Lischana Trekking

Lischana - Trekking in Lower Engadin
Secluded Trails in the Lower Engadin Dolomites

Surrounded by rugged peaks, the friendly Lischana cabin dominates the Engadin valley. The scenery from the cabin is one of the main attractions of this four-day tour through the secluded Lower Engadin dolomites.

The tour leads you through a variety of fascinating landscapes into the Swiss National Park, to a high plateau with coloured rocks and alpine lakes and to scenic passes and summits. Alp & Fjell recommends the ascension of the Piz Lischana (3105 m) to experienced hikers.
Guided hiking tour with accommodation in mountain cabins and mountain inns Duration 4 days Date Th. 02.09-2010 - Su. 05.09.2010 Price 352 € from the railway station Bahnhof Scuol-Tarasp (Unterengadin) Grade moderate to demanding
Beginners with a good physical condition are welcome
Optional summit ascensions for experienced hikers only Participants min. 3 – max. 9 Included Tour lead
2 x accommodation with half board in mountain cabins (dormitories)
1 x accommodation with half board in mountain inn (dormitories)
Bus transfers according to detailed itinerary
Reduction for Alpine Club members: 16 €
Not included
Travel to/from Scuol
The evening meal is not included in the hotel stay so that you can choose your meal. Add about 25-30 CHF per day.

Detailed Itinerary:

02.09.2010: Fontana bei Scuol 1402 m – Sur il Foss 2325 m – Val Mingèr 1604 m – S-charl 1810 m
You meet the tour leader in the morning in Scuol. The tour begins with a longer trip through two impressive valleys, Val Plavna and Val Mingèr. Val Mingèr is part of the Swiss National Park and is famous for wildwife watching.

Uphill 1130 m, downhill 720 m, hiking time 6-7 h

03.09.2010: S-charl 1810 m – Fuorcla Sesvenna 2819 m – Sesvenna cabin 2258 m (Italy)
We follow the new National Park Panoramic Trail through Val Sesvenna and climb to the Fuorcla Sesvenna at the Swiss - Italian border. Mountain lakes in the pass area. In case of good weather possibility to climb a scenic 3000 m high summit near the pass.

Uphill 1050 m, downhill 620 m, hiking time 5 h (without summit)

04.09.2010: Sesvenna cabin 2258 m – Lais da Rims 2687 m – Pass 2944 m – Lischana cabin 2500 m
Crossing of an alpine plateau with mountain lakes. The plateau fascinates with its variety of minerals and coloured rocks. Experienced hikers can climb the Piz Lischana (3105 m), a very rewarding summit. In the evening we enjoy the splendid view from the Lischana cabin.

Uphill 800 m, downhill 550 m, hiking time 5 h (without summit)

05.09.2010: Lischana-Hütte 2500 m – Scuol 1243 m
Descent to the Lower Engadin valley. Possibility to make a side-trip to a lake nestled in a moor landscape or to the Clemgia gorge.

Downhill 1250 m, hiking time 3 h (without side-trip)

Further Infos:

Train connection to Lower Engadin via the Vereina Tunnel.

Contact us if you wish to travel earlier or extend your stay in the Swiss Alps.

Book online