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## Total Holidays: Bad Scuol-Tarasp-Vulpera

### Queen of Alpine Spas

The spa of Scuol-Tarasp-Vulpera, 1400 ft., is the capital of the Lower Engadine in the Canton of the Grisons, 37 miles from St. Moritz, 136 from Munich and 112 from Zurich (via the Fluela Pass). It is the last station of the Rhaetian Railway, with bus services in all directions and a good airport not far away (Samedan, 30 miles). Quiet, with no through traffic. An age-old village that has grown naturally, with no concrete blocks but over a thousand years of history, idyllic streets and squares, and a Raeto-Romanic population of 1800. Fringed by the curiously shaped Engadine Dolomites in the south, by the Silvretta and Samnaun massifs in the north. The Swiss National Park with its wealth of fauna and flora is close by. Through the valley runs the silver line of the Inn, edged by dense forests which in this mild climate climb to altitudes of 7500 ft. (normal tree line in the Eastern Alps 5500 ft). The Tamangur forest in Val S-charl south of Scuol is the highest cembra pine stand in Europe (4500 ft). And the Lower Engadine weather is famous: the Ofenpass-Scuol-Martina-Susch area has the highest sunshine figures in the whole of Switzerland, perhaps in all the Alps. The holiday-maker comes to appreciate this. An area of some 5 by 12 miles above Scuol is the centre of the inner arid zone of the Eastern Alps and a genuine island of good weather.

Scuol-Tarasp-Vulpera was already known internationally as the "queen of Alpine spas" before winter sports came to the Engadine. No other place in the Alps has as many springs as Bad Scuol-Tarasp-Vulpera. First mentioned in 1369, they are due to the "geological window of the Lower Engadine". They contain a wide variety of minerals: sulphur, Glauber's and Epsom salts, alkaline calcium compounds and ferric acid. There are 25 springs in the Scuol-Tarasp-Vulpera area, plus arsenic springs in Val Sinestra near Sent. Thousands of people from all over the world have come to recover their health here. The drinking and bathing cures are specially indicated for liver and gall-bladder complaints, diseases of stomach and intestines, metabolic, cardiac and circulatory disorders.

### Walk Yourself Fit

Scuol-Tarasp-Vulpera, though a popular spa, is not full of old and ailing visitors. The healing waters can very well be taken prophylactically by those who are still in good health. And the Lower Engadine is a paradise for walkers of all categories, offering everything from short romantic strolls along the Inn Valley, with shady woods and bright Alpine meadows, to mountain tours in the National Park (escorted wildlife watching), in the Engadine Dolomites or the high Silvretta valleys where cool winds descend from the glaciers. The crowning glory for the walker is the Lower Engadine Panorama Route, a high-level path running some 40 miles along the south-facing slope of the valley from

Lavin through Guarda, Ardez, Ftan, Scuol, Sent, Ramosch and Tschlin to Vinadi on the Austrian frontier. The route—ranked by initiates as one of the finest in the Alps—can be covered without danger or special exertion in six days, with two to four hours of walking per day. No Alpinist experience is needed, but guided day parties can be arranged from Scuol.

### **Mountains for All**

There are no limits for the visitor whose mind is set on higher things. The mountains of around 10,000 ft. along the valley can be climbed without special difficulty, e.g. Piz Lischana, Piz Tasna or Piz Minschun. A glance at a map shows that the Engadine lies at the mid-point of the Alps. Bernina, Bregaglia, Albula, Adula and Livigno are only 60 to 90 minutes away by car, and the Ortler and Otztal Alps are no farther.

### **Canoeing on the Inn**

In canoeing circles the Engadine Inn is regarded as one of the finest stretches of "white" water in the Alps. The 50 miles from La Punt, Upper Engadine, to the Austrian frontier offer everything from harmless beginners' waters and cheerful fast-running reaches to breathtaking rapids and passages of classes V, VI and beyond. The Lower Engadine is in fact one of the main centres of white-water canoeing in the Alps. Those who would like to try the sport can enter the Scuol-Tarasp-Vulpera canoe school, which uses an indoor swimming pool for the first exercises. River trips are not undertaken till the trainee has mastered the "Eskimo roll" that brings him back upright after capsizing. A hike in the mountains, then a trip down the foaming river—that is the Engadine life!

### **Flying Like a Bird**

The world's first Alpine delta pilot school was opened in 1973—in Bad Scuol-Tarasp-Vulpera. Many heads of gliding schools in Europe made their first flights over the mountain slopes near Scuol. Over a thousand have learnt to glide here without a single serious accident. Training goes on in summer and winter, with starts on foot and on skis. Man's dream of flying like a bird becomes a reality in three days of training. A thrilling experience — for some the most heady life has to offer.

### **Sport and Gemutlichkeit**

Scuol-Tarasp-Vulpera also has three indoor (82-90 °F) and two outdoor (75 °F) swimming pools, tennis courts and a nine-hole golf course—but then, it is an international health resort. In the evenings, after exhilarating days, visitors sit in cosy panelled rooms and enjoy the local "Gemutlichkeit"—that too is part of an Engadine holiday.

—Toni Hiebeler.