



Protect

The Swiss National Park is a strictly protected wilderness where flora and fauna can develop freely and natural processes are allowed to run their course unhindered.

Thanks to the vision of far-sighted pioneers, Switzerland's first national park, the oldest in the Alps, was founded more than 100 years ago. According to the International Union for the Conservation of Nature (IUCN) the Swiss National Park (SNP) belongs to the highest category – the «Champions League» – of strict nature reserves. Such a high status carries obligations. Within the Park it is not permitted to leave the marked paths; it is prohibited to pick flowers, mow meadows, kill animals or cut down trees. Nature is left untouched; nothing must be changed.

It is not just a question of protection of species; the entire habitat, with all its natural dynamic processes, is strictly protected – fallen trees, avalanches and mudslides also come into this category. The comprehensive and consistent philosophy that has been a crucial element of the SNP since its foundation on 1st August 1914 also guarantees its future development.



Swiss National Park



Protection regulations

The SNP is one of the best protected areas in the Alps. Visitors are able to witness the dynamic processes that lend this landscape its unique character.

Park wardens are on duty to enforce Park regulations and to report any contraventions.



Extract from the National Park regulations:

- It is forbidden to leave the marked paths
- It is forbidden to throw away, leave, or bury litter, and to light fires
- Nothing (plants, wood, stones, animals etc.) may be picked or removed
- Dogs are not allowed in the Park, not even on a lead
- No winter sports (skiing or snowshoeing), cycling or flying of any sort are permitted
- Bathing in lakes, pools, streams and rivers is not permitted
- Overnight stays are forbidden, including in parked cars alongside the main Pass dal Fuorn (Ofenpass) road
- Nature must be left undisturbed



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Research

How does nature develop without human intervention? Research projects and long-term observation programmes allow scientists to understand complex processes more clearly.

Scientists from various research institutes use this unique open-air laboratory to gain further knowledge of the development of Alpine species and habitats. Minimal human disturbance and the many years of research carried out by earlier generations of scientists offer ideal conditions for a variety of research activities.

The SNP has a unique series of data that have been collected over a considerable period, making it a highly attractive research site. The first long-term observation areas were set up in 1917, since when investigations have been carried out and documented on a regular basis, thereby clearly showing any changes.

SNP field researchers can be easily recognised by their coloured jackets and are always glad to give information about their activities.



Inform

Excursions in the National Park offer a fascinating experience amidst a truly natural landscape. It is well worth visiting the National Park Centre before setting off.

Walking in an untouched natural environment, observing marmots close to, seeing edelweiss growing alongside the path, looking out for a sighting of a bearded vulture, chatting with a Park warden: these are all unforgettable experiences that leave a lasting impression.

The SNP has put together a vast amount of information with the aim of giving visitors a clear idea of how nature interconnects; we hope this will encourage visitors to join us in protecting our natural environment.

Guided excursions, nature trails, teacher training courses, activities for children and schools, lectures, exhibitions, the National Park app, and various publications: all these are elements of the SNP's environmental awareness programme.

The National Park Centre in Zernez offers a vast array of interactive, hands-on displays and activities, making it an ideal place for young and old to visit before or after a walk in the Park.



Untouched nature

A glance skywards, sharp ears and a sensitive nose: if you remain alert whilst walking in the National Park you will surely enjoy fascinating experiences.

If you want to admire the myriad colours of the alpine flora, we recommend a visit during the months of June and July. This is also the best time to observe young animals. For walks at higher altitudes, such as the Macun lake plateau or Fuorcla Val Sassa, it is best to come in July or August.

The second half of September sees the spectacular rutting season of the red deer. During October the larch forests of the Engadine turn to dazzling gold. Come winter the National Park is closed, allowing the animals to spend the hardest months of the year in their winter quarters, with no disturbance.

Wilderness areas offer unique opportunities to learn about and understand the complexity of natural processes. In treating Nature respectfully we ensure that these havens remain unspoiled so that future generations will also be able to experience the wonders of an untouched natural world.



Facts & Figures

Aims: protect, research, inform
Area: 170.3 km ²
Established: 1st August 1914
Municipalities: Zernez, Scuol, S-chanf, Val Müstair
Legal status: foundation governed by public law
Altitude: 1400 – 3174 m above sea level (Piz Pisoc)
Structure: 28 % forest, 21 % alpine meadows, 51 % rock/scree
Bedrock: 80% dolomite and limestone
Mammals: 36 species
Birds: 100 species, of which 60 nest in the Park
Invertebrates: 5000 species
Higher plants: 650 species
Marked paths: 21 routes, altogether 100 km, 18 resting places
Visitors per year: approximately 120 000



Looking to the future

In 2014 the Swiss National Park celebrated its 100-year jubilee with a variety of events. Thanks to the wide media coverage, the oldest national park in the Alps was able to position itself as a unique wilderness area – not only to today's public, but also to future generations.

Ensuring conservation whilst at the same time allowing development to continue are the key aims of the future. Collaboration at all levels – regional, national and international – is essential.

Since 2010 the SNP and the regional nature park Biosfera Val Müstair constitute a UNESCO Biosphere Reserve. With the extension of the peripheral zone into the Engadine valley the UNESCO label is now definitely secured. Thanks to the initiative of the Scuol municipality the buffer zone now stretches from S-charl in the north to the Macun lake plateau. The SNP forms the core zone (see map on reverse).

The SNP is a member of the Grisons Parks Association. On a national level collaboration with Swiss Parks is of prime importance. In the meantime there is now a network of 20 parks, of various categories, spread throughout Switzerland. Cooperation and ecological connectivity within the Alpine region is an important concern. ALPARC, the Alpine Network of Protected Areas, plays a major role in this context.

- UNESCO-Biosphere Reserve: www.biosphaerenreservat.ch
- Grisons Parks Association: www.graubuendenparcs.ch
- Swiss Parks Network: www.parks.swiss
- Alpine Network of Protected Areas: www.alparc.org



A visit to the National Park

National parks are prime examples of extensive nature protection. Providing information for the numerous visitors to the Park is an essential part of our task. We aim to offer information to people of all ages and in doing so provide all nature lovers with easy access to the particularities of this wonderful Alpine nature reserve. Besides exhibitions, guided walks and events, numerous publications and digital media offer an insight into the immensely rich diversity of nature in the Swiss National Park.



Getting there

- by train**
 - With the Rhaetian railway from *Landquart* through the Vereina tunnel to the *Lower Engadine*
 - With the Rhaetian railway from *Chur* via *Samedan* to the *Upper Engadine*
- by bus**
 - Davos–Flüela Pass–Zernez* (summer only)
 - (Bolzano–Meran–)Mals–Val Müstair–Pass dal Fuorn–Zernez*
 - Scuol–S-charl* (Bear exhibition)
 - S-chanf–S-chanf, Parc Naziunal* (Trupchun)
 - Livigno–Zernez*

Most excursion departure points can be reached by public transport. It is therefore possible to set out from and return to different points.

Along the main Pass dal Fuorn (Ofenpass) road, which runs through the Park, parking is limited to the official marked and numbered parking areas. We therefore strongly recommend the use of public transport.

Bus stops: parking areas 1, 3, 4, 6, 8, 10, Punt dal Gall. Also S-chanf, Parc Naziunal (parking area Prasüras, Val Trupchun) and Scuol, Val Minger. Timetable: www.sbb.ch


Travel for free by train and bus, using the Graubündenpass: www.graubuendenpass.ch

Check out Fahrziel's free return ticket offer: www.fahrziel-natur.ch/en > travel offers > Grisons > A free return ticket

See special tourist offers on our website: www.nationalpark.ch > Besuchen > Touristische Spezialangebote (in German)

Information and Events

The village of Zernez is regarded as the gateway to the Swiss National Park. The administrative centre and the National Park Centre are located here.



- 1 National Park Centre
- 2 Planta-Wildenberg castle (administrative centre)
- 3 Auditorium (in the former castle stable building)

National Park Centre

Before setting off on an excursion in the Park we recommend a visit to the National Park Centre. With its interactive, hands-on displays, the permanent exhibition takes you on a stimulating journey of discovery. Themed exhibits provide food for thought, prompting visitors to look further afield, raising questions for discussion. Scientific facts, philosophical questions and mystical elements intermingle.

Staff at the information desk provide competent assistance and up to date information on walks and guided excursions, and on the state of the paths. The Tourist Information Zernez is also situated in the National Park Centre.


National Park Events

Current events

To find out about current events please go to *Offers* or *Events* on our homepage: www.nationalpark.ch or www.facebook.com/Schweiz.Nationalpark

Series of lectures NATURAMA

A series of 8 natural history lectures covering a wide range of subjects; from mid-July to mid-October, Wednesday evenings, usually at 8.30 pm, in the castle stable building auditorium or at external venues (lectures are usually in German). Entrance fee: adults CHF 7.–, children under 16 CHF 3.–



National Park open-air cinema

The open-air cinema brings nature and culture together in the second half of July, in the atmospheric surroundings of the courtyard of the Planta-Wildenberg castle, Zernez.

→ A detailed programme of events is available in the National Park Centre or at www.nationalpark.ch

Accommodation

Finding accommodation during peak season may be difficult. We recommend booking early. Within the National Park there are two possibilities:

Chamanna Cluozza

Lying in the heart of the National Park this log cabin offers dormitory accommodation as found in Alpine Club huts. Open from mid-June to beginning of October. It can be reached on foot, from Zernez, in approx. 3.5 hours. www.cluozza.ch

→ *Chamanna Cluozza* leaflet provides further information.

Hotel Parc Naziunal Il Fuorn

20 minutes away from Zernez, by postal bus or car, on the Pass dal Fuorn (Ofenpass) road.

Official Camping Sites

In Cinuos-chel, Zernez, Scuol, Tschier, Sta. Maria and Müstair. Elsewhere, and within the National Park, camping is forbidden. Note: this also applies to the parking areas alongside the main Pass dal Fuorn (Ofenpass) road.



Tourist information:
The following tourist information offices will gladly provide information about accommodation available in the region surrounding the National Park:

Zernez:
Tel. +41 (0)81 856 13 00
Scuol/S-charl:
Tel. +41 (0)81 861 88 00
Val Müstair:
Tel. +41 (0)81 861 88 40
S-chanf:
Tel. +41 (0)81 854 22 55
Zuoz:
Tel. +41 (0)81 854 15 10

Websites:
www.engadin.com
www.engadin.ch

RESERVATIONS

Chamanna Cluozza:
Tel. +41 (0)81 856 12 35
www.cluozza.ch, cluozza@nationalpark.ch

Hotel Parc Naziunal Il Fuorn:
Tel. +41 (0)81 856 12 26
www.ilfuorn.ch, info@ilfuorn.ch

The National Park Centre

Wilderness in the centre

The leitmotiv of the completely new National Park exhibition is wilderness. Everything you experience here is not only *genuinely wild*, but also *genuinely National Park*.


In our 4 exhibition rooms, you will be experiencing the National Park in all its facets: New, partly unusual

views and unique snapshots from the wildest corners of the Park. An experience of sounds and sights of nature unleashed – with you in the midst! Interactive stations that offer insights into research projects. And much more ...

In a lively show you will be learning interesting things about milestones in the history of the National Park.

Wilderness – what about us?

This question forms a guide through the entire exhibition and culminates in an unexpected finale.



An exhibition for all

- Media guide in 5 languages (C/R/I/F/E)
- Audio play for younger guests
- Play stations for children below reading age

Also available in the National Park Centre:

- Seasonal, alternating exhibitions
- Information desk: National Park and Tourist Information Zernez
- Presence of partner organizations
- Laser relief model
- Shop offering a wide range of books, clothing and souvenirs
- Field glasses for hire
- Organization and reservation of guided walks in the National Park

→ *National Park Centre* leaflet provides further information.

INFORMATION Swiss National Park Visitor Centre 7530 Zernez Tel. +41 (0)81 851 41 41 www.nationalpark.ch info@nationalpark.ch www.facebook.com/Schweiz.Nationalpark	OPENING TIMES Summer: mid-May to end October Daily (incl. Sundays) 8.30 am to 6 pm Winter: Monday to Friday, 9 am to 12 pm, 2 to 5 pm From Christmas to 2nd Saturday in March Monday to Saturday 9 am to 5 pm	ADMISSION Adults CHF 9.– Children (6 to 16) CHF 5.– Children under 6: free Families CHF 20.– Groups (10 or more) per person CHF 8.–
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Excursion Tips

The Swiss National Park lies in the midst of the Alps. Sudden changes in weather, or a sharp drop in temperature can occur at any time. It is advisable to be well prepared and equipped. Walking shoes with good soles are essential, as well as suitable protection against sun, wind and rain. Apart from the Chamanna Cluozza and the Hotel Parc Naziunal Il Fuorn there is no possibility of refreshment within the Park. Remember that it is not permitted to light a fire anywhere in the Park or in the parking areas. Please respect the protection measures.

Path markers
white-red-white: **mountain paths**
Equipment: weatherproof clothing, sturdy walking shoes with good, firm, grippings soles.

white-blue-white: **alpine paths**
Steeper, more rugged paths; some mountain-eeing. Alpine equipment and experience required.

Entrances to the Park are clearly signposted. Park regulations are also displayed there, as well as on the front side of this brochure.

The map shown here is for guidance only. To ensure your safety when walking in the National Park we recommend the official map of all marked routes, and the accompanying guide that gives detailed descriptions.

Legend:
PostBus stop
Railway station
Parking
Meeting point for guided walks
Nature trail Il Fuorn
Champlösch children's trail
Bear trail

Cratschla National Park Magazine
Published twice a year CRATSCHLA provides information (mainly in German) about the most important developments within Switzerland's largest nature reserve. A year's subscription costs CHF 24.–. Free sample copies are available in the National Park Centre.

Information and order:
Tel. +41 (0)81 851 41 11
info@nationalpark.ch

Out and about: what's on offer

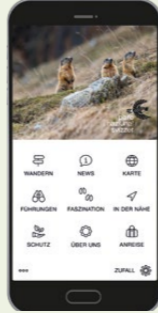
Guided walks

- **Taster (2 h):** Mondays during high season
- Easy walk in the region of Il Fuorn for those who are not yet acquainted with the National Park.
- **Adults CHF 15.–, Children under 16 CHF 10.–, Families CHF 30.–**
- **Day excursion (6–7 h):** from the end of June to mid-October.
- Tuesdays, via Margunet to the best viewing point in the National Park. Thursdays, Val Trupchun, one of the best places to observe red deer and other ungulates.
- **Adults CHF 35.–, Children under 16 CHF 15.–, Families CHF 70.–**
- **Discovery walk (3 ½ h):** Wednesdays, from the beginning of July to mid-August. For families (children aged 7 or over). Unaccompanied children (aged 9 or over) CHF 15.–, Families CHF 40.–
- **Private day-long guided walks (6–7 h):** CHF 380.–
- **Special day-long educational excursions (6–7 h):** CHF 380.–

Note: Explanations are mainly given in German. Private guided walks also in English. All guided walks must be booked via the website or at the National Park Centre in Zernez by 5 pm on the day before. tel. +41 (0)81 851 41 41

Swiss National Park app

Discover the Swiss National Park with the aid of our digital guide, which uses GPS to provide you with all sorts of information relative to your current position. The app *Swiss National Park* (iPhone and Android) is available for free.



Nature trail Il Fuorn


Alongside the nature trail – in the region of Il Fuorn (see map) – pictures and texts offer a variety of information about the ecology of the National Park. There are special information boards for youngsters. It takes around 4 hours to walk the trail, which begins by the Hotel Parc Naziunal Il Fuorn. To accompany you along the trail a brochure is available. Price CHF 9.–.

Champlösch children's trail

Between P1 and Il Fuorn there is a virtual discovery trail for children and families. At 10 different points along the way a booklet and electronic walking guide (in German and French) point out fascinating insights and provide information. There's more to see than meets the eye! The booklet is available in German or French at the National Park Centre.

INFOMOBIL

From July to mid-October the National Park's mobile information centre is stationed on the main Pass dal Fuorn (Ofenpass) road or in the Trupchun valley (Val Trupchun). It houses a small exhibition, including a relief model of the park, and a competent guide is on hand to answer enquiries. Souvenirs on sale.



Bear trail, S-charl

Discover a host of information (in German) about bears whilst walking along the bear trail. Children and adults will be surprised to learn certain facts at 9 interactive points, which also give practical tips on how to behave within bear territory. The adventure lasts around 2 hours.

Bear exhibition and Schmelzra mining museum, S-charl

A comprehensive exhibition gives a realistic insight into the history, way of life and biology of the brown bear and deals with its return to the region. Ideal for children. Ask for the booklet in English.

In the same building there is an exhibition of the historical Val S-charl lead and silver mines (in German). It is also possible to visit the former mining galleries. Information available from Tourist Information Scuol, tel. +41 (0)81 861 88 00

OPENING TIMES
Daily, mid-June to mid-October, 2 to 5 pm.
Closed on Saturday and Monday.

ENTRANCE FEE
Adults CHF 5.–, children CHF 3.–, groups of 10 or more, per person CHF 4.–

