Walking Tour: Valleys & Lakes

This highly rewarding day walk leads from the main valley of the Engadine into the lakeland of the Macun Basin.

Start Lavin
End Zernez
Distance 16km
Duration 7½ to 8½ hours

1. From Lavin, cross the En (Inn) River and twist up to Plan Surüicha (1577m).
2. Climb to Alp Zeznina Dadaint (1958m), an idyllic spot where scenes from Heidi were shot.
3. Follow the Val Zeznina, switching through rhododendron-flecked meadows to enter the national park.
4. Emerge into the Macun Basin, a natural lake-sprinkled amphitheatre ringed by craggy, 3000m peaks.
5. Climb slopes of glacial debris to Fuorcletta da Barci (2850m) and a lookout with top-of-the-world views.
6. Descend Munt Baselgia’s open slopes to meet an Alpine track at Plan Sech (2268m).
7. Traverse coniferous forest via La Rosta and God Baselgia, emerging into grassy fields above Zernez.

Take a Break...
Picnic lunch, lakeside at Macun Basin.