

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 81 (2015)
Heft: [3]

Rubrik: Funtips

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: 16.01.2026

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

Funtips



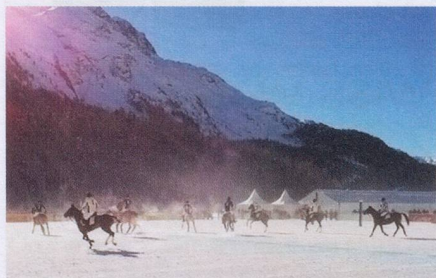
<http://kitesurftravel.net/wp-content/uploads/2014/02/Silvaplana.jpg>

Kite Sailing School Silvaplana

Lake Silvaplana is the national mecca for wind and kite surfers. And rightly so. The reliable Maloja wind means that surfing conditions in the Upper Engadin are almost always ideal. A fact that world-record champion and surfing legend Björn Dunkerbeck noted and which led him to make his home in Silvaplana. In addition to the wind, the nature present in the Engadin is exceptional. The facilities speak in favour of Silvaplana as a surf spot, camping site, kiting school, Mulets Sport Centre and a windsurfing centre all located nearby. A variety of events take place every summer at the Silvaplana surf centre. Those preferring a more leisurely atmosphere head for "The Beach" in Sils on the other side of the lake. There is also the scene of hot beach parties every summer. Those seeking seclusion will find it on the extensive but gusty Lake Silser. However, an "exclusive" ambiance can be found champagne surfing on the Lake of St. Moritz.

Find more information on www.stmoritz.ch

St. Moritz and Snow Polo -



<https://www.bmw-mountains.com/polo-world-cup-on-snow>

One and the Same

St. Moritz has played host to the world's pre-eminent Snow Polo tournament since 1985. Besides being the location where the first ever Polo tournament was played on snow, the Snow Polo World Cup St. Moritz is the only "high goal" polo tournament played on snow. Cradled in a gorgeous natural

setting, the Snow Polo World Cup St. Moritz exudes a unique atmosphere on and alongside the playing field. Here you will also find an exquisite gourmet food selection and a number of social events in St. Moritz's first-class hotels awaiting tournament visitors and VIPs. Better get to St. Moritz, the home of snow polo!

<http://www.snowpolo-stmoritz.com/>

Ricola Herb Garden in Pontresina



<http://www.ricola.com/getmedia/>

TOPIC PATH HIKE TAKING IN THE RICOLA HERB GARDEN

The Ricola Herb Garden is situated in Europe's most beautiful mountain valley, the Engadin.

From the center of Pontresina take a short walk towards the Roseg valley, and then into the Tais Forest. You are sure to notice this garden, with its circular beds marked by stones, at the entrance to the Val Roseg. The Ricola Herb Garden is home to the 13 herbs used to make the original blend for Ricola herb cough drops.

The little information panels tell you about sage, alchemilla, mallow, yarrow and many other herbs.

The company founder Emil Richterich first created the recipe in the summer of 1940 and it is still in use today. The trail continues along a gently sloping path into Tais Forest.

This is a family-friendly walk.

<http://www.engadin.stmoritz.ch/sommer/en/gps/detail/ricola-herb-garden/>

Olympia Bob Run - Adrenaline kick with tradition

The bob run St. Moritz - Celerina has been operating since 1904. This makes it the oldest bob run and also the last remaining natural ice bob run in the world. All the other bob runs in Europe, North America and Japan have to be frozen artificially, since they are located in climatically less favourable altitudes.

In the 1930s, the first guests rode on the Olympia Bob Run from St. Moritz to Celerina in the open Feierabend sleds, but today the bobsleigh sport has changed very much. However the fascination remains and the guest rides in today's slightly modified race 4-men sleds are very popular.

<http://olympia-bobrun.com/>

Inline Skating

The Engadin offers ideal conditions for inline skaters on the special circuits at Samedan Airport (2.5 km), from La Punt to S-chanf (8.6 km) and other level places. The two main circuits, Samedan Airport and from La Punt to S-chanf are topographically easy routes and ideal for speed skaters, fun skaters and families.

Find more information on www.stmoritz.ch

Mountain Biking in the Engadin

The Engadin is a Mountain Bikers paradise; whether you are riding the local trails or dropping down into Poschiavo from the top of the Bernina Pass or using the lift access from St. Moritz up to Corviglia.

<http://www.engadinbikes.com/>

Yoga on snow



<http://cdn3.spiegel.de/images/image-573326-gallery-v9-uasg>

The world's first yoga piste is located on the Paradiso piste on Corviglia. There are four fixed points on the mountainside where Yoga on Snow can be practised either independently or under professional guidance. The exercises focus on consciously slowing down and achieving a different, calmer skiing rhythm. The aim is that participants should experience the sport of skiing in a more intense manner.

<http://www.engadin.stmoritz.ch/winter/en/activities/sports/skiing-snowboarding/corviglia-skiing/yoga-on-snow/>

by Martin Beskid