**BERNINA-TREK – WALKING TRAIL   
UNIQUE EXPERIENCES IN THE   
SOUTHEST CORNERS Of GRAUBÜNDEN**

The Bernina-Trek is a long-distance hiking from SAC-hut to SAC-hut, and it is much more: The Trek offers lived hospitality in very different huts of the SAC Bernina, all of which are located in sensational surroundings.

From the **Albulatal** with the Piz Kesch and the UNESCO World Rhaetian Railway (from Thusis to Tirano), to the **Julier area** with its impressive geology and tranquility, to the **Bernina area** with the well-known names Piz Palü, Piz Morteratsch and Piz Bernina together with the world famous Biancograt. The conclusion is formed by the lovely and warm **Puschlav** with its incomparable Italianità. There is something for every hiker!

**THE CLASSIC ONE**

**THE ROUTE FOR HIKERS WITH GOOD CONDITION**

Daily stages between 8 to 10 hours. The route leads through forests, alps, promising transitions, along glaciers to the Bernina region – in close contact with the breathtaking magnitudes of Piz Palü and Piz Bernina – and ends in the lovely Val di Campo in Puschlav.

**GET THE INFORMATION:**

Stage overview: The classic version of the Bernina-Trek takes hikers through the areas in 7 daily stages. Each stage is designed to last between 4 to 8 hours. Individual transport options are also available (mountain railways, Rhaetian Railway, Postbus). They shorten the stages, if desired. Of course, only individual parts of this classic route can be hiked. Just tell us your wishes. We will gladly advise you and put together an individual arrangement.

Interactive map: On the basis of the Swisstopo maps you can see all seven stages of the classic variant – get an overview shortly! Tour descriptions, elevation profiles, hiking trails, useful addresses – all from one source! Each stage can also be downloaded as a tour sheet PDF! – see on website www.bernina-trek.ch

**THE CLASSIC ROUTE**

**DAY 1**

Region: Engadin St. Moritz

Starting point: Madulain, train station

Places along the route: Madulain / Zuoz – Chamanna d’Es-cha

Description: Madulain – Chamanna d’Es-cha:

The first day begins with the journey to the Upper Engadine. The ascent from Madulain is therefore a bit shorter than the following daily stages. About 40 m south of the train station Madulain (arrival by train recommended) leads a road on the railway track uphill. Past the modern farm and you have already left the last houses of the small village. Before reaching a ravine, the path turns right into the sunny, terraced slopes. The trail is well signposted and leads past the Alp Es-cha Dadour. At the start of Zuoz, you first walk through the beautiful village, where the old Engadine houses are located on the left and right. From the valley station of the chairlift, the Chamanna d’Es-cha is signposted. Following the high trail, you reach the Alp Es-cha Dadour. In front of the Alp Es-cha Dadains, the path goes up to the right up to Chamanna d’Es-cha. The altitude gain (900 hm) over the sunny slopes is a bit sweaty, but the view of the Engadin from the hut terrace compensates for the effort.

Note: The trail is well signposted and marked by Madulain and Zuoz (red-white).

Phone reception to the Alp Es-cha Dadour, then only sporadically.

Experience / Nature:

Climb through light pine and larch forests over warm, sunny slopes.

Attractions:

From the sun terrace you have a beautiful view of the whole Bernina group.

The Stüva is decorated with a unique stucco ceiling, probably the only one in an SAC hut.

Variant A: start of Zuoz (station)

**Tour character**Time required: 3 h

Distance: 5.5 km

Ascent: 900 m

Descent: 1 m max.

Height: 2594 m.ü.M.

Difficulty: T2 mountain hiking

**DAY 2**

Starting point: Madulain, Chamanna d’Es-cha

Places along the route: Chamanna d’Es-cha – Fuorcla Gualdauna – Ospiz – Fuorcla Crap Alv – Palu Marscha – Alp Suvretta – Tegia d'Val – Chamanna Jenatsch

Description: Chamanna d’Es-cha – Chamanna Jenatsch:

From the Chamanna d’Es-cha with little loss of altitude to the southwest to Fuorcla Gualdauna and from there descent to Albulapassstrasse. Along the mostly little used pass road to Ospiz (2.5 hours, restaurant). Continue on the right side of the valley for 1.5 km until the terrain drops steeply to the lakes. Here we turn left on the road in the direction of Fuorcla Crap Alv. Along unique, green-shimmering Crap Alv Laiets (inviting us for a swim), the trail leads us to the 2,466-meter-high Fuorcla Crap Alv pass (1.5 hours). This Fuorcla is known for the highest density of biodiversity (flora) in Switzerland. A steep descent brings us into the light forest at Palüd Marscha in the upper Val Bever (1 hour). We follow the road to Alp Suvretta. There we pass the bridge over the Beverin and climb, past Tegia d'Val, to the Chamanna Jenatsch in 2652 m (3 hrs) on.

Note: The trail is well signposted and marked (red-white).

Mostly no mobile / cell phone reception on the route.

Experience / Nature:

From the species-rich flower pastures of the sunny terraces and mountain slopes to the wild Val Bever.

Attractions:

Alp Weissenstein (Albulapassstrasse towards Preda / Bergün), which is an experimental farm of ETH Zurich.

**Tour character**

Time required: 8 h

Distance: 23 km

Ascent: 1090 m

Descent: 1030 m

Max. Height: 2652 m.ü.M.

Difficulty: T3 Challenging mountain hiking

**DAY 3**

Starting point: Chamanna Jenatsch, Val Bever

Places along the route: Chamanna Jenatsch – Fuorcla Suvretta – Alp Suvretta – Silvaplana – Surlej – middle station Murtél (Corvatsch) – Fuorcla Surlej – Chamanna Coaz

Description: Chamanna Jenatsch – Chamanna Coaz:

Follow the signposted path to Fuorcla Suvretta and descent to Lej Suvretta. Out of the valley to the Alp Suvretta and further down the panoramic path to Silvaplana. On the other side of the valley near Surlej the cable car Corvatsch leads to the middle station Murtél. From Silvaplana you can also take the Engadine bus to Surlej. From the middle station Murtél the hike continues over the Fuorcla Surlej on the impressive panoramic path with a view of the Bernina massif to the Chamanna Coaz.

Note: Mostly no mobile / cell phone reception on the route.

Experience / Nature:

Striking crossings, alpine surroundings close to the glacier, views of the Engadin valley and famous mountain ranges (Bernina, Roseg, Julier), ibex, marmots, bearded vulture, eagles and impressive geology.

Attractions:

Exceptional, colorful geology on the way to Fuorcla Suvretta.

Chamanna Coaz, architect: Jakob Eschenmoser.

Variant A: Piz Nair – Corviglia – St. Moritz – Silvaplana – Surlej (by cable car and Engadine bus)

**Tour character**

Time required: 8 h

Distance: 26 km

Ascent: 1643 m

Descent: 1700 m

Max. Height: 2966 meters above sea level.

Difficulty: T3 Challenging mountain hiking

**DAY 4**

Starting point: Chamanna Coaz, Val Roseg

Places along the route: Chamanna Coaz – Chamanna Tschierva

Description: Chamanna Coaz – Chamanna Tschierva:

Immerse yourself in the fascinating glacier world between Il Chapütschin, Piz Roseg and the Piz Bernina. On one of the most beautiful mountain trails in the Alps, hike high above the Val Roseg. After about 20 minutes, the mountain trail leads you down to the emerald-green shining Lej da Vadret (German glacier lake). In the subsequent glacier forecourt you will discover geological peculiarities at each step and encounter witnesses of the glaciological development. Via the moraine of the Vadret da Tschierva we finally reach the Chamanna Tschierva at the starting point of the well-known Biancogrates on the Piz Bernina, the only 4000s Graubünden and the Eastern Alps.

Note: Mobile phone reception on the whole route.

Experience / Nature:

Glacier field of national importance, protected.

Attractions:

Philosophers Square: During a trip (about 0.5 hours) from the Chamanna Coaz in the direction of Vadret da Roseg, the essence and work of a glacier can be impressively demonstrated, for example, by means of glacier mills. And that glaciers are 'alive', you can hear that every day again and again at ice breaks - from a safe distance of course. Let yourself be impressed and inspired by the forces of nature.

Option A: Hotel Roseg Glacier – Alp Misaun – Chamanna Tschierva

**Tour character**

Time required: 4 hours

Distance: 8 km

Ascent: 585 m

Descent: 611 m

Max. Height: 2640 m.ü.M.

Difficulty: T3 Challenging mountain hiking

**DAY 5**

Starting point: Chamanna Tschierva, Val Roseg

Places along the route: Chamanna Tschierva – Chamanna Boval

Description: Chamanna Tschierva – Chamanna Boval:

The descent through the Val Roseg brings us to Pontresina. In the upper part of the valley you have a good chance to see chamois and marmots. The lower part leads along the river Ova da Roseg through a larch and pine forest. Be sure to take the marked right hand path after the Hotel Roseg Glacier and not the wide driveway.

In Pontresina continue through the Taiswald, then along the train to the station Morteratsch. Of course you can also take the train (station Surovas) for this route. Behind the Morteratsch railway station on the left is the Alpschau cheese dairy, Morteratsch - ideal for a break. Then we cross the tracks and take the marked path to the Chamanna Boval on the Chünetta. The climb leads through the ever-thinning pine forest and on a promising path high above the Morteratsch Glacier to Chamanna Boval.

Note: Mobile phone reception is very good.

Experience / Nature:

Alpine quiet zone, pine and larch forest, snow-capped peaks of the imposing Bernina massif

Attractions:

Modern extension of the Chamanna Tschierva.

Alpine cheese dairy Morteratsch

**Tour character**

Time required: 7 h

Distance: 21 km

Ascent: 680 m

Descent: 765 m

Max. Height: 2583 m.ü.M.

Difficulty: T2 mountain hiking

**DAY 6**

Starting point: Chamanna Boval, Val Morteratsch

Places along the route: Chamanna Boval – Chuenetta – Morteratsch – Lagalb – Fuorcla Minor – La Rosa – Salva – Lungacqua – Rifugio Saoseo

Description: Chamanna Boval – Rifugio Saoseo:

Descent on marked way to Morteratsch station. Train ride on the Rhaetian Railway to Lagalb. (Instead of the train ride, the route can also be hiked in the direction of Lagalb.) Hike through the Val Minor to the lake of the same name (Lej Minor), before the saddle (Fuorcla Minor) following the new markings a short distance away to the road to Livigno. From La Rösa via Salva to Lungacqua to the Rifugio Saoseo near the lake of the same name. The short climb to the gorgeous lake is definitely recommended.

Note: Experience / Nature: Scenic features, pure nature in the middle of the Bernina group.

Attractions: Glacier World of Morteratsch

Variation A: Chamanna Boval – Pasculs – Chünetta (path is marked with Steinmännli only)

**Tour character**Time required: 7 h

Distance: 25 km

Ascent: 821 m

Descent: 1280 m Max.

Height: 2495 m.ü.M.

Difficulty: T3 Challenging mountain hiking

**DAY 7**

Starting point: Rifugio Saoseo, Val di Camp

Places along the route: Rifugio Saoseo – Aura Freida – Poschiavo

Description: Rifugio Saoseo – Poschiavo:

After about 300 m along the road, the trail branches left to Terzana, over the idyllic Poz da Rügiul, continue towards Terzana until the turnoff to Aura Freida. After a 100 meter ascent we reach the beautiful bog Plan San Francesc with wonderful views to Piz Varuna, Palü Glacier and Piz Palü. A driveway (natural road) turns out to be a panoramic trail, past various viewpoints and hamlets, we slowly descend to Poschiavo.

Poschiavo welcomes us with a southern ambience. The piazza, surrounded by the imposing church and stately buildings, shows us another world. The restaurants attract with the finest Gelati and we have now earned! The return journey with the Rhaetian Railway is an adventure trip, as it leads through spiral tunnels, past milky glacier lakes and bluish shimmering glaciers.

Note: One third of the stage runs on trails, the remaining two thirds on nature / forest road.

Experience / Nature: Beautiful larch forests and raised bogs, floral diversity.

Attractions: Distinctive view to the Piz Palü and Palügletscher, Piz Varuna and to the south the Pizzo Scalino

**Tour character**Time required: 4½ h

Distance: 13.6 km

Ascent: 327 m

Descent: 1292 m

Max. Height: 2120 m.ü.M.

Difficulty: T2 mountain hiking

**Useful information:**

**The Bernina Trek is a high alpine hike.** We recommend taking a hiking map with you. For an overview, the map 5013 of the Federal Office of Topography of Switzerland, Upper Engadine (Engiadin'Ota), 1: 50'000 is recommended.

**Costs SAC hut:** Recommended prices Adult Alpine Club member CHF 60, non-member CHF 70 for dinner, overnight stay, breakfast, march tea and all taxes (small price differences from hut to hut are possible).

**Payment of overnight stays with credit cards or debit cards:** Card payment is possible at the following accommodations: Gasthaus Spinas, Ospizio La Veduta,Tschierva hut SAC, Ospizio Bernina

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