



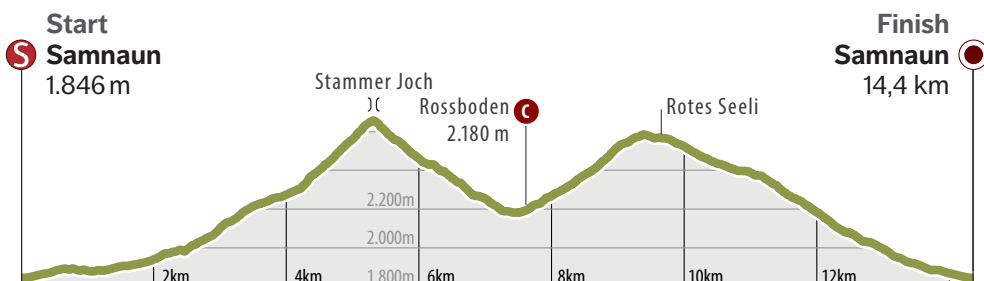
This varied trail run includes gentle warm-up and cool-down sections. There are stretches with stunning views around the Rotes Seeli, as well as beautiful, technically easy trails.

Starting off gently from Samnaun along the Märchenweg, you soon turn left and follow the lovely trails into the valley. The trail then becomes slightly steeper, taking you up to the 2,659-metre-high Stammer Joch. From here, there is a fantastic view of the Muttler, which stands at almost 3,300 metres and is the highest peak in the Samnaun Group. Follow the trail down into the valley, then head back up the other side towards the Muttler. At an altitude of just under 2,600 metres, take a sharp left and follow the trail back onto a forest track to reach the finish line.



















#### ► On the trail

- Samnaun
- Stammer Joch
- Rotes Seeli
- Samnaun

#### ► Trail profile



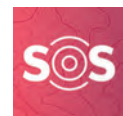
#### Legend

- |   |                           |   |                  |
|---|---------------------------|---|------------------|
|  | Start/Finish              |  | Sightseeing      |
|  | Rations                   |  | Cableway         |
|  | Checkpoint                |  | Outdoor swimming |
|  | Trail direction           |  | Mountain pass    |
|  | U-Turn                    |  | Summit           |
|  | Alpine inn food           |  | Main road        |
|  | Alpine inn (not serviced) |  | Country road     |
|  | Information               |  | Road             |
|  | Point of interest         |  | Border           |

#### In case of emergency


**140**  
Alpine emergency call  
Mountain rescue

SOS-EU-ALP APP



**112**  
Euro-Emergency call

 **Tourismus Engadin Scuol**  
Samnaun Val Müstair AG  
www.engadin.com | www.samnaun.ch | www.val-muestair.ch

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max2 gmbh – sign & design, Innsbruck  
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 **Interreg**  
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