

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 78 (2012)
Heft: [8]

Rubrik: Some fun tips

Nutzungsbedingungen

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

Conditions d'utilisation

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

Terms of use

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

Download PDF: 10.01.2026

ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>

Val Müstair

Waterways reborn

While the Valais has its celebrated "bisses", the Val Müstair has its "auals": irrigation channels dating back to the Middle Ages. The valley is one of Switzerland's driest regions, and the farmers who created the network used great ingenuity in devising ways of bringing water to their fields.

By the mid-20th century, however, the waterways had largely been forgotten, superseded by more modern methods of irrigation. With the creation of the biosphere reserve of Val Müstair / Swiss National Park, the channels were recognised as an organic feature of the landscape; an inventory was made and interest in them grew again.

Now, as part of the region's historical heritage, they are being partially restored. The first stage is a 700m stretch of the Aual Foppumvasch near Guad and a short section of the Aual da Schaibias near Pütschai Josom. These two sights are located above the main valley bottom between St. Maria and Müstair.

*Contributed by Renate Meyer-Knecht
source: www.ubs.ch/explore (extract from brochure Top 150 water experiences)*

Some fun tips

Hiking Tip No. 1:

The "CLUB Stelvio-Umbrail 14/18" endeavours to secure the traces of World War I in the region of the highest Alpine passes, to document and make these accessible to the general public.

Such traces can be found at the intersection of the three language regions Müstair Valley (Switzerland) - Vinschgau (until 1918 Austria-Hungary) - Valtellina (Italy), comprising the impressive relics of this relentless, military conflict which stopped at nothing, not even the highest mountains.

If you want to follow those traces or know more about them, check it out on <http://www.stelvio-umbrail.ch>

Hiking Tip No. 2

Visit the Swiss National Park

The Swiss National Park encompasses a particularly impressive piece of Alpine landscape, with a wealth of flora and fauna.

Within its boundaries, nature is left to develop freely; humans remain in the background and are merely witnesses to the evolution that contributes so greatly to the incomparable character of this habitat.

The National Park is well known for its extraordinary variety of alpine animals, such as chamois, deer and marmots. A host of alpine plants provide a colourful sight as visitors make their way through the Park. There is a wide choice of paths on offer, with differing degrees of difficulty.

www.nationalpark.ch

Culture Tip:

Do you know where the smallest whiskey bar and museum on earth is? Believe it or not, but it is in Santa Maria in Val Müstair!!!

www.smallestwhiskybaronearth.com/

For more information such as skiing, accommodation etc. visit www.valmuestair.com. This website provides information in English and German.

By Alexandra Jung



Marmot

SWISS CHOCOLATES

& gluten / dairy free baking

phone: 09 420 3387, email: edith@swissbliss.co.nz

Special Offer: choose between
- Mohrenkoepfli (MussKuss) 1 Dozen
or
- Basler Laekerli with or without chocolate, 1/2kg
only \$36.- each pack, incl courier NZ wide

for a complete pricelist, please phone or email us

VISIT & CONTACT US

At the factory in WAITOKI, open day every Fri 9am - 6pm
At the MATAKANA village farmers market Sat 8am - 1pm
- and at the new GULF HARBOUR market Sun 10am - 2pm
Order ONLINE, www.swissbliss.co.nz
MAIL ORDERS available

OUR LOCATION

867 Kahikatea Flat Road
Waitoki, RD1 Kaukapakapa 0871
10min west of the Silverdale Motorway off ramp

Swiss 
Bliss

Thank You to our Advertisers and Suppliers

The Swiss Society Committee and Helvetia Team thank all our many faithful **Advertisers** for their support over the year.

A big thank you also goes to **McCollam's Printing and Stephen White** for their great support and patience in proofing and printing the Helvetia.

The Helvetia would not go to the right places without the professional and timely service of **Mail Distribution Services and Wayne Longley**, who seems to cope with our complex mailing requirements admirably.

We wish you all a very enjoyable festive season and Happy New Year, and look forward to working with you in the New Year.

Season's Greetings,

Swiss Society Committee and Helvetia Team