Disentis/Mustér

Canton of the Grisons · Switzerland

TRAVEL GUIDE

Tripomatic



Overview

Disentis, also called Mustér, is a village in the upper valley of the Vorderrhein, in Graubünden. The Benedictine abbey that gave the village its name stands on a terrace above it. The abbey is more than 1,300 years old.

Disentis is Romansh-speaking and quiet. It is a base for hiking, skiing and for trips on the Glacier Express route.

When to visit

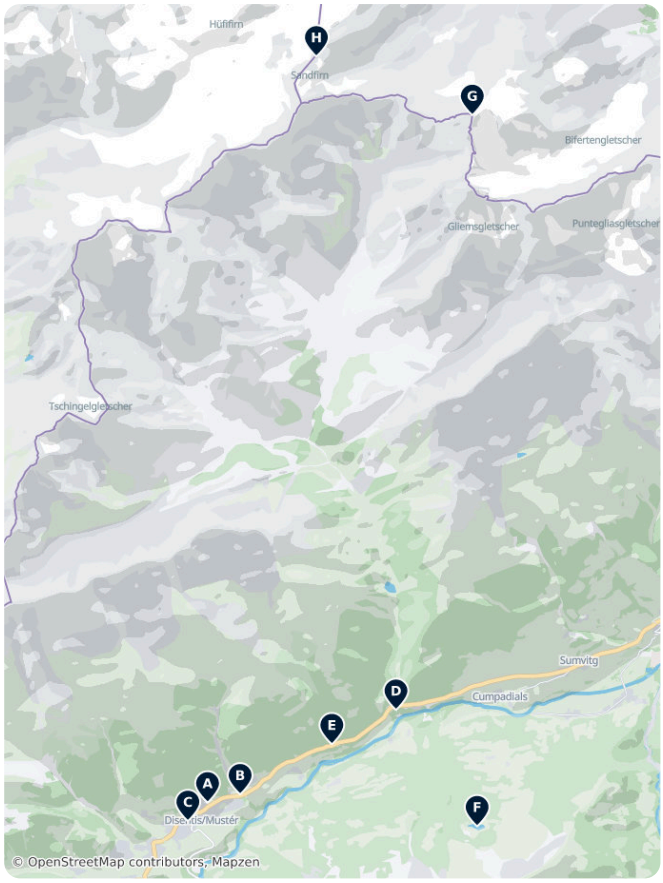
June to October is best for hiking. December to March is the ski season. Spring and November are quiet, and some lifts and hotels close.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	1° / 5° Feels like -4°	-8° / -15°	14 rainy days · Dry air · Calm winds
February	Great Great for skiing	2° / 6° Feels like -3°	-7° / -16°	12 rainy days · Dry air · Calm winds
March	Good Good for skiing	4° / 9° Feels like 1°	-4° / -12°	15 rainy days · Dry air · Calm winds
April	Poor Poor for skiing	8° / 15° Feels like 5°	1° / -7°	16 rainy days · Dry air · Calm winds
May	Fair Fair for hiking	15° / 21°	6° / 1°	22 rainy days · Dry air · Calm winds
June	Good Good for sightseeing	20° / 26°	11° / 5°	20 rainy days · Dry air · Calm winds
July	Good Good for sightseeing	21° / 26°	12° / 6°	20 rainy days · Dry air · Calm winds
August	Good Good for sightseeing	21° / 27°	12° / 7°	19 rainy days · Dry air · Calm winds
September	Good Good for hiking	17° / 23°	8° / 2°	16 rainy days · Dry air · Calm winds
October	Fair Fair for hiking	13° / 19°	5° / -2°	15 rainy days · Dry air · Calm winds
November	Fair Fair for skiing	6° / 13° Feels like 2°	-1° / -10°	16 rainy days · Dry air · Calm winds
December	Good Good for skiing	2° / 7° Feels like -2°	-6° / -14°	15 rainy days · Dry air · Calm winds

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

- A Kloster Disentis is a large baroque abbey with a church and a museum.
- B Baselgia S. Placi is a small old church near the village.
- C Museum Cristallina is a museum of local minerals.
- D Burg Hohenbalken is a castle ruin near Disentis.
- E Infanteriewerk Stalusa, A 8717 is an old military fort that you can visit.
- F Lag da Laus is a small lake in the mountains.
- G Tödi is a high glacier peak at the head of the valley.
- H Planurahütte is a mountain hut for hikers.



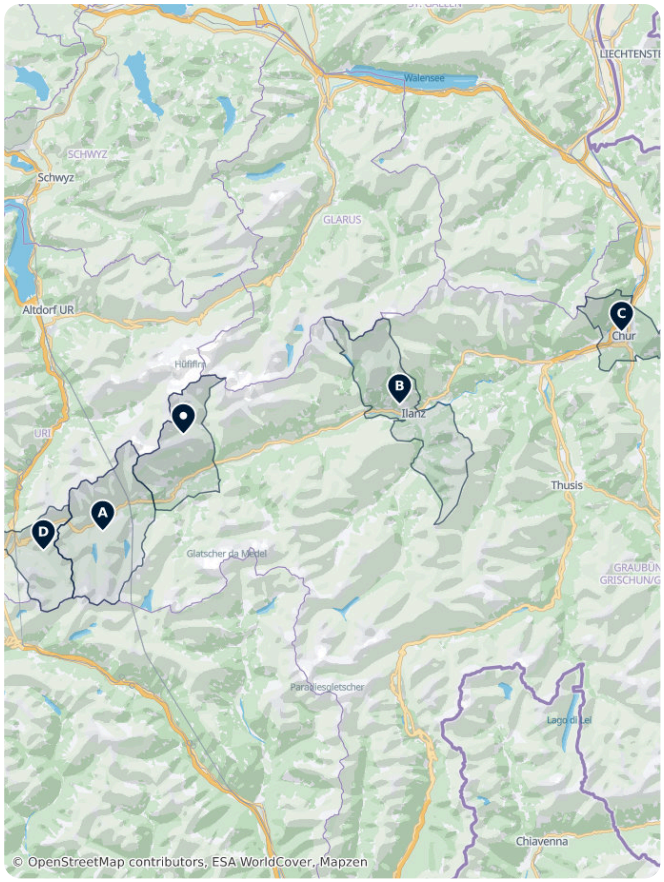
Disentis/Mustér – Plan Your Trip
Turn the places from this guide into a real itinerary, with smart routing, time estimates, and everything you need for a perfect trip.
3M+ downloads · 4.6 stars · 15 years of trip planning
App Store · Google Play
Scan to download the app

What to experience

- Visit the abbey and its museum.
- Ride the Glacier Express route.
- Ski or snowboard in the winter.
- Hike on the paths above the village.
- Walk to a mountain lake.

Day trips

- A Tujetsch is the Sedrun area, higher up the valley.
- B Ilanz/Glion is a town on the Rhine, about 40 minutes away.
- The Rhine Gorge, also called the Ruinaulta, is further down the valley.
- C Chur is the capital of the canton, about 1 hour 15 minutes away.
- D Andermatt is over the Oberalp Pass.



Where to explore

- Tujetsch and Ilanz/Glion are the nearest places in the same valley.

Getting there

- By air: Zurich is the main airport, about 3 hours away.
- By train: Disentis is on the Matterhorn Gotthard line, which runs from Andermatt to Chur. Check times on SBB.
- The Glacier Express stops here.

Getting around

- The village is small and easy to walk.
- The railway and local buses serve the valley.
- A cable car goes up to the ski area.

Getting around on foot & by bike

WALKABILITY

High

The village is small. Mountain paths are steep.

CYCLING INFRASTRUCTURE

Moderate

The Rhine valley road is gentle. Side roads climb.

Driving

- A car is not needed for the village.
- The Oberalp Pass road is closed in winter.
- Parking is easy.

Food & drink

Try Graubünden dried meat, barley soup and cheese dishes. Local restaurants serve Capuns, which are dumplings wrapped in chard leaves. The abbey sells products.

People speak Romansh and German. English is widely understood.

What to eat & drink

BREAKFAST

Birchermüesli
A raw-oat, fruit, and yogurt breakfast invented by a Zurich doctor around 1900, now standard on breakfast buffets.

LUNCH

Rösti
A fried, shredded-potato cake, originally a Bernese farmer's breakfast, now a national side dish.

DINNER

Cheese Fondue · Fondue
Melted Gruyère and Vacherin cheese in a shared pot, eaten by dipping bread cubes on long forks.

Raclette
Cheese melted tableside or under a grill and scraped over boiled potatoes, pickles, and onions.

Zürcher Geschnetzeltes
Sliced veal and mushrooms in a creamy white-wine sauce, traditionally served with rösti.

Älplermagronen
Alpine herder's macaroni gratin with potatoes, cheese, and cream, often topped with fried onions and served with apple sauce.

SNACKS & STREET FOOD

Cervelat
Switzerland's best-known sausage, usually grilled and often called the country's unofficial national dish.

SWEETS & DESSERTS

Swiss Chocolate · Schweizer Schokolade
Switzerland pioneered milk chocolate in the 19th century; look for small-batch chocolatiers alongside the big national brands.

Basler Läckerli
A dense, spiced honey-and-candied-fruit biscuit from Basel, traditional around Christmas.

DRINKS

Swiss Wine · Vin Suisse
Mostly consumed domestically rather than exported; Valais and Vaud, along Lake Geneva, produce the best-known Chasselas whites.

Disentis/Mustér – Plan Your Trip
Turn the places from this guide into a real itinerary, with smart routing, time estimates, and everything you need for a perfect trip.
3M+ downloads · 4.6 stars · 15 years of trip planning
App Store · Google Play
Scan to download the app

Safety & health

- Disentis is very safe.
- Mountain weather changes fast.
- Avalanche risk exists in winter.
- Stay on marked paths.

History

The abbey was founded in the 8th century and is one of the oldest in Switzerland. It has been burned and rebuilt several times. The current baroque church dates from the 17th century.

The railway arrived in 1912 and the village grew as a tourist place.

Country facts

Quick practical facts for Switzerland at a glance:

CURRENCY
CHF CHF

EMERGENCY
112

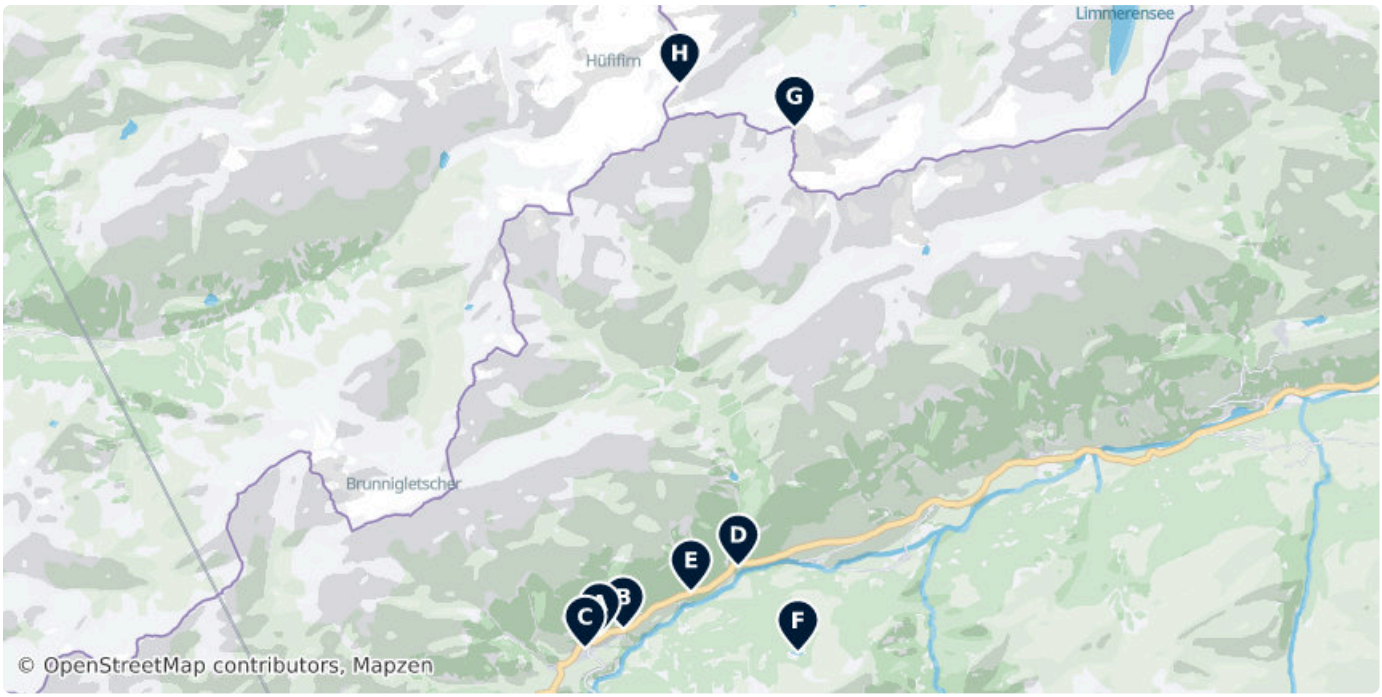
ELECTRICITY

Type C / Type J
230 V · 50 Hz

LANGUAGES
German, French, Italian, Romansh

TAP WATER
Safe to drink

Top sights





A Disentis Abbey

Disentis Abbey is a Benedictine monastery in the Canton of Grisons in eastern Switzerland, around which the present town of Disentis grew...

21 Via Sursilvana, Mustér 7180, Switzerland
(46.70694, 8.85634)

kloster-disentis.ch/home



B Baselgia S. Placi

Via Sursilvana, 7180, Switzerland
(46.70818, 8.86355)

C Museum Cristallina

(46.70412, 8.85200)

uniun-cristallina.ch/museum/infos



D Burg Hohenbalken

7182, Switzerland (46.72099, 8.89801)

E Infanteriewerk Stalusa, A 8717

Via Sursilvana, 7180 Disentis/Mustér (46.71578, 8.88381)

stalusa.ch



F Lag da Laus

Lag da Laus is a small lake within the municipality of Sumvitg in the Grisons, Switzerland.

7176, Switzerland (46.70333, 8.91593)



G Tödi

7172, Switzerland (46.81115, 8.91486)

H Planurahütte

4, 8783 Linthal, CH (46.82002, 8.88041)

planurahuette.ch, +41 41 885 16 65

DATA SOURCES

Map data	© OpenStreetMap contributors, ESA WorldCover, Mapzen
Data	© OpenStreetMap contributors, Wikipedia, Tripomatic, Official websites

IMAGE CREDITS

- Disentis Abbey — "Mh rhb disentis-2008-17-07" by derivative work: Liberal Freemason Mh_rhb_disentis.jpeg: User:LosHawlos, cc-by-sa-3.0
- Baselgia S. Placi — "StPlaciduskircheinnen" by Berger, pd
- Burg Hohenbalken — "Hohenbalken Turmfundament" by upload by Adrian Michael, cc-by-sa-3.0
- Lag da Laus — "Hike Switzerland above Lag da Laus with Tödi in sight" by Caumasee, cc-by-3.0
- Tödi — "Glarus Alps" by Valser, pd

A free travel guide — not for sale. Travel guide generated with AI on November 12, 2026. Text and layout by Tripomatic, licensed under CC BY-SA 4.0. Map data © OpenStreetMap contributors, available under the ODbL. Photos are under their own licences, as credited on this page.