

Sils to Lej Sgrischua to Val Fex

Difficulty: Fitness: Popularity: 

Distance: 10.8 km**Time requirement:** 4 h**Ascent:** 398 m**Descent:** 902 m**Highest point:** 2618 m.a.s.l.

Region: Engadin St.Moritz**Starting point:** Furtschellas valley station, Sils

Tour description

From the top station of the Furtschellas, follow the watercourse up the mountain, until after about half an hour the trail branches off to the right. You enter the valley via a well-maintained hiking trail across a kind of terrace high above the Fex valley, with a beautiful view of snow-capped peaks beyond. After a short ascent, you reach the Lej Sgrischus - which despite its name is anything but «gruesome». The lake is a great place to relax and if you are lucky, you may spot chamois on the scree slopes. From the lake, you can either climb up to Piz Chiüern (2,689m/8,822ft) and then descend on a steep path directly into the Val Fex, or walk gradually down through splendid flowering meadows to the valley floor. From the Hotel Fex, you can take a horse-drawn carriage back to Sils, or walk out of the valley and through the gorge to Sils Maria.

Places along the route

Sils Maria - Furtschellas mountain station - Lej Sgrischus - Val Fex - Sils Maria

Variants

Option A: Instead of taking the gondola, you can hike up to the Furtschellas top station in around 1 1/2 hours.

See also

Engadin St. Moritz

CH-7500 St. Moritz

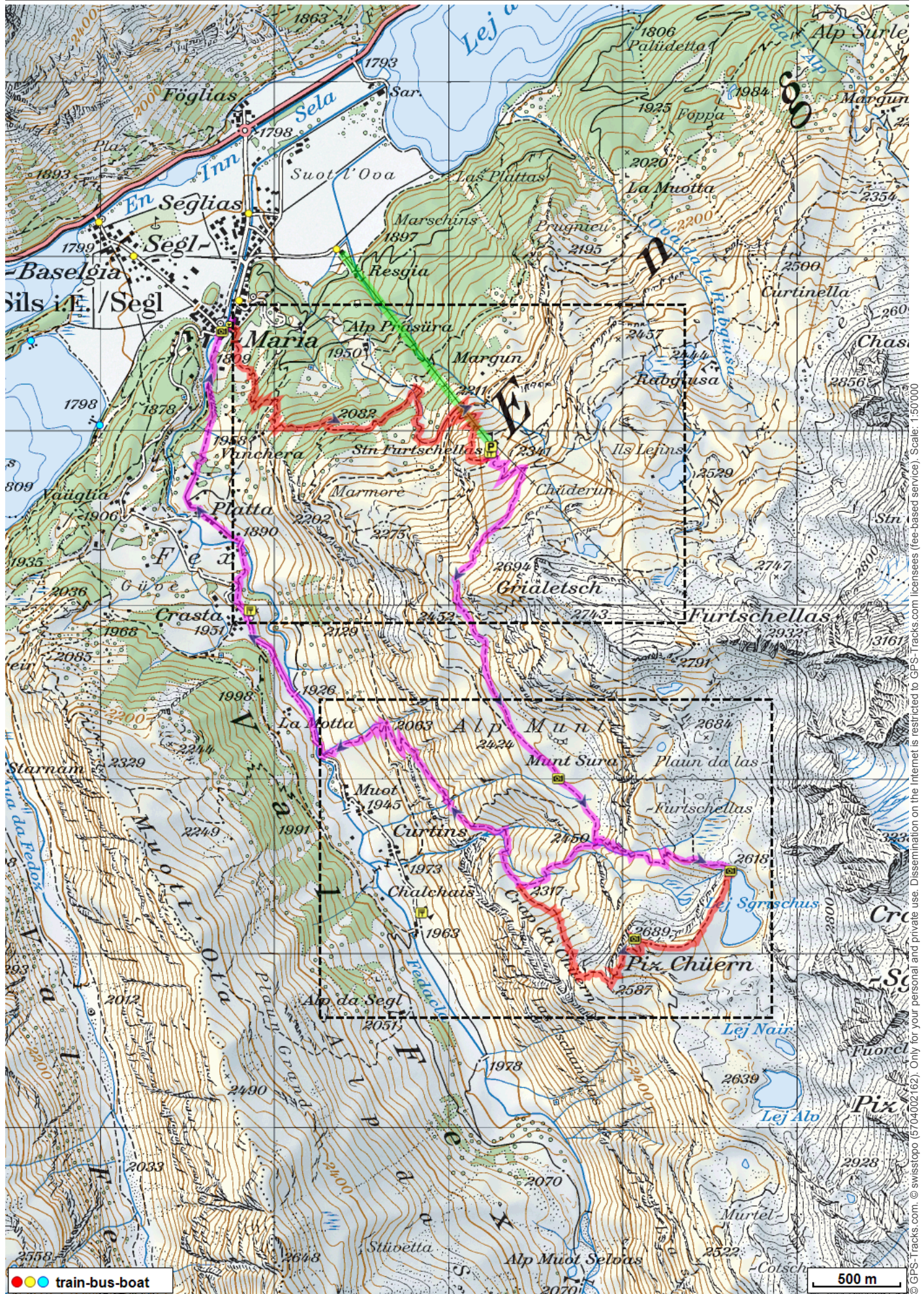
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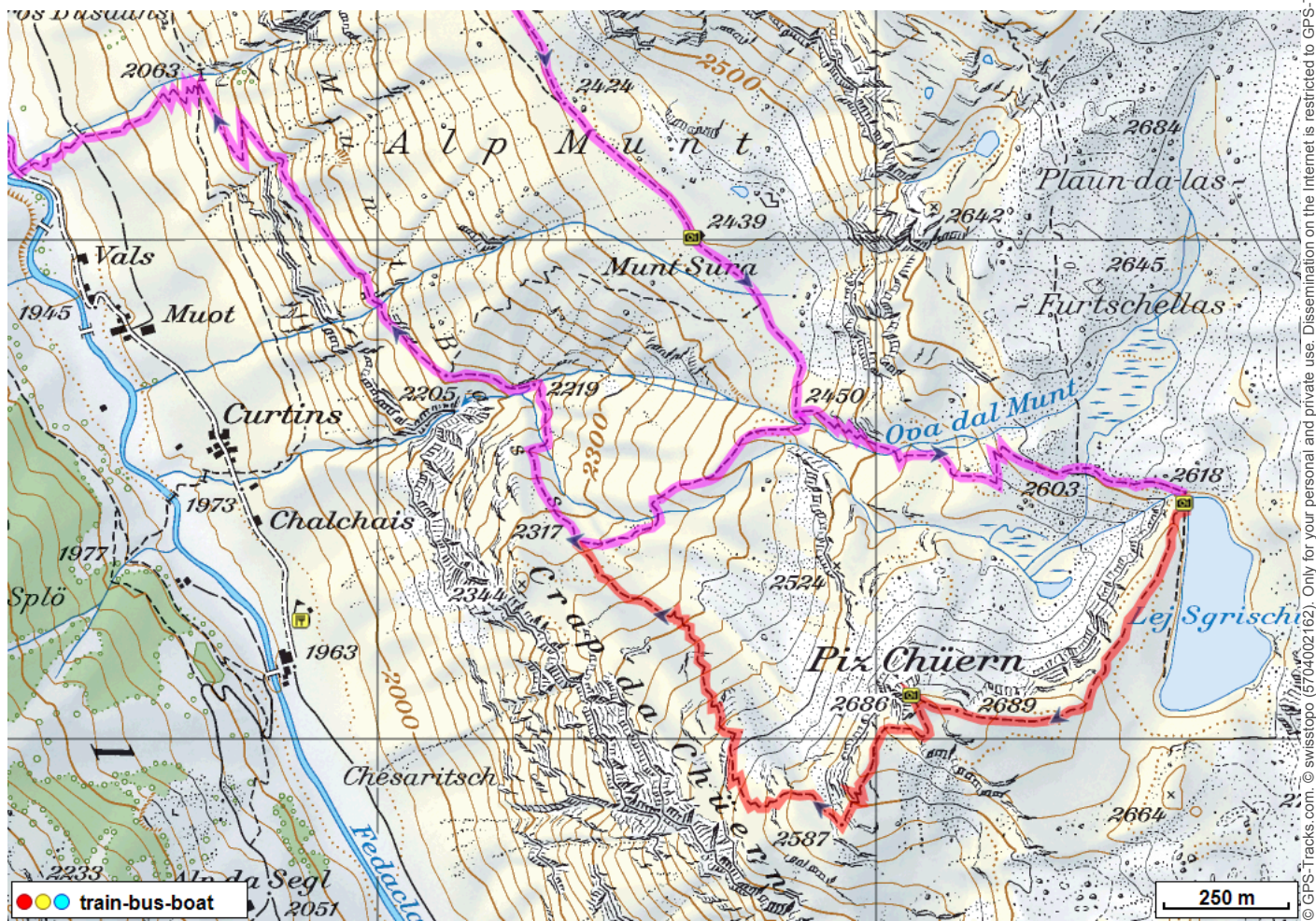
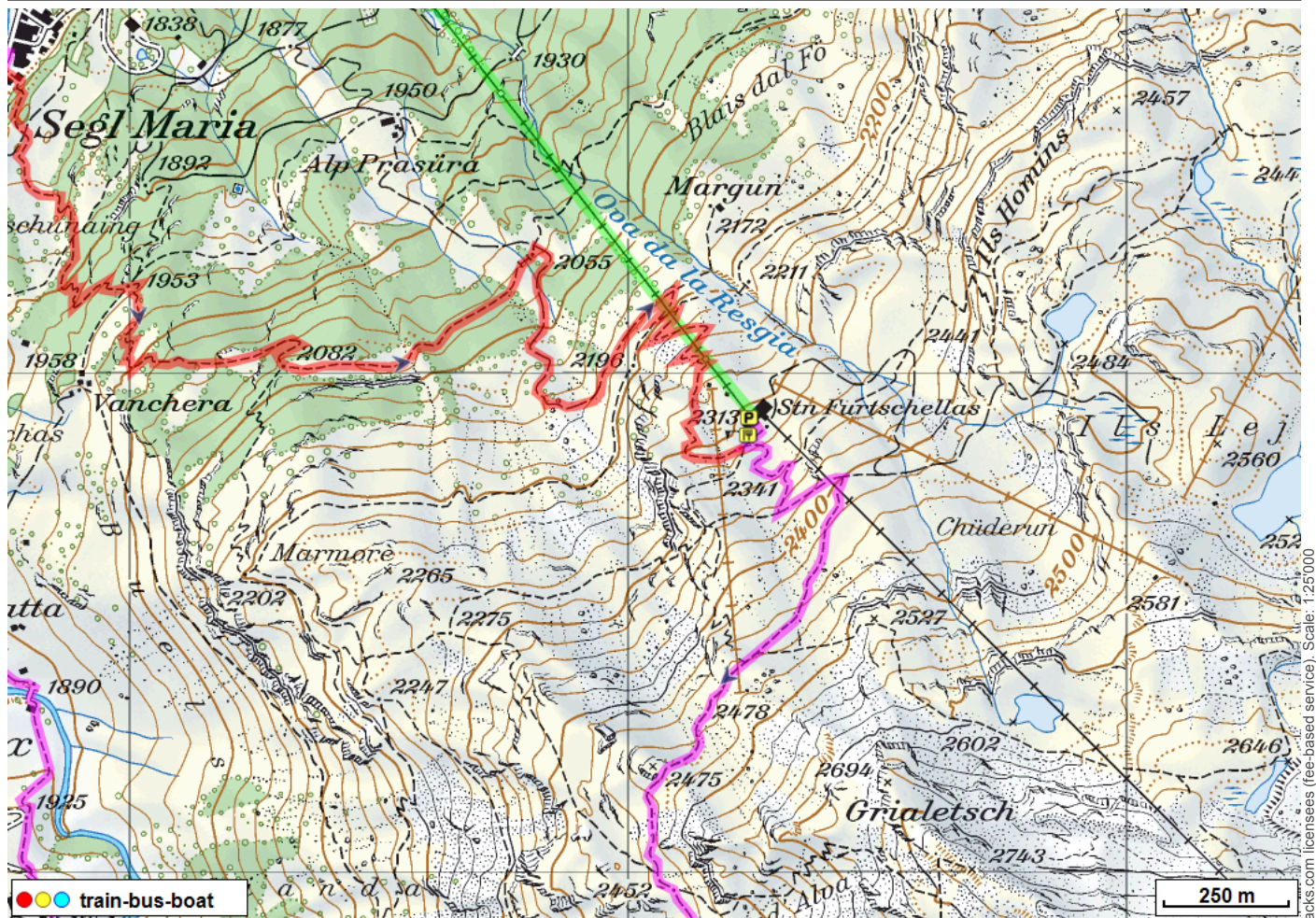
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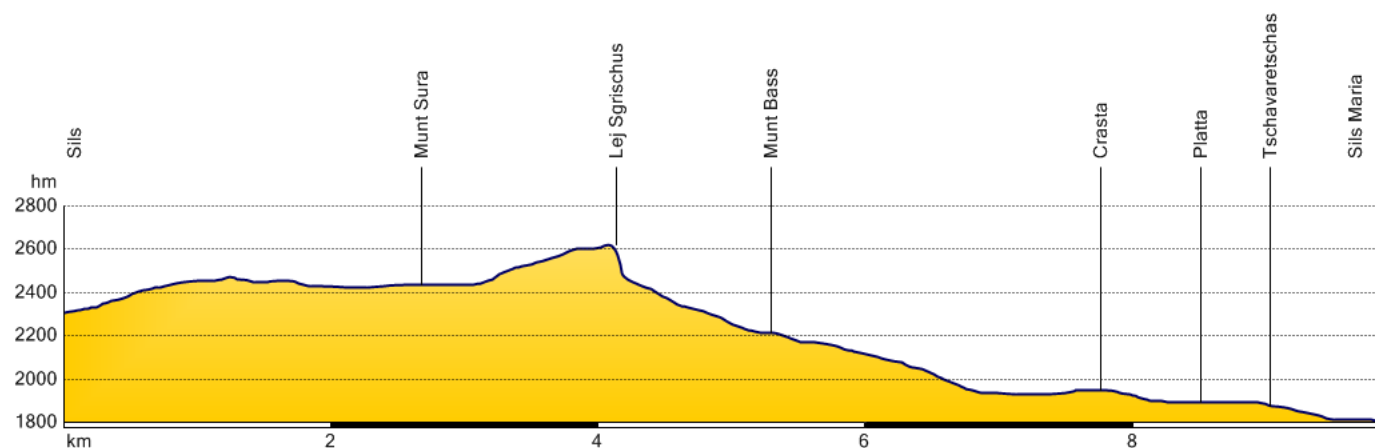


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Elevation profile



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Weather in the area from 22.10.2016



Saturday, in the morning sunny periods. Later on sunny intervals with some fog.
Sunshine 3¼ h (34 %). Precipitation 0 mm (Prob. 9 %). Max. temperature -8° C. Wind 15 km/h from sw.



Sunday, sunny intervals with some fog.
Sunshine 2¼ h (21 %). Precipitation 0 mm (Prob. 48 %). Max. temperature -4° C. Wind 20 km/h from s.



Monday, in the morning sunny periods. Later on sunny intervals with some fog.
Sunshine 4¼ h (39 %). Precipitation 0 mm (Prob. 25 %). Max. temperature 0° C. Wind 20 km/h from s.



Tuesday, in the morning sunny intervals with some fog. In the afternoon sunny intervals with repeated showers of snow.
Sunshine 1¼ h (10 %). Precipitation 2 mm (Prob. 51 %). Max. temperature 1° C.

Source: SRF Meteo. Powered by Bündner Tourismus / Bergbahnen Graubünden

Tour created on: 01.07.2011

Last change: 09.04.2014

Origin: www.engadin.stmoritz.ch / GPS-Tracks.com

