

## Our tips: Sport Winter

### Skiing

Motta Naluns: Medium difficult ski area, challenging downhill run, very rewarding, possibility to ski directly to the apartment.

10 km downhill run (red) from the Salaniva chairlift station to Sent (1280 m altitude difference), very rewarding, with free bus back to Scuol.

Samnaun/Ischgl: with 239km one of the largest and most challenging ski areas in Switzerland, can be reached from the door to the start of the first descent in one hour by car including the cable car terminus.

### Cross country skiing

Scuol: to Martina (20km): start below the village, various exits with bus stops for possible return journey, Scuol-Sur En (1st stage 10km), easy trail through beautiful, light pine forests, always along the Inn. Also night run

Ftan: a) sunny, beautifully situated, rather demanding cross-country ski run (2 km small loop.) also night run, light switch at wooden hut at parking place. b) 7.5 km "Loipe Dario Cologna", demanding mountain track around the mountain area at the institute where Cologna studied.

Tarasp: Direction to Avrona (car park) round track, relatively easy, around the high moorland at the mountain lake Lai Nair

Mountain station Motta Naluns: 2.5km circular trail, easy, most beautiful view of the Lower Engadine Dolomites

### Ice-Skating

Ice track in Sur En, 3km round skating, skates for hire at the entrance, fairytale forest path.

### Sledging

Motta Naluns via panoramic footpath; also: Prui - Ftan, very worthwhile, return by bus.  
2 sledges available in the bike room

### Snowshoe tours or hike depending on how deep the snow is

From Guarda: To SAC hut Chamanna Tuoi, worthwhile tour

From Scuol: Tour via Avrona to Lai Nair or via Vulpera to Lai Nair. From Tarasp to Lai Nairs  
To San Jon (horse riding ranch), on the opposite.

### Ski-Tour

From Vna to Piz Arina (1220 altitude meters); very worthwhile, great panoramic view, nice descent

### Jogging (sunny paths)

Hiking trail to Sent via village exit at the hospital (gentle ascent); hiking trail to Ftan (demanding ascent); hiking trail to Lai Nair (from Scuol, from Tarasp); hiking trail via Vulpera to Tarasp Castle.

## **Our Tips: Restaurants** (reservation necessary)

**Restaurant Üja Traube:** very popular; local venison, seasonal and regional dishes. 081 861 07 00

**Restaurant Filli:** Specialities from the Engadin, typical Swiss dishes, international cuisine 081 864 99 27

**Restaurant GuardaVal:** Gourmet-cuisine from the Engadine with 15 Pt Gault Millau . 081 861 09 09

**Restaurant Nam Tai:** exclusive thai cuisine. 081 864 81 43

**Restaurant Allegra:** fantastic wood-fired-Pizzas, tasty Pasta-dishes, venison. 081 864 01 47

**Restaurant Trais Portas:** Steakhouse, tasty dishes from the grill, cosy vaulted cellar bar. 081 860 38 20

**Restaurant Golf Vulpera:** from 27.12. Fondue- and Raclette-specialities 078 622 42 56

## **Our Tips: shops**

**Volg,** Mo-Sa 6.00-20.00 from 1.12. : So 7.00 bis 18.00: groceries with regional fresh products

**Arena Regional,** Mo-Fr 8.30-12.30, 15.00-19.00, Sa 8.30-19.00: groceries, selected tasty products, regional cheese specialities, Raclette, special Fondues

## Short operating instructions

**B&O-system in general:** Switch on system: remote control, red button; switch off: same

**Radio:** Switch on in the living room with remote control "Radio" via button on the wall

**TV:** Switch on with remote control "TV", select station with numbers as usual or up/down

**Wifi:** *Splerin Code: Horgen14*

**Dishwasher:** Place tabs in small compartment with punched holes (not in larger ones) Recommended: Progr.P3

**Oven/Microwave:** see separate instructions

**Towel radiator in bathroom:** only press + temperature and leave it at approx. 25 degrees without pressing "ok". To exit, press – temperature approx. 16 degrees and leave it without pressing "ok".

**Washing machine ground floor:** Liquid detergent must be placed in a plastic ball directly into the drum (not in the drawer compartment!)

**Whirlpool:** Please always take a shower before use!

Bubbling: Bubble jets (Button on the bottom right, press *Heat*) and Whirler (large, middle lever of the whirler turn to the left)

Underwater lighting: Press the button "*light*" on the top right.

Tray for MiniBar for attaching to the pool edge is supplied in the Hoover cabinet.

When not in use and after getting out, be sure to put everything back. Thank you.

Setting heating: 24-h-mode: Light button and button with arrow pointing upwards: press together until number 24 appears on the display (obligation to neighbours: on the first morning after arrival at 09.15 set/press please!) Thus the whirlpool always heats up at the same time (at 9.15 am).

**Barbecue:** Open and turn on the fireplace lid, put the cooking grate to one side, build a tower with firewood (8-10 lumbars), place cubes in between. Light the fire. As soon as there is no more fire, put the cooking grate on. Enjoy your meal. Afterwards: Please clean the grill and close the lid of the fireplace.