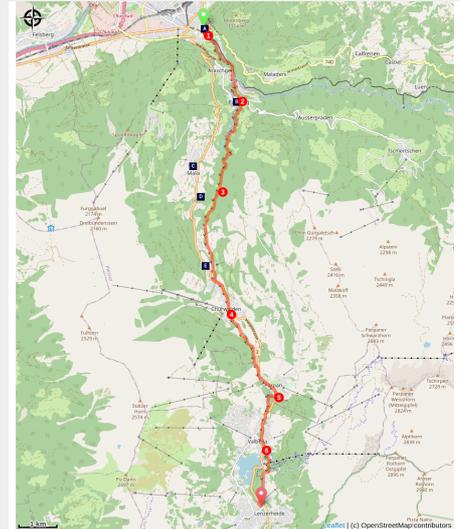


Chur to Lenzerheide

Switzerland - Graubünden



vallée Rabiosa (Amis St Colomban)



Although the stage is shorter in distance (17km), it presents for the first time a difference in altitude of more than 1000m on paths that gradually climb towards the mountain resorts at the foot of summits at an average altitude of 2900m.

As soon as you leave Chur, the route definitively leaves the plain to gradually climb up into the mountains. It now follows a cantonal path N°64 ViaSett from Chur to Castasegna to the Italian border, which is very well marked out in green and white.

Useful information

Practice : Pedestrian

Duration : 6 h

Length : 16.5 km

Trek ascent : 1359 m

Difficulty : Medium

Type : Step

Themes : 610

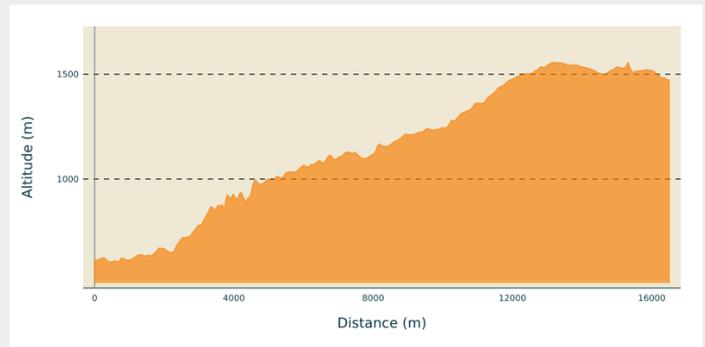
Trek

Departure : Cathedral of Our Lady of the Assumption, Hof 18, 7000 Chur

Arrival : Church of San Carlo, Plaz Baselgia, 7078 Lenzerheide

Cities : 1. Graubünden

Altimetric profile

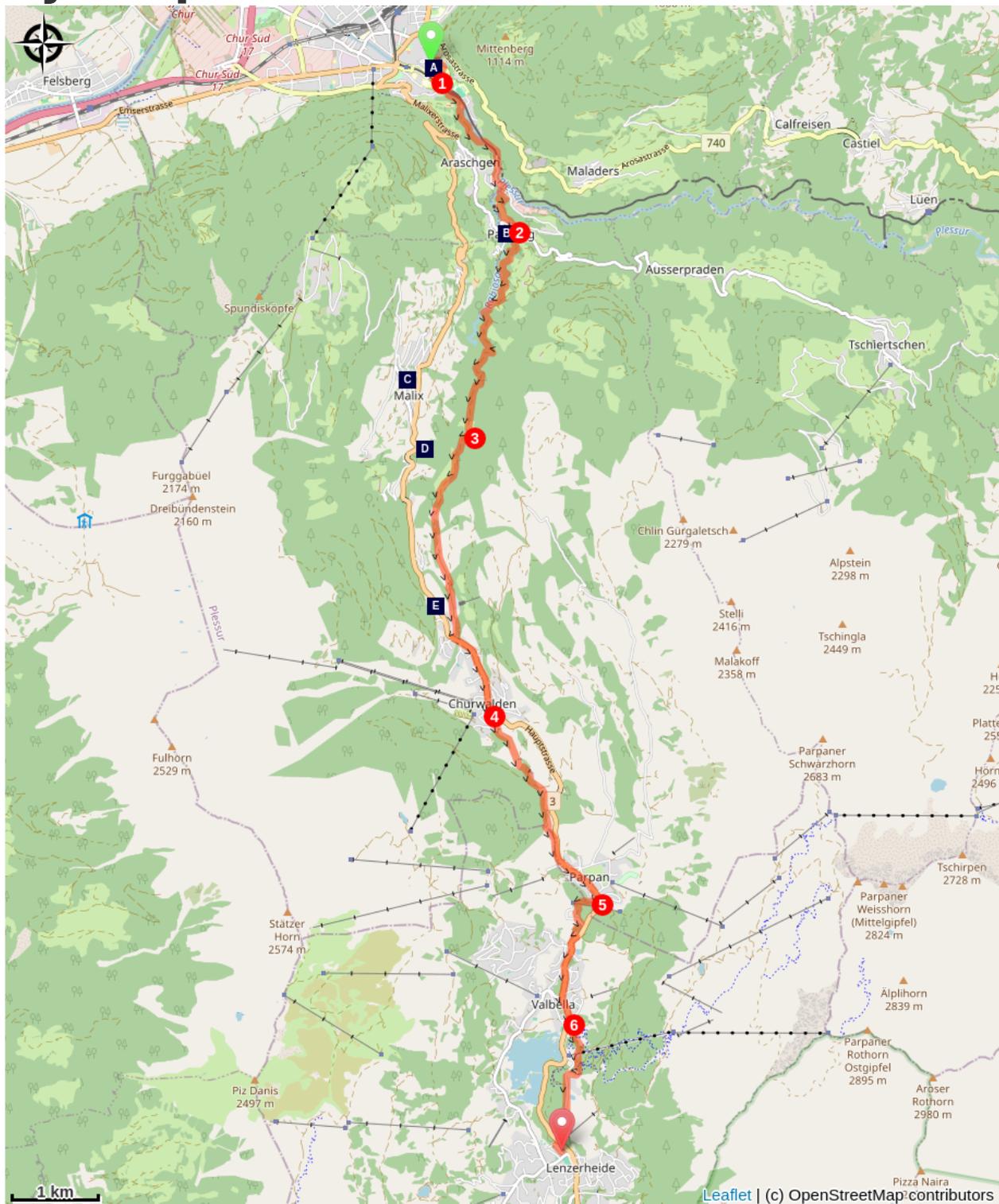


Min elevation 605 m Max elevation 1557 m

From the cathedral perched on its promontory, the exit from Chur is not easy. Go down the stairs to the north of the building and, at the foot, turn left and right successively in front of the Bishop's castle (Bischofliches Schloss) to reach St Luzistrasse. Turn slightly to the left to reach the stairs that reach the upper street (Alte Schanfiggerstrasse). Turn right to find other stairs that lead under the St Luzistrasse and down to the level of the river reached by the Münzweg:

1. At the end of this shortcut, turn right to join the road N°64 ViaSett which goes up the Plessur River alternately on one or the other bank. After the confluence of the Rabiosa river which falls into the Plessur, turn right to go up in a curve to Passug. On arrival, turn left (Hauptstrasse), pass in front of Swiss School of Tourism (Schluoch) and take the first track on the right before a curb.
2. Go up the Rabiosa valley to the mountainside (Hanfland and Polenweg) in the forest mainly and above the gorges dug by the river. The route cuts through several torrents that descend from the mountain pastures to the Rabiosa, the last of which (Fanüllatobel) marks the end of the narrow gorges of the Rabiosa.
3. Continue the path southwards out of the forest, approaching the river and cutting it down before reaching Churwalden on Hauptstrasse. Turn left, cross the stream on the footbridge and cross the city by the main street.
4. When this street crosses a stream, continue in the right direction and follow the path along the river until you cross it and reach a road before Parpan. Cross this village by this road.
5. At the last house, turn right (Obertor), climb almost to the top of a ski lift and return to the main road before Valbella. The city is also crossed by this road.
6. Also at the last house on the left, take the path on the left in the axis that overlooks Lake Heidsee and returns to the road at the entrance to Lenzerheide. Before the road, turn left and go under the road to go to the church of San Carlo.

On your path...



-  Notre-Dame de l'Assomption Cathedral (A)
-  Reformed Church (C)
-  Church of St. Mary and St. Michel (E)

-  Passug mineral water (B)
-  Strassberg castle (D)

All useful information

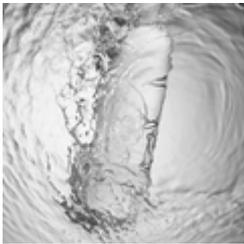
On your path...



Notre-Dame de l'Assomption Cathedral (A)

The diocese of Chur was established in the 4th century on the territory of the former Rhaetia. A bishop is mentioned there as early as 451; historians therefore date the construction of the first cathedral back to around the year 450. During its history, the cathedral has undergone many works. This is particularly the case in 1811 following a fire and again between 2001 and 2007 with a complete restoration.

[To find out more.](#)



Passug mineral water (B)

Two sources are at the heart of the Allegra Passugger. While the origin of both mineral waters lies deep in the earth, the Theophilic spring in the Rabiosa gorge and the Allegra spring in Malix bring the water to the surface. The waters take up to 30 years to travel before they are collected. In the fissured schist rock of the Grisons they absorb all the precious minerals and trace elements that make them the elixir of life par excellence. The sources of the Rabiosa Gorge were first mentioned in 1562 and rediscovered in the 19th century. Since 1951, mineral water has been bottled and distributed on the current site.

[Find out more about it.](#)



Reformed Church (C)

The Reformed Church dates back to a medieval foundation under the patronage of Gallus.

[Read more about it.](#)

Attribution : Amis St Colomban



Strassberg castle (D)

At the end of the 12th century, the castle of Strassberg was built on a hill to the south of the village. It was then given to the Barons of Vaz and formed the centre of a small estate. Today, only a ruin remains.

[Read more about it.](#)



Church of St. Mary and St. Michel (E)

The monastery of Churwald, probably founded around 1150 by the barons of Vaz, is the origin of the village. The first Premonstratensian monastery church of the time was located near the bridge over the river Rabiusa. In the first half of the 13th century it was built on the present site in pre-Romanesque style and dedicated to St Michael.

[Read more about it.](#)

Attribution : Amis St Colomban