-food-festival>

With Hans Kleinstein safely through the snow

Snow is beautiful, but also dangerous. Nobody knows this better than Hans Kleinstein. As head of the Samnaun ski run and rescue service he sounds out the boundaries between danger and fun. He has been an early riser for 25 years: To ensure that all the slopes are ready by 8 a.m., his team starts work at 4 a.m. If more than 15 centimeters of fresh snow fall at night and strong winds blow, the snow masses must be blown up in a targeted manner - directly on site, remotely controlled by means of explosive masts or with the support of a helicopter. Around 800 times per winter. This relieves dangerous slopes and secures the slopes. 80 blasting masts - the residues are biodegradable - look after Kleinstein and ensure safety during the day from the command centre on the Alp Trida Sattel and look after injured skiers on the 70 kilometres of pistes on the Samnaun side.

Further information:

Whole story "Blowing up avalanches with Hans Kleinstein":

<https://www.samnaun.ch/de/aktivitaeten-erlebnisse/menschen-geschichten-aus-samnaun/hans-kleinstein>

Exemplary commitment - 280 employees ensure the well-being of guests

A total of around 280 employees work for Bergbahnen Samnaun AG on the Swiss side of the Silvretta Ski-Arena Samnaun/Ischgl for guests during the winter season. The success story began in 1978 when Samnaun and Ischgl joined forces to create a large ski arena. The capacities of the Samnaun feeder cableway were soon no longer sufficient. Bergbahnen Samnaun AG implemented a spectacular innovation in 1995 with the world's first double-decker lift. The operations manager Erich Schuchter was on board from the very beginning. He is in his element when it comes to "his" lifts and can explain in detail the sophisticated technology of the double-decker lift, which weighs around 28 tonnes when fully loaded. Mario Jenal, Managing Director for around 30 years, knows exactly what pioneering work has been done and why binational cooperation more than pays off economically for both sides. Bergbahnen Samnaun AG is pursuing ambitious plans for the next few years - up to 100 million Swiss francs are to flow into the expansion of facilities and comfort in the ski area on the Swiss side. On the other hand, Margot Fankhauser has had an open ear for the worries and questions of guests for almost 10



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years as a manager at the cash desk. She has some amusing anecdotes to tell from everyday life on the mountain railways.

Further information:

Behind the scenes of the double-decker train with Erich Schuchter:

<https://www.myswitzerland.com/de-ch/erlebnisse/hinter-den-kulissen-der-doppelstockbahn/>

Mario Jenal in interview with SRF (2010): <https://s4.srf.ch/play/tv/eco/video/mario-jenal-von-den-bergbahnen-samnaun-ueber-ischgl-und-samnaun?id=3fddb85-2825-4572-9895-48097d3e0c95>

The Heidelberger Hütte - The German hut on Swiss soil hosted by an Austrian

It was built by the German Alpine Association Section Heidelberg in 1889, is located on Swiss territory - and is run by the Austrian host Alois "Loisl" Eiter: the Heidelberger Hütte. The national border runs right across the Fimba Valley from Piz Val Gronda to the Gemspleisspitze, from the hut to the national border further down in the valley is about two kilometres. The hut is situated at 2264 m above sea level, embedded in the extensive Fimba valley, directly in front of the imposing Fluchthorn. The path from Samnaun to the Heidelberger Hütte leads in any case across Austrian territory: in winter the hut can be reached from Piz Val Gronda in an easy, scenic variant downhill run. In summer it is about four hours' walk from Samnaun village through the Val Musauna to the Zebblasjoch, further over Austrian soil in the direction of Fuorcla Val Gronda and from here again over Swiss territory to the Heidelberg Hut. In summer in the whole of the Fimba valley - from the Fimber Pass at the far end of the valley to the Pardatschalpe at the bottom of the valley - about 1200 dairy cows, suckler cows and cattle graze, and thus more animals than in any other valley. In winter as well as in summer, Alois Eiter and his team pamper guests with excellent mountain hut fare.

Further information

Website Heidelberger Hütte: <http://www.heidelberger-huette.com/willkommen.html>

Hiking route Samnaun - Heidelberger Hütte:

<https://maps.engadin.com/de/tour/bergwanderrouten/heidelberger-huette-samnaun-dorf/14596475/#dmddtab=oax-tab1>

Culture in the valley - and Arno Jäger is in his element

The enthusiasm of the local museum guide Arno Jäger is contagious when he tells about the history and culture of the Samnaun valley. The president of the cultural commission is master of the local collection in Samnaun: in the valley museum "Chasa Retica", a farmhouse dating from 1666 and typical of the region, numerous objects of peasant life in days gone by can be discovered. He also knows the stories of the typical family names from the area - from Carnot to Jenal to Zegg. Guided tours take place every Wednesday (winter season) or Thursday (summer). After the guided tours the visitors can let themselves be tasted by the Samnaun original Arno hunter with a traditional Samnaun dish. Arno Jäger is also engaged with the Samnaun Theatre and every winter he provides for many laughs at the weekly theatre performances. The humorous performances are much sought after by tourists and locals alike: 100 to 200 guests attend the performances every Thursday!

Further information

Samnaun Valley Museum: <https://www.samnaun.ch/en/explore-regions/samnaun/talmuseum-samnaun>



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Samnaun Theatre Group: <https://samnaun.jimdo.com/>

Summer Experiences

Summit enjoyment for the sixth - Festival of culinary delights in the border triangle

In the Panorama Restaurant Sattel you have the Samnaun skyline - from Piz Mundin via Muttler to Greitispitz - at eye level: the view is a real summit pleasure. On 4 July 2020 the summit pleasure becomes a festival of culinary delights when the Samnaun top chefs present their signature dishes to the guests. At 2500 metres above sea level the Samnaun chefs will spoil the festival visitors, among others Bernd Fabian (1 Michelin star, 16 GaultMillau points) from the Hotel Chasa Montana, Daniel Homann from the Hotel Haus Homann or Tobias Prinz from the Hotel Edi. Local specialities such as Samnauner Bergkäse or the nut gateau as well as exquisite sparkling wines are not to be missed at the festival. The prelude with aperitif takes place the evening before in Samnaun village. There the local cooks introduce themselves to the public.

Further information

Summit enjoyment: <https://www.samnaun.ch/en/samnaun-food-festival>

900 different plant species in Samnaun valley

Spring in Samnaun announces itself at the beginning of May with a white carpet of flowers: That's when the crocuses bloom in Samnaun, transforming the meadows into a veritable sea of flowers. Shortly afterwards everything turns green within a very short time. Lush mountain meadows delight not only the local farmers but also the hikers. Samnaun is known for its rich variety of plants with about 900 different species of plants between 1400 and 3300 m above sea level; some plants such as the healing bell even grow exclusively in Samnaun in Switzerland. Edelweiss can also be found here in large numbers, some even directly on the road. In 2015 Alois Walser's Nörder-Wiese in Samnaun convinced the jury with its smooth spectacled siliques and daffodil anemones at the meadow championship: the jury with representatives of the Fundaziun Pro Terra Engiadina voted it into first place.

Further information

Meadow Championship 2015: <http://www.wiesenmeisterschaft.ch/de/archiv/2015/wm-jura/>

Plant excursion: <https://www.samnaun.ch/de/veranstaltung/blumen-und-pflanzen-exkursion>

Freeride trails by Claudio Caluori - seven times Swiss Downhill Champion

There are about 80 kilometres of mountain bike trails in Samnaun valley. These connect the valley with the neighbouring valleys in the Paznaun in the north and over the Fimber Pass with the Engadine in the south. The seven-time Swiss champion in downhill and world-famous trail constructor Claudio Caluori from Graubünden (Bonaduz) has helped to build the trails in Samnaun himself: the two freeride trails on the Alp Trida, the "Flow Trail" and the "Enduro Trail", were built 100 percent by hand. Thanks to the careful construction method only as little as necessary was interfered with the landscape. The result is two single trails with tight turns and smaller jumps - suitable for beginners and professionals alike. The starting point is on the Alp Trider Sattel or on the Viderjoch, both places can be reached with the mountain railways. The bike transport is free with the Samnaun guest card.



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Further information

Flow-Trail Samnaun by Claudio Caluori:

<https://maps.engadin.com/en/tour/mountainbiking/flow-trail-alp-trider-sattel-alp-trida/10738598/>

Enduro trail Samnaun by Claudio Caluori :

<https://maps.engadin.com/en/tour/mountainbiking/697-viderjoch/10738506/>

Mountainbiken in Samnaun: <https://www.samnaun.ch/en/activities-experiences/mountainbiken>

"Home of Trail" film with mountain bike pros Claudio Caluori (Grisons) and Danny MacAskill (Scotland) about the bike paradise Grisons: <https://scuol-zernez.engadin.com/en/aktivitaten-erlebnisse/mountainbiken/home-trails>

Interactive map region Engadin Samnaun Val Müstair: <https://maps.engadin.com/en/tours/#filter=fullyTranslatedLangus-,sb-sortedBy-0>

Tour planner region Engadin Samnaun Val Müstair:

https://maps.engadin.com/de/tourenplaner/?_ga=2.19932990.764831538.1578908829-1770757858.1571403045

Outdooractive App: <https://www.graubuenden.ch/en/info/outdooractive-app>

Mountain and (e-)bike: The sporty symbiosis in Samnaun

For the Samnaun hotelier Patrick Heis many metres in altitude are not a problem but a sought-after challenge: In summer he conquers the mountains daily with his bike. His favourite tour goes from Samnaun to the Zebblasjoch and from there everything along the border ridge to the Viderjoch and back down into the valley. The trail is a physical challenge with 1300 metres of ascent, but the effort is rewarded on the Grenzgrat with a spectacular three-country panorama. Thanks to e-bikes - these can be rented in sports shops - even less sporty guests can reach the most beautiful vantage points, which they might not dare to do without e-assistance. The (e-)bike transport with the Samnaun mountain railways is by the way free of charge with the Samnaun guest card.

Further information

E-Mountainbike in Samnaun: <https://www.samnaun.ch/de/aktivitaeten-erlebnisse/mountainbiken/e-mountainbike>

E-Mountainbike in Engadin: <https://www.engadin.ch/de/e-bike/>

Samnaun favourite tour by Patrick Heis:

<https://maps.engadin.com/en/tour/mountainbiking/samnaun-zeblasjoch-alp-trida-round-tour/31826721/>

Schmuggler-Biketour: <https://maps.engadin.com/en/tour/mountainbiking/samnaun-fimberpass-scuol/22969546/>

Enduro trail to Ischgl: <https://maps.engadin.com/en/tour/mountainbiking/velill-enduro-trail-to-ischgl/15168983/>

E-bike offers Hotel Chasa Montana:

<https://www.hotelchasamontana.ch/de/samnaun/bike-paradies-samnaun>

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The first sunrise in Switzerland

In Switzerland the sun rises first in Samnaun - in the summer half-year the first rays of the country's sun cross the border here at 2891 metres above sea level: so whoever hikes to the Grübelekopf in the early morning can enjoy the morning sun first in Switzerland. On the border between Switzerland and Austria, the view sweeps over the surrounding peaks and mountain valleys.

Those who prefer to hike to the Grübelekopf during the day can take the double-decker cable car to Alp Trider Sattel for the first few metres in altitude. From here it's all on foot: Via Alp Trida you can reach Alp Bella (2385 m above sea level), one of the highest cow Alps in Europe, in about one hour. Now there are still 500 metres of ascent to the Grübelekopf. On the way you pass the semicircular rock formation "near the churches", which reminds you of an oversized church window. The formation was formed over millions of years during the folding of the Alps.

Further information

Hike to the Grübelekopf: <https://maps.engadin.com/en/tour/mountain-hikes/gruebelekopf/33454198/>

Interactive map with all hikes in the region Engadin Samnaun Val Müstair: <https://maps.engadin.com/en/tours/#filter=r-fullyTranslatedLangus-,sb-sortedBy-0>

Story Alp Bella "A summer on the alp with family Lantschner":

<https://www.samnaun.ch/de/aktivitaeten-erlebnisse/alp-bella-familie-lantscher>

Hiking guide Martin Valsecchi: <https://www.samnaun.ch/de/node/12637>

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About TESSVM

TESSVM is the tourist marketing organisation for the Lower Engadine, Samnaun and Val Müstair. On behalf of the shareholders, TESSVM primarily promotes the demand for tourist offers and services both nationally and internationally. TESSVM and all local stakeholders are responsible for the communication of offers and guest care in five political communities with over twenty holiday resorts. The organisation with its headquarters in Scuol launches and coordinates joint projects with regional partners and service providers and ensures coordination with Graubünden Ferien and Switzerland Tourism. With a budget of approximately CHF 5.5 million, the company employs around 40 full- and part-time staff, including two interns and three apprentices. The Scuol Samnaun Val Müstair holiday region contributes around 1 million overnight stays, which is almost 10 % of the total number of overnight stays in Graubünden.

Taking responsibility: CSR and three-dimensional sustainability

Corporate Social Responsibility (CSR) is the voluntary contribution of companies to sustainable development, with voluntary commitment at its core. TESSVM acts according to the principle of three-dimensional sustainability: economic, social and environmental. TESSVM is "climate-neutral" by striving to reduce its CO2 emissions and offsetting unavoidable emissions through myclimate carbon offset projects. Wherever possible, purchases are made in the region and orders are placed with local partners. Within the company itself, TESSVM promotes young talent with apprenticeships and internships.