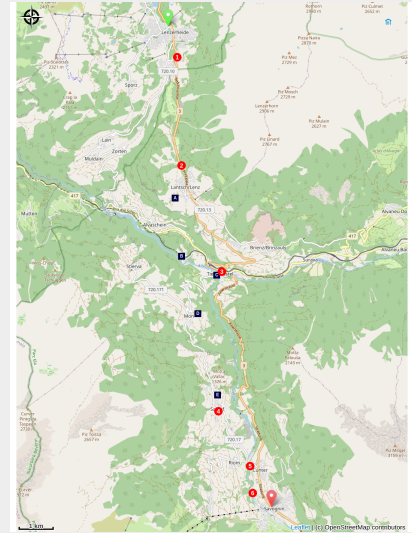


# Lenzerheide to Savognin

Switzerland - Graubünden



Alpage (Amis St Colomban)



*If the stage shows more descents (1100m) than ascents (880m), the general impression remains a gradual return to the high peaks felt by the alpine setting, the specific architecture of the villages and the strong traditions in the mountains with in particular the presence of oratories, calvaries and chapels.*

The stage begins with a descent to the Albula valley where the language changes with the gradual replacement of German by Romansh. Then, it climbs steeply upwards from Tiefencastel to the mountain pastures where the mountain flora is enriched.

## Useful information

Practice : Pedestrian

Duration : 7 h

Length : 22.8 km

Trek ascent : 987 m

Difficulty : Medium

Type : Step

Themes : 610, Flora, Viewing Point

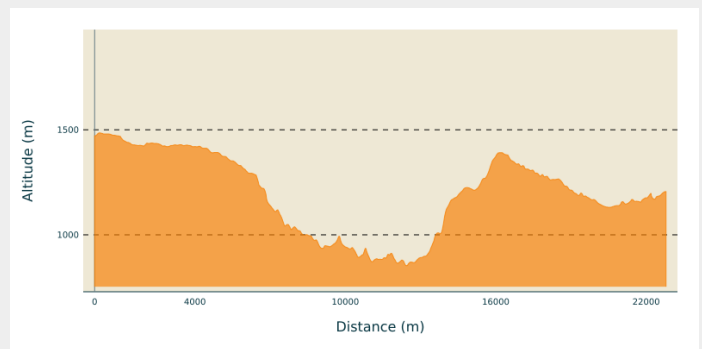
# Trek

**Departure** : Church of San Carlo, Plaz Baselgia, 7078 Lenzerheide

**Arrival** : Church Son Mitgel, Stradung, 7460 Savognin

**Cities** : 1. Graubünden

## Altimetric profile

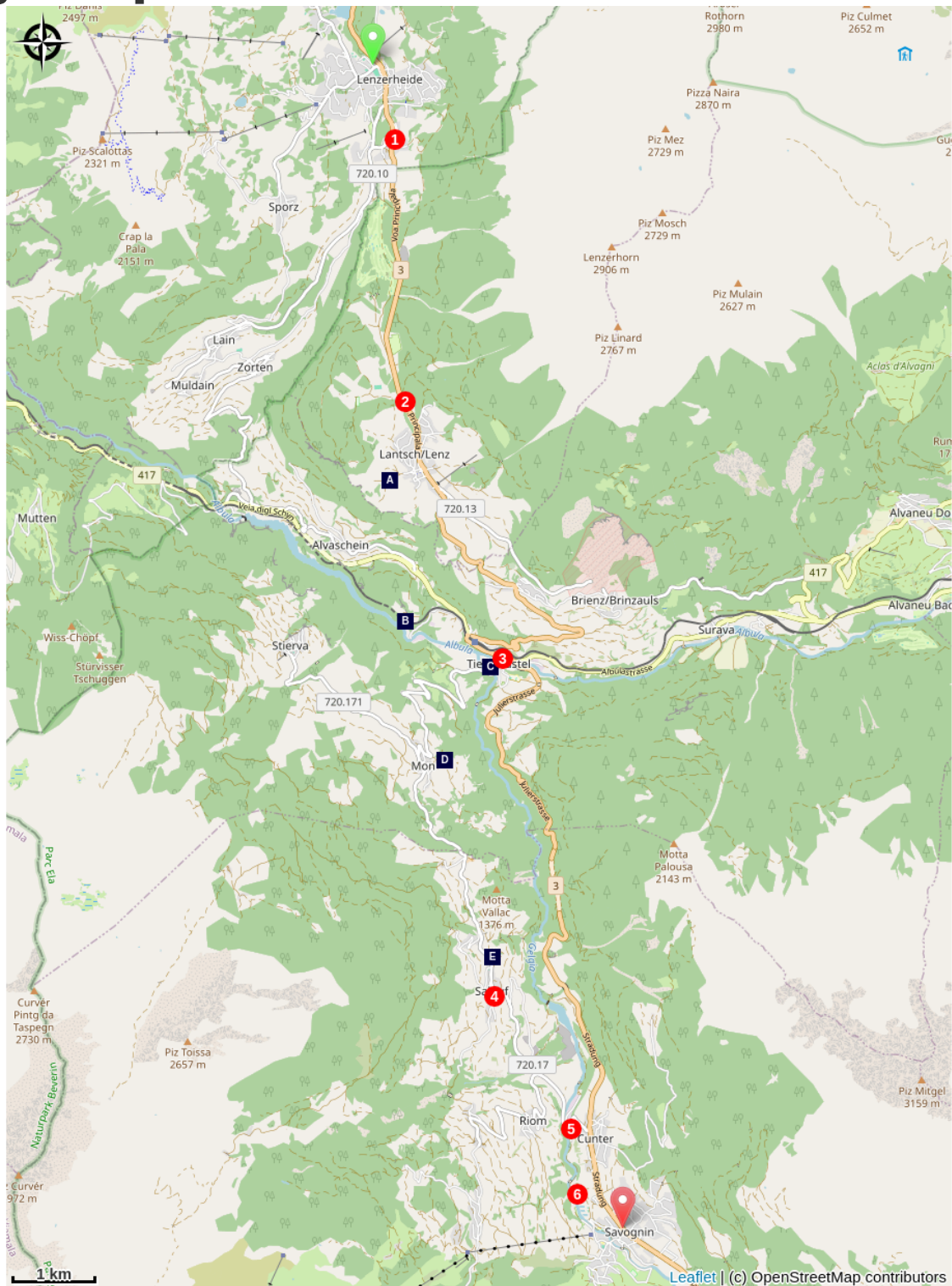





Min elevation 853 m Max elevation 1485 m



From the church, join the main road and cross the station southwards to a car park and a wood on the right side of the axis:

1. Turn right (Clavadoiras) and follow the road on the track below in the meadows. The itinerary goes up on the road for a while at a chapel and up to a car park in the forest before Lantsch.
2. Turn right and left at the end of the parking lot. The marked trail joins the western edge of Lantsch, enters (Crapausa and Bot) to the church and exits to the south (Surnvoi and in the Sot Pardi axis). Shortly afterwards, the path descends steeply into the valley between cliffs to reach Alvaschein after three important bends to lose altitude. Cross the village (Veia Nivagi) to reach the main road (Hauptstrasse), turn right and take the first street on the left (fountain and red and white signs). The route followed N°33 Via Albula/Bernina and N°64 Via Sett leads to the bottom of the Albula Valley in Tiefencastel reached by road N°417 (pavement).
3. Cross the bridge on the right, go up towards the church (Julierstrasse) and take the first street on the right (Kirchestrasse). Continue in the axis (Monserstrasse) to cross a stream. After the rocks behind the bridge, turn left into path N°64 which climbs into the mountain pastures and its hamlets (Mon, Del and Salouf).
4. In Salouf, leave signposting N°64 which rises in the mountain pastures at 1350m but regularly descend towards the valley by road N°712.17 (Cunterstrasse) to the bridge before Cunter.
5. After the bridge, turn right, follow the Gelgia river and find route N°64 on a footbridge.
6. After this footbridge, take the first path to the left and then to the right, which overlooks the Lai Barnagn lake and arrives on the Veia Sandeilas which leads to the Son Mitgel church.

# On your path...



-  Church of St. Mary (A)
-  Tiefencastel (C)
-  Salouf, Baselia San Gieri (E)

-  St. Peter's Church of Mistail (B)
-  Église St. Cosmas et Damian (D)

# All useful information

# On your path...

---



## 🏛️ Church of St. Mary (A)

The church is first mentioned in 831. The walls of the nave date from this period.

---



## 🏛️ St. Peter's Church of Mistail (B)

St. Peter's Church in Mistail is the only Carolingian church with three intact sides in Switzerland. According to a letter of 823, it was probably built around the year 800. The now defunct monastery was first mentioned in a deed of donation by Henry I in 926.

[For more information.](#)

---



## 🏰 Tiefencastel (C)

Tiefencastel is situated on a crossroads of valleys that have always been used to cross the Alps via the Julier and especially the Septimer passes. It is therefore not surprising to have found traces of a Bronze Age settlement, a pre-Christian presence and Roman occupation. In the early Middle Ages, Tiefencastel was a fortified town and a customs post.

---



## 🏛️ Église St. Cosmas et Damian (D)

The first documentary mention of the former parish church comes from an episcopal property register dating from the 1290's. Due to the structural characteristics, a building from the 1st millennium cannot be excluded. The church was reconsecrated in 1351.

[For more information.](#)



## Salouf, Baselgia San Gieri (E)

Mountain church in Salouf. The presence of man dates back to the Bronze Age around 2100 B.C. on a hill visible from afar, on the north side of the present village. Remains of Roman settlements dating from the 1st century AD have also been documented. In the Middle Ages there was probably a Rhaeto-Roman settlement near the present hamlet of Del. Towards the end of the 13th century, when the first German-speaking Walser settled in the valley, they settled there as did the Walser, mainly in the upper half of the valley and the side valleys.